

Unity of Salem Newsletter

July/August 2005

2005: The Year of Applied Spirituality

Minister's Message

Does it seem to you that time has truly speeded up? Not just the kind of speeding up that happens as we get older, but truly time is going faster? Some of the books I read suggest that this is actually happening.

It certainly feels that way to me. Mostly I can truly believe that time has increased its speed; and, then at other times I wonder if many of us just don't fill our plates too full. It's the syndrome of: Have to hurry, hurry, hurry! I have places to go, people to see, documents to sign -- the Mad Hatter syndrome. This would be a good moment to remember Rev. Betty Owers' affirmation: "Time expands to meet my needs!"

As I've mentioned in the past our world is in the throes of great change, great transition, and we seem to be doing it at top speed. There is an up-side to this increased speed and a down-side to it as well.

On the up-side we know the Universe is in a hurry now. It is time. The moment has come, we have to change our way of doing things. No longer can it be business as usual; and, as my Mom used to say, "God never gives us more than we can handle." It is time to release our emotional attachment to old beliefs that are no longer serving us and surrender to the Power and Presence of God within us.

On the down-side of this speedy process is the possibility that instead of "finding ourselves" in the process, we "lose ourselves." In other words, we become so caught up in the process of speed, running from this event, or project, or party to the next that we never look at "how" we are reacting or responding to the process. We become so efficient



in our hurrying and scurrying that we forget to check within. I once had a counselor tell me that a "red flag" for me was when I became super efficient. She said that when I was super efficient I was "outside" of myself. I've never forgotten that red-flag advice, and often stop and check myself when I am super busy to see if I am inside myself or outside myself.

One of the things I know happens to me when I'm outside of myself is I hurt myself. I am not fully occupying my body and I bump a knee or elbow or slam into a door jam because I'm taking the corner too sharp. That is usually, but not always, a moment that draws me up short and reminds me to check within.

Summer has a tendency to increase our activities even more. Yard and house projects that we've been putting off through the winter now clamor for our attention; friends and family outings in the nicer weather beckon to us; and, we like to take advantage of the summer events that are offered in the community.

Knowing the truth of all of this, my advice to us is to make sure we follow Jesus' lead. When things got too hectic in His world, He "went apart". He spent time with the Father. I encourage all of us to take a page from His book. Make sure that your weekends aren't so filled up that there is no room to attend church and spend time with your Spiritual Family. Make sure that you read your Daily Word EVERY day, and stay "prayed up".

Minister's Message Continues on Page 3....

BOARD MEMBERS

President ----- Dr. Bonnie Jean Young
Vice President - Reinholdt Leske
Secretary ----- Denita Wallace
Treasurer ----- Carol Wilson
Members ----- Dick Thomas
Ed Lent
Alternate ----- Peggy Brown

STAFF

Office Coordinator
Betty Sword
Minister's Associate
Diana Moskal
Youth Education Director
Sharon Viehdorfer - Director
Bonnie Staebler - Youth Music Director
Erica Meyer - Assistant
Music/Choir Director
Rebecca Shepard
Multi-Media Team
John Meyer - Dir.
Paula Wills, Paul Wilson,
Jane Minard, Jim Harris,
Mattie Courtright &
David Shepard
Operations Coordinator
Jim Wallace
Newsletter Coordinator
Stein Agaberg
stein.agaberg@hrc-cc.com
Webmaster
Kathy Munsel
Pianists
Christine Shepherd
Rebecca Shepard

LICENSED TEACHERS

Diana Moskal
Ann Armstrong

DIAL-A-PRAYER
503 364-6057

<http://www.unityofsalem.com/>

E-Mail: unityonthehill@aol.com
Unity of Salem

Phone: 503 364-0156

Office Hours: 10-4 Mon. - Thurs.

P.O. Box 3518

Salem, OR 97302

Sunday Service at 10:30 AM

Communication with Teams. The Board is inviting Team Leaders to report about their mission and their plans. In June we heard from Diana Moskal, Team Leader for the Chaplains' Ministry. In July, Diane Van Gorder will report the plans for the Unity Friends Team. Each month the Board receives e-mails from fellow board members regarding events and key roles that each member has been assigned.

Financial Review. Rev. Georgie, Betty, the office manager, and I met with the CPA that the Board selected to do our financial review. I was delighted to find a competent, knowledgeable person who does reviews and audits for many churches in the valley. While the others provided him with stacks of financial records he had requested, I turned my attention to his statements about Board Policies and Procedures, and official definitions for categories that we use. Many of these categories already exist; others, the Board will need to officially approve. The CPA also recommended a different computer program for our financial records than we currently use. The Financial Review should be ready for the Board at the end of June.

Budget for 2005-2006. We plan to have the Unity of Salem budget for 2005-2006 ready for a special membership meeting in August.

Board Leadership Training. The Board of Trustees, Team Leaders, and Staff participated in Leadership Training the last weekend in June. The training was conducted by Steve Towles, the NW Regional Representative for Unity. He lives in the Seattle area. We gained many new insights from the training.

Communication Styles Training. Dr. Bonnie Staebler and I have agreed to do the Communication Styles Workshop for the Board of Trustees. In this training, Board members will learn about their Communication Styles under normal conditions and how styles may change in stressful situations. Suggestions will be made for appreciating each others' styles and for accommodating to others' styles when necessary.

Topics I Have Heard Bubbling Up.

- (1) The Newsletter. We cut the printing of newsletters during a belt-tightening time. Should we revisit this decision?
- (2) Erosion of the Banks. Should we plant ground cover or place rocks at the entrance and exit to the property?
- (3) Unity Sign. What would be the best background to show off the sign in front?
- (4) Men's Group, Women's Group. Is there a need for a Men's Group, a Women's Group?
- (5) Sunday School Curriculum. How do we handle a three-year span of curriculum in the Uniteens and the YOUs?

I would appreciate hearing from you. See you at Church and at Crystal Mountain---

President Bonnie Jean Young

Minister's Message continues...

Throughout the day look for those "points of Light", those places in your world where God shows up, and offer a prayer of gratitude for the reminder that wherever you are -- God is. The best way to handle change, transition and transformation, no matter what speed it happens to us, is to stay consciously connected to our God. This doesn't happen without our willingness and some self-discipline on our part. Remember, my friends, if you aren't feeling close to God -- God didn't go anywhere --- you did.

Have a wonderful summer, and I trust I'll see you often in church and at church related events.

Peace and Blessings, Georgie

Dancing On Marbles:

Moving through challenge with ease.

Sunday, July 17, 1 - 4 pm

\$25, Unity of Salem. No pre-registration required.

We are all somewhat resistant to change, but we can learn to ride *with* the waves rather than be pulled under. To understand what is happening in your life from a soul perspective provides the tools to cope with difficult people and situations. Instead of reacting from fear or judgment, begin to use the "change that happens" as a catalyst for creating the life you want.

- Understand the steps we go through when facing change.
- Develop personalized ways to trick your brain away from fear and towards the success of a greater vision.

Through crisis, Daeryl has developed and put to the test a handbag of tools for holding peace in the midst of the storm and orchestrating chaos into divine results. She would love to share personal stories of overcoming challenges to help you dance through your own changes.

Please contact Daeryl with any questions

503-375-5793

News Of The Northwest Region:

The NW Regional Conference was held the first week of May in Menucha. Approximately 65 Unity ministers, Licensed Teachers, and others were in attendance.

Georgie Richardson was re-elected to the Regional Board for a three-year term. She is serving as the Prosperity Task Team Leader.

The Prosperity Task Team has been energizing the Keeper of the Light of Prosperity project for the past year under Georgie's leadership. All of the ministries in the Region are encouraged to designate one person in the congregation to be the Keeper of the Light of Prosperity for their church and the Region. Currently there are 19 Keepers in three states: Oregon, Washington and Montana.

The conference body approved a budget of \$104,136.

A proposal for a new paid staff position was brought forth. This person would be a Regional leader dedicated to visiting and supporting all of the ministries in the Region, administering the affairs of the region, creating programs to bring the Region together and provide training and retreats. A task team is in place to research this proposal and to explore the willingness of the regional churches to fund such a position.

Representatives from the Association of Unity Churches were present during the week as well as Tom Zender, President of Unity Institute.



Chaplaincy Team

Eleven Chaplains were dedicated and officially received their beautiful stoles at a ceremony on May 1 during the Sunday service. They have been praying one on one with people before/after Sunday services, holding spiritual space for meetings, listening from the heart and honoring confidentiality.

Another way they can serve is to make Wellness Calls. This means that people can have a Chaplain call once a month. During the phone call, the Chaplain will ask, "how may I pray with you?" If there is a prayer need, the Chaplain will say a prayer with the person. All prayer information is confidential. This is an opportunity for people to stay connected with our spiritual community. If you would like a Chaplain to call, there are pink pieces of paper to fill out on the kitchen counter or you may call the office to get signed up. Our Chaplaincy team is an AWESOME group of people! Of course, I would think that and you will too!!!!

Blessings,
Diana Moskal

Meet A Chaplain – Barbara Hill

My name is Barbara Hill. I was introduced to Unity less than a one year ago. When I discovered Unity of Salem, I felt like I had come home. I had no doubt about becoming a member. I am also one of your Chaplains. This is my story of how I became a Unity Chaplain.

On Sunday after service, I was standing in the kitchen with a friend. She said, "look, they're having a lay Chaplaincy training--let's sign up!" I had never contemplated any such thing. Over the next few weeks I thought about what that might mean for me. I could see myself involved in home or hospital visits.

I had been a Home Health and hospital nurse. I could visualize praying with others and participating in Wellness Calling. So even though I had never done anything like this before, it sounded like a good way to really get involved. So I signed on the line.

As it turned out, my friend did not go. Eleven people, including myself, presented ourselves for training. It was a wonderful experience. I had doubts about my own abilities to pray correctly or effectively. I had NO doubt whatsoever that prayer works. I learned that if you pray from your heart, it will never be wrong. And that's just one more thing I love about Unity! I believe Spirit has called my name. I look forward to serving the church and praying with you. You don't have to be sick or in the hospital to ask for prayer. You have probably noticed there have been Chaplains available after Sunday service, ready to pray about whatever is on your mind.
Namaste.

Bookstore News:

Georgie and I have been selecting various books to support each Circle of Intention. They are on the round table in the Bookstore. During the Circle of Play, we are featuring books such KINSHIP WITH ALL LIFE by J. Allen Bone, HOT CHOCOLATE FOR THE MYSTICAL LOVER by Arielle Ford and CHICKEN SOUP for the SOUL OF AMERICA by Jack Canfield. These books are fun summer reading plus they are 20% off!

Books by Gary Zukav who will be a speaker at Crystal Mt., are reduced in price! One of his books, THE HEART OF THE SOUL is \$5!!!! Take a look! Happy Summer Reading,

**I am One with God. The Spirit of God is in and through all aspects of my Life.
Wherever I am, God is!**



The Magic Mountain

Soul Reunion

*Celebrating 25 Years of Unity
August 18th-21st 2005 At Crystal mountain, WA*

Gary Zukav & Linda Francis, Rev. Richard Levy, Jeanne and Karl Anthony and many other presenters and performers!

We invite you to enjoy a time for personal renewal and inspiration, in this wondrous setting of spectacular natural beauty. This is a magical and miraculous place where you can meet like-minded people. Come, join in the fun and create bonds of friendship and community.

This year our focus will be on bringing the wonder and mystery and hope back into everyday life. We will learn about spiritual leadership in action through authentic power. Gary Zukav describes authentic power as the alignment of your personality with your soul. It is the experience of knowing that you are alive for a reason, and that what you are doing is for that reason. Creating authentic power requires coming to understand and to experience all of the parts of your personality that are frightened, and changing them. That is the journey.

Register before July 2 for the early bird special discount. Register before July 31 for the discounted rate. Brochures are in the kitchen.

See you on the mountain!

Meet A Chaplain – Mary Williams

For those of you who don't know me-I have been attending Unity of Salem for the past two years. I became a member last April. I am married to my best friend, Josh. We have two beautiful daughters Olivia (3) and Vivian (1 ½). We make our home in Stayton. My husband works for Sublimity Fire District, as a training officer and I am a stay-at-home mom.

I was raised catholic. My spiritual quest began almost ten years ago when I had the wonderful opportunity to be a nanny to a Jewish family in New Jersey. Since then I have enjoyed learning about other faiths and cultures. I started attending Unity of Salem when Olivia was just 8 months old, a few months later I found out I was pregnant with Vivian (I know, you all are thinking right now "where did the time go?"). It was important for me to have a spiritual home for my children and myself.

I was drawn to the idea of the chaplain program when it was first mentioned. I was even more drawn to the program after I found out that the training would involve a weekend away at the coast. At the time I was already counting down the days till the next woman's retreat! Any opportunity to spend time away learning and growing in the presence of Unity friends I was going to be there! The weekend at the coast was in one word...AMAZING!

My prayer life has grown since meeting all of the other wonderful people in the chaplain program. I am more mindful, positive and living my life from possibilities and not from fear. As I am learning and growing in my prayer life I am also teaching and setting an example for my daughters. The chaplain program is exactly what I needed at this time in my life. I look forward to praying with you and remember..."God is good ALL the time!"

Play Circles!

KARL ANTHONY IN CONCERT
Friday, July 1 at 7:00 PM

POTLUCK & SING-A-LONG
Saturday, July 9 at 5:30

MOVIE - "THE INCREDIBLES"
Friday, July 15 at 7:00 PM

GAME NIGHT
Friday, July 22 at 7:00 PM

***See sign up sheet on kitchen counter for opportunities to serve for the above events!

Co-Ed Retreat

We will be having our Co-Ed (men and women) Retreat at Menucha Retreat and Conference Center in Corbett, Oregon. It overlooks the Columbia Gorge with 100 acres of lawns, woodlands and gardens. It will start with dinner on Friday night, Oct. 7 and finish by noon on Sunday, Oct. 9. This is a beautiful place and there is yummy food!

The retreat will be facilitated by Rev. Georgie Richardson, Diana Moskal and Rebecca Shepard. The theme will be THE WAY OF PEACE. There is a grass roots movement for peace in our world. We invite you to attend our co-ed retreat as we contribute to this grass roots movement through our work in consciousness. The cost is \$160 per person for two nights and five meals. There is a sign up sheet on the kitchen counter as well as a map. If you have any questions, please call the office.



In The Flow Of Abundance - An Expanded Consciousness Gathering

Join us on Wednesday evenings at 6:30 to experience a time together of expanding our consciousness of abundance. The abundance of the Universe completely surrounds us. There is no place we can be without this abundance surrounding us, however, we must be aware of it. We must focus on it and prepare ourselves to receive! We will meet for 45 minutes to an hour to pray, meditation, connect and become receptive to the abundance of the Universe.

Birthdays

- July 2nd Ralph Gingerich
- July 4th Ed Lent
- July 7th Candace Norwood
- July 18th Jim Harris
- Jackie Smith
- July 22nd Caroline Collins
- July 31st Don McCaig
- Sherri Smith

- Aug. 1st Paula Johnson
- Aug. 5th Marie Adams
- Aug. 6th Midge Powell
- Aug. 13th Cristy Bailey
- Carolyn Hakanson
- Aug. 16th Johnnie Southerland
- Joanne Icovino
- Aug. 22nd Tammy McCammon
- Aug. 25th Jim Wallace
- Aug. 27th Dave Munsel

COMING ATTRACTIONS...

Daily: Pause for Peace 9 a.m. & 7 p.m.

"Let there be peace on earth, and let it begin with God's love in my heart"

Sundays: 10:30 a.m. service and youth education, 10:30 a.m.

First and third Sundays: Pathfinders 9:00 a.m. in the Bookstore – Everyone Welcome!

Thursdays: Noon meditation, followed by brown-bag lunch.

July 1st: Karl Anthony in Concert @ 7:00 p.m.

July 3rd: Pathfinders 9:00 a.m.; **and** Noetic Science, Y.O.U. room 6:30 p.m.

July 9th: 5:30 p.m. Potluck followed by music at 7:00 p.m. with John Meyer and Blythe Eastman.

July 15th: 7:00 p.m. Movie Night – "THE INCREDIBLES".

July 17th: Pathfinders 9:00 a.m.; **and** Noetic Science, Y.O.U. room 6:30 p.m.

July 22nd: 7:00 p.m. – Game Night.

Aug 13th: 5:30 p.m. Potluck followed by music at 7:00 p.m. with John Meyer and Blythe Eastman.

Aug. 18th-21st: Soul Reunion at Crystal Mountain. 25th NW Unity Retreat.

Sept. 9th: World Day of Prayer

Oct. 7-9th: Co-Ed Retreat at Camp Cascade.

Oct. 16th: Kathy Zavada at Sunday service and workshop in the afternoon.

This Is A Precious Moment

A lifetime is like a flash of lightning in the sky.
 Rushing by like a torrent down a steep mountain.
 We have stopped for a moment to encounter each other, to meet, to love, to share.
 This is a precious moment, but it is transient.
 It is a little parenthesis in eternity.
 If we share with caring, lightheartedness, and love,
 we will create abundance and joy for each other.
 And then this moment will have been worthwhile...
 -Deepak Chopra

Thank You, Thank You! And Hats Off To:

Jim Wallace (Wally) for painting the bookstore restroom.

Sharon Viehdorfer, Erika Meyers, Bonnie Staebler and other teacher/assistants who are so dedicated in our Youth Education program.

Everyone who helps weed, trim, etc. our beautiful grounds.

Hospitality team: Sandra Gregory, Beverly Dargo, Ginny King, and Renee Shearer.

To all of the people who serve so faithfully on Sundays: Usher/Greeters, Selected Reading people, Welcome people, and bookstore workers.

To Marilee Corey and the YOUers who planted 50 lilies around the modular.

Prayer


I got up early in the morning
 And rushed right into the day.
 I had so much to accomplish
 That I didn't take time to pray.

Problems just tumbled around me
 And heavier came each task.
 I whined, "Why doesn't God help me?"
 He said, "You didn't ask."

I groaned and I shouted and I grumbled,
 I tried every key in the lock.
 I cried, "Why doesn't He open?"
 He said, "You didn't knock."

So, I got up early this morning
 And paused before entering the day.
 I had so much to accomplish
 I had to take time to pray.
 ---Anonymous

July Church Calendar

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Sunday Service: 10:30 a.m. – Youth Education is available.					1. 7:00 pm: Karl Anthony in Concert	2.
3. 9:00 am: Pathfinders 6:30 pm: Noetic Science	4. 	5.	6.	7. Noon Meditation/ Brown Bag Lunch	8.	9. 5:30 pm: Potluck followed by music at 7:00 pm
10.	11.	12.	13.	14. Noon Meditation/ Brown Bag Lunch	15. 7:00 pm: Movie Night – “The Incredibles”	16.
17. 9:00 am: Pathfinders 1:00 pm: Workshop 6:30 pm: Noetic Science	18.	19.	20.	21. Noon Meditation/ Brown Bag Lunch	22. 7:00 pm: Game Night	23.
24./31.	25. 7:00 pm: Board Meeting	26.	27.	28. Noon Meditation/ Brown Bag Lunch	29.	30.