

THE UNITY CHURCH of MESA NEWSLETTER



March and April 2009

Published every 2 months

Issue No: 2009-2

LESS IS MORE by Joel Baehr



The lieutenant was leading the way, carrying but a small

pack on his back. The rest of us were loaded down with full field-marching equipment. It was a night-time combat training exercise - mile after mile. One of the men complained about the lieutenant's small back-pack - loud enough so he could hear it. "Want to swap?" said the officer. Sure, said the Marine. But he did so to his own regret, for that smaller back-pack was filled with bricks. Less was more!

Since WWII, our western culture has obsessed over more is better, bigger is better; pricier is

better. Who can build the fastest cars and the tallest buildings? It is so-o-o much fun - for awhile.

The mythical story of the Tower of Babel is a metaphor of futile human attempts to find heaven, or happiness. They used brittle bricks and slimy mortar to construct it! Meaning they used inflexible and non-cohesive (unwise and loveless) building materials. They really wanted to get high! But that can only come with less attachment to outer things and more attention to the mortar of love and wisdom.

This Newsletter is less. Sunday Bulletins are less. Makes sense, doesn't it, when the cash flow is less? As your Board of Trustees, we are intent on creatively and conservatively being stewards of your consecrated gifts.

My request to you is that you evaluate what is most important

continued...

LESS IS MORE, continued...

to your personal fulfillment and happiness. I would suggest that, perhaps, the teachings that come through this ministry may be the most significant that your soul has ever experienced.

Living with less, we commit to give you more. Would you consider doing the same for Unity of Mesa, your spiritual home?

-- Joel

SUNDAY PLANS

UNTIL EASTER SUNDAY, JOEL'S LESSONS WILL FOLLOW THE THEME: "RI SING INTO THE RICHES OF CONSCIOUS-NESS. On Easter, the full band and the JaJas will be present.

On Palm Sunday, we will be accepting new members, Erahn Pat-ton will be singing and the ANNUAL MEMBERSHIP MEETING will follow the second service at 12 noon.

On April 19 the lesson will be: "What's Next For You?"

On April 26 the lesson will be: "Everything I Knew, I Don't!"

WE ARE HAPPY TO ANNOUNCE THAT the Jimmy and the Band, with the JaJas, will return as our musicians twice a month; the girls probably more.

PRESIDENT'S REPORT

The severity of the economic problems facing the United States and too many individuals and families has also negatively impacted Unity Church of Mesa. Although there were some signs during 2008, it looked like we would be able to weather the storm with minor budgetary ad-justments and some use of our reserve funds. We also calculated

that our usual increase in con-tributions from our Winter re-turnees would tide us over un-til economic conditions im-proved later in 2009. This was not to be the case.



continued...

PRESIDENTS REPORT, cont.

In the past 2 months we've seen a decrease in contributions of approximately 25% from the same period a year ago. This required that we transfer half of our remaining reserves to cover our operating expenses, leaving us with approximately one month of operating funds. Another month or two of similar results and we will exhaust our reserves and that is a fiscally unacceptable situation. During this time, your church has held the line on expenses and completed several promised enhancements to our church and annex building facilities.

One thing is for sure. We cannot wait to see if conditions improve in the short term. A conservative projection of our 2009 revenues (90% from contributions) will be 15% (\$80,000) less than we received in 2008. To offset this, we must reduce our operating expenses by 20% to break even on a month-to-month basis. 20% equates to \$7,000 per month in reductions and no area of church operation will be immune. Some changes will be obvious, but others will be transparent. All will be painful. Our

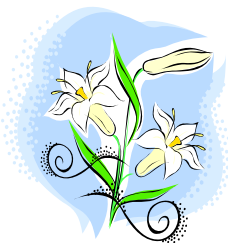
fiduciary responsibility requires your Board of Trustees to take these actions.

To mitigate this reality, we ask that you review your ability to increase the amount of your regular contributions. A small increase will go a long way in bridging our financial gap. For example if everyone increased their contributions by the equivalent of one cup of Starbucks coffee each week, we would realize approximately \$4,000 per month in additional revenues. It is certainly food for thought.

What do you get in return? Well, Unity Church of Mesa will remain a vibrant center of spiritual learning, led by Joel Baehr, aided by many wonderful volunteers and an excellent and committed staff. This is your spiritual home and we pledge to keep it safe and sound throughout 2009 and for many years to come.

As we work through this difficult period together, I ask for your understanding, prayers and patience.

Sincerely, Tony Mustapich
President, Board of Trustees
Unity Church of Mesa



Second Annual UNITY of MESA GIFT of the LILIES

Your participation is welcomed & encouraged. This EASTER, We have the opportunity to enJOY the beauty of EASTER Lilies during our Spring Services & then on Easter extend LOVE & LILIES to others who are unable to attend UNITY of MESA, at that time. Lily collections start March 29!

Now assembling TLC Team volunteers to tend to the Lilies, deliver the Lilies, and Donate the Lilies. You may purchase an Easter Lily on your own or donate the funds for us to purchase one.

Thanking You in Advance for Your generous, loving participation.

For information, contact:

CELEBRATION Facilitator: DonnaChristine Park at 480-373-5930

COUNSELORS AT UNITY OF MESA:

Kathy Peters, M.S. Licensed Unity Teacher 480-892-2700 x. 18
Bill Raines, Ph.D. 480-503-1183

Counseling Services *with* a Spiritual Perspective

PRIORITIES By Bill Raines PhD

We all operate from priorities, although we may not always be conscious of this.

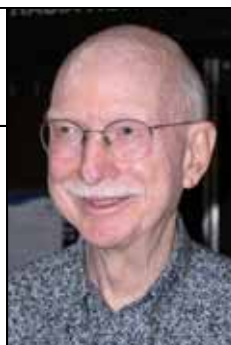
For example, many people give a very high priority to how others show up for them. Almost all people give a top priority to getting what they want from life.

Neither of those rank high on my

priority list because in those two areas you always “win

some” and “lose some.” It tends

to create an up and down yo-yo effect in our lives. I have been studying the Jack Kornfield book, “The Wise Heart” and it has



PRIORITIES, continued...

given me a priority that has been transformational.

My main priority in my life is that I show up with an open, loving, compassionate heart and that I embrace all of my experiences without resistance. This means not creating separateness in my heart with others and that my love for them and myself is unconditional. It also means saying "Yes" to the river of life and whatever it brings to me.

Living this intention and having it override all other priorities really simplifies one's life. For one thing, it does not require the cooperation of or depend on another single soul. It is completely within our control, and it removes our desire to control others or circumstances. It liberates us

from any codependency. Secondly, it assures that we will be part of the solution and not part of the problem that we face as a human race sharing this planet. Thirdly, it offers us the very best shot we have at getting a loving, positive response from others.

Does this mean that our life will be free of challenges? Certainly not, but it does mean that we remain centered and make conscious choices as we face our challenges. The difference is that we will be more relaxed and less urgent related to outcomes. Our success and fulfillment in life is assured by our state of consciousness, not by what happens in the world of form. -Bill

Counseling Services *with* a Spiritual Perspective
SPRING'S FEVER By Kathy Peters,
Prayer Ministry Director

Have you noticed that spring is beginning to be a~feverin' everywhere?

Life is changing as birds build new nests, daylight hours stretch longer and intensify the sky, and trees and flowers share their extravagance. It's as if Mother

Nature has been listening to the voice of Inner Wisdom as it flows through her heart, calling her to awaken and come out to play in the most dazzling ways! And, what about you, dear one? Are you also



SPRING'S FEVER continued...

a~feverin' to burst forth with the radiance of this new season of your life? Like Mother Nature, our hearts are invited to awaken and venture into new territories. Everything around reminds that life is always resurrecting and being reborn. The Divine never holds a limited view of what is possible, so why hang on to a limited picture of what we can be and do?

We have our times in the tomb, just as Jesus did, when we allow doubt and fear to live in our hearts. When that happens, we are called to roll away those stones that block us from living victorious and joyful lives. The chatter of your ego mind is no match for the Spirit of Truth that is alive in you, encouraging you onward. Spring is the season of spiritual transformation because we are a~feverin' to grow. When you find yourself longing to be and do more, prayerfully give thanks for the soul-stretching

going on inside you. Relaxing into quiet moments of prayer invites the Christ Presence to show you how to change your life, how to be the person you are created to be, how to step forth in faith and live beyond the self-chosen stones of personal limitation. Jesus overcame the negativity in His life, and He told us we can do the same. Jesus prayed, often and sometimes loudly. Let's follow His example as we prepare to burst forth with new radiance. In the face of even the darkest circumstances, pray often and loudly: NO TOMB I SEE!
CHRIST ARISES IN ME.

Please share your prayer requests with the Prayer Ministry. We add your name to our Prayer List, and join you in prayer. Contact Kathy Peters, Kathy@unityofmesa.org, or 480.892.2700 x 18 for more information. Please share your happy news about the good bursting forth in your wonderful life. Blessings! -Kathy

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, halbass@qwest.net (6th thru 12th grade.) if you are called to volunteer.

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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 an ad in the May/June 2009 Newsletter, get your check to Nancy in the bookstore & e-mail your ad to: jenifer@unityofmesa.org by Friday, Mar. 27th.

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

"EATING" MOVIE

Food for Health
is sharing this
movie on a love
offering basis in
the Sanctuary
**MON. APR. 6,
6:30PM.**

CHURCH PICNIC '09

Potluck at Free-
stone Park's Play-
ground Ramada.
**SUN. MAR. 29,
11:30AM-3PM.**

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DINNER PARTY - FUNDRAISER

"Come As You Will Be In the Year 2014"

FOR: Everyone (ages 13-113)

DATE: Sat. March 7, **TIME:** 6:00-10:00pm

WHERE: Garden & Sanctuary

INVESTMENT: Early Birds by Tues. Mar. 3, noon: Adults \$15 & Teens \$12. Regular Price on 3/3: \$20 per ticket.

Dress up and act as if it is 2014 and you have already succeeded everyone at the party will do the same. Bring supporting materials and friends to back up your vision. This is a fun way to use the law of attraction for your greater good. World Cultures Buffet Dinner included. Raffle tickets for great prizes will be on sale. Kim Farish is facilitating this event, ieaglespirit@yahoo.com.

YOUTH & FAMILY MINISTRIES

Sunday School Classes

Newborn–Preschool Child care 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@qwest.net (6th–12th grade) &

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

PANCAKE BREAKFAST

Who: The Uniteens, Y.O.U, and Unitweens

For: All of the congregation

When: Sunday March 15th 9:45am to 12:00pm

Where: In the Garden

What: We will be cooking up pancakes, veggie sausages, bacon, and eggs for all of you to enjoy!

Cost: Love Offering

Why: To raise funds for Uniteen and Y.O.U Regional Events and to send our 3rd through 5th graders to Kids Camp this summer.



YFM BAKE SALE FUNDRAISER

Who: Unitweens lovingly hosted by the Children's Creativity Group

For: All of the congregation

When: Sunday, April 19 after both services

Where: In the garden

What: We will be selling baked goods that have been donated by the congregation. (More info to come. Think about what you'd like to share.:)

Cost: Love Offering

Why: To raise funds to send our Unitweens to Kids Camp and to support the Uniteens and Y.O.U in attending Regional Events.



Annual Unity Women's Day *Trusting the Light I Am*

*We are being called to Trust - to Trust our Knowing, - to Trust our Divine Guidance
- to Trust our Gifts - and to Trust that we **are** the Light.*

Join your sacred sisters in divine play and transformation as we co-create a supportive and loving environment for:

- Deepening levels of trust and discernment
- Integrating body, mind and spirit
- Opening to your heart wisdom
- Being present with self and others

Come for a joyful day of music, movement and creative flow!

March 14, 2009, 9am to 4pm at Unity of Divine Love

325 N. Austin Drive., Chandler, Arizona 85226, 480-792-1800

Due to the abundance of the Universe, fee reduced to \$25!

For registration information go to www.unitywomensministry.com.

Registration forms also available at Unity of Mesa



Facilitated by
Rev. Kyra Baehr

***Sponsored by Unity of Divine Love and
Unity of Mesa***

Guest Musician
Marilyn Hardy



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 Annex Fillmore Room.

Contact: Curt, (480) 834-0819.

CLASS INFORMATION

THE BHAGAVAD GITA:

Thomas Pearce, a World Religions teacher, is facilitating this drop-in class

-Tuesday, March 3, 7:00-8:30pm

-In the Sanctuary

-Investment: Love Offering

The Bhagavad Gita is 5,000 years old and has been called the Hindu Bible. See what you can learn from the world's oldest cultures.



SPIRITUAL ECONOMICS, Joel's Prosperity Class:

With the irreverent reverend *Joel Baehr*, our beloved spiritual leader. This class is based on the book Spiritual Economics by Eric Butterworth. You will have the option of being a full-fledged truth student in this class complete with homework assignments, or auditing the class as an observer.

-Wednesdays, February 25 & March 4, 11, 18 & 25, 6:30-8pm

-In the Sanctuary

-Investment: Love Offering

joel@unityofmesa.org, 480-892-2700



SPRING CLEARING:

with *Michelle Lee*, Certified Hypnotherapist, Intuitive EFT Practitioner and Soul Realignment Practitioner. Join Michelle Lee in the power of the "borrowed benefits" phenomena of group EFT sessions!

-Saturday, March 7, 9:00 am - 11:30 am

-In the Sanctuary

-Investment: \$35.00

Bring your "issues" (shame, blame, guilt, fear, traumas and even physical pain). We will spend this time in group tapping sessions to clear and release your un-preferred emotions and pain so you can move forward more effectively. We will close the session with group hypnosis to "anchor" your clearing. In addition to

continued...

CLASS INFORMATION, continued

learning the mechanics of EFT you will also learn:
What issues to tap on; What words to say; and How to
get to the "core" of the issue. www.Michellelee.us
480-203-2546



THE WISE HEART

You are invited to join *Bill Raines* and other wonderful like-minded people in a new class based on Jack Kornfield's book, "The Wise Heart." This class will inspire us to live a more heart-centered life, while at the same time being mindful and wise. We will enjoy greater inner peace and liberate ourselves from separateness by applying these concepts in our daily lives.

- Sundays, March 8 through May 31, 1 to 3:30pm
- In the Fillmore Room (YFM Building)
- Investment: \$10 per class

The course is divided into two parts. We will not meet during the summer and Part 2 will be offered in the fall. Taking either or both parts will work for you. Each week is an independent lesson that can stand alone. Attendance will be limited. Free child care. Please call to get your name on the roster or sign up in the Family Room.

PRANIC HEALING KIDS CLASSES:

Shawna Stevenson is a healer trained in Master Stephen Co's Pranic no-touch energy healing and a massage therapist.

- For Kids Ages 3 to 7
- Saturdays, March: 7, 14, 21 & 28, 9:30am-12noon
- In the Fillmore Room (YFM Building)
- Investment: \$20 per class (pre-pay for all four sessions and get a discount - only \$65!)



Classes will include kids' meditation; super brain yoga; and lessons such as principles of kindness. A craft and snack are included in each session. Shawna: 602-549-3059

HEALING OPTIONS *Health & Wellness Fair*

DATE: Sat. 3/28, 10am-4pm & Sun 4/29, 11:45am-3pm

WHERE: Unity of Mesa Grounds

INVESTMENT: All Services on a Love Offering Basis

This fair will focus on health therapies and healing modalities. This is an excellent opportunity for Unity members who work with health and wellness to network within our community. For info and Sign-ups e-mail Catherine Walters: southwestliving@gmail.com.

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.

Meet & Greet Potluck, March 1 & April 5 & May 3, about 11:45am in the YFM Bldg./Annex. Contact person is Nancy Spence at nancyactpar@cox.net or 480-357-0998.

Book Study I HAD IT ALL THE TIME: WHEN SELF-IMPROVEMENT GIVES WAY TO ECSTASY by Alan Cohen **Sundays** March: 1, 8, 15, 22, 29, April 5, 6-7:30p in the Fillmore Rm. Nancy Spence nancyactpar@cox.net or 480-357-0998.

HIKING Sat. March: 14 & 21 - 7am in Apache Junction. RSVP to Kathy at morka14@juno.com or 480-982-8400.

Dining & Dancing Sat. March 21 - carpool by 5:30pm or meet there at 6pm at the Goldfield Saloon in East Apache Junction RSVP to Nancy at nancyactpar@cox.net or 480-357-0998 (email preferred) so reservations can be made.

HIKING Sat. April 4 & 18, 6:30am - RSVP to Kathy at morka14@juno.com or 480-982-8400.

Sunset HIKE Sat. May 2, 5:30pm - RSVP to Kathy at morka14@juno.com or 480-982-8400.

LOVE IN ACTION TEAM EVENTS

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

A Course in Miracles: Lonnie Frederick and Alison Wilson, awilson57@aol.com or (480) 892-4800. Every Friday, 7-9pm, Fillmore Room.

East Mesa Bodhisattva Club: Thomas Pearce 480-654-3711.

Bhagavad Gita Class, Tues. 3/3, 7pm Sanctuary.

Food for Health - a healthy eating support group: Jenifer Tull-Gauger, 480-330-8886, jenifer@unityofmesa.org. Mon. 3/9, 3/23, 4/6 (movie), 4/20, 6:30-8pm, Annex Dining Room.

Green Team: Environmentally Conscious. Sun. 3/1, 3/15, 4/5, 4/19, 11:30a, Family Room.

Children's Creativity Group: Kids create all kinds of items to share by baking, knitting and using any and all creative outlets. Delaine 480-892-2700. Sat. 3/21, 4/18, 1-4:30p, Fillmore Room.

Packages from Home: Care packages for our troops. Christine Mustapich, nonionthego@cox.net, 480-641-0013. Collects

Sun 3/15 & 4/19.

Pranic Healing Clinic: Uses no-touch energy healing. Barbara Sherrod 480-654-3693, bjswhitecat@aol.com. Clinics on: Mon. 3/2, 3/9, 3/23, 3/30, 4/6, 4/13, 4/27 6:30-8:30p. and Thurs. 3/5, 3/12, 3/26, 4/2, 4/9, 4/16, 4/30 2-4p, Fillmore Room (Calendars in Family Rm.)

Prayer Shawl Ministry: Knit or crochet items for people experiencing challenges. Delaine, 480-892-2700, ddeda2000@aol.com. Tues. 3/3, 3/17, 4/7, 4/21, 10a-12n, Library. Thurs. 3/12, 3/26, 4/9, 4/23, 6-8p Family Room.

Scribe Tribe: Writers' support group. Linda Roujon 480-985-6473, or Gerry Klaverkamp at 480-586-6589. Mondays, 4:30.

Walk a Mile in My Shoes: Collects shoes for people without. DonnaChristine Park 480-373-5930, whisper0851@hotmail.com. Shoe Drive 3/9, 6-8p, Skateland.

Women's Ministry: Hosts: **Women's Day,** Sat. 3/14, **Unity of Divine Love,** and **Transformation Through Cancer** Women's Support Group (Cyndi 480-983-8758), Tues. 3/10, 4/14, 7-8:30p, Library.

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

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UNITY CHURCH OF MESA DIRECTORY

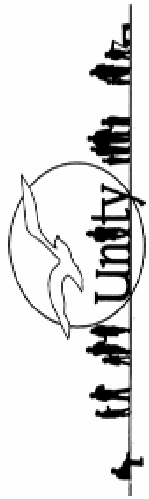
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Doug Mathews, A/V Director; Ronnie Preblich, Youth Ed. Liaison

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@qwest.net)
Moriah & Jeff Salzman, Children's Education Directors (ext. 11, unikids@cox.net)
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L



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

RETURN SERVICE REQUESTED



March & April Newsletter sent to:

You!