

Unity of Salem Newsletter

September/October 2005

2005: The Year of Applied Spirituality

Minister's Message

It has been said that we are in relationship with everyone and everything in the Universe; that the molecules of the breath Jesus breathed out still circulates through the universe, and you and I breathe some of His breath as we do the Buddha's and Hitler's. The Law of Circulation is in constant action in the visible and invisible. A process of "common union" -- communion -- is ongoing.



A process of communication is happening on all levels. Some of this communication is verbal and much of it is non-verbal: body language, facial expressions, and the common sigh. Depending on the content of the situation the sigh could mean frustration, passion or simply tiredness.

Being aware of how we communicate, our preferred style of communication, within the body of our ongoing multitude of relationships is one of the ways we can become more conscious Spiritual Beings. Depending upon our "style" of communication we draw people closer, or we push them away. Our preferred style of the moment depends upon the individual and/or the situation.

The Board and Staff at Unity of Salem recently had an opportunity to take a Communication Style workshop given by Dr. Bonnie Staebler and Dr. Bonnie Young. According to the instrument they were using there are four communication styles: activator, conceptualizer, analyzer and affiliator.

The activators among us are the "doers". Activators, under normal conditions, are very result oriented, decisive, down to earth, assertive, and energetic with a strong sense of mission. Our communication style sometimes changes under stressful conditions,

however, and an activator can become shortsighted, crises oriented, impulsive and driving if he or she is under stress. Al Tippner, who used to be a member of our church before he and Mary moved to California, was an activator. Wonderful folks to have around. They get things done!

Conceptualizers are our thinkers-- the idea folks. They are imaginative, innovative, creative, deep

thinkers always wondering "why". However, under stress the conceptualizer tends to avoid details, hates the nitty gritty, becomes detached, superior and condescending, unrealistic and hard to pin down.

Analyzers crave facts, figures and data. They are logical, deliberate and rational. Analyzers are problem solvers, orderly and resolution oriented. We need our analyzers, especially if we are an affiliator. Under stress the analyzer becomes conservative, rigid, dogmatic and impersonal.

Affiliators are the feelers in the crowd. They are the warm, kind, empathetic, supportive and sensitive folks. However under stress, the affiliator becomes defensive, over reactive and thin-skinned.

None of these styles are "right" or "wrong"; and, we all utilize a little of each style, however we normally have our preference. A group that has at least one of each is a well-rounded team.

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

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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

Paula Wills - Dir.

John Meyer, Paul Wilson,
Jane Minard, Jim Harris &
Mattie Courtright

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

New Budget Passed. The Board of Trustees is celebrating good news. The membership approved the 2005-2006 budget. The new budget reflects Unity of Salem's excellent financial health.

Financial Review Completed. The financial review was completed by the CPA firm and the Unity staff received commendations for the accuracy in accounts and payroll tax reports. The CPA recommended that we change software from Quicken which is designed for personal finance to QuickBooks Pro which is designed for businesses. (Just another sign that we are growing!)

QuickBooks Pro Software Installed. Creating the accounts on our new software is an awesome task. Denita Wallace, Robin Paulisson, and Betty Sword are working together to start the new accounts as of June 1, 2005, the beginning of our fiscal year. Thank you, ladies!

New Policies in Place. The Board has adopted new financial policies and definitions that will clarify our procedures.

Riding Lawnmower Purchased. Unity of Salem's riding lawnmower is on its last wheels. The Board took undesignated savings to purchase a new "on sale" mower--same model--same features--but it runs!

New Light for the Unity Sign. Soon you will see the Unity sign lit up at night. The Board purchased a light and is taking bids for electrical work to connect the light to a circuit breaker.

Crystal Mountain Called to Us. Eleven members of Unity of Salem attended the NWRegion's Soul Reunion Retreat Aug.17-21. We were thrilled to hear Gary Zuchov, Linda Frances, Rev. Richard Levy, Karl Anthony, and Jean Anthony. Karl said to say hello to all of the Salem bunch and to let you know he will come again anytime to sing and sign.

Board Makes Commitments. The Board received a list of recommendations from Katherine Harper, chair of the MAPS Project and has prepared a list of commitments that the Board will make as a response. Thank yous to Katherine, Reiny Leske, Alice Sawyer, and Dorothy Lucas for your work on the H.O.M.E. Team.

Safety Inspection in Process. Reiny Leske, Board Vice President, is conducting a safety inspection of our buildings and property. He will have a list of recommendations for us to consider at the September Board meeting.

President's Message Continues on Page 5....

DIAL-A-PRAYER

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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

Minister's Message continues...

For instance, I'm an affliator -- I feel. I feel when I'm under normal conditions and when I'm under stress. This was very powerful information for me because I have been under a good bit of stress this year with the death of my parents and the death of two of our animals. The workshop helped me to understand those times when I become defensive and over reactive were times when I was under stress.

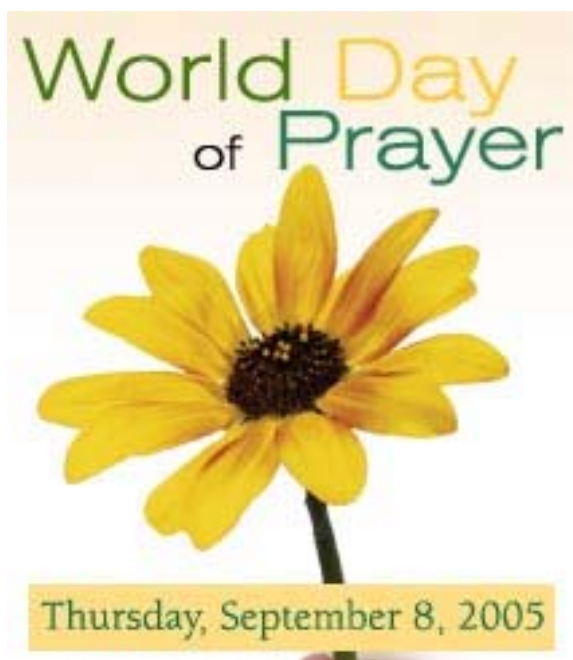
Perhaps you have been able to identify your preferred style from this sketchy outline of qualities, perhaps not. However, if this twiqued your interest, you will also be interested to know that the Dr. Bonnies will be offering this workshop to the general congregation after the first of the year. We'll keep you informed as to a forth-coming date.

Blessings, Georgie Richardson

WORLD DAY OF PRAYER:

Thursday Sept. 8 - 7:00 p.m.

Unity of Salem Chaplains will present a special service for Unity's World Day of Prayer. Join us at 7:00 on Sept. 8th for this important prayer service.

**5GIFTS RETURNS:**

Last spring Rev. Richardson facilitated the 5GIFTS for an Abundant Life class. 5GIFTS stands for: gratitude, intention, forgiveness, tithing and surrender. Thirteen folks attended the class. There were many, many instances of healing, transformation, insights and deeper understanding. Bonds were formed, prayers were answered, and peace of mind was prevalent as we spent eight wonderful weeks moving step by step through the five gifts.

Class members and Rev. Richardson offer high praise for this prosperity material created by Rev. Diane Harmony. Rev. Harmony tells us we were all born to live a completely abundant life. As we practiced the principles we began to live in great appreciation for all we have by giving the gift of gratitude. We created our affluent future by giving the gift of intentions, freed ourselves from the burdens of the past by giving the gift of forgiveness, participated in the Universal Flow by giving the Gift of Tithing, and finally released all need to "make it happen" by giving the gift of surrender.

Rev. Harmony will be our guest speaker on Sunday, September 18, and the new 5GIFTS class will begin on Thurs. Sept. 22 - through Nov. 10th - 6:30-9:00. The cost of materials is \$50.00 that includes the book, workbook, meditation CD and experiential materials. The obligation of the class is regular attendance and that you tithe 10% of all of your income for the 8 weeks of the class to Unity of Salem.

This is a journey of empowerment and awakening that you wont want to miss if you are on an active, conscious Spiritual Path. Sign up today on the sheet on the kitchen counter or call the office to reserve your place in the class!

I OF THE STORM -- a Conflict Resolution class

Facilitator: John Butler, Peace Keeper and Spiritual Director, Unity of Corvallis

Sunday: Oct. 2nd 1:15-4:15 -- Monday night, Oct. 10, 17, 24 - 7:00-8:30 at Unity of Salem

Love offering basis

Material cost: \$20.00 single person, \$30.00 per couple for one book and two workbooks.

Using Rev. Gary Simmon's book THE I OF THE STORM, John will help us learn to go beyond merely managing the conflict in our lives to actually embracing the conflict, allowing it to teach us what we otherwise might not learn. This process leads to peacemaking, whether it be within ourselves, in our relationships, or as a result of outside circumstances.

The material integrates spiritual principles, biblical quotes, martial arts philosophy, and concepts from quantum theory. In this way it points us to the "I" of the storm of conflict, to our spiritual Self, as the means of realizing peace in our lives.

YOU WON'T WANT TO MISS THIS INCREDIBLY TRANSFORMATIVE CLASS. SIGN UP TODAY!
(See the sign up sheet on the kitchen counter or call the office to reserve your place.)



Kathy Zavada Returns:

If you remember the magical music of Kathy Zavada from her time with us last year, you'll want to mark your calendar for Sunday Oct. 16th when Kathy will be back with us in concert. Don't miss this enchanting and very talented woman. Plan to join Kathy for an exciting concert at 1:00 after the service. Suggested love offering \$10-\$15.00.

Community Gathering:

Have some thoughts, ideas or concerns about your Spiritual Community that you would like to share? Join us at 7:00 on Tues. Sept. 13th as we have our second "heart talk" of the year. The Board will be in full attendance.



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

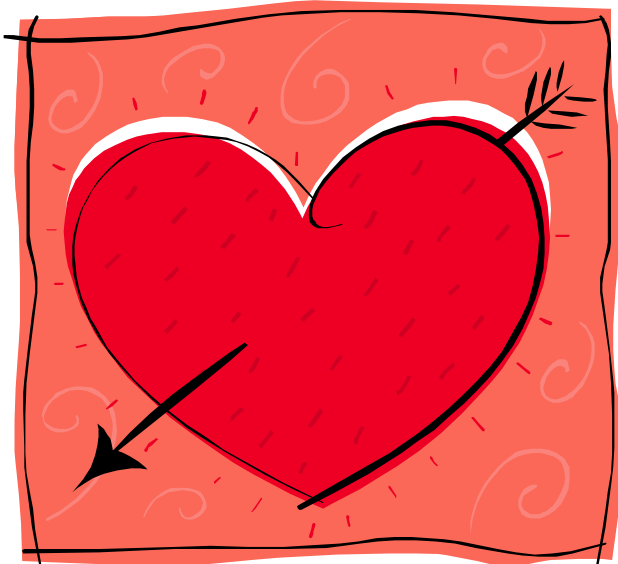
President's Message continues...

Conflict Resolution Class to be Offered in October. Board members will be attending the classes on Conflict Resolution. We hope you can arrange your schedule to join us.

Second Community Gathering, Sept. 13th. September 13th is our next Community Gathering. It will be held in the Sanctuary at 7 p.m. This will be an opportunity to express your thoughts and feelings, and ask questions. Board members are planning to attend and hope you will, too.

Thanks to all who participate in a prayer vigil during our Board meetings. We feel the flow of love, energy and thought. Thank you, members, for the opportunity to serve on the Board. I love it. And thank you, Rev. Georgie Richardson, for being our Minister, in this the beginning of your 13th year at Unity of Salem. Thank you, God for this blessing.

President Bonnie Jean Young



Did You Know?

Did you know that Unity of Salem tithes on its income to various groups? Do you know where the Board of Trustees is directing its tithe during 2005-2006?

| | |
|--------------------|---------------------|
| NW Region Unity | 2.5 percent |
| Assoc. of Unity | 2.0 |
| Region Scholarship | 1.0 |
| Y.O.U. | 1.0 |
| Spiritual Growth | 1.0 |
| Unity Friends | 1.0 |
| Salem Teen Parent | 1.0 |
| Uniteens | 0.5 |
| TOTAL | 10.0 percent |

Dr. Henry Reed Returns:

Incorporating much of Edgar Cayce's material through the Association for Research and Enlightenment, Dr. Reed has created numerous workshops and classes which assists us in expanding our intuition, understanding our dreams, and exploring our imagination. Dr. Reed's workshop will focus on handling changes in our lives through our imaginations.

Come join us on Saturday, October 29, 10:00-4:00. Cost \$40.00.



Second Saturday Sing-A-Long (And Potluck)

Thanks to John Meyer and Blythe Eastman our sing-a-longs and potlucks will continue through the month of November. Mark your calendar for:

- Sept. 10
- Oct. 15 (third Sat. due to the co-ed retreat)
- Nov. 12

Pot-luck begins at 5:30. Bring your favorite dish as a gift to your Spiritual Family, your singing voice and your open heart and join your Spiritual Family in a wonderful fun-filled time.

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.



Birthdays

- | | |
|------------------------|---------------------|
| Sept. 1 st | Betty Sword |
| Sept. 3 rd | Rose Beutler |
| Sept. 10 th | Nanci Anderson |
| Sept. 10 th | Lisa Lee |
| Sept. 10 th | Kay Lent |
| Sept. 10 th | Joy Yount |
| Sept. 14 th | Renee Shearer |
| Sept. 15 th | Ruth MacLeod |
| Sept. 15 th | Rebecca Shepard |
| Sept. 17 th | Mary Williams |
| Sept. 19 th | Linda Peterson |
| Sept. 24 th | Jean Beeson |
| | |
| Oct. 4 th | Sharon Viehdorfer |
| Oct. 5 th | Alice Sawyer |
| Oct. 8 th | Emily Wiczorek |
| Oct. 12 th | Darryel Bibleheimer |
| Oct. 15 th | Diane Bunn |
| Oct. 18 th | Kara Driskell |
| Oct. 20 th | Sharon Burge |
| Oct. 28 th | Paul Wilson |
| Oct. 29 th | Peggy Brown |

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.

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

Sept. 4th: Noetic Science, Y.O.U. room 6:30 p.m.

Sept. 8th: 7:00 p.m. World Day of Prayer.

Sept. 10th: 5:30 p.m. Potluck followed by music at 7:00 p.m. with John Meyer and Blythe Eastman.

Sept. 13th: Community Gathering at 7:00 p.m.

Sept. 18th: Noetic Science, Y.O.U. room 6:30 p.m.

Sept. 22nd: 6:30 p.m. 5GIFTS class begins.

Oct. 2nd: 1:15 - 3:15 p.m. – I of the Storm – a Conflict Resolution Class. Then continues Mon. nights 10th, 17th & 24th @ 7:00 – 8:30 p.m.

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

Oct. 16th: Kathy Zavada at Sunday service and concert @ 1:00 p.m.

Oct. 29th: Workshop by Dr. Henry Reed 10:00 a.m. – 4:00 p.m.

By Sandra Gregory

How Are You?

When asked "How are you?,"

What is your reply?

Is it, "fine" or "okay",

"Could be better" and sigh?

"Getting better and better"

Is an answer true.

Hear yourself say it,

And help change your view.

Put your faith in God

For It never abandons.

God's always present

For Its daughters and sons.

Thank You, Thank You! And Hats Off To:

Jim Wallace for painting the bathroom in the bookstore; and, for installing the new sink in the church bathroom.

Betty Sword for watering the beautiful Cana lilies that the **YOUers** planted around the modular building.

Stein Agaberg for being willing to format and produce this Newsletter over the past few years.

Kathy Munsel for being our Web Master for the past several years.

Jim Wallace and **Jim Harris** for painting the picnic tables.

Bonnie Jean Young and her friend, **Win Cho** for tending to the climbing rose outside the modular and doing all of the additional yard work.

Our "goats" that came, ate, and then left the "goat land" more tidy than it was before.

Peggy and **Tim Brown** for solving the lighting dilemma for our sign.

Reiny and **Dick Thomas** for putting the light in place.

Carolyn Hakanson for all of the work on the grounds, weed eating etc.

All of the folks who helped with the "Play Circles"

Denita Wallace for offering her gifts of NLP through the Relationship Circles

Ann Armstrong who lovingly worked in the office Thursday afternoons all summer.

John Meyer for being the Multi Media team leader for the past two years; and, to **Paula Wills** for stepping back into that position; and, to **Caroline Collins, Betty Swinkle,** and **Sharon Durham** for volunteering to be on the Power Point team.

John Meyer and **Blythe Eastman** for hosting our Second Saturday Sing-a-longs (and potlucks).

And, finally, to all of the wonderful folks who come quietly and pull weeds, tidy up, and lovingly look after our church and grounds.

September Church Calendar

| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|---|---|---|-------------|---|-------------|--|
| Sunday Service: 10:30 a.m. – Youth Education is available. | | | | 1. | 2. | 3. |
| 4. 6:30 pm: Noetic Science | 5. | 6. | 7. | 8. Noon Meditation/ Brown Bag Lunch 7:00 pm: World Day of Prayer | 9. | 10. 5:30 pm: Potluck followed by music at 7:00 pm |
| 11. | 12. | 13. 7:00 pm: Community Gathering | 14. | 15. Noon Meditation/ Brown Bag Lunch | 16. | 17. |
| 18. 6:30 pm: Noetic Science | 19. | 20. | 21. | 22. Noon Meditation/ Brown Bag Lunch 6:30 pm: 5GIFTS class begins. | 23. | 24. |
| 25. | 26. 7:00 pm: Board Meeting | 27. | 28. | 29. Noon Meditation/ Brown Bag Lunch | 30. | |