

# Unity of Salem Newsletter

November 2003

2003: The Year of Celebration

## Minister's Message

Hello Friends:

We have just completed a Sunday series on the subject of Unlimited Abundance. As part of this series we have had a prayer team in place to hold a consciousness of abundance for the congregation.

As I worked with the material in preparation for the series, one "constant" kept presenting itself: self-esteem. Perhaps the number one thing that holds us back from expressing our God-given potential is low self-esteem.

I recently had an opportunity to see first hand just how corrosive and toxic those old internal tapes can be. I took a trip to Mont. the first week of October and found my 89 year-old father living in a very toxic environment with his wife of 55 years. Theirs was never a very harmonious relationship, but with the advent of the years and the infirmities that those years can bring, the relationship deteriorated into a verbal, mental and emotional abusive relationship. It was my decision to remove my father (with his delighted consent) from the home and bring him to Salem. He is now living happily at Farmington Square. I have spent a very small amount of time with my Dad over the years. He and my mother were divorced when I was 8 years old, and although we had contact and saw each other, it was limited. I am now getting to know him and am amazed (and appalled) at the verbal abuse he heaps upon himself. He scolds himself, calls himself dummy and stupid, and thinks that is the natural way to talk to himself. He tells me stories about the father (my grandfather) that he obviously adored, and, frankly, if a father were to treat his son today as my grandfather treated my dad, it would be called child abuse.

These tapes are so ingrained in my Dad's consciousness that I doubt they will ever be fully erased in this lifetime. I do know that they won't be



reinforced now that he is living out here, and while they made fade with time and lower in volume, I doubt they will totally disappear.

All of this makes me even more aware of the need for us to give our children and grandchildren positive feedback, to praise wherever we can, and be very stingy with negative comments; to build up their self-esteem and convince them as children of a

loving God they can do anything they desire and put their mind to.

In the same manner, we must talk to one another in that way. Too many of us adults hold tapes that put us down, make us feel small, tell us we aren't good enough, smart enough, or creative enough. Let us take every opportunity we can find to help build one another up and to hold ourselves in high self-esteem. What is that comment? "God don't make no junk." Jesus said to us, "Don't you know you are the living temple of the living God?" Let us remember that every day as we interact with one another.

We are entering into the most holy of times -- Thanksgiving and Christmas. It is a time to renew and rebirth ourselves, to call forth the greatness and the goodness of the living Christ energy within us. What a perfect season to praise one another and ourselves and step into a new way of being and place new and loving tapes inside of ourselves.

Blessings,  
Georgie

Candace Norwood

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**Boundless Band Members**  
Marianne Ort, Jeff Icovino,  
Kim French, Jyoti Light &  
Candace Norwood,

## LICENSED TEACHER

Diana Moskal

## DIAL-A-PRAYER

503 364-6057

<http://websyte.com/unity/salem>

E-Mail: [unityonthehill@juno.com](mailto:unityonthehill@juno.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

President's Corner – November 2003 newsletter

Have you ever really sat down and mulled over what is important to you?

Recently, I had a very hectic week. It was one of those times when there was no way everything that needed to be done could possibly be done.

Then, while participating in a Chi-Lel full-moon experience, I felt desperate to escape the maddening hold of "the great undone." As a result, I turned off the chatter and focused on being present. I focused on gathering and delivering life force to myself and to the field we were creating in our sanctuary.

In the sweet quiet of being, a message delivered itself to me: "None of that is important." I knew *that* meant the hundreds of details that constitutes day-to-day life...the draining drone of stuff. There was no judgment. It was simply a fact: "None of that is important."

It was like a present that poured into me from the top down in much the same way Chi energy is delivered into one's body. It swept into me like a gift. And I immediately knew – remembered – that it was true. "Of course" was my reaction. It was quite a lovely experience and was very profound.

Soon after, other pieces fell into place. I realized I'd been unhappy because I wanted to make everyone else happy. I remembered I am not alone. I remembered that the Universe stands ready to support me.

In the days since, I've asked myself what is important to me. Here are some of the other things I've come up with:

Friends and family. Learning. Having fun. Being silly. Making music. Loving and being loved. Helping others. Sleeping in. Comfortable, beautiful clothes. Ron's great cooking. Doing what I feel is right, not necessarily what is easy. Knowing when to talk and when to listen. Pet names. Wisdom. Kindness. Being authentic. Candle light. Warmth. Being a safe person. Doing a good job. Clarity. Financial comfort. Good health.

Mostly, it's important to me to walk the talk. One Unity principle is that it's not enough to know this stuff, it must be practiced. That's what makes the difference in the quality of life.

The things I've listed here are works in progress. The list is far from comprehensive and is not in order of importance. (If it were, Ron's cooking would have been further up the list.) However, the experience has made quite a difference in helping me get clear about what is important to me.

I still take pride in my work but am more able to deal with the tasks at hand, knowing that whatever happens "out there" stays out there, leaving me free to be in peace.

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

A year ago we gave birth to the R.Y.I.S. program as the vehicle through which folks can join Unity of Salem. Membership in the church enables you to vote at the Annual Meeting and on other important issues, and to become a member of the Board of Trustees. The program consists of an orientation meeting with Georgie, two workshops, one on service and one on prayer, and two four week basic Unity classes. There will be a sign up sheet posted in December if you are interested in joining the church. Anyone is invited to attend the workshops and classes. However, they are a requirement for anyone who intends to join the church.

If you are interested, you will want to mark the following dates:

### Orientation

Sat. Jan 10, 2004 10:00-12:30

### Unity Basics I

Thursday evenings: Jan 22, 29/Feb. 5, 12

### Service workshop

Sun., Feb. 8 12:30

### Unity Basics II

Thursday evenings: March 4, 11, 18, 25

### Prayer Workshop

Sun. April 4th

### New Member Ceremony Sunday

April 18, 2004

## BURNING BOWL SERVICE:

The last Sunday of the year, December 28th, we will have our traditional Burning Bowl service. This is an opportunity to let go and release, through the process of the Burning Bowl, anything you feel is standing in the way of your good. At that time we also draw our Angel of the year.

## NEW YEAR! NEW YOU!

After attending the Sunday service on releasing, you are invited to attend an afternoon workshop. We will be setting an intention for the New Year, discovering your personal year cycle number and doing some other fun activities to launch us forward in BEING MORE in 2004! Suggested donation is \$10 - you may give more or less than that - follow your heart! A light lunch will be served right after the church service and we will finish by 3:00. Since we will be meeting in the Uniteen room, there is room for 20 people! Sign up on the clipboard early!!! Diana Moskal, Licensed Unity Teacher, will lead this event.

## BUILDING COMMUNITY THROUGH RHYTHM

Come join us for Rhythm Night at Unity. This is a night of music making in a fun, encouraging environment. We hope you find it a safe place to express your musical/rhythmic spirit. All skill levels welcome.

Activities include:

- Drumming/rhythm
- movement
- vocalization
- "spontaneous outbursts of creativity"

Bring any kind of instrument, or just bring your voice. Some drums and small percussion instruments provided.

Where: Unity Church of Salem

When: Saturday, November 8, 2003.

When 7-9:00pm

For more information, contact Elaine Hultengren at (503) 371-9092 or elaineh@open.org

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!

**THE GREAT MOTHERS' CIRCLE  
(for Men and Women)**

*By Alexis McKenna*

*Meets the FIRST Friday of each month, 7-8 p.m. at Unity (no fee)*

"We have the choice to see our current planetary story as a hopeless crisis or a rare opportunity - OUR opportunity -- to create a new story of compassion and balance. We will meet once each month to drum, sound, chant and meditate for the healing/wholing of the world's children. We will create a sacred circle, invoke the Great Mother, and work with her to co-create a world in which all children are loved, safe, and nourished. Anyone interested in creating a more compassionate, "child friendly" world is invited to attend." (Bring drums, rattles, etc. if you have them.)

**THE GREAT LEADER'S CIRCLE  
(for Men and Women)**

*By Alexis McKenna*

*Meets SECOND Friday of each month beginning Nov. 14, 7-8 p.m. (no fee)*

"We will meet once each month to drum, sound, chant and meditate to consciously expand the resonance field of leadership. We will create a sacred circle, invoke the archetype of the Great Leader, and work with it to co-create a world in which is possible to elect positive, creative, honest and life-affirming leaders at every level: local, state, national, and international. Anyone interested in expanding the possibilities for positive leadership on the planet is invited to attend." (Bring drums, rattles, etc. if you have them.)

**THE SHAMANIC JOURNEY CONTINUES**

*By: John Meyer & Blythe Eastman*

Shamanic Journey workshops led by John Meyer and Blythe Eastman will take place on Nov. 23 and Dec. 21 at 7:00 p.m. 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 short journeys each evening

using various sonic drives, such as drums, bowls, didjeridu, and chants.

People with tender ears may want to try journeying with earplugs. 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.

**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.

The Radiance Healing Circle will have a simple Solstice gathering on Dec 19th, starting at 7 p.m., at the home of Barbara Millikan (503-843-2227) near Sheridan. This will be a different sort of healing circle meeting. It will consist of a simple yet powerful ritual for letting go of the past year's stuff, and for welcoming in and accepting your next thing. In other years, we have included journeywork to learn what these things are. Bring if you want: Munchies for after; rattles, drums, etc.; a blanket and/or pillow if you need those for journey, ditto a journal or writing supplies. It is a time of quiet and introspection, drawing in and then expanding outward again.

If you have questions or want directions, call Blythe (503-879-5090) or Barbara (503-843-2227)

**FULL MOON CHI-LEL RITUAL:**

Join us for the Chi-Le! Full Moon ritual on November 9, Sunday evening, and Dec. 8th, Monday evening. Everyone is welcome. We begin promptly at 6:00 p.m. The ritual lasts about an hour.

**UNITY'S ANNUAL BACKPACK PROJECT**

For the Salem-Keizer Homeless Program was a big success this year. With help from Kelly Ritter, Program coordinator, our members picked up apple-shaped cards and purchased supplies for the grade level printed on them. Donated were 25 backpacks, 15 backpacks filled with supplies and 6 bundles of supplies. This means 46 students were provided with badly needed things for school. Good job, Unity!!

The Salem-Keizer Homeless Program served 258 children last year of 1641 identified as in need. The program really counts on the community's help and we're proud to support them.

Next month begins the annual Thanksgiving food drive. Next time you go shopping pick up a bag of groceries for the homeless and bring them to church before the November 23 Thanksgiving Service. (See elsewhere in this newsletter for details about Unity's Thanksgiving traditions.) These supplies serve the city wide food drive for the homeless distributed by the Salvation Army this year.

The Unity Friends Team will be packing up and delivering the food, shopping for our Christmas families and delivering these gifts. If you would like to serve on this team, please let Linda Androes know, 503-873-4524. Many willing hands are needed.

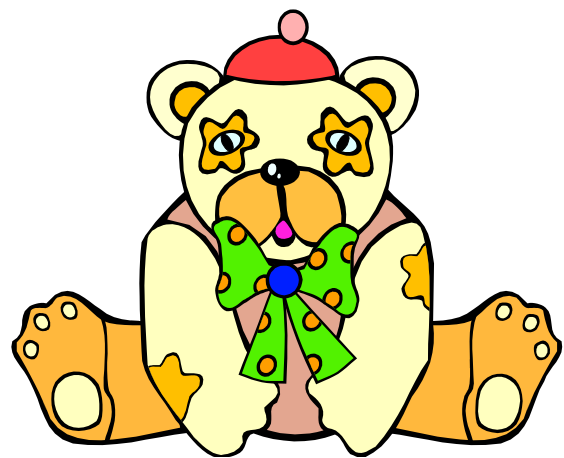
**BOOKSTORE**

During the month of December, all regular priced books in the Bookstore will be 20 percent off as a THANK YOU for your patronage. We could not have a bookstore without you! We have 6 note card stationery sets with the pencil drawings of Unity of Salem on the front that would make a great gift for someone!

Take a look at some new books: STILLNESS SPEAKS by Eckhart Tolle, LOST BOOKS OF THE BIBLE, and WALKING IN THIS WORLD by Julia Cameron. If you have any questions about the Bookstore, see Diana Moskal.

**HERE COME THE TEDDY BEARS**

For the past ten years, Unity of Salem has collected Teddy Bears through the months of November and December. The bears are then given to homeless children before Christmas. By the time they leave our church they are filled with love. You are invited to bring a new bear (or more than one) to the church during the next two months so we can fill them with hugs and love in preparation for their new home and their new job of loving a child.

**THANKSGIVING SERVICE**

*November 23*

Our tradition is to bring gifts of food the Sunday before Thanksgiving. The food gifts will be distributed to the Homeless that we support year around. As part of the service, we bring our gifts to the altar. It is awesome to behold the generosity of our congregation. Please plan to be here to participate in this important ritual of outpouring love and generosity.

**CHRISTMAS EVE SERVICE**

*Wednesday, December 24*

Our traditional candle lighting Christmas Eve service will be held at 7:00 p.m. on Wednesday, Dec. 24. Plan to join us for this very moving special service filled with music, a special Christmas message and meditation. The service is designed as an adult service. There will be NO child-care available.

## RECREATING YOUR HOLIDAY EXPERIENCE

A two-part class led by Daeryl Lewis to help "cope with" the season's emotional and financial challenges. Using your gifts of love and imagination, tap into the potential for experiences of loving and abundant celebration. Attend either or both classes. Love offering basis.

### CLASS 1: CREATING HARMONY

*Thursday, December 4, 7-9 pm*

During the holidays, we are often faced with people and situations triggering our old feelings of disempowerment, criticism, and rejection. Daeryl presents new perspectives, exercises and prayerful revisioning to bring more loving and joyful interactions into your life.

### CLASS 2: SHARING ABUNDANCE

*Thursday, December 11, 7-9 pm*

All of our insecurities and fears about "having enough" are intensified at the holidays. Daeryl provides insights and practical tools for identifying and redoing our beliefs about self-worth and our need to struggle, shifting our ability to give and receive more freely.

Pre registration appreciated (for hand-out materials). Sign up sheet in kitchen. **Contact Daeryl at 503-375-5793** for more information.

## PRIVATE CLAIRVOYANT SESSIONS WITH DAERYL LEWIS

*Saturday, November 15, 10 am to 4 pm*

With a special emphasis on assisting people through the challenges of the holiday season, Daeryl Lewis is offering ½ hour sessions on a love-offering basis. Connected to Spirit on a heart and soul level, Daeryl brings new awareness and clarity to life's dilemmas with tremendous insight and compassion. Sign up sheet will be in the kitchen.

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

## SUNDAY SERVICE TEAM

Your commitment to our Spiritual Community is so evident as you attend the 9:30 a.m. prayer/centering time in the modular led by Georgie and then serve at the Sunday service. Bless your hearts for serving so faithfully! You are the hands, heart and voice of God in expression! If anyone would like info about serving at Unity of Salem, please see Diana Moskal or call the church office.

## OFFICE HOLIDAY SCHEDULE:

The office will be closed on Thanksgiving, Nov. 27th. To give our office staff a well-deserved break over the holidays, the office will be closed from Christmas Eve, Wed. Dec. 24th at noon until Monday morning, Jan. 5, 2004. You can always leave a message on the phone and we will pick up the messages daily; and, if you have an emergency, please call Georgie at 503-373-3624.

## Birthdays

Nov. 6 <sup>th</sup>	Linda Androes Stein Agaberg
Nov. 9 <sup>th</sup>	Bonnie Young Joyce Little
Nov. 18 <sup>th</sup>	Rich Bass
Nov. 24 <sup>th</sup>	Jim McCreary
Nov. 25 <sup>th</sup>	Kevin Ort
Dec. 1 <sup>st</sup>	Harold Adams
Dec. 4 <sup>th</sup>	Linda Wixon
Dec. 10 <sup>th</sup>	Kim French
Dec. 11 <sup>th</sup>	Bonnie Staebler
Dec. 14 <sup>th</sup>	Denita Wallace
Dec. 18 <sup>th</sup>	Candy Preston
Dec. 20 <sup>th</sup>	Carol Hendrix
Dec. 21 <sup>st</sup>	Joanie Manuel Victoria Halsey Jyoti Light
Dec. 22 <sup>nd</sup>	Kathy Munsel
Dec. 23 <sup>rd</sup>	Lois Jones

## 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 Sunday:** Big Music Sunday 10:30 a.m. **and** Pathfinders 9:00 a.m. **Pathfinders is also on Third Sundays**

**Mondays:** Hatha Yoga 6:30 p.m.

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

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

**First Fridays:** The Great Mother's Circle 7-8 p.m.

**Second Fridays:** The Great Leader's Circle 7-8 p.m.

**Nov. 2:** Pathfinders 9:00 a.m.; **and** Big Music Sunday; **and** Noetic Science, Y.O.U. room 6:30 p.m.

**Nov. 8:** Rhythm Night at Unity of Salem 7-9 p.m. Facilitated by Elaine Hultengren.

**Nov. 9:** Chi-Lel Full Moon Ritual 6:00 p.m.; **and** Paladins meet at 6:00 p.m.

**Nov 16:** Pathfinders 9:00 a.m.; **and** Noetic Science, Y.O.U. room 6:30 p.m.

**Nov. 23:** Workshop 7:00 p.m. – Shamanic Journey to the Upper World.

**Dec. 4:** Workshop 7:00 – 9:00 p.m. – "Creating Harmony" – Facilitated by Daeryl Lewis.

**Dec. 8:** Chi-Lel Full Moon Ritual 6:00 p.m.

**Dec. 4:** Workshop 7:00 – 9:00 p.m. – "Creating Harmony" – Facilitated by Daeryl Lewis.

**Dec. 11:** Workshop 7:00 – 9:00 p.m. – "Sharing Abundance" – Facilitated by Daeryl Lewis.

**Dec. 19:** Workshop 7:00 p.m. – Radiance Healing Circle

**Dec. 21:** Workshop 7:00 p.m. – Shamanic Journey to the Upper World

**Dec. 24 – Jan 5:** Office Closed

## THANK YOU, THANK YOU! AND HATS OFF TO:

Lois Jones and Bob Bryant for faithfully mailing out birthday cards to our members. Lois and Bob have been doing this loving service for many years and their contribution is deeply appreciated.

To our new CARE TEAM members. A "Care Team" under the leadership of Carol Wilson has been established to take care of folks in our congregation who have certain needs: a ride to church or the doctors, shopping, meals, visits etc. Many folks have volunteered to be on the new Team and have already been lovingly at service.

To Jim Wallace and Nancie Anderson for lovingly tending to our buildings and grounds over the years. As they both are finding their personal lives becoming more and more busy we will be looking at other avenues to take up some of these duties. If you have an interest in tending to our buildings and/or grounds, please let the office know.

To Kim French for our new "Prosperity" banner; and, to Julie Osborne for our new "Peace" banner. Both are hanging in the Sanctuary.

To Dorothy Lucas for lovingly preparing our Sunday worship tapes for our tape ministry. Over the past ten years every month we mail out tapes to those folks who are unable to attend our church services. Dorothy has been preparing the tapes for the past several months and her service is deeply appreciated.

Noticed our old signs in good repair and in a new place? Thanks to Paul Wilson, Jim Wallace, Dave Munsel, Nancie Anderson and Ed Lent for assisting with this process, and thanks to Campbell sign for refurbishing the old signs.

To Daeryl Lewis for facilitating the Women's Unity Support Group in the past and we are looking forward to other avenues of service now!

# November Church Calendar

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<b>Sunday Service:</b> 10:30 a.m. – Youth Education is available.						<b>1.</b>
<b>2.</b> <b>Big Music Sunday</b> 9:00 am: Pathfinders 6:30 pm: Noetic Science	<b>3.</b> 6:30 pm Yoga	<b>4.</b> 7:00 pm: A Course In Miracles	<b>5.</b>	<b>6.</b> Noon Meditation/ Brown Bag Lunch	<b>7.</b> 7:00 pm: "The Great Mother's Circle"	<b>8.</b> 7:00 pm: Rhythm Night
<b>9.</b> 6:00 pm: Chi-Lel Full Moon Ritual 6:00 pm: Paladins	<b>10.</b> 6:30 pm Yoga	<b>11.</b> 7:00 pm: A Course In Miracles	<b>12.</b>	<b>13.</b> Noon Meditation/ Brown Bag Lunch	<b>14.</b> 7:00 pm: "The Great Leader's Circle"	<b>15.</b>
<b>16.</b> 9:00 am: Pathfinders 6:30 pm: Noetic Science	<b>17.</b> 6:30 pm Yoga	<b>18.</b> 7:00 pm: A Course In Miracles	<b>19.</b>	<b>20.</b> Noon Meditation/ Brown Bag Lunch	<b>21.</b>	<b>22.</b>
<b>23./30.</b> <b>Thanksgiving Service</b> 7 pm: Workshop – Shamanic Journey to the Upper World (23 <sup>rd</sup> )	<b>24.</b> 6:30 pm Yoga 7:00 pm: Board Meeting	<b>25.</b> 7:00 pm: A Course In Miracles	<b>26.</b>	<b>27.</b>  <b>Thanksgiving</b>	<b>28.</b>	<b>29.</b>

**Unity of Salem**  
**1777 Fabry Road**  
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**Salem, OR 97302**

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