

Christ Church Unity Awakening



November 2008

Christ Church Unity A member of the Association of Unity Churches International / Affiliated with Unity, publisher of the Daily Word

Dear Unity family,

Here we are in November already! I hope you enjoyed the autumn "show" from Mother Nature. We certainly had some glorious days in October!

Thank you to our volunteers who helped to provide us with a most enjoyable picnic at the end of September. That event took place after our last newsletter was printed and mailed. Despite a rainy afternoon, there was a good feeling in the room as we enjoyed delicious baked chicken provided by the church and cooked by Anita Gaiteri, Leslie Wright and Linda Grape. Many wonderful dishes were provided by our congregation. Bernie Bowie, Johnnie Dawson and Stan Marshall helped with setting up tables, chairs and the buffet table. Thanks to all who came out for pleasant conversation and fellowship. Later I learned of two people who re-connected at this event after thirty-five years! Thanks to all who helped in any way.

Also at the end of September Jeanne Gagne joined us in our church office as Administrative Assistant. Jeanne is also a volunteer in our bookstore. We bless her in this new role and know she will be a great asset to our church administration. Welcome, Jeanne!

Spiritual Cinema **continues this month with a film on November 2 "Knights of the South Bronx."** Last month's reprise of the Louise Hay film was very well attended.

This month I will be offering **"Introduction to Unity"** class for those who are considering joining the church as members, or who would just like to find out more about Unity. These sessions will be on Nov. 6, 13 and 20th. Please sign up at the church or call the church office by Nov. 5th to register.

It was heartwarming to receive a handwritten thank you note to the church from our contact in Afghanistan, First Lt. Matt Zeller, on October 12. Our eleven boxes of pens, shoes and other donations for Pens for Peace reached their destination in ten days. An updated bulletin board display in our lobby is planned which will include new pictures showing the children receiving gifts from our donations and those of other congregations and individuals. We have received a few pictures and have been told that more are on the way. Stop and see your loving gifts in action! Also see the article on page 11.

We will celebrate our annual Thanksgiving Sunday on November 23. Traditionally our service focuses on gratitude and then we share a homemade turkey dinner. Please let us know if you plan to attend so that we may make adequate plans for seating and food. We ask each person to bring a dish to pass and to sign up on the sheet ahead of time. Your reservation helps to ensure a positive experience for everyone. Your presence will make others happy! We hope to see you there.

The holidays bring us another tradition, giving to children whose names are on our Angel Tree. **This is an opportunity to make someone's Christmas brighter by giving an anonymous gift to a child or family in need.** Please look for more announcements about this in your Sunday bulletin. I am grateful that Alicia Mercer, Dick Ten Eyck and Carol Cafalone are showing leadership in this project; they invite others to join in this act of giving and to receive the spiritual benefits.

Please save the date of Saturday, Dec. 13th. for a very special event at 5:00 PM. We will have our church Christmas party as well as a free Solstice Concert given by Alan Seale and two of his longtime friends who are also performers of note. They have given this concert for fifteen years and this year will offer it at Unity. We invite you to enjoy this special holiday treat with your Unity friends and others from the community too. We will announce more details as plans are completed.

I send you a blessing from Unity and invite you to attend our Sunday services so that you can directly receive the spiritual benefits of our prayer and reflection together. May your month of thanksgiving enrich you with awareness of all your Good.

Peace and blessings,
Rev. Eleanor

Awakening In Truth

The month of November weaves an interesting tapestry of spiritual themes.

Unity traditionally takes November as the month of the power of Elimination. This is the mind power which adds to our strength and effectiveness by taking away that which drains our life force energy. Thus, the power of Elimination or Release is a paradoxical, two-pronged power: the power to let go what is finished, unnecessary, or inferior, and the power to magnetize new good that is desired.

As we think of letting go of what is not needed, we think of releasing physically, emotionally, and materially. This leads us into thoughts of spiritual surrender and forgiveness. Forgiveness leads us into healing, as Charles Fillmore taught.

Since we also have our National Thanksgiving holiday, we think about all we are grateful for, all we have been blessed with. If we link gratitude to the other themes of November, we see gratitude for our ability to release; thankfulness for our ability to let go and forgive; gratitude for our spiritual nature which transcends positives and negatives; thankfulness for just being.

Gratitude for all one's life circumstances is possible, whether circumstances are good or bad. Gratitude is the attitude of recognizing our oneness with the All That Is, and recognizing that the Universal Harmony is there for us. The Universe is always saying yes to our feeling-requests. We are grateful that we can always change our thoughts, words and feelings. We can also be grateful that part of us exists above the world of duality, and that Part is in a continuous state of reverberating Bliss. This is Divine Love in the Kingdom of God.

What tapestry could you create this month in your own mind, weaving together the threads of your life now? Release, forgiveness, surrender, gratitude, attraction. All intertwined in One.

Happy November, happy tapestry, I AM grateful.

Rev. Eleanor

Awakening In Time



November 2 12: 45 PM Spiritual Cinema "Knights of the South Bronx"	Looking Ahead December 7 Christmas Angel Gift Deadline
November 6, 13, 20 6:30 PM Unity Membership Class	December 13 Alan Seale Concert & Christmas Party
November 15 9 AM Earthkeepers CCU Workday	December 21 Christmas Service
November 23 CCU Thanksgiving Dinner	December 24 Candlelight Service
November 30 1 PM Qi Gong Workshop Conducted by Wendy Smith	December 31 Burning Bowl Service



Discover the Heavenliness in your own being
Photo by Mike Gacek



Awakening in Prayer

November Affirmations

Inner Peace

Retreating to the stillness of my soul, I can experience absolute peace.

Guidance

Receptive to the guidance of Spirit, I move forward with confidence.

Healing

God's healing energy flows throughout my body.
Cell by cell, I am transformed.

Prosperity

With a thankful heart, I anticipate and accept
God's abundance.

World Peace

In unity with one another, we are creating a world of peace.

This year we are joining in an interfaith project called **"Rochester Prays,"** in which we pray for a part of the city or a town in Monroe County each week. We have calendars at the church which list all the municipalities and the week they are the focus of prayer. This is to bring healing to all our local communities. Thank you for joining in.

Communities of Focus—Week of

- November 2-8—Upper Monroe
- November 9-15—Town of Riga
- November 16-22—Wadsworth Square
- November 23-29—Town of Rush
- November 30—Village of Scottsville

Prayer Ministry

For prayer requests or other messages to the prayer team call 585-473-0910 and press 4, or write your request and place it in the box in the lobby. Please let us know if you or a family member are ill or hospitalized so that we can pray with you.

Silent Unity: 1-800-669-7729

Awakening to Prosperity

We are grateful for blessings received recently through the efforts of the following people:

- ◆ Assistance in mailing the October newsletter: Anita Gaiteri, Peggy Harvey, Peela Hooke, Sharon Peters, Nicki Peters, Carol Cafalone, Jeanne Gagne, Katherine DaCosta, Chris Spridy, Bernie Bowie, Rev. Eleanor;
 - ◆ Leslie Wright & Donna Ries who organized the community discussion on values and tabulated the results;
 - ◆ Sylvia Barker, our Liberian, who donated extra frogs to give away to our Volunteers of the Month as a permanent memento;
 - ◆ Our Earthkeepers who did a great job on October 18: Jeffrey Smith, Sean & Linda Grape, Dory Braun, Marie Hedrick, Tim DuBois, Mike Gacek, Dick & Mary Jo TenEyck;
 - ◆ The anonymous donor who contributed \$1300 to pay for additional lighting for our parking lot;
 - ◆ Ann Robertson who sends cards and recordings of our Sunday service to 12 shut-ins each month;
 - ◆ Carol Cafalone, Jackie McCullough, Linda Grape, and Bernie Bowie who have helped in our church office when we did not have a staff member;
 - ◆ Our volunteers who welcomed our Canadian guests: Tim DuBois, Stan Marshall, Sylvia Barker, Mary Jo TenEyck, Marillyn Wise, Sam & Anita Gaiteri, Bob Murray, Marie Hedrick, Jackie McCullough, Jeff Smith, Carole Frank, Bob & Paulie Gajewski, Mike Gacek, Barb Stowe, Jeanne Gagne, Bev Markham;
 - ◆ All of our volunteers who help during our Sunday morning activities, serving pleasantly without seeking fanfare: ushers, greeters, platform assistants, social hosts, bookstore volunteers, Sunday school Director & volunteers, prayer team members, **audio team, birthday cake bakers, offering counters; we couldn't do it without you!**
 - ◆ Our numerous volunteers who regularly come to help fold the newsletter; because of them you receive your newsletter in your mailbox;
 - ◆ Our sign volunteers, Mike Gacek and Ann Robertson, who give us and our community a new thought each week;
 - ◆ Our standing committees and ministries: Planning, New Horizons, Financial Prosperity, Music and Worship, Remembrance, Social; these people all give of their time on a regular basis to keep us running smoothly and to bring about new ideas and projects;
 - ◆ Our dedicated Trustees, who generously give of their time and efforts to serve the needs of the church, without seeking personal glory: Leslie Wright, Bob Gajewski, Marie Hedrick, Paula Bramwell, Mike Gacek, Mary Jo TenEyck.
 - ◆ Our Bookstore Manager, Paulie Gajewski, and her assistants Jeanne Gagne and Beverly Markham;
 - ◆ Those who read the Daily Word and bring flowers to beautify our sanctuary;
 - ◆ Our musicians who serve with consistency and love: Jane Faust, Thomas Warfield, Pamela Torrey, Karen Sparka.
- All in our congregation who contribute their thought energy, love, attendance and financial gifts to enrich our Unity experience.

Volunteer of the Month

This month's frog recipient is a couple who quietly goes about letting their presence be known. They have facilitated classes on Non-violent communication and Eckhart Tolle. They actively support and participate in church events. They have helped with setting up tables and stuck around to assist with the clean up. They have a smile and a greeting for all.

That is why this month's volunteers are John and Elsé Vella. Thank you!



Divine Love richly provides everything now.

Awakening through Leadership



Highlights from the Board

We hired a new office assistant, Jeanne Gagne on July 30, 2008. We are very grateful to the volunteers who have stepped forward to help in the office in the interim.

It was decided to create and put new signage at each door inside the building and at the entrance to the front door and the Sunday School door outside.

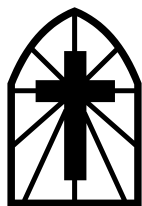
The Board Retreat will be on November 1st, from 8:30 to 3:00 pm. Among the topics for discussion will be our new "Board of Trustees Statement of Purpose, Leadership Recruitment and implementing the **Thriving in Unity program**".

The Board is in the process of finalizing a user friendly process of making it possible for people to make online donations through our website if they wish to do so.

Four congregants have come forth to work on the Prosperity Projects for the holidays. What a blessing.

Respectfully submitted,
Marie Hedrick

What is the Board of Trustees?



During this month when our thoughts turn to thanksgiving, my thoughts turn to our Board of Trustees who serve our church in many ways according to their interests and abilities.

I am grateful for the loving service and dedication which our trustees show by **their interest in the church's good, their** taking responsibility to hold a high vision of Truth, and by their material and financial support. Trustees are people to whom the material welfare of the church "has been entrusted" by the members, to oversee with a spiritual vision. This stewardship of our material resources with a spiritual vision often presents opportunities for trustees to learn new things and stretch their self-concept and skill level. It has been said that no one becomes a trustee knowing all they need to know; they learn on the job.

Our current trustees are: President: Paula Bramwell; Vice President: Leslie Wright; Treasurer: Bob Gajewski; Secretary: Marie Hedrick; Trustee: Mike Gacek; Trustee: Mary Jo Ten Eyck. Board officers are elected by the trustees themselves. It may interest you to know that although the Minister attends all regular board meetings, the Minister is not a trustee and does not vote in board decisions.

This is what our bylaws say about qualifications to serve on the Board of Trustees:

"Section 4.04 (a):

1) Desire to serve on the Board; 2) Endeavor to live in accord with the Jesus

Christ Principles of Love and Truth as taught by the Unity Institute; 3) Further the work of this Ministry through active interest, love and support; 4) Be a sincere and continuing student of Unity, conversant with its teachings, and CCU bylaws; 5) Demonstrate leadership capabilities; 6) Have been an active member of Christ **Church Unity for at least one year."**

Note that #5 says that a person should have the capacity for leadership, whether or not it has been fully expressed so far. Also, a member could learn to be more conversant with the bylaws if selected by the Nominating Committee to be a candidate for trustee.

In a few short months our members will be selecting new people to whom to entrust the resources of our church. Please look around and see: who are the people you would identify as being able to measure up to the qualifications above? You will have an opportunity to make your suggestions known to the Nominating Committee. Also consider whether this type of service calls to you, as something you would like to do. Are you a people person? Do you like to communicate? Are you open-minded? Do you like applying Truth principles in concrete situations of daily life? It may be that Board service is your next opportunity from the Universe to enhance your spiritual growth.

~ Rev. Eleanor

I have the time, wisdom and energy to do both the ordinary and extraordinary today.

Awakening through Action

New Horizons



BEING SPIRIT-LED (GOD-CENTERED)
UNCONDITIONAL LOVE
HEALING

These are the primary VALUES identified at our September congregational gathering sponsored by the New Horizons Team. Many other values were also considered, and are encompassed within the above 3 primary values. The emphasis of our strategic ministry action plan will be based upon these primary values. We are most grateful to everyone who contributed their thoughts, energy and love in this process. Thank You!

We would also welcome new team members, particularly those skilled in creating strategic action plans.

The New Horizons Ministry Action Team
Donna, Leslie, Sylvia, Josephine and
Rev. Eleanor

Submitted by Donna Ries

Youth Education



CCU cares for our children and youth. In order to meet the needs of all of our church family, Marna

Rossi would appreciate some volunteer help in planning and coordinating options for our infants, preteens and teens.

Infants: looking for a volunteer coordinator to solicit volunteers and manage a rotating calendar of people willing to be on call for nursery duty.

Preteens and Teens: looking for a volunteer to assist Marna in brainstorming and planning some occasional programming for our older youth.

If interested in helping please contact Marna Rossi after Sunday service or at MarnaLeeRossi@aol.com

Alan Seale brings Winter Solstice Concert to Unity



Christ Church Unity will host a Winter Solstice Holiday Concert Celebration featuring author/speaker/singer Alan Seale on Saturday evening, December 13, 2008 at 5:00 PM. Alan will be joined by pianist Bill Lewis from New York City and storyteller Able Rae from Jacksonville, FL. This marks their 16th year performing Solstice concerts together, and they are very excited to bring the celebration to Rochester this year. The concert celebration is free of charge, a gift to the community at this holiday season. **The church's annual Christmas party will follow the concert.** All are welcome. For more information, call Christ Church Unity at 473-0910.

The Winter Solstice, the longest night of the year, has been celebrated over the centuries as a time of introspection and retreat, as well as a festival for the return of the sun and the light. The concert promises something for everyone, from familiar holiday music to music of the heart to storytelling. The performers take advantage of the space of Unity Church in magical and mystical ways. Sounds come from everywhere within the church as the artists sing and play.

For many years Alan Seale was a singer and voice teacher in New York City, and has appeared as soloist with the New York Philharmonic, the Spoleto Festival, New York City Opera National Company, and the Baltimore Chamber Orchestra. His voice students include Broadway stars Marc Kudisch, James Barbour, and Graham Rowat. Seale is now a leadership coach, inspirational speaker, and an award-winning author of *Intuitive Living*, *Soul Mission * Life Vision*, and *The Manifestation Wheel*. His website is www.alanseale.com.

Pianist Bill Lewis has appeared on concert

stages all over the world with such noted singers as tenors Ronan Tynan, Marcello Giordano and Rockwell Blake, and soprano Maureen O'Flynn. He appeared at the White House accompanying Patti LaBelle. He has been the head vocal coach for Central City Opera Festival, and has served on the coaching staffs of Santa Fe Opera and Texas Opera Theater, as well as on the music faculty of Rutgers University.

Storyteller Able Rae has been writing and telling stories for over 15 years. Her distinctive voice and soul-stirring stories have become a popular feature on the public radio station in Jacksonville, FL where she now makes her home. She recently released her second CD, "I am Able Rae," and her stories have been published in collections by Simon and Schuster.

Friday's Angels



Friday's Angels is on hold until after the Christmas holidays.

This is a discussion group and more for women. There will be a sign up sheet in the lobby to determine if there is enough interest to continue the group. Meetings are Fridays, 10:30 AM—Noon. Afterward the group goes out to lunch. The next meeting will determine how often the group will meet. If you have questions, see Jane Faust.

Library News



Thank you to everyone who supported the book sale which was very successful totaling \$120 for the library.

Thank you also to all who have donated books, or other materials. Another book sale will be scheduled for this winter. Please remember to return books or items that you have borrowed.

Awakening through Living—Giving—Learning

November Birthdays

Coby Nichols	November 9
Jeffrey Smith	November 9
Fred Lawrence	November 13
John Culligan	November 19
Chuck Elberti	November 21
Sylvia Barker	November 22
Deborah Mizma	November 28
Diana Robinson	November 30

We love you.

We bless you.

We behold the Christ in you.

Happy Birthday!



News From Unity Village

Free Deepak Chopra Web Series Begins October 15 on Unity FM. Visit www.unity.fm to register for **Unity's free upcoming video Web** series, Jesus and the Awakening to God-Consciousness, with Deepak Chopra and Unity minister Wendy Craig-Purcell. For a sneak preview, visit www.deepakchopra.com.

Enjoy a Classroom Environment From the Comfort of Your Own Home. New SEE (Spiritual Education and Enrichment) live Webcam classes will be available starting in October. Topics will include Charles and Myrtle on Healing and Wholeness, Bible Overview: Christian Scriptures, Prosperity, and more. For more information or to register, contact Lisa Earl at 816-251-3535, Ext. 2060, or xsee@spiritpathonline.org.

Lyceum 2008 Speakers Interviewed on Unity.FM. Bishop John Shelby Spong and Dr. Nancy Howell were featured with Unity InstituteSM faculty member Tom Shepherd on *The Leading Edge* on Unity.FM .

Unity.FM Winter Season Launch Unity.FM will launch three new programs on November 3: *The High Watch* with Rev. Melinda Thompson, *Touching the Stillness* with Rev. Paulette Pipe, and *Designing Your Life* with Rev. Kevin Ross. More information about these programs is available at www.unity.fm.

You may listen to recordings of our Sunday lessons and meditations on our website, www.unityrochester.org. Click on **Minister's message**.

Thank you for keeping our Sunday services fragrance free.



On-Going Events

The Eckhart Tolle Class meets on Wednesdays at 7 PM, through November 19. Love offering.

The Drumming Circle meets the last Saturday of the month, 1-3 PM. Love offering.

Rev. Eleanor recommends the following two classes for students who are already have a background in Unity or metaphysics.

The David Hawkins discussion group meets every Saturday from 10 AM—Noon. The next discussion is November 1, 2008.

A Course in Miracles (ACIM) class led by Dijana Winter, meets on Tuesdays, 7-8:30 PM. For more information, call 585-703-1914. \$13/session; couples \$22/session.

To receive the newsletter or event flyer or both by email, go to our website, www.unityrochester.org. click on



Fun Club

The Fun Club is currently on hold. There will be an announcement when activities resume.

Qigong at Unity



For Stress Reduction and Cardiovascular Health

Qigong has been shown to:

- lower blood pressure,
- increase circulation,
- reduce stress levels,
- improve digestion, and
- increase cardiovascular strength

It's great for those with chronic conditions!

November 30, 2008

1—2:30 PM

Love Offering

Instructor Wendy Smith

Content: Although there will be some discussion of Chinese medicine and how Qigong "works", this workshop will primarily focus on learning 2-3 different forms of Qigong - "Yin-Yang Medical Qigong", "Six Healing Sounds", and "Flowing" as well as doing meditations. I may also introduce "Bone Marrow Cleansing". There will be a warm-up and a cool-down component. Please wear comfortable clothing.

Awakening through Communication



The Inside Scoop Sharing Our Committee and Ministry News

The Universe loves this church, serves this church, nourishes this church, and wants this church to succeed!

EarthKeepers

Saturday, November 15. We will be joining from 9 AM until noon to continue preparing our gardens and grounds for the Fall. Bring rakes, tools. Donuts and coffee provided. All are welcome. Thanks for all the willing help in October!

Financial Prosperity Ministry

October 8 meeting: In attendance were Paulie Gajewski, Bob Gajewski, Bob Murray, Leslie Wright.

The committee determined that budget priorities be reflected in committee requests. Individual committees are responsible for relating requests to our church mission. Work was done towards the January deadline for completion of a long-term investment plan proposal. October 11th was set as the day that the church assets and equipment would be videotaped. The committee explored and created a recommendation for the church to use Mercantile Solutions to facilitate online donations through our web site. Leslie reported that most committees have spent less than their proposed budget in the first three quarters this year. The last quarter request forms will be due in early November. Also the 2009 Budget Request forms and a cover letter will be distributed to committee chairs shortly. Lastly, a recent fundraising proposal was discussed that would allow for a percentage of profits from a Mary Kay party to be given to the church. It was decided that a fuller policy should be developed.

Planning and Beautification Committee

September 18 Meeting: In attendance were Rev. Eleanor Celentani, Bob Gajewski, Paulie Gajewski, Bob Murray, Leslie Wright.

The meeting began with a review of sanctuary fees and the need for adjustment. The next focus was the lobby improvements. Bob reported that \$790 had been raised from the Doug Halper concert for this use. It was decided that all carpeting be uniform throughout the building, and the order of improvements was revised. Other discussion topics included the need to revise our website to include information on wedding planning, and an examination of our new use of counter space including the best way to make sign-up sheets available. After the experience of selling tickets for the Doug Halper concert for an extended period, the committee decided that in the future, a shorter sales time would be more successful. The date of Saturday, November 22 was set for holiday decorating. At the October meeting, it was determined that first, a time of gratitude for the many completed projects is important. Then the committee hopes to re-examine their mission, need for new leadership, and priorities.

Prosperity

Many people have participated in outreach projects during the past few years to share holiday gifts and greetings with our servicemen and area families. However, a leader has not yet stepped forth to enable this group to continue during this holiday season. Past plans and ideas, as well as new ideas, are available. If interested in leading an outreach project, please contact Reverent Eleanor or a Board member ASAP.

Public Relations

CCU would like to share our good news with the community and surrounding area. We are looking for a leader or small group who would like to meet this need. Some ideas include contacting area newspapers and radio, creating event flyers for spots in the neighborhood, and creating a presence at city festivals. If interested in public relations, please contact Rev. Eleanor or a Board member ASAP.
Submitted by: Mary Jo TenEyck, Trustee

Christmas Prosperity Project





This year the focus of the Christmas Prosperity Project will be on families and friends of the congregation. We also will be giving a Wegmans Gift Card to families to purchase their dinner. This will be in lieu of collecting food. Again we will have the Angel Tree for gifts for children. If you know of someone who could benefit from receiving an Angel gift and/or Wegmans gift card, please contact Rev. Eleanor or Alicia Mercer. Names and information must be submitted no later than November 12.

Information for adopting a child will be available November 16 and Angel Tree gifts are due by December 7. A sign up sheet will be available for anyone who would like to help with the Prosperity Project. We will be putting up the Angel Tree on Sunday, November 30 after the service. Join in and help share the joy of the season.

A divine transformation is taking place, and a new me is emerging.

November 2008

Sun Mon Tue Wed Thu Fri Sat

						1 10 AM David Hawkins
2 Daylight Savings Time Ends 11 AM Sunday Service 12:45 Spiritual Cinema "Knights of the South Bronx"	3 Budget Request Due 7:30 AM Overeaters Anonymous	4 Election Day 7:30 AM Overeaters Anonymous	5 7 PM Eckhart Tolle Class	6 6:30 PM The Secret 6:30 PM Membership Class	7 7:30 Overeaters Anonymous	8 10 AM David Hawkins
9 11 AM Sunday Service	10 7:30 AM Overeaters Anonymous	11 Veterans Day 7:30 AM Overeaters Anonymous	12 5:30 PM Financial Prosperity Ministry 7 PM Eckhart Tolle Class	13 6:30 PM Membership Class	14 7:30 Overeaters Anonymous	15 9-Noon Grounds Clean up 10 AM David Hawkins
16 11 AM Sunday Service	17 7:30 AM Overeaters Anonymous	18 7:30 AM Overeaters Anonymous	19 7 PM Eckhart Tolle Class	20 6:30 PM Membership Class	21 7:30 Overeaters Anonymous	22 10 AM David Hawkins Decorate CCU
23 11 AM Sunday Service Thanksgiving Dinner	24 7:30 AM Overeaters Anonymous 1 PM Assemble newsletter	25 7:30 AM Overeaters Anonymous	26	27 	28 7:30 Overeaters Anonymous	29 10 AM David Hawkins 1 PM Drum Joy
30 Advent Begins 11 AM Sunday Service 1 PM Qi Gong Workshop Set up Angel Tree						

What's New at the CCM Bookstore?

SALE

Remember to check out the 50% off shelf
New selections added weekly



New titles are coming in all the time including Emmet Fox's little yellow books that Rev. Eleanor spoke about a few weeks ago. Over 9 different books by Catherine Ponder. We also carry David Hawkins and Eckhart Tolle

New Titles

Four Agreements: A Practical Guide to Personal Freedom

Laws of Spirit: A Tale of Transformation

Healing Power of Pets: Harnessing the Amazing Ability of Pets

Soul Currency: Investing Your Spiritual Assets For An Abundant Life

Stillness Speaks

Saying Good-bye to your Angel Animals: Finding Comfort After Losing Your Pet

Quiet Your Mind

Look For the Good and You'll Find God: The Spiritual Journey of a Psychic

The SPIRITUAL CINEMA
CIRCLE™
THE HEART AND SOUL OF CINEMA

Sunday, November 2nd, at 12:45 PM, Christ Church Unity will be showing the next of the award winning full length Spiritual Cinema films called **"Knights of the South Bronx"**, 90 minutes in length. At times this film will bring you to tears. Filmmakers who created these films are dedicated to creating soul-nourishing entertainment, films that will warm your heart and stir your soul.

Seeds From the Earthkeepers



Going organic is one of the simplest and important steps you can take toward sustaining your health and improving the environment. If you **can't go all organic right away, begin with high-priority organic items.** While reducing your intake of pesticides and herbicides, you will also be getting higher levels of key nutrients.

The Top Ten Foods to Buy Organic

Meats: High on the food chain, meat can contain concentrated **chemicals from the animals' diets** in their fatty tissues.

Dairy Products: Also high on the food chain and rich in fats, which is where harmful chemicals become stored.

Fish: While not strictly organic, it is critical to buy wild fish and avoid all farmed fish, which can contain high levels of contaminants.

Berries: Strawberries, raspberries, and other berries including grapes have a thin, absorbent skin that you eat. These fruits are heavily sprayed and tend to absorb more of the chemicals that they come in contact with during production.

Salad crops: Lettuce, spinach and celery are highly sprayed, and have no outer shell to protect the part you eat.

Mushrooms: They are highly absorbent, and conventional growing uses powerful fungicides between crops to keep stray species from invading the intended crop.

Root Crops: Conventional potatoes, yams, carrots, onions, and other root crops can be sprayed with fungicides as well as pesticides, and the parts you eat grow in direct contact with the chemicals.

Bananas: Banana plantations use up to 20 times more pesticides per acre than crops grown in industrialized coun-

tries. Conventional bananas are often grown with a blue plastic bay of pesticides placed over the soft, absorbent skin of the fruit.

Waxed fruit: Shiny apples have a wax coating that locks in the pesticides and makes them very difficult to wash off.

Coffee and Tea: Technically not **"foods," but hot-water** brewing can concentrate the residual pesticides used in the growing process while it is extracting the **"good stuff."** Use an **unbleached** filter and avoid Styrofoam cups!

(The content of this article is taken directly from chapter 2 of *Living Green: A Practical Guide to Simple Sustainability*, c 2006, by Greg Horn.)



Our Vision Statement

Humanity awakens and transforms into its Divine Identity. Christ Church Unity is a focal point of service to this vision.

Our Mission Statement:

Christ Church Unity is a warm, loving and vibrant spiritual center in the heart of Rochester. Recognizing our divine nature, we create a nurturing environment of spiritual freedom where all can develop their spiritual potential for lives overflowing with blessings.

Thank You Message from Afghanistan

The following email message from Matt Zeller, our contact in Afghanistan, was forwarded to us recently. This refers to our Pens for Peace donations.

“My Friends and Family,

Attached are photos showing the fruits of your labors of love. We had a resounding successful humanitarian assistance mission yesterday (8 OCT 2008) for a village called Rabat. During the mission we gave out countless pens, pencils, crayons, blankets, clothing, shoes, candy, and other loads of goodies. These tools will directly keep children in government run schools, and feed and clothe numerous of the most impoverished throughout the coming brutal winter. I cannot adequately express my heartfelt thanks for your generosity. You have my unending gratitude. Be proud. I am.

-Cheers,
Matt”



Our Board of Trustees

Paula Bramwell, President
Leslie Wright, Vice President
Bob Gajewski, Treasurer
Marie Hedrick, Secretary
Mary Jo TenEyck, Trustee
Mike Gacek, Trustee

Rev. Eleanor Celentani, Minister
Office 585-473-0145

Our Staff

Jane Faust, Accompanist
Anita Gaiteri, Hostess
Pamela Torrey, Song Leader
Thomas Warfield, Soloist
Admin. Asst., Jeanne Gagne

Our Ministry Team Coordinators

Audio – Chris Spridy & Bob Gajewski
Bookstore – Paulie Gajewski
Circulation Day – Paulie Gajewski
Financial Prosperity - Leslie Wright
Fundraising -
Greeters – Jackie McCullough
Librarian/Fun Club - Sylvia Barker
New Horizons -
Newsletter - Bernie Bowie
Nominating Comm. - PJ Trahan
Photographer – Mike Gacek
Planning/Beautification -
Platform Assistants – Donna Ries
Prayer – Jane Faust
Prosperity Projects -
Remembrance - Coby Nichols
Sign Ministry - Mike Gacek
Social – Anita Gaiteri
Ushers – Marie Hedrick
Youth Ed. Dir. – Marna Rossi



Submission Deadline
November 17, 2008

Assembly Date
November 24, 2008

Note-the next issue will
be a combined
December/January



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