

# Unity Church of Peace

## Spiritual Center of St. Louis

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## January 2012

# Happy New Year

**Theme: "Come Apart a While"**

### Lesson Titles:

- Jan. 1      *"The Burning Bowl"*
- Jan. 8      *"Come Apart a While"*
- Jan. 15     *"Against the Wind"*
- Jan. 22     *"The Joke of Confusion"*
- Jan. 29     *"Purple Means Power"*  
Guest Speaker - Christopher Czarnecki

### Special Events

**Sunday, January 15<sup>th</sup>**  
Exploring Unity Class  
12:15 - 2:00 p.m.

**Friday, January 27<sup>th</sup>**  
Spiritual Movie Night  
**6:30 p.m.**

**Sunday, January 29<sup>th</sup>**  
Music Fundraiser  
Luncheon

### Sneak Preview

**Sat., February 11<sup>th</sup>**  
Gateway to Agape Unity  
Cafe, with sidekicks the  
VanHoose Family Band

### January Affirmation

*"In the quiet, I am guided and renewed in body, mind, and Spirit."*

## Minister's Message



Dear Unity Friends,

Happy New Year 2012!  
I hope you have welcomed your holiday season with an abundance of joy, love, and peace!

I know that I personally am heading into this new year with a much deeper sense of inner peace. And I truly believe that my renewed serenity is due in great part to the powerful time I have spent in the silence. As many of you know, I took a trip last month to the beach in Florida, where I had several days of silent retreat. As a result of the inspiration and blessings I received in the quiet, I have decided on the theme, "*Come Apart a While*", for this month of January, so that I might share with you many of the insights I gained during my retreat.

I hope you will join us for our traditional Burning Bowl service on January 1<sup>st</sup>, as we start our year out right by releasing the old, limited beliefs and habits that no longer serve our highest good. Then, during that same service, through the writing of a Letter to God, we will once again have the opportunity to affirm and claim the life-enhancing ideas, behaviors, and events which we do want to see manifest in our lives. It is only by letting go of the old, limiting ideas that we create the necessary vacuum in our lives which can be filled with the peace and prosperity we truly desire.

On January 8<sup>th</sup>, I will speak on how important it is for all of us to take time out of our busy lives and the ego's concerns to "*Come Apart a While*", so that in the quiet of our hearts we might truly hear the guidance that Spirit has for us.

The following Sunday, January 15<sup>th</sup>, my lesson will focus on the need to sometimes just keep moving ahead, putting one foot in front of the other, one baby step at a time, following in Spirit's footsteps, even if

we seem to be up "*Against the Wind*". It is often this act of nonresistance and surrender to living in the question, as it were, which ultimately leads us to the transformation we seek.

In the lesson on January 22<sup>nd</sup>, titled, "*The Joke of Confusion*", I will share with you some of the rather comical aspects of the state of confusion that we often find ourselves in, and how helpful it can be to learn to laugh at ourselves and be like angels, taking ourselves lightly!

Finally, on January 29<sup>th</sup>, our very own talented and inspiring Christopher Czarnecki will be the guest speaker, presenting an exciting lesson titled, "*Purple Means Power*".

January at Unity Church of Peace promises to be exciting and enlightening, offering the opportunity for deep self-reflection and spiritual growth. And I sincerely hope to be able to share many of the insights of my journey with you all!

Throughout this month, I invite you to affirm with me often, and with enthusiasm, "*In the quiet, I am guided and renewed in body, mind, and Spirit.*" Happy New Year! And remember that God is blessing you now and always!

Love and Blessings of Peace,  
Reverend Sallie Fox



**President's Notes**



Dear Friends,

A brand new year is approaching. I am happy to report that Reverend Sallie has signed her contract and will continue to serve as our spiritual leader in the coming year. All of us on the Board of Trustees are looking forward to a year full of discovery and growth for our Church and as individuals.

We on the Board have made a decision to focus on discovering our unique Spiritual Gifts and how to best use them in service on the Board and in the wider Church. We set aside Saturday December 17 to gather and reflect on what Spirit is calling each of us to do and how that will affect our roles. We meditated and shared our visions of what we wanted for our church and this activity brought forth many ideas and insights that will help us serve you better.

Your Board of Trustees has made a commitment to be more visible and available to all of our members. We are planning open forums on selected Sundays where we can answer questions and address concerns and listen to your ideas. We are planning a survey of the congregation with the focus on identifying your spiritual gifts and how they can bless all of us.

We want Unity Church of Peace to be the place to find your spiritual center, a place where each person is encouraged to discover his or her unique spiritual path. We envision a community where everybody shines because they are doing what Spirit meant for them to do.

I would like to share my favorite prayer which I think sums up our quest for less ego and more Spirit involvement in our lives. It was written by the Catholic chaplain of the FDNY, Fr. Mychal Judge, who perished while ministering to firefighters at the World Trade Center on 9/11. Here is his prayer:

See President page 4

**Tidings from the Treasurer**



Happy New Year!

I hope everyone had a wonderful Christmas. It is such a great time of the year. We tend to think more of all those in need and lending a helping hand where ever we can.

Now that we are starting a New Year, we have the opportunity to make those resolutions to improve our health, wealth and spiritual growth.

Last year we budgeted \$96,000 (\$2000 per week or \$8,000 per month) in order to meet our expenses. Although I do not have all the final numbers for 2011 yet, I will be sharing those with you by the end of the month.

I can share the November financial results. We missed our monthly goal of \$8,000.

November Inflows	\$6469.32
November Expenses	<u>-\$6847.14</u>
Total Shortfall	<u><b>-\$ 377.82</b></u>

Please, if at all possible, while making your New Year Resolutions keep in mind that giving of your **TIME, TALENT and TREASURE** will open you to more Spiritual Growth than you can imagine. Also, remember the **LAW of ATTRACTION**. What you give of yourself **ATTRACTS** what you receive in return.

**Wishing you all a Happy, Healthy and Prosperous 2012!**

**Randi**



President

Dear God,

Take me where you want me to go. Have me meet who you want me to meet. Tell me what you want me to say. **And keep me out of your way.**

I say this prayer for each and every one of us. May living this prayer bring each of us a peaceful, joyful, prosperous New Year.

Love and Blessings,  
Joan Langer



### Page Turner

Greetings everyone,

We have wonderful news in the Book Nook; in addition to Marty, Shelley and Carol, Beverly Hackman has volunteered to be on our Book Nook Team. THANK YOU VERY MUCH BEVERLY. Please stop by and meet Beverly, if you haven't already.

We are rearranging the Book Nook. We hope it will be more accessible for you and more workable for us to serve you. We have the new *Daily Word* Magazines and the *Unity* Magazines. We increased our supply to better serve you all. Stop by and pick one up for yourself or a friend. The *Daily Word* is \$5.95, that is for two months, and *UNITY* magazine is \$4.95.

Blessings and Love to you all.

NAMASTE,  
Marty, Shelley, Beverly and Carol

### Unity Light Seekers

What Spice Are You? I am "garlic" but more about that later.

Linda Lipa from Lutheran Senior Services was our guest speaker on November 22, 2011. She told us how to compare the attributes of various spices to those of our personalities.

But first, some interesting facts Linda shared about spices and herbs; for instance, do you know the difference? A spice comes from the bark, root, stem, seed or fruit of a plant. An herb comes from the leaves of a plant. This explains why salt is not a spice or herb, it is a mineral. The term "seasoning" refers to anything that flavors food.

Some spices are deemed "super spices" and can be used for medicinal purposes. It is thought that cinnamon may help stabilize blood sugar; ginger may be used to relieve an upset stomach; and saffron may lift one's mood.

We also learned about "bible spices". A number of spices are referenced in various scriptures. Most of us are familiar with Matthew 2:11, which relates the story of the magi gifting the Baby Jesus with frankincense and myrrh. These spices were highly desirable for personal, religious and medicinal uses.

Now, how do we compare the attributes of various spices to people we know? Do you have a friend who is always calming and soothing? So is chamomile. You may want to refer to the vibrant, highly energized person as ginger. A soothing and refreshing individual is like peppermint. A poppy seed person is aggressive with a somewhat "nutty flavor." See anyone you know?

see Light Seekers page 5

## Light Seekers

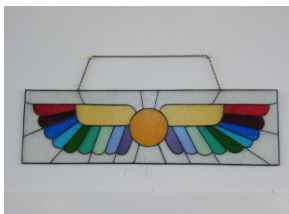
To determine what spice you are, go to [www.blogthings.com/whatspiceareyouquiz/](http://www.blogthings.com/whatspiceareyouquiz/). This is a 5 question quiz that may give you insight into your personality. I am "garlic." Carol is "cilantro." What are you?

We also want to acknowledge Lynn Mueller for baking a delicious spice cake to share at our "spicy" meeting. Lynn often brings homemade goodies. Thank You Lynn.

Our next meeting is January 24, 2012. Our special guest speaker is Ann Corrigan who will tell us about her fantastic trip to Italy, Croatia, Greece, Israel, Egypt and Turkey. Watch for our YELLOW FLYERS for more details.

Everyone is welcome at Light Seekers meetings. You do not have to be a member of Unity Church of Peace to participate. New members, as well as suggestions for presentation topics, are always welcome. We meet the fourth Tuesday of each month, at 11:00 a.m. in Fellowship Hall. Bring a sack lunch for food and fellowship after our guest presentation.

Blessings and Love,  
Joyce Jackson and Carol Powers

**Musical Musings**

Happy New Year!!!

I hope you had a wonderful month of Christmas celebrations. Here is to a terrific New Year of musical fun at Unity Church of Peace!

Here are some of the musical activities we have planned:

January 15th - Bradford Smith, Musical Guest

January 29th - Gateway to Agape Choir,  
Musical Guests

January 29th - Music Luncheon Fundraiser

February 11th - Gateway to Agape Unity  
Cafe, with sidekicks the VanHoose  
Family Band

February 19th - Rich Baumann - Musical  
Guest

March 11th - Richard Mekdeci - Musical Guest

March 18th - Accessory Sale - Bring your  
lightly used jewelry and other accessories for  
this one of a kind fundraiser!

April 8th - Mitzi McDonald

I want to say a special thank you to ALL who participated in our Talent Show and Music Fundraiser! You are all angels!

Happy New Year! May you receive many blessings in the New Year!

Michele VanHoose  
Music Director



### The Chaplain Lighthouse



Starting this January, members at Unity Church of Peace will start receiving a wellness call from a Prayer Chaplain to help support you in prayer. Much like Silent Unity, a Prayer Chaplain will pray with you about anything, including the good things, and please know that all prayers are held in confidence. If you would not like to receive a wellness call you may let the Prayer Chaplain know at that time, or you may contact the Church Office to let us know.

The Prayer Chaplains will also be available at Sunday Services to support anyone who would like to receive a prayer; or you may contact the Prayer Chaplain Phone Line at 314-631-2466 ext. 3 to leave a message and a Prayer Chaplain will return your call as soon as possible.

*"Happy are those who find wisdom, and those who get understanding" (Proverbs 3:13)*

### Exploring Unity Class

Mark your calendars now for the Exploring Unity Class being offered by Rev. Sallie on **Sunday, Jan. 15<sup>th</sup>**, from 12:15 to 2:00. If you have questions about any Unity or New Thought ideas, or if you want to understand more about the Unity principles, this is the class for you.

Everyone is welcome to attend this class, regardless of prior familiarity with Unity or attendance at the church. This class is required for anyone planning to join Unity Church of Peace, except for those who are transferring their membership from another Unity church.

Come and join us for a fun and educational time together, as we explore this amazing spiritual path called Unity.

### Purple Means Power Jan. 29<sup>th</sup>!

Unity family and friends put on your favorite shade of purple! It is with great excitement that I will have the opportunity to stand in as guest speaker this month to bring you a lesson I have titled: **"Purple Means Power"**. The lesson will focus on our inherent faculty of Power and how each of us has the capacity to uncover and find the abilities we have not yet utilized, and have a special connection or relationship with. I will support my lesson with scripture from a sacred text belonging to the *Nag Hammadi Library*, which was once thought to have been destroyed, and is now giving momentum to a re-evaluation of Christian history and the nature of Gnosticism. The sacred text I have selected contains many passages of great value to those who are seeking a spiritual life, and also contains words believed to have been spoken by Jesus that are not found in the canonized New Testament as we know it today. I am looking forward to sharing with you a small piece of the treasure I have discovered that is now believed to be a goldmine of Spiritual Truth.

Peace and Blessings,  
Christopher Czarnecki



My Mustard Seed of Faith  
Cheering me on! Go FAITH!!!

## Children's Corner

Happy New Year! We hope you had a nice Christmas and that Santa brought you some cool stuff.

Did you know Christmas is Jesus' Birthday? Isn't it nice we all get presents for Jesus' Birthday?

It is now a New Year. It is 2012...and in 2012 we will learn more about Jesus and his friends, who were called disciples. We will be learning 12 gifts we have been given and how to use these gifts to make us happier and more loving. Each month we will learn about one of Jesus' disciples and how each of them has something to give us to learn. Also, each month we will have a special color and saying to learn to help us be good and loving in all we do and say.

Every time you come to Sunday School you will receive that month's colored bead just for being there. You will also receive beads when you can memorize the color, disciple, symbol and saying. You will put your beads on your own string and next Christmas we will see who has earned the most beads for the whole year. We will also do some fun things to help you learn.

See if you can learn and remember any of the things listed below for January, before you come to Sunday School the next time.

Color: Dark Blue

Disciple: Peter

Power: Faith

Symbol: Mustard Seed

Saying: "If you have faith as small as a mustard seed... Nothing will be impossible for you." Matthew 17:20

Love and Blessings,  
Unity Sunday School Staff

# Prayer Corner



## New Beginning

*Immersed in God's presence, I am refreshed and ready to begin anew.*

Was yesterday less than I hoped it would be? That is okay, for I am not bound by the past. Each new day is a clean slate for me to write on. I let go of the past and begin anew.

I devote time each day to becoming still, to becoming immersed in God's presence and love. This feeling of oneness with God renews my mind. I am open to good.

Each time I experience God, I am refreshed. Together, God and I fill the day with joyous activity. God guides me so that I am giving as well as receiving blessings in all my interactions with others.

At the end of my day, I give thanks that God is with me in all that I do. I rest, knowing that tomorrow is another new beginning filled with glorious possibilities.

***"The eye is the lamp of the body.  
So, if your eye is healthy, your  
whole body will be full of light."***

***—Matthew 6:22***

### **Spiritual Movie Night - Jan. 27<sup>th</sup>**

Join us on Friday, January 27, 2012 for a special sci-fi movie from 1989 called: "**The Abyss**".

Rev. Sallie's Reel Spirit movie guide gives it a good review, and offers this quote from the film:

"We all see what we want to see.....He sees hate and fear. You have to look with better eyes than that"

Doors Open for Fellowship/Refreshment at 6:30 p.m.

Film begins at 7 p.m.

Suggested Love Offering: \$7

Please bring snacks and/or drinks to share!

Here is a link to the trailer:

<http://www.youtube.com/watch?v=IjyRF0FzI9Y>

## ***Happy Birthday!***

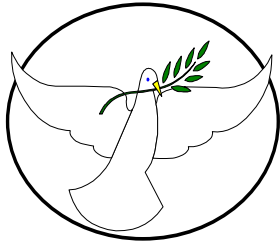
Cyndie Rhodes	Jan. 7
San Mueller	Jan. 27
Karen Sanchez	Jan. 27
Heather Turek	Jan. 28
Rev. Sallie Fox	Jan. 30



We hope you will join us after church for a special birthday celebration on the second Sunday of the month, January 8<sup>th</sup>, in Fellowship Hall.

**If you would like for your information to be added to the monthly Birthday Sunday list, please email or call the office and tell us (only month and day required). Thank you!**





## Unity Church of Peace

3701 Bayless Ave.  
St. Louis, MO 63125

**Address Service Requested**

### **Office Information**

**Minister:** Reverend Sallie Fox

**Days off:** Monday and Tuesday

**Confidential Messages:** Call (314) 631-2466 ext. 1  
(checked daily)

**Office Manager:** Gwen Yannayon

**Office Hours:** Mon. - Fri. 10:00 am - 3:30 pm

### **Board of Trustees**

President: Joan Langer

Vice President: Salle Warden

Co-Secretary: Christopher Czarnecki

Acting Treasurer: Randi Voirol

Trustee: Carman Hogan

Trustee: Cindy Sullivan

### **Church Staff**

Gwen Yannayon - Office Manager

Michele VanHoose - Music Director

Judy Moebeck - Pianist

Mike Shields - Custodian

Orion Madsen - Sound Tech

**Chaplain's Hotline:** (314) 631-2466 ext. 3

**Web Master:** Ty Norton

**Youth Education Director** - Rev. Sallie Fox

**Sunday School Teachers:** Serene Bardol, Uriel Starbuck, Christopher Czarnecki, Michelle McKnight, Randi Voirol, Crystal Channell, Sandy Manz, Audrey Lafser, Beth Conway, Francesca Czarnecki, Pat Hart

**Uniteen Teachers:** David Yannayon, Colleen Forrest, Jeanne Hahn, Judy Townsend, Aubrey VanHoose

**Youth of Unity Sponsor** - Colleen Forrest

### **Invaluable Volunteers**

**Bookstore:** Carol Powers, Marty Thurman, Shelley Sdun, Beverly Hackman

**Newsletter Editor:** Jeanne Parker

**Sacred Service Coordinators:** Joan Langer and Gwen Yannayon

**Feed My People Representative:** Ann Corrigan

**Meditation Garden Angel:** Judy Townsend

**Sound Booth:** David Yannayon