

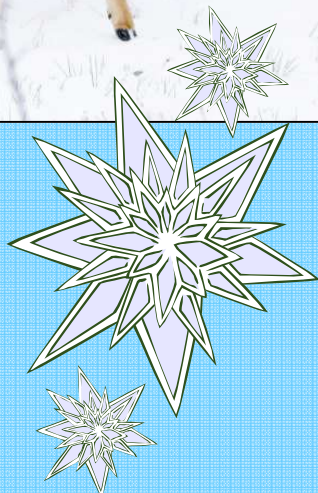
Connecting

January/February 2011 ~ Unity Church in Frederick

Enjoy the beauty



of the season!



Thoughts of the Season

"Let us be present, each from her or his culture, each from her or his experience, and assume our responsibility for all life. Let us come together, in witness of difference, and embrace one another

Let us see the child whose parents cannot be there, and put our arms around that child. Let us stand beside the woman abused by power, and recognize that all abuse of power diminishes our own humanity. Let us call upon the man who still believes he has a right to violate the lives of others, and let him know we will no longer tolerate his cowardice.

Let us join the growing chorus of those who will no longer be governed by those who cannot govern their own lives. Let us sound a mighty NO, echoing from mountaintops and ocean floors, through canyons and across deserts, jungles, forests and farmland, until that NO becomes a powerful YES. Let us hold life—from legions of humans to the tiniest flower—and recommit ourselves to nurturing its presence in all our lives.

Throughout past millennia, we have many times over reinvented nations, communities, and ourselves. We have walked toward progress and run away from it. Today we have a single urgent choice: to dig our communal grave or to thrive.

On the threshold of this new year, let us turn our backs on prejudice and greed, and—quietly, passionately—assume the only stance that offers hope and light to our great-great-grand children: for life, for the life in death, for peace with justice for all humankind."

In these words from Margaret Randall, I find a challenge and I find solace—the challenge to take that Christmas feeling of love and peace, respect and good will to all and integrate it into my daily life—to walk my talk as a Truth Seeker—Solace in her statement that "...throughout past millennia, we have many times over reinvented nations, communities and ourselves. We have walked toward progress and run away from it." in this statement there is the knowing we will do it again—reinvent or redefine or reawaken ourselves as divinely human beings manifesting God as only we each can do. Happy New Year to you all!



Unity in Frederick

One West Ninth Street
Frederick, MD 21701
Phone: 301-846-0868
www.unityfrederick.org
unityfrederick@verizon.net

Celebration Service and
Children's Sunday School
begin at 11:00 am

Office Hours: 9 am - 4:00 pm
Monday, Tuesday, Thursday, Friday

Rev. Toni Fish
Spiritual Leader

Wendy Poole
Office Administrator

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Connecting is the official
newsletter of Unity Church in
Frederick published bi-monthly.

Submit articles to:
unityfrederick@verizon.net
by the 15th of the month
prior to the next issue.

What's Happening at Unity in Frederick

Sunday Services

Sunday, January 2: **Bring a Friend
 9:30am - First Sunday Meditation
 11:00am - Rev. Toni Fish - Burning Bowl

Sunday, January 9:
 11:00am - Rev. Toni Fish - Lesson

Sunday, January 16:
 11:00am - Rev. Toni Fish - Lesson
 12:00 noon - **Pot Luck Lunch**
 1:00pm-3:00pm - **Congregational Dialogue**

Sunday, January 23:
 11:00am - Rev. Toni Fish - Lesson

Sunday, January 30:
 11:00am - Rev. Toni Fish - Lesson
 4:00pm - **SNV Opening Ceremony**

Sunday, February 6: **Bring a Friend
 9:30am - First Sunday Meditation
 11:00am - Rev. Toni Fish - Lesson
 4:00pm - **SNV film: "Gandhi"**

Sunday, February 13:
 11:00am - Rev. Toni Fish - Lesson
 12:00 noon - **Loving Hearts Café**
 1:00pm-3:00pm - **Congregational Meeting**
 4:00pm - **SNV Presentation (TBD)**

Sunday, February 20:
 11:00am - Rev. Toni Fish - Lesson

Sunday, February 27:
 11:00am - Rev. Toni Fish - Lesson
 4:00pm - **SNV film: "Gandhi: A Man of Wisdom" - presentation and discussion**

Birthdays

JANUARY	FEBRUARY
1/3 Dennis Troup	2/2 Debbie Wolfe
1/3 Helene Cain	2/7 Geri Moldaschel
1/6 Lynn Dutrow	2/13 Scott Hall
1/8 Dan Novic	2/16 Timothy Scott
1/24 Danny Donoghue	2/20 Jon Novic
1/21 George Davis	2/25 Kaden Kovarick
1/27 Nyla Hayward	



Classes & Events

January 1 - New Year's Day Special Events
 4:44pm-5:55pm: Candlelight Yoga
 6:00pm: Peace Labyrinth Meditative Walk
 6:30pm-8:30pm: Drumming Circle around the Peace Labyrinth

January 8, 15, 22, 29 - 10:00am-11:30am - 4T Prosperity Class - Facilitated by Pauline Cilladi-Rehrer

January 11, 18, 25 - 7:00pm-9:00pm: New Class begins: Revolutionary Agreements - Facilitated by Rev. Toni Fish

January 9, 16, 23, 30 - 8:45-10:15am - Bible Class - Walking Through the Old Testament - Facilitated by Rev. Toni Fish

January 23 - 12:30pm - Parent's Meeting

January 23 - 2:00pm-4:00pm - Enneagram Overview - Facilitated by Mary Anne Wampler

February 5, 12, 19, 26 - 10:00am-11:30am - 4T Prosperity Class - Facilitated by Pauline Cilladi-Rehrer

February 1, 8, 15, 22 - 7:00pm-9:00pm: New Class begins: Revolutionary Agreements - Facilitated by Rev. Toni Fish

February 13, 20, 27 - 8:45-10:15am - Bible Class - Walking Through the Old Testament - Facilitated by Rev. Toni Fish

February 5th - 12 noon-6:00pm - Forgiveness: A Path to Love - Facilitated by Miriam Klements

Regular Activities

Mondays - 7:00pm: Candlelight Spiritual Yoga

1st Wednesday - 7:30pm: Community Healing Circle

3rd Wednesday - 7:00pm: Spiritual Vegetarianism

3rd Thursday - 7:30pm: Gatherings for Awakening

1st & 3rd Fridays - 7:00pm: Quest

Fridays - 10:30am: Spiritual Yoga
12:00pm: Book & Bag

2nd Saturday - 5:30pm: Fun & Games Night
 (5:30pm Pot Luck, 6:30pm Fun & Games)

4th Sunday - 12:30pm: Musician's Jam * Special Note - January's jam will be held on Jan 30th.**

4th Saturday - 6:30pm-8:30pm: Drumming Circle

Words From the Board

December 19, 2010

As I sit here to write this, I am in the midst of preparing my household for the Christmas gathering we will be hosting and perhaps others around the holidays. So, things are busy right now! In fact, many days I feel frantic that I will not get everything done. I think that it is okay... everything may not get finished... and as we say in Unity, it is the journey that is important, as well as the goal.

We have been on a most excellent journey at Unity in Frederick for the past year or so! It has brought challenge, change, and accomplishments. We have a new church administrator Wendy Poole that is bringing talent and experience to her position. We have a renewed and refreshed minister, Rev. Toni, who brings new thought and a deeper meaning to our understanding of the Christ within us all, by challenging us to think and live in the presence of Spirit with no "buts", only "ands". Have you noticed that? Our youth program is soaring and all the people helping it happen are gifted and talented facilitators and teachers in their own right. And our music program, yes, we now have a music program!! Thank you to all our new talented Unitics who are singing their hearts out for us. I also heard the other day that it's even going to get better, so get ready for the joyful noise from our congregation! We have so many other ministries that continue to thrive and I know how blessed we are. And, Unity in Frederick has a strategic plan that our congregation and the Board have been following closely. I believe this plan provides us the framework to journey and reach our goals. Thank you so much to our Board Treasurer, Peter Shubiak for bringing the idea and the facilitator to us to start the ball rolling. It has been an invaluable guide as we "work the plan"! Check out the bulletin board to see where we are and feel free to speak with any Board member about new ideas you may have, we would love to hear them.

As we begin our new calendar year, check out the website, join us for our congregational meeting, and hold Peace in your heart and mind for 2011.

I would like to extend my most fervent best wishes affirming health, prosperity, and joy in the New Year to all, AND thank you for your support to Unity in Frederick.

Gratefully,



President, Board of Trustees



Office Notes

I would like to take this opportunity to thank everyone for their patience and assistance as I have begun to fill Jessica's position! She is certainly missed! **Thank you Jess**, for providing support and answers anytime I have had a need!

To **Debra Spotts** and **Debbie Wilcox**, I appreciate your dedication and the creativity you both bring to preparing the Power Point Presentations for our services! Your abilities in proofing and editing have also saved us from much confusion! Thank you!!

For **Patty Holcombe**, thank you for the wonderful "Recycle" box for my office and the "Lost But Found" box in the foyer! Please remember to look for items that you have misplaced - we will send them to the Rescue Mission if they are unclaimed after 60 days! We have eyeglasses, earrings, a scarf, hat, gloves, baby clothes, a book marker - and more! If you are missing something please check the box!!

The saying "it takes a village" applies to my role in our office at Unity Church in Frederick! Calling or emailing me to "book" meetings, to schedule events, to review, correct or update information; you each are a tremendous help to keeping our calendar and records straight! To those who dump the trash and get it to the curb on Sunday, that wash up dishes, clean up the kitchen and the bathrooms or run the vacuum - THANK YOU! If you didn't do all you do, I would have to! I do not enjoy working in disorganization! You make Mondays a great day to come to work!

And, last but certainly not least, I appreciate **Steve**! I am blessed to have a wonderful husband who supports my "time at work" as I find myself learning and attending to details in the office!

As the new year starts, I look forward to getting the new directory compiled and delivered. Please return your information if you want to be included in the 2011 Directory.

Thank you all again for your support, encouragement and friendship!

Wendy

Revolutionary Agreements:

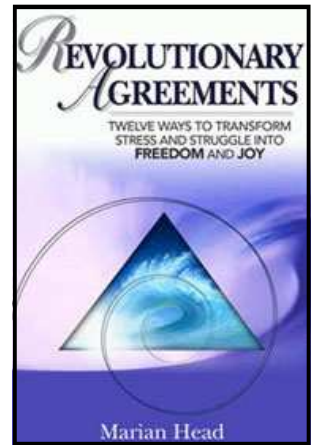
Twelve Ways to Transform Stress and Struggle into Freedom and Joy

—Written by Marian Head

Journey with Rev. Toni as she guides us in the study of this book on Tuesday Evenings - January 11 thru February 22 - 7:00 to 9:00pm!

Please sign up (so we can pre-order books) in the fellowship area, call the office or send an email - unityfrederick@verizon.net.

Brian Tracy, author of *Million Dollar Habits*, says, "A great book! *Revolutionary Agreements* is a series of powerful and profound life messages that can open up a world of possibilities for you."



Drumming Circle!

Fourth Saturday Drumming Circle -
January 22 and February 26
6:30pm-8:30pm.

Relax and enjoy the vibration and energy as everyone takes part in this lively and creative gathering.

No experience needed!

Open to all ages and abilities - and please, bring a friend!

Book and Bag

Come join us every Friday at noon for brown bag lunch and book discussion!



We will begin a new book in January!

Call the office for more information!

Social Committee

Fun & Games Night - Ready for a night out? Join us for our Pot luck dinner at 5:30pm with game playing from 6:30pm-9:30pm. Second Saturdays in January, February and March!



Have a few laughs and great fellowship! These informal gatherings are a great place to get to know each other. All ages are encouraged to join us! Dress comfortably! Bring a game (if you'd like) and a dish for dinner to share! If playing games is not your thing, bring a project to work on or just socialize!! Bring a friend or two... or more! We look forward to seeing you soon!

Contact: Wendy Poole (301) 846-0868 - unityfrederick@verizon.net.

Community Outreach

Please stay tuned! We have not gotten dates for the [Soup Kitchen Dinners](#) for 2011! We will announce the dates as soon as we have them! Donations to fund this outreach may be made at any time during the year. Please make checks payable to Unity in Frederick - and note "Soup Kitchen" in the memo area of your check. Our budget goal for 2011 is \$250 per dinner - \$500 total. As always, we thank you for your continued help and support!

Over the recent months, some new energy has been born to "reach out" in other ways in our Frederick City/County area! Development is ongoing! Again we ask you to please watch for news of these new and exciting ways to share our time, talent, energy and love with others.

If you are feeling called to lead or co-lead the Community Outreach Ministry, please contact Wendy! (301) 846-0868 - unityfrederick@verizon.net.

Love In Action Activities

This past November, Love In Action gave the Love In Action team members the opportunity to speak from the heart about their opportunities volunteering and what it means to them, what they 'receive' when they take 'ownership' of their Spiritual Community. Each Celebration Service had one or two volunteers speak briefly about what they get back when they give of their Time, Talent & Treasure.

The purpose was to show that it's not at all about giving, because we receive, often ten fold when we give in this way.

The second thing we did during November is had "The Next Generation of Volunteers" participate with the Celebration Service Team. The hope here was to have the children help with Greeting by handing out bulletins, greeting the people as they came in and take the offerings. All the children have fun with it and seem to enjoy it. I even had a couple say they wanted to do it again! And we will try to do that.

As for volunteers, we are always in need of others to help anywhere they are able, for instance, Susan Kierson needs help with Hospitality, Cassie Logue needs help in the Book Store - 1 or 2 more helpers, Wendy Poole is looking for Community Outreach leader or co-leaders, Youth Education Program Volunteers, Lawn & Garden Team & Tool Belt Team (Building & Grounds Care), Debbie Wilcox is recruiting Light Weavers and there is always help needed for special events (decorating and un-decorating the church, setting up and breaking down for activities like Spirit Fest, Spirit Camp, and other fundraising events). I'm sure there are many other places where help would be appreciated.

If anyone has a suggestion as to other new areas we need to address, please let me know. And if you are ready to take ownership of your UNITY in Frederick by volunteering, please let me know. Thank you!

Love is the Answer,
Sandy, your Love in Action Coordinator

Youth Ed Ministry

Welcome to 2011!

We will be learning about our 12 Powers this year! Feel free to study them along with us. Your 12 Powers are Faith, Love, Strength, Wisdom, Power, Imagination, Understanding, Will, Order, Zeal, Release, and Life. The curriculum is by Rev. Diane Venzera and she offers many interesting ways to learn about ourselves and the 12 Powers! See Jan Righter for more information.

Rob Love will continue to meet with the Teens every other Sunday. The Teens will be reading "Conversations with God" by Neale Donald Walsh and discussing how it relates to them in their lives. Rob also wants to study some world religions and work on another film with his students. On opposite weeks the Teens will be working as greeters at our front door and attending church with their parents. See Sandy Souder to find out more about greeting!

Save these dates on your calendar!

Sunday, January 23rd ~ Parent's Meeting - 12:30-1:30

Sunday, February 13th ~ Loving Hearts Cafe (downstairs in the classroom after service).

Debbie Scott will be planning a special meal to be provided by our children for our congregation. Parents see Debbie to discuss what your child would like to contribute!

Sunday, April 10th ~ Unity in Frederick Youth Ed Fundraiser Concert - 2:00-8:00pm

Braddock Inn, 4830 Schley Ave, Braddock Heights, Maryland

This year we hope to have our very own Ed and Doug play again with their bands as well as a few others! Join us for this fun event and listen to some great live music and dance the afternoon away! Tickets, 50/50 raffle and a silent auction (donations welcome!) will raise money for our program.

See Jan or Scott Righter for details! 301-606-5204

Donations needed! The classroom needs some new beanbag chairs! If anyone would like to donate one, please bring it downstairs to the classroom, we really appreciate it!

Big hugs to Sandy Morrell, Charlie Novic, Teresa Cochran & Kyle Hendrickson for making this years' **Christmas Pageant** a wonderful experience for all of us! You are so appreciated and talented. Thanks to all the children who worked so well together for this event! Thanks to all the parents who helped make the pageant special this year! Beautiful!

Sunday Morning Bible Class

Walking Through the Old Testament

Facilitator: Rev. Toni Fish

Sunday mornings 8:45–10:00am

Class dates:

January 9, 16, 23 and 30

February - 13, 20, 27

Join us as we continue our exploration of the Old Testament. The class offers a metaphysical discussion of the Old Testament and how these teachings and stories apply to our daily lives.

Everyone is invited to participate – to learn about and to discuss the Bible — its structure, its purpose, its writers, its relevance.

Cost: Love Offering

Five Basic Beliefs of Unity

- ☞ There is only One Presence and One Power, God the Good.
- ☞ The Divinity of Humankind - we each have Divine Presence within.
 - ☞ The Formative Power of Thought - Thoughts are things.
 - ☞ The Practice of the Presence through prayer, meditation, affirmations and denials.
- ☞ The Law of Demonstration - we are co-creators with God and take responsibility for living the Truth

Forgiveness is a powerful act of self-love and self-discovery. Forgiveness does not erase the memory of an experience, it neutralizes its impact. The deepest healing occurs when you can forgive what you have told yourself about someone else. Forgiveness is a state of being that supports the unfolding of your authentic self.

~~ Iyanla Vanzant, *Tapping the Power Within*



Prayer for Unity in Frederick

Thank you, Father Mother God, for guiding Unity in Frederick. We now manifest all the resources needed to maintain our current church home and we are open to a clear vision of the next stage of our journey. With renewed commitment, together we create the success of our Spirit-ordained purpose. We are growing community and prosperity through vision, commitment and passion.

And so it is, amen.



Quest is a supportive, loving, spiritual community for gays, lesbians, and all others on a path of awareness and growth offering thought-provoking discussions and inspirational humor.

We are currently learning the practical application of spiritual principles in our personal lives by discussing material from "The Quest" by Richard and Mary-Alice Jafolla. No book purchase or reading is required.

Please join us on the 1st and 3rd Fridays, from 7-9pm.

Contact the office for questions - 301-846-0868

Spiritual Yoga

A Moving Meditation

Candlelight Spiritual Yoga

Monday nights

7:00pm-8:15pm

Spiritual Yoga

Friday mornings

10:30am-11:45am



Suitable for all levels including beginners - Yoga mats, straps, bags & blocks available in the Bookstore.

Love offering

Garden Team

The Centerpiece Workshop was fabulous again this year! With the help of Patty Holcombe and Debbie Wilcox, we had many “Centerpieces” for sale during the following weeks! The use of herbs and some “garden” products from the church grounds made many of the pieces a little more extra special! The proceeds of the workshop and the centerpiece sales will help defray garden costs for the upcoming season! Thank you for your participation!



Unity Church in Frederick - Christmas Eve - December 23, 2009

We continue to be grateful for the dedicated efforts of our “lawn team”! Each year, if we add another one or two to our rotation, we reduce the frequency of mowing for everyone! Please contact Steve Poole at stevepoole1958@gmail.com or (301) 370-5778 if you are interested in seeing what is involved!

BonTon COMMUNITY DAY 2010 Report -

Well, we must thank Barbara Baker and her wonderful “salespeople!” This wonderful fundraiser brought in to a total of \$965.83 for our account! Yes, the work challenged and produced tremendous results! We will miss Bon-Ton!

Be sure to thank Barbara when you see her!

Creative thinkers, we have an opportunity to fill this space for fundraising! If you have a “good idea” and the desire to help get it off the ground, please send us information!

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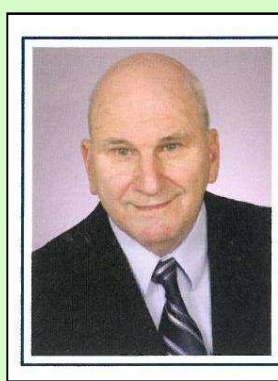
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240.818.8090
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kmlyburn@fourbranchestherapy.com
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Contact Cassie for orders - spiritualbindings@unityfrederick.org

FISCAL YEAR 2011 Operating Budget

FY 11 Goal \$141,311.00		Monthly Goal \$11,775.92	
Actual Year-to-Date (Oct 10 - Nov 10)		Current Month to Date (Dec 10)	
Income	\$26,403.93	Income	\$ 13,400.38
Expenses	\$21,214.55	Expenses	\$ 11,927.49
	<hr/>		<hr/>
	\$ 5,189.38		\$ 1,472.89

Unity Church in Frederick
One West Ninth Street
Frederick, MD 21701



**Unity Church in Frederick
Vision Statement**

Unity Church in Frederick is a growing spiritual family, centered in God and committed to living and sharing the empowering principles of love, peace and prosperity through the expression of the Christ within.

- Return to Sender
- Remove from mailing list

***Unity Church welcomes you!!
Free events – Open to all!***

Weekly –
Spiritual Yoga – Every Monday evening - 7:00pm-8:15pm
Every Friday morning - 10:30-11:45 am
Celebration Service and Sunday School - Every Sunday morning - 11:00am - 12:00pm

Monthly –
Meditation Service - 1st Sunday of every month - 9:30-10:10 am
Spiritual Vegetarianism – 3rd Wednesday of every month - 7:00-9:00 pm
Quest - GLBT Spiritual Community - 1st and 3rd Friday of every month - 7:00-9:00pm
Potluck & Fun & Games Night - 2nd Saturday of every month 5:30pm-9:30pm
Drumming Circle - 4th Saturday of every month - 6:30 - 8:30pm

Activities at Unity Church in Frederick