

FLYING HIGH NEWSLETTER

Volume 1 Issue 6

November/December 2014

Dear Friends...

As we move through the Christmas season, we celebrate life. Charles Fillmore, co-founder of the Unity movement, taught life as one of the powers with which we are born. The power of life is the ability to energize, vitalize and enliven. Christmas time is a wonderful opportunity to be in the question of what am I giving life to?

As Christians we are called to give life to the Spirit of Christ within. You might be wondering just what that means! We are told in Philippians 2:5, "Keep this mind in you which was also in Christ Jesus." 1 Corinthians 2:16 tells us, "But we have the mind of Christ." What does it mean to have the mind of Christ?



"To become Christ in expression means to become the highest expression of You! Do not shrink back from the task of experiencing your unique Spirit of Christ."

Jesus fully understood that he and the Father were one. In that space of being One, there was no need for an intermediary to God. He knew he had direct access to God by turning within and being still. He gave life to the Spirit of Christ by becoming Christ in expression.

To become Christ in expression means to become the highest expression of You! Do not shrink back from the task of experiencing your unique Spirit of Christ. Remember Jesus told us, "You are the Light of the World!"

May you have a blessed Christmas!

Rev. Joanne



Photo: Matt Denton

MISSION STATEMENT:

Unity by the Shore is a vibrant community, supporting growth through awareness of God's presence within and the teachings of Christ Jesus.

CORE VALUES:

Spirituality: We are centered in Christ Consciousness.

Oneness: We are one in Spirit.

Integrity: We act with honesty, openness, and commitment.

Love: We embrace all people as expressions of God.

Service: We are joyful stewards of God

A Message from the Board President, Angela Denton



With tears streaming down his face, my father struggled to get the words out, "I'm so happy we are together...I love when we are all together like this." Yesterday, an ordinary Sunday afternoon in late October my heart was so deeply touched by my father's vulnerability to be grateful for a few hours spent with his family. These words and raw emotion shared by a man who for years resisted and stifled authentically vulnerable aspects of his being. As he approaches his 80th birthday healthy and active, he finds himself wanting to appreciate what is truly important to him, his family. I found myself pausing and reflecting feeling fatigued from a rather

demanding schedule and realized how essential it is for me to slow down and take time out to relish my parents and siblings. As the holiday season approaches, I invite you to take time out each day to open your heart in gratitude to not only your family members and friends, but to co-workers and casual acquaintances. Make it a point at least once a day to let someone know that you see them, that you appreciate them. I can guarantee you that your heart will expand!

The Board of Trustees would like to show our appreciation to our spiritual community by hosting a Thanksgiving feast Saturday, Nov. 22nd. The movie "Frozen" will be shown from 4 pm to 6pm. Feast from 6 pm to 8 pm. Nov. 23rd is our super 50/50 raffle. Tickets are currently being sold and will be on sale until 10 AM on Nov 23rd, for the drawing will be held around 12 noon that day. Fifty percent of the proceeds will go toward audio/visual equipment and building operations/improvements. The other fifty percent collected will be awarded to 3 lucky winners as follows: the first place winner will receive 25%, the second place winner will receive 15% and the third place winner will receive 10%. The Board of Trustees would appreciate your support in spreading the word and selling tickets to your coworkers, family and friends. The more tickets sold the bigger the prizes!

Board Updates

Building Expansion: An anonymous donor has contributed \$15,000 to our building expansion fund bringing our total funds to \$31,000!! Our architect has met with a new contactor and will be sharing expansion plans in early November.

Audio/Visual: The Board has purchased from Boulevard Pro equipment and services to obtain projection and sound control from the back of the sanctuary.

Member Renewal: If you would like to remain an active member of UBTS, please fill out your membership renewal card by Dec. 31, 2014. Cards were emailed electronically and are also available at UBTS.

Board Nominees for 2015: Two member positions and one alternate position are open to be filled. If you have been a member of UBTS for a year or more and are interested in serving on the Board, please speak to Pat Dunkin, chair of the Nominating Committee or Angie Stewart, board representative. The Nominating Team will be sending a communication out in early November announcing their search and criteria to be eligible to serve on the Board.

Holiday Gift Bazaar: Nov 30th-Dec-21st

"Acknowledging the good that you already have in your life is the foundation for all abundance."~ Tolle

Youth Education

Happy and Joyful we are! Our youth program is evolving! We are so grateful to our anonymous donor and everyone who gives so freely of their time, talent and money. Thank you! We will be adding new class rooms in the near future, allowing us the space to grow and allow all our age levels to thrive.

Angela Denton, Maryellen Miller, and I went to a workshop entitled "Nurturing Youth and Family Ministry" and we're so inspired to share what we've learned with our youth. I want to welcome Maryellen who will be joining me working with our Uniteens. Unity has inspirational weekend retreats for the Uniteens that would be so AWESOME for our teens to attend. Let's make it happen! In January we will share more info about the "Spring Uniteen Camp" that will be in May 15-17, 2015.

So exciting!!

Ms. Lindy, Ms. Donna, Ms. Patrice are working with our Unikids! Ms. Kassie is working with our Unitots. They are all doing wonderful lessons and projects with the kids. Thank you ladies! I would like to hold the intention that we have a special night for the Unikids and Unitots, being there is no retreat for them to attend. We could have a pizza party with a themed movie night just for them. Unikids one night, Unitots a different day. Sounds great!!

Mr. Gary, new youth choir director, wrote a song with the children and performed for us on 10/12, great job! Thank you Ms. Laura for channeling spirit through music and allowing the children's spirit to be expressed through song! We are so blessed!!

We are looking forward to our youth Christmas service that will be on 12/21, with our mandatory rehearsal on 12/20. The service is always special and Santa stops in for a visit at the end of the

service. If there are going to be children there that day that aren't normally there, please let me know way in advance. I have connections with Santa. :)

Looking forward to a year of growth, love, joy and abundant blessings,
Sally



PROSPERITY CORNER

JULY

Income: \$10,824

Expenses:
\$12,704

Tithes:

Unity Worldwide:
\$541

E. Region:
\$270.50

SEE: \$108.20

Discretionary:
\$162.30

AUGUST

Income: \$16,764

Expenses:
\$13,419

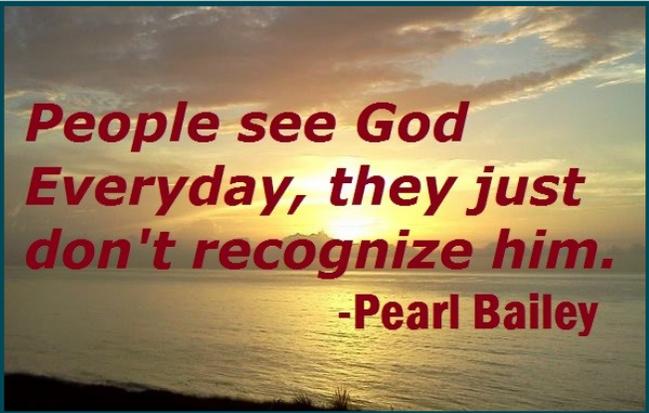
Tithes:

Unity Worldwide:
\$838

E. Region: \$419

SEE: \$167

Discretionary:
\$252



**People see God
Everyday, they just
don't recognize him.
-Pearl Bailey**

Our Environment

HOW TO SELECT THE MOST SUSTAINABLE SEAFOOD

By Ingrid Justick



A study published in the journal, *Science*, predicts that our wild fish population could be completely depleted by the year 2048 because of our human consumption. In regards to this, it is more important than ever to **select sustainable seafood** from responsible fisheries **that limit "by catch"** and do not damage the surrounding environment.

Not all farmed fish are bad for the environment. Many types of seafood are farmed in a responsible way. It is **farmed salmon** that gives aqua-culture a **bad name**. Often raised in open ocean cages and treated with anti-biotics and pesticides to control parasites and disease, farmed salmon has **PCB levels up to 10 times higher** than wild salmon. Farmed salmon requires the use of wild fish that fisheries catch and grind up to put into the feed. It takes three to six pounds of wild fish to produce one pound of farmed salmon. Presently 37% of all catch and wild seafood is **ground up into feed**, compared to 7.7% in 1948.

U.S. farmed tilapia and catfish do receive an "eco-friendly" checkmark because they require less fish for their feed. Farm-raised mussels and clams are grown without chemicals and antibiotics, so they are also a good choice.

Choosing the right fish and cooking it in the right way can lighten the toxic load. Large fish, like **tuna or swordfish**, tend to accumulate a **higher concentration of mercury** because of their consumption of organisms high on the food chain. Smaller species, like wild salmon or haddock, do not live as long and eat fish that are lower on the food chain, so they have less time to accumulate toxins that build up their fatty tissues. You can also reduce contaminants by **trimming the skin and broiling the fish**.

The Environmental Defense Fund (EDF) offers a **Seafood Selector** on its website (www.OceansAlive.org) that rates fish from around the world as "Eco Best," "eco OK" and "Eco Worst." On the **"Eco Best" list** are wild Alaskan salmon, mussels, farmed rainbow trout, farmed oysters and wild U.S. and Canadian albacore tuna. On the **"Eco Worst" list** are Chilean sea bass, farmed Atlantic salmon, shark, bluefish and yellow fin tuna.

When purchasing wild seafood, look for the **Marine Stewardship Council's seal**—a blue oval label that ensures you that you are buying from an **environmentally responsible fishery**. The EDF will supply you with a **wallet-size Fish Advisory card**, so you know which farmed or wild fish to select for your health and our planet's.

If humanity is to survive and thrive, we must learn to live in balance with nature.

New On Our Website!



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to Shop, Save and Give and do some shopping.

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Meditation

THE STILL PLACE

By Dr. Carol A. Penn

From time to time I will be coming to you with what I hope to establish as a monthly column for Flying High. I am calling this column The Still Place as I will be writing mostly about meditation and Mind Body Medicine techniques, encouraging everyone to learn the basics of self-care as a way to alleviate symptoms of illness, emotional, spiritual, and psychological suffering.



Today let's talk about the Breath as a gateway to the meditative experience or what some may call the 'quiet mind'. So many people say to me that they can't quiet their mind, stop their thoughts and or sit still. Sometimes this mind chatter is known as 'monkey mind'. Think about this for a moment. If your brain had a volume dial, what volume level would you be at right now?

The most powerful tool we have for quieting the mind is our breath. One approach is to turn your attention to making the breath deeper, slower, quieter. Try this today while waiting in line at a store, putting away clothes, or waiting for a meeting to begin. This step alone will allow your nervous system to come into greater balance as well as your other organ systems: circulatory, skeletal, pulmonary, endocrine and digestive systems. Everything, mind, body, and spirit begins to work more harmoniously and effectively.

Another powerful tool that I will mention now and share more detail on later is bringing sound to your meditation practice. Simply repeating sounds or words such as Om, shalom, amen or even the word one has been shown to alter the internal vibrational frequency in a way that assists in bringing the mind back to a quiet focused place. Think of using sound or mantra like using a magnifying glass and sunlight to ignite paper. When the sun's rays are intensified through the magnifying glass, the lens is able to concentrate the power of the light and hence generate enough heat to ignite the paper. This may be a similar mechanism when using sound. Sound becomes as our magnifying glass. When our focus is magnified we generate more power, more energy, helping our bodies, minds and spirits to heal and restore ourselves to our natural states of peace, joy, vitality, and wellbeing.

Join Pat Dunkin, special guests and myself every first Sunday for a variety of Meditation Mind Body journeys to enhance your wellbeing. Also stay tuned for a mid-winter Mind Body Reiki Level 1 Reiki Workshop and Training led by Pat Dunkin and myself. Registration will be available soon.



November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 10:30am Sunday 12:30pm New Member Class	3	4	5n12pm– Silent Unity 1pm Mindfulness	6 11am Course in Miracles 1pm The Quest	7	8
9 10:30am Sunday Service 12:30pm Healing Circle	10 7:30pm Spirit of Peace Rehearsal	11	12 12pm Silent Unity 1pm Mindfulness	13 11am Course in Miracles 1pm The Quest	14	15
16 10:30am Sunday Service 12:30pm Angel Workshop	17	18	19 12pm Silent Unity 1pm Mindfulness 6pm Board Meeting	20 11am Course in Miracles 1pm The Quest	21 7:30pm Spirit of Peace Rehearsal	22 4pm “Frozen” 6pm Thanksgiving Feast
23 10:30am Sunday Service	24	25	26 12pm Silent Unity	27 THANKSGIVING	28	29
30 10:30am Rev. J Venturi 12:30pm Panic to Powerful						

December 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 12pm Silent Unity 1pm Mindfulness	4 11am Course in Miracles 1pm The Quest	5	6 Concert—Conner Healey, Laura Dubois and others
7 10:30am Sunday Service 12pm Xmas Gift Bazaar	8	9	10 12pm Silent Unity 1pm Mindfulness	11 11am Course in Miracles 1pm The Quest	12	13
14 10:30am Sunday Service 12pm Gift Bazaar 3pm Joe Huybeans Concert	15	16	17 12pm Silent Unity 1pm Mindfulness 6pm Board Meeting	18 11am Course in Miracles 1pm Mindfulness	19	20
21 10:30am Children's Xmas Service 12pm Xmas Gift Bazaar 12:30pm New Member Class	22	23	24 12pm Silent Unity 7pm Christmas Eve Service	25 Christmas Day	26	27
28 10:30am Sunday Service 12:30pm New Member Class	29	30	31 12pm Silent Unity 1pm Mindfulness 7pm Burning Bowl Ceremony			

CLASSIFIEDS

Place your ad here. *Flying High* publishes 6 issues a year and are mailed to approximately 200 readers, 95% in New Jersey with 90% in Monmouth and Ocean Counties. It can also be viewed on our Web Site: unitybytheshore.org. Rate for yearly listing is \$50.00. Rate for one issue is \$15.00 Contact Bill Grau at 732-598-6409 to place an ad or for additional information. Appearance of an ad here should not be construed as an endorsement by Unity Church By The Shore.

unity
by the Shore

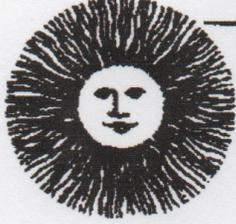
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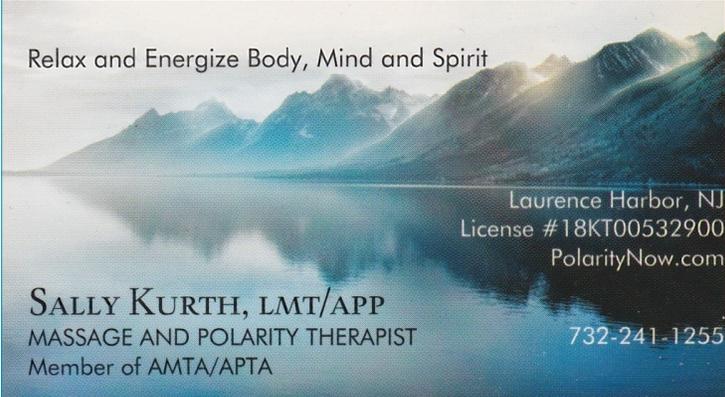


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“For above all, love is a sharing. Love is a power. Love is a change that takes place in our own heart. Sometimes it may change others, but always it changes us.”

— James Dillet Freeman

Unity by the Shore Presents:

"Angels Are All Around Us"

*a workshop presented by Gayle Hammond, author of the blog
"Living With Angels"*

November 16, 2014 12:15pm

To my church family: I invite you to join me at my next workshop "Angels are all around Us" on November 16th at 3508 Asbury Avenue. Been reading a lot about the afterlife, so may do a little about that but mostly come play with me as we talk Angels. We will do the message cards and talk of your experiences and mine and just have a fun filled couple of hours. Suggested donation is \$20.00 but no one will be turned away. Come, the Angels are inviting you.

Gayle Hammond (732) 451-1592

Website: gaylehammond.com

Blog site: www.gphangel.com



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Web Site: unitybytheshore.org.
Church Service and Children's
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