

Unity Church of Greater Rochester

A Positive Path for Spiritual Living



December 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.

"Awakening to the Essence of My Christ Within"

"Do not be afraid; for I am bringing you good news of great joy for all the people;"
(Luke 1:37)

Dear Fellow Truth Students,

Merry Christmas!!!

The Christmas Season is upon us again. The church is alive with the hustle and bustle of Spirit. The beauty of the season sparkles in Unity. Each year we open ourselves up to the wonderment of a sacred birth of a time gone past. It reminds us to open to the wonder of our own lives. The magic, the joy, we bring forth when we lead from our own Christ Light. History tells us that Jesus gave us permission to be all that we could be and to strive to do greater than even he was able to do. Jesus commissioned us to be the hands and feet of the Divine. In Unity we often affirm that "We live and breathe and having our being in God, Pure Substance.

Each day, all day we embrace our Christ Child! Growing brighter with each and every exhalation, I acclaim the good news, "I Am born again this Christmas Night!"

This month we will look at the Twelfth and final Power, the Power of LIFE. The Power of Life invigorates and energizes us. We are enlivened in Spirit as we embrace the power of Life Within Us. "Something begins to take place in our minds and bodies as we praise the Spirit that gives us life and give thanks for its divine activity within us," writes Winifred Wilkinson Hausmann. This supply of life is unlimited and everlasting!

Each Sunday during Advent, a new candle will be lighted for hope, peace, love and joy to light our way. This is our own personal journey as we make ready for the renewal of our own Christ birth.

A Service of Remembrance is planned for those who have experienced a loss of any kind. We invite you to hang a star in their honor of our loved one's passed.

Please invite your family and friends to our special Friends and Family Sunday. Share our beloved Unity!

Christmas Eve, New Year's Eve and The White Stone ceremony are my favorite three. I remember as a small child walking out of midnight mass on Christmas Eve to the organ sound in loud exaltation the sound of Joy to the World the Savior is born. The gift of teaching of Unity is the realization that the birth is within us. We are the expression of Christ. These three services open the path and help pave our way to a growing expression of Christ, Join in the awe as we metaphysically interpret the Bible story of the birth of the Christ child. We will light our own individual candle from the Christ Candle signifying that our Christ light has been lit again and it shines even brighter. Join us on Christmas Day as we settle in the new Christ Birth.

Ring in the New Year's with us. Join in the ritual of release and renewal at our annual Bowl Burning and Letter Writing Service. We freely release the things of the past to make room for a magnificent new year. Those who attended last year, look for your Letters of Spirit to arrive in the mail soon. Join us for our Sunday service on New Year's Day.

The White Stone Ceremony is the third service in this amazing trilogy. We go to that sacred place within and ask Spirit to reveal to us a word or two to help establish our spiritual gifts of this coming year. It will be held the second Sunday in January.

A special thank you to all those who helped to make this Christmas Season special.

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



Discover by Sharing

Senior Minister, Rev. Ann Frances

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Librarian - Carol Baumeister
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Prayer Chaplain - Katherine DaCosta/Jane Faust
Prayer Team – Jean Marie Bianco
Publicity -
Purchasing Agent - Bernie Bowie
Remembrance - Barbara Boyce
Social Outreach -Sam Akin/Liesl Gaesser/Bernie Bowie
Special Events Catering- Larlene Fyles/Vada Good
Spiritual Healing - Donna Ries
& Vicki Williams, Co-Facilitators
Sign Ministry - Mike Gacek
Social Media - Barbara Boyce
Ushers - Lisa White
Welcoming -
Women of Wisdom -

December Affirmations

Inner Peace

The peace of Christ is reborn in my heart.

Guidance

I open my mind to the light of my being and answers are revealed.

Healing

My mind and body are whole, well, and strong.

Prosperity

My spirit rejoices in the infinite goodness of God.

World Peace

I bless the world with words of peace and actions of goodwill.

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

Silent Unity's number is 1-800-669-7729 or go to
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 4	Cascade District
December 11	Town of Sweden
December 18	Town of Webster
December 25	Town of Wheatland



Information on Service Cancellations

If Christ Church Unity finds it necessary to cancel Sunday activities 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 through Leadership



Unity Men's Circle

As I reflect over the last year, over the last decade, and over the last fifty years, so much has happened. 2016 has passed so quickly. Even now, we continue to struggle with managing our own burgeoning and complicated planet, while eagerly beginning to explore others. When I reflect on 10 years in the past, I wonder how 2006 could be so far away. Ten years ago, we completed the epic human genome project and in a self-fulfilling prophesy, former Beatle, Paul McCartney, turned 64 after writing "When I'm Sixty-Four" at age 16. Fifty years ago, in 1966, Dr. Martin Luther King Jr. made his first public speech on the Vietnam War and in that same year a historic groundbreaking took place for the World Trade Center. The unfolding of these and other apparently random happenings sometimes make me feel like an innocent bystander who is witnessing the bizarre events of a world governed by the rules of a Lewis Carroll story.

When I feel that way, I am grateful that I am not alone in trying to make sense of it all. What I see is that the human experience is highly complex and ultra-messy. I've heard that the more complex something is, the more unpredictable the outcome. I have found this to be true in my short, humble life. For example, I have noticed that most of the time, what I assume might happen, does not happen at all; something else happens instead. I thought I would follow Jacques Cousteau to the ocean but something happened instead: I followed Bill Gates into the digital swamp; I thought I would live in Jamaica in the West Indies for the rest of my life, but instead I live in Rochester, NY; I thought I had it all figured out by the time I was 30, only to discover in my 50's, just how little I know. Yes, it's humbling to be human. I've learned that alone I can feel overwhelmed and hopeless. But together,

we can form meaningful and satisfying relationships that bring happiness through human connections. Connections that help us to make sense of it all. Personally, I find hope living in the hearts of other men who are grappling with the same issues as myself. And, I consciously look for ways to create and share that journey. Discover with us what it means to be a man in the 21st-century. Please, come join us in the Unity Men's Circle, as we explore the sacred life of men. So together, we can face the challenges and opportunities that arise being a spiritual man in the world of today.

Meetings are normally on the LAST Saturday of each monthly (Except NEXT MONTH=> Saturday December 10)

NEXT MEETING:

TIME: Saturday, December 31 9:00am -11:00am light breakfast will be served

For more info contact: Bruce Wayne McLellan c- [585-530-2308](tel:585-530-2308)/bruce@brucewaynemclellan.com



Noon Meditation

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

Labyrinth Walk

Join us in a Sacred Journey

The Labyrinth Walk will be in our sanctuary **Thursday, January 4, 6:30 -8:30pm**

Sacred Healers will be available



Veteran's Group

Dear Veterans, are you interested in joining together in a group at Unity Church of Greater Rochester? We can decide the involvement we wish to have and the group we wish to create. Our meetings can be as frequent as we decide. It could be quarterly, or yearly around Veteran's Day. Maybe we would create an outreach project amongst us. Please talk with Dawn Brucker who has lovingly stepped forward to form a group.



Unity Church of Greater Rochester Outreach

Our church now has an "Outreach Ministry group" that has formed with the purpose of creating opportunities to be of service to others and to make our presence known throughout our community and beyond. Sam Akin heads up the group, with Bernie Bowie and Liesl Gaesser as co-chairs. We will continue to support our participation in the monthly Mustard Seed Diner program, and we will be regularly helping Tim and Debbie Sigrist and the St. Joseph's House Foot washing clinic now, by collecting New white socks and travel sized toiletry items, as well as looking into other new Outreach possibilities. All are welcome to join us as we follow our hearts and serve others in many ways. Our next meeting will be Dec. 4th, following the pot luck luncheon. Also, you can email Sam any time at samakin55@gmail.com with any questions. Blessings to All!"

Christmas Caroling

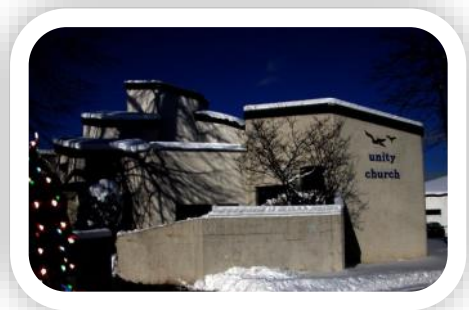


We have been invited to join the 19th Ward Block Club in caroling at the Rochester Presbyterian Home 256 Thurston Rd, Rochester 14619 on December 19 at 6 PM. No need to worry if you're not a great singer, it's a good way to connect and the residents look forward to the visit. Families are welcome. Meet directly at the Presbyterian

DECEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 10 AM Book study
4 10 AM Sunday Service 12 New Member Orientation Sacred Healing	5	6 10 AM Yoga 5:30 PM FPM 7 PM Evening Meditation	7 Noon Meditation 6 PM Choir/Bell Practice	8 6:30 PM Service of Remembrance	9	10 10 AM Book study
11 10 AM Sunday Service Friends & Family New Member Sunday Board Mtg	12	13 10 AM Yoga 7 PM Evening Meditation	14 Noon Meditation 6 PM Choir/Bell Practice	15	16	17
18 10 AM Sunday Service Communion Sunday Christmas Party	19 Newsletter Deadline	20 10 AM Yoga 7 PM Evening Meditation	21 Noon Meditation 6 PM Choir/Bell Practice	22	23	24 Christmas Eve 5 PM Service
25 Christmas 10 AM Sunday Service	26	27 10 AM Yoga 7 PM Evening Meditation	28 Noon Meditation Newsletter Assembly	29	30	31 New Year's Eve 6:30 PM Burning Bowl Men's Circle

We will return to our regular format of a bi-monthly newsletter with the January/February issue



Discover Relationships

December Birthdays

Les Collins	December 5
Alicia Mercer	December 6
Rosemarie Jaouen	December 9
Jerry Peters	December 12
Jean Marie Bianco	December 13
Vicki Williams	December 21
Nancy Hicks	December 21
Beth (EA) Sears	December 21
William Turner	December 25
Ruth Fogarty	December 30

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 October 1, 2016. <http://thereisonlygod.com>.

Reminder

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



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 and click on the purple button. Thank you.



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 the church office at 585-473-0910.

 Be sure to add the UCGR email: unityroc@unityrochester.org to your address book to make sure you get all the news.

Don't forget you can support UCGR every time you search the internet or shop online with www.GoodSearch.com or www.GoodShop.com

Thank you for keeping our Sunday services fragrance free.



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

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.



Submission Deadline

For January/February Newsletter

December 19, 2016

Assembly Date

December 28, 2016



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If you no longer wish to receive this newsletter, please check this box and return this sheet to us.

Sent with love to:



*I allow the joy of this season
to fill my heart and propel
me into a prosperous
New Year*

www.unityrochester.org



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