

FLYING HIGH NEWSLETTER

Volume 2 Issue 5

November / December 2015



Celebrate THE Holidays

2015 HOLIDAY BAZAAR

SUNDAY, DECEMBER 13 and SUNDAY, DECEMBER 20

from 9:30-10:30 & NOON-1:30

WEDNESDAY, DECEMBER 16, 1:00-3:00PM

We will be featuring only fair trade merchandise, produced by artisans who enjoy decent working conditions and are paid what is a living wage within their country's economy. Our selections are created in countries around the globe, in Asia, Africa, Mexico, Central and South America. The fair trade system provides economic independence for the workers, enabling them to send their children to school, and to have a choice about whether or not to remain in their home villages or move to big city slums in search of jobs.

ANNUAL 50/50 RAFFLE

FIRST PRIZE – 25% of net sales * SECOND PRIZE – 15% of net sales

THIRD PRIZE – 10% of net sales

TICKETS: 1 FOR \$10 OR A BOOK OF 10 FOR \$100

Drawing Sunday, November 22 after service. All proceeds to support building operations. Tickets will be sold after service all Sundays until 10:30am on November 22, 2015. Winner need not be present.

A Message From Our Spiritual Leader

By Angela Denton

Luke 10:38-42 (NRSV) "Jesus Visits Martha and Mary"

³⁸Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. ³⁹She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. ⁴⁰But Martha was distracted by her many tasks; so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me." ⁴¹But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; ⁴²there is need of only one thing. Mary has chosen the good part, which will not be taken away from her.



As we enter into the holiday season, how many of us can relate to Martha? In our efforts to make our Thanksgiving and Christmas gatherings bountiful, festive, and joyous, many of us can easily get caught up in the hustle and bustle of preparation. The activities of cleaning, shopping, cooking, decorating, and gift wrapping can easily exhaust and overwhelm us, as well as influence us to slip into the role of victim or martyr. Have you ever gotten upset about a family member not doing "their share" of the work? An overemphasis on external tasks can cast a shadow over our ability to experience the consciousness of gratitude and Love,

Let us take a closer look at Luke 10:38-42 to discern the message Jesus, the Master Teacher, was trying to convey. Metaphysically Martha and Mary, two sisters who loved Jesus, represent the outer and inner activities of love and service. Martha depicts the external activity of love, which is portrayed in her desire to serve through her actions taken. Mary, on the other hand, symbolizes our internal love activity. Mary consciousness is the loving receptivity within us which listens to the inner promptings of Spirit. Both aspects



of consciousness are important to our spiritual growth. We must take time every day to nurture ourselves and to cultivate a relationship in God. Equally important is our desire to be of service to others by being an expression of love in action. Cultivating this balance is something we are faced with each day throughout the year, however, that balance frequently can elude us as we get caught up in the material

consciousness of "doing the holidays" that we have been domesticated into.

This holiday season, take time daily to engage in the inner activities of Spirit before you go about your day, which is the metaphysical meaning of Mary choosing the good part in Luke 10:42. Take time to pray, meditate, chant, enjoy the splendor of nature, journal, read a spiritually-inspiring passage or whatever empowers you to remain centered in the consciousness of Divine Love. From this centered place you will be able to give of yourself with a joyful heart.

Love and light,

Angela Denton MA; P.D. MFT; LUT
SPIRITUAL LEADER

Our President's Message

By Angie Stewart

We are in the middle of my favorite season - the season of gratitude.

I love this time of year; the time when nature has retreated back from her joyous, exuberant summer and settled in for "a long winter's nap". A time when I feel life's rhythm become slow and steady like a strong quiet heartbeat. This is the season for hearty soups, warm teas, and cozy blankets.

This is the time of year I begin my hibernation, my settling in, my reflecting. I feel such gratitude during this time. Gratitude for the steadiness and continuity of the season's changing; gratitude for my home and my family; gratitude for Spirit within me that is just bursting to reveal itself in something as simple as the breathtaking beauty of a leafless tree shadowed in the evening gloaming or a single snowflake effortlessly floating on a crisp cold morning,

I am filled with joy and gratitude for this spiritual community as well; for the work that Spirit has called me to do; for the growth and stretching; for the love and warmth given and received here, There was a time long ago in my life when I could not feel joy. I did not know what it looked like or where it came from, but I do know now. For me joy comes from being in the moment, being in the now, and remembering that this is my grace from God. I recognize joy in the enlightenment that all I need is already within me and Spirit wants me to find it. I am filled peace, serenity, and gratitude with that truth. Thank you, God.

I and the other members of the Board are



also filled with "enthusiasm and zeal" for the plans for the year to come. Wonderful ideas are coming together and we cannot wait to share them with you. However, in the meantime, we would love to share some sweets with our sweets! Please join us for the Board's Gratitude Dessert after service on Sunday, November 22nd. Don't forget, the Raffle is in full swing and you can see any Board member on how to

get your lucky number. The drawing will be held during the Gratitude Dessert. The Holiday Bazaar is beginning and Blanche has many delightful products to purchase for yourself or a loved one. Enough to get your holiday shopping in full swing! Gentle reminder: if you wish to remain or become a member, please have your member registration cards into Debbie O'Brien no later than December 31, 2015. Finally, the Nominating Committee Chair, George Slootsky, is in the process of assembling the 2016 nominating team and will be sending out a notice soon for anyone interested in interviewing for a board position.

So as we bring 2015 to a close, the Board and I wish to thank you all, and say that we are grateful for each and everyone one of you in our Spiritual family. We are growing and healing together, and we know and affirm that we are better for the journey.

Peace and blessings,

Angie Stewart

PRESIDENT - BOARD OF TRUSTEES

"The Light of God surrounds us... WE ARE THE LIGHT OF GOD!"



Health & Wellness Workshop

Simple Ways To Avoid Weight Gain This Holiday Season

Thursday, November 19th 6:30PM * Call **732.610.6486** for more information

At this seminar you will learn:

- When it's worth the splurge
- How to avoid sugar cravings
- Delicious HEALTHY holiday party recipes
- On-the-go mini-workout designed for travel, home or at the office
- Suggestions for inexpensive, space-saving equipment you can pack in your suitcase for travel
- Using positive thoughts to motivate and inspire your workouts

Presented by You First Personal Training Owner, Vicky Farrell, Certified Personal Trainer, Certified Fitness Nutrition Specialist, TRX Certified, Life Coach

\$15 Love Offering

(All Proceeds will be donated to UBTS)

Let's help feed the hungry... For every HEALTHY nonperishable food item you bring save \$1.00 off your love offering. All food donations will be donated to the local food bank.



Our Children's Ministry

By Sally Kurth

Welcome to Fall and soon to be Winter. With Thanksgiving around the corner we would like to take a moment to thank everyone from Unity by the Shore for all of your love and support that you give to our Youth Program. Thank you for your kind words and encouraging smiles, claps, laughter, tears and always sharing so much enthusiasm for every word, picture and song that our Youth reveals to you every Sunday. You mirror the love we send out to you, back to us. It is so amazing to be a part of such a beautiful congregation of love and support that we say, Thank you, Thank you, Thank you, each and everyone of you! Your love and encouragement to our Youth gives them wings to fly and you make this world a better place,

Mark your calendars for our Youth Christmas service, which will be on Sunday December 20th. Rehearsals will be on Sundays 11/29, 12/6

immediately after the Prayer Chaplains are done praying in the sanctuary and on Friday 12/18 from 6:45 to 8:00. I have some connections with Santa and he will be stopping in that day to join in the celebration, so you won't want to miss it. Thank you Ken Fredericks for helping get Santa here last year :-)

I am happy to share that Dina and Anani Ridout attended the Y.O.U. 2015 Fall Rally on Oct 16-18 in Maryland, and they were so uplifted and inspired by their Spiritual weekend. We are looking forward to upcoming retreats and we will be doing bake sales, and other creative ideas to raise money for future retreats. With that being said, thank you again to the board, parents, and sponsors for giving our Youth these wonderful opportunities to connect and branch out with other like-minded Unity Youth from different areas. If you have any questions or ideas about retreats/rallies please see Dina or me for more information.

Holiday Schedule of Events

Thanksgiving Gratitude Service

November 22, 2015 at 10:30 AM

Young Voices of Unity Special Music

November 29, 2015 at 10:30 AM

Holiday Decorating of UBTS

December 2, 2015 at 5:30 PM

Children's Christmas Service

December 20, 2015 at 10:30 AM

Christmas Eve Service

December 24, 2015 at 7:00 PM

Burning Bowl Service

December 31, 2015 at 7:00 PM

White Stone Service

January 3, 2015 at 10:30 AM



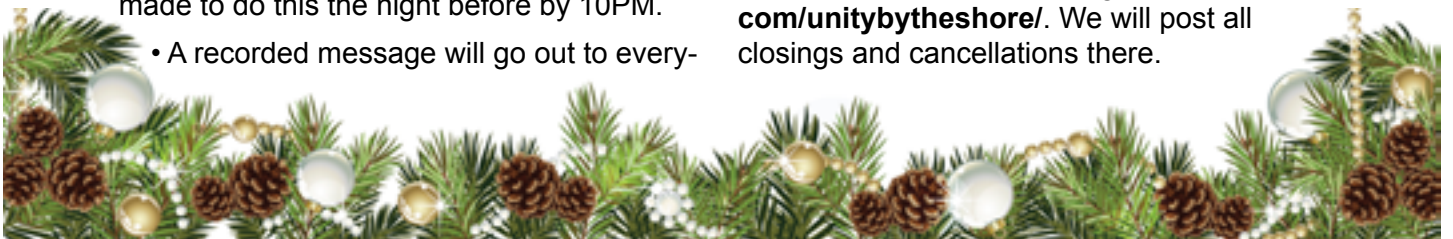
Winter Reminder: UBTS Inclement Weather Announcements

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 our website: unitybytheshore.org where we will post all closings and cancellations.
- Check our Facebook page: [facebook.com/unitybytheshore/](https://www.facebook.com/unitybytheshore/). We will post all closings and cancellations there.



Our Environment: Mindful House Clean

by Ingrid Justick

While 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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AUGUST

Income\$14,919
Expenses.....\$12,433

TITHES:
Unity Worldwide.....\$ 1,317

SEPTEMBER

Income\$ 9,710
Expenses.....\$14,146

TITHES:
Unity Worldwide.....\$ 971

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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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

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Web Site: unitybytheshore.org

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

BOARD OF TRUSTEES

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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*.