

Minister's Message

Dear Friends,

Another summer is nearly over, and once again we are looking forward to fall. September is the time when we put most of our summer fun behind us and begin to turn our attention once more to other things -- regular church attendance, and taking classes, to name a couple of things.



I trust this summer has been one of rest, renewal and recreation for you. I have had a very busy summer. It has been packed full of learning, stretching and growing. In May I attended the Agape Conference in LA and besides having a wonderful time at the conference I was exposed to Gregg Braden and some material he presented on the "medicineless hospital" in China. The healings that happened there so intrigued me that I attended another seminar by Gregg in Seattle in June, which led me to even more information about ChiLel which is the self-healing art practiced at the hospital in China. I then took a six-day ChiLel training in the Shasta area in California in August.

ChiLel is the medical aspect of QiGong. Many of us are familiar with the martial arts of QiGong, but the healing art, called ChiLel was new to me. Through video and audiotapes, books, and the training, I have now incorporated ChiLel as part of my daily routine. I also brought this healing art to the congregation for the Sunday service on August 17th. With the help of Paula Wills, Joanie Manuel and Blythe Eastman who took the training with me, we presented the essence of the art to the congregation, and then engaged the congregation in a healing-meditation.

ChiLel is a combination of gentle physical movements, mental visualization and strong affirmative words and statements. As 80% of the

effectiveness is mental, I found it to be very compatible with Unity's beliefs.

Unity, of course, holds a strong belief in self-healing, in fact, Unity was founded on Myrtle Fillmore's healing, and she and her husband, Charles, went on to establish Silent Unity that has helped to facilitate thousands of healings over the years. Silent Unity always says that they will pray "with" a person.

This is because in truth we are our own physicians. We heal ourselves! "By your faith you are healed," Jesus said to us over and over again.

Although the medicineless hospital in China has now been closed by the Communist government, during the time it was open to over 100,000 people. An overall effective healing rate of 95 percent was documented in over 180 illnesses such as cancer, spinal cord injuries, diabetics, heart and lung disease, to name a few, have been cured.

Today we are hearing a great deal of discontent about our medical system in the United States: difficulties with insurance companies, doctors stopping certain practices because of excessive malpractice insurance premiums, shortage of nurses, hospitals ripping off Medicare, etc. More and more people are turning to alternative medicine: herbs, acupuncture, massage, and many other methods.

The practice of ChiLel on a daily basis will help us to stay in good physical condition as we release old stale energy from the body and bring in the fresh Chi (Life Energy) from the Universe to enliven and energize our body and lubricate all of our joints and bring new health and vitality to our organs. If we currently have a physical problem, ChiLel can also help to heal that problem.

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Light

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P.O. Box 3518
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Sunday Service at 10:30 AM

Candace Norwood

This month I'd like to share some ideas about letting go. My inspiration was the garage sale give-away, which looms at the time of this writing. The August 22-23 event was basically a garage sale without the exchange of money with the intent of moving unused items back into circulation.

For years my basement has been filled with things I couldn't bear to part with because "the kids might need them someday." Well, the kids have all moved away now and taken what they wanted. The garage sale I intended to have never quite came together and I just couldn't muster the motivation to get the job done. The pressure to prepare for this event tipped the scales, though – for weeks now I've been sorting through boxes and bags and looking back in time.

As I sorted, I tuned in to my feelings – setting aside anything with sentimental value. Shockingly, nearly all of it was just stuff that I could either throw away or give away. Well, I was shocked – my husband, not so much.

The process got me thinking about inner work. I wondered how many old ideas are kept around for lack of examination. Some of those old ideas came up with the examination of physical items. Many things (such as clothes that no longer reflect my style and books I'll never read) were held onto due to a belief in lack. There was a time I didn't remember that God is my source and even though I know better now, those items still hold that energy for me.

"I am letting go," I said many times over. If it didn't touch me emotionally, it was gone. I also chose to release items that stirred up sadness because I'm ready to release that, too.

There has been some feeling of loss and something more, too...a sense that I'm moving in the right direction for me. Experience has taught me that nature does not support a vacuum and now I've created space in my life for new adventures. The universal expansion in evidence around me now has space to move more fully into my life.

The most startling lesson of all was that some of the things I had been seeking from outside (such as new drinking glasses) were in my basement all along. That got me to thinking about inner work, too. Sometimes it appears easier to look to the world outside than to examine old attitudes and beliefs, especially when those beliefs are unconscious or semi-conscious.

The biggest blessing of this exercise was that it offered a bridge between the outer world of things and the inner world of consciousness. My deepest thanks to all who participated in this event. I appreciate your willingness to share your stuff and to go through this process as a community.

MINISTER'S MESSAGE continues:

I invite you to think about this health enhancing medical QiGong, and if you are interested in more information to look at their web page:

www.chilel-qigong.com. It is my intention to bring a ChiLel Certified Instructor to the church for a weekend workshop. There will be more information available to you as that date is set.

Blessings,

Georgie

WORLD DAY OF PRAYER:

September 11, Thursday, is Unity's World Day of Prayer. This year we are celebrating Unity's 10th annual World Day of Prayer. There is extraordinary power that can be generated by many people holding the same positive thoughts in prayer. It can change the world. This year the theme is "Let Go and Let God," which is reflected in the vigil affirmation:

Centered in Your presence, dear God, I let go of every concern and my soul awakens to new blessings of Your love and grace.

The church will be open through the day. Please come in and spend some quiet time in prayer. We invite you to stay in a prayerful state throughout the day and to join us at 7:00 p.m. for a prayer service.

There are prayer forms for your use. They are on the kitchen counter.

Please fill them out with the names of those you wish held in prayer, and place them in the box marked "prayer slips".

CO-ED RETREAT TIME ONCE AGAIN!

Our October Co-Ed retreat is THE retreat no one wants to miss. This year our theme will be "Creative Focus". We "Westerners" aren't highly self-disciplined, and often experience difficulty keeping our focus. At our retreat this October, we will have an opportunity to experience a number of different exercises designed to assist us in holding our focus for a length of time.

Mark your calendar now. The dates are October 24-26th. The cost is \$95.00 with a \$25.00 deposit requested by September 7th. There is a sign up sheet in the kitchen, please sign up so you won't be left out.

**Affirmation**

This is the year I Celebrate. I Celebrate my Good! I Celebrate your Good! We Celebrate the Good in our World and call it forth into everyone's Life as we affirm that God is Good --- ALL THE TIME!

R.Y.I.S - (RELEASING YOUR IMPRISONED SPLENDOR)

Last year we implemented a new program for becoming a formal member of the church. Because we believe that joining Unity of Salem is such a important step in our Spiritual journey, we want you to be fully prepared. The program consists of a two-hour orientation meeting, two four-week classes on basic Unity principles, a prayer workshop and a service workshop. Each person desiring to join the church will have a "mentor" who will support them in their process, and the mentor will stand up with the new member during the membership ceremony in April.

The R.Y.I.S. program will begin on Sat. January 10th at 10:00 a.m. with an Orientation meeting. The Basic Unity classes will be Jan 22, 29, Feb. 5 and 12th; and March 4, 11, 18, and 25. The Service Workshop will be Feb. 8th and the Prayer workshop Sunday April 4th. The Membership ceremony will take place on Sunday late in April.

If you would like to be a mentor for one of the new members, please sign up or let Georgie know.

THE SHAMANIC JOURNEY CONTINUES

*By: John Meyer & Blythe Eastman
September 28th and October 19th @ 7:00 PM*

Here are the dates in September and October for shamanic journey workshops led by John Meyer and Blythe Eastman. The emphasis will be on deepened exploration of the upper and lower worlds and an introduction to the middle world. We will be strengthening our relationships with our power animals and allies and working towards using our shamanic skills with others. We will go on two shorter journeys each evening using various sonic drives, such as drums, bowls, didjeridu, and chants.

Those with tender ears may want to try journeying with ear plugs. Remember to bring blankets and pillows to make yourself comfortable, paper and pencil to record your

experiences, and rhythm instruments to help build the energy. Love offerings will be accepted.

MUSIC TEAM B-B-Q

By Marianne Ort

A Music Team B-B-Q is scheduled for Sunday, Sept. 14th at 4:00. It will take place at Kevin and Marianne Ort's house. This is for all musicians in Unity Choir, TAG, Boundless, pianists, special music folks and multi-media crew. Please bring Hot Dogs, Veggie burgers, Hamburgers, Buns, drinks, chips & dips, salads, desserts, beans or anything you feel so guided to bring. This is a great way to get back in the groove for the New Year and also take a look at Jeff Icovino's beautiful work at the Orts' house. Bring drums, instruments, games, or just your smile. Please note that in case of rain this event will be canceled and rescheduled.

Unity Choir will begin on Wed. Sept. 24th at 7:00 in the Sanctuary. TAG rehearsals will follow directly after Choir is finished on the same evening. Bring a friend, show up and sing, laugh and be merry!!

RADIANCE HEALING CIRCLE

The Radiance Healing Circle is an ongoing, growing circle of people who gather to practice healing of various kinds, to support each other in becoming more radiant, or practice receiving healing. It provides a gentle and nourishing container for those who wish to grow as givers of healing, receivers of healing, or both. Contact Blythe or John to get on the email or phone contact list.

Phone: 503-879-5090

We gather at 6:30 PM in the Unity Children's Room September 26th and October 17th

Dates have not been set yet for Friends' Meeting House; we will notify the email and phone lists when dates have been confirmed.

**A MUSICAL METAPHYSICAL
WORKSHOP**

*Based on Eckhart Tolle's – THE POWER
OF NOW*

Freddie Webber will be presenting a Musical Metaphysical Workshop on Tuesday evening, Sept. 23rd. Freddie has presented her workshop in 36 Unity churches and traveled over 11,000 miles across the country. She has been very well received everywhere she has presented. The suggested love offering is \$10.00, however, everyone is welcome to give more or less as they are so guided.

**ORIGINAL RECIPE**

By Sister Estella

Divine council has called us together today to review our purpose and bring forth the light of each ingredient.

Take a breath, look around the circle?

How are you seeing yourself today?

Are you a staple here like flour or sugar. Do you bind us together as butter would or only coat the surface?

Have you taken the time to cream the basic ingredients?

Sugar alone is not so sweet.

Many times, the spirit said – slow down blend the sugar with the butter, add an egg-one at a time. Each ingredient blends with the other.

Are you tossing some aside?

Take a breath, look around the circle.

Do you see yourself as the secret ingredient?

Have you been handed down – from generation to generation.

Have you added too much to soon?

Did you burn your way thru the others – leaving a taste we all now must overcome.

And the spirit said; slow down, each ingredient like a breath is necessary to complete the mix.

Look around our circle today, the need is for each one of us.

Reach out blend together, the secret is not one.

Divine council is asking us to come together.

Have you forgotten to add the baking powder or soda? That is the light – and with only a few teaspoons at a time, spirit is raising us up one circle, any circle each day at a time.

Breathe, we are blending here today.

Namaste

TO FEEL GOD DANCING IN YOUR BONES

Sunday, September 14, 1-4 pm
A SoulShift Workshop by Daeryl Lewis
\$20 suggested love offering

Working with principles that Daeryl has learned from her own magical connection to the Divine, she shares guided visualizations, concepts, and simple practices to access a powerful personal relationship with Spirit. Moving beyond the old belief that God is "out there" somewhere and that we are separate, Daeryl assists you to embody the feeling of the love, joy, and abundance within your own being. Bring the magic that is God into your own heart for enhanced intuition, faith, and belonging.

- **Learn simple techniques to connect with Divine Spirit.**
- **Access a personal working relationship with your Angels.**
- **Understand how prayer works and how to create miracles in your life.**

Also:

Saturday, September 20. 10 am to 4 pm.
Private ½ hour sessions with Daeryl Lewis.
Love offering basis.

As a clairvoyant, connected to Spirit on a heart and soul level, Daeryl brings new awareness and clarity to life's dilemmas with tremendous insight and compassion. She offers guidance on personal issues, relationships, past life karma, soul purpose, health, etc. Sign up sheet will be in the kitchen.

Contact Daeryl at 503-375-5793 for more information.

**FEARLESS AGING**

10 Thursdays Beginning September 18, 2003
7:00 p.m. – 9:00 p.m.
(love offering will be received)

If you are a woman between the ages of 40 and 60, you are in midlife. Once that meant resigning oneself to declining old age. Now it means acceptance, celebration and new power.

Learn Empowerment techniques for women of all ages.

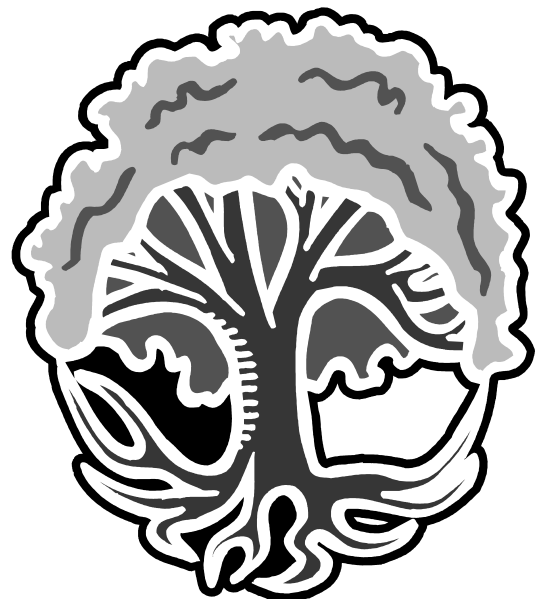
This 10-step program assists women in helping each other with the hard choices that come in growing older. You are invited to get real about midlife and learn to live it for all you're worth. We can choose to be as happy and powerful as we are meant to be.

Resources include **Not Your Mother's Midlife** by *Nancy Alspaugh and Marilyn Kentz*, as well as Psycho-Spiritual Integration techniques developed by Fischer-Hoffman.

Facilitator: Sharon Viehdorfer

Location: Unity of Salem

For further information call (503) 364-0156



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 & Third Sunday: Pathfinders 9:00 a.m. **and** Big Music Sunday 10:30 a.m.

Mondays: Hatha Yoga 6:30 p.m.

Tuesdays: A Course in Miracles, in the modular, 7:00 p.m.

First & Third Monday: Women's Unity group led by Daeryl Lewis at 7:00 p.m. in the bookstore.

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

Sept. 6: Salem Unity Hikers meets 8:00 a.m. in the parking lot.

Sept. 7: Pathfinders 9:00 a.m.; **and** Big Music Sunday; **and** Noetic Science, Y.O.U. room 6:30 p.m.

Sept. 11: World Day of Prayer: 7:00 p.m. Prayer Service.

Sept. 14: Workshop 1:00 – 4:00 p.m. – "To Feel God Dancing In Your Bones" facilitated by Daeryl Lewis; **and** Music Team B-B-Q at 4:00 p.m.; **and** Paladins meet at 6:00 p.m.; **and** Noetic Science, Y.O.U. room at 6:30 p.m.

Sept. 18: Workshop 7:00 – 9:00 p.m. – "Fearless Aging" – facilitated by Sharon Viehdorfer. 10 Thursdays beginning today.

Sept. 21: Pathfinders 9:00 a.m.; **and** Big Music Sunday; **and** Noetic Science, Y.O.U. room 6:30 p.m.

Sept. 23: Workshop 7:00 p.m. Musical Metaphysical Workshop – facilitated by Freddie Webber.

Sept. 28: Workshop 7:00 p.m. – Shamanic Journey to the Upper World **and** Noetic Science, Y.O.U. room 6:30 p.m.

Oct. 19: Workshop 7:00 p.m. – Shamanic Journey to the Upper World

Oct. 24-26: Co-ed retreat at Camp Cascade.

THANK YOU, THANK YOU! AND HATS OFF TO:

Jim Mack for your many hours and years of service to Unity of Salem. Bless you on your move back to Indiana.

The whole **T.L.C. Team** who have been looking after our grounds this summer. It has been good to see you taking such good care of our gardens and various areas around the church.

Candace Norwood and all her helpers for the successful circulation day called Trading Treasures.

Tim Buckley for his committed service to the Marketing Team. As the team changes its look, we are delighted that Tim will still be involved in helping with publicity of our events.

All of the **Abundance Prayer Team** who devotedly showed up each Thursday night so we could continue to hold the "Abundance Consciousness" for our church; and

To all of you beautiful people and your generous consciousness that continued to support your church financially during the summer months.

Birthdays

A listing of Birthdays is posted in the kitchen!



September Church Calendar

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Sunday Service: 10:30 a.m. – Youth Education is available.	1. 6:30 pm Yoga	2. 7:00 pm: A Course In Miracles	3.	4. Noon Meditation/ Brown Bag Lunch	5.	6. 8:00 am: Unity Hike
7. Big Music Sunday 9:00 am: Pathfinders 6:30 pm: Noetic Science	8. 6:30 pm Yoga	9. 7:00 pm: A Course In Miracles	10.	11. World day of Prayer Noon Meditation/ Brown Bag Lunch	12.	13. 8:00 am: Paladins' Breakfast
14. 1:00 pm: Workshop – To Feel God Dancing In Your Bones 6:00 pm: Paladins	15. 6:30 pm Yoga	16. 7:00 pm: A Course In Miracles	17.	18. Noon Meditation/ Brown Bag Lunch 7:00 pm: Class – Fearless Aging	19.	20.
21. Big Music Sunday 9:00 am: Pathfinders 6:30 pm: Noetic Science	22. 6:30 pm Yoga	23. 7:00 pm: A Course In Miracles 7:00 pm: Musical Metaphysical Workshop	24.	25. Noon Meditation/ Brown Bag Lunch 7:00 pm: Class – Fearless Aging	26.	27. 10:00 am – 4:00 pm: "ChiLeI Sharing"
28. 7 pm: Workshop – Shamanic Journey to the Upper World	30. 6:30 pm Yoga 7:00 pm: Board Meeting					

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