

Workshop

GOING DEEPER INTO PRAYER

It's time to LEAP into a renewed experience in prayer. Dr. Carol Penn and Rev. Pat Dunkin will lead a workshop designed to help you customize your prayer life to fit your lifestyle.

Dr. Penn, D.O., a graduate of UMDNJ, is a Family Practice physician who believes that we are an integrated unit of mind, body and spirit. **“As a physician and coach for my patients, I help them create a vision plan for their health. This plan may include nutrition, mindfulness eating, qigong, concentrative or expressive meditation, biofeedback or visualization.”**

Rev. Pat, a Reiki Master and teacher, is a graduate of the New Seminary and has taught prayer and meditation as a way of life for over 20 years. **“We can only experience our highest and best life when we include prayer and meditation as a part of our daily routine.”**

L stands for Learn. At the workshop you will learn by exploring the physiology of prayer, different types of prayer and how we connect to each other and to the mind of God through prayer.

E stands for Experience. At the workshop you will experience Being In The Flow, new ways to pray and Instant Deep Meditation.

A stands for Add. At the workshop you will learn how to ADD Instant Prayer, Affirmation and praying without words to your life.

P stands for Plan. You will create a prayer plan that suits your lifestyle, plan stolen prayer moments and plan to pray for others.

**Please join us on Sunday, March 3, at 12:30 p.m.
for a workshop that will change your prayer life.**

Love Offering



What's New...

New class

The Sacred Human

Until March 21.

Please go to Page 3
for details.

New Member Classes

Sundays, April 7th-May 12th

12:45-1:45 p.m.

Conducted by

Rev. Joanne.

Prosperity Plus

...A New Way of Living

A 10-Week Video Course

to

Unleash Your Abundance

Starting April 9

For more information

please go to Page 5

to see the flyer

and information.



Dear Friends,

“See the former things have come to pass, and new things I now declare.” (Isaiah 42:9)

As I write this, we are entering the Lenten Season—the blessed time to “let go” and prepare for Easter. It is an opportunity to change our thinking, to raise our consciousness.

Why do we have to “let go” of the beliefs we may hold about life in general and our individual lives with their seeming challenges, those “ups & downs” we sometimes experience?

The answer is because life is calling us to grow spiritually, to come up higher, to “know” in our hearts that “It is the Father’s good pleasure to give you the kingdom.” (Luke 12-32).

As you expand your consciousness, it will allow you to receive all that good that God has in Mind for you! What is holding us back from “raising up” to this New Life? The answer is our ego. It is limited and limiting. Whereas, God knows no lack or limitations. And, that’s the reason we, as a spiritual community, are focusing on “Letting Go” during this Lenten Season. Letting go of old thoughts that hold you back from Easter Transformation which was not only a “rising up” of Jesus but for you and me. You, see, nothing can change in your life until you do.

I love the hymn “Be not afraid, I go before you, come follow me and I will give you rest,” Let us together, as the One we are, rise up with acceptance of where we are in consciousness but praying for an ever-expanding consciousness which will allow us to receive the good that God wants for us.

This is Resurrection!

May you all have a blessed Easter Experience!
Rev. Joanne

THE PRO\$PERITY CORNER

As an independent spiritual community, Unity by the Shore is supported solely by the tithes and offerings of its members and friends. God is our Source, and YOU are the loving “channels” through whom God works. Thank you for your ongoing support of this ministry’s vision!

The Building Development Fund balance as of September 30, 2012 is \$11,801.19.

November 2012		December 2012	
Income	\$ 9,831.00	Income	\$17,828.00
Expenses	\$17,473.00	Expenses	\$19,620.00
	Tithes		Tithes
Unity Worldwide Ministries	\$ 491.50	Unity Worldwide Ministries	\$ 891.50
Eastern Region	\$ 245.75	Eastern Region	\$ 445.75
SEE Fund	\$ 98.30	SEE Fund	\$ 178.30
Unity Institute	\$ 147.45	Unity Village Healing Center	\$ 267.45

UNITY BY THE SHORE MISSION STATEMENT

“Unity By The Shore is a vibrant community supporting spiritual growth through awareness of God’s presence within and the teachings of Christ Jesus.”

NEW CLASS

The Sacred Human

by Jim Rosemergy

THURSDAYS, 1-3 P.M.

FEBRUARY 14 - MARCH 21, 2013

Do you know your capabilities but you are not expressing them?

If you answered "Yes" to this question, the reason is that you don't know, accept, honor and celebrate the "Sacred Human."

Come join us as we read and work with this book. "You will learn the way of the Sacred Human and come to appreciate its presence in your life." As you are gentle with this part of yourself, you will discover it holds the "key" to the life you want to live!

Taught by Rev. Joanne
Love Offering

ONGOING CLASSES/GROUPS

❖ SILENT UNITY HEALING PRAYER SERVICE - Wednesdays, 12-1 p.m. This is a special time of prayer and silent meditation participated in by thousands around the world, using the Silent Unity Prayer Service. If you are interested in changing your consciousness rapidly and gracefully, please try to attend or take time apart at your home or office and join in this dynamic thought process with the multitudes around the globe.

❖ A COURSE IN MIRACLES- Thursdays, 11-12:30 p.m. Led by Pamela Whitman.

❖ HEALING PRAYER CIRCLE - Second Sunday of the month, 12:30-1:30 p.m. Please check the church schedule for any changes.

❖ GOLDSMITH AND OTHER MYSTICS - Thursdays, 7-9 p.m. Led by Charles Boyer. The group will be reading and discussing Man Was Not Born To Cry, by Joel Goldsmith.

Proof Of Heaven

By Eben Alexander, M.D.

Book Report By Flo Higgins

Here we have a fascinating book about heaven written by a well known neurosurgeon, Dr. Eben Alexander. The book was on the New York Times Best Seller list for months.

Most books about heaven are written either by people who claim to have had near death experiences (NDE) or new age people offering opinions about heaven. But this book, Proof Of Heaven is totally unique because it is written by a well respected physician who for the last 25 years has practiced at Bingham & Women's and Children's Hospitals and Harvard Medical School in Boston.

This is not a fly-by-night new age person talking about a NDE. This is a medical man talking about his actual experience while in a coma.

Dr. Alexander is a highly trained neurosurgeon, who woke up one morning in terrible pain. Within hours he was in a coma, and his fellow surgeons were worried and were well aware he was in serious physical trouble.

He lapsed into a coma and was near death for seven days. During that time he was in heaven, according to his story. He remembers the beauty, the love and the feeling of well-being he experienced during the time he was in the coma. He also remembers the butterflies surrounding him and the people he met.

As his family stood by holding his hand and in prayer, doctors, who were his professional and personal friends, never thought he would return to his former self. A rare virus was attacking his brain and there was no known way to stop it.

But after seven days he woke up and started his recovery. He remembered his experiences. And as he became more aware that he was back at home, he reflected on the seven days in heaven. And out came the story of his mystical, magical experience in heaven. According to his vivid descriptions he had been in a place of unconditional love. He had been in a wonderland of love and beauty. The total feeling was of love and joy. His descriptions of heaven are well worth the read.

Thus we have a medical doctor writing of his visit to the after life. He now feels that death is merely a transition to another state of being. To a heavenly place where there is peace and calm. Where you can feel the love and goodness surrounding you.

Dr. Raymond Moody, who is well known for his book Life Beyond Life, calls Proof of Heaven the "most astounding" story of heaven he has heard in four decades of studying NDE.

It will change your view of life after death as it has changed Dr. Alexander's and mine.



President's Message

Angela Denton (adenton10@optimum.net)

Ash Wednesday, February 13, 2013, marked the beginning of the Lenten season. Charles Fillmore, co-founder of Unity, metaphysically interpreted Lent as a season of spiritual growth. During this time and throughout the year, individuals are encouraged to explore their inner thoughts and release themselves from self-limiting beliefs. Through the daily practice of meditation, denials and affirmative prayer, individuals resurrect their experiences of pain and suffering and are lifted in consciousness.

Similarly, the Spring Equinox, which will commence on March 20, 2013, symbolizes a spiritual time where individuals confront the "inner forces" of darkness and light. The transcendence from darkness to illumination characterizes the journey individuals engage in as they progress through the stages of self-actualization. Reflecting, evaluating, releasing, and reaching higher are essential aspects of the growth process.

UBTS's new Board was voted in by the membership on January 27, 2013. We, as leaders who have been entrusted to serve our spiritual community, will begin to examine the various aspects of our community's functioning. We will seek input from our beloved members and friends. As we shine a light together we will uncover and celebrate our successes, release that which is not in alignment with our core values and Unity Principles, and joyously be lifted to our highest good.

Please welcome our new Board members and hold them in your daily prayers:

President	Angela Denton
Vice President	Gwen Lewis
Treasurer	Blanche Krubner
Secretary	Rachael Fredericks
Member	James Wilson
Member	Edy Chartier
Alternate	Orsini Sanchez
Alternate	Angela Stewart

Unity's Finances

The Treasurer's report was presented at our Congregational meeting by Blanche Krubner, who was also re-elected to the Treasurer's job at that gathering.

The main news was that Unity is in the black. Last fall, there was a period when our income fell, so that it was lower than our expenses. We paid our bills then by transferring money from our savings to our checking account.

Blanche explained how we handle our savings. Money intended for our building fund is kept separately, in a money market fund. We have put the largest portion of our accumulated funds into two one-year CD's which currently earn 1.35% interest. The larger CD holds all the non-discretionary, or dedicated money that has been donated for specific purposes: create a labyrinth, for example, or put together a music CD. We can use this money only for the purpose for which it was given. The cash in our smaller CD is available for transfer to our checking account if the latter's balance has to be increased, even though the bank will charge us a penalty if we make a withdrawal before the CD's maturity date. However, with interest rates low, such a charge would be quite small.

Our savings account provides 100% liquidity, since we can transfer from it or make deposits into it at will. By the end of December, our income was on the rise, easing pressure on our savings. Our Christmas bazaar, which was a fun undertaking, netted us \$625.

Birthday Blessings

MARCH

Marta Cartagena	3/9
Denise Gregory	3/9
Edythe Chartier	3/9
Ines Lomando	3/12
Charlie O'Keefe	3/15
Sally Kurth	3/19
Gwen Lewis	3/21
Fern Citron	3/22
Laura DuBois	3/25
Vincent D'Agati	3/26

APRIL

Rachael Fredericks	4/6
James McKenzie	4/11
Harry Kurth	4/13
Orsini Sanchez	4/14
James A. Wilson	4/17
Coleen Markey	4/18
Ingeborg Taylor	4/19
Angela Stewart	4/22
Zina Busby	4/24
Lilian Marshall	4/25
Joanne Murphy	4/27
Kathy Smith	4/29
Margaret Schoendienst	4/30

Children's Birthdays

MARCH

APRIL

Chelsea Baxter	4/2/07
Monique Franklin	4/14/07
Mia Funcheon	4/24/98
Ian McCarthy	4/27/03

Dear Unity by the Shore Prayer Team,
"God Bless you! Thank you! I am stronger and healthier every day. I read this (response from the team) several times a day. You are in my prayers."
From L.

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Facilitated by
Orsini Sanchez

April 9, 2013 – June 11, 2013
Tuesdays 6:30pm – 8:30pm

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Course Materials – \$59.00

Produced by

Mary Morrissey
LifeSOULutions

About
Prosperity Plus
Creator

Mary Morrissey

Best-selling author, speaker, and consultant for over three decades, Mary Morrissey's transformational talks and seminars have made her one of the world's leading teachers in the human potential movement. Mary has been an ordained minister for more than 30 years, spoken three times at the United Nations as the national Co-Chair for A Season of Non-Violence, and worked with both the Dalai Lama and Nelson Mandela. She is the author of two best-selling books, *No Less Than Greatness* and *Building Your Field of Dreams*, which became a PBS special.



March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
10:30 Guest Speaker Pat Dunkin Sunday Service & Children's Church 12:30-2:30 Workshop with Dr. Carol, Rev Pat 3	4	5	12:00 Silent Unity Prayer Service 6	11-12:30 A Course in Miracles 1-3 The Sacred Human 7 Goldsmith & Other mystics 7	8	9
10:30 Sunday Service & Children's Church 12:30 Healing Circle 10	11	12	12:00 Silent Unity Prayer Service 13	11-12:30 A Course in Miracles 1-3 The Sacred Human 7 Goldsmith & Other 14	15	16
10:30 Sunday Service & Children's Church 17	18	19	12:00 Silent Unity Prayer Service 20	11-12:30 A Course in Miracles 1-3 The Sacred Human 7 Goldsmith & Other mystics 21	22	23
Palm Sunday 10:30 Sunday Service & Children's Church 24	25	Passover	12:00 Silent Unity Prayer Service 27	11-12:30 A Course in Miracles 1-3 The Sacred Human 7 Goldsmith & Other mystics 28	Good Friday	29 30
Easter 10:30 Sunday Service & Children's Church 31	Guest Speaker Pat Dunkin Sunday, Mar. 3	Workshop: Going Deeper Into Prayer with Dr. Carol Penn & Rev. Pat Dunkin Sunday, Mar. 3, 12:30-2:30 p.m.		Healing Circle Sunday, Mar. 10, 12:30 p.m.		

April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	12:00 Silent Unity Prayer Service 3	11-12:30 A Course in Miracles 1-3 The Sacred Human 7 Goldsmith & Other mystics 4	5	6
10:30 Sunday Service & Children's Church 12:45-1:45 New Member Class 7	8	6:30-8:30 Prosperity Plus 9	12:00 Silent Unity Prayer Service 10	11-12:30 A Course in Miracles 1-3 The Sacred Human 7 Goldsmith & Other mystics 11	12	13
10:30 Sunday Service & Children's Church 12:30 Healing Circle 12:45-1:45 New Member Class 14	15	6:30-8:30 Prosperity Plus 16	12:00 Silent Unity Prayer Service 17	11-12:30 A Course in Miracles 1-3 -3 The Sacred Human 7 Goldsmith & Other.. 18	19	20
10:30 Sunday Service & Children's Church 12:45-1:45 New Member Class 21	22	6:30-8:30 Prosperity Plus 23	12:00 Silent Unity Prayer Service 24	11-12:30 A Course in Miracles 1-3 The Sacred Human 7 Goldsmith & Other mystics 25	26	27
10:30 Sunday Service & Children's Church 12:45-1:45 New Member Class 28	29	6:30-8:30 Prosperity Plus 30	New Member Class Sunday's April 7 - May 12 12:45-1:45 p.m.		Prosperity Class Tuesday's April 9 - June 11 6:30-8:30 p.m.	

CLASSIFIED SECTION

Place your ad here; anything from: garage sales, flea markets, workshops, seminars, real estate sales, items for sale, help wanted, situations wanted, your business cards, businesses, or whatever your creativity will produce. *Fly High* publishes 6 issues a year and are accessed through our web site: unitybytheshore.org and mailed through the U.S. Postal Mail to approximately 100 readers. Rate for yearly listing if \$50.00. Rate for one issue is \$15.00. Contact Barbara Ely at 732-222-2992 to place an ad or for additional information. Appearance of an ad here should not be construed as an endorsement by Unity By The Shore.

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Minister: Rev. Joanne M. Murphy

Board of Trustees: Angela Denton, *President*; Gwen Lewis, *Vice President*; Blanche Krubner, *Treasurer*; Rachael Fredericks, *Secretary*; Edy Chartier, James Wilson, *Members*; *Alternate*; Orsini Sanchez, Angela Stewart.

UNITY BY THE SHORE is a member of the Unity Worldwide Ministries and is affiliated with Unity School of Christianity. Publishers of the “Daily Word.”

**DOES YOUR WILL INCLUDE
A GIFT TO OUR CHURCH?**

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Youth Choir Director.....	Jasmine Walker
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