

FALL FESTIVAL PASTA FEAST

NOVEMBER 10th
Unity Spiritual Center

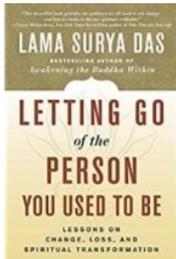
10101 W Coggins Dr., Sun City, Arizona

5:30 PM

FOOD, GAMES, MUSIC...

New October Class

Rev. Sharon is starting a new book study on Wednesday, October 10. The class will be at 11:00 am and she will repeat the class at 6:00 pm, if there is enough interest in having an evening class.



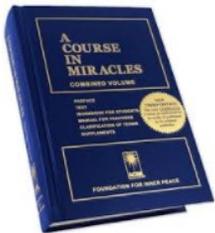
The book by Lama Surya Das, *Letting Go of the Person You Used to Be*, shares an enlightened approach to change and loss, dealing with difficult emotions such as fear, grief, and anger, and the role of crisis in uncovering our authentic selves. For many people, recent years have been characterized by profound change, whether it relates to financial upheaval, political shifts, or even massive losses of life to disease and violence.

On the personal level, each person must confront the curves life throws his or her way. Buddhism has a great deal to say about change and impermanence and how to meaningfully deal with it. Change --whether on a large or small scale--provides our most important opportunity for learning about ourselves and the nature of reality. From this essential insight, Lama Surya Das has created a fulfilling and important path to understanding and healing ourselves and finding peace.

Full of personal stories, anecdotes, practical exercises, guided meditations and reflections, and pithy original aphorisms, *Letting Go of the Person You Used To Be* addresses life's most universal difficulties in a way that is accessible to all. Learning to consciously accept and embrace change leads to a better understanding of ourselves, and our own innate divine light.

Ongoing October Classes

A Course in Miracles Tuesdays at 10:30am



The Course in Miracles group meets every Tuesday at 10:30 am. Beginning on October 2, they will be starting from the beginning of the ACIM book. Some consider the Course the most important spiritual document for our lifetime. After completing each chapter, the study group will listen to recordings from the world's foremost teacher of the Course, Ken Wapnick, Ph. D. Please call Renee 623-332-4981 if you are interested or if you have any questions.



Want to know more about Spirituality?

Our ministers publish their lesson material each week. It is available in the bookstore after the service. Rev. Jim's 2016 lessons are available in the book, *What You Seek is Seeking You*, available in our bookstore, other bookstores and online through resellers such as Amazon.

Want to know more? Want to ask questions? Want to challenge an idea or bring it deeper? Rev. Jim is available for that discussion each Sunday at 9am. Come, join us for an invigorating, in-depth discussion!



We're on the Web at
www.unitysc.org

Ministers

Rev. Sharon L. Bush
Rev. James Yeaw, D. Div.

Licensed Unity Teacher

Karen Diehl

Center Administrator

Cathy Collins

Director of Music

Mollie Kidari
Melvin Johnson, Choir Director

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623-974-6443
Office Hours:
Tuesday through Thursday
8:30am to 5pm
Sunday 9am to 1pm

With a Thankful Heart

With a thankful heart, we welcome the good that God has prepared for us.

Jesus illustrated the nature of an abundant, powerful consciousness by His own example and through His stories. One such story was about a tree and its fruit. Jesus explained that in the same way a good tree bears good fruit, a good person, from the treasure of the heart, produces good. This understanding is a realization of spiritual abundance that brings true prosperity.

In November Unity Spiritual Center is hosting two fund-raising events in an effort to balance this year's budget: The CommUnity Sale and the Fall Festival Pasta Dinner. We are inviting you to give the gift of your time by volunteering to serve at these two events. These events are an opportunity to tithe to your spiritual community. Each of us has the ability to support our Center with our Talent, Time and Treasure.

We know that spiritual prosperity is already ours and we are grateful for it. We affirm that spiritual substance is bearing fruit in ways that we recognize and in ways that we may not yet be able to see.

Grounded in the consciousness of abundance, we welcome the good that God has prepared for us. In alignment with the abundance of the universe, we are thankful for this spiritual family.

"The good person out of the good treasure of the heart produces good."—Luke 6:45

Financial Statement

Eight Months ending August 31, 2018

Income	
Sunday Contributions	\$ 67,281.00
Less 10% tithe	\$ (6,728.10)
Other Income	\$ 21,474.35
Net Income	\$ 82,027.25
Less Expenses	\$ (148,432.12)
Net Operating Loss	\$ (66,404.87)
Interest Income	\$ 72,554.43
Less 10% Tithe	\$ 7,255.46
Operating Income	\$ (1,105.90)
Designated Income	\$ 3,960.00
Less Designated Expense	\$ (21.55)
Net Income	\$ 2,832.55
Bequest Day Trust	\$ 481.46
Net Income	\$ 3,314.01

Meditation Class & Labyrinth Walk Under the Full Moon

Meditation is a technique that can be used to experience peace, tranquility, and inner beauty, which leads us to rethink everything around us, even ourselves. Meditation prompts us to trust in the ability we have to use and direct our energies to purify our bodies and minds...so that we can discover and develop our spirituality at a deeper level.

On Wednesday, October 24 at 11am and again at 6pm, Rev. Sharon is going to facilitate a class on meditation. This is an excellent class for those who feel they want to learn how to obtain a relaxed state of mind and, thus, achieve a deep meditation.

After the 6 p.m. class is over, we will be having a labyrinth walk by the light of the full moon. Those of us who meditate have found that walking the labyrinth by the light of the full moon is a very moving spiritual experience.

This year join us under the stars and discover for yourself the joy and awe that we have experienced.



Fall Festival Pasta Feast

On November 10 we will be hosting a Fall Festival Pasta Feast. Unity's own Mama Mia will be in the kitchen with her family's famous recipe for baked pasta.

Along with the delicious home-style Italian dinner there will

be music and games. Remember going to the County Fair and tossing the bean bags and darts, well we are going to play games together as we hoot and laugh and win prizes.

We are inviting business owners to become a supporting sponsor.

This evening of fun and fellowship starts at 5:30 pm. Tickets are on sale in the bookstore for \$12.00. Buy an extra ticket and invite your neighbor.

October 2018 Calendar

Sun	Mon	Tue	Wed
<p>Our Garden is Growing! Watch for the sprouting of the first crops in our Garden of Kindness! We need shovels, two wheelbarrows and small hand tools. Please bring them to Unity Spiritual Center if you have what is needed,</p>	<p>1</p> <p style="text-align: right; font-size: small;">Southwest Regional Unity Conference @</p>	<p>2 10am Prayer 10am Tai Chi 10:30am A Course in Miracles 10:30am AA 6pm Choir</p>	<p>3 10am—Film: Heal 1pm—Al-Anon 6:15pm OA</p> <p style="text-align: right; font-size: small;">La Quinta California.....</p>
<p>7 9am—Discussion Group 10:30am—No Way as a Way—Rev. Jim Yeaw 11:45am—Fellowship Potluck (A-D Serve)</p>	<p>8</p>	<p>9 10am Prayer 10am Tai Chi 10:30am A Course in Miracles 10:30am AA 6pm Choir</p>	<p>10 11am—Letting Go—Rev. Sharon 1pm—Al-Anon 6pm—Letting Go—Rev. Sharon</p>
<p>14 9am—Discussion Group 10:30am—What Seeds Are You Sowing?—Rev. Sharon 11:45am—Fellowship Potluck (E-K Serve)</p>	<p>15</p>	<p>16 10am Prayer 10am Tai Chi 10:30am A Course in Miracles 10:30am AA 6pm Choir</p>	<p>17 11am—Letting Go—Rev. Sharon 1pm—Al-Anon 6pm—Letting Go—Rev. Sharon</p>
<p>21 9am—Discussion Group 10:30am—Dreaming World—Rev. Jim 11:45am—Fellowship Potluck—(L-O Serve) 12Noon—Single's Planning Meeting</p>	<p>22</p>	<p>23 10am Prayer 10am Tai Chi 10:30am A Course in Miracles 10:30am AA 6pm Choir</p>	<p>24 11am—Meditation Class Rev Sharon 1pm—Al-Anon 6pm—Meditation Class Rev Sharon 7pm Full Moon Labyrinth Walk Rev Sharon</p>
<p>28 9am—Discussion Group 10:30am—Trick or Treat—Rev. Sharon 11:45am—Fellowship Potluck—(P-Z Serve) 12:30pm—USC Board Meeting</p> <p style="color: red; font-weight: bold;">Bring Your Donations for CommUnity Rummage Sale</p>	<p>29</p>	<p>30 10am Prayer 10am Tai Chi 10:30am A Course in Miracles 10:30am AA 6pm Choir</p>	<p>31 11am—Letting Go—Rev. Sharon 1pm—Al-Anon 6pm—Letting Go—Rev. Sharon</p>

CommUnity Rummage Sale

November 2nd and 3rd



Unity Spiritual Center's annual CommUnity Rummage Sale is a marvelous example of giving and receiving.

First, we donate items we no longer use, and they become a second

blessing for those who purchase them. In return our Unity Spiritual Center family receives assistance in making this year's budget.

Your donation items can be brought to the church starting on Sunday, October 28th. We appreciate receiving clothing for men, women and children, household goods, seasonal decorations, antiques, toys, shoes, and tools. This is a good time to make space in your garages, cupboards, and closets by releasing the items that you have not used in a long time.

We will be sorting and setting-up sale items on Thursday, November 1 starting at 10 am. We really need your help on this day. It is a big job and the more helping hands we have the easier it is.

We will open at 8:00 am on Friday, November 2nd and again Saturday November 3rd. Many in our spiritual family have created special friendships while serving at this sale, and it gives you the opportunity to learn the names and hear about the lives of those who attend church with you. Sign up sheets are on the bulletin-board in the administration building.

	Thu	Fri	Sat
	4 9am Chair Yoga 10:30am AA 1pm History Christianity—Rev Jim @ RISE 2pm Blossoming Depression Support Group 7pm OA	5	6 11:30am Women of Spirit
	11 9am Chair Yoga 10:30am AA 1pm History Christianity—Rev Jim @ RISE 2pm Blossoming Depression Support Group 7pm OA	12	13 8am Garden Trim
	18 9am Chair Yoga 10:30am AA 1pm History Christianity—Rev Jim @ RISE 2pm Blossoming Depression Support Group 7pm OA	19	20 Noon—Chaplain Lunch
	25 9am Chair Yoga 10:30am AA 1pm History Christianity—Rev Jim @ RISE 2pm Blossoming Depression Support Group 7pm OA	26	27

Office Closed

Prayer Chaplains' Luncheon & Meeting October 20 at 12:00pm



Prayer Chaplains, we wish to celebrate each of you and the gifts that you bring to our ministry. In honor of each of you, Unity Spiritual Center's prayer chaplains, Rev. Jim and Rev. Sharon invite you to lunch on October 20, 2018 at 12:00 pm in the Activity Center.

After lunch, we will have a healing circle to display Healing Touch, which is used in many churches. Healing Touch along with prayer assists people in releasing negative, stressful energy.

October Birthdays

1—Jon Ashworth,
 Jdee Birkland,
 Paula Mumm
 3—Stephen Barr
 6—Carol Jenkins
 7—LaNita Ferraro
 8—Will Hinkle
 10—Carol Gates,
 Yvonne Evans

13—Ejay Harris
 14—Rev. Jim
 17—Barbara Little,
 Anita Paulsen,
 Linda Walker
 18—Christine Martin
 19—Richard Campeau
 25—Cecilia Simonelli

Winds of Discontent



The winds of discontent often blow through our minds. Drafts of fear, gales of disillusion, and cyclones of self-doubt can whisk around and through us. There's an old saying, "The north wind made the Vikings." The process of meeting the severe weather pushed those ancient

seamen into greater accomplishments.

Here in Arizona, we all are familiar with the wind. The monsoons come out of nowhere and they blow across our land much as the thoughts of discontent seem to come upon us without invitation.

Our spiritual journey, which leads us to a higher and more fulfilled life, often begins with the winds of discontent. Discontent can show up as boredom or restlessness. Children often display discontent or boredom. This is the time when their imaginations meander around and soon the child is creating a picture, a game, or a make-believe situation that they act out. Children grow and learn through imagination. So do adults.

When we feel that nothing we know can help us, we are preparing to make a new discovery. We are preparing an inner emptiness which can be filled with something that will bring us a freedom beyond our present self and conditions. Our very awareness of the winds of discontent force us to look more deeply to the genuine source of strength within. Every difficulty is an answer trying to be born.

I find that feeling bored or discontent can creep up on me, like a sneaky breeze on a quiet afternoon. When I pay attention to what I am feeling I can view it as positive or negative. If I see it as if something is wrong with me and start thinking thoughts like, "Stop it, life is so good to you why are you feeling so restless and discontented?" Then I tend to lose energy and become lazy. However, when I see discontent as a restlessness within me that is pushing and pulling me to create something new in my life, then I become energized.

The winds of adversity can be the signs of greatness, the signs that something wonderful is trying to blow its way into our lives. The answer seeks to be full-grown, and it only seems unpleasant

when we look at its incompleteness. We have the answer, or there wouldn't be the problem. When we have a challenge, we should consider looking for the good, the value, the lesson in every situation, as the means to expand ourselves.

As Epictetus, a philosopher in the first century said, "You carry a God about within you, poor wretch, and know nothing of it." Just like Epictetus, who was born into slavery, yet became one of our most profound teachers, we came into this world with an inexhaustible supply of talent. Our abilities are as limitless as God's are, because we are a distinct portion of the essence of God, and there's an infallible way to begin entertaining those abilities and creating just as God does.

When you become aware of the things that excite you, then you will find clues that will guide you to action. Anything that truly intrigues us is evidence of a Divine talent that's signaling our awareness to be creative.

Having an interest in something is the clue to a thought that's connected to our calling; that thought is a vibration of energy in this vast Universe. If something really appeals to us and we feel excited, but then we perceive ourselves as devoid of the talent we think is necessary, we need to think again, it's probably an even higher vibration ready for us to flow with it.

Anything that's causing excitement within us is evidence of a Spirit message that's saying, "You can do this—yes, you can!" If we react to this message with anything other than "You're correct—I can do this! I have the ability to do it," then we've selected the vibration of resistance and ignored the vibration of excitement and interest that spoke to us.

Our thoughts about who we are, what excites us, and what we feel called to be and do are all Divinely inspired and come with whatever guidance and assistance we'll need to actualize these goals. Do we trust this guidance? The decision is ours: Are we willing to listen to these Divine thoughts that pique our interest, or do we go on listening to the false self—that's made us what Epictetus called a "poor wretch"?

Unity teacher H. Emily Cady says, "The very circumstances in your life that seem heartbreaking will turn to joy before your very eyes if you will

Compassion



Last month was important for Unity Spiritual Center. We dedicated ordinary dirt in a weedy lot to become an abundant garden. We did this to show the compassion that the USC community has for the people of Sun City and beyond who obtain their essential food from food banks, like that one in El Mirage.

Today I also want to call your attention to how we are following in the footsteps of our wayshower, Jesus, as we dedicated this garden. Despite all the opinions and conclusions, I assert that the essence of Jesus's ministry might be defined in one word: compassion. The three synoptic Gospels tell us that Jesus identified the most important commandment by quoting Deuteronomy about the priorities of loving "God with your whole heart, soul, strength, and mind, and to love your neighbor as you love yourself."

Jesus made it clear throughout his ministry that the standard of behavior he expected of his followers was not only love of neighbor, but love of outcasts and enemies, as well —genuine love, acted upon even at a cost and risk to oneself.

To understand Jesus's commitment to the practice of compassion, it helps to know a little about the world into which he was born. Roman annexation of Palestine in 63 BCE created a mix of religious, political, and economic conflict. With the Roman presence affecting almost every aspect of life, the task of remaining a faithful Jew became increasingly challenging. The response of some Jews in Jesus's time was to commit themselves to the Torah's holiness code and submit to a mandate to be holy, for 'I the Lord your God is holy?' (Lev. 19:2).

Unfortunately, the concept of holiness carried with it the notion of separation. As a result, this particular group of Jews emphasized the portions of the Law that stressed separateness. Jewish life was polarized into clean and unclean, pure and defiling, sacred and profane. People, too, were divided into categories of clean or unclean, righteous or sinner.

Jewish movements like the Essenes, credited with being the creators of the Dead Sea Scrolls, are thought to be an extreme example of this philosophy.

They formed an isolated, monastic-like community in the desert, completely separating themselves from

others. Jesus stepped into this rigid, legalistic environment, flying in the face of the Pharisees' prime directive: separation from anything unclean.

The conflict arose between the Pharisees and Jesus because Jesus' teachings were such that he advocated that we are to treat our fellow human beings with kindness, respect, and mercy—no matter the circumstance. Our actions of love are more important than the expression of our beliefs or keeping of the law.

Pastor Ron Buford, of a UCC church, states that, *"Compassion was at the center of Jesus's ministry and life. So often in the Gospels you get the sense that Jesus looked into people's eyes, into their hearts, and he saw something. He saw who they were. He saw what they needed. And no matter what law he had to break, if he had to break a law in order to make that person whole or to make their lives better, Jesus did it."*

The miracle stories, especially those about healing people, demonstrated the compassion of Jesus. I remember being touched by the story of the leper. Lepers had to live in camps and they had to shout, "Unclean!" when people came near. They must have looked hideous. Jesus was coming along the road and this leper had ventured out and everybody must have been trying to hold him back but he goes, "Jesus, Jesus! If you will, you can make me clean!" Jesus had acquired this reputation. Jesus's response was, "I will," and Jesus touched him. Jesus touched him! When Jesus touched him, he did so at great personal expense because you were made unclean if you touched an unclean person according to the holiness code.

On a certain Sabbath Jesus and his disciples were hungry. Since they happened to be passing through grain fields at the time, they plucked some heads of grain to eat along the way. Evidently, some Pharisees saw this and accused them of breaking the Sabbath. Although work on the Sabbath was strictly prohibited by the holiness code, Jesus deflected their disapproval by reminding them of a familiar story in Jewish history illustrating how even David did what was unlawful when he and his companions were hungry. Then Jesus quoted one of the most outspoken critics of religious

Winds of Discontent Continued from Page 6

steadfastly refuse to see anything but God in them." This is what the Psalmist must have meant when he said: "Open my eyes, that I may behold wondrous things out of thy law."

Welcome the wind! Every adversity can be only goodness seeking greater expression. Every anxious moment is the seed of new Truth. Winds of adversity made the Vikings strong. Are winds pushing you? Welcome the wind!

With love,
Rev. Sharon

Compassion Continued from Page 7

legalism, Hosea, and declared, "If you had known what this means, 'I desire mercy and not sacrifice' you would not have condemned the guiltless".

Jesus continued on his way and came to a synagogue. The Pharisees followed him inside where there was a man with a deformed hand. Once again, Matthew casts the Pharisees as heartless legalists, asking Jesus if it was lawful to heal the man on the Sabbath. Jesus replied, "Suppose one of you has only one sheep and it falls into a pit on the Sabbath; will you not lay hold of it and lift it out? How much more valuable is a human being than a sheep? So it is lawful to do good on the Sabbath?"

Jesus's subsequent healing of the man on the Sabbath was an example of his transcending the holiness code with a higher law, the law of compassion. In effect, Jesus said to the self-righteous religious busybodies, "You can take your holiness codes, your strict observance of the law, your sense of righteousness and you can, well, you know what you can do with them!"

Depression Support Group

On Thursdays at 2pm we host a depression support group led by Jill Neeley. Depression affects people from all walks of life, no matter what their background. It can affect people of all ages as well. Here is a chance to check in with others that need and offer this support.

Women of Spirit Potluck Luncheon
Saturday October 6th at 11:30am

You are invited to Unity Spiritual Center's Women of Spirit luncheon where we celebrate our sisterhood, make new friends, get to know current friends at a deeper level, share laughter, and grow together. You do not need to be a member of Unity Spiritual Center to attend our gathering.

We invite you to consider sharing your spiritual journey at this meeting in a twenty minute talk. Please contact Rev. Sharon if you're interested in speaking. We always find the spiritual walk of others in our group to be enlightening because the talks help us get to know each other at a deeper level

The Vision Statement of Women of Spirit is: "To be a beautiful source of light, love, spirit, service, and support to women and all whose lives we touch."

All the women who attend the church are welcome. Please mark your calendars...because it's not the same without you.

Paul Dodsworth

Paul was born April 14, 1931 in Malaya of missionary parents. He attended school in Seattle and Sumner, eventually moving to the east coast and graduating from Randolph-Macon Academy in Front Royal, Virginia

Four years later, Paul graduated from Western Washington College of Education and began his teaching career. During this time he also served in the Coast Guard aboard the ice breaker, *Northwind*. He obtained his master's degree in school psychology and became the Director of Pupil Personnel Services at the Highline School District. While at Highline, Paul became a founding member of Highline-West Seattle Mental Health Agency, where he worked as a counselor. He founded Auburn Counseling Services from which he retired in 1998.

Paul has been active in community affairs. He was a member of Auburn Methodist Church and Unity Spiritual Center. His passion has always been his family, along with a lifelong abiding love of golf.

He passed away peacefully at his home on Monday September 17. He inspired every single person he came in contact with, with his eternally positive outlook and authentic spirit. Paul will be deeply missed by his family and hundreds of his very best friends. He will be remembered as a loving husband, father, grandfather, uncle, and friend to the many he met along life's way.

