

FLYING HIGH NEWSLETTER

Volume 3 Issue 6

January / February 2016

Lo Anne Mayer's

Celestial Conversations

WORKSHOP

Saturday January 16, 2016, at 10:00 am until 3:00 pm

The Celestial Conversation Workshop will focus on Lo Anne's personal tools of healing her grief after the death of her mother in 2004 and her daughter in 2005. The workshop will share specific techniques that can be used to release your own barriers to forgiveness. This transpersonal journaling workshop has been offered in Texas and New Jersey over the past 5 years, with great success. The workshop itself spawned Lo Anne's first book "Celestial Conversations: Healing Relationships After Death."

The process of focusing on the spirit of human beings has convinced Lo Anne that forgiveness and unconditional love can be found with loved ones beyond the veil. In the *Celestial Conversation Workshop*, you will receive the tools Lo Anne used to heal her own grief. You will discover your own unique method of self-healing in a supported group environment.



Sponsored by
The International Grief Council

Lo Anne, co-founder of the International Grief Council, became a student of metaphysics, was certified in Therapeutic Touch, and became a Reiki Master. As a certified teacher of Louise Hay's "Healing Your Life", she developed many one-on-one clients in Morris County. Her cable television show, "Angels At Work", ran for three years.

3508 Asbury Avenue, Neptune, NJ 077753

Registration is open and seating limited. \$50 Fee for workshop.

Bring your own lunch, pen and journal - refreshments will be provided.

To register, email UNITYBYTHESHORE@aol.com

For further information, email Lo Anne at lamayer@msn.com or call at **201-787-0961**

A Message From Our Spiritual Leader

By Angela Denton

Mark 12:28-31 (NRSV)

²⁸One of the scribes came near and heard them disputing with one another, and seeing that he answered them well, he asked him, "Which commandment is the first of all?" ²⁹Jesus answered, "The first is, 'Hear, O Israel: the Lord our God, the Lord is one; ³⁰you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' ³¹The second is this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these."

In Mark 12:28-31 Jesus proclaims to his followers what his two most essential spiritual teachings are. The first is to understand that God, Divine Substance, is all there is and each one of us must claim that Truth in consciousness. This is the essence of Principle one in Unity that there is one presence and one power in the Universe, God the good omnipotent. When we love God with all our hearts and with all our souls, and with all our strength Jesus is telling us that we must know with every fiber of our being our Oneness in God. The second important spiritual Truth is to love thy neighbor as thyself. This teaching is clearly reflected in Unity's second Principle which states: every individual is a spiritual being, created in God's image and that the spirit of God lives within each person; therefore, all people are inherently good.

Jesus simply and clearly states that living from the consciousness of Divine Love is our most important purpose in life. Although simply stated, living from a consciousness of Oneness is difficult for many. Love is one of if not the most popular subjects found in novels, songs, and movies. Yet, people continue to be perplexed by Love and seem to be on a constant search to discover Love in their lives. Part of the problem lies in how Love is depicted by our collective culture. Webster defines love as a feeling of strong or constant affection for a person and an attraction that includes sexual desire. We are taught that someone or something outside of ourselves will fulfill us with the Love we seek. If we would just find the right partner and the right friends we would experience Love. If only family members and friends would be more loving to me, maybe I would experience real love. Well, my friends, it doesn't work that way, which I know many Truth seekers have already discovered.

According to Charles Fillmore, cofounder of Unity, *Divine Love is impersonal; it loves for the sake of loving. It is not concerned with what or who it loves, or with a return of love. Like the sun, its joy is in the shining forth of its nature. Love is an inner quality*



that sees good everywhere and in everybody. It insists that all is good, and by refusing to see anything but good causes that quality finally to appear in the uppermost in itself; and in all things... Love is the great harmonizer and healer.

Fillmore informs us that Love is who we are and in order to experience Love we must claim that in consciousness. We must align our thoughts, beliefs, feelings, words, and actions to reflect that everything is Divine. In order to experience Oneness, we must first realize that we are the Love we seek. Fillmore

tells us that when we radiate Love from within that we experience pure Joy. So, my friends take a moment and ask yourself these questions. How can I be the love I seek? What actions can I take today to be Love in action? As I have watched some of the troubling events playing out in our world I feel now more than ever we must not contract in fear, but courageously emanate the unifying, harmonizing energy of Love.

As spiritual leader of this community I have been asking how I can call us to be Love in action. Unity's Fifth Principle states it's not enough to study Truth we must live it in our lives... we must be the love we seek. During my Sunday talk at the end of December on "I Am the Love I Seek", I discussed several ideas on how individuals can participate in experiences that foster the experience of Divine Love. Some mentioned were to participate in Stand in Love Triads, Luminary Circles of Light and Love, distance affirmative world prayer events, as well as engaging in a collectively decided group outreach in our community. I will be explaining in detail all of these opportunities at our annual meeting on January 31, 2016. I invite you to claim your Divine essence, and join with me in helping to shift our collective consciousness from fear to Love!

Love and light,

Angela Denton MA; P.D. MFT; LUT

SPIRITUAL LEADER

Our President's Message

By Angela Stewart

Hello New Year! I affirm goodness and prosperity is here and now. I am awake and aware to receive all the gifts of the universe. Thank you Spirit! Do you have a New Year affirmation? Not a resolution, but an affirmation. I never believed in resolutions; maybe I knew I wouldn't keep them, so why try, or I just felt they were like fox-hole prayers, done at this time because it was a New-Year-thing to do. However, since being connected to Unity and understanding how affirmations affect my thoughts and my life, I like to replace my resolutions (which are all about how not-perfect I am anyway) to how wonderfully fabulous I am now! I have an affirmation on my bathroom mirror that says, nothing needs to be added to me, only released. What a great way to start my day. Please share with me your affirmation if you have one for the New Year, or if you need to make one. Let's do it together for 2016!

I also would like to take this time to express my deepest gratitude and appreciation to our 2015 UBTS Board: Gwendolyn Lewis, Tom Sciro, Mary Vercande, Blanche Krubner, and our Spiritual Leader, Angela Denton. This group of heroic individuals holds and preserves a steadfast course for this community, and I thank you all from the bottom of my heart for your hard work and dedication. Individually and as a whole, you all are incomparable.

Alas, 2015 marks the end of Blanche Krubner's



board terms and she will be stepping down at the end of January. Blanche has served on the UBTS Board for two 3-year terms as our dedicated Treasurer. She has been our font of wisdom and stability; and is always relied upon to provide the perfect wording for any occasion! Please join me in thanking Blanche for her many years of unwavering service and commitment to this community. We are truly blessed by her presence, talents, and love.

And now looking forward... we are excited to welcome our newest board members who will be elected at the Annual Meeting on January 31. We know and affirm their talents and ideas will enrich not only the board, but the community as well.

We also would like to welcome our newest community members. Ellie Kierson, Miles Kierson, Charlie Kirlew, David Schwartz and Paula Schwartz have completed the Inside Out class and the Board happily approved each new member at the December meeting. The membership induction is expected to be held in January. Next time you see Ellie, Miles, Charlie, David, and Paula please say hello and welcome home.

So join me as we claim our many blessings this New Year, and let us celebrate each other and our sacred Unity community.

Blessings, love and light,

Angie Stewart

PRESIDENT - BOARD OF TRUSTEES

*"The transforming power of God now frees me from every limitation.
The wisdom, power and love of God now guide me to the fulfillment of my dreams."*

Silent Unity Affirmation

Prosperity Plus II

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- The four major reasons most people get stuck, and how to overcome them.



*Taught by
Mary VerCande*

You will also receive:

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**Tuesday evenings
February 23 – April 26
6:30pm – 8:30pm**

Unity by the Shore, 3508 Asbury Ave, Neptune NJ 07753
Register for this class online at: www.unitybytheshore.org
Course Materials: Hard Copy \$62.00, Digital \$39.00

SOUPER BOWL OF CARING 2016

The Unity Youth invite you to embrace the Kwanza principle of Nia (nee – ah), we have a reason for living, and join in a little friendly competition to benefit others.

JANUARY 17th – FEBRUARY 7th

Earn points each week for your team (Imagination Nation vs. Power Players) by bringing in canned goods to be donated to the Monmouth County food bank.

1. Canned goods only will count towards points for the game with two exceptions: Peanut butter and pasta sauce.
2. Cans must be a minimum of 5 ½ oz (a can of tuna) to earn points
3. Cans must be placed in the collection area prior to 11:15am to be counted. Score will be announced weekly.

JOIN THE FUN AND SERVE OTHERS!!

If you can help deliver food items to the food bank during game weeks please contact Mary VerCande. Email: mvercande@yahoo.com or phone 908-217-6330

You Make Your Own Reality

HERE COMES SETH

Starting on Sunday, February 21, 2016, from 12:15 p.m. to 1:45 p.m.

The non-physical entity who dictated six books through Jane Roberts during the 1960s, '70s, and early '80s is remembered for his mantra, ***“You make your own reality.”***

Starting on Sunday, February 21, 2016, from 12:15 to 1:45 pm, Blanche Krubner will facilitate a class devoted to explaining and discussing Seth's ideas about God, how we create our own lives and participate in fashioning mass events such as epidemics and wars, the transformation we call death, how we can effect changes in our experience that we consider desirable, and other topics covered in the Seth books. We will focus on his first work, *“Seth Speaks: The Eternal Validity of the Soul.”*

With intermissions for Healing Circle Sundays, Palm Sunday, Easter, and Mother's Day, the class will run on Sundays until May, on a love offering basis.

Winter Reminder: Inclement Weather Announcements

When old man winter is reminding us who's the boss and we have to make the decision to cancel Sunday Services or weekday events, here are your options on how to find out what's happening:

- Call the Church's main telephone line - the message machine will be changed once a decision is made. Every attempt will be made to do this the night before by 10PM.
- A recorded message will go out to every-

one who is a registered member or friend. Please contact Debbie O'Brien at: unitybytheshore@aol.com if you wish to add your number.

- Check the website: www.unitybytheshore.org where we will post all closings and cancellations.
- Check our Facebook page: **Unity by the Shore – A Spiritual Community**. We will post all closings and cancellations there.

Our Children's Ministry

By Sally Kurth

The Greatest Gift (LOVE) Christmas play was amazing. The children did such an awesome job. Thank you parents for taking the time to bring the children to rehearsals. Thank you Patrice DeVincentis for the beautiful music. Thank you Edy Chartier for helping our little ones to shine their star lights so bright. Everyone in the play gave of their own special qualities and gifts to the baby Jesus. It was a team effort reminding us that everyone is special and that we all make a difference in the big picture. No act or deed is unimportant or too small.

The children remind us to share who we are and to be the light of LOVE in this world! Thank you

Ken and Rachael Fredericks for helping with the travel arrangements for Mr. & Mrs. Clause :-)
Also.... Some of our Y.O.U.s will be attending the Mid-Winter Rally on January 15-17, with Dina Ridout chaperoning. Thank you, Dina. We look forward to hearing all about it the following Sunday. Also on that weekend, Mary VerCande will be leading the "Souper Boul of Caring 2016".

Thank you, Mary. Please bring your canned foods in on January 17 through February 7. The team with the most donations wins. So let's give, give, give and win, win, win!

May 2016 be filled with light, love, joy, peace, health and abundance for all.



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OCTOBER

Income..... \$13,378
Expenses..... \$11,975

TITHES:

Unity Worldwide.....\$ 1,338

NOVEMBER

Income..... \$15,938
Expenses..... \$17,912

TITHES:

Unity Worldwide..... \$1,594

Classifieds

Place your ad here. **Flying High** publishes 6 issues a year and is 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 **UBTS** at **732-918-3395** 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:
Unitybytheshore.org
*for the latest **Flying High** newsletter, events
 and other Church information*




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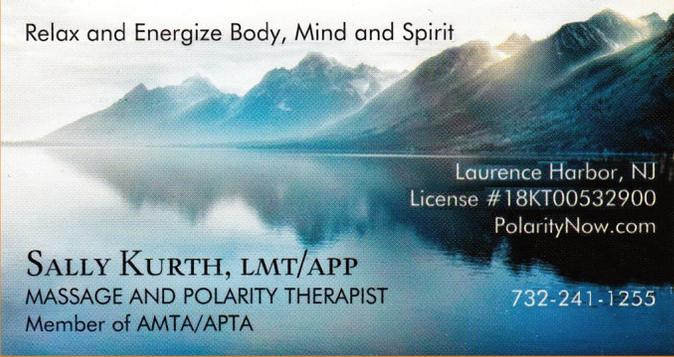
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OUR MISSION STATEMENT

UNITY BY THE SHORE

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

OUR 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

CONTACT US

UNITY BY THE SHORE

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Fax: 732-918-8457

E-mail: unitybytheshore@aol.com

Web Site: unitybytheshore.org

Church Service and Children's Church
at 10:30 a.m. on Sundays

BOARD OF TRUSTEES

President: **Angie Stewart**

Vice President: **Gwen Lewis**

Treasurer: **Blanche Krubner**

Secretary: **Tom Sciro**

Member: **Mary Vercande**

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*.