

## FLYING HIGH NEWSLETTER

Volume 3 Issue 2

March / April 2016

# A Joyful Reunion!

Greetings from Oregon! Gary and I are doing beautifully, though we still miss our beloved family at UBTS! I'm thrilled to announce that I'll be coming to visit in April, to reconnect with all of you and to make some music. At this time, it looks like Gary won't be able to join me, but he sends his love. Violinist Joel DeWitt and I will be playing special music for the April 10th service, then presenting a concert afterwards. Here are the details:

### **Joyful Reunion Concert with Laura DuBois & Joel DeWitt**

**Sunday, April 10th, 12:30 pm**

Music of Bach, Faure, Kreisler, Dvorak & Gershwin

Suggested Love Offering: \$20

I will also be presenting a solo piano concert at Yoga Anjali in Belmar, at 7:00 on Saturday April 16th. Then I'll be back at UBTS the next day, to enjoy your Sunday service once more before heading back home. I can't wait to see all of you!



*With love,  
Laura*

Advance ticket sales for this event will begin in March at Unity by the Shore and online at [unitybytheshore.org](http://unitybytheshore.org)

# A Message From Our Spiritual Leader

By Angela Denton

## AWAKEN TO SPRING

*And Spring arose on the garden fair, Like the Spirit of Love felt everywhere;  
And each flower and herb on Earth's dark breast rose from the dreams of its wintry rest.*

~ Percy Bysshe Shelley

Spring is on the horizon. Daylight savings times commencing on Sunday, March 13, 2016, and the Spring Equinox on Sunday, March 20, 2016, mark the beginning of an annual shift in the length of days and nights, whereas, the days will grow increasingly longer and the nights will become shorter. The warmth of the spring sun calls forth an awakening in nature. Many of our furry friends wake up from a long winter's nap, and our winged companions return from the South to delight us with their song. Fields thaw and a green hue begins to color the terrain while young, fragrant buds begin to tantalize the senses as they wink at onlookers. Buds planted in autumn begin to rise up and express themselves. Yes, new life copiously permeates the landscape imbuing within us hope and promise of our ability to abundantly create beauty on the canvas of our own lives.

Principle Three, one of the 5 foundational tenets of Unity, deals with the power of Mind Action. The premise of this Principle is that individuals create their experiences by the activity of their thinking. More simply put, whatever we consistently focus our thoughts and feelings upon, manifests in our lives. Charles Fillmore, cofounder of Unity, professed, "Thoughts and words are seeds, and when dropped into the invisible spiritual substance, they grow and bring forth after their kind." What seeds have you planted this winter? Look at what is blooming...out picturing in your life and you will see what kind of garden you have planted.

As you take a look at what you are experiencing within your body, relationships, finances, and day to day activities you will have a clue as to how you have been seeding your life. Are you experiencing vitality, harmony, love, and joy as you share your



spiritual gifts with the Universe? Those who are able to live from this consciousness realize that external situations are powerless over them and have come to the realization that, "For as he thinketh is his heart, so is he" (Proverbs 23:7 AV). As you look and see and discover that some or many of your experiences are characterized with discord, lack, dis-ease, loneliness, regret, and/or stagnation be gentle with yourself. The first step is to gain

awareness and be truthful. Being hard on yourself does not serve you and only prolongs pain and suffering. Next, know that at any moment you have a choice to cull your garden by releasing self-limiting beliefs and behaviors, resentments, pity, and situations and relationships that no longer serve you. After you weed through your thoughts and beliefs you can plant new seeds by affirming that God, the unseen power and substance behind all creation, is greater than any challenge you are experiencing. God operates in the universe according to the law of Mind Action and through Spiritual Understanding and Faith you can affirm with Zeal that which you desire, Love, in your heart. Once life affirming seeds are planted you must tend to your garden regularly by participating in prayer and meditation and by taking actions in the direction of your aspirations. Remember to be that what you desire in your life, for you are the love and joy that you seek. Aligned in Spiritual consciousness your world will begin to flourish in ways you never dreamed possible!

*Love and light,*

**Angela Denton** MA; P.D. MFT; LUT

SPIRITUAL LEADER

# Our President's Message

By Angie Stewart

As this Lenten season comes to a close, I have been reflecting on what is my higher self calling to do. What is it that Spirit is guiding me to see? Surrender is a word that keeps coming to me; surrendering all those thoughts and behaviors that block me from my true self, from my God. Surrendering to the busyness of daily life and relaxing into the knowing that God-within is with me, supporting me and guiding me. So please join me as I release all that binds me to worry and fear, and I will hold the truth to the light... we are love and we are the light!

The 2016 Board of Trustees is excited and enthusiastic for this new adventure. We are open to any and all suggestions and for anyone wishing to put "feet to their prayers." Please come see any of us to discuss your ideas! Here are a just few happenings in the months to come:



- March – Unity Kids' St. Patrick's Day Pancake Breakfast Sale – raising money for their retreats in April and May. Please come support their efforts!

- May Bake Sale

- Spring Music Concert with Laura DuBois and Joel DeWitt

- Labyrinth Brick Fundraiser

- Gift Bazaar

- Fall Luncheon Silent Auction and Raffle

- Board Appreciation Thanksgiving Brunch

- And any other wonderful ideas someone may come up with!!

Thank you for your ongoing support and love.

*Yours in Peace,*

*Angie Stewart*

**PRESIDENT - BOARD OF TRUSTEES**



Angie Stewart and Blanche Grubner share a special moment.



New members induction ceremony.

# Our Environment: Mindful House Clean

by Ingrid Justick

**W**hile we are enjoying the abundance of this beautiful season, let us pause sometimes and think of ways to enhance the quality of our Earth. Please consider the use of the following non-air polluting cleaners and disinfectants, when cleaning your home.

Commercial furniture polish contains poisonous solvents that release into the air. To avoid this, make your own: blend 1/2 cup of lemon juice with 2/3 cup of olive oil. Bonus: this mixture leaves no wax build-up! Dr. Bronner's Peppermint Soap (available in health food stores) not only cleans your kitchen and bathroom, leaving a beautiful scent, it also removes pesticide residue and wax from fruit and vegetables. Grapefruit Seed Extract is a very potent germ killer, effective against virus, fungi and bacteria strains. Tea Tree Oil is a natural antiseptic, antimicrobial and antibacterial. Bon Ami cleanser contains no toxic chemicals. Baking soda deodorizes and cleans.

One cup white vinegar blended with 1 cup water will clean your windows and mirrors. Club soda cleans and polishes stainless steel, sinks and kitchen appliances. To clean flatware, soak in club soda a few minutes, then rinse and dry.

Drain cleaner: pour 1/2 cup baking soda into drain, add 1/2 cup white vinegar and cover. After 15 minutes, flush with hot water. Mildew and mold



cleaner: mix 1 tablespoon Borax with 1 cup water. Chlorine is our most dangerous toxin. To whiten your laundry, add 1 cup of hydrogen peroxide. Borax is a natural stain remover. One cup of white vinegar added to your rinse cycle will not only soften your washables, but also remove any traces of soap. Pet and other stains on your carpet are easily removed with undiluted vinegar, then "blotted" with cold water.

Silver tarnish remover: mix white toothpaste with a few drops of olive oil. Rub until clean and rinse in hot water. Brass and copper cleaner: 2 teaspoons salt, 1 teaspoon flour and enough vinegar to make a paste. Air fresheners only "cover" offensive odors, while releasing toxic chemicals into the air. To freshen the air naturally: blend 1 cup of water with a few drops of lavender or citrus oil. Place in spray bottle or atomizer. Soak a cotton ball with your favorite scented natural oil and add to your vacuum cleaner bag. The entire house will smell wonderful. The scent will last at least one week with daily vacuuming.

*Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect. Chief Seattle*

For environmentally friendly information call 732-922-2935.

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## DECEMBER

Income..... \$15,562

Expenses..... \$16,085

### TITHES:

Unity Worldwide..... \$ 782.50

## JANUARY

Income..... \$11,808

Expenses..... \$13,026

### TITHES:

Unity Worldwide..... \$ 590.50



## Stand in Love Kickoff, Saturday, April 2 11am-1pm

The members of an African elephant family group take good care of one another. If one of them is sick or injured others will stay with it to defend it. If an elephant is wounded and cannot stand, two elephants will stand on each side of the injured elephant and hold it up until it is healed.

How can we at UBTS stand in Love with each other?

### Purpose of Stand in Love Triads

In-reach within UBTS designed to foster fellowship, create connection and support, and model Love in action.

### Formation of Triads

• Angela will pray over all names who signed up to participate and randomly pull names to form groups; Triads will be announced at the kick off

### Activity of Triads

- Weekly Stand in Love Prayer Call. Prayer format and call in #'s will be distributed.
- Weekly spotlight on one individual to stand in the middle and receive messages of loving support from the other individuals in the triad
- Monthly get together. Each member gets a turn in selecting their social (3 socials total).

If you have not signed up to participate and are interested, please email Angela Denton [unitybytheshore@aol.com](mailto:unitybytheshore@aol.com) or sign up in person at Unity by the Shore.

## The Healing Circle by Gayle Hammond

**The Healing Circle at Unity by the Shore is an on going event held usually on the second Sunday of each month.**

Because Myrtle Fillmore healed herself of Tuberculosis through affirmative prayer, we at Unity want to offer the opportunity to join our energies to bring healing to each other. We do a meditation, some singing, some prayer and some hands on healing or Reiki. Depending on the number of folks in attendance we are in session for about an hour. It is a very sacred time where we just stop and be present to the oneness of the God presence in each of us. I invite you to join us for something very special. Please note that our circle will be the third Sunday in April and May.

## Holy Week Schedule:

<b>March 20, 2016</b>	Palm Sunday	10:30 AM Service
<b>March 24, 2016</b>	*Maundy Thursday	7 PM Service
<b>March 24, 2016</b>	Washing of the feet	6:00-6:30 PM
<b>March 27, 2016</b>	Easter Sunday	10:30 AM Service

\*The Maundy Thursday Service, held on the Thursday before Easter, is an intimate, sacred service where we come together to experience the metaphysical meaning of the Last Supper. It was during the Last Supper that Jesus broke bread with the Disciples and shared with them the Great Commandment, "to love one another as I have loved you" (John 13:34). Let us come together and experience communion with one another and the metaphysical meaning of the 12 Apostles. Prior to the Maundy Thursday Service you are invited to participate from 6pm-6:30 pm in the washing of your feet reflective gathering followed by light snacks from 6:30 to 7 pm.

# Our Children's Ministry

By Sally Kurth

Spring is here with growth blooming in our children's church! On Sunday March 13th we are hosting a breakfast fundraiser and asking for a \$5 love offering. The parents will be cooking and the children will be hosting. All of the proceeds will go to sending our Y.O.U. and Uni-teens on upcoming retreats and rally's. Thank you everyone for your support! Speaking of upcoming retreats here are some we will be attending...

**March 19th** Y.O.U. Leadership training retreat in Maryland. **April 22-24** Y.O.U. Spring Rally in Maryland. **May 13-15** Spring Uniteen Camp in Pennsylvania. And on **June 10th** we will have our Unikids and Unitots movie/pizza party here at Unity by the Shore. It is awesome that our youth will be able to partake in these exciting events. We are truly blessed!!



Our beautiful Uni-Tots.

On Easter news, we will be having our annual Easter egg hunt on Sunday March 27th directly after service. Each egg contains a treat and an affirmation.

*Happy Spring and Easter from the Youth of Unity!*

## MEET OUR NEW MUSIC DIRECTOR

Patrice DeVincentis grew up in New Jersey knowing from an early age that music was so important to her that she wanted to make her career in that field. She was accepted into Westminster Choir College, where she studied for her BA. She sang in the college choir during her student days. Her degree is in Music Education/Piano. In the years after college, Patrice ventured to San Francisco, where she taught autistic children and also played keyboard in a band. Delightful as that city was, she



decided New Jersey was preferable and came home.

Patrice's entry into the professional world coincided with the revolution in sound production that digitized how music is provided to listeners. The new technology fascinated her. She taught herself the new skills, enabling her to run recording studios.

During those busy years, she made time to earn an MA in Music History. She now teaches at Bergen County Community College where she is Adjunct Professor/Technical Arts Director.

At Unity, Patrice has been involved with the Music Ministry for nearly a decade. It was she who mastered our choirs' first CD, continuing to work on it even after Hurricane Sandy destroyed her home and recording studio. Her current schedule includes consulting with the Spiritual Leader about the music for Sunday service and choir rehearsals on Monday nights, Friday evenings and Sunday mornings before services. We welcome and appreciate her service to our community.

# 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](http://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  
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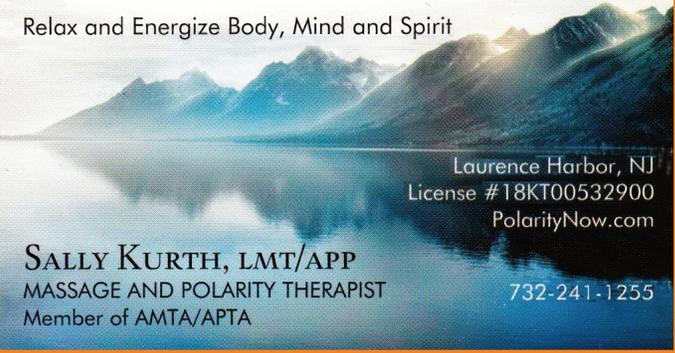
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**New to Our Website!**



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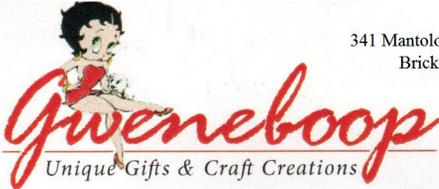
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Every time you purchase goods and services, make sure to **FIRST** stop at our shopping portal, click the link to the vendor of your choice, and do your shopping.

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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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**E-mail:** [unitybytheshore@aol.com](mailto:unitybytheshore@aol.com)

**Web Site:** [unitybytheshore.org](http://unitybytheshore.org)

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

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**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*.

