

# Connecting

Unity in Frederick  
A Spiritual Community

~ May/June 2011 ~



April 2011



We thank the gardeners, the volunteers and all of those that have shared to create this beautiful sanctuary!



# Thoughts of the Season

On Monday after Easter Sunday, I found a post on my Facebook page with this question:

"Hi Toni, I'm just reflecting on the service and wondered... who did Jesus become after the cave? How could He have become any more than he already was?"

For those who were not in service on Easter, I spoke of the process of resurrection and used the examples of the Monarch butterfly and its transformation from caterpillar to chrysalis to ooze/imaginal cells to butterfly. And so, the question—what did Jesus become as he emerged out of the ooze/cave/tomb?

My first reaction to the questions was to ask another question: what do you think he was going into the cave/tomb? Most of us grew up with Jesus Christ, more God than man. We often forget that he "...was man on the quest, man making the great discovery of His Divinity, man breaking through the psychological barrier between humankind and God, man proving the Christ in humankind and its inherent potential for overcoming...." (Eric Butterworth). And as he daily opened to that Divinity, the Christ within, he lived and taught that Oneness, that Unity, to all.

In Christian Healing, Charles Fillmore tells us this: "Jesus was himself a parable. His life was an allegory of the experiences that each person passes through in developing from natural to spiritual consciousness." And in that parable, we are shown the way to move through suffering, pain, doubt, fear—the way to conscious transformation. In her book, *The Meaning of Mary Magdalene*, Cynthia Bourgeault includes this quote from Ladislaus Boros that describes that transformation:

"In death the soul is planted firmly in that basis of unity which is at the root of the world. The soul's freeing from the body in death does not mean a withdrawal from matter. Rather does it signify the entering into a closer proximity to cosmic proportions....When, in the way we have just explained, Christ's human reality was planted, in death, right at the heart of the world, within the deepest stratum of the universe, the stratum that unites at root bottom all that the world is, the stratum, at that moment in his bodily humanity he became the real ontological ground of a new universal scheme of salvation embracing the whole race."

In the parable, what emerged from the cave/tomb was not a revived God-man. Rather it was a cosmic event, a conscious, unbounded Unity, fully expressing God. What emerged is the energy pattern into which you and I may step as we do our work to discover our Divinity, break through our psychological barrier between ourselves and God, prove the Christ within us and bring forward our inherent potential for overcoming....

So did Jesus emerge more than he already was? Yes and No!!!

In Love and Light,



# Words from the Board

Greetings to our members, "regulars", and visitors to the Unity Community! I am pleased to be writing this to update you on all the exciting events that we have experienced in the last few months, and a bit of reflection about the journey from my perspective. As your Board of Trustees president, I am pleased to be telling you that we, all of us, are doing a pretty fantastic job as Uni-tics and seekers of Truth. I am so pleased with the process we just came through starting with the new Unity "branding process" and ending with a different name to represent us to the Frederick community at large and beyond. For me, it started when the Association of Unity Churches changed their name to Unity Worldwide Ministries, reflecting a more global approach to spread the good news of what Unity principles have to offer to the global community. It was a quantum leap into the future.

With the new name came interesting ideas of what we think of as "church" and beyond. What is the vision to take us to the next level. Here in Frederick at the local level, we started the process of congregational dialogues. We had three, and I truly appreciate and honor each person that shared their feelings, stories and beliefs. What I found was that many hold in their hearts vivid messages and thoughts around the word "church", ranging from solid foundation and love of the word for what it represents for them to extreme feelings of alienation and discomfort around this word and concept. And for some of us, it really did not matter what we call ourselves, it was what we are and what we hold as a community of Unity principles that matters. We called a special congregational meeting which was held on April 17, 2011, and we voted on a new name to represent ourselves to the community and what we will "do business as". But I think most importantly with all of this, are the thoughts we hold about our community on a daily basis, that will continue to bring forth the entity we now call "Unity in Frederick, A Spiritual Community". I thank everyone for their love, commitment to each other, and the patience to see it through for our highest good. We are truly abundant in thought, word, and deed!

Happy Spring and enjoy your summer.

Krista Hall, President, Board of Trustees

## Unity in Frederick, a Spiritual Community

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 - 5 pm  
Mon, Tues, Thurs & Fri

Rev. Toni Fish  
*Spiritual Leader*

Wendy Poole  
*Office Administrator*

### Board of Trustees

*President*

Krista Hall - 301-865-1514

*Vice President*

J Oyler

*Treasurer*

Peter Shubiak - 301-865-0875

*Secretary*

Nancy Bugler - 301-668-3621

*Members at Large*

Debra Spotts - (301) 898-2584

Andy Kraus - 301-460-5269

Connecting is the official  
newsletter of  
Unity 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 & Classes

**Sunday, May 1 \*\*Bring a Friend**  
 9:30am - **First Sunday Meditation**  
 11 am - **Celebration** - Rev. Toni Fish  
 12 noon - Fellowship and Birthday Cake

**Sunday, May 8 - Mother's Day:**  
 8:45 am - Bible Study  
 11 am - **Celebration** - Rev. Toni Fish  
 11 am - Uni-teens meet

**Sunday, May 15- Appreciation Sunday:**  
 8:45 am - Bible Study  
 11 am - **Celebration** - Rev. Toni Fish

**Sunday, May 22 :**  
 8:45 am - Bible Study  
 11 am - **Celebration** - Sandy Souder  
 11 am - Uni-teens meet

**Sunday, May 29:**  
 8:45 am - Bible Study  
 11 am - **Celebration** - Rev. Toni Fish

**Sunday, June 5: \*\*Bring a Friend**  
 9:30am - **First Sunday Meditation**  
 11 am - **Celebration** - Rev. Toni Fish  
 12 noon - Fellowship and Birthday Cake  
 11 am - Uni-teens meet

**Sunday, June 12 - Appreciation Sunday:**  
 8:45 am - Bible Study  
 11 am - **Celebration** - Rev. Toni Fish

**Sunday, June 19 - Father's Day:**  
 8:45 am - Bible Study  
 11 am - **Celebration** - Donna Marie Cary  
 11 am - Uni-teens meet

**Sunday, June 26:**  
 8:45 am - Bible Study  
 11 am - **Celebration** - Rev. Toni Fish

## Classes, Meetings & Events

**May 3, 10, 17, 24 & 31 - 7 pm-9 pm**  
**Point of Power** - facilitated by Sandy Souder  
**May 7, 14 & 21 - 10 am-11:30am**  
**4T Prosperity Class** - Facilitated by Pauline Cilladi-Rehrer

**May 11 & 25 - 7 pm-9 pm**  
**Meditation Class** - Facilitated by Mona Thiel  
**June 4 - 9 am - 5 pm -**  
**Unity Basics Class** - Facilitated by Rev. Fish  
 \*\* Childcare is available

**May 1 & June 5 - 12:30p - Outreach Ministry Meeting**

**May 5 & June 2 - 6:30 pm - 8:30 pm**  
**Revolutionary Agreements Reunion Meeting** - facilitated by Rev. Toni Fish

**May 6 & 20 & June 3 & 17 - 7 pm - 9 pm**  
**Quest Meeting** - facilitated by J Oyler

**May 8 & June 12 - 12:30p - Healing Ministry Meeting**

**May 18 & June 15 - 7 pm - 9 pm**  
**Spiritual Vegetarianism Meeting** - facilitated by Donna Simon

**June 8 - 7 pm - 9 pm**  
**Prayer Shawl Ministry Meeting** - facilitated by Maxine French

**May 14 and June 11 - 5:30p - 9:30p**  
**Pot Luck and Games Night** - facilitated by Wendy Poole

**May 28 and June 25 = 6:30pm - 8:30pm**  
**Drumming Circle** - facilitated by Doug Thiel  
**May 22 - 12:30pm - 1:30pm**

**Pot Luck and Musician/Vocalist Jam -**  
 Facilitated by Patty Progecene  
**June 21 - 7 pm -8 pm**

**Summer Solstice Service** - Rev. Toni Fish  
**June 27, 28, 29, 30 (8:30-5) & July 1 (8:30-12) - Spirit Camp** - facilitated by Sandy Morrell & Charlie Novic.

# Birthdays

## May

5/01 Krista Hall  
 5/01 Kristen Everett  
 5/03 Sean Schneckloth  
 5/08 Deb Johnson  
 5/09 Lori Love  
 5/13 Rebecca Cain  
 5/15 Betsy Van Ness  
 5/15 Fran Jankowski  
 5/23 January Righter  
 5/23 Summer Righter  
 5/28 Audrey Love



## June

6/02 Doug Thiel  
 6/10 Tom Bugler  
 6/10 Ann Duffy  
 6/12 Dan Donoghue  
 6/12 Lou DiPasquale  
 6/12 John Grgurich  
 6/17 Laura Hines  
 6/18 Suzanne DiPasquale  
 6/21 Nancy Weaver  
 6/24 Teresa Cochran  
 6/25 Miriam Klements  
 6/30 Mary-Lou Davis



## Music Notes -

Let the adventure begin! Spring. What a wonderful time to start something new. The weather is getting warmer, everything is blooming, and the birds are singing. It makes you feel so good inside, you'll want to start singing yourself, just like the birds. Well, that's where I come in. I'm going to get you singing!

It's an honor and a pleasure to start this new musical adventure as Unity in Frederick's Music Director. I'm looking forward to knowing better all the musical talent within our community. There is a place for everyone wanting to make a joyful noise. I'm asking all who are interested in participating in the Music program for our community to please fill out the sign up sheet that will be provided after the Celebration Service for the next few Sundays. This will help me with organizing all this great talent.

In an effort to start sharing this talent, mark your calendar. May 22nd, after the service, we will have a Potluck and a "Unity Jam Session". On May 28th during the Celebration Service, the "Unity Jam Band" will share music created from the previous Sunday's jam. Now, this should get everyone singing!

It is with great appreciation I start this new musical adventure. Thank you for the opportunity.

Patty Progegene



# Unity Basic Class



**June 4**

**9:00 am - 5:00 pm (Childcare available)**

Have you ever had difficulty describing Unity to your friends and family? Do you want to learn more about the basic beliefs and principles of the Unity movement? The Unity Basics Class is for you! This class is for all who wish to learn more about Unity and is required for membership.

Facilitated by Rev. Toni Fish. To register, please [email the office](#), sign up by the kitchen or call the office!



## Drumming Circle!

Fourth Saturday Drumming Circle -  
May 28 & June 25  
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!

**The Meaning of Mary Magdalene:  
Discovering the Woman at the Heart of Christianity**  
by Cynthia Bourgeault

## Social Committee

Fun & Games Night - Ready for a night out? Pot luck dinner at 5:30pm  
Games from 6:30pm-9:30pm.  
Second Saturdays - May 14 & June 11!  
(Note: we will take July and August off)



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!

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

## Soup Kitchen Dinner

We are starting our Fundraising for our Soup Kitchen Dinner on June 19th. We need \$250 to cover the basic costs of the meal. If you are moved to contribute, please mark your checks "Soup Kitchen" in the memo area and place your check in the can on the Prayer table at the back of the sanctuary. We will serve a summery dinner of barbequed chicken, macaroni or potato salad, baked beans and melon. Again, we will request baked goods for desserts. If you want to participate, please [email](#) the office and let me know what you would like to do - advance preparation, baking, set up, serving, clean up - or everything!

Thank you for caring and making this ministry successful! Wendy Poole



# Love In Action Sharing

What is a prayer chaplain? A prayer chaplain is a member of Unity in Frederick who has made the commitment to provide prayer support to the other members. Chaplains are trained to hold spiritual space, lovingly listen, hold what is shared in confidence and release prayers to Spirit. Prayer chaplains do not “fix” situations or counsel, they allow Spirit to work through them and see Spirit working in the lives of those they pray with.

Prayer chaplains make regular calls to members and serve on Sundays by being available for prayer needs after service. New prayer chaplain teams are generally formed in June or July following a day’s training and chaplains are asked to make a year commitment.

The prayer chaplain program has enriched both our Unity community and the chaplains themselves. Members have expressed how the chaplain’s calls often come at exactly the right time when they have a prayer need. Some quotes for our chaplains express what the ministry means to them.

“Prayer opens me to Spirit. I feel better when I pray. I know that many of the prayers I have prayed for people have been answered because people tell me so and it is awesome to me that Spirit can resolve anything.”

“I really enjoy being a prayer chaplain for our Unity community on Sundays and individual monthly prayer calls to members. It’s a service that gives back to me instantly. I can easily go to the space in my heart and mind connecting with the Divine for others and myself, receiving guidance and strength. I feel like we are providing a service that reminds a person of their divinity and provides a sense of calm and assurance. Who would pass up having access to that if wanted or needed? Thank YOU for allowing me to give.”

There is a continuing need for prayer chaplains as our community grows. Training will be held this summer for both new and continuing chaplains. Please go to your heart space and ask Spirit if this is something that is yours to do. We don’t have to be perfectly spiritually developed to serve in this way, we just have to be willing to be open to expressing Spirit through us and helping others see that for themselves. You are welcome to talk to any of the prayer chaplains about this opportunity.

Namaste,

Chris Kraus, Debbie Scott, Carole Kirby, Marianna Erickson, and Naomi Davis  
Your Unity in Frederick Prayer Chaplains

# Youth Ed Ministry

## Thank you to everyone involved with our Annual Youth Ed Fundraiser!

Patty & Brent's Magical Mystery Tour, The Jug Band and Built for Comfort were all amazing! We had a great crowd of families and the Braddock Inn was a perfect place to have everyone gather together. The Silent Auction and 50/50 Raffle went well! Thanks to all of our donations and bids!

We raised \$832.00 What a fabulous event!

Thanks to all the folks who joined Montgomery Young for his biofeedback demonstration. It was a very interesting evening and everyone learned a great deal. Looking forward to another session soon!

Please have your children join our Sunday School while you enjoy the Service! We are teaching empowering Unity Principles for them to have an enriched existence as they deal with all the challenges of being a child. Wonderful parents are involved and we encourage you to be one of them!

Contact Jan Righter if you have any questions,  
email [silverladyjan@myactv.net](mailto:silverladyjan@myactv.net).

## ~ Uni-Teen News ~

The next [Uni-teen meetings](#) are to be held on the following Sundays: May 8 and 22 and June 5 and 19 at 11:00am. The group has been watching and discussing the 'Conversations with God' movie, and will be making its own movie based on the concepts expressed in *CWG*. Please contact the office by phone (301-846-0868) or [email](#) if you would like additional information.



## Food For Your Mind... at the Spiritual Bindings Bookstore!

### **God Stories ~ Jennifer Skiff**

4.7 out of 5 stars

Skiff, an award-winning investigative journalist and correspondent for CNN, compiles an inspiring if uneven assortment of real-life accounts of meeting with the divine. Whether readers are actively religious or die-hard skeptics, the stories recounted will reaffirm God's existence and intervention in human affairs. Skiff draws upon such themes as listening to God's voice, answers to prayer, healing and confirmation of an afterlife. While less spiritually inclined readers may find some stories more attributable to coincidence than divine intervention, other tales are beyond rational explanation. In one account, a woman who had irreparable brain and organ damage was completely healed and discharged from the hospital after prayer. A man felt an urgent caution against taking an airline flight on which nine people were subsequently killed. In a similar tale of miraculous warnings about danger, a woman heard an audible voice tell her to stop right before she stepped in front of a seven-foot Australian snake's mouth. Mysterious and faith-inspiring, these stories are valuable even if some don't conform to readers' particular religious beliefs.

### **Om Baby, Child of the Universe ~ Schamet Horsfield**

5 out of 5 stars

Om Baby is a new paradigm superhero for the planet, for love, and for universal peace. Om Baby's one eye is symbolic of the open heart that connects us all. The book's text emphasizes the importance of family, friends, and community. Om Baby reminds us of the most important things in life: truth, love, friendship, family, community, and the potential for greatness within us all.

### **When the Soul Awakens ~ Nancy Seifer and Martin Vieweg**

5 out of 5 stars

Silver Winner, Nautilus Book Award

When the Soul Awakens is a groundbreaking book about the evolution of consciousness and the birth of a real new age. Written for contemporary

seekers, it illumines the eternal quest for spiritual truth in the context of our time—a time of crisis and paradox. Even as threats to human civilization intensify, a new wave of universal spirituality is quietly breaking upon the shores of our planet.

Based on modern esoteric teachings known as the Ageless Wisdom, the book describes the spiritual awakening now occurring as a turning-point in human evolution. It presents the path ahead as a collective passage to a higher stage of consciousness, involving stages of spiritual growth that flower into soul awareness. From this higher awareness, a new civilization will arise.

The book reveals the nature of the soul through the insights of sages, poets, and philosophers across the ages. Through the wisdom teachings, it describes the origin and destiny of the human family and offers a glimpse of the extraordinary future that awaits us as the soul awakens and a new era dawns.

Book Review compiled by Cassie Logue, Spiritual Bindings Ministry Leader

Additional Authors and titles in the bookstore include:

*No Less Than Greatness*, Mary Manin Morrissey

*The Four Spiritual Laws of Prosperity*, Edwene Gaines

*The Mastery of Love*, Don Miguel Ruiz

*Green Made Easy*, Chris Prelitz

*Finding Your Own North Star*, Martha Beck

## *Spiritual Bindings Bookstore*

Carrying a wide selection of books published by Unity School of Christianity and other popular metaphysical titles

**Books on Healing, Prosperity,  
Unity Basics and More!**

**Full line of beautiful cards,  
items for inspiration and gifts.**



**DON'T SEE WHAT YOU'RE LOOKING FOR?**

Contact Cassie for orders - [spiritualbindings@unityfrederick.org](mailto:spiritualbindings@unityfrederick.org)

## Help Wanted! Volunteers are needed!

- Could you provide a healthy snack to serve for after service and make a few pots of coffee? These upcoming weeks are available for hospitality donations and volunteers: May 15, 22 and 29 and June 5, 19 and 26!
- Birthday Cake Bakers (or shoppers) are needed for July 3 and October 2!
- Sunday Celebration Team is looking for more team players!! Would you like to greet fellow congregants with a hug? Could you help a newcomer by answering their questions and to help them feel welcome? Would you like to read the Daily Word, learn to run the AV system or do the announcements?
- Are books your thing? Could you share time in the bookstore or lending library?
- The children will be looking forward to summer substitute teachers! Do you have a special gift you will share with them? Drumming, crafts, beekeeping, yoga, gardening and singing have been well received... what is your specialty?

If any of these opportunities speak to you... [email](#) the office for more information!

## Prayer Shawl Ministry

Unity in Frederick is starting a **Prayer Shawl Ministry**. We will knit, crochet or weave these shawls. If these crafts are not a part of your knowledge, we will teach you how to do them and we would enjoy your participation. The purpose of this ministry is to create and give tangible evidence of our prayers for people of our congregation, friends and those in our community for whom we are affirming healing, comfort, peace or celebration of a special event. Prayer shawls are a reminder to people that they are never alone. Often they are the hug someone needs when no one is around.

**Meeting on Wednesday, June 8 - 7-9p**

If you have any questions, see Maxine French or call her at 301-663-4089.



# Sunday Morning Bible Class

*Walking Through the Old Testament*

*Facilitator: Rev. Toni Fish*

Sunday mornings 8:45–10:00am

Class dates:

May 8, 15, 22 & 29

June 12, 19 & 26

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.

Children of the Inner Light



# Spirit Camp 2011

*June 27th thru July 1st  
At  
Unity in Frederick*

When: June 27—July 1, 2011

8:30 am - 5:00 pm\*

(\*camp ends at Noon on Friday July 1st due to the holiday weekend.)

Where:

Unity in Frederick

A Spiritual Community

1 West Ninth Street

Frederick, MD 21701

(301) 846-0868

Who: All children ages 5—10

## General Information

**Registration fee is \$200.00.**

This covers the cost of two healthy snacks per day plus lunch, T-shirt, multiple crafts and activities... including 1 field trip with disposable camera. Hand-crafted meditation mats, journals, plants and a butterfly chrysalis. Classes taught by specialists in their field.

Space is limited to  
20  
participants...  
sign up early!





- Yoga
- Meditation and Prayer
- Communication with Nature
- Arts and Crafts
- Sacred Stories
- Energetic Healing
- Celebration of Body, Mind and Spirit

**Spirit Camp 2011** is not the usual type of camp where character is formed from hard bunks, cold swims and learning to make a fire.

At **Spirit Camp**, character is formed by learning to be happy with yourself and others;



honoring diversity, living with integrity; respecting and caring for all living things; connecting with the Divine in all life; and

honoring our Creator. **Spirit Camp 2011** will offer experiences with yoga, meditation, expressive dance, creative art, creation of a Sacred Circle, and much more. **Spirit Camp** promises to be a fun and rewarding experience for all who attend.

Registration Forms are available  
online at [unityfrederick.org](http://unityfrederick.org)!

Call us (301) 846-0868 or

Send us an [Email](#) and we will email or mail a form to you!



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 will continue our discussions on The Quest book in May.

June is GLBT PRIDE month! We will have a special guest performance on June 3rd! And PRIDE month activities will continue on June 17th.

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

**Contact the office if you have any questions - 301-846-0868**

# Spiritual Yoga

## A Moving Meditation

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

### Candlelight Spiritual Yoga

Monday nights  
6:00-7:15pm

### Spiritual Yoga

Friday mornings  
10:30am-11:45am

**Love offering**

**No Yoga on these dates:**

**May 30, June 27 and July 1 & July 4**





**Circulation Day**  
**Monday, May 30th**  
**Memorial Day**  
**9:00 am to 3:00 pm**  
**at Unity in Frederick**  
**A Spiritual Community**  
**1 West 9th Street, Frederick**  
**301-846-0868**

**By freely releasing items we no longer need,  
we create space for things we do need to  
enter our lives.**

**Please come and see if something you need  
is here ... all items are free.**



# Connecting Classifieds

**Please support  
our advertisers!  
Thank you!!**



Jan Righter  
Independent Representative

mysilpada.com/january.righter  
silverladyjan@myactv.net

Cell 301-606-5204  
Home 301-790-1177

**SILPADA®**  
STERLING SILVER JEWELRY

## Brent Progecene

Guitarist

Lessons  
Performance



240-586-1128  
brent@brentguitar.com



**RE/MAX**

**Realty Centre**

Each Office Independently Owned and Operated

23214 Brewers Tavern Way  
Clarksburg, MD 20871

Direct: (301) 370-5778  
Office: (301) 591-3920  
E-mail: thepooleteam@gmail.com  
Website: thepooleteam.com



**Steve Poole, CRS Licensed Maryland REALTOR®**  
*The Poole Team ~ Group Leader ~ Peak Performer ~ Certified Mentor*

## Four Branches Therapy & Wellness

**Katie Marsh Lyburn, LCSW-C**

Psychotherapist

240.818.8090

250 East 6th Street, Frederick, MD 21701

kmlyburn@fourbranchestherapy.com

www.FourBranchesTherapy.com



## New Hope Dollars & Sense, Inc.

Wendy C. Poole, CEO

5857 Goldenwood Place, Adamstown, MD 21710

(301) 370-5008 - email: wendy@newhopedollarsandsense.com



*Financial skills classes & workshops assisting individuals & families*

*Cash Flow Plans ◊ Financial Goals ◊ Bookkeeping Services*

*Accountability Partner*

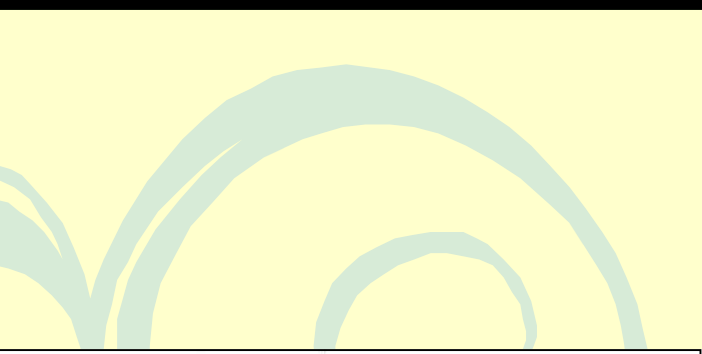
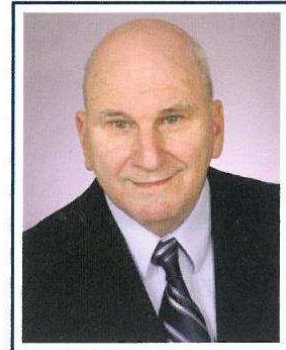
# Connecting Classifieds



**Quiet Cove Wellness**  
Healing Touch & Reiki


**Krista Hall, RN, HTCP/I, RMT**  
Women's Health \* Cancer Support  
Heal from surgery \* Manage stress

www.quietcovewellness.com    Energy Medicine Practitioner  
301-606-4647    By appointment  
Frederick, Maryland

**EMERY CSULAK**  
ASSOCIATE BROKER  
ABR, CRS, GRI, GREEN  
Licensed in MD, WV & VA

Frederick Office  
5301 Buckeystown Pike #250  
Frederick MD 21704  
Office: 301-694-8000 • Cell: 301-667-0246  
Fax: 301-694-5004  
emery.csulak@longandfoster.com  
http://emerycsulak.inf.com




**EQUITY CONTRACTING**  
Building Value into Your Home,  
One Project at a Time

**Woody Truitt**  
301-748-3868

2183 Bellemonte Court  
Jefferson, MD 21755

MHIC 97581




*Nourishing Journey*

- Full Day Detoxification Programs
- Traditional Naturopathy
- Homeopathy
- Colon Hydrotherapy
- Energy Healing Modalities
- Massage Therapy
- CranioSacral Therapy
- Infrared Sauna/Ionic Foot Baths
- Reflexology
- Classes/Workshops

10440 Shaker Drive Suite 105, Columbia  
410-992-3001 \* www.nourishing-journey.com  
*Nourishing you on your health and wellness journey*

To place an ad in our  
**Connecting Classifieds.**  
email your jpeg file of your business card  
to [unityfrederick@verizon.net](mailto:unityfrederick@verizon.net) or drop off  
your business card at the office.  
"Business card" ads are available for  
\$10 per issue or \$50 for six issues.

## 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

*“We need power to erase from our mind all the negative pictures we have been holding and to affirm the good we want to demonstrate; then, above all, patience!”*

*Quote from: **Take Command!**  
by Vera Dawson Tait*



## 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.

**~Reiki Practice / Share~**

*Do you feel uncertain in your Reiki offering?  
Perhaps you never had the confidence to begin to share  
Reiki & need a jumpstart?*

**Facilitator:** Miriam Klements, Reiki Master Teacher ~ Spiritual Coach

**When:** Sunday, May 15 3-5 pm

**Where:** Unity in Frederick

**Cost:** \$10 - \$15 suggested

Pre-Registration Requested.

Please let me know if you can bring a massage table.

Miriam – 301-815-5479 [hedymiri@gmail.com](mailto:hedymiri@gmail.com)

**Lost, found or forgotten...**

Please remember that after 90 days,  
we will donate the

**Lost, Found and Forgotten**

items to Frederick Rescue Mission or our Circulation Day!



**FISCAL YEAR 2011 Operating Budget**

FY 11 Goal \$141,311.00		Monthly Goal \$11,775.92	
Actual Year-to-Date (Oct 10 - Mar 11)		Current Month to Date (Apr 11)	
Income	\$77,481.37	Income	\$ 11,170.94
Expenses	66,025.11	Expenses	\$ 13,115.92
	<hr/>		<hr/>
	\$ 11,456.26		\$ -1,944.98

Activities at  
Unity in Frederick  
a Spiritual Community

Weekly –

**Spiritual Yoga** – Every Monday evening - 6:00pm-7:15pm  
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 (will not meet in July & August)

**Drumming Circle** - 4th Saturday of every month  
6:30 - 8:30pm

*Unity in Frederick welcomes you!!*

*Free events – Open to all!*