

FLYING HIGH NEWSLETTER

Volume 2 Issue 1

January/February 2015

Wow, the children are incredible and did such an amazing job with their Christmas service! Thank you Mr. Gary for helping our youth sing beautiful Christmas carols and thank you Ms. Kassie for watching and helping transform our Unitots into Angels and Elves.

A special thank you to Ms. Laura who's time and talent go beyond measure.

You make our spirits soar with your endless musical grace! We also want to thank everyone for contributing your time and talent into making this event so special—it truly was!

New growth for the New Year

It's "Souper Bowl" time!! Let the games and giving begin. Mary VerCande and I are the head coaches and we will divide the church into 2 teams on 1/11. Every player (member) is asked to bring in food items every week and the team with the most donations, Wins! We look forward to raising even more food than last year for our local soup kitchen, Lunch Break. Thank you, Mary.

We are excited to welcome Heru Jefferson to our youth program. He will be joining in co-creating with our Untieens and we are grateful, thank you Heru!



More news, let's hold the intention for some upcoming events:

- 1) "2015" Spring Uniteens Camp - "Seeds of Love" that will be held near Reading, PA the weekend of May 15 -17.
- 2) Movie theme/Pizza party for Unikids one night.
- 3) Movie theme/Pizza party for Unitots one day.

Looking forward to growth and expansion. Light, Love and Joy for our Youth of Unity!

Many Blessings,

Sally



Photos: 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

**PROSPERITY
CORNER**

SEPTEMBER

Income: \$10,301

Expenses:
\$13,708

Tithes:

Unity Worldwide:
\$515

E. Region:
\$257.50

SEE: \$103

Discretionary:
\$153.50

OCTOBER

Income: \$10,778

Expenses:
\$12,078

Tithes:

Unity Worldwide:
\$539

E. Region:
\$269.50

SEE: \$107.80

Discretionary:
\$161.70



Photos: Matt Denton

Spirit of Peace Concert!

Greetings from the Music Ministry, and Happy New Year!!! With great joy, I am writing to let you know of the upcoming Spirit of Peace concert on Sunday, February 22nd, at 12:30 p.m. Please join us as we raise a joyful noise and raise funds for our beloved church. Spirit of Peace will be joined by several guest soloists, and together, we will make this an unforgettable afternoon of music!



Spirit of Peace Concert

Date: Sunday, February 22, 2015

Time: 12:30pm

Suggested Love Offering: \$20

Give more, give less—no one will be turned away...Hope to see you there!

With Love,
Laura DuBois

Reverend Joanne's Corner



“For this moment to be new, we must fully live in this moment. To fully live in this moment, this moment must be all there is. It cannot be determined by what came before. This means what we can experience Now is not bound in any way by what we have experienced before.”

Dear Friends,

As I write this we are about to begin a New Year, entering “January”. The word came from an old Greek God by the name of Janus. Janus has two faces on the same head; one looks at the past and one looks at the future. Many times we have that Janus nature inside of us. We have difficulty moving ahead because we are stuck in the past. To truly experience the blessings of Spirit, we must realize that we are not locked into the limitations of yesterday. While the Past is nothing to hide or run from, it is still the Past. However, the moment we live in is the PRESENT. Will we let this day be sufficient “unto itself”? If so, then there is a need to let go of our Past, otherwise we simply continue to repeat it in the Present.

For this moment to be new, we must fully live in this moment. To fully live in this moment, this moment must be all there is. It cannot be determined by what came before. This means what we can experience Now is not bound in any way by what we have experienced before.

Joy is living in this very moment and that is my wish for each one of you here at Unity by the Shore.

A Very Blessed “Now”!

Rev. Joanne

A Message From Gayle Hammond

Dear Unity family, life is all about change whether we like it or not and a change for me is that I am choosing to hand the reigns of the Chaplain program over to the wonderful Angela Denton.

I have held the position for 9 years and feel the time is right. Angela will train our new chaplains and bring the program into 2015. I have loved working with all the people in our program and feel a very special bond with all whether I did their training or not.

I will continue on as chaplain, lead the healing circle, and continue as a platform assistant, I am not going away, just making a change. So to Pat Dunkin and Angela, Nancy Baird, Margaret Schoendienst, Deborah Bartok and Donna Maloney, I say: it has been a pleasure and an honor.

Yours in prayer, I am

Gayle Hammond



“Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child -- our own two eyes. All is a miracle.” -Thich Nhat Hanh

A Message from the Board President, Angela Denton



“What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from.” As 2015 begins, I reflect on the insight of T.S. Elliot. It is a desire of countless individuals to release self-defeating behaviors and/or painful experiences from the current ending year and to create a resolution or two for the upcoming year. According to a study conducted by the University of Scranton, about 45% of Americans participate in the ritual of making New Year resolutions. Out of the 45% who set resolutions only 8% of these individuals are successful in fulfilling them (*Journal of Clinical Psychology*, 2014).

So, why do so few people realize their resolutions? For many it is because their pledges frequently are too vague, not realistic to an individual’s readiness or ability level, and/or are not measurable. When I attended trainings with Maria Nemeth, the founder of the Academy of Coaching Excellence, I learned that one must set goals that are specific, measurable, attainable, realistic, and are time based (SMART) in order to successfully reach a goal. At the end of 2014, the Board of Trustees reflected on its performance in relation to roles and responsibilities of its members. We have gained insight into individual and collective strengths and weaknesses. In 2015, the Board will set several SMART goals which will be determined at an enrichment session that will be conducted during the winter months. Once they are determined they will be shared with the membership.

In January 2015, the Board will be saying goodbye to several of its current members and will welcome in new members that will be elected to serve at the Annual Meeting on January 25, 2015. Orsini Sanchez, Rachael Fredericks, and Patricia Loughney will be leaving the board in January. In his 3 years of service, Orsini has served as both an alternate and as a member of the board. For the last two years, Rachael has served as secretary of the board, and Patricia has served as alternate for one year. I thank you all for your dedication and commitment to UBTS. I invite members and friends of UBTS to personally thank them for their service.

In February of 2015 the Board of Trustees will be creating a schedule of fundraising events to support the spiritual and physical expansion of UBTS. If you are interested in supporting a fundraising event please see Angela Denton, Gwen Lewis, or Angie Stewart.

Lastly, the Annual Membership Meeting will be held on January 25, 2015, following the Sunday service. The purpose of the annual meeting is to:

- Approve Secretary Minutes from the 2014 Annual Membership Meeting.
- Discuss and approve the 2015 budget that has been prepared by The Finance Committee under the direction of Denise Gregory, our business manager.
- Vote on 4 nominees of the Board of Trustees (3 member positions & 1 alternate position) put forth by the Nominating Committee.
- Share ministry team happenings.
- Report on the current events/affairs of UBTS.

“And now we welcome the New Year, full of things that have never been”
— Rainer Maria Rilke

Children's Christmas Service (Photos: Matt Denton)



January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Year's Day	2	3
4 10:30am Sunday Service 12:15pm Meditation Circle 12:30pm New Member Class	5	6	7 12pm Silent Unity 1pm Mindfulness	8 11am Course in Miracles 1pm The Quest	9	10
11 10:30am Sunday Service 12:15pm New Member Class 12:30pm Healing Circle	12 7:30pm Spirit of Peace Rehearsal	13	14 12pm Silent Unity 1pm Mindfulness	15 11am Course in Miracles 1pm The Quest	16	17
18 10:30am Sunday Service Share Sunday	19 7:30pm Spirit of Peace Rehearsal	20	21 12pm Silent Unity 1pm Mindfulness 6pm Board Meeting	22 11am Course in Miracles 1pm The Quest	23 7:30pm Spirit of Peace Rehearsal	24
25 10:30am Sunday Service 12:30pm Annual Membership Meeting	26	27	28 12pm Silent Unity 1pm Mindfulness	29 11am Course in Miracles 1pm The Quest	30	31

February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:30am Sunday Service 12:15pm Meditation Circle	2 7:30pm Spirit of Peace Rehearsal	3	4 12pm Silent Unity 1pm Mindfulness	5 11am Course in Miracles 1pm The Quest	6	7
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22 10:30am Sunday Service 12:30pm Spirit of Peace Concert	23	24	25 12pm Silent Unity 1pm Mindfulness	26 11am Course in Miracles 1pm The Quest	27	28

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 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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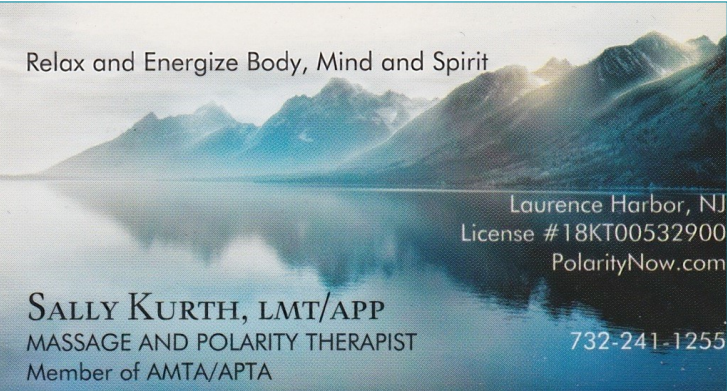


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Unity by the Shore Presents:

“When it is Time to Go Home”

*a workshop presented by Gayle Hammond, author of the
blog “Living With Angels”*

April 19, 2015 12:15pm

The process of dying is something we all will face, but many fear it. My studies have taken me to an understanding I wish to share of what happens when we die. So on April 19th following the service I will present a workshop entitled. “When it is time to go Home”. Mark your calendars and join me for a discussion on the dying process and the afterlife. Whether you are a caregiver or have questions please join me in this vital conversation.

Contact Us:

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at 10:30 a.m.

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