

Unity Church of Peace

Spiritual Center of St. Louis

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November 2010

Theme: *Attitude of Gratitude*

Lesson Titles:

November 7 - "*Being Easily Pleased*"

November 14 - "*Discovering the Eighth Wonder of the World*"

November 21 - "*Have I Told You Lately That I Am Grateful?*"

November 24 - *All Unity Thanksgiving Service*
7:00 p.m.

November 28 - Rev. Sallie Hosts Guest Speaker -
Mark Madsen - "*Attitude of Gratitude*"

Special Events

Saturday, Nov. 13

Youth Education
Workshop

10:30 - 12:30

Sunday, Nov. 14

Fundraiser potluck

Sunday, Nov. 21

New Member class

12:15 - 2:00

November Affirmation

I am grateful for life and all of my blessings!

Minister's Message



Dear Unity Friends,

As I write this message, I am busy making the final plans for my wedding in just one week! It is most certainly a time of great change and excitement! At the time when you finally read this, I hope that many of you were able to join David and me for our special ceremony and festivities.

Throughout this month of November, we will be focusing on developing an attitude of gratitude! On November 7th, I will share some ideas on the importance of "*Being Easily Pleased*". Let us not confuse the upholding of values of honesty and integrity with holding to demanding standards that only serve to isolate us, and keep us from being touched by life. Let us rather be open to finding the extraordinary in the most ordinary of things, knowing that Spirit is there within.

On November 14th, I will give a lesson, titled, "*The Eighth Wonder of the World*". What could it possibly be? If you would like to discover it for yourself, please join us that day!

On November 21st, the lesson will be called, "*Have I Told You Lately That I Am Grateful?*" Surely, you have heard the song, "*Have I Told You Lately That I Love You?*" by Rod Stewart? Did you know that it was actually Van Morrison who wrote that song? We often forget how important it is to tell the people in our lives how much we appreciate them, and how grateful we are for the blessings they give.

Unity Church of Peace is pleased to be hosting this year's *All Unity Thanksgiving Service* on November 24th, at 7:00 p.m. I hope many of you can attend and enjoy the presentations of all of our area Unity ministers, along with the wonderful music of Michele VanHoose and her Family Band, and

a special song presented by all of our Unity children.

Then, on November 28th, I will be honored to host guest speaker, Mark Madsen, giving a lesson titled, "*Attitude of Gratitude*", and piano accompanist, Ken Palmer.

Speaking of gratitude, I feel so grateful for the myriad blessings in my life, especially that of the wonderful, new Yannayon family that I am a part of. I am also extremely grateful for all of you, and the many gifts, donations, and blessings you have given to me and David, and to our church, in celebration of our wedding.

Throughout this month, I invite you to affirm with me often, and with conviction, "***I am grateful for life and all of my blessings!***" And please remember that God is blessing you now, and always!

Love and Many Blessings,
Reverend Sallie Fox



Soup & Chili Fundraiser Potluck



Get out all of those delicious soup and chili recipes, and please join us for the fundraiser potluck lunch after the service on Sunday, **November 14th**. Your generous donations will help us to bring the wonderful New Thought author and speaker, Raphael Cushnir, to our church on December 12th.



President's Notes



Dear Friends,

On Sunday, October 17 Unity Church of Peace welcomed a guest speaker and musician named Cliff Rueben. His talk was inspiring on many levels but one thing he said really spoke to me loudly, like I really needed to hear it. He said that if you wanted to get in better physical condition you would know that going to the gym 1 day a week would not do it. Similarly, how do you expect to make any progress in your spiritual condition by just going to church on Sunday? Practice, practice, practice. . There is no substitute for practice. Does that include "spiritual practice"?

Ouch, I said to myself. The truth hurts. How faithful have I been lately setting aside time for prayer and meditation? Truth be told, I have told myself that I'm "too busy" much too much lately. The busier I am I need more, not less, prayer time. The way I have short-changed myself spiritually has been evident this past two weeks. I am more irritable more disorganized, less centered. Fortunately, Spirit always directs me toward something or someone who provides an insight to get me back on track. Goodbye "busyness", hello Daily Word, daily prayer and meditation. Hello to a more "fit" spiritual condition.

Blessings,
Joan Langer

Tidings from the Treasurer



Hi Everyone,

We are fast approaching the season of thanksgiving. I think it is time to dwell on what we are thankful for, such as our beautiful church, remodeled kitchen and our beautiful Fellowship Hall. Also our church family and the love and warmth found within. We are so blessed to have a minister and music director of such high quality and Board members who really care, and make the best decisions possible for our church. Financially, it would be great to give the raises that we feel are appropriate but I feel in due time it will happen. All is good.

God Bless
Your treasurer
Bonnie Faraone



Fundraising Committee

There will be a meeting of the new Fund-raising Committee on Sunday, November 7th at 12:15 pm in the yellow house. ALL ARE WELCOME AND ENCOURAGED TO ATTEND.

We want to hear your ideas about fundraising projects. We will be making plans for the upcoming year to increase our income through events and activities; our goal is to develop/expand to potential donors from outside our church. We will be discussing ideas that were discussed at our Annual Meeting, including -- but not limited to -- Book Sale; Parking lot/Flea Market; Dinner/Talent Show, etc.

If you cannot attend the meeting, please email your ideas to Cindy Sullivan at csullivan.responsedynamics@gmail.com.



Page Turner

HAPPY NOVEMBER. Can you believe THANKSGIVING IS JUST AROUND THE CORNER???

Please come into YOUR Book Nook and check out our wonderful selection of Unity and Non Unity books. Heidi does a great job of choosing books for us. Don't forget to check out our greeting cards and pamphlets on the round rack. We also have CDs on the rack.

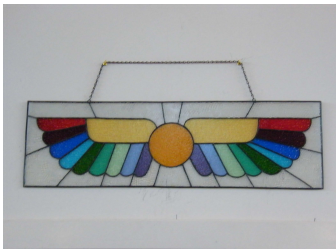
Unity Magazine and *Daily Word* are available on the white cabinet against the wall.

CDs of the Sunday service are available for \$3.50; just put your name on the appropriate sheet.

We appreciate correct monies or checks as we do not keep money in the Book Nook.

Thank you all for your support.

NAMASTE,
Heidi Moore, Carol Powers, Marty Thurman



New Member Class

What does it mean to become a member of Unity Church of Peace? We believe that our church members are individuals who have dedicated their lives to the will, the work, and the way of Spirit.

Unity Church of Peace offers you a place to worship and celebrate life, a place to be healed and loved, and a place to grow spiritually. We offer you a place to call home, and friends to be your spiritual family. We offer you the opportunity to express yourself creatively, and share your light and your love with this spiritual community in your own unique way.

If you are interested in becoming a member of Unity Church of Peace, or just want to brush up a little on the Unity Movement and Unity principles, please attend the **New Member Class**, to be offered **on Sunday, November 21st**, after the service, in the yellow house, from **12:15 - 2:00 p.m.** Please bring a sack lunch, and join Rev. Sallie for a fun and educational time together. If you wish to transfer your membership from another Unity church, please see Rev. Sallie for details.

A short Spiritual Baptism ceremony will be held during the service on **Sunday, December 26th**. Your consideration to make the commitment of membership is an important step on your spiritual journey, as you continue to seek expression of your indwelling spiritual nature.

UNITY LIGHT SEEKERS

We had a great meeting in October with the dietitian from St. Mary's Hospital. We learned a lot about healthy eating.

Our next meeting will be Tuesday, Nov. 23, at 11:00 AM. Our guest speaker will be our very own Trish Turek, who will discuss her trip to China and show the photos she took.

Dec. 28, we will again have one of our very own members as our guest speaker. Marty Thurman will discuss her job with the Federal Government. Her talk is titled "Law Enforcement with Love". It should be VERY INTERESTING.

Everyone is invited to the meetings; we always have an interesting guest. We bring a sack lunch and visit with each other after the meeting while we eat. It's a really a good time of fellowship with your fellow Unity Light Seekers. EVERYONE is WELCOME, and please bring a friend. You do not have to belong to our church to attend.

We meet on the fourth Tuesday of every month at 11:00 AM in Fellowship Hall. We hope to see YOU there. MARK YOUR CALENDAR.

BLESSINGS OF LIGHT AND LOVE TO YOU AND THOSE YOU LOVE.

Joyce Jackson and Carol Powers

Happy Birthday!

Keith Crider	Nov. 1
Roberta Reisinger	Nov. 1
Diana Rinehart	Nov. 6
Angela Potter	Nov. 7
Nancy Idoux	Nov. 8
Naoma Smith	Nov. 11
Ruth Flinn	Nov. 13
Michele VanHoose	Nov. 14
Larry Milbourn	Nov.16
Helen Richert	Nov. 19
Rachel Crider	Nov. 23
Mary Anne Harmon	Nov. 30
Eleanore Wahby	Nov. 30



We hope you will join us after church for a special birthday celebration on the second Sunday of the month, November 14th, in the lower level.

The Metaphysician

Unity's Spiritual Enrichment and Education classes offer a great opportunity to explore and gain a better understanding of Unity's concepts and teachings. This is especially true in regards to Biblical Interpretation! With the advancement of technology almost all your SEE classes can now be taken online. For one of my final projects in the class "*Jesus' Teachings in the Bible*" I was asked to put the Lord's Prayer in my own words, in a way that it expresses what the prayer means to me. After I finished this project, not only was I very satisfied with what I wrote, but I felt that I had created something very sacred that spoke directly to that Divine Quality within me. To see the conscious shift in how I metaphysically applied what the Lord's Prayer means to me, look up the prayer in Matthew 6:9-15 or Luke 11:2-4, and compare what I have written here:

Divine Mind,
That exists as absolute good,
That is complete and perfect,
That is the nature and expression of
me,
In faith and understanding,
I already know you have given me
all that I need.
In truth we are collectively one,
I release myself and others from
bondage,
Prayerfully attuned as one, I
exclaim,
It is only the work of the Christ that
is done,
For Divine Intelligence lives as force
that is second to none.

Here are my instructor's comments:
"I had the feeling, Christopher, that the rendition of the Lord's Prayer you submitted really WORKS as a prayer for you.

More than just about any I have seen so far, your version of the prayer goes beyond dualistic language and really speaks to Oneness. I congratulate you!" What would you write, or what do you feel the Lord's Prayer is saying to you? Take the time to think about it some, and if you would like some assistance on revealing the meaning within the prayer here is a link to the Lord's Prayer as explained by Divine Science Minister Emmet Fox <http://www.aztlan.net/lordsprayer.htm>.

Peace and Blessings,
Christopher Czarnecki

The Chaplain Lighthouse



This month the Prayer Chaplains at Unity Church of Peace are partaking in an annual training with other Prayer Chaplains from the surrounding St. Louis Unity Churches and Centers. It is here at this training that they will gain an understanding of what it truly means to be a Prayer Chaplain, and how they will be an effective source of guidance for their spiritual community, families, and themselves. Please hold them in prayer as they complete this training, and settle in to their NEW Spiritual Calling!

"Blessed is that slave whom his master will find at work when he arrives. Truly I tell you, he will put that one in charge of all his possessions." (Luke 12:43-44)

Zen and the Art of Vocal Maintenance

Following fellowship on Sunday, November 28th, when Mark Madsen will be our guest speaker and musician, he will also be presenting a workshop called, "*Zen and the Art of Vocal Maintenance*".

The workshop combines meditation, yoga, mantras, breath awareness, and chanting, all of which help us to free our voice, our fifth chakra, and our self expression. In this way, singing and speaking becomes a free channel for our Spirit to release our creativity. Our creative Spirit is a direct link to the Spirit of the Creator. Free your voice!!!

A well known voice teacher and singer, Mark was the Director of Vocal Studies at the University of Missouri - St. Louis for twenty years. His name is well known in speech pathology circles around the world for the *Lessac Madsen Resonant Voice Therapy*, created by one of his voice students, Kittie Verdolini, who was Chief of Speech Pathology at Harvard Medical School when she developed it.

Come join Mark for a fun and inspiring afternoon. One former participant said, "***This was not just about singing but wholeness and healing as well.***" And like Henry David Thoreau said, "***The woods would be silent if no birds sang but the best.***"



Musical Musings

The Unity Singers are gearing up for some wonderful holiday songs! We have been rehearsing, so be sure to catch us for our 3-4 holiday performances. This month we will sing for the "All Unity Thanksgiving Celebration"! WE will also bless the service before Thanksgiving!

I would like to give a hearty THANK YOU to all who helped with our fundraiser. There are too many to mention, but you know who you are. I am so blessed to have such a supportive congregation! We made nearly \$400 this time around. Thank you, thank you, thank you!!

We have many great moments of music coming up for November, so we are looking forward to seeing you every Sunday!

Blessings in Song,
Michele VanHoose!
Director of Music

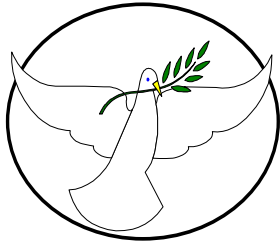


Hello,

I am writing this month as the Entertainment Events Coordinator for the coming year. Please hold the date of February 12th for a Valentine's Dinner Theater and Silent Auction (more details later). Also, if your company/store/business would donate an item for the Silent Auction I would be most grateful.

We are also having a Christmas Talent Show with our Music Director, Michele VanHoose, and some Unity Cafes, the dates to be announced, so watch the bulletin and newsletter.

Thank you
Jeanne Hahn



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Office Information

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Board of Trustees

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Co-Secretary: Christopher Czarnecki

Co-Secretary: Heather Turek

Treasurer: Bonnie Faraone

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Church Staff

Mary Anne Harmon, Office Manager

Michele VanHoose, Music Director

Judy Moebeck, Pianist

Mike Shields, Custodian

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

Web Master: Ty Norton

Youth Education Director: Rev. Sallie Fox

Youth of Unity Sponsor - Colleen Forrest

Invaluable Volunteers

Bookstore: Carol Powers, Heidi Moore, and
Marty Thurman

Newsletter Editor: Jeanne Parker

Sacred Service Coordinator: Barbara Gallo

Feed My People Representative: Ann Corrigan

Meditation Garden Angel: Judy Townsend