

FLYING HIGH NEWSLETTER

Volume 2 • Issue 3

July/August 2015

From Our Spiritual Leader: Angela Denton

A year ago when I was doing research on the benefits of belonging to a healthy community I came across a powerful poem written by earth activist and author Starhawk that eloquently speaks to the beauty and power of a spiritually conscious community.

We are all longing to go home to some place we have never been - a place half-remembered and half-envisioned we can only catch glimpses of from time to time. Community. Somewhere, there are people to whom we can speak with passion without having the words catch in our throats. Somewhere a circle of hands will open to receive us, eyes will light up as we enter, voices will celebrate with us whenever we come into our own power. Community means strength that joins our strength to do the work that needs to be done. Arms to hold us when we falter. A circle of healing. A circle of friends. Somewhere where we can be free.

Deeply held within the heart and soul of each of us is the desire to belong. According to Dr. Kenneth Pelletier of the Stanford Center for Research and Disease Prevention the sense of belonging inherent in all individuals is a basic human need- as basic as food and shelter. His research has shown that those who receive social support are healthier, happier, and are more active and productive than those who live in isolation without meaningful and loving connection and support.



The type of community depicted in Starhawk's poem does not happen by chance. It requires the united effort of all members. Each individual is invited to become fully aware of

the energy he/she is contributing to not only his/her experience but simultaneously contributing to the collective. Members willingly commit to conscious participation and shared responsibility. In his book *Healthy Congregations*, Peter Steinke reminds us that congregations are living systems that parallel the systems of the human body. The physical body is holistic in nature in that what

happens in one cell, one organ, etc. affects the health and functioning of all the other cells, organs and the overall health of the entire body. Similarly, a church is a collective whole and the overall health of the community is affected by the behaviors, actions, and emotions of its membership, ministry teams, lay leaders, and the minister/spiritual leader. Steinke brilliantly gives a prescription for healthy congregations. According to Steinke healthy communities:

- Have a sense purpose where members are actively united around a shared vision, mission, and core values.
- Stimulate and provide diverse opportunities for spiritual growth
- Provide opportunities for members to identify their strengths and share their spiritual gifts

Continued on Page 12

Our President's Message

by Angela Stewart

WOW! What a powerful, passionate community we are! The last five months have been a journey for us all with Rev Joanne's retirement; saying a tearful good bye to our Musical Director, Laura DuBois; and our ongoing search for a new minister and musical director. It was all a great deal to take in, and handled separately a challenge, but to handle all at once took courage and faith! And I believe we have come thru to the other side, with a few scratches and dents, but so very strengthened and uplifted as a community and individually for the experience. I recently read, "In daily life there is an inner transition I can consciously practice. This is the transition from fear to faith" (p 67, Transitions, Cameron) Sometimes in my day-to-day life, when things get all knotted up, I don't always remember to face the Light, to turn my fear to faith. But the past few months have been an empowering reminder to me to stay connected with Spirit within; to trust in God; to turn to the sunlight of the Spirit. I am grateful for the opportunity to be reminded that God is everywhere in every situation.

So, now we move forward – facing the Light – we quicken our step, we lift our heads, and we are excited for new beginnings! As we announced at service on June 7th, we are thrilled to have Angela Denton step in as our new Acting Spiritual Leader and eventual Spiritual Leader after August. I know we are in for a joyous new experience with Angela, and I know she is as just as excited. The ideas and plans are just pouring out of her! Be ready to be lifted to new heights of spiritual experiences.

At the time of this writing, the search for our new Music Director is still ongoing. We are blessed with many talented and giving individuals, which is why the music department within UBTS has always been strong and enthusiastic, and I truly believe this will continue with whoever is chosen.



Ed McCarthy is diligently working with the Fund Raising Committee to put some of their ideas into action. If you would like to participate or have a "prosperous" idea, please feel free to share with Ed.

Special Shout Outs: (1) Patricia Loughney and the Hospitality Team for a delicious bake sale in June. Our collective sweet tooth's (teeths?) brought in \$192; (2) to Blanche Krubner and her Gift Bazaar Team. It was its usual success bringing in almost \$200! Thank you to all who purchased and helped out! Watch for the bazaar to return just in time for the Christmas holidays; (3) how could we

forget the incredibly talented Matt Denton for his beautiful video goodbye to Laura DuBois. Matt's work is always inspiring and uplifting and we are blessed to have him with us; (4) finally, to Healing Spirit Singers and Spirit of Peace and all of the Music team for putting together such a wonderful service honoring our own Laura Dubois. It was so evident that much love and devotion went into your efforts. Beautifully done!

Opportunities for Service: Feel the calling to give back just a little (or a lot!)? There are many opportunities to lend a hand at UBTS whether in the bookstore, at the sound board, fund raising, ushering, or greeting, your help is always welcomed and appreciated. Come see me anytime and I will make sure we find your niche!

Please continue to hold our expanded Children's Space in vision and prayer. We affirm divine timing for this implementation. Lastly, don't forget to utilize the Amazon shopping portal on our website (www.unitybytheshore.org)!

Thank you for your loving support. Blessings, Love and Light to you.

The Inexhaustible Resource of Spirit is equal to every demand. There is no reality in lack. Abundance is here and now manifest.

Charles Fillmore

Our Environment

How to Select Sustainable Foods to Protect Your Body and the Environment

by Ingrid Justick

Personal health and planetary health are deeply connected. What we eat has a serious ecological impact. With **food production** accounting for almost 20% of **fossil fuel** use in the United States, we have to alter our approach to our eating habits if we want to reverse climate change. In our current system, **food travels an average of 1,500 miles** from field to dinner table. U.S. agriculture currently emits about 925 billion pounds of carbon dioxide each year from crops and livestock production. Packaging is responsible for emitting 24,000 tons of greenhouse gasses every year.

Buying local and organic is the best first step to an earth-friendly diet. Organic farming uses one-third fewer fossil fuels than conventional farming. Organic practices create healthy soil, while eliminating energy intensive synthetic fertilizers and pesticides.

Purchase what is in season in your area. These foods travel shorter distances, taste better and use less energy to transport. Given the many health and environmental benefits, organic foods are better than industrially produced foods.

All foods require energy to be produced, but some require much more than others. Producing a single cheeseburger sends 10.7 pounds of carbon dioxide into the air. Unrefined plant-based foods require much less energy. Eat whole foods, **limit processed products**. Energy intensive processed foods are high in calories and low in nutritional benefits. Processing foods require a tremendous amount of energy. Freezing,



drying, canning and refining take energy. Shop in stores where you find **energy efficient whole foods**, fruits, vegetables and fish.

The energy required to fish high tropic-level fish, like tuna or Chilean sea bass, is enormous. Make a balanced choice. Clams, mussels and oysters require almost no energy to farm. Other good choices are herring, mackerel and sardines. **Imported shrimp** have an even **higher carbon impact than beef**.

Grow some of your own food. Establish a **kitchen garden** if you have a small outdoor space or a windowsill. Start simply with such staples as basil, rosemary and parsley. It is more satisfying and energy saving to walk a few feet and pluck leaves for your dinner than to drive to the store for herbs grown thousands of miles away and is encased in plastic. Other easy items to grow at home include tomatoes, beans and salad greens.

If you need a guide, **Grow Organic** by Doug Oster and Jessica Walliser contains everything you need, from composting to seed saving.

Each of us possesses the gift of healing our Earth. Each in its own unique way, which when combined, touches all of us in a positive way.

For environmentally friendly information:
call **732-922-2935**

Article compliments of The Atlantic Club

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

Are You Wealthy?

by Mary VerCande

I stopped at our favorite diner along the way for mushroom soup. As had happened in the past, Spirit moved me to pick up the tab for another table. There was only one other occupied table-four women enjoying a meal together. In the past, I had always left without the recipient knowing their benefactor. This time, however, I was moved to present my gift. After I paid for both meals, I took the receipt over to the table. “Ladies,” I began, “your meal has been taken care of, you just need to tip your server. Enjoy your weekend.” They sat in stunned silence as we left the restaurant. I was about to pull out of the parking lot when one of the women flagged us down. “I didn’t get out fast enough,” I said. Kathy replied “just keep going.” No, I backed up and rolled down the window as she approached. “I just want to give you a hug!” In that moment I was truly wealthy.



prosperity in four areas: our health, our relationships, our creative expression and of course our finances. It is easy to count our material possessions but some of our greatest wealth lies in things we rarely count – the smile shared with a stranger, laughter and hugs from the children in our lives.

I challenge you to try and count all the blessings that flow to you in a week. Grab a piece of paper or a notebook and a pen. Now make a list of simple pleasures you would like to

notice in your life. I say notice because I guarantee they are here, you are just not aware of their abundance. So make a list:

- Smiles
- Hugs
- Laughter
- The Sun
- A Cool Breeze
- A Cold Drink
- The ticking of a clock

Whatever it is that brings you pleasure. Then every time one shows up in your life, put a little tic mark next to it. Each night before you close your eyes, with gratitude count your blessings. By the end of the week you too will know that you are truly wealthy!

Prosperity and Abundance
Mary VerCande



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PROSPERITY
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APRIL

Income \$ 10,797.44
Expenses \$ 12,937.16

TITHES -

Unity Worldwide \$ 324
Eastern Region \$ 270
SEE Fund \$ 108
Discretionary Fund \$ 378

MAY

Income \$ 16,885.98
Expenses \$ 9,319.15

TITHES -

Unity Worldwide \$ 506.58
Eastern Region \$ 422.16
SEE Fund \$ 168.86
Discretionary Fund \$ 591.01

Children's Ministry ... Toddlers to Teens

by Sally Kurth

Our Youth of Unity by the Shore is thriving and growing! Our Uniteens went on their first weekend retreat called “**Seeds of Love**” on May 15-17th in Pennsylvania. Thank you to the adult chaperones who attended and thank you to the board, parents and the Uniteen sponsors for giving the finances to make this dream possible. It really was a dream come true. What a gift for our Uniteens to experience such love and positive energy. Most of our Uniteens who attended this retreat made their “**Rights of Passage**” on Sunday morning during a beautiful ceremony. So technically we will have 5 Y.O.U.'s (high school age) this fall. So let's come together and get our additional classrooms built! We can do it!!

We also had a special pizza/movie night on Friday June 5th here at Unity for our Unitots and Unikids. Thank you Steve Dlugosz for coming out and putting on the movie for the kids. It was a special night for them and we all enjoyed a movie called “Turbo” which was about following your dreams even if other's doubt you. Don't give up, God will

always put like minded people on your path to support and encourage you on your Journey!

We will be starting our “**Summer Program**” from July 5th to September 13th. The children will be watching and learning the metaphysical meanings in movies and hopefully they will have choir as well (still working on that :)

We also want to say how much we love and will miss you Ms. Laura. You have allowed our youth ministry to grow though the Spirit of music. No words can say how much you have given us and have touched our hearts! Thank you for creating our childrens choir at Unity and bringing us such wonderful Youth choir directors. It was always such a joy working and collaborating with you Laura for our special childrens services. Thank you to Gary for being our usher and giving us a heads up when service was almost over and get ready to march into “We are walking in the Light”.

Laura and Gary we are all the better for knowing you, working with you, loving you and being loved by you. You are forever in our hearts and we bless you on your Journey!

Blessings for a great summer for Everyone!!!
With light and love, Sally



Our beloved Ms. Laura



Uniteens Retreat!



Unitots and Unikids Movie Night



Angela Denton Named New Spiritual Leader

by Flo Higgins

Angela Denton has so many reasons to celebrate right now! In June, not only was she named Acting Spiritual Leader of Unity by the Shore as of July 1st, but she also retired from her beloved teaching career of 30 years. Then to top it off on

Father's Day, she celebrated her 10th wedding anniversary with her very special husband, Matt Denton. Angela and Matt met at Unity by the Shore and are both long



time devoted members to the community and to Unity.

In accepting the appointment, Angela brings an extraordinary amount of experience to her new role. She has been dedicated to Unity by the Shore for the past seventeen years; has served on most of the ministry teams; and has served on the Board for eight years, including as Board President.

Angela's unique skill set, from which we will all benefit, includes teaching and counseling as well as facilitating Unity classes / workshops, leadership training, and service on the Unity Worldwide Ministry Board.

In response to her new role in the church Angela can only say, "I am humbled by this opportunity to serve God. It is beyond words the joy I feel. I am blessed, fortunate and Divinely inspired." Angela, who recently completed the Licensed Unity Teacher Program, will follow Rev. Joanne Murphy's path and continue her education

in the Field Licensing Program to become an ordained Unity Minister. In her new role as Spiritual Leader she has the loving support of Rev. Joanne Murphy, who retired in January. Rev. Murphy is high in praising Angela and said during a recent interview, "I am so happy for Angela. I always believed in my heart that she would follow me as the Spiritual Leader. I have known Angela for 15 years and worked with her closely. She is perfect for the job."

Long time member Barbara Ely is also extremely happy that Angela will take over as the leader of the community. Barbara said recently that as soon as she learned of Rev. Joanne's retirement plans, "My first thought was: Angela should be the one to follow in Rev. Joanne's footsteps." So naturally, Barbara is delighted with the new role Angela has accepted.

Another long time member is Karen Walling, who also sings the praises of Angela, saying, "She is certainly qualified for this job. She brings not only spiritual work, but counseling and teaching to the job. I am thrilled with the thought that Angela will be our leader. She is so kind and thoughtful."

Mary Phillips and Mary Carlucci, both members for many years, agree that Angela is perfect for the job. Mary Phillips who has been in Unity for more than 50 years, with 30 years as a member of Unity by the Shore, was delighted. "I approve. Angela is the one," she recently said. Mary Carlucci called the naming of Angela, "just perfect."

With the loving support of both the congregation and the Board of Trustees, Angela is off to a good start in her new adventure.

As the church moves into a new era of leadership and expansion, it is agreed the community is in the hands of a wise and devoted Unity leader: named Angela Denton.

Unity By The Shore



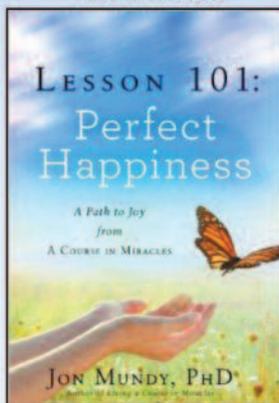
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PH.D., AUTHOR OF:

Living A Course in Miracles,
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SUNDAY, AUGUST 2, 2015

10:30 am Morning Message

Dancing with the Divine

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*Happiness is your nature. It is not wrong to desire it.
What is wrong is seeking it outside when it is inside.*

Ramana Maharishi (1879-1941)

According to *A Course in Miracles*, Heaven is a state we never left therefore. The Kingdom of Heaven is inside you. It *is not* in the body. It *is* in the mind. Heaven is an awareness of perfect oneness and perfect oneness = perfect happiness.

Registration

\$25 Suggested Donation

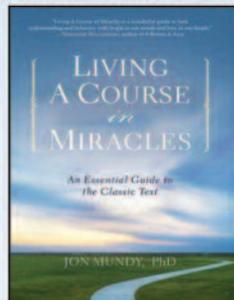
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www.UnityByTheShore.org

Unity By The Shore
3508 Asbury Ave.
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Dr. Jon Mundy is an author, lecturer, the publisher of *Miracles* magazine and the Executive Director of All Faiths Seminary International in New York City. He taught university courses in Philosophy and Religion from 1967 to 2008 with a specialization in *The History of Mysticism*. The author of 9 books, his latest book, *Lesson 101: Perfect Happiness*, is published by Sterling Ethos of New York City, a division of Barnes and Noble. According to Amazon.com his previous book, *Living A Course in Miracles* is the best-selling book based on the teaching of *A Course in Miracles*. Jon met Dr. Helen Schucman, the scribe of *A Course in Miracles*, in 1973. Helen introduced Jon to the Course and served as his counselor till she became ill in 1980.



He also appears on occasion as *Dr. Baba Jon Mundane*, a standup philosopher comedian.

Giving Tree

from Flo Higgins



Located on the rear wall of the Sanctuary the Giving Tree is a large wall sculpture featuring names of people you wish to honor. Your donation to the Giving Tree is a wonderful way to honor friends, family, organizations and also to help support expansion of the church. It is also a glorious way to celebrate your children, grandchildren, parents, pets or just about anyone important and meaningful in your life.

Fill out and send the form below to the church and then look for your loved ones name on the Giving Tree.

To:
Unity Church By The Shore – Board of Trustees
3508 Asbury Avenue, Neptune, NJ 07753 • 732-918-3395

YES, I/We would love to offer part of My/Our Financial Blessings towards the expansion of our Church. We have indicated the details of Our Contribution below.

Tree of Life: A Permanent Memorial displayed in our Church Sanctuary
I /We will donate _____ Leaves at the suggested amount of \$250 per Leaf.

Please print your request below: maximum is 3 lines of 20 characters per line.

Send to:
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For more information call: Flo Higgins • Phone: 732-842-3871 • E-mail: floh2@comcast.net

Saying "Thank You" to Laura and Gary

Photos by Matt Denton



JULY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 1 pm - Mindfulness	2 11 am - Course in Miracles 1 pm - Quest	3 7:30 pm - Campfire	4
5 10:30 am - Wk 1 Service	6	7	8 1 pm - Mindfulness Meditation	9 11 am - Course in Miracles 1 pm - Quest	10 7:30 pm - Campfire	11
12 10:30 am - John Welshons 10:30 am - Wk 2 Service 12:30 pm - Healing Circle	13	14	15 1 pm - Mindfulness Meditation	16 11 am - Course in Miracles 1 pm - Quest	17 7:30 pm - Campfire	18
19 10:30 am - Wk 3 Service 12:15 pm - Share Sunday	20	21	22 1 pm - Mindfulness Meditation	23 11 am - Course in Miracles 1pm - Quest	24 7:30 pm - Campfire	25
26 10:30 am - Wk 4 Service	27	28	29 1 pm - Mindfulness Meditation	30 11 am - Course in Miracles 1pm - Quest	31 7:30 pm - Campfire	

AUGUST 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 t
2 10:30 am - Jon Mundy 10:30 am - Wk 1 Service 1 pm - Perfect Happiness	3	4	5 1 pm - Mindfulness Meditation	6 11 am - Course in Miracles 1 pm - Quest	7 7:30 pm - Campfire	8
9 10:30 am - John Welshons 10:30 am - Wk 2 Service	10	11	12	13 11 am - Course in Miracles 1 pm - Quest	14 7:30 pm - Campfire	15
16 10:30 am - Wk 3 Service 12:15 pm - Share Sunday	17	18	19	20 11 am - Course in Miracles 1 pm - Quest	21 6 pm - Board Training 7:30 pm - Campfire	22
23 10:30 am - Wk 4 Service	24	25	26	27 11 am - Course in Miracles 1 pm - Quest	28 7:30 pm - Campfire	29
30 10:30 am - Wk 5 Service	31					

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**. 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 Church By The Shore.

Please Visit:

Unitybytheshore.org

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



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New to Our Website!

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This is a wonderful opportunity for you to purchase goods and services in a way that supports your spiritual home and saves you money along the way!

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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HERE

Continued from Page 1

From Our Spiritual Leader: Angela Denton

- Have clear identified roles and boundaries
- Appraise and manage conflict effectively and have an understanding that conflict is a sign of new growth wanting to emerge.

As I embark on my new role as spiritual leader of UBTS, I devote myself completely to modeling spiritually conscious commitment. I vow to educate our community on Unity’s rich Truth teachings and on the dynamics of how to embody spiritually conscious engagement. I not only want to share Starhawk’s poem to inspire you, but I want to realize it with you here at UBTS.

Love and light,
Angela Denton

CONTACT US:

UNITY BY THE SHORE:

3508 Asbury Ave., Neptune, NJ. 07753

Phone 732-918-3395

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

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