



Volume 13 Number 11
November 2019

Sun

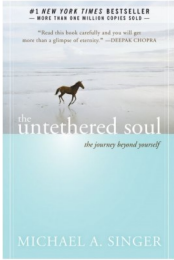
**Fall
Festival
Pasta Feast**

**November 2nd @ 5:30pm
Unity Spiritual Center**

10101 W Coggins Dr, Sun City

Food, Games, Music...

November Classes



The Untethered Soul, Michael Singer

2 Discussion Groups meet on Wednesdays

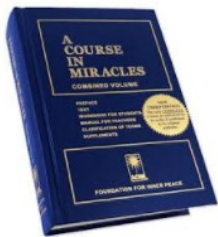
10:30am - 12:00pm & 6:00pm – 7:30pm

“If you decide that you’re going to be happy from now on for the rest of your life, you will not only be happy, you will become enlightened. Unconditional happiness is the highest technique there is. This is truly a spiritual path, and it is as direct and sure a path to Awakening as could possibly exist.” *The Untethered Soul*. Books available in the USC Bookstore, or on Amazon.

Michael Singer’s book enjoyed the top spot on the New York Times Best Seller list for over a year. No wonder—the book delivers a profound message about how to get free of perceived limitations and into life-enhancing energy and thought patterns. The reader meets their “inner roommate” as if for the first time. As you get to know your inner roommate, the veil is drawn back and you see who you really are—an amazing human being with much to offer the world. You will, as Charles Fillmore said, “fairly sizzle with zeal and enthusiasm and spring forward with a mighty faith to do the things that ought to be done by you.”

Join Rev. Sharon on this mind-expanding, heart opening experience. This Discussion Group will meet each Wednesday in the Fillmore Classroom at 10:30am, and again in the Fillmore Classroom or by Zoom at 6:00pm.

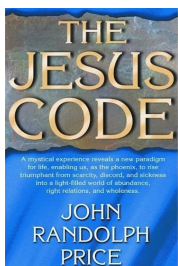
Zoom code will be: 577896 8885. Feel free to bring a friend. Offered for a Love Offering.



A Course in Miracles Tuesdays at 10:30am

The Course in Miracles group meets every Tuesday at 10:30 am. The class began at the start of the book on October 2. Each week they continue from where they left off the week before. Everyone is welcome to attend this class and join in the discussion of the chapter of the week. 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.



Discussion Group: The Jesus Code

Thursdays 10:30am - 11:30am

Before leaving for Colorado, Rev. Jim taught a class on The Jesus Code, a book by John Randolph Price. Because of the popularity of the class, Rev. Jim will be discussing portions of this book on Thursdays.

Continued on Page 6



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

Ministers

Rev. Sharon Connors

Rev. Lei Lanni Burt

Rev. Kim O'Connor

Rev. Billie Martini

Center Administrator

Cathy Collins

Director of Music

Mollie Kidari

Melvin Johnson, Choir Director

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Georgia Feiste

Diane Fielding,

Lavonne Rasmusson, Alternate

10101 West Coggins Drive

Sun City Arizona 85351

623-974-6443

Office Hours:

Tuesday through Thursday

8:30am to 5pm

Sunday 9am to 1pm

Friend us on Facebook at <https://www.facebook.com/UnitySCAZ/>

Thoughts on Prosperity

“The spiritual substance from which comes all visible wealth is never depleted. It is right with you all the time and responds to your faith in it and your demands on it. It is not affected by our mistaken talk of hard times, though we are affected because our thoughts and words govern our demonstration.”

Prosperity, Charles Fillmore

Spiritual substance is malleable to our fondest hopes and highest dreams and to our lack-thoughts as well. Therein lies the spiritual challenge! To keep our thoughts grounded in the Truth that there is no lack of spiritual substance, is rigorous. Why? Because talk of “not enough” is everywhere. Negative talk is grounded in lack of something rather than positive possibility.

Our theme for the year, *The Art of Abundance: A Year for Courage, Creativity, Commitment & Alchemy*, gives clues as to what is essential to experiencing an abundant life and inner environment. The spiritual principle and practice of tithing is the most powerful faith-builder and prosperity consciousness conditioner there is—bar none. It aligns us with the Law of Giving and Receiving and aligns us to experience the Promise: “...prove me now, says the Lord of Hosts, if I will not open the windows of heaven to you and pour forth an overflowing blessing.” Mal. 3: 10

Financial Statement

Nine Months ending September 30, 2019

Income	
Sunday Contributions	\$ 67,607.25
Less 10% tithe	\$ (6,760.73)
Other Income	\$ 19,522.25
Net Income	<u>\$ 80,368.77</u>
Less Expenses	\$ (153,501.90)
Net Operating Loss	\$ (73,133.13)
Interest Income	\$ 86,068.17
Less 10% Tithe	\$ (8,606.83)
Operating Income	<u>\$ 4,328.21</u>
Designated Income	\$ 2,230.00
Less Designated Expense	\$ 0.00
Net Income	<u><u>\$ 6,558.21</u></u>

FFPF News



Fall Festival Pasta Feast

Saturday November 2, 2019
at 5:30pm
at Unity Spiritual Center
10101 W. Coggins Dr., Sun City, AZ

Food, Games, Music ... Fellowship and Fun for Everyone

Thank You, Frank Dias, Teams and Sponsors

We want to acknowledge several individuals. First of all, Frank Dias for his insight and vision of hosting a Fall Festival here at Unity Spiritual Center. He saw it as an opportunity for folks from the greater community to learn about and enjoy the warm, loving energy of our amazing spiritual community. He had the vision and he volunteered to lead us in making this vision manifested.

Frank’s intention to invite people to Unity Spiritual Center is happening and we want to thank him for following his vision. Each of us is invited to join him in his intention to grow our Center. We can do this by inviting friends, family and neighbors to the Festival for an evening of homemade pasta and fellowship.

Then there is a large support team meeting frequently. Individuals are working on food, ticket sales, publicity, games, music, setup, cleanup... The team names and functions are many. Watch this space as we announce the results and list those who made it happen.

Then there are our commercial sponsors. They will be listed in our Sunday bulletins during November, and in this newsletter. Not to be left out, there are also individual sponsors who are contributing to the event. As of October 24, they include Rev. Sharon Connors, Mack & Flo Essary, Diane Fielding, Dr. Greg McWhorter, and Lee Hall & Barbara Purves Woods.

November 2019 Calendar

Sun	Mon	Tue	Wed
<div style="border: 2px solid red; padding: 5px;"> <p>November Birthdays</p> <p>6—Vivienne Jimenez 7—Jeanne Roberts 12—Jerry Burt 15—Kathy Rykiss 18—Sharon Rodriguez 19—Mollie Kidari</p> <p>21—John Oliver 23—Sigrid McGriff 24—Marlene Messer 26—Jo Kennedy 27—Butch Harris</p> </div>			
<p>3 10:30am “The Path of Unconditional Happiness”—Rev. Sharon 11:45am Fellowship Potluck (A-D Serve)</p>	<p>4 Office Closed</p>	<p>5—VOTE 10am Circle of Prayer 10am Tai Chi 10:30am A Course in Miracles 10:30am AA 6pm Choir</p>	<p>6 10:30am The Untethered Soul—Rev Sharon 1pm AI-Anon 6pm The Untethered Soul—Rev Sharon (in classroom & via Zoom)</p>
<p>10 10:30am “The Path of Nonresistance”—Rev. Sharon 11:45am Fellowship Potluck (E-K Serve) 11:45am Jelly Sale to support Domestic Violence/ Homeless project 12:00pm Volunteer Recognition</p>	<p>11 Office Closed</p>	<p>12 10am Circle of Prayer 10am Tai Chi 10:30am A Course in Miracles 10:30am AA 6pm Choir</p>	<p>13 10:30am The Untethered Soul—Rev Sharon 1pm AI-Anon 6pm The Untethered Soul—Rev Sharon (in classroom & via Zoom)</p>
<p>17 10:30am “The Magic of a Forgiving Heart”—Rev. Sharon 11:45am Fellowship Potluck (L-O Serve) 12:30pm USC Board Meeting</p>	<p>18 Office Closed</p>	<p>19 10am Circle of Prayer 10am Tai Chi 10:30am A Course in Miracles 10:30am AA 6pm Choir</p>	<p>20 10:30am The Untethered Soul—Rev Sharon 1pm AI-Anon 6pm The Untethered Soul—Rev Sharon (in classroom & via Zoom)</p>
<p>24 10:30am “The Magic of a Grateful Heart”—Rev. Sharon 11:45am Annual Thanksgiving Dinner</p>	<p>25</p>	<p>26 10am Circle of Prayer 10am Tai Chi 10:30am A Course in Miracles 10:30am AA 6pm Choir 7pm AHNA</p>	<p>27 1pm AI-Anon</p>

	Thu	Fri	Sat
		1	2 5:30pm Fall Pasta Feast
n	7 9am Chair Yoga 10:30am The Jesus Code—Rev Jim via Zoom 10:30am AA 2pm Blossoming Depression Support Group 7pm OA	8	9
n	14 9am Chair Yoga 10:30am The Jesus Code—Rev Jim via Zoom 10:30am AA 2pm Blossoming Depression Support Group 7pm OA	15	16
n	21 9am Chair Yoga 10:30am The Jesus Code—Rev Jim via Zoom 10:30am AA 2pm Blossoming Depression Support Group 7pm OA	22 7:00pm Interfaith Thanksgiving Service at Temple Beth Shalom	23
	28 Thanksgiving 10:30am AA 7pm OA	29	30

Fall Festival Pasta Feast



Want a wonderful way to start off the Holiday Season this year? Plan on joining us on November 2, at our annual 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 homestyle Italian dinner and dessert 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 supporting sponsors.

This evening of fun and fellowship starts at 5:30 pm. Tickets are on sale in the bookstore for \$15.00 presale. Tickets will be \$18.00 on the day of the event. Children under 12 are half-price. Buy an extra ticket and invite your neighbor.

Interfaith Thanksgiving Service

Thanksgiving is such a special holiday tradition... Want to make your Thanksgiving season even more special this year? We are joining with our neighbors from Temple Beth Shalom and First Presbyterian Church of Sun City to celebrate Thanksgiving in an Interfaith Thanksgiving Service. Please plan on joining us on this special evening, November 22nd, at 7:00pm at Temple Beth Shalom, which is just south of our church on 101st Avenue.

The Art of Abundance & The Power of Gratitude



“Gratitude and thanksgiving are both necessary in demonstrating prosperity through divine law. Gratitude is a great mind magnet, and when it is expressed from the spiritual standpoint, it is powerfully increased. The

saying of grace at the table has its origin in this idea of the power of increase through giving thanks.” The Revealing Word, Charles Fillmore

“Rejoice always, pray constantly, give thanks in all circumstances, for this is the will of God in Christ Jesus.” 1Thessalonians 5:16

November is the traditional month of giving thanks—for the harvest of good in our lives. Being grateful is the most powerful kind of alchemy. It transforms the ore of any sense of lack to the gold of joy. It is the great spiritual turn-around artist. The more we are grateful the more the Universe gives us to be grateful for. You can take that to the bank—it’s Biblical. Paul taught the principle to the Thessalonians. Jesus said, “Give and it will be given you, good measure, pressed down shaken together and running over.”

I learned the spiritual principle of making a Gratitude List in Unity and in 12 Step Programs. One of the suggested practices was to do it every day. I tried it and stood amazed. As The Monkees sang, “I’m a Believer.” After my prayer time in the morning, I write a gratitude list in my journal. I’m not kidding—it’s been amazing to start my day that way. I give thanks for the people I love, work here at Unity Spiritual Center, my clients, my home, my health—you get the picture. Why not try it this month if you don’t already make a daily gratitude list. Writing it is more powerful than just thinking it.

November is also considered a time of harvest. As you reflect on 2019, how would you describe your harvest? What have you learned? Changed?

Have you experienced a greater sense of freedom and joy this year than last year? In what areas of your life have you experienced abundant good?

In Unity, we also celebrate the Power of Renunciation in November—letting go of what no longer serves us. It is our no-saying Power. I think of it as a spiritual eraser. Being grateful and counting our blessings empowers us and renunciation frees us.

We continue our theme, The Art of Abundance: A Design for Living, working with the ideas in The Untethered Soul and The Great Work of Your Life. Our classes on Wednesday go deeper into the ideas and the metaphysics of it all.

See you on the path

— Rev. Sharon

The Jesus Code Continued from Page 2

You are invited to join Rev. Jim online with others as they delve into this interesting approach to spirituality.

In a very vivid dream during a January night in 1998, John Randolph Price was emphatically denied access to the secret gate leading to Cosmic Consciousness. Both curious and concerned, he pondered what to do next. Then he was suddenly given the specific instruction: See Jesus for the Code. John began the task immediately upon awakening, first with quiet prayer to become attuned to the "mind which was in Christ Jesus," followed by several days of meditative inner work. There was little progress until he took a break and went for a long walk in the woods. And it was there that he heard the central message of the Code—a challenge for all of us to embrace a new Model of Reality.

The Zoom code is: 6239746443. When you enter the zoom code you will join the discussion. Or if you prefer, you can join us here in the Unity Spiritual Center Fillmore Classroom. Books are available in our bookstore or on Amazon.com.

Cost of class: Free, but an offering is suggested to Unity Spiritual Center.

Tai chi at the Grocery Store

We Americans are busy people. Who has five to eight hours of time for practice to attain a state of mastery? None of my students, not even the ones who are retired, seem to be able to find that much time in our speeded-up reality.

A workable solution is to apply Tai chi structural concepts to life, to everyday situations and movements. Early in my training when I was everyone's little sister, I asked what the advanced students did for training. I was told they went to live with the teacher, cleaned house all day, and paid the teacher for the privilege to boot. The "lesson" was to perfect the ability to maintain Tai chi principles while scrubbing floors and washing windows.

For example, martial art applications can be extrapolated to mopping the floor. If we practice Tai chi every time we mop our floor, we can make that movement become "mind intent." "Mind intent" is a Peter Ralston word; which means we have created a new habit, a healthy habit.

Join us Tuesday mornings in the Spiritual Center Activity Center to practice this new, healthy habit!

Domestic Violence/Homeless Project

Betsy Dreyfus and Norma Dickson have returned to enjoy our fabulous Phoenix-area weather, and were thrilled to find all the items you, the congregation, donated over the summer.

Betsy and Norma head this very important outreach service to support and assist the homeless in our area and victims of domestic violence, and have already begun packaging your donated items to get them ready to distribute where they are urgently needed. They also purchase additional items that are needed, and on Sunday, November 10th, you'll be able to help them with their purchases by buying yourself and your friends delicious homemade jams and jellies. These will be on sale in the activity center during Fellowship on Sunday, November 10 and again in December in time for the holidays. If you can't wait that long, see Betsy and she will be able to help you sooner.

Those who receive these donations that Unity Spiritual Center so generously provides express their deep gratitude, and Betsy and Norma wish to pass that message on to all of you!

Volunteer Appreciation

Sun City is the City of Volunteers. So Unity Spiritual Center must be the Church of Volunteers! And oh boy, do we ever appreciate all of our volunteers!

Please plan to join us on Sunday November 10 for a special Volunteer Appreciation Sunday, so we can celebrate *you* and all you do for your church.

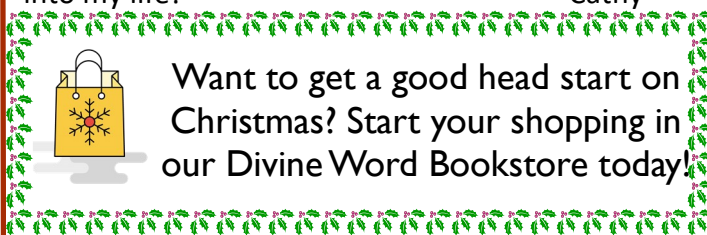
When we look around our beautiful campus and consider all of the outreach, all of the friendships and all of the personal growth that fills this, our spiritual home, consider, too, that none of this would be possible without the help and support of our incredible corps of volunteers. So come, have fun and celebrate our volunteers during service with a special blessing and afterward during Fellowship.

Thank You From Cathy

During this season of Thanksgiving, I'm privileged to be able to use this November newsletter to express my heartfelt thanks to everyone in this spiritual community for making my travels through Cancer so positive! Before finding Unity, I would never have imagined that being diagnosed with breast cancer could be a blessing. But you, dear church-family, have taught me through your actions, prayers and even financial support that love overcomes every negativity!

I have to single out Donna Briggs, Mack Essary and Rev. Lei Lanni Burt — all volunteers — who shouldered the load when I was too ill this summer during the interregnum between ministers. But every little gesture from each individual in this community fills me with gratitude. I know that your prayers carried me through... and carry me still through my journey of healing. I thank God for bringing each one of you into my life!

—Cathy



Want to get a good head start on Christmas? Start your shopping in our Divine Word Bookstore today!

We Thank Our Sponsors For This Year's Fall Festival Pasta Feast

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There's still time for *you* to be a sponsor.
Contact Frank Dias for more information. 623-229-5105