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1 West 9th Street
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unityfrederick@verizon.net

Thoughts of the Season

The following is an excerpt from an article written by Rosemary Fillmore Rhea, published in the *Unity Magazine*, January/February 2012, adapted from *New Thought for a New Millennium: Twelve Powers for the 21st Century*.

Living in revolutionary times is not easy. The Chinese have a blessing that also serves as a curse: “May you live in interesting times!” Revolutions demand that we renounce those ideas and conceptions which keep us from moving forward. One of the most difficult things for us to do as members of the human species is to let go of old beliefs and perceptions. History has shown that we are often willing to live unhappy, limited lives – or even to die – rather than to change our beliefs, to see things in a new way, to release the old in favor of the new.....it is only through the releasing of past injustices, past prejudices, past hurts that we can ever move forward. Gandhi said that if everyone practiced the eye-for-an-eye morality, soon “the whole world would be blind.” Perhaps it is natural to want to do to others what they have done to us, but it is not enough. It is not the way of spiritual advancement. It was certainly not the way of Jesus.

It was his way to love the enemy, turn the other cheek, go the second mile....he told us how to break the chain of recurrent strife and showed us the perfect example in the way he dealt with his own life. He held out the promise of a perfect world.

Two thousand years later, another spiritual leader was envisioning a “new heaven and a new earth.” Charles Fillmore wrote in 1930, “the earth is slowly regaining its equilibrium and will in due season be restored to its pristine golden age.”

We were born to create, and we always have the choice of whether we will create for good or for evil. And the wondrous thing is that with every new moment, we have the opportunity of choosing again.

One day when enough of us awaken to the infinite power within us -- “Christ in you, the hope of glory” --we will see a world we have never seen before: a world in which no one is hungry or in need, a world in which the fortunes now spent for arms will be spent for people, a world in which the fear of nuclear war has become only a chapter in the book of history.

As we continue to envision a world where all people are safe, well, and abundantly supplied, where fulfilling work and creative expression are the rule rather than the exception, and where the needs of all creatures and of the earth itself are honored at the same level as the needs of humanity, we shall indeed one day see these things “are come to pass!”

... continued on page 6

Unity in Frederick

A Spiritual Community

1 West 9th Street
 Frederick, MD 21701
 301-846-0868
www.unityfrederick.org
unityfrederick@verizon.net

Sunday Celebration Service and Children's Sunday School

11:00 am

Office Hours

8:00 am - 3:00 pm

Tuesday, Wednesday, Thursday

Office Closed on Monday & Friday

Rev. Toni Fish

Spiritual Leader

Terri Miner

Office Administrator
 & Newsletter Editor

Board of Trustees

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Carolyn Rocha

Members at Large

Kandi Austin

Debra Spotts

Connecting is the official newsletter of Unity in Frederick and is published bi-monthly. Submit articles to unityfrederick@verizon.net by the 15th of the month prior to the next issue.

For the most up to date and detailed information, see our website: www.unityfrederick.org



Words from the Board

As your Board Treasurer, I wanted to take this opportunity to give you an update on our finances. Of course, our finances are only one small part of the wealth we have received at Unity in Frederick. Our group at Unity in Frederick is so rich in talents – our minister, musicians, teachers, children's leaders, artists, healers, "techi types" gardeners, handi-women and men, nurturers, organizers, on and on it goes. There is so much we already share and so much potential in each one of us to experience the joy of creating and bringing forth! Finances actually are a minor, yet important part of all of our wealth, and as your treasurer, it is my responsibility to keep you up to date.

When last year's Board of Directors created a Budget for this Fiscal Year, which runs from October through September, they had a vision of where they felt we as a congregation could be in both our income and expenses. Spirit was a part of that process. And so our budget was proposed and approved by the congregation. We are now at the half-way point in our fiscal year. Over these 6 months, I have seen a clear and consistent pattern emerge. We are consistently bringing in enough income each month to pay all of our expenses. And that is indeed Good News! This is a healthy financial place to be in terms of income = expenses.

There is, however, another part to this. We have also been consistently about 15% lower in our monthly income than the amount we had envisioned when we approved our budget for this year. Fortunately, we have been able to keep all of our expenses within that income level without cutting back on any needed items. However, we envisioned MORE for Unity – we have hopes and dreams of programs, classes, supplies, etc. we want to add that we have not been able to do. I would ask all of us to take this issue into our prayer time and discover what Spirit is saying to us about our role in helping us move towards our dreams – whether it's through financial giving or giving of time and talents. We have so much potential! Let us each joyfully share our wealth in whatever forms you feel called with this life-changing community at Unity of Frederick.

Carolyn Rocha

Treasurer



Happenings at Unity in Frederick

Services & Sunday School

Sunday, May 4

8:45am - Metaphysical Bible Class
11:00am - Sunday School
11:00am - Celebration Service

Sunday, May 11

8:45am - Metaphysical Bible Class
11:00am - Sunday School
11:00am - Celebration Service

Sunday, May 18

8:45am - Metaphysical Bible Class
11:00am - Sunday School
11:00am - Celebration Service

Sunday, May 25

8:45am - Metaphysical Bible Class
11:00am - Sunday School
11:00am - Celebration Service

Sunday, June 1

8:45am - Metaphysical Bible Class
11:00am - Sunday School
11:00am - Celebration Service

Sunday, June 8

No Metaphysical Bible Class
11:00am - Sunday School
11:00am - Celebration Service

Sunday, June 15

8:45am - Metaphysical Bible Class
11:00am - Sunday School
11:00am - Celebration Service

Sunday, June 22

8:45am - Metaphysical Bible Class
11:00am - Sunday School
11:00am - Celebration Service

Sunday, June 29

8:45am - Metaphysical Bible Class
11:00am - Sunday School
11:00am - Celebration Service

Classes, Workshops & Meetings

Mondays

6:00pm - Candlelight Yoga
May 5, 12, 19, June 2, 9, 16, 30
8:00am-1:00pm - Circulation Day
May 26,

Tuesdays

9:30am - The Creative Process
May 6, 13, 20, 27, June 3
7:00pm - Zumba
May 6, 13, 20, 27, June 3, 10, 17, 24

Wednesdays

7:30pm - Healing Circle
May 7, June 4
6:00pm - Music Practice
May 21, 28, June 4
7:30pm - Healing Service
May 21, June 18
7:15pm - Journey of Radiant Health
May 28, June 25

Thursdays

7:00pm - The Creative Process
May 8, 15, 22, 29, June 5

Fridays

10:30am - Spiritual Yoga
May 2, 9, 16, 23, 30, June 6, 13, 27
12:00 noon - Book & Bag Discussion
May 2, 9, 16, 23, 30, June 6, 13, 27
5:30pm - Youth Group
May 16, June 20
7:00pm - Happy Hour & Ted Talks
May 23, June 27

Saturdays

8:00am-4:00pm - Spring Clean-up Day
May 3
8:30 am - Staff & Ministry Leader Meeting
June 7
11:30am - Intuition and Healing
with Wanda Lasseter-Lundy
May 10, June 14
7pm - Service in Spirit Speakers
May 24, June 28
6:30pm - Drumming Circle
May 24, June 28
5:30pm - Youth Ed Fundraiser - Italian Dinner
May 31
7:00pm - Dances of Universal Peace
May 17, June 21

Spirit Camp -- June 23-27



ZUMBA[®]
fitness

Tuesdays

7-8 pm

Led by
Trista McAleavy



Tithing Corner

Does Unity ask for money?

From a letter sent out December 16, 1965, by Charles R Fillmore (then CEO of Unity School of Christianity):

One frequently hears the term "Unity does not ask for money." This is unrealistic as well as being untrue in fact. In order that we may be together in understanding and prayer, the following statements are intended to clarify this matter and establish a reasonable attitude toward a subject frequently beclouded by emotionalism... Let us realize that Unity, as an institution, exists in two worlds: the world of the Spirit in which we perform our principal services of healing and teaching and for which no charge can ever be made, and the material world in which we must deal with business entities, banks, vendors, and money. Unity's genius lies not in "never asking for money" but in a sane, loving, daring, attempt to balance the needs of those two worlds for (hu)mankind's betterment.

During the fiscal quarter ending March 31 2014, Unity in Frederick gave to the following organizations as part of our tithing commitment:

Unity Worldwide Ministries
Eastern Region Unity Worldwide Ministries
Unity in Hagerstown
Religious Coalition
Sacred Abundance Ministries

If you have a suggestion about where our tithes might be given, please talk with Rev. Toni or a member of the Board.

Drumming Circle

Please join us for this fun, group music making event! Everyone (young and young at heart) is invited to participate -- playing a drum, tambourine, maracas, rain stick or other percussion instrument. Drum, dance, or listen as vibrations fill the room, the body and the spirit!

If you have drums or percussion instruments, please bring them. We have a few drums, shakers, and tambourines to lend.

**4th Saturdays
at 6:30 pm**



FISCAL YEAR 2014 Financial Update

| Fiscal Year Income Goal | | Monthly Goal | |
|---|------------------|------------------------------------|------------------|
| \$158,250.00 | | \$13,187.50 | |
| Actual Year to Date October 1, 2013-March 31, 2014 | | Last Month Completed March 2014 | |
| Income | 68,546.70 | Income | \$ 10,616.31 |
| Expenses | <u>69,599.13</u> | Expenses | <u>11,266.13</u> |
| | \$ -1,052.43 | | \$ -649.82 |

Spiritual Yoga

A Moving Meditation

Candlelight Spiritual Yoga

Monday Nights, 6:00 - 7:15 pm

Spiritual Yoga

Friday Mornings, 10:30 - 11:45 am

Yoga suitable for everyone,
including beginners.

Yoga supplies are available in the
Bookstore to borrow.

Suggested Love Offering \$10-20
or whatever you are led to give



Book & Bag

Bring a lunch and join us on Fridays at noon for an interesting discussion about the book we are currently reading. No need to purchase the book and there is no advance reading!

The current book is
"The Untethered Soul"



Healing Ministry Reflections

"Love and Light"

How many times a day do you see, hear, sing, think, say or write the word "love"? How often do you feel love, giving or receiving? Love is powerful healing energy. This has been demonstrated through the ages over and over. Some healers also refer to the healing power of Light that comes from Source, God, the Universe, Jesus the Christ, or whatever your perception is, and access it during healing sessions. The phrase "Love and Light" has been around awhile. What does that mean to you? Are you willing to share?

Although the time-frame escapes me, I remember changing the phrase "God is Love" to Love is God". It seems like a minor shift yet it was a major shift for me. It expanded my understanding immeasurably and intrinsically linked the two words, "Love" and "God" as never before. I could no longer separate them.

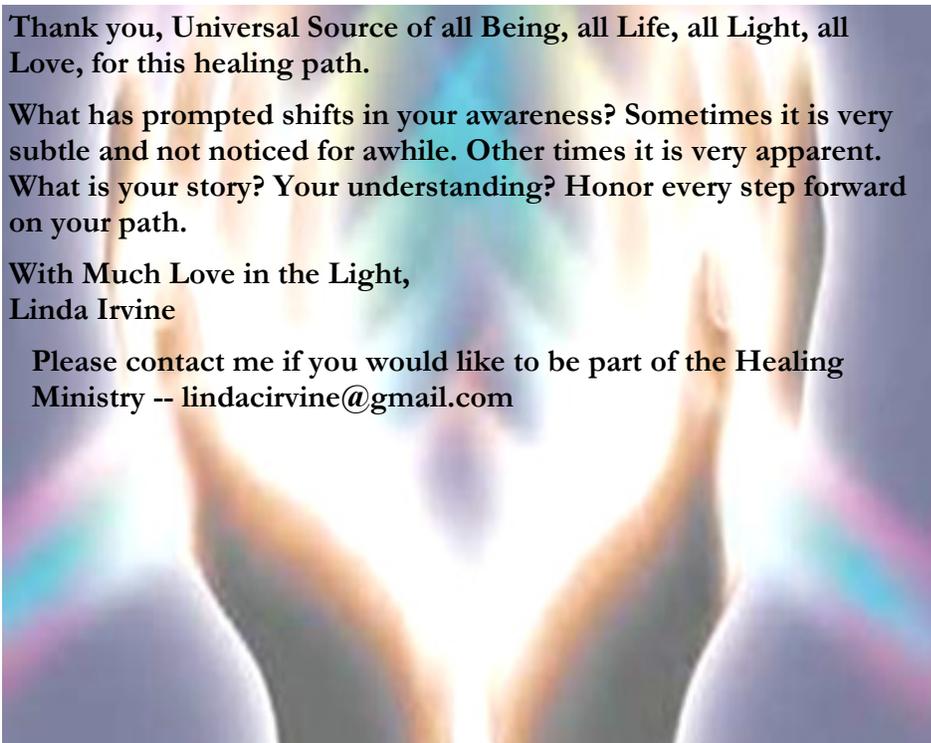
Just when you think you "got it", another level of understanding appears. In September 2012 at the Grotto, I was communing with Mother Mary, feeling the Love. A sphere of Light appeared and floated from her to me, filling the trunk of my body. The Light was infused with the intense energy of Divine Love. My level of understanding unconditional Love went up more than a few notches as I wept. Now I cannot separate "Love" from "Light." The word 'and' can imply connection or comparison like "sunshine and rain." Using "with Love in the Light," I am implying the inseparability of "Love" from "Light", of unconditional Love with the power of Illumination. Now as I use Light energy during Reiki treatments or long distance, I am also silently saying "I Love You." It is changing me profoundly as I use my healing gifts for others.

Thank you, Universal Source of all Being, all Life, all Light, all Love, for this healing path.

What has prompted shifts in your awareness? Sometimes it is very subtle and not noticed for awhile. Other times it is very apparent. What is your story? Your understanding? Honor every step forward on your path.

**With Much Love in the Light,
Linda Irvine**

Please contact me if you would like to be part of the Healing Ministry -- lindacirvine@gmail.com



Music Appreciation

Happy Spring!

Albert Einstein said: "If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music."

What does it mean to see *your* life in terms of music? Something to ponder this spring.....

Save the dates!

Special Music

May 4th - Unity Singers

May 11th - In Spirit

May 25th - Maxine French

June 1st - Kandi Austin
& Friends

June 8th - Unity Singers

June 8th - A Lesson in Song by
Brent & Patty Progecene

June 22nd - Noah & Emma
Zecher-Freeman, a brother and
sister violin/cello duo

Unity Singer Practice

May 21st

May 28th

June 4th

(No practice after June 4
through September 3
for Summer break)



Prayer Chaplain Thoughts

THOUGHTS ON PRAYER

Recently a friend and I were talking about something that ultimately required both of us to make a decision. We weighed the facts, but still I was undecided. I told her I would pray on it then get back to her. "Do you really do that?" she asked. That conversation led me to think about how and when prayer became a part of my everyday life. During childhood my Mother reminded us to both pray before meals and thank God for our blessings at bedtime. And, yes, I remember as a child praying for that special something and even bargaining with God to be eternally "good" if it became mine. Also, I attended a church school, so prayer was part of my life away from home as well. But, when did prayer evolve from an external ritual into an integral part of my oneness with God? I think it started when I lived in California, far from family, and I gave birth to my first child. When he was placed in my arms I instantly knew this child of God was totally dependent on my loving care. I wasn't sure I was up to the task but thankfully knew that I could handle anything with the strength and guidance of God. If I received unconditional love, surely I was capable of giving unconditional love. I knew this child was part of me, I was part of him, and we were both part of God. Even though this child came without a owner's manual, I knew I was (as are all of us) "all knowing," and thus began my journey of learning how to be open to this knowingness thru meditation and prayer. It has been an evolution that has waxed and waned, and still does. But, there is a "constant." The constant is that when things do wane, I remember that wherever I am, God is, and all is well! Peace.

Carole Kirby, Prayer Chaplain

... Thoughts of The Season by Toni Fish, continued from page 1

It's been 84 years since Charles wrote his words and 14 years since Rosemary wrote hers. Are we really any closer to that "new earth"? Some would say "No," based on the media reports of events and dialogue. And yet, there is a growing consciousness in our world of inequality and injustice. Individuals are stepping up, when governments and corporations cannot, or will not. Even within our everyday activities we find an awareness of the need for a new way to be with each other, a need to let go of fear and recognize that change is a constant. It is important for us to approach each new day, each new situation free from old perceptions, grievances and grudges – to see the new opportunities for constructive dialogue and action. And may it be so!



Bring your favorite
Happy Hour Snack
and
Join us for 4th Friday Fun
May 23rd, June 27th, July 25th
For an interesting video
and lively discussion.
7:00p—8:30p

Happy Birthday!

May

- 1 - Krista Hall
- 1 - "Daisy" Fish
- 3 -Sean Schneckloth
- 9 - Lori Love
- 13 - Rebecca Cain
- 15 - Betsy Van Ness
- 15 - Fran Jankowski
- 23 - January Righter
- 23 - Summer Righter
- 28 - Audrey Love



June

- 10 - Tom Bugler
- 10 - Ann Duffy
- 12 - Lou DiPasquale
- 12 - John Grgurich
- 17 - Laura Hines
- 17 - Joyce McKee
- 18 - Suzanne DiPasquale
- 21 - Nancy Weaver
- 24 - Teresa Cochran
- 25 - Miriam Klements
- 29 - Jude Oyler
- 30 - Mary-Lou Davis

If we missed someone's birthday, please let us know so that we can update our list!



Youth Ed News

Thank you to all the amazing children who were a part of the Easter service! They really shined bright!

Spring is here and there are a lot of upcoming exciting events for the Youth Ed!

- The bake sale we held was a great success! Since it was such a success, we decided to have one every 5th Sunday of a month along with the Soup Sundays. We will also have a bake sale/lemonade sale on Circulation Day, Monday May 26th. We will need baked good donated as well as volunteers to help sell. Please watch for the sign up sheet!
- Saturday, May 31st at 5:00pm is the Youth Ed fundraiser....Italian Night! Bring friends and family to enjoy a spaghetti dinner (there will be gluten-free noodles!) and Italian atmosphere? Money raised will be for Youth Education. We will need help with donations, so please watch for the sign up sheet for this event also.
- The 3rd Friday Youth Group Gathering continues. All UniTeens and YOU's are welcomed to come and bring friends. There's pizza, snack, games, and fellowship! The next one is Friday May 16th at 5:30pm.
- SPIRIT CAMP is June 23-June 27th this year! The theme is Medieval Times and there will be lots of great activities to enjoy. It is always a fun-filled week for the kids...as well as us adults involved!

Thank you for all your support in help! It is a joy to work with the children at Unity and I look forward to seeing all of them at the upcoming events!

Jamie Haney
Youth Education Director



Ministry Team Leaders for Unity in Frederick

If you are called to serve on one of these teams, contact the Team Leader.

Board of Trustees

Betsy Van Ness
mailbetsy@gmail.com

Book & Bag

Debra Spotts
yogadebra444@gmail.com

Building Maintenance

Jude Oyler
jacknjude@gmail.com

Celebration Service Coordinator

Rev Toni Fish
RevToni@unityfrederick.org

Community Outreach

Carolyn Rocha
uptheflue@yahoo.com

Drumming

Rosalind Jack
amazingros@aol.com

Gardening

Patty Holcombe
natureangel444@verizon.net
& Robert Abdinoor
rjasr@comcast.net

Healing

Linda Irvine
lindacirvine@gmail.com

Hospitality

Kandi Austin
kaja7@juno.com

Media (includes A/V)

Jude Oyler
jacknjude@gmail.com

Music Director

Patty Progecene
greatunitymusic@gmail.com

Prayer Chaplains

Debbie Scott
damascusscotts@gmail.com

Yoga

Debra Spotts
yogadebra444@gmail.com

Youth Education Director

Jamie Haney
jamieandunityyouth@gmail.com

Hospitality Corner

Hospitality - in Sanskrit, the language of Yoga, Hospitality is based on the principle *Atithi Devo Bhava*, meaning "the guest is God". This principle is shown in a number of stories where a guest is literally a god who rewards the provider of hospitality. From this stems the Indian approach of graciousness towards guests at home, and in all social situations.

Ask anyone who has provided food. "Is this rewarding?" "Is this fun?" "Is this fulfilling?" You will find that it is rewarding, fun, and love-filled. It's like making something special for your family! Providing food for after the service, rounds out our experience of the Unity Sunday Service. You provide the means for people to mingle and satisfy their hunger, and share time and enjoy each other! We all know how great it is to have food available. Will you consider joining one of the teams on 2nd Sunday, Gluten-Free Sunday, or 4th Sunday, Vegetarian Sunday, or contribute any time that works for you. First Sunday is Birthday Cake Sunday...pair up with another birthday soul and bring in cake or cupcakes. Let us celebrate with you. Third Sunday is Pot luck...bring something tasty to share. We have four 5th Sundays...bring a favorite soup. The 5th Sunday is a small fundraiser. There is a \$2.00 charge per bowl and you get to taste all the soups. Youth Ed will also have a bake sale on 5th Sundays.

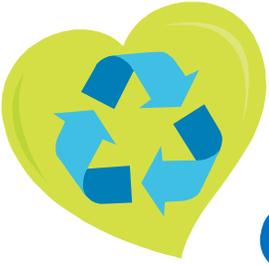
If you have any questions, feel free to email me at kaja7@juno.com or call me 240-422-4375.

Kandi Austin
Hospitality Team Leader



Hospitality Happenings

- 1st Sunday
Birthday Cake
- 2nd Sunday
Gluten-Free
- 3rd Sunday
Potluck
- 4th Sunday
Vegetarian
- 5th Sunday
Soup



Circulation Day



**Monday, May 26th
Memorial Day
8:00 am to 1:00 pm**

at Unity in Frederick
A Spiritual Community



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

Please come and see if something you need or want is here!

All items are free!



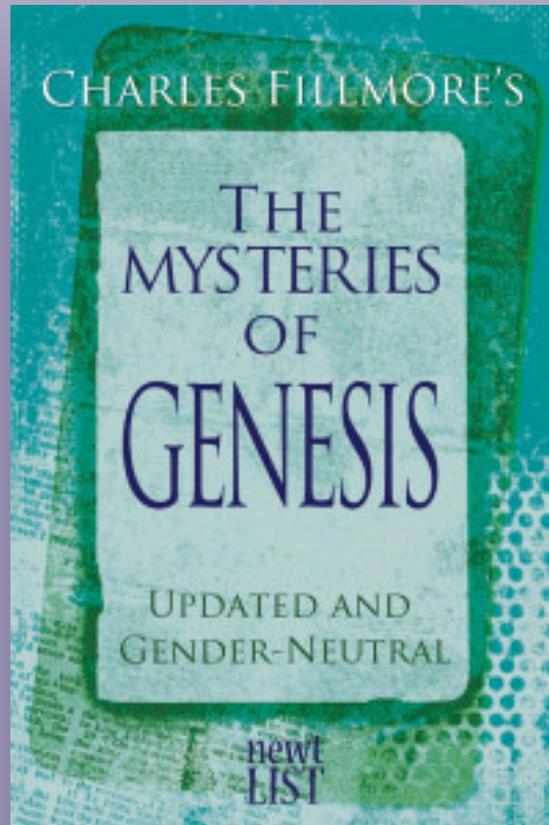
1 West 9th Street, Frederick

301-846-0868

www.UnityFrederick.org



THE CREATIVE PROCESS IN THE BIBLE



May 6 - June 5

Tuesday mornings, 9:30-11:30am

or

Thursday evenings, 7:00-9:00pm

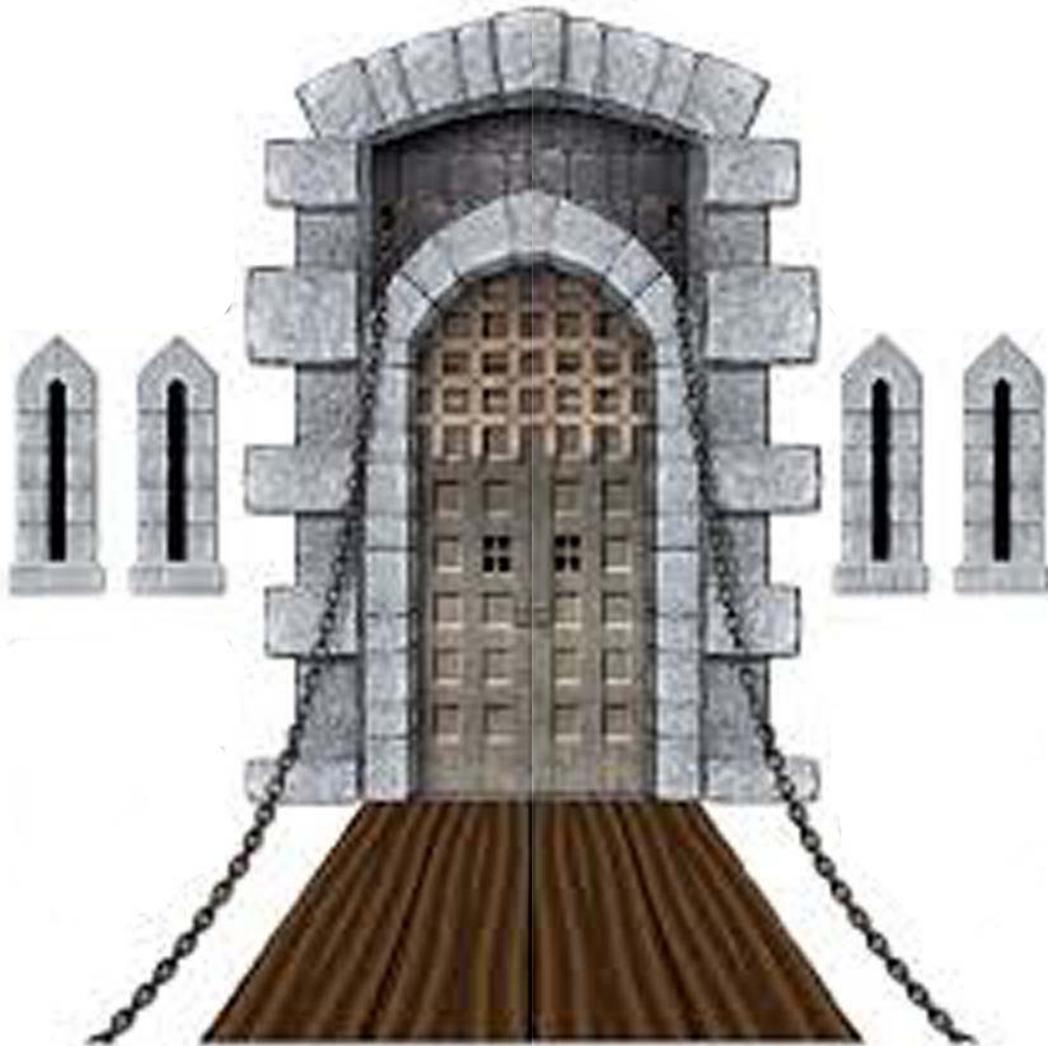
Love Offering

Facilitated by Rev. Toni Fish



Knights, Wizards and Castles

A Medieval Spirit Camp



June 23-27, 2014

Explore the Magic and Mysteries of the Middle Ages

What Is Unity?

Unity is a worldwide, non-denominational spiritual organization that emphasizes the divine potential within every person. It teaches that, through a spiritual understanding and the practical application of what Jesus taught, every person can realize and express his or her divine potential for a happier, fuller and more successful life.

Five Basic Unity Principles

1. There is only one Presence and one Power active as the universe and as my life, God the Good.
2. Our essence is of God; therefore, we are inherently good. This God essence was fully expressed in Jesus, the Christ.
3. We are co-creators with God, creating reality through thoughts held in mind.
4. Through prayer and meditation, we align our heart-mind with God. Denials and affirmations are tools we use.
5. Through thoughts, words and actions, we live the Truth we know.

Amazon.com Benefits Unity

If you are making purchases from Amazon.com, please use the link on our website. All of your purchases with Amazon will benefit Unity in Frederick through the "Affiliate Program" that we participate in.

The Amazon link is on our website homepage below the slideshow. You can also use the "Explore" tab at the top of the page and from the drop down menu, click on Reading List. The list contains books from Toni's suggested reading list, books from classes, and other great e-books, and CD's you might enjoy! A link to Amazon is located next to each title.

You'll Never Be Surprised

By Donna Miesbach

Listen closely,
For I have something to tell you,
Something to whisper in your ear!
Fill your dreams with
impossible things,
And every chance you get,
imagine the improbable!
If you do,
You'll never be surprised
Because the unlikely
Will become your reality
And all you'll want to do is smile.

From: Daily Word, May/June 2012

Vision Statement

Unity in Frederick is a vibrant and inclusive spiritual community, centered in God, making a difference by living and sharing the empowering principles of love, peace, and prosperity through the expression of the Christ within.