

THE UNITY CHURCH of MESA NEWSLETTER



"A Family Of Love That Welcomes You"

July and August 2009

Published every 2 months

Issue No: 2009-4

MAKE UP YOUR MIND by Joel Baehr



Myrtle
Fillmore's
words to
a young
mother-
to-be

were: *Make*

up your mind that you are going to live in a little world all your own. A world of beauty, peace, happiness, health and simple pleasures. To think lack or possible failure sends irritating currents over your nerves. You do not want this.

The words: *make up your mind that you are going to live in a little world all your own. A world of beauty, peace, happiness, health and simple pleasures*, have always rung in my mind. What is important to me, as a man, is giving birth to new possibilities. God is continually impregnating my mind and heart

with seed ideas, but how can they take root without the proper environment? How can they express their potential in a chaotic emotional system?

The seminal idea, as Myrtle said, is to *make up your mind* regarding your way of thinking. Some people seem to be comfortable thinking uncomfortable thoughts that give birth to difficulties. If that is where you are, give it a shot and see how it works.

Many people let others make up their mind for them. If, for example, you allow others to upset you, you are letting them make up your mind for you! Why should you allow any outer thing to *make up your mind*?

Jesus said that heaven is right here. If you *make up your mind* to fill your world with beauty, peace, happiness, health and simple pleasures, I suggest that you

continued...

MAKE UP YOUR MIND, continued...

have taken the first steps into a heavenly state.

Since we are all always pregnant with God-given possibilities, let's *make up our mind* by daily working with an idea like this:

TODAY, I MAKE UP MY MIND TO LIVE IN A WORLD OF BEAUTY, PEACE, HAPPINESS, HEALTH AND SIMPLE PLEASURES.

SUNDAY PLANS PUT SOME SPIRIT IN YOUR SUMMER

Unity is about teaching spiritual skills so that you can manage your life in a way that delights you. Since heaven is "at hand," as Jesus said, you may as well learn how to enjoy it.

Andrew Cohen is an inspired spiritual thinker who has condensed his teachings in a book entitled *Embracing Heaven and Earth*. We will be using this book as a point of departure for our Sunday lessons. The numbers following the lesson titles indicate the pages you may study. (The book is for sale in our Bookstore for \$14.95.)

July 5: *The Free-Spirited Soul* (Lesson #1: Pgs 95-105 and 69-72)

Music: The Jimmy Boyd Band

July 12: *How to Make Your Life Easier* (Lesson #2: 5-15)

Music: Paul McDermand & Jimmy

July 19: *Sugar-Pie, Honeybunch*. Richard Levy, Unity minister.

Music: JB Band & JaJas Workshop: *Spiritual Bailout for Tumultuous Times* 1:30 to 3:30pm

July 26: *New Momentum for Success* (Lesson #3: 17-27)

Music: Erahn Patton & Jimmy

August 2: *Bite the Bullet* (#4: 29-34) Music: JB band & JaJas

August 9: *Nobody is Alone* (#5: 35-40) Music: J. Boyd & JaJas

August 16: *Helping Others Help You* (#6: 40-47)

Music: Rene Morgan Brooks & Jimmy

August 23: *The Most Important Thing for You* (Last One: 51-68)

Music: Jimmy Boyd Band & JaJas

August 30: *Jesus Christ Heals* (Charles Fillmore ideas)

Music: JB Band & JaJas

HEALING TOOLS

By Kathy Peters, Prayer Ministry Director



Adversity presents a challenge to us. We are called to rise above challenges, no matter how high the mountain to be climbed. At Joel's invitation, I am writing about my healing process from a serious auto accident. Some say I was lucky to survive, but I don't believe in luck, do you?

While in ICU, I had the opportunity to say a big Yes to life on earth. I was told that the medical team taking care of me became very concerned whether I would live here, or not. The choice was mine. I remember a strange dream, and the word FAITH flashing before me strongly and boldly. The Divine was urging me to do my part in creating heaven on earth. Yes, I would see from atop the high mountain, with the assistance of spiritual tools.

Saying yes to life and healing, I now had the task of keeping my mind aligned with Divine Mind. It's just amazing how my thoughts, like mischievous children, wandered into dark places when I wasn't paying much atten-

tion. In addition, my emotions were ready to take over at any moment with unbelievably useless stories. (Tool 1--Mind your mind)

My favorite time of day was around 6 a.m. when the sun would send a shining golden ray of light through my hospital window. I would breathe in and out deeply, imagining myself filled to overflowing with warm, glistening, pure, golden sunlight. I imagined healing energy playing up and down my spine in rhythm with Spirit's breath, touching every cell, and flowing like a fountain into my injured brain. My mind's eye saw a strong, energetic, flexible body. (Tool 2--Breathe, look within)

Prayers of affirmation and images of a healed body were spiritual tools important to my healing. Even now this song sung by our JaJas sits on the tip of my consciousness, "I am the thinker who thinks the thoughts, that change my mind, that change my world. I am the thinker who thinks the thoughts; I have the

continued...

HEALING TOOLS, continued...

power to change my life." I have sung those words hundreds of times in my healing experience. Claiming perfect healing was a powerful spiritual activity that attracted and gathered many hearts of loving support. (Tool 3--Name it, claim it)

My dear husband, Keith, has been my spiritual partner throughout this journey. He is a wonderful

cheerleader, and refuses to pay serious attention to any thought of limitation. This experience renewed the appreciation we have for each other and the spiritual gifts we bring to our relationship. My heart is also filled with love and gratitude for the connectedness I feel with you, and others I have never met. GOD IS ALIVE IN US! We are each other. (Tool 4--Power up Oneness) --Kathy

COUNSELORS AT UNITY OF MESA:

Kathy Peters, M.S. Licensed Unity Teacher 480-892-2700
Bill Raines, Ph.D. 480-503-1183, livlover1@cox.net

Counseling Services *with* a Spiritual Perspective

EMBRACING REALITY VS.

TRANSCENDING IT By Bill Raines PhD

Have you bought into the idea that when you achieve enlightenment you will abide in bliss and good health totally free of pain and suffering?

If you have, good luck and I wish you well. Do you know that some very enlightened people, considered to be masters,

have gotten cancer and died from it?

When you become ill or feel sadness and grief, do you think that if you were in the correct state of consciousness, you would have not "created that for yourself?"

"Remember the Truth of who you



EMBRACING REALITY VS. TRANSCENDING IT, continued...

are and you can be happy and joyful all the time." I don't think so. "Every little cell in my body is happy and well." Singing that does not make it so. When I recently had three skin cancer surgeries, I had a lot of cells which were not happy and well and I took some Oxycodone so I would not feel the pain of their removal.

I have come to believe that life is a mixture of bittersweet. Life in form, which we are, is one of duality, pleasure and pain, sickness and health, joy and sadness, success and failure, birth and death. I no longer believe that we can eliminate the half that we don't enjoy and have only the pleasant half. Our real challenge is to expand our consciousness to embrace it all as part of our human experience. Surely, we do have a spiritual essence, which

Kornfield calls our Universal Self and Tolle calls Presence, which is not tarnished or diminished by what happens in the world of form. But we also have a body and a personal self, which does sometimes ache and hurt and grieve and suffer. It is there we find the depth of our compassion and courage. We must have balance and honor both our Self and self.

I would encourage us to be fully present for "what is" and to honor the feelings that we have about it, then to move through it with as much courage, grace and dignity as we can muster. And we can remember that we are not alone, others are hurting too. We must reach out to support and be supported as we face our challenges. I am here to offer my support to you and to receive yours for me.

—Bill Raines

THE YOUTH & FAMILY MINISTRY seeks help:
Now recruiting Classroom & Snack Angels, Greeters, Sponsors & Teachers. Please contact Moriah or Jeff Salzman, unikids@cox.net (K thru 5th grade) or Hal Bass, hal-bass@q.com (6th thru 12th grade.) if you feel called to volunteer. Teaching requires a minimum of two Sunday school sessions a month, and being a classroom angel requires a minimum of one per month.

THANK YOU TO OUR SPONSORS!

Please remember to patronize
these wonderful services.



RENEWAL HEALING CHIROPRACTIC LLC



DR. RICHARD J. SWARTZ
CHIROPRACTIC PHYSICIAN

Applied Kinesiology
Acupuncture
Nutritional Counseling

Office: (480) 966-2634
Cell: (602) 618-3886
2424 E. Southern Ave.
Mesa, AZ 85204

TRADITIONAL OKINAWAN KARATE

FOR ADULTS, TEENS
& KIDS AGES 3 & UP

www.EVMA.net



(480) 330-8886

NEWS- LETTER ADS

Our newsletter is distributed to almost 1,800 people. Plus your ad is available in the newsletter on our web site. We charge \$25 for a business-card sized ad and \$67 for a half-page ad.

To place your approved ad in the September/October 2009 Newsletter, get your check to Nancy in the bookstore & e-mail your ad to: jenifer@unityofmesa.org by Friday, July 31st.

Call (480)892-2700, ext. 13 for more information or see: www.unityofmesa.org/Newsletters.htm.

Sangita Trivedi Daniel

1713 East Park Avenue
Gilbert, Arizona 85234
480 242 6971
FAX 480 632 7478
sangita@sangita.net

web design, technical writing, video editing,
classes, upgrades, graphic design, & more.

WE ARE LOVE IN ACTION

Join the fun!
**SALSA DANCE
LESSONS**
THURSDAYS
THRU 7/30,
6:30p—7:30p,
Fillmore Rm. to
prepare for
**SALSA
EXTRAVAGANZA**
LIA ENROLLMENT
SUNDAY
AUGUST 2ND.



Independent Distributor

Health & Nutrition Products

Alison M. Wilson RN, M.Ed.
Distributor

Simply the Best

416 East Harvard Ave. • Gilbert, AZ 85234-3422

Cell: 480.518.7416 • Home: 480.892.4800 • Office Fax: 480.892.4800

AWilson57@aol.com • www.shaklee.net/simplythebest

CLEAR VISION WINDOW WASH

Our Goal: To Provide You With a Clear Vision
Serving the Valley Since 1991

SCOTT TODD
clearvisionscott@yahoo.com

P.O. Box 8751,
Mesa, AZ 85214
480-926-7898



**PREFERRED
REALTY**, INC
*Real Estate
Solutions*



MULTIPLE LISTING SERVICE
MLS



P.K. Dulac
Direct: (602) 677-3830
Web: www.azrealestate.com
E-mail: Idulac@cox.net
US Preferred Realty
1255 E. Baseline Rd, Ste. 182
Mesa, AZ 85202

If you have any questions or concerns about real estate, I will be more than happy to assist you.

An \$8,000 gift for first time home buyers is available. I have information on how to avoid mistakes when purchasing or selling a home. Homes are now very affordable and financing is available at attractive rates.

If you need help please call for a free recorded message at
1-888-227-7731 Ext 85

RICHARD LEVY with MAUREEN LEVY WORKSHOP
SPIRITUAL BAILOUT FOR TUMULTUOUS TIMES

Sun. July 19, 1:30-3:30p in the Sanctuary, \$20 suggested Love Offering Richard will be our guest speaker in the services and he & his wife Maureen will share their positive talents in this workshop.

LOVE-IN-ACTION SALSA SUNDAY AUGUST 2

<< WEAR TROPICAL GARB >>

Salsa Dip Competition between church services in the Garden - Sign up to compete & bring 2-4 quarts of your best salsa. Chips will be provided. Contact Cal Uhl: calmuhl@yahoo.com. (Cal will also accept bribes which will help cover Salsa Sunday expenses.)

LIA Enrollment Activities after services, tables will be in the Garden with information on and members of our love in action teams.

All Church Salsa Dance for the whole family, in the evening.

A sincere note of Gratitude from
**WAMMS & "The Little Ol' Lady AND
the SHOES"**



With profound amazement on this, the FIRST BIRTHDAY OF WALK A MILE IN MY SHOES, We THANK YOU ALL at UNITY of Mesa who have participated in the success of WAMMS .

*As we celebrate the accomplishments of this shoe-string, Global Outreach endeavor, we extend our hearts in service & continue on this path...for the Children of the World... Love is our inspiration & peace our motivation. WAMMS truly welcomes your continued support & enthusiasm. "The Little Ol' Lady AND the SHOES" says
THANK YOU & God Bless You...ALWAYS!!!*

www.WAMMSNow.ning.com

STEP forward
On the Path
to PEACE...
Building
TEAMS of
FRIENDSHIP,
Empowerment
& Hope...
Through Car-
ing & Sharing
for One
Another!!!

UNITY WOMEN'S MINISTRY

FALL WOMEN'S RETREAT - SAVE THE DATE -
MARK YOUR CALENDARS

OCTOBER 16-18 - CHAPEL ROCK, PRESCOTT

Pot Luck Get Together Let's Eat, Drink and be Merry!

Friday August 21, 6:00-9:00p.m. Unity of Mesa, Annex

Bring a dish to share

Questions call: Judy Adams at 480-399-0411

Transformation Through Cancer Support Group

with Cyndi Ruehl will be taking a summer vacation. Look for announcements to resume in the Fall.



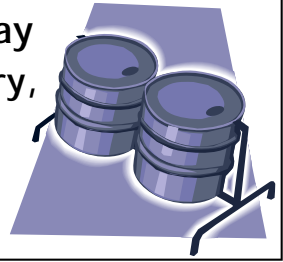
11TH STEP CENTERING PRAYER GROUP

Come join us for an 11th step prayer and meditation group
**THE FIRST AND THIRD WEDNESDAY OF EACH
MONTH FROM 7 TO 9PM IN THE YFM FREEMAN RM.**

11th step: Sought through prayer & meditation to improve our conscious contact with God as we understood Him praying only for the knowledge of His will for us and the power to carry it out.

For more information contact Sharon at 480-325-8999 or online at Maslonka1@cox.net.

NEW VIBRATIONS CONCERT Sunday
July 12, 6:30-8:30pm, in the Sanctuary,
Suggested Love Offering \$10.
PAUL McDERMAND - Steel Drums,
Marimba and More.



YOUTH & FAMILY MINISTRIES

Sunday School Classes

Newborn-Preschool Child care is available in the Nursery/Truth Room, during both services.

All classes meet at 10:30 a.m.

Kindergarten-2nd Grade (Unikids): Annex Fillmore Room.

3rd-5th Grade (Unitweens): Annex Cady Room.

6th-8th Grade (Uniteens): Annex Arizona Room.

9th-12th Grade Youth of Unity (Y.O.U.): Annex Freeman Room.

Youth Leaders:

Hal Bass, halbass@q.COM (6th—12th grade) &

Moriah and Jeff Salzman, unikids@cox.net (K—5th grade)

COMMUNITY SUPPORT GROUPS

Unity Church of Mesa supports several community 12-Step groups.

AI-Anon:

Saturdays, 1:30-2:30 p.m. in the Truth Room.

Contact: Dawn, (480) 354-9770.

Wednesdays, 7-8 p.m. in the Annex Fillmore Room. Con-

tact: Kathy B., (480) 926-3750 or Sandi M., (480) 634-5132.

Alcoholics Anonymous: (Non-smoking meeting)

Wednesdays, 7-8 p.m. In the Annex Lending Library. Con-

tact: Pepe M., (602) 695-6960 or Dennis S., (480) 545-6186.

Gamblers Anonymous:

Thursdays, 7:15-9 p.m. in the Truth & Family Rooms.

Contact: Curt, (480) 834-0819.

11th Step Centering Prayer Group:

1st & 3rd Wednesdays, 7-9 p.m. in YFM Freeman Room.

CLASS INFORMATION

SALSA / MAMBA DANCE LESSONS

Ed Lee, will teach us to dance! This will help us prepare for the all-church dance in the evening of Sunday, August 2nd.

- For Adults and Kids Ages 8 and older
- Thursdays, June 25 - July 30th, 6:30-7:30pm
- In the Fillmore Room
- Investment: Love Offering



Join the fun, attend as many classes as you can!

KIDS DAY CAMP Has been rescheduled for Fall Break.

THE WISE HEART *Bill Raines'* class will resume in the Fall.

SINGLES ACTIVITIES

Attend any event for fun and fellowship. All are welcome! It is important to RSVP for every event, but no RSVP necessary for the potlucks. In the event of rain, hikes will be cancelled. Detailed event lists are available in the family room. For more information or to be added to the e-mail list contact Nancy Spence at nancyactpar@cox.net.

Pine Retreat is Aug 14-16 This is the event of the year for food, fellowship, singing, hiking, and fun! (No children or pets.) Specify if you are wanting a bed inside or will be camping in the yard. To save your spot, mail check for \$50 made out to Sharon Zeigler by July 1 to: Sharon Zeigler, 461 N. Temple, Mesa, AZ 85203, 480-833-0161 Mesa home till Aug 5.

Our September book study will be **THE FOUR AGREEMENTS** by Don Miguel Ruiz. Start reading and studying the book now and practice applying the ideas this summer.

SERENITY GARDEN

Our purpose is to learn and participate in activities that contribute to a more serene life. We meet on the 2nd and 4th Tuesdays of the month from 6:30 to 8:30 pm in the YFM Fillmore Room, Love Offering Basis. Unless otherwise listed men, women and mature children are welcomed. For information contact Sangita, sangita@unityofmesa.org, 480 242 6971

Schedule

July 14: ***Centering*** presented by by Teri Freesmeyer
Teri travels around the country teaching energy and centering work. She is a lot of fun!

July 28: ***T'ai Chi Easy*** led by Dianne O'Brien.

This moving meditation practice comes from the book *The Healer Within* by Dr. Roger Jahnke and is appropriate for all ages and physical challenges including Parkinson's.



August 11: ***Forgiveness*** facilitated by Hummingbird. Hummingbird began her journey in healing arts in 1996. Using relaxation and guided imagery, we will allow our subconscious mind to forgive and heal.

August 25: ***Blessing That You Are*** facilitated by Mika Whitlock. Mika's passion in life is to remind us and own what a loving light we are. She has traveled the world in this study and currently facilitates group with Bill Raines.

September 8: ***The Health Benefits of Drumming*** a video

LOVE IN ACTION TEAMS

Here are some teams. For more info and more teams see a L.I.A. brochure in the Family Rm. contact the leader, or the church at 480-892-2700.

Bear Ministry Bear Sundays:

Bring a bear to be blessed and given to someone facing a life challenge. Smokey, 480-497-2659, stb45@cox.net or Linda 480-985-6473.

A Course in Miracles: Lonnie Frederick and Alison Wilson, awilson57@aol.com or (480) 892-4800.

Food for Health - a healthy eating support group: Jenifer Tull-Gauger, 480-330-8886, jenifer@unityofmesa.org.

Children's Creativity Group:

Kids & teens get creative (on a summer break.) DonnaChristine 480-373-5930.

Packages from Home: Collects items for care packages for our troops, then assembles & ships them. Christine Mustapich, nonionthego@cox.net, 480-641-0013.

Pranic Healing Clinic: Uses no-touch energy healing. Barbara Sherrod 480-654-3693, bjswitecat@aol.com.

Prayer Shawl Ministry: Knit or crochet items for people experiencing challenges. Sharon, 480-586-5482, ddeda2000@aol.com.

Scribe Tribe: Writers' support group. Linda Roujon 480-985-6473, or Gerry Klaverkamp at 480-586-6589.

Serenity Garden - a spiritual support group. Sangita sangita@unityofmesa.org, 480-242-6971

Understanding Green: Environmentally Conscious. Lonnie Frederick (480) 892-4800.

Walk a Mile in My Shoes: Collects shoes for people without. DonnaChristine Park 480-373-5930, whisper0851@hotmail.com.

Women's Ministry: Hosts: Spring Women's Day, Women's Drumming Circles, Fall Weekend Retreat, and Transformation Thru Cancer a Women's Support Group (Cyndi 480-983-8758)

Paper Retreiver: This group recycling effort helps the environment while raising money for the church. Bring your paper from home, work, etc. and drop it off in the green bin in the parking lot.

JULY & AUGUST EVENTS at a glance

1st SUNDAYS - July 5, Aug. 2:
Understanding Green Meeting
11:45a-1:15p FM. Adult Singles
Potluck 11:45a-12:45p Y.

SUNDAY - July 12: New Vibra-
tions Paul McDermand Steel
Drum Concert 6:30-8:30p S.

SUNDAY - July 19: Richard Levy
Spiritual Bailout Workshop 1:30-
3:30p S.

SUNDAY - Aug. 2: Salsa Sun-
day—Salsa Dip Competition 10a
G, LIA Enrollment after services
G, All Church Dance in the eve-
ning.

MONDAYS - July 6, 13, 27, Aug.
3, 10, 24, 31: Pranic Healing 6:30-
8:30p FL. / July 13, 27, Aug. 10,
24: Food for Health 6:30-8p K.

2nd & 4th TUESDAYS - July 14,
28, Aug. 11, 25 Serenity Garden
6:30-8:30p FL.

WEDNESDAYS - July 1-Aug. 26:
AA Meeting 7-8p L. / AI-Anon
Meeting 7-8p FL.

1st & 3rd WEDNESDAYS - July
1, 15, Aug. 5,19: Centering Prayer
for the 12th Step 7-9p FR.

THURSDAYS—July 2-Aug. 27:
Gamblers Anonymous 7:15-9:15p
FL. / July 2, 9, 16, 30, Aug. 6,
13, 27: Pranic Healing 2-4p FL. /
July 2-30: Salsa/Mamba Dance
Lessons 6:30-7:30p FL.

FRI DAYS - July 3-Aug. 28: A
Course in Miracles 7-9p FL (FM
on Aug. 21).

FRI DAY Aug 15-SUNDAY Aug.
16: Adult Singles Pine Retreat,
Pine, AZ.

FRI DAY Aug. 21: Women's Minis-
try Potluck Supper FL.

SATURDAYS - July 4-Aug. 29:
AI-Anon Meeting—Hugs Group
12:30-2:30p T. / AI-Anon Meet-
ing 1:30-2:30p T. / July 11:
Women's Ministry Council Meet-
ing 9a-12n Y.

SATURDAY Aug 16-SUNDAY
Aug 17: Continuing Journeys
Lock-In Y.

Room Key

FM = Family Room
S = Sanctuary
T = Truth Room

Y = YFM Building
FL = YFM Fillmore Rm
C = YFM Cady Room
FR = YFM Freeman Rm

AZ = YFM Arizona Rm
L = YFM Library Area
K = YFM Kitchen
G = Garden

Unity Church of Mesa

2700 E. Southern Ave. Mesa, AZ
85204, office@unityofmesa.org
www.unityofmesa.org
Phone: (480) 892-2700
Fax: (480) 892-2664

Church Office and Sanctuary

Hours: Tuesday – Friday
8:30 a.m. – 4:30 p.m. (Prayers 9am)

Sunday Services:

9:00 a.m. & 10:30 a.m.
Nursery at both services.

Youth Program Sunday School

Classes: 10:30 a.m.

Bookstore Hours: Tuesday –
Friday 8:30 a.m. – 4:30 p.m.
Sunday: 8:30 a.m. – Noon

Prayer Line: (480) 892-1777,
ext. 50

Silent Unity Prayer Line:
(800) NOW-PRAY

INDEX

Classes	11
Community Support Groups....	10
Counseling.....	3-5
July & August Events.....	14
Love in Action.....	8, 13
New Vibrations Concert.....	10
Our Sponsors.....	6-7
Richard Levy Workshop.....	8
Salsa Sunday.....	7-8
Serenity Garden.....	12
Singles.....	11
Sunday Plans	2
Women's Ministry.....	9
Youth Ministry.....	5, 10

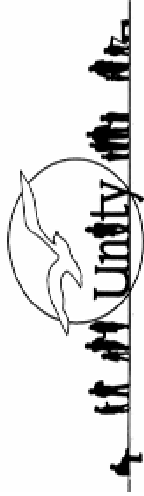
UNITY CHURCH OF MESA DIRECTORY

Board of Trustees: Joel Baehr, Minister; Tony Mustapich, President;
Alison Wilson, Vice President; Linda Burnette, Secretary/Treasurer;
Doug Mathews, A/V Director

Spiritual Counselors: Bill Raines, Ph.D. (livlover1@cox.net)
Kathy Peters, Prayer Ministry (ext. 18, Kathy@unityofmesa.org)

Church Staff:

Delaine Collins, Administrator (ext. 27, delaine@unityofmesa.org)
Hal Bass, Teen Education Director (halbass@q.com)
Moriah & Jeff Salzman, Children's Education Directors (ext. 11, unikids@cox.net)
Nancy Hodges, Receptionist (ext. 14, office@unityofmesa.org)
Jackie Levesque, Bookstore Manager (ext. 22, seeallgood@yahoo.com)
Peg McElroy, Finance and Operations Director (ext. 20, peg@unityofmesa.org)
Jenifer Tull-Gauger, Publications Director (ext.13, jenifer@unityofmesa.org)
George Walls, Grounds and Maintenance
Sangita Daniel, Webmaster/Interim Admin. (sangita@unityofmesa.org ext.. 27)



Unity Church of Mesa
2700 E. Southern Ave. Mesa, AZ 85204

RETURN SERVICE REQUESTED



July & August Newsletter sent to:

(You!)