

New Prayer Chaplains Installed



This past September James McKenzie and Bill Grau were installed as Unity Prayer Chaplains by Rev. Joanne Murphy.

Third Annual Holiday Bazaar

For 2013, our holiday bazaar of fair-traded goods from around the world will be held on three Sundays and one Wednesday. The exact dates are: **Sunday, December 8; Sunday, December 15; WEDNESDAY, December 18; and Sunday, December 22.**

Each item we will offer is made by an artisan in a less-developed country who is paid an appropriate amount for the products she/he has created, and which allows her/him to, for example, pay the school fees for her/his children to get an education.

We're sure you'll find some of the Christmas gifts you plan to give at our display tables.

Christmas Celebration Service
with Children and Santa -
December 15th - 10:30 a.m.

Christmas Celebration Service
December 22 - 10:30 a.m.

Christmas Eve Lighting Service -
December 24 - 7:00 - 8:00 p.m.

Burning Bowl Ceremony -
December 31, - 7:00 - 8:00 p.m .



Our Children's Christmas service will be on Sunday December 15th. If your child would like to participate in the Christmas service please have them attend services every Sunday so we can practice.

It will be wonderful, and Santa may even stop by.

Blessings, Sally



“Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over....For with the same measure that ye mete withal it shall be measured to you again.”

Dear Friends,

The reason this Spiritual Community continues to keep its doors open is the result of those who give of their time, talents and treasures. I want to honor a congregant who has “given” over and over again in so many ways, over so many years! It is our beloved BARBARA ELY! Barbara has been responsible for creating and serving in so many areas that have enhanced and grown Unity by the Shore!

One of the many “roles” she plays is that of her production of our “Flying High” Newsletter which she started in 1988. She studied at Brookdale Community College the fundamentals of typesetting, design and layout.

Barbara said, “I have enjoyed working on the Newsletter and I have been blessed in many ways through my work and relationship with the church community. Now, I think it is time for others to receive the great blessings, and for our church to hone fresh and new creative ideas.”

The November-December 2013 “Flying High” is Barbara’s final issue. She would be happy to sit down with anyone who steps up to continue the “Flying High” Newsletter.

And I ask... who will “come up,” who will come up “higher” to know the joy of continuing this blessed service?

Again, Barbara, we honor you and thank you for your years of undertaking in this area and we thank you for all you continue to do in supporting Unity by the Shore!

Abundant Blessings!
Rev. Joanne

THE PROSPERITY 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 August, 2013, is \$15,345.53

		July 2013			August 2013
Income		\$10,995.00	Income		\$ 9,764.00
Expenses		\$13,419.00	Expenses		\$10,569.00
	Tithes			Tithes	
Unity Worldwide Ministries		\$ 345.00	Unity Worldwide Ministries		\$ 278.00
Eastern Region		\$ 172.50	Eastern Region		\$ 139.00
Silent Unity		\$ 32.50	SEE Fund		\$ 117.60
SEE Fund		\$ 130.00	Discretionary Fund		\$ 21.40

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

E-SQUARED (E2)

Book by Pam Grout

Nov. 7 - Dec. 19, 2013
Thursdays, 1:00 - 3:00 p.m.

Taught by Rev. Joanne M. Murphy

This book tells us of the invisible energy force field of infinite possibilities and how we impact that field and draw from it according to our beliefs and expectations.

Joins us and learn how the universe is limitless, abundant and accommodating!

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.

❖ LEARN HOW TO SEW AND HAVE FUN - Tuesdays, 1-3 p.m. Nov. 5 to Dec. 10. Taught by Jean Graham.

Holiday Raffle

We'll be beginning the raffle just in time for the holidays. Proceeds will go to the building expansion and technology upgrades in the sanctuary.

Anyone interested in helping sell and track tickets, please contact Rachael Fredericks.



President's Message

Angela Denton (adenton10@optimum.net)

The Apostle Paul said, "In all things give thanks." Unity professes that gratitude is the highest form of prayer. In this state of consciousness we profess our Divinity and become a vessel of the unifying Power of Love. Eric Butterworth reminded us, "The grateful heart actually opens the way to the flow and becomes an attractive force to draw to itself great things." As the holidays approach let us renew our commitment to being a source of love as we celebrate the "Season of Thanksgiving."

Here are some practical ways you can be a conduit of light:

- Forgive someone you have a grudge against
- Look for the good in others and in the situations in your life
- Tell someone different every day something kind
- Find at least 3 things you are grateful for daily

The Board of Trustees would like to display our appreciation for our spiritual community by hosting a brunch on November 24, 2013, after the Sunday service. Please come and join in fellowship with us!

Board News:

Membership Renewal: If you would like to remain an active member of UBTS, please submit your membership renewal form/card as soon as possible.

Nomination of Board Candidates for 2014: Three current terms of the board are up in January 2014; the two alternate positions held by Angie Stewart and Orsini Sanchez and a member position held by Edy Chartier. During 2013, Edy completed the last year of a 3 year term formerly held by Kevin Maloney. Angie, Orsini, and Edy are interested in continuing Board service and are eligible to be nominated at the 2014 Annual Membership Meeting. Anyone interested in serving on the Board can email me his/her desire and your request will be forwarded to the nomination team once a team is finalized. Pat Dunkin was appointed as nominating chair at the 2013 Annual meeting; however, due to a current physical healing opportunity she is unable to fulfill this position. Anyone interested in serving must meet the following criteria:

- Be a member of Unity by the Shore for a minimum of one year
- Complete Board training
- Complete a conflict resolution course as specified by the Minister
- Complete 4-T or a Unity approved prosperity course
- Have working e-mail and check it daily
- Be able to keep commitments and be dependable
- Have a high level of integrity
- Tithe on a consistent basis

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- Be a voting member of the church for at least one year
- Have the appropriate skill set to do the job assigned (i.e. accounting or financial background to be treasurer)
- Have an understanding of church by-laws
- Be able to commit 2 to 4 hours weekly on Board related work
- Volunteer in other church related activities beyond the board assignment

If there are more than 3 qualified candidates who desire to run for the 3 available positions individual ballot votes will be taken instead of a slate of 3 nominees to be voted in as one vote.

Bylaws: Sessions to review, make suggestions, and ask questions concerning proposed amendments to UBTS Bylaws will be announced and held prior to the Annual Membership Meeting on January 26, 2014.

Flying High: Barbara Ely has selflessly served as the production design director and editor of our newsletter, Flying High, since its inception in 1988. Barbara is resigning from this position at the end of 2013. The Board of Trustees would like to express its sincerest gratitude to Barbara. She exemplifies Unity's Truth Principles in her daily life and continues to bless our community with grace, humility and dedication to service. Barbara, The Board of Trustees loves and appreciates you!!!

Our Environment: Toxins in Your Car

by Ingrid Justik

We know that many automobiles are bad for the environment, but they can also be as hazardous to your health when you are sitting inside of them. And the stronger the "new car smell" the more toxins are released, according to research from the Ecology Center.

We spend more than an hour in the car daily, breathing in chemicals, including hazardous flame-retardants, plasticizers, lead and heavy metals that emit gas from arm rests, dashboards, seats and the steering wheel. The health problems that have been associated with these chemicals include allergies, birth defects, liver toxicity, and cancer. These chemicals are not tested for safety. The Environmental Protection Agency can call for safety testing of a chemical only after proving that it causes harm. As a result, of the 85,000 chemicals in use today in the U.S., only a few have been tested for safety, and only five have been banned.

Many automobile manufacturers are taking steps to make their interiors safer. Some 17% of new cars have interiors free of polyvinyl chloride (PVC) and 60% are without bromiated flame-retardants.

Solutions to detoxify your interior: **Wipe** everything in the car with full strength white vinegar. **Vacuum** the interior regularly to reduce toxic dust. **Open** windows or doors for at least five minutes before getting into your car. **While driving**, keep windows closed to prevent exposure to engine and roadway pollutants. **Keep your car interior cool.** High levels of ultraviolet rays and heat can cause chemicals to break down into more hazardous chemicals.

Call or email your Senators and ask them to support the Safe Chemicals Act. And visit www.healthreport.saferchemicals.org.

Pictures from our Summer Picnic



NEW CLASS

"Learn How to Sew and Have Fun!"

TAUGHT BY JEAN GRAHAM

1-3 P.M., TUESDAYS
NOVEMBER 5 TO DECEMBER 10

Please bring a yard of any cotton fabric and 3 packages of 1/2 inch double fold bias tape.

\$20.00 FOR EACH CLASS

Deborah Bartok Finds Unity Her Spiritual Comfort Zone

By Flo Higgins



Some people might feel the way Deborah Bartok found Unity Church by the Shore was destined, that it was just meant to be.

Deborah tells the tale with a smile. "I had just moved to the area in 2003 and was looking for a Unitarian Universalist Church. Then one day I was driving along Asbury Avenue in Neptune on my way to the Parkway and saw the Unity Church sign. I drove past and thought it was a Unitarian sign. So I turned up for church the following Sunday, and I have been here ever since." As Deborah tells the story she radiates the joy she has found at Unity. Deborah took to the Unity principles and teachings like a duck to water.

She discovered and read the 12 Powers of Man, and "then I was hooked," she said. She not only started to really study the

Unity principles, she also volunteered to serve with the Hospitality Committee and Children's Church. In 2008 she volunteered to become a Prayer Chaplain and to become part of the healing touch program, held after church on the second Sundays.

She began her studies with Jennifer Sacks, who back then was teaching here and working to become a Unity minister. Jennifer is now minister of Unity Church in Grand Rapids, Michigan. Deborah is quick to praise her Unity teachers, including Jennifer, who was also her Prayer Chaplain and her mentor.

Deborah, a graduate of Muhlenberg Hospital School of Nursing in Plainfield, N.J. with an R.N. degree, is now employed at Jersey Shore University Medical Center in Patient Acute Care in the Psychiatric Unit. Her work in nursing has been a foundation in her present work with Unity as a Chaplain and as a member of the Healing Team.

During her time at Unity, Deborah has also studied with Rev. Joanne Murphy. She has taken 4T classes, worked as a platform assistant and served as alternate on the church board.

Deborah calls Unity by the Shore her "comfort zone, a home away from home."

She also shares the gratification she receives from her healing work at church noting, "As a nurse I know prayer and being present can help in the healing process."

Debra explains that the Unity teachings and philosophy are exactly what she has been looking for all her life. "In Unity I have found my direct experience with God."

Along with her studies as a nurse, Deborah also is a certified alcohol and drug counselor. She is also a certified holistic nurse and is completing her certification in healing touch. She is now devoting four weekends a year plus weekly coaching to become certified.

Danyelle Beaudry is her Life Coach, helping her to transform her life. Her Transformational techniques are in alignment with Unity Principles, allowing her to live in her TRUTH.

A resident of Brick, Deborah has two grown daughters, Jennifer and Kimberly, and is close to her mother, whom she calls her life mentor.

In line with living her dream Deborah would like to rescue a Greyhound dog and adopt it as her own, join a drumming circle, and open a healing center based on the Unity philosophy.

Birthday Blessings

NOV

Donna Rigsby	11/1
Kathy Vercande	11/1
Lou Pane	11/4
Dorothy Singleton	11/4
Inge P. Wolfson	11/11
Angela Denton	11/14
Jim Hept	11/16
Carol Wade	11/24
Bill Grau	11/27
Karen Walling	11/27

Children's Birthdays

NOVEMBER

Nora Filardi	11/08
Julian Sanchez,	11/10
Lucy Konow	11/30

DECEMBER

Kasmira DeVincentis	12/20
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DEC

Donna Maloney	12/8
Rosemary Conte	12/19
Carol Penn	12/25
Matt Denton	12/27
Donna Collins	12/29
Ken Lennox	12/31

November 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
New Class Learn How to Sew and Have Fun 1-3 p.m., Tuesdays, Nov. 5 - Dec. 10			New Class E-Squared (E2) 1-3 p.m., Tuesdays, Nov. 7 - Dec. 19			1	2
10:30 Sunday Service & Children's Church 12:15-1:30 Be Still and Know 3	4	1-3 Learn How to Sew and Have Fun 5	12:00 Silent Unity Prayer Service 6:30-8:30 I of the Storm 6	11-12:30 A Course in Miracles 1-3 E-Squared (E2) 7	8	9	
10:30 Sunday Service & Children's Church 12:15 Healing Circle 10	Veteran's Day 11	1-3 Learn How to Sew and Have Fun 12	12:00 Silent Unity Prayer Service 6:30-8:30 I of the Storm 13	11-12:30 A Course in Miracles 1-3 E-Squared (E2) 14	15	16	
10:30 Sunday Service & Children's Church Share Sunday 17	18	1-3 Learn How to Sew and Have Fun 19	12:00 Silent Unity Prayer Service 6:30-8:30 I of the Storm 20	11-12:30 A Course in Miracles 1-3 E-Squared (E2) 21	22	23	
10:30 Sunday Service & Children's Church Brunch by the Board of Trustees 24	25	1-3 Learn How to Sew and Have Fun 26	12:00 Silent Unity Prayer Service 27	Thanksgiving Day Hanukkah 28	29	30	
Healing Circle Sunday, Nov. 10 12:15 p.m.							

December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 Sunday Service & Children's Church 12:15-1:30 Be Still and Know 1	2	1-3 Learn How to Sew and Have Fun 3	12:00 Silent Unity Prayer Service 4	11-12:30 A Course in Miracles 1-3 E-Squared (E2) 5	6	7
10:30 Sunday Service & Children's Church 12:15 Healing Circle Holiday Bazaar 8	9	1-3 Learn How to Sew and Have Fun 10	12:00 Silent Unity Prayer Service 11	11-12:30 A Course in Miracles 1-3 E-Squared (E2) 12	13	14
10:30 Christmas Celebration Service with Children and Santa Share Sunday Holiday Bazaar 15	16	17	12:00 Silent Unity Prayer Service Holiday Bazaar 18	11-2:30 A Course in Miracles 1-3 E-Squared (E2) 19	20	21
10:30 Christmas Celebration Service Holiday Bazaar 22	23	Christmas Eve 7-8 p.m. Christmas Eve Lighting Service 24	Christmas Day 25	11-12:30 A Course in Miracles 26	27	28
10:30 Sunday Service & Children's Church 29	New Year's Eve 7-8 p.m. Burning Bowl Ceremony 30	New Year's Day 31	Healing Circle Sunday, 12/8, 12:30		Holiday Bazaar Sundays, Dec. 8, 15, 22 Wednesday, Dec. 15	

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 is \$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.

Please visit our web site:
unitybytheshore.org
 for the latest Flying High newsletter,
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Nirvana Harmony & Bliss Spa Retreat

Fri-Sun Nov 15-17, 2013 • Pt Pleasant, NJ B&B • 10-5 • \$299/339

Mystical Conference

Sat Nov 23, 2013 • Unitarian Congregation Lincroft, NJ • 10-5 • \$75/85

The Amazing Power of Letting Go

Sat Dec 14, 2013 • Unitarian Congregation Lincroft, NJ • 10-5 • \$80/90

*Counseling available
 by appointment,
 on a love offering basis, with
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 Please call 732-363-1710.*

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UNITY BY THE SHORE, 3508 Asbury Ave., Neptune, N.J. Church and office telephone 732-918-3395. Dial-A-Prayer 732-918-0040. Fax 732-918-8457. E-mail: unitybytheshore@aol.com. Web Site: unitybytheshore.org. Church Service and Children’s Church at 10:30 a.m.

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*; Orsini Sanchez, Angela Stewart, *Alternates*.

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 Education Teacher Unitots	Patrice DeVincentis
Youth Education Teachers Unikids.....	Sally Kurth, Linda Stork
Youth Choir Director	Jasmine Walker
Unity Prayer Chaplains	Nancy Baird, Deborah Bartok, Pat Dunkin, Bill Grau, Gayle Hammond, Ann Hopkins Peg Leary, Angela Minervini Denton, Donna Maloney, James McKenzie, Margaret Shoendienst, James Wilson
Platform Assistants.....	Deborah Bartok, Angela Minervini-Denton, Donna Maloney, Gayle Hammond, Ann Hopkins, James McKenzie
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Hospitality Ministry Team Leader	Lois Davis
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