

Inside This Issue

Words from the Board.....	2
Happenings at Unity	3
Tithing Corner	4
Healing Ministry Musings	5
Music Notes	6
Prayer Chaplain Thoughts.....	6
Youth Ed News	7
Volunteers' Corner	8
Hospitality Corner.....	9
Unity Basics Class	10
Life of Prayer Class	11

Thoughts of the Season

As we begin the Lenten season, I would like to share with you excerpts from the FOREWARD, written by Rev. Georgiana Tree West, for the Charles Fillmore book, *Keep a True Lent*.

“The Christian world is once again observing the Lenten season; the season of prayer and fasting that precedes the joyous festivity of Easter. It is commonly believed that the Lenten period has to do with the events of the forty days preceding the Resurrection. This is an erroneous idea. Lent is a church institution, and there is no authorization for it anywhere in the New Testament. The idea, however, has a sound spiritual basis; Moses, Elijah, and Jesus Himself set a precedent for it. Each observed a forty-day period of prayer and fasting as a preparation for spiritual work. Moses received the Ten Commandments on Mount Sinai at the conclusion of his fast. Elijah talked with God on Mount Horeb at the conclusion of his period of prayer and fasting. Jesus began his great spiritual ministry at the close of his fast in the wilderness.

The ancient Hebrew writers made a practice of using numbers to symbolize ideas. Forty, in their minds, was a “foursquare” number suggesting the idea of a foundation for something to follow; an idea of completeness. So the number forty is frequently used in the Scriptures to indicate a completed preparation for something to follow. When we consider Lent as a well-rounded or “completed” season of retreat from the things of the world for the cleansing of the mind and the recollection of the things of Spirit, it becomes a true season of preparation for the glorious Eastertide; a preparation for the resurrection of the mind from the darkness of its sins, doubts and false beliefs into the light of understanding.

One of the most valuable ways of observing the Lenten season is to fast from (loose and let go) the belief that men or nations can stand in the way of God’s good will for man. Now is the time to affirm the power of the Christ Spirit indwelling in all men [and women] everywhere and influencing their thoughts, words and actions to work for the good of the whole. We all want to be of some influence in establishing world peace. To do so, we must learn to obey Paul’s exhortation “Let us therefore follow after the things which make for peace.” Each one of us must be concerned with improving his [her] own life. We must learn to deny our selfish impulses and be obedient to impulses of brotherly love. When we withdraw our attention, interest and support from the false and unworthy, this is true fasting. When we give that same attention, interest and support to the enduring good, we are feasting on the things of the Spirit and this is true prayer. When we have truly fasted in the Christ way we have increased our ability to respond to God’s good will.”

From Charles Fillmore.... “Lent is a season of spiritual growth, a time for progressive unfoldment.”

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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

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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

Dear Unity Friends,

Why does it snow? What is our God within telling us? Years ago whenever it rained I thought it was God giving me permission to slow down, let go and enjoy. Even though it rained I would still go to the beach, jump in the puddles and enjoy anyway. It gave me permission to relax. I could skip the chores, stop expecting so much from myself, read a book, appreciate. Well the snow is the winter version of the rain.

When it snows, think of what our Christ within does. I have experiences of talking to neighbors that I don't often see. People help each other shovel snow, push cars out when stuck, offer to buy groceries if others can't get out. Some bake cookies for their neighbors. Also, it's a time of being "locked" in with family, friends, roommates. We often bake, play games, share stories, make snowmen, go sledding, etc. It's often a festive time.

On the other hand, maybe it's a time when some are sad or frustrated because they can't do what they had planned. Airports closed, roads closed, events postponed. There it is again, a time that God speaks telling us to slow down, let go, enjoy, be grateful, reflect, catch up. Take a day to catch up or just be, be the beautiful person/child of God that you are. Maybe even share yourself, your heart, your memories with a friend, a stranger, reach out to a new one in the neighborhood, airport, grocery store, etc. Ever notice how it's easy to start talking to a stranger, usually about the weather and past snow storms, conditions, similar situations. The snow brings us together. God is giving us an easy way to connect. This is a chance to plant a tiny seed that starts in a new place and possibly warms a heart, changes a thought, springs into a new relationship. And more practically remember this snow makes for healthy trees, plants, bushes and even flowers in the spring and summer. Thank you GOD!

Enjoy and appreciate the pure white divine gifts from the snow.

With fond memories,
Debbie Scott
Your Board Secretary



Happenings at Unity in Frederick

Services & Sunday School

Sunday, March 2

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

Sunday, March 9

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

Sunday, March 16

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

Sunday, March 23

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

Sunday, March 30

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

Sunday, April 6

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

Sunday, April 13

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

Sunday, April 20

6:30am - Sunrise Service at Gambrell
11:00am - Sunday School
11:00am - Celebration Service - Easter

Sunday, April 27

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



Classes, Workshops & Meetings

Mondays

6:00pm - Candlelight Yoga
March 3, 10, 17, 24, 31, April 7, 14, 21, 28

Tuesdays

9:30am - Life of Prayer
March 25, April 1, 8, 15, 22
7:00pm - Zumba
March 4, 11, 18, 25, April 1, 8, 15, 22, 29

Wednesdays

7:30pm - Healing Circle
March 5, April 2
6:00pm - Music Practice
March 5, 12, 19, 26, April 2, 9, 16, 23, 30
7:30pm - Healing Service
March 19, April 16
7:15pm - Journey of Radiant Health
March 26, April 23

Thursdays

9:30 am or 7:00pm - Sacred Abundance
March 6
7:00pm - Life of Prayer
March 27, April 3, 10, 17, 24

Fridays

10:30am - Spiritual Yoga
March 7, 14, 21, 28, April 4, 11, 18, 25
12:00 noon - Book & Bag Discussion
March 7, 14, 21, 28, April 4, 11, 18, 25
5:30pm - Youth Group
March 21, April 11
12pm - Good Friday Prayer Vigil
April 18
7pm - Good Friday Tenebrae Service
April 18

Saturdays

8:30 am - Staff & Ministry Leader Meeting
March 8, April 5
11:30am - Intuition and Healing
with Wanda Lasseeter-Lundy
March 8, April 12
7pm - Service in Spirit Speakers
March 22, April 26
6:30pm - Drumming Circle
March 22, April 26
5:30pm - Family Movie Night
March 29
9:00am - Unity Basics Class
March 29
7:00pm - Dances of Universal Peace
March 29
10:00am-4:00pm - Peace Labyrinth
April 19

Sundays

10:00am - SpiritFest at the Delaplaine
April 6



ZUMBA[®]
fitness

Tuesdays

7-8 pm

Led by
Trista McAleavy



Tithing Corner

Here is an excerpt from David Owen Ritz, *The Keys to the Kingdom*:

“The belief in limitation must be healed in order to enjoy true abundance. In its place we must build a greater belief in God as the ultimate source of our good and an attitude of joy and freedom for living in the flow of the Divine current. We must learn to trust in the circulation of money through our lives just as we trust in the circulation of blood through our bodies. Both are natural—part of the Divine plan—and necessary to life. Ralph Waldo Emerson said it this way: ‘Let us take our bloated nothingness out of the path of the Divine circuits. Let us unlearn the wisdom of the world. Let us lie low in the Lord’s power and learn that truth alone makes rich and great.’

In truth, we never really lack money. We lack ideas – positive, truth-centered ideas. Our vision, beliefs, thoughts, and attitudes shape the flow of abundance through our lives. A positive and expansive consciousness creates after its own kind in our finances. Any approach toward creating more abundance that does not alter our perspective on the role of money in our lives is destined to fail because money reflects the consciousness of those who use it.

Many people have created great fortunes, not simply because they desired to make money, but because they had an idea that insisted upon being expressed through them. Their vision created products and services that generated a great flow of money. But that was a result, not a cause. Wealth is created first in the realm of ideas, then in our bank accounts.”

The tithes for Unity in Frederick in January and February were given to the following groups in recognition of their service and their ability to spiritually feed our community:

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

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

Toni

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-January 30, 2014		Last Month Completed January 2014	
Income	\$47,759.28	Income	\$ 12,507.91
Expenses	<u>45,830.58</u>	Expenses	<u>11,222.18</u>
	\$ 1,928.70		\$ 1,285.73

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!

check with Debra Spotts
for current book title



Healing Ministry Reflections

Do you remember what you liked to do as a child? What opportunities were presented to you? What positive reflections from others reinforced your interests and talents? Maybe you were athletic or a writer or musical or a visual artist or a gardener or a lover of nature. The list could go on. Are you still doing at least one of those things? If you are not, what happened to cause them to disappear? Sometimes it is changing interests or situations. Sometimes healing is needed to reawaken your passions, talents, creativity. Healing that will remove blocks and renew the joy of your own bliss so you can express yourself freely again. Come to the Healing Circle and Healing Service to let us be a part of your healing.

The story that follows could have a different ending. It still might as the boy grows up. The thing is, nobody can go back to make a new beginning **and** everyone can start now to make a new ending by making new beginnings now!

“The Little Boy” This story is about a little boy who went to school, a big school. He loved to make things. One morning his teacher said “Today we are going to make a picture.” He started drawing animals but his teacher said they were going to make flowers. The little boy drew beautiful ones. His teacher said, “Wait! And I will show you how.” She drew a red flower with a green stem. The little boy liked his better and without saying anything, turned his paper over and drew a red flower with a green stem. Soon he learned to not start until the teacher had shown them how to do their art. He always liked his versions better but made things according to the teacher.

One day the little boy moved to another school. It was bigger and had a long hallway to go down. The very first day he was there, his teacher said “today we are going to make a picture.” “Good!” he thought. He waited but the teacher said nothing until she got to the little boys desk. She asked, “What are you going to make?” The boy asked, “What are we going to make?” She answered, “I don’t know until you make it.” “How shall I make it?” he asked. “Why, any way you like,” she replied. “And any color?” he asked. “Any color,” said the teacher. “If everyone made the same picture, and used the same colors, how would I know who made what and which was which?” “I don’t know,” said the little boy. And he began to make a red flower with a green stem. (shortened from a poem by Helen E. Buckley)

Spring is a time for new beginnings. Find ways to allow your talents and passions to blossom! Happy Vernal Equinox. Join us for the Healing Circle and Healing Service.

Please consider the opportunity to be a greeter at the Circle or Service. Aside from greeting folks as they come in and making them feel welcome, you also have the opportunity to receive healing and bask in that loving energy! It would be nice to have at least four greeters to rotate turns. That could translate into helping every other month and you could still come more often. Please contact Linda Irvine for the details: 240-687-3359, lindacirvine@gmail.com, or at Unity! I will be watching for you!

Music Appreciation

“Music has always been a matter of Energy to me, a question of Fuel. Sentimental people call it Inspiration, but what they really mean is Fuel. I have always needed Fuel. I am a serious consumer. On some nights I still believe that a car with the gas needle on empty can run about fifty more miles if you have the right music very loud on the radio.”

~ Hunter S. Thompson

And we are fueling up at Unity this March and April!

Mark your calendars:

Special Music in March

2nd - Unity Singers
23rd - Kandi Austin
& Nancy Pritchard
TBA - Ed Morrell

Special Music in April

6th - Unity Singers
13th - Lea Morris*
20th - Easter with “a musical of sort” with the children.

*Lea is a singer and songwriter whose “soul-folk” blends gospel, jazz, country and R&B with authentic, thought provoking songcraft. www.thisislea.com

Looking ahead:

May - In Spirit and
a Youth Ed Concert in the Park

June - Music and lesson by Richard
Mekdeci - www.richardmekdeci.net

**Unity Singers practice every
Wednesday at 6pm and perform
the 1st Sunday of the month.
All are welcome.**



Prayer Chaplain Thoughts

I remember thinking about “being successful” many times during my early and middle adult years. At first, I wanted to be a successful student, which I measured by my GPA. Then, success in my career was my focus – I wanted the respect of my colleagues, a comfortable salary. In my 30’s my focus changed to wanting to be a successful parent – “perfect”, happy children was the goal! (Thank goodness my husband’s parenting wisdom saved us all from that goal!) And now, my children are grown, and I’m taking another look at just what “being successful” means. The family and culture I was raised in define success as having power, status, and money. The voice of “Popular Opinion” today is telling us that success is driving the right car, living in the right neighborhood, having all the “toys” we want. I am grateful that I now have Unity to help me define success. The following words from Emilie Cady, one of my favorite New Thought writers, addresses this issue:

“Looked at from a purely commercial standpoint, the life of Jesus Christ was a failure. His occupation was a humble one. The work of his hands commanded only the usual recompense. From the world’s point of view, his contribution was merely that of an average man at best. In the field where his greatest visible success lay, the delivering of others from sorrow and trouble, he was not able to save himself. All the way to his ignominious death, he stood before self-satisfied men, chief priests, and Pharisees as a failure. Why? Because he and these men lived from entirely different standpoints. Men lived largely from the external; Jesus lived from within. When one lives from within, success is defined as how much that person brings forth Spirit into the world. After 2000 years, we can see that the life of Jesus Christ stands forth as the inspiration of all love and all goodness. The inspiration of all success.”

So now, for me, I have a new way to measure my success. What can I do, in any one moment, to manifest God in this world? Every single encounter, every activity that I choose to do with my time, becomes a potentially sacred moment of bringing forth Spirit. What an awesome job description for all of us! Living intentionally in the moment as Spirit’s channel on Earth. Simple. Straight-forward. And highly successful in God’s opinion!

Carolyn Rocha
Prayer Chaplain

A recent Sunday morning lesson introduced you to “Notes From the Universe.” These messages are inspirational, humorous, insightful, and full of wisdom. Here is an example:

Next time you make a wish, wish for what is, because really and truly, things don’t get much better than this.

There is a purpose, a plan, and a reason for all things. What doesn’t make sense, will make sense. You are exactly where you should be; your challenges are what they should be; your rewards are what they should be; and the best is yet to come. Time has served you well. Love is in the air. And you’re looking mighty good in the light that now surrounds you.

A toast to life... to you... to us...

The Universe

If you would like to sign up to receive a daily message from the Universe, go to www.tut.com. And enjoy hearing from the Universe every morning!

Happy Birthday!

March

- 1 - Susan Kierson
- 2 - Yvonne Wallem
- 3 - Camilla Ayala
- 6 - Peter Shubiak
- 8 - Victoria Ayala
- 10 - Steve Poole
- 14 - Peter Scott
- 20 - Breck Hines
- 24 - Charleene Novic
- 24 - Trista McAleavy
- 25 - Scott Righter
- 28 - Linda Irvine



April

- 1 - Toni Fish
- 3 - Diana Lovingfoss
- 11 - Victor Ayala
- 12 - Nicole Felton
- 19 - Lynda Sowbel
- 20 - Irene Sears
- 23 - Brady Love
- 29 - Sandy Morrell
- 29 - Barbara Boden

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



Youth Ed News

Cathy Palmer has continued to visit us once a month to do Dances of Universal Peace with the children. We are very fortunate to have her do this and look forward to her coming again in the upcoming months. She is here the 3rd Sunday of each month.

Our 3rd Friday Youth Group Gatherings continue. This is a great way for the Uni-Teens and YOU's to socialize and enjoy some great fellowship! We have food, games, and discuss all types of topics. We are planning to send some of the youth to the Unity Spring rallies and will be fundraising to help defray the costs.

Mark your calendars!!! There are several fun events coming up for the Youth Ed!

Saturday, March 29th at 5:30 -- Family Movie Night and Potluck! Grab friends and family and join us for a family friendly movie and some yummy food!

Saturday May 31st -- Concert in the Park Youth Ed Fundraiser! We are planning great music and fun children's activities for the event. Look for more information in the upcoming months!

If you are interested in helping with the Youth Ed, please contact me. We are always in need of substitutes and anyone interested in becoming a permanent part of the YOU's and Uni-Teens.

Jamie Haney
Youth Education Director



Volunteers' Corner

1. Serve to discover abundance: the radical shift from me to we

When you serve, you discover that often the most important things you have to offer are not things at all. You start to uncover the full range of resources at your disposal -- your time, presence, attention -- and recognize that the ability to give stems from a state of mind and heart, a place much deeper than the material. Inspired by the possibilities this opens up in every moment, you begin to discover humble opportunities to serve -- everywhere.

This process begins a shift from a me-orientation to a we-orientation. You start to look at people and situations with an eye for what you can offer them and not vice versa. You break the tiresome tyranny of questions like "What's in it for me?" The mindset shifts from consumption to contribution. Paradoxically, serving in this way, you are no longer operating from a space of scarcity. Your cup fills and overflows.

2. Serve to express gratitude

Such joyful gratitude becomes a foundation in service. When you acknowledge the fullness of your life, you can manifest a heart of service in any situation. In that sense, service doesn't start when we have something to give -- it blossoms naturally when we have nothing left to take. And that is a powerful place to be.

Yes, external change is required for the world to progress, but when coupled with inner transformation, it can affect the world in a radically different way. "We can do no great things -- only small things with great love," maintained Mother Teresa, a woman who made a difference to the lives of millions. It's a matter of what we focus on. Or, in other words, it's not just what we do that matters, but the inner impetus behind our action that really counts.

3. Serve to transform yourself

Any time we practice the smallest act of service, even if it's only holding a door for somebody, but doing it with a full heart that says, "May I be of use to this person," that kind of giving changes the deep habit of being self-centered. In that brief moment, there is other-centeredness. That other-centeredness relaxes the patterns of the ego, a collection of unexamined, self-oriented tendencies that subtly influence our choices. This is why no true act of service, however small, can ever really be wasted.

To serve unconditionally in this way takes practice and constant effort. But with time and sharpened awareness, we begin to brush against the potential for transformation that is embedded in every act of generosity. It's a realization that "Oh -- when I give, I actually receive." You begin to internalize this, not at the intellectual level but by experience.

4. Serve to honor our profound interconnection

Over time, all of those small acts, those small moments, lead to a different state of being. A state in which service becomes increasingly effortless. And as this awareness grows, you inevitably start to perceive beyond individualistic patterns: each small act of service is an unending ripple that synergizes with countless others.

As Rachel Naomi Remen puts it, "When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as whole." With that understanding, we begin to play our part -- first, by becoming conscious of the offerings we receive, then by feeling gratitude for them, and finally by continuing to pay forward our gifts with a heart of joy. Each of us has such gifts: skills, material resources, connections, presence -- everything we consider ourselves privileged to have. And when we actually start to use our gifts as tools to facilitate giving, we deepen our understanding of relationships and start to sync up with this vast "inner-net."

5. Serve to align with a natural unfolding

When we increasingly choose to remain in that space of service, we start to see new things. The needs of the current situation become clearer, we become instruments of a greater order and consequently our actions become more effortless. When a group of people perform this kind of service as a practice, it creates an ecosystem that holds a space, allowing value to emerge organically. All of this indirect value, the ripple effect, has space and time to add up, synergize with other ripples, and multiply into something completely unexpected. In humble fashion, these ripples continue to seed unpredictable manifestations. Such an ecosystem can have its plans and strategies, but places more emphasis on emergent co-creation. So a lot of the ripples will remain unseen for years; some perhaps will be the basis for a seventh-generation philanthropy. It doesn't matter, because they are unconditional gifts.

What each of us can do, on a personal level, is make such small offerings of service that ultimately create the field for deeper change. The revolution starts with you and me.

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

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Jude Oyler
jacknjude@gmail.com

Celebration Service Coordinator

Rev Toni Fish
RevToni@unityfrederick.org

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Drumming

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& Robert Abdinoor
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Kandi Austin
kaja7@juno.com

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Patty Progcene
greatunitymusic@gmail.com

Prayer Chaplains

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damascusscotts@gmail.com

Yoga

Debra Spotts
yogadebra444@gmail.com

Youth Education Director

Jamie Haney
jamieandunityyouth@gmail.com

SpiritFest at the Delaplaine

**Sunday
April 6th**

11:00 am - 5:00 pm

Delaplaine Visual Arts
Education Center
40 South Carroll Street
Frederick, MD

Admission is free

Massage

Reiki

Reflexology

Acupuncture

Intuitive Readings

Tarot

Handmade Jewelry

Crafts

Books

and more!

Join us for a wonder-filled day!

**For more information:
visit our website at
www.unityfrederick.org
or call 301-846-0868.**

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 have a bake sale.

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

Unity in Frederick Serving

THE
SOUP KITCHEN

Sunday, March 23rd, 4:00-8:00 PM

More Information and Sign-up Sheets
are on the Community Bulletin Board in the foyer.

Unity Basics Class

Saturday, March 29

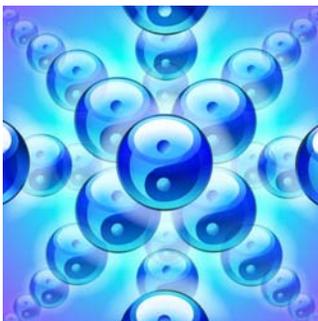
9:00 am - 4:00 pm



Ever have trouble describing Unity to your friends and family? Do you want to learn more about the basic beliefs of the Unity movement? This Unity Basics Class is for you. Facilitated by Rev. Toni Fish, this is for everyone who wishes to learn more about Unity.

This class is required for membership.

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.

Life of Prayer

A Unity Spiritual Education and Enrichment Course

Based on *How to Pray Without Talking to God:
moment by moment, choice by choice*



March 25 - April 24

Tuesdays, 9:30-11:30 am

or

Thursdays, 7:00-9:00 pm

- Understand Divine Nature and Divine Identity as the foundation for prayer
- Compare and contrast traditional prayer methods with your own way of prayer and the Unity method of affirmative prayer.
- Learn and practice prayer language consistent with an evolving spiritual consciousness.
- Start or renew a meaningful daily prayer and meditation practice.
- Explore approaches to prayer in relation to wholeness, healing, prosperity, harmony, and purpose.

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.

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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.

The Fountain

By Elliott Robertson

Just as the fountain honors the water,
just as the leaf honors the tree,
just as the iris honors the color purple,
just as the sunset honors the sun,
I, too, honor God.

From: Daily Word, March/April 2014

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.