

# Unity Church of Greater Rochester

## A Positive Path for Spiritual Living



December 2015/January 2016

A member of Unity Worldwide Ministries/Affiliated with Unity, publisher of Daily Word

### Our Vision Statement

Humanity awakens and transforms into its Divine Identity.

Unity Church of Greater Rochester is a focal point of service to this vision.

### Our Mission Statement:

Unity Church of Greater Rochester 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.

*"The Birth of The Christ, Our Own Essence"*

*"For nothing is impossible with God"*

(Luke 1:37)

Dear Fellow Truth Students,

Merry Christmas, Happy New Year To You All!

These are Special Times! Christ is Born Today, Alleluia!!! We come together to celebrate our Unity, Our Oneness with each other. We celebrate the Truth we know, that the Christ Child lives within all of us. Today we embrace this and open ourselves to manifest a greater expression of this, each day.

We claim our Birth in Christ this Christmas season!

During this Christmas season, we are offering several ways in which to prepare for this new birth. Each Sunday a new Advent candle will be lighted for hope, peace, love and joy to make ready the way. There is a Service of Remembrance for those who have experienced a loss and wish to have a place to honor those feelings. For those who wish to start the season with an inner journey, the Labyrinth Walk would fulfill that desire.

Please invite your family and friends to our special Friends and Family Sunday dedicated to them. We love to share the Love.

Christmas Eve will be a sacred time of joyous celebration. We will interpret metaphysically the Bible story of the birth of the Christ child. We know that each of the people in the story represent a part of us. Ring in the New Year's with our annual Bowl Burning Service. Release all those things of the past to make room for a fabulous 2016.

Yay!!! MY favorite service is upon us. The first Sunday in January will be the annual White Stone Ceremony. We will go within to and reveal that "new" name for us for the coming year. This has been a most powerful service for many, myself included.

Embracing Prosperity for the New Year. Join us as we reveal the Keys to the Kingdom. This is a journey to increasing abundance and fulfillment.

A special thank you to all those beautiful Beings who helped make ready the church and the services.

Namaste! Truly Honoring and Beholding the Christ You Are!  
Reverend Ann



# Discover by Sharing

## Board of Trustees

Larlene Fyles, President  
June Fisher, Vice President  
Marilyn Hampton, Treasurer  
Mary Ann Ruganis, Secretary  
Vada Good, Trustee  
Helen Lutz, Trustee

**Senior Minister**, Rev. Ann Frances

## Staff

Jeanne Gagne, Administrative Assistant

## Support Positions

Emily Carpenter, Webmaster  
Jane Faust, Accompanist  
Venise Cottrell, Clerical Assistant  
Marna Rossi, Youth Ed. Dir.

## Ministries Leadership

Audio – Bernie Bowie  
Beautification/Earthkeepers Chair -  
Bookstore – Joan Miller  
Bylaws – Mary Ann Ruganis  
Circulation Day - Katherine DaCosta  
Counters - Marilyn Hampton  
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Greeters – Jackie McCullough  
Hospitality -  
Librarian - Carol Baumeister  
Newsletter - Bernie Bowie  
Nominating Comm. - Stan Marshall  
Photographer - Mike Gacek  
Platform Assistants – Donna Ries  
Prayer Chaplain - Katherine DaCosta  
Prayer Team – Jean Marie Bianco  
Publicity -  
Purchasing Agent - Bernie Bowie  
Remembrance - Marilyn Hampton  
Search Committee - Kathy Anderson  
Social Outreach -  
Spiritual Healing - Donna Ries  
& Vicki Williams, Co-Facilitators  
Sign Ministry - Mike Gacek  
Social Media - Barbara Boyce  
Ushers - Lisa White  
Welcoming -  
Women of Wisdom - Jeanne Gagnè

## December Affirmations

### Inner Peace

Peace within me; peace around me.

### Guidance

The Christ Light illumines my way.

### Healing

I place my faith in the healing power of God within.

### Prosperity

I joyfully give and I joyfully receive.

### World Peace

I share my peace with the world.

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Catherine Ponder Prosperity Dial-A-Thought  
760-346-3964

Silent Unity's number is 1-800-669-7729 or go to  
[www.silentunity.org](http://www.silentunity.org)

We are invited to take part in a **county-wide prayer project** involving many denominations of churches. Please join us in **holding in Light the following places** during these weeks. Rochester City neighborhoods alternate with other towns.

December 6 Cascade District  
December 13 Town of Sweden  
December 20 Town of Webster  
December 27 Town of Wheatland

## Inclement Weather



For information on Service cancellations due to **inclement weather**, the announcement will be made on 13 WHAM-TV, 13 WHAM.com, CW-WHAM (digital 13.2, cable channel 16), Newsradio 1180 WHAM, 100.5 The Drive, 106.7 KISS-FM, 102.3 Sunny-FM, Sports Radio 1280 WHTK, 95.1 The Fox, 107.3 WHTK-FM and YNN Rochester Cable TV, Channel 9. It will also be posted on the church phone line 473-0910 after 8:00 AM. Weeknight cancellations will be announced by 5:00 PM on the church voice mail and in the media if possible.

# Discover ~ Every Day



**December 3**  
Remembrance Service

**December 10**  
Labyrinth Walk

**December 13**  
Friends & Family Service

**December 20**  
Communion Sunday  
Christmas Reception

**December 24**  
Christmas Eve Service

**December 31**  
New Years Eve Service

**January 3**  
White Stone Service  
Potluck Sunday

**January 14**  
Keys to the Kingdom

**January 31**  
Special Music Sunday  
New Age to Broadway  
A morning of song &  
dance with Jane Faust &  
Thomas Warfield

**Save the Date**  
**March 20**  
Annual Meeting

## Welcome the Holiday Season with Inner Reflection

Join us for a **Labyrinth Walk**  
and an evening of  
Affirmations  
Meditation  
Reiki

December 10, 2015  
7—9 PM  
Unity Church of Greater Rochester  
50 Prince St  
Rochester, NY 14607



# Join Us this Christmas Season

## Christmas Eve Service

Thursday, December 24, 5 PM

Join us in **Glorious Celebration**

*As we embrace the birth of Christ  
Reaffirming Our Own True Christ Nature  
Let your hearts be open in Joyous Song and Praise  
All are welcome*

## New Year's Eve Service

Thursday, December 31, 6:30 – 8 PM

*Ring in the New Year with us!*

Join in our **Bowl Burning Ceremony**  
Release the old; Create the New  
Followed with letter of Gratitude,  
Thanking God/Source for the gifts of 2016  
All are welcome

## White Stone Ceremony

Sunday, January 3, 10 AM

Embrace a new name upon a white stone.  
Come, inquire and embrace a divine revelation.  
In mediation we will ask for guidance for this  
upcoming year

## Service of Remembrance

Thursday, December 3, 6:30 PM

*Have you experienced a loss  
of any kind?*

Join us for a special service followed  
With a workshop by Kathleen Fraser,  
Author of Mourning and Milestones

## Friends and Family Sunday

Sunday, December 13, 10 AM

Invite a friend, bring the family,  
On this third Sunday in Advent  
Dedicated to LOVE  
Share your Sunday Experience with others

# Discover



## Board Highlights

After all of the excitement of the first few months with a new minister from a board perspective it seems like things have been somewhat quiet the past two months! We are so appreciative of all of the time that Reverend Ann is investing in us and all of the many talents she is demonstrating. We are so blessed to have her here!

As usual, let me tell you about a few of the key business items that the Board addressed during the past two months:

- We amended the Red Cross parking contract to address their request to reduce the number of spaces they rent during the week from 35 to 25.
- We sponsored a very special, spiritual musical experience at the church the evening of October 17<sup>th</sup>. About fifty people participated in a Kirtan led by Sonam Targee. This event was considered a successful fundraiser for the church.
- We changed the plans to have Rev. Pat Bessey lead a church Mission, Vision and Values session to a Spiritual Gifts workshop and personal visioning session on Nov 6<sup>th</sup> and 7<sup>th</sup>. I truly hope you were one of the forty plus individuals that were able to take advantage of this unique opportunity to learn more about yourself and your role in this world. Rev. Bessey was very impressed with the level of participation and enthusiasm in our church – she said it was the largest visioning workshop she has ever given!
- The Syracuse Unity Church is hosting a Board training with Rev. Pat Bessey on December 5<sup>th</sup> and extended an invitation for your Board to participate. Most of your Board Members and Board nominees are planning to take the opportunity to attend this training.
- Building front door: A special membership meeting was held on October

18<sup>th</sup> where the Facilities team presented a proposal to purchase a new door from one of three vendors that provided quotes to the church. The membership approved contracting with Max T. Doland, a division of Alliance Door to purchase the recommended door. We look forward to having a new door before Christmas!

- The Heating and Air Conditioning unit in Rev. Ann's office stopped working and the board got three different quotes for repair/replacement. It was determined that a repairing the old unit would be as costly as getting a new one. The business was awarded to Hawn Heating after it was decided that their proposal was the most economical. The new unit was installed the week of November 9<sup>th</sup> so Rev. Ann is all set for our winter weather.
- A decision was made to change to a different contractor for snowplowing for this winter season. We will now have the same individual that has been doing a good job on our landscaping all summer doing the snow removal for us.
- Preparation of the 2016 Budget – work on this will continue for the next month or so.
- The Board set March 20, 2016 as the date for our annual membership meeting.

That's it for now

In Love and Service,  
Mary Ann Ruganis  
Board Secretary



## Social Media

All of the communication sharing that each one of us does is just like a tithing – it keeps on working and expanding and giving. Expanding our presence through online networking is just one pathway we have to share our good news. You can't help but notice the beautiful increase in new faces at UCGR. What a delight to welcome each and every one.

When we share a link from our Unity website or our Facebook page, who knows where that message can reach eventually. We have "friends" all over the country! That's very exciting.

We invite everyone to join our Facebook page and share your stories about you and Unity. For team ministry news, I am happy to post short pieces or event invitations for you. The more we post and share, the larger the circle grows.

If anyone wants to help in our Facebook social media ministry, I welcome your participation. You can email me or see me in church.

Barb Boyce



# Discover through Leadership



## Keys to the Kingdom

Thursday, January 14

6:30 PM

*An Advanced Course in Prosperity Consciousness. Join us in this 7 week course to great abundance. We will build a new awareness as we release old paradigms. Together we create our worlds and live in the flow.*



## Noon Meditation

Join us for a 30 minute Meditation every Wednesday at Noon with Reverend Ann.



## Platform Assistants and Daily Word

Over the past few months, Rev. Ann and Donna Ries, coordinator for Platform Assistants and now also Daily Word readers, have been exploring new opportunities with these two parts of the Sunday service. In particular, Rev. Ann and I have intended to welcome any and all members of our Sunday service to serve as either Platform Assistant or as a reader of the Daily Word. Our team of Platform Assistants continue to serve in this capacity. And, many new individuals have also been serving in this capacity. Written Guidelines are provided to these volunteers in preparation for serving as well as the opportunity to have questions answered prior to the Sunday they serve. It has been a joy having so many members willing to participate in these two roles, and we invite you to also participate in either of these services. This is a "one time commitment" which can be repeated at later dates if desired. If you would like to participate in either of these services, please talk with Rev. Ann or Donna Ries.



## 12 Oils of Ancient Scripture

A class offered by Vicki Williams and Donna Ries

Have you ever wondered what the oils mentioned in the Bible were?

~Oils for healing, cleansing, and holy anointing are mentioned more than 500 times in the Bible.

~Aloes, Cassia, Frankincense, Galbanum, Hyssop, and many others.

~Moses used them to protect the Israelites from disease.

~Mary and Joseph used them to keep baby Jesus and themselves healthy.

~Come learn, enjoy, share and experience the aromas of these holy healing oils. Some of the oils are very uplifting, calming, and refreshing.

~Being the product of God's words and thoughts, they respond to ours as children of God.

~Corresponding Bible verses where the oils are mentioned.

Come and be anointed with an oil and a blessing!

**Sunday, December 6th  
12:00 to 2:00**

Love offering to the church by choice

Any questions contact  
vicki@bluefrog.com or  
donnaries@hotmail.com

## Communion Sunday Sunday, December 20, 10 AM

Join us in Spiritual Communion  
as we embrace the elements as  
symbols of  
Life and Pure Substance



## Sacred Healing Ministry

Each month, typically the third Sunday, a space of "Sacred Silence" is offered following the Sunday service. This time is a gift to one's self, an opportunity to come into conscious awareness, to experience the peace and serenity of sacred silence. At times, a gift of pain relief, whether physical, mental or spiritual, is also received. This time and space is offered to anyone wanting to come into presence, to heal, to have a time-out from the busy pace of life.

There is meditation music, quiet, and a Reiki Circle. When receiving in the Reiki Circle, the recipient is invited to sit in a quiet space releasing the thoughts that arise, and welcome the healing energy that is being received. Essential oils are also occasionally offered to invite a deepening into the experience of receiving Reiki. Essential oils have held a place of significance in the Bible as well as in ancient civilizations up into contemporary times. The Reiki practitioners offer suggestions in the application of the oils prior to beginning a Reiki session. Use of an oil is optional.



Love donations are appreciated, as an acknowledgement of service and a demonstration of gratitude. The church receives all donations with the grace of deep thanksgiving for the generosity of all participants.

A sign-up sheet is posted in the lobby for the prior 2 weeks of the upcoming monthly event for individuals to make known their intent to receive Reiki. Individuals are also welcome to walk in for a Reiki treatment during the Sacred Healing service. We request a reverent quiet for all present, and we welcome you to receive Reiki or to choose to sit in silent prayer or contemplation. This space is for anyone and all are welcome.



If you have questions, or if you are a healing practitioner and wish to become part of our circle, please contact Vicki Williams (vicki@bluefrog.com) or Donna Ries (donnaries@hotmail.com), co-coordinators of the Sacred Healing Ministry.

*We now unfold into the Divine Plan; Christ is our transforming Power.*

# December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Noon Meditation 6:30 PM Metaphysical Bible	3 Service of Remembrance	4	5 10 AM TIOG
6 10 AM Sunday Service Noon 12 Oils Potluck Sunday	7	8	9 Noon Meditation 6:30 PM Metaphysical Bible	10 7 PM Labyrinth	11	12 10 AM TIOG
13 10 AM Sunday Service Friends & Family 11:30 Board Meeting	14	15	16 Noon Meditation	17	18	19 10 AM TIOG
20 10 AM Sunday Service Communion Sunday Christmas Reception	21	22	23 Noon Meditation	24 Christmas Eve 6:00 Christmas Eve Service	25 Christmas	26 10 AM TIOG
27 10 AM Sunday Service	28	29	30 Noon Meditation	31 New Years Eve 6:30 New Years Eve Service		

# January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 New Years Day	2 10 AM TIOG
3 10 AM Sunday Service White Stone Potluck Sunday	4	5	6 Noon Meditation	7	8	9 10 AM TIOG
10 10 AM Sunday Service	11	12	13 Noon Meditation	14 6:30 Keys to the Kingdom	15 Newsletter Deadline	16 10 AM TIOG
17 10 AM Sunday Service	18	19	20 Noon Meditation	21	22 Newsletter Assembly	23 10 AM TIOG
24 10 AM Sunday Service	25	26	27 Noon Meditation	28	29	30 10 AM TIOG
31 10 AM Sunday Service Special Music Sunday						

# Discover Relationships

## December ~ January Birthdays

Robyn Olson-Walsh	December 4	Louis Wong	January 2
Les Collins	December 5	Kristina Turachak	January 4
Alicia Mercer	December 6	Katy Howard-Lim	January 5
Rosemarie Jaouen	December 9	Anne Marie Miraglia	January 7
Jerry Peters	December 12	Dijana Winter	January 9
Jean Marie Bianco	December 13	Sara Young Gale	January 10
Dory Braun	December 18	Kathleen Worgo	January 12
Vicki Williams	December 21	Bruce Benton	January 14
Nancy Hicks	December 21	Katherine Vidas Burgholzer	January 16
Beth Sears	December 21	Lisa White	January 20
William Turner	December 25	Beverly Liederbach	January 26
Joni Viggiani	December 25	Faythe Swanson	January 26
Ruth Fogarty	December 30	Carol Baumeister	January 26
		Deborah Koziarski	January 30
		Peggy Harvey	January 31

*Happy Birthday to you...  
There is joy in the Universe  
Because you exist!*



## On-Going Events

The "There is Only God" study group meets every Saturday from 10 AM—Noon. Next meeting December 5, 2015. <http://thereisonlygod.com>.

### Women of Wisdom

The women of Unity Church of Greater Rochester meet every month sharing and laughing, usually at members' homes. The meetings are an opportunity to get to know each other at a more personal level. Those interested in hosting a meeting, please contact Jeanne Gagne` at 585-473-0910.

### REMINDER

To receive the newsletter or event flyer or both by email, go to our website, [www.unityrochester.org](http://www.unityrochester.org), and click on *Get Unity Updates*.



### Recording of Our Services

Visit our website to listen to recordings of our Sunday lessons and meditations. This is a free service which we give to the world.



**MAKE A DONATION**

### Online Donations

We are grateful that our church can receive donations online. Go to any page on our website [www.unityrochester.org](http://www.unityrochester.org) and click on the purple button. Thank you.

Thank you for keeping our Sunday services fragrance free.



Don't forget you can support UCGR every time you search the internet or shop online with [www.GoodSearch.com](http://www.GoodSearch.com) or [www.GoodShop.com](http://www.GoodShop.com)

Type Christ Church Unity-Rochester into the "I support box" and click on verify. Money from advertisers will go to UCGR.

### Submission Deadline

For February/March Newsletter

January 15, 2016

### Assembly Date

January 22, 2016



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