



# The Unity East Chimes

May/June 2011



## Insights from the Minister...

With the coming of Spring, we see people planting flowers, vegetables and even new trees. Consider for a moment the extreme trauma experienced by a young tree residing in a commercial nursery that is dug up, wrapped up, shipped out, delivered to a buyer several states away, and then, replanted. Compared to all that, we as humans haven't much stress in our lives!

A tree out of the ground is in as much death-defying danger as a fish out of water, but when properly handled, the transplanted tree does fine. "Fine for the tree," you might think, "but it is not so easy for people to bloom where THEY are planted." This is true, and it is mostly because as humans, when it comes to change, we seem to indulge in resistance. Fear of change is so predominate that sometimes we humans will "put up" with an unhappy situation just to maintain the status quo.

Recently, I had to make a decision whether or not to move! Again! It would be my fourth move in 2 years! I should have known it would be inevitable since I had not put any pictures up on the walls—a sure sign that this residence wasn't permanent. At first I resisted. I flatly refused a wonderful offer to be closer to the church and to have a lot more space even though the benefits were obvious. And then, I remembered the saplings!

Saplings don't resist the conditions around them. From farthest root tip to tallest leaf point, a tree probes for the good. A tree does not protest against the bad. Underground rocks are bad for roots, but tender root tips "thoughtfully" probe those rocks in search for an easier route around them. The forest canopy blocks the sun. This does not discourage the sapling, but encourages rapid growth straight up so their dapple hungry leaves can absorb whatever sunbeams do shine through to them.

How about you? Are you taking full advantage of the possibilities of all the good that surround you, or are you dissipating your energies by resisting and protesting against

seeming barriers? Let us resolve to have the good sense of a tree, as we spread our roots, stretch our branches, and welcome the rain just as passionately as we welcome the dew or the sun.

With Love and Joy,  
Rev. Rose

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## MOMENTS OF INSPIRATION

by Michael Jamison

The hills might not be alive with the sound of music just now, but they are alive with the color green. Green has burst back into fashion. With such extensive spring greening comes a rapidly expanding forgetfulness of winter's seeming drabness.

So it can be any time joy triumphs over sadness. Seasonal Affective Disorder, otherwise known as SAD, causes dormancy to spread over the happiness of some people but, as its name implies, it is seasonal. Metaphysically enough, we only get sad when we do not get enough light. To chase the blues and the blahs at any time of year, lighten up.

With that prescription to lighten up might come the temptation to seek external light, but this is not the way the new growth of spring does it. Instead, a leaf or a blade of grass has its own internal chemistry to awaken each out of dormancy. Rising up from the dark under their own power, they only face the sun once they burst forth from the soil or the bark.

Before the sun can give encouragement to the grass blade, the blade of grass must emerge to give itself to the sun. In this time of grass emerging, take the first step in your renewed growth. Reach for the light, and the light will reach for you.

(For help in being green and growing, you are invited to contact Rev. Michael Jamison at Unity Church of Christianity at [momentofinspiration@yahoo.com](mailto:momentofinspiration@yahoo.com) for a daily message.



Jessica Starr,  
Director

# Youth Education Ministry

The Youth Ministry is moving into Spring with anticipation and growth on the mind! We have spent the last two months with the children exploring how to create inspiration in our own lives and use that inspiration in daily ways. In addition, we learned about the symbols and meanings behind Spring growth and Easter. The children created their own personal symbols for Spring and focused on what they want to “grow” within themselves and their lives this Spring.

As we wrap up our Spring lessons we are looking forward to starting a new curriculum in May based on the Harry Potter series. The children will personalize Harry’s adventures in his path to discovering his own “magic” through ten creative lessons. This curriculum is a wonderful opportunity to engage the youth in spiritual learning in a fun way designed to engage and inspire! We hope your children will come along for the journey!

We would like to express our appreciation to John Crawford and the children and parents involved in the Unity East Wings of Song Angels Youth Choir. The children have enjoyed exploring the meaning of Easter and Palm Sunday through song. The choir had the opportunity to share some of this music with the congregation on Palm Sunday during a special performance. Stay tuned for future information about choir practices and upcoming performances.

Blessings,  
Jessica Starr

The Youth Ed. Director position will be opening soon as Jessica Starr has taken on additional commitments and has recently moved out of the Pickerington area. She would like to express her appreciation to the teachers, congregation and parents for the support and encouragement provided during her time as Youth Ed. Director at Unity East Church. She also sends a special thank you to all of the children at Unity East for sharing their time, energy and wisdom with her! We will miss her sparkling energy as she moves to her new home, and we send our heartfelt blessings for continued success on her life journey.

Rev. Rose

# Board Notes

Here at Unity East we take part in singing *We Are Walking in the Light* as our youth enter the worship area on Sunday morning. We see this as a way of teaching the youth the importance of letting the light of Christ shine through us in a way that will serve as an example of Christ’s love. It is a way of encouraging our youth to see Christ in themselves and in others. It is also a reminder to the entire worshipping community that light shines through each one of us in all we do. I maintain that is the true meaning of outreach.

We want to extend a warm welcome to those who may be searching for a less traditional worship experience yet one that is truly spiritual and Christian. We must always be open to identifying and welcoming new members. Outreach also applies to members we haven’t seen for awhile. For these members, we must contact them, invite their thoughts, listen intently and welcome them back.

When a person comes into our church on Sunday morning, it can be difficult for that individual to feel at ease and to enter into a comfortable relationship with congregants. How can we as members establish a climate that helps newcomers feel at home? There are many possibilities. Now that the kitchen renovation is completed, we can look at increasing fellowship opportunities perhaps through potlucks, a Men’s Breakfast and Conversation event, a Women’s Coffee Klatch and sewing circle, a Saturday afternoon jam session with appetizers and a Just for Kids Super Saturday morning complete with a light lunch. Just as an army “marches” on its stomach” so does the church. As you can see, our fellowship possibilities are endless and they serve to help new attendees of all ages find a niche that will help them become more acquainted with our congregation and Unity’s teachings.

The Unity East Board of Trustees is currently working on developing a list of persons we have not seen for awhile. The intent is to contact these individuals with a friendly “we miss you message”. We are also working on turning ideas of fellowship events into reality. What will they be? Just wait and see!

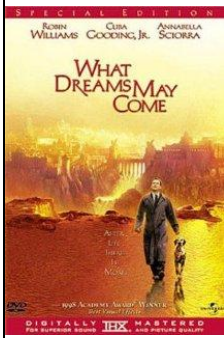
President,  
John H. Crawford

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# Writer’s Forum

**First Saturday of each month from 3:00 – 4:30 p.m.**  
**Facilitator:** Rev. Rose Houston

This class is a great way to re-energize your dream writing project and honor it with loving attention and focus! Are you ready? Harness that energy now with the Writer’s Forum. Everyone invited.



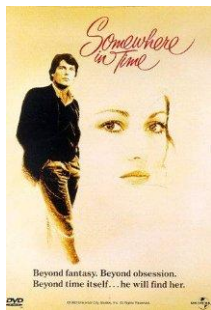
# Movie Night "What Dreams May Come"

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

**Monday, May 2 @ 6:00 p.m.**

After the death of their two children, Dr. Chris Nielson and his wife Annie find continuing their lives fraught with difficulties, especially for Annie. When Chris dies and goes to Heaven he meets Albert and discovers that Heaven is even more wondrous than anything he could have imagined. However, Chris's death is the last straw for Annie and in her madness commits suicide and journeys to a place very different from Chris. On discovering Annie's misfortune, Chris forces Albert to enlist the help of The Tracker and together they journey into the depths of despair to discover the destiny of Annie's soul and attempt a rescue.

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# Movie Night "Somewhere in Time"

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

**Monday, June 6 @ 6:00 p.m.**

Young writer Richard Collier (Christopher Reeve) is met on the opening night of his first play by an old lady who begs him to "Come back to me". Mystified, he tries to find out about her, and learns that she is a famous stage actress from the early 1900s, Elise McKenna (Jane Seymour). Becoming more and more obsessed with her, he manages, by self hypnosis, to travel back in time where he meets her. They fall in love, a matching that is not appreciated by her manager. Can their love outlast the immense problems caused by their "time" difference? And can Richard remain in a time that is not his?



# Metaphysical Bible Interpretation Class Old Testament Thursdays May 5 – June 2 7:00 p.m. – 9:00 p.m. Facilitator: Ella Schulz

Want to discover the special message the Bible holds for you? This class will show ways to make the Bible come alive with useful messages that are applicable to our lives today. Attend a set of these classes and interpret the Bible stories for your own life.

## The Bible Tells Me So

By Ella Schulz

I grew up in a religious family but Bible reading was not part of our daily routine. Prayer was stressed before meals and at bedtime. As I grew older, I tried to read the Bible but found the literal translation that I had been taught hard to understand. It meant nothing to my everyday life.

Time passed and in 1982, I discovered Unity and like so many, immediately felt at home. I attended several classes at the church and part of those classes was metaphysical interpretation of the Bible. For the first time in my life I learned that the Bible is really an ongoing story of my life. The names and places in the Bible have meanings and when you apply those meanings to the scripture and take it as a personal message, everything changes. The Bible comes to life and has real meaning for each person. We may have different interpretations but the message is always the one we need to hear.

If you are interested in learning more about metaphysical interpretation, look for classes starting on May 5<sup>th</sup>.

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## Friendship Dinners

Let's get to know each other better! Bring a dish to share and join a Friendship Dinner this spring. These small group dinners are a great way to get to know others through enjoying a meal and conversation together. It's easy for everyone!

1. Sign up to be a host. You provide your home, select a date and time, and indicate how many guests you would like to attend. You provide the main dish and help your guests select appropriate dishes to bring.
2. Sign up to attend a dinner. Choose a dinner from those established and sign up. Talk with the host to decide what dish you would like to bring that would fit for the meal.
3. Enjoy—make new friends and strengthen current relationships!

The sign up sheets are on the Volunteer Table!



***True Purpose of Money***  
**Workshop**  
**Saturday, May 21**  
**1:30 p.m. – 3:30 p.m.**  
**Facilitator Dan Betzel**

Each of us has our own set of values and beliefs. One way that we express values is through financial decisions. Think of it this way: when financial decisions align with values, we experience a very real sense of satisfaction and contentment. However, when we struggle, worry, experience buyers' remorse, or suffer over money, it's very likely that our financial choices are inconsistent with our inner value system. Discovering your True Purpose for Money can pave the way for long-lasting satisfaction and fulfillment regarding financial decisions. Join us for a dynamic presentation and **DISCOVER YOUR TRUE PURPOSE FOR MONEY.** Love Offering.

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**Meditation Intensive Workshop**  
**Saturday, June 25**  
**9:30 a.m. – 3:30 p.m.**



**Facilitator: Rev. Rose Houston**

Meditation is the vehicle to make a connection with God for the purpose of inner communion and ultimate union. There are many ways to meditate and many methods to enhance the experience. In this intensive meditation workshop, various forms of meditation will be practiced. It is highly experiential, so you'll want to bring items to increase your comfort while in the meditation. Bring a pillow, mat, blanket, crystals or anything that enhances your experience. Come to this workshop prepared to experience an in-depth meditation experience. Love Offering.



***Special Service on***  
***Mother's Day***  
**Sunday, May 8**

At Christmas time, we have a tradition of lighting twelve candles in honor of the twelve disciples of Jesus. We do this to celebrate the divine masculine qualities represented in each disciple. On Mother's Day we will celebrate the divine feminine aspect of the 12 Powers by honoring twelve holy women in the Bible. Each one had a particular quality that helped her effectively serve God. This moving service will highlight the feminine aspect in all people. Please join us as we light the candles to honor the 12 holy women of the Bible.

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***Experience the Oneness Blessing™***  
**AT OUR**  
**WEDNESDAY NIGHT**  
**WELLNESS CIRCLE**  
**May 18**

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.

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**Visit our website at**  
**[www.unityeastchurch.org](http://www.unityeastchurch.org)**

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

## 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](http://www.unityeastchurch.org) for information or directions.

**The Calendar is now on the website. Check there for frequent updates! [www.unityeastchurch.org](http://www.unityeastchurch.org)**

#### **May 2011 -- Theme: Change Gracefully**

- May 01, Sun. **Message: Life Is Change, Like It Or Not!** Guest Speaker: Rev. Jan Seward Musicians: Don Ervin and Sandy Young
- May 02, Mon. **Movie Night** “What Dreams May Come” 6:00 p.m. See our website for details.
- May 04, Wed. **Wellness Circle** 7:00 p.m.
- May 05, Thurs. **Metaphysical Bible Interpretation Class** Old Testament Week 1 of 5 7:00 p.m. – 9:00 p.m. Facilitator: Ella Schulz
- May 06, 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.
- May 07, Sat. **Writers Forum** 3:00 p.m. – 4:30 p.m. (First Saturday of each month.)
- May 08, Sun. **Mother’s Day Message: Whisper of a Mother’s Love** Feminine Twelve Power Ceremony  
Musicians: Ralph Leeseberg & Shevawn Gibson  
**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.
- May 11, Wed. **Silent Unity Prayer Service** 7:00 p.m.
- May 12, Thurs. **Metaphysical Bible Interpretation Class** Old Testament Week 2 of 5 7:00 p.m. – 9:00 p.m. Facilitator: Ella Schulz
- May 13, Fri. **The Thich Nhat Hanh Community** meets here on Friday evenings from 7:00 p.m. to 9:00 p.m.
- May 14, Sat. **Restorative Yoga Class** 10:00 a.m. – noon Led by Connie Bradford Love offering.  
**White Bison Group** 12:30 p.m. Led by David Cook
- May 15, Sun. **Message: Who Took My Joy?** Guest Speaker: Zrelder Smith  
Musicians: Lynda McClanahan & Joel Knepp **Choir Practice** 12:00 p.m.
- May 18, Wed. **Wellness Circle** 7:00 p.m. featuring **The Oneness Blessing** with Dave and Guilda Altman
- May 19, Thurs. **Board meeting** 7:00 p.m.  
**Metaphysical Bible Interpretation Class** Old Testament Week 3 of 5 7:00 p.m. – 9:00 p.m. Facilitator: Ella Schulz
- May 20, Fri. **The Thich Nhat Hanh Community** meets here on Friday evenings from 7:00 p.m. to 9:00 p.m.
- May 21, Sat. **True Purpose of Money Workshop** 1:30 – 3:30 p.m. Facilitator Dan Betzel
- May 22, Sun. **Message: Do the Cha Cha** Musicians: Louise Salvador & Sandy Young
- May 25, Wed. **Silent Unity Prayer Service** 7:00 p.m.
- May 26, Thurs. **Metaphysical Bible Interpretation Class** Old Testament Week 4 of 5 7:00 p.m. – 9:00 p.m. Facilitator: Ella Schulz
- May 27, Fri. **The Thich Nhat Hanh Community** meets here on Friday evenings from 7:00 p.m. to 9:00 p.m.
- May 28, Sat. **Restorative Yoga Class** 10:00 a.m. – noon Led by Connie Bradford Love offering.  
**White Bison Group** 12:30 p.m. Led by David Cook
- May 29, Sun. **Message: Honoring the Memory** Musicians: The Unity East Choir, Dir. Lynda McClanahan

#### **June 2011 -- Theme: Behold Beauty Everywhere**

- Jun. 01, Wed. **Wellness Circle** 7:00 p.m.
- Jun. 02, Thurs. **Metaphysical Bible Interpretation Class** Old Testament Week 5 of 5 7:00 p.m. – 9:00 p.m. Facilitator: Ella Schulz
- Jun. 03, Fri. **The Thich Nhat Hanh Community** meets here on Friday evenings from 7:00 p.m. to 9:00 p.m.
- Jun. 04, Sat. **Writers Forum** 3:00 p.m. – 4:30 p.m. (First Saturday of each month.)
- Jun. 05, Sun. **Message: Behold Beauty Everywhere** Musicians: Don Ervin and Sandy Young
- Jun. 06, Mon. **Movie Night** “Somewhere In Time” 6:00 p.m. See our website for details.
- Jun. 08, Wed. **Silent Unity Prayer Service** 7:00 p.m.
- Jun. 10, Fri. **The Thich Nhat Hanh Community** meets here on Friday evenings from 7:00 to 9:00 p.m.
- Jun. 11, Sat. **Restorative Yoga Class** 10:00 a.m. – noon Led by Connie Bradford Love offering.  
**White Bison Group** 12:30 p.m. Led by David Cook
- Jun. 12, Sun. **Message: We Can Only Imagine!** Guest Speaker: Rev. Jan Seward Musicians: Ralph Leeseberg & Shevawn Gibson  
**Vince Lisi Book Study Class** – 3:00 p.m. – 5:00 p.m. on 2nd Sundays of the month. Love Offering.
- Jun. 13 – Jun. 18 Rev. Rose at Unity Conference
- Jun. 15, Wed. **Wellness Circle** 7:00 p.m.
- Jun. 16, Thurs. **Board meeting** 7:00 p.m.
- Jun. 17, Fri. **The Thich Nhat Hanh Community** meets here on Friday evenings from 7 to 9 p.m.
- Jun. 19, Sun. **Father’s Day Message: The Father’s Blessing** Musicians: Lynda McClanahan & Joel Knepp
- Jun. 22, Wed. **Silent Unity Prayer Service** 7:00 p.m.
- Jun. 24, Fri. **The Thich Nhat Hanh Community** meets here on Friday evenings from 7 to 9 p.m.
- Jun. 25, Sat. **Meditation Intensive Workshop** 9:30 a.m. – 3:30 p.m. Facilitator: Rev. Rose Houston
- Jun. 26, Sun. **Message: TBD** Musicians: Elmer Fischer & Sandy Young
- Jun. 29, Wed. **Wellness Circle** 7:00 p.m.



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

<p><b>Non-Profit Org.</b>  <b>U.S. Postage Paid</b>  <b>Pickerington, OH 43147</b>  <b>Permit No. 9</b></p>
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*Please let us know if you'd like to be removed from our mailing list.*

## Sunday Service Guest Speakers

**May 1** Message: **"Life Is Change, Like It Or Not!"**

Guest Speaker: Rev. Jan Seward  
Musicians: Don Ervin  
and Sandy Young

**May 15** Message: **"Who Took My Joy?"**

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

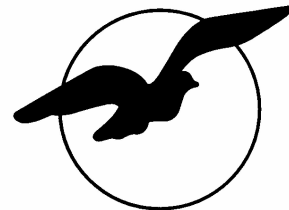
**June 12** Message: **"We Can Only Imagine!"**

Guest Speaker: Rev. Jan Seward  
Musicians: Ralph Leeseberg  
and Shevawn Gibson

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### 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](mailto:edvicki2006@yahoo.com) and we will update our files.



## **UNITY EAST CHURCH**

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

[www.unityeastchurch.org](http://www.unityeastchurch.org)

Sunday Service 10:30 a.m.

Rev. Rose Houston

Licensed Unity Teachers:

Shirley Williams, Elizabeth Betzel

### **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.