



The Unity East Chimes

July/August 2011



Insights from the Minister...

Creating Sacred Space

Often, we are drawn to a person because they are friendly, happy, or kind. We avoid another because he or she is irritable and short tempered. Just as each person has their own personality, their own energetic imprint, so does every location. Have you ever been to a place that gave you a prickly, uneasy feeling at the back of your spine? Conversely, there are favorite places that we return to over and over again because it simply feels good to be there. We are drawn to that special place because of its positive energy.

Throughout history, people have created sacred space in which they could focus and reach deep inside to find their personal power as well as open the heart center. There are many ways to create a sacred space through various rituals and ceremonies. Most of these involve cleansing the energy of the space we wish to make holy. The ritual used to create a sacred space may be as simple as visualizing white light filling a space, or it may be more complex such as smudging a room with sage or using affirmations of intent, candles and music. In Unity, we have something called a "blessing for the home."

Creating my own personal sacred space was a first priority moving into my new home in Pickerington. My own sacred space is located in the loft. It is a place of profound peace and a feeling of being "separated" from the concerns of daily living. I have my Daily Word and other spiritual material there. Candles, incense and a finger labyrinth complete the setting along with an altar, which contains things that are meaningful to me.

Creating our own sacred space lets us express our very human need for ongoing spiritual nourishment. Whether it's at home, at work or in some "third space" such as a hotel room when traveling, everyone can benefit from creating places where we intentionally choose what surrounds us. Our sacred space might contain a single object such as a statue, sculpture or private altar we deliberately place in a special location — or it may be an entire room or garden or even our entire home arranged with furnishings, objects and decor that have special meaning for us. "It's a place to be reborn and renewed every day — a place to find rest", says Las Vegas interior designer Laura Rogers. For me, a sacred space is about creating a center of peace and joy. It is a place where I can draw inward and get closer to what's in my heart."

There are instructions that detail how to do this on page 5 of this newsletter. I invite everyone reading this to create their own sacred space as a way to honor your indwelling Divinity. Remember that this space is yours. Honor your heart's desires. Trust your intuition to show you where to put it, what to include, how to use it —and see where it takes you. Your soul will love it!

With Love and Blessings
Rev. Rose

MOMENTS OF INSPIRATION

by Michael Jamison

Besides the romantic ambiance it provides, there is something very attractive about candle light. I think it has to do with the solitary nature of the flame. Even on a birthday cake studded with candles, each separate flame is distinguishable, making the many candles less easily extinguishable the older you become! By contrast, a pleasant fireplace fire, cheery though it is, consists of sheets of flame muddled together as a group.

A candle flame is a singularity, flickering away like an independent soul, which is why we can relate to it better than to a burning log. We relate to it so much that we even refer to an unnatural death as getting snuffed. We refer to an overly active person as someone who is burning the candle at both ends. If we feel inadequate in comparison with another, we say that we cannot hold a candle to him or her, whatever that means!

Take more meaning from a solitary candle flame as a representation of yourself by examining one more closely the next time you get a chance. Realize that the candle flame can serve as a model of you and Spirit. The seemingly single flame actually has an outer layer of golden light and an inner core of beautiful blue. That is very much like God and you.

As Jesus declared, the father and soul are one. You cannot extract the blue flame of Spirit from the within of you without the outer wrap of golden light being snuffed. The invincible two of you are united for a purpose. In that unity, any good thing can be accomplished, for it is God's unconditional will to do through you whatever is the highest and the best for you.

For help in removing any flickers of doubt about your oneness with God, you are invited to listen to a different message, recorded fresh daily right through the weekend, call 785-478-1777 or sign up for a daily message at momentofinspiration@yahoo.com

From Carol Crawford's desk...

I am not a stranger to many of you. You have seen me helping with Sunday morning fellowship food set-up, performing platform duties and of course attending Sunday services and special events.

In November, 2010 I took on a new role here at Unity East as financial assistant. My activities include writing checks to pay the church's bills, balancing the bank account, providing financial reports to the Board, assisting Rev. Rose with clerical activities, interacting with our payroll service, handling incoming calls/voicemails and working at the church office on Wednesday and Thursday afternoons.

I could bore you with a more detailed run-down of my activities. However, let's move on to what is really important—each of you! In my current role, I have the opportunity to witness prosperity that has no limits. You bring abundant blessings to our Unity community in the form of:

- Unending enthusiasm in work and play
- Joyful circulation of God's good
- Diverse education and skills
- Unceasing monetary gifts
- Love and compassion for each other, our families, the community and the universe

Indeed, our church is rich because of each one of you. You are a unique expression of God, and you are invaluable. You each have the power to brighten another person's day, to help someone in need, and to bless others through your time, talents and love.

It is an honor to know you and to work with you. As we move through 2011, my wish for both you and me is that we live in gratitude and we share that which is always available and supplied to us by God. And, may we give generously and joyfully!

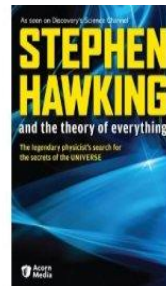
Youth Education Ministry

"Welcome Unity East's New Youth Education Director"
We are pleased to announce that Traci McCue has accepted the position of Youth Education Director effective July 1st. Traci brings a wealth of experience working with the children in Unity East Church. We invite you to hold the vision of our expansion into a vibrant Youth Education Ministry to attract families into our welcoming church family."



Music Ministry

"Welcome Unity East's New Music Director" We are delighted that Sandy Young has accepted the position of Music Director effective May 1st. It is a great opportunity to have someone with Sandy's experience, passion and dedication coming on board to bring our Music Ministry to the next level.



Movie Night "The Theory of Everything"

Bring your favorite comfort food for all to share or just bring yourself. There is always plenty of food.

**Monday, July 11
6:00 p.m.**

Originally broadcast on Discovery Science under the title Master of the Universe, this compelling documentary finds celebrated theoretical physicist Stephen Hawking exploring recent progress towards a unified theory about the nature of the universe in common, everyday vernacular. Clever computer graphics and easily identifiable analogies ensure that everyone will understand Hawking's innovative hypotheses as other high-profile scientists weigh in with their thoughts on black holes, supersymmetry, string theory, and the ever-elusive M force. In addition, Hawking also discusses his lifelong battle with Lou Gehrig's disease and the challenges of being locked in a ravaged body as your brain struggles with some of the most complex questions in the universe.

Stephen William Hawking, CH, CBE, FRS, FRSA (born 8 January 1942) is an English theoretical physicist and cosmologist, whose scientific books and public appearances have made him an academic celebrity. Hawking has a motor neurone disease that is related to amyotrophic lateral sclerosis, a condition that has progressed over the years and has left him almost completely paralysed.

DON'T WAIT TO TELL YOUR STORY

At the Father's Day Breakfast I told an old Irish Fairy Tale-"The Man Who Had No Story." This tale was from a book by Jane Yolen titled *FOLK TALES FROM AROUND THE WORLD*. It reminded me of stories from many countries that were told by my grandfather. And when I tell stories to the people I meet in my volunteer activities at nursing homes, I learn that the residents know many stories I have never heard.

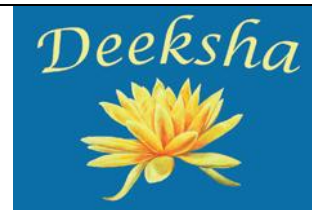
A treasured item on my bookshelf is *REMEMBER THE TIME* by Eileen Silva Kindig. It speaks to me about how our stories impart wisdom to our children. Through our stories we communicate our families' culture, history, morals, humor and a sense of identity. This activity need not be anything more than just sitting around the table and talking about past events. Before long your children will start asking questions about your life, grandparents, aunts and uncles and they will become more and more interested in finding out how the family fits into the history they are studying in school.

My eighth grade English teacher, Mrs. Gabler, got me in touch with the stories my family had been telling for many years. She said that with a name like Crawford in Franklin County in Pennsylvania I would surely qualify as a member of CAR (Children of the American Revolution). I just had to trace my ancestry back to a direct descendent who fought in the American Revolution. Until that moment, I never really had any interest in the family's history or history in general.

Well as you can guess, I was hooked and wanted to find out if I could be a CAR member. I put my mother through the depths of Hades until she could get it verified through Washington D.C. that I was the direct descendent of Lt. Edward Crawford. He was a Scots-Irishman who migrated to America in the 1750s from County Donegal, Ireland and fought in the American Revolution. This discovery led to my ultimate decision to become a history teacher.

So, don't wait! Get busy and tell your story now. Play a game that everyone in the family can enjoy called Remember the Time...Remember When...When I Was In School...My Favorite Memory...At Grandmother's House We.... Do this around the table at meal time, in the car on a long trip, or when relatives are gathered for a reunion or picnic. One memory will generate another and another. Oh yeah, remember to record the stories. Your children will love you for it.

John H. Crawford



Experience the Oneness Blessing™

Sunday, July 31

12:30 – 2:00 p.m.

And join the mass awakening that is happening here and now.

Facilitators: Dave & Guilda Altman

What is the Oneness Blessing™?

The Oneness Blessing is basically a process of transferring divine grace through the Oneness Blessing giver who becomes an open vessel. This brings about a shift in human consciousness. The shift in human consciousness is brought about by affecting a neurobiological change in the brain.

Our Oneness Blessing™ facilitator, David Altman has been on a spiritual path for over 20 years. This path led him to the Oneness Movement on 30 June 2007. Love Offering basis.



SUMMER PICNIC

Sunday, August 7

12 – 4 p.m.

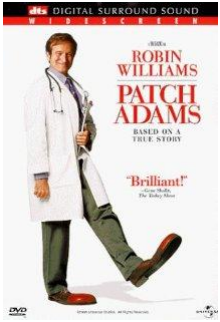
Please join us after the Service for our Annual Picnic to be held at the Sycamore Shelter in Pickerington. Hamburgers, hot dogs, beverages and table service will be provided. You may bring a side dish to share. Unity East musicians will lead a sing-along. There is a playground for the children. We will be at the Shelter until late afternoon enjoying food, fellowship, music, and play. Plan to join us!



Visit our website at

www.unityeastchurch.org

Each week you will find the message and meditation as well as upcoming events, guest speakers and much more!



Movie Night "Patch Adams"

Bring your favorite comfort food for all to share or just bring yourself. There is always plenty.

**Monday, August 1
6:00 p.m.**

Patch Adams is determined to become a medical doctor because he enjoys helping people. Unfortunately, the medical and scientific community does not appreciate his methods of healing the sick, while the actual patients, medical professors, and hospital nurses all appreciate the work he can do, because they are unable to do it.

Patch Adams is the remarkable true story about a man determined to become a medical doctor because he enjoys helping people. The medical community, though, do not like his methods of healing the sick patients, even though everyone else appreciates and enjoys what he does as he is the only one who can do so. Robin Williams stars as Patch 'Hunter' Adams and he does a brilliant job as always. He's an amazing actor and really funny too. Other good performances come from Philip Seymour Hoffman and Monica Potter. Patch Adams is a must-see and I give the movie a 10/10.

Adult Sunday School

It is summer and the Unity East Cafe has returned! Join us in the library at 9 am on Sunday mornings to participate in lively discussions that will certainly generate some food for thought! We will be discussing magazine articles, listening to thought provoking programs, and whatever else is brought to the group! So the only limit to our exploration is your creativity and interest! Since we will not be discussing a book, this offering is designed to allow you to drop in whenever you can and join right in! Facilitated by Elizabeth Betzel and Shirley Williams, LUTs.



Valleri Crabtree

"Building a Magnificent Life using our Co-Creation Toolbox!"

**Saturday, August 6
1 – 4 p.m.**

In this three-hour afternoon workshop, **ten** of the tools found in our "Co-Creation Toolbox" are shared. Starting with the technique which is the centerpiece of the Toolbox, we must first learn to "Ask the Create vs, Co-Creation Question" as the foundation for every other tool which we teach. Then we explore how to

- (1) remove negativity from our lives,
- (2) make all decisions more harmoniously using the "3-D Approach to Divine Decision-Making",
- (3) establish and reach our daily and long-term goals using the "Universe Responding Spiritual Model For Life" and "The Co-Creation Planning Formula."

This workshop doesn't just explain how to use these tools, it allows participants to have "hands on" experience with their use! Participants attending this workshop will leave with a "Co-Creation Toolbox" filled with very practical and useable ideas, approaches, and methods to stay on the track of co-creation in every aspect of their lives. **Love Offering**

Sunday Service Guest Speakers

July 24 Message: "The Mystics and the Shadows"
Guest Speaker: Elizabeth Betzel, LUT
Musicians: Louise Salvador
and Sandy Young

Aug 21 Guest Speaker: Zrelder Smith
Musicians: Linda McClanahan
and Joel Knepp

Aug 28 Guest Speaker: Shirley Williams, LUT
Musicians: Elmer Fischer
and Sandy Young



The Writer's Forum is delighted to announce a special telecom class with freelance writer **Rose Muenker**.

The class will focus on a combination of instruction—a writing exercise to apply some of the techniques Rose will be sharing, a "lecture" about the writing process and writing life, and Q&A using questions submitted beforehand.

Writing has been Rose's primary professional focus during the past 20+ years. She has been honored with awards for her work as a writer, columnist, and author. Numerous magazines and newspapers, including the *Chicago Tribune* and *Hemispheres* magazine, have published her articles, and she has provided writing services to educational institutions, foundations, public relations firms, travel and hospitality companies, and other businesses.

Rose holds an MA degree from Stanford University, Stanford, California and a BA from The American University School of International Service, Washington, DC. She is fluent in Portuguese. Ms. Muenker's professional affiliations include the Colorado Authors' League, Denver Woman's Press Club, International Association of Women Business Coaches, and the Society of American Travel Writers.

Saturday, August 13 – 1:00-3:00 pm.

Please sign-up on the Volunteer Table to assist with our planning.

Important—Please arrive by 12:45; Telecom class will begin promptly at 1:00 p.m.

Unity East Church offers this class, as all our classes, on a love offering basis. (Other settings charge \$75 per person.)



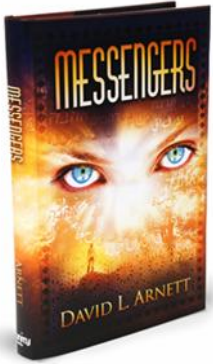
How to Create a Sacred Space

Many spiritual practices around the world include some form of focused prayer or mindfulness. Whether it is meditation, centering prayer or simple awareness, spiritual depth occurs when there is focus and singularity. Our lifestyles today with all the distractions crowd out focus and attention. One way to reclaim that holy core that exists within us is to create a simple space where what is divine may be drawn out.

Create a room or nook where you can reflect, be quiet, go inside, and get centered. When you create a place in your home that encourages quietness, it will call out to your soul "Come, sit and listen." Below are eight ideas for creating a sacred space:

You can begin the process yourself with the following exercise:

1. Choose an area of your home that you find particularly attractive or peaceful. It might be a room, or a corner in a room. It might be a closet or a stairwell. It might be windowless or flooded with light. The size of the space is not important.
2. Begin to clear out that space until it is completely empty.
3. Bring a chair or a sitting pillow into the room and sit for several minutes, feeling the emptiness of the space.
4. Be attentive to the images and impressions that float across your mind. What do you feel is missing in the space? What does the space seem to "want"? If you were going to meet God in this space, what would you want it to look like?
5. Record your thoughts and ideas in a journal.
6. Begin to bring items into the space one at a time. You might bring such things as a candle, a favorite rock, an icon, a cross, a vase of fresh flowers, a beautifully woven blanket, a holy book, a beautiful piece of glass, a table, etc. Avoid bringing in several items at once because it is much too easy to begin to *fill* the space rather than *draw out* from the space.
7. Again, sit in your space being mindful of the change in the space as each item is added. If you feel you have put in too much, take out items one by one just as you put them in. You will know when you have just enough—the space will feel hallowed.
8. When it is 'just right,' take off your shoes, enter the space, and offer it and yourself to the God who is One.
9. You will find that you do not have to force yourself to go into your sacred space. The space and the Spirit in the space will call you from the busyness of your life into that inner stillness where hope and holiness meet.



**NEW from Unity
Books –**

Messengers

A riveting novel about the urgent spiritual and political questions we face in the 21st century, *Messengers* will leave you reconsidering your outlook on life and death—and why we are here.

Do you believe in angels? Have you heard stories of angels saving people from fatal accidents, snowstorms, and terminal illnesses? Have you wrestled with demons? What is your outlook on life and death? Why do you believe we are here?

Do you believe that the central truth of all religions is that there is one God we all serve, and that we are told by God to show love, mercy and compassion to each other? This book poses these questions and more for us to examine in an exciting, modern tale of miracles, in which good triumphs over evil, when we allow it to. (Published in 2011 by Unity Books. HB \$25.00)

Order Messengers by David Arnett at the bookstore.

**\$1.00 off of the New
Unity Book
MESSENGERS
Bring this coupon to
our Bookstore!!**

YOUTH MINISTRY– Sundays 10:30 a.m.

Upcoming Events at Unity East Church

All events held at 170 E. Columbus St., Pickerington, unless otherwise noted.
Call 614-920-4442 or visit our website: www.unityeastchurch.org for information or directions.

The Calendar is now on the website. Check there for frequent updates! www.unityeastchurch.org

July 2011 -- Theme: Embrace Forgiveness

- Jul. 01, Fri. **The Thich Nhat Hanh Community** meets here on Friday evenings from 7:00 p.m. to 9:00 p.m. The Violet Path Mindfulness Community practices mindfulness to cultivate peace and joy, within and without.
- Jul. 02, Sat. Writers Forum No Class in July
- Jul. 03, Sun. **Message:** “Let Freedom Ring” Musicians: Don Ervin and Sandy Young
- Jul. 06, Wed. **Wellness Circle** 7:00 p.m.
- Jul. 08, Fri. **The Thich Nhat Hanh Community** meets here on Friday evenings from 7:00 p.m. to 9:00 p.m.
- Jul. 09, Sat. **Restorative Yoga Class** 10:00 a.m. – noon Led by Connie Bradford, love offering.
White Bison Group 7:00 p.m. At the home of David Cook
- Jul. 10, Sun. **Message:**” Is Life the Pits?” Musicians: Ralph Leeseberg & Sandy Young
Homecoming Meeting after fellowship
Vince Lisi Book Study Class – 3:00 p.m. – 5:00 p.m. on 2nd Sundays of the month. The book is “The New Earth” by Eckhart Tolle. Vince Lisi is a professor of philosophy and religious studies at Youngstown State University and chaplain at St. Elizabeth Hospital Center. Love Offering
- Jul. 11, Mon. **Movie Night** “Stephen Hawking and The Theory of Everything” 6:00 p.m.
See our website for details.
- Jul. 13, Wed. **Silent Unity Prayer Service** 7:00 p.m.
- Jul. 15, Fri. **The Thich Nhat Hanh Community** meets here on Friday evenings from 7:00 p.m. to 9:00 p.m.
- Jul. 17, Sun. **Message:** “You're Not a Gold Coin” Musicians: Lynda McClanahan & Joel Knepp
Choir Practice 12:00 p.m.
- Jul. 20, Wed. **Wellness Circle** 7:00 p.m.
- Jul. 21, Thurs. **Board meeting** 7:00 p.m.
- Jul. 22, Fri. **The Thich Nhat Hanh Community** meets here on Friday evenings from 7:00 p.m. to 9:00 p.m.
- Jul. 23, Sat. **Restorative Yoga Class** 10:00 a.m. – noon Led by Connie Bradford, love offering.
White Bison Group 7:00 p.m. At the home of David Cook
- Jul. 24, Sun. **Message:** “The Mystics and the Shadows” Guest Speaker: Elizabeth Betzel, LUT
Musicians: Louise Salvador & Sandy Young
- Jul. 27, Wed. **Silent Unity Prayer Service** 7:00 p.m.
- Jul. 29, Fri. **The Thich Nhat Hanh Community** meets here on Friday evenings from 7:00 p.m. to 9:00 p.m.
- Jul. 31, Sun. **Message:** “Forgive to Live” Musicians: Unity East Choir. Director: Lynda McClanahan
Oneness Blessing 12:30 – 2:00 with Guilda and Dave Altman

August 2011 -- Theme: Open to God

- Aug. 01, Mon. **Movie Night** “Patch Adams” 6:00 p.m. See our website for details.
- Aug. 03, Wed. **Wellness Circle** 7:00 p.m.
- Aug. 05, Fri. **The Thich Nhat Hanh Community** meets here on Friday evenings from 7:00 p.m. to 9:00 p.m.
- Aug. 06, Sat. Workshop 1:00 – 4:00 Valerie Crabtree “**Building a Magnificent Life using our Co-Creation Toolbox!**”
- Aug. 07, Sun. **Message:** “Climbing the Cosmic Ladder” Musicians: Don Ervin and Sandy Young
SUMMER PICNIC—12-4 p.m. Join us for another great summer picnic at Sycamore Park (Pickering Shelter), Pickerington. Bring a side dish to share; beverages and main dishes provided.
- Aug. 10, Wed. **Silent Unity Prayer Service** 7:00 p.m.
- Aug. 12, Fri. **The Thich Nhat Hanh Community** meets here on Friday evenings from 7:00 p.m. to 9:00 p.m.
- Aug. 13, Sat. **Restorative Yoga Class** 10:00 a.m. – noon Led by Connie Bradford Love offering.
White Bison Group 7:00 p.m. At the home of David Cook
Special Writer’s Forum Meeting– 1:00 p.m. – 3:00 p.m. Telecom Class with Freelance Writer, Rose Muenker.
- Aug. 14, Sun. **Message:** “Earth’s Crammed with Heaven” Musicians: Ralph Leeseberg & Sandy Young
Vince Lisi Book Study Class – 3:00 p.m. – 5:00 p.m. on 2nd Sundays of the month. Love Offering
- Aug. 17, Wed. **Wellness Circle** 7:00 p.m. by David Cook
- Aug. 18, Thurs. **Board meeting** 7:00 p.m.
- Aug. 19, Fri. **The Thich Nhat Hanh Community** meets here on Friday evenings from 7:00 p.m. to 9:00 p.m.
- Aug. 21, Sun. **Message:** Guest Speaker: Zrelder Smith Musicians: Lynda McClanahan & Joel Knepp
- Aug. 24, Wed. **Silent Unity Prayer Service** 7:00 p.m. by Elizabeth Betzel
- Aug. 26, Fri. **The Thich Nhat Hanh Community** meets here on Friday evenings from 7:00 p.m. to 9:00 p.m.
- Aug. 27, Sat. **Restorative Yoga Class** 10:00 a.m. – noon Led by Connie Bradford Love offering.
White Bison Group 7:00 p.m. At the home of David Cook
- Aug. 28, Sun. **Message:** Guest Speaker: Shirley Williams, LUT Musicians: Elmer Fischer & Sandy Young
- Aug. 31, Wed. **Wellness Circle** 7:00 p.m. by David Cook

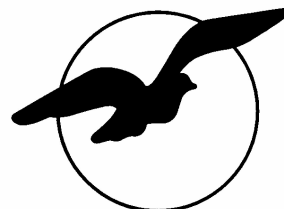


UNITY EAST CHURCH
P.O. Box 157
Pickerington, Ohio 43147-0157
614-920-4442

Non-Profit Org.
U.S. Postage Paid
Pickerington, OH 43147
Permit No. 9

RETURN SERVICE REQUESTED

Please let us know if you'd like to be removed from our mailing list.



Want to go paperless?

The newsletter is on our webpage in a PDF format and/or we can e-mail you the newsletter if you would prefer. If you want us to e-mail you, please provide your e-mail address. If you wish to view it on our website or on email and not receive a mailed copy, please advise Vicki Miller at edvicki2006@yahoo.com and we will update our files.

UNITY EAST CHURCH

170 E. Columbus St., P.O. Box 157
Pickerington, OH 43147-0157
614-920-4442

www.unityeastchurch.org

Sunday Service 10:30 a.m.

Rev. Rose Houston

Licensed Unity Teachers:

Elizabeth Betzel, Shirley Williams

Office Hours

Wednesday 1:00 p.m. – 8:00 p.m.

Thursday 1:00 p.m. – 5:00 p.m.

Saturday 1:00 p.m. – 4:00 p.m.

Please call the office to schedule counseling appointments with Rev. Rose.