

## FLYING HIGH NEWSLETTER

Volume 1 Issue 3

May/June 2014

### My Journey

by Gayle Seibert Hammond



I have been so blessed by this community over the last 12 years and am now sharing the journey I have been on in my blog, **Living with Angels** at [gphangel.com](http://gphangel.com).

Two years ago I began, as a Lenten project, to work with John Randolph Price's book **The Angels Within**. I decided to make the journey through this book with a commitment I seldom gave to most of my projects. But I wanted to change my life. I wanted to find Joy, I wanted to not be sad and I knew no one but I could make that change.

**The Angels Within** is not an easy read, in fact you could call it a true Work Book and you need to be ready to lose all the stuff that you have been hanging on to. I was so ready for that. When I began on the first day of Lent 2012 I found I could really only handle a page or just a paragraph of the book. I would read and

ponder and sit in meditation, but I would do whatever was being asked of me. I forgave, I let go, I loved and I discovered a change in me as I released the past and watched it just disappear.

The paragraphs above come from the Sunday service I was privileged to give on April 6, 2014 and is a little bit of what my workshop will be about on June 22, 2014. I hope you will join me after the Sunday service.

### Living with Angels Workshop

June 22, 2014 12:30pm



Join Gayle Hammond, author of the blog, **Living with Angels** at [gphangel.com](http://gphangel.com). She will speak about her experiences and give you exercises for communicating with your angel. Bring your angel stories and experiences and you will have a great time. Love Donation and no one will be turned away.



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

## Reverend Joanne's Corner



*"All Creation begins in the darkness. In the darkness seeds of a NEW CREATION expand, the sap begins to rise, suddenly, mysteriously, against all odds, we find we are resurrecting!"*

Dear Friends,

As I write this message, I am aware that TOMORROW IS EASTER! The date of Easter, as we all know, is determined by its relationship to the Equinox (the time when daylight seems to be "resurrecting)". Resurrection of the natural world tells us so much about OUR OWN SPIRITUAL JOURNEY.

We all go through "Winter times" and we all have our own crucifixions. We have times when we go into the "tombs" and the dark "underworld" of our being. All Creation begins in the darkness. In the darkness seeds of a NEW CREATION expand, the sap begins to rise, suddenly, mysteriously, against all odds, we find we are resurrecting! We return to the land of the living. We blossom and we find joy again!

May Your Know Love, Joy and Peace

**Rev. Joanne**

## Prayer Class

### COME APART FOR A WHILE

*Join us for an experience in effectual prayer*

From the time the co-founder of Unity Myrtle Fillmore healed herself, prayer and meditation have been the cornerstones of Unity. In a six part class we will explore prayer life, and different ways of praying. We will discover effective ways of praying for ourselves, our loved ones and even for those we don't know. We will go to the core of our being in contemplative prayer. We uncover our core beliefs about prayer and how they can block answers to prayers.

Throughout centuries people have learned that persistence in prayer yields not just answers to prayer but a deeper more meaningful relationship with Spirit and with each other. Join our class to discover why praying for others can help us heal our own brokenness and 'dis-ease'.

Learn what people who effectively practice healing arts and people who pray effectively have in common.

Using **Come Apart for a While** co-authored by Rev. Robert and Rev. Janet Ellsworth the class will meet Tuesdays May 13 through June 17, 2014 from 6:30pm to 8:00pm, Unity by the Shore invites members and friends to participate in an experience that will change lives. Our 'Prayer Cheerleader' Pat Dunkin will facilitate the class.

Dr. Larry Dossey, MD endorses **Come Apart for a While**: "The Ellsworth's have shown how anyone can understand and use prayer in their lives. This is a very wise guide, which will enrich the prayer lives of anyone who reads it."

We will not just read this book; we will incorporate its teachings into our daily lives and experience the miracle of answered prayers.



## President's Message

As Boston prepares for their 118<sup>th</sup> marathon today spirits run high. The slogan "Boston Strong" adorns the streets on banners, hats and T-shirts. On Easter Sunday, the day before the marathon, hundreds of people gathered together to celebrate life and to bless the runners. Additionally, last night at Fenway Park a ceremony was held to commemorate and honor the victims and survivors of the Boston Marathon bombing. Throngs of people in the stadium cheered in exhilarated anticipation of their 118<sup>th</sup> marathon. Love, pride, and hope poured forth from their speeches, chants and applause and touched the hearts of the whole of humanity. The resilience, strength, hope and love demonstrated by this community is awe-inspiring. Boston demonstrates how much power there is in a community that is united in loving support.



Here at Unity by the Shore the power of community is also alive. You have lovingly supported Rev. Joanne in so many ways as she has undergone a healing journey this past month. I would like to thank Gayle Hammond and Pat Dunkin for blessing us with their spiritual wisdom during Sunday talks and performing the Maundy Thursday Service with Joe Ercolino. I'm grateful for our prayer team and prayer chaplains who hold the high watch for so many who are experiencing challenges in their lives. So many of you give of your time and love in countless ways and I thank you. Let us always remember that a single act of loving kindness has the power to lift and inspire someone.

In the months of May and June the Board of Trustees have organized several fun events that are designed to fund the growth and expansion of UBTS and for us to come together in fellowship. We ask that you support the following events:

**Spring Gift Bazar: April 27<sup>th</sup> & May 4<sup>th</sup>**- To be held after the Sunday services. Come and support fair trade and purchase a piece of jewelry, a trinket, a shell, and/or many other items for yourself or a loved one. Proceeds to benefit UBTS building operations and expansion.

**Mother's Day Bake Sale:** The board is looking for volunteers to donate baked goodies that will be sold before and after the May 11<sup>th</sup> service. We are also asking that you purchase these treats to share with family and friends. If you're interested in donating baked items and/or helping out please contact Patricia Loughney at [loughneykr@aol.com](mailto:loughneykr@aol.com) or Rachael Fredericks at [rachaelafredericks@gmail.com](mailto:rachaelafredericks@gmail.com). Proceeds to benefit UBTS building operations and expansion.

**Annual Church Picnic June 8<sup>th</sup>:** UBTS will be providing burgers, hot dogs, veggie burgers, beverages and desserts. We are asking for volunteers to bring salads to share. Don't forget your beach chair and come and join us for some fun!

**First Annual Market Day July 19<sup>th</sup>:** Many of you have expressed an interest in selling your handmade crafts, jewelry, clothing and other personal business items at UBTS. Well now is your chance. If you would like to be a vendor at market day please contact Angela Denton [adenton10@optimum.net](mailto:adenton10@optimum.net) or Gwen Lewis at [gweneboop@aol.com](mailto:gweneboop@aol.com). Proceeds to benefit UBTS building operations and expansion.

### PROSPERITY CORNER

#### JANUARY

Income: \$10,825  
Expenses:  
\$12,374

Tithes:

Unity Worldwide:  
\$541.50  
E. Region:  
\$270.75  
Silent Unity:  
\$108.30  
Discretionary:  
\$162.45

#### FEBRUARY

Income: \$10,002  
Expenses:  
\$13,389

Tithes:

Unity Worldwide:  
\$500  
E. Region: \$250  
Discretionary:  
\$150  
SEE: \$100

## Youth Education

### SPIRIT IS ALIVE AND THRIVING IN OUR YOUTH!

*By Sally Kurth*



We've been blessed this year by some very special people coming and sharing their talents and passions with our children. Thank you Mary VerCande for our "Unity-Souper-bowl fundraiser" where we raised food and money for our local soup kitchen, The Lunch Break. We had fun while helping others! Thanks to Vincent Parisi for showing us how our words can help or hurt. That our words matter and have power, so use them wisely! And thanks to Ken Fredericks for coming in and teaching the power of

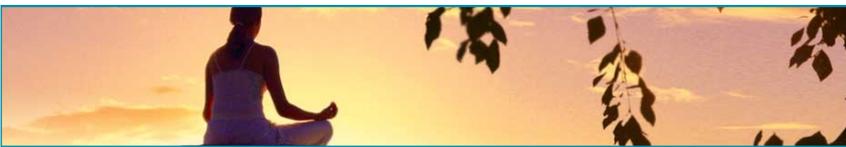
Order, thru the love of cooking and eating! Yum! If anyone would like to share a talent, love of something, etc. with our youth, please see me. We would love it.

We look forward to our expansion project and having different classrooms and age groups. Unitots, Unikids, Uniteens and Y.O.U, coming soon. We are grateful to have the teachers

for these age groups. Thanks to Ms. Lindy, Ms. Donna, Ms. Patrice and Mr. James for always doing such an awesome job with our children! Thanks to Ms. Jasmine (youth choir director) for allowing the children to express their spirit through song. We love to hear them sing! And thank you Laura DuBois for always playing such beautiful and perfect music for any occasion the children are involved in! Thank you all!

We celebrated Easter with our hat parade and egg hunt which is always a lot of fun. We welcome spring and before you know it summer will be here. Thanks to Ms. Patrice and her daughter Kassie who will be working with the children over the summer. They did such an amazing job last summer!! Thank you ladies! The children are our future and please know YOU make a difference!

*Blessings, Sally :)*



### MONTHLY MEDITATION CIRCLE FOR MAY 4, 2014

Presented by Patricia Dunkin, Dr. Carol Penn and guest co-facilitator, Mr. Diem Jones

Theme: Meditations to Support and Encourage Loving Relationships

On Sunday, May 4, 2014 join us as we journey to the still point, the place of relaxed awareness and learn how to prepare our inner world to be more present to and receptive of loving relationships. We encourage everyone to attend. Are you in a loving relationship; are you in a stressful relationship; do you desire to attract loving relationships into your life; do you seek a more loving relationship with yourself?

Come one, come all, come whoever you are and explore with us as 'we lift up our minds and hearts to be aware, to understand, and to know that the divine presence I AM is the source, Cause, and quality of every relationship in our lives'. (Price, p. 103)

Participants will explore a variety of approaches on their journey to the still point with mindful, concentrative, and expressive meditation led by our guest, Mr. Diem Jones, Pat and Dr. Carol. Open to beginning as well as advanced practitioners of meditation, couples and singles.

Easter Sunday (photos: Matt Denton)



# May 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 7:30pm Lionwhale Performance
4 10:30am Sunday Service 12pm Spring Gift Bazaar 12:30pm Meditation	5	6 6:30pm Prosperity Plus	7 12pm Silent Unity 1pm Mindfulness Meditation	8	9	10 10am-1pm Bake Goods Drop Off 5pm Purcell Memorial Service
11 10:30am Sunday Service 9:30am-1:30pm Bake Sale	12	13 6:30pm Come Apart For Awhile	14 12pm Silent Unity 1pm Mindfulness Meditation	15	16	17
18 10:30am Sunday Service Share Sunday	19 Spirit of Peace Rehearsal	20 6:30pm Come Apart For Awhile	21 12pm Silent Unity 1pm Mindfulness Meditation	22	23	24
25 10:30am Sunday Service	26	27 6:30pm Come Apart For Awhile	28 12pm Silent Unity 1pm Mindfulness Meditation 6pm Board Meeting	29	30	31

# June 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:30am Sunday Service	2	3 6:30pm Come Apart For Awhile	4 12pm Silent Unity 1pm Mindfulness Meditation	5	6	7
8 10:30am Sunday Service 12pm Church Picnic 12:30pm Healing Circle	9	10 6:30pm Come Apart For Awhile	11 12pm Silent Unity 1pm Mindfulness Meditation	12	13	14
15 10:30am Sunday Service 12pm Women's Father's Day Challenge	16 Spirit of Peace Rehearsal	17 6:30pm Come Apart For Awhile	18 12pm Silent Unity 1pm Mindfulness Meditation	19	20	21
22 10:30am Sunday Service 12pm Angel Workshop	23	24	25 12pm Silent Unity 1pm Mindfulness Meditation 6pm Board Meeting	26	27	28
29 10:30am Jon Mundy 12:30pm Mundy Workshop	30					

# 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](http://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.

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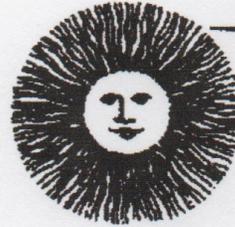
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for the latest *Flying High* newsletter, events and other church information.



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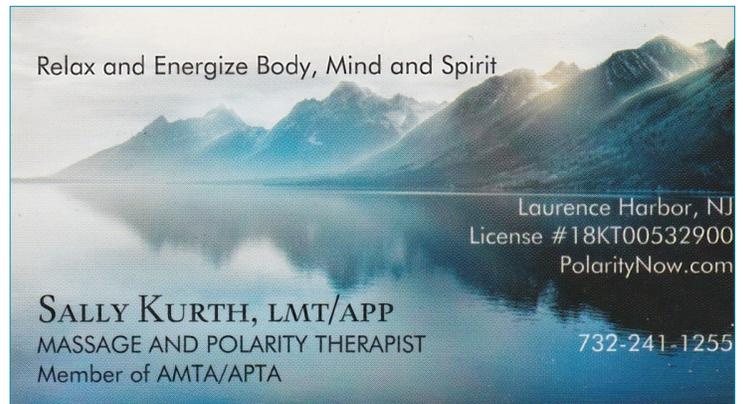


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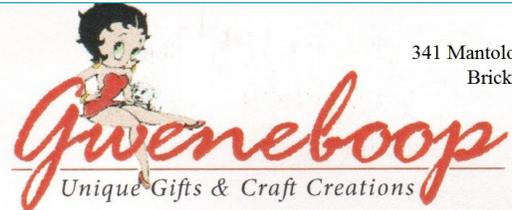
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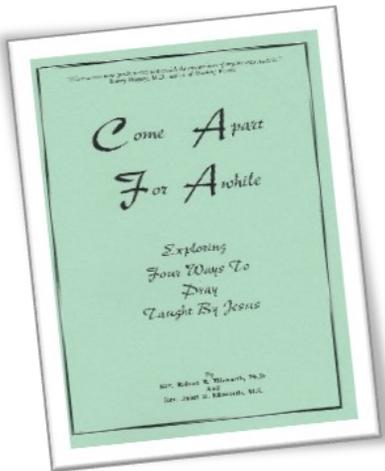


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HERE



**LEARN THE SECRET  
OF EFFECTIVE  
PRAYER**

**Using the book:  
"COME APART FOR A  
WHILE"**

**by Revs. Robert and  
Janet Ellsworth**

**Tuesdays from 6:30 -  
8:00pm**

**May 13 through June  
17, 2014**

**Taught by Pat Dunkin**

*See Page 2 for more  
info*

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