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The Year of Spiritual
Transformation

Spiritual focus



Unity of Salem's Mission Statement: Unity of Salem is an inclusive, joyful and fun-loving spiritual community, empowering people, nurturing oneness with the Divine Source, and inspiring conscious transformation.

MINISTER'S MESSAGE

I am writing this message a couple of weeks before Thanksgiving. It is wonderful that we have one holiday that totally directs our focus toward Gratitude. By the time you get this Thanksgiving will be over and we will be moving into the holiday month of December.

It has been said that an "attitude of gratitude is the fastest way to grow spiritually." In fact, I think I have said that more than once on Sunday mornings. It has also been said that a simple *Thank You*, is a very powerful prayer.

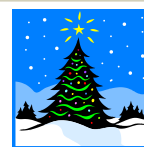
I was wondering what would happen to the collective consciousness if a group of dedicated Truth Seekers, like yourself (for you are a seeker of Truth if you are reading this message) committed ourselves to focus on gratitude throughout the month of December. Spend time every single day on speaking or writing out those things for which we are grateful. Now if we choose to take on this challenge, we must remember that our feelings are the "rocket fuel" that projects our words and thoughts into the Universe, so we want to make sure that we put a lot of gusto into our proclamations of gratitude.

How might we have fun with this project? Could we dance or sing our gratitude list to the Universe? Might we gather with a friend or two and see who can be most joyful in their gratitude proclamations?

There is a new idea that is circulating via e-mails that I felt deep gratitude for: Instead of purchasing material gifts at Christmas, what about a gift certificate for a haircut or a manicure at a local establishment? Do you know someone who would love to have their house cleaned, or have their lawn mowed next year once a month? You might not want to do that, but perhaps you would want to arrange for someone else to do so for a parent or special friend. The e-mail lists numerous ideas for gifting via local establishments.

YEARLY AFFIRMATION

CENTERED IN GOD, WE CO-CREATE A WORLD THAT WORKS FOR ALL.



MESSAGE FROM THE PRESIDENT

OUR FINEST MOMENTS

I was looking for quotes on transformation to begin this article and I was so struck by the words of Scott Peck, author of *The Road Less Travelled*, it seemed as if his quote chose me!

The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, or unfulfilled. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways or truer answers.

~ M. Scott Peck

My personal path of transformation has begun to go much deeper as I've said 'yes' to my roles in leadership here at Unity of Salem. Spirit keeps offering me invitations to stretch my leadership abilities and I want to tell you friends, it is not always comfortable, happy, or fulfilling. But as Peck reminds us, I believe some fine moments are occurring and I am searching for different ways and truer answers to the questions life and circumstances are asking of me.

I believe that good leadership asks itself the question – Am I fulfilling the expectations of those who make up the community in which I lead? Am I fulfilling my own expectations in this leadership position? I can't really know the answer to the first question without taking a survey, but I can search my own soul for the answer to the second.

I've struggled recently with whether leadership is mine to continue to do and I want to share that story with you.

I love being on the Board of Trustees. It's an amazing group of souls who work together harmoniously, in integrity with themselves and in alignment with our vision and mission. Everyone brings their best selves to the table and gives whatever is asked of them and it's an

honor to be a part of this team.

The question remains: Am I fulfilling my own expectations in this leadership position? I've experienced a bump or two in my private life which has caused me to look deeply at this question. What I've found is that I have an old idea that being in leadership means holding myself to a different standard, one that reflects more of my childhood need to "express perfection."

However, Spirit is asking of me is to "be authentic, Jane! Be who you are, do the best you can and lead through it all." So as I shift my own thinking around leadership, the question becomes, "can I be authentically me (with imperfections), do my best and continue to lead?" Yes I can, with Spirit's guidance and the sacred resources I have in this community.

Unity of Salem is a dynamic, transforming spiritual community – we are all moving through our own challenges as we have said yes to "being who we have come here to be." And may I just say, we are all doing an amazing job! Transformation is deep work and now as we embark on Year 3 of our Transformation Experience we need each other's encouragement, support and belief, more now than ever before.

I see you all! I see your transformation, your commitment to your own spiritual growth and the spiritual growth of our community and I am grateful that we have chosen to walk this part of the journey together.

Thank you for your love and support as I too find my way through the transformation experiences that Spirit is creating in my life.

In Sacred Service,
Jane!

BOARD / STAFF AND LICENSED TEACHERS

BOARD MEMBERS

President – Jane Minard
Vice President – Barb Cannard
Secretary – Berta Aronson
Treasurer – Sally Cummins
Members – Rev. Georgie Richardson
Mark Spencer, Ray Nunez
Alternate – Barb Vandepas

STAFF

Minister – Rev. Georgie Richardson
Office Coordinator – Denita Wallace
Minister's Associate – Diana Moskal

Youth Education

Ann Armstrong – Coordinator
Sharon Viehdorfer – Assistant

Music Director – Lorena Smith

Choir Director – Kathleen Walters

Pianist – Randy Byrnes

Multi-Media Team

Paula Wills, Director
Randy Julian-Soundboard Co-Leader
Caroline Collins-PowerPoint Co-Leader

Operations Coordinator

Paul Wilson

Leadership Development

Dr. Bonnie Staebler – Director

Unity Photographers

Randy Julian, Jim McCreary,
Tammy McCammon

Newsletter Coordinator

Michelle Graham

LICENSED TEACHERS

Diana Moskal, Ann Armstrong

DIAL-A-PRAYER

503 364-6057

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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 10:20 AM

NEWS AND EVENTS

PLEASE NOTE: Church events will be canceled if there is stormy weather. We encourage you to take care of yourself and make a decision for safety.

TAI CHI: MOVING FOR BETTER BALANCE

Tues. & Thurs. starting January 10, 2012 through March 1 at 6:00 PM – 7:00 PM downstairs at Unity of Salem

There are eight single forms in the program, all of which are derived from the traditional well-known 24-form Yang Style Tai Chi, but tailored to adults who wish to improve balance and mobility. There are several health benefits to practicing Tai Chi.

- Improved strength, conditioning, coordination and flexibility
- Reduced pain and stiffness
- Better balance and lower risk of falls
- Enhanced sleep
- Greater awareness, calmness, and overall sense of well being

For more info and to register, call Paula McBride Moskal, 503-581-2061
The cost for the class is \$50.

TAIZE DEDICATION

On November 13, Unity of Salem dedicated nineteen people to our Taize team. After completing the weekend training, seven new members were welcomed to the team! The *expectations* for being on the Taize team are a passion for prayer and a daily spiritual practice. Some of the values of a Taize member are: the ability to manage conflict courteously, compassionately, and professionally; the willingness to role model Unity of Salem's Core values ~ Spirit led, transformation, integrity, compassion, and empowerment; to actively participate at Unity of Salem and honor confidentiality. We have a dynamic passionate team!



Desiree' Rudder, Diane Van Gorder, Rev. Georgie Richardson, Sherry McClure, Jan Duke, Blythe Eastman, Deborah Vedder, Jane Minard, Caroline Collins, Diana Moskal, John Gordon, Randy Julian, Jody Gonzalez, Ann Armstrong, Sharon Viehdorfer, Lee Howell, Barb Vandepas, and Val Guerrazzi. Emily Wiczorek was not present for the dedication.

SUNDAY SERVICE TEAM

Service as an act of worship means that we serve from the "Christ in me honors the Christ in you." We are then serving consciously from our heart and with a joyful Spirit rather than from "I should" or to fill a "need."

The Sunday Service Team includes the Ushers/Greeters, Selected Reading, Bookstore and a Hospitality person who makes coffee. If you are interested in serving in any of these areas, please see or call Diana Moskal (503-364-0156) and she will give you further information. You may also wish to attend the February 19 Sacred Service workshop for information. When you serve on this team, you are making a commitment to serve for four months. This means you serve for about three times – depending on how many people are on the team.

The current Sunday Team schedule ends on **January 15**. Please let Diana know before January 3, if you wish to re-negotiate your commitment. As we all serve together, we are creating a loving, Spirit filled community!

TAIZE HEALING PRAYER SERVICE

Come and participate in our Taize service at 10:30 Sunday morning, January 8. Taize is a meditative sacred service of songs, readings, and prayer creating an atmosphere to deepen our oneness with God. We have celebrated the birth and nurtured our Holy presence within ourselves and others during the Christmas season. Epiphany was a time when the three kings brought gifts to the baby Jesus. As we gather for a Sunday Taize service let us receive the gifts of Epiphany. We have to let go of error thinking at our burning bowl ceremony to clear a place in our heart, mind, and body for the gifts Spirit is offering.

MORE NEWS AND EVENTS

UNITY'S PIANIST – RANDY BYRNES



My first Sunday at Unity of Salem was July 3 and then I went on vacation which was already scheduled before I was hired. My heart is in New Mexico as is my body every summer for my birthday.

I was born in Detroit, Michigan into a "Ford" neighborhood on the west side. We had a piano in the house and we weren't Polish Catholics like every other family, as the accordion was the official instrument of the neighborhood. My next door neighbor played honky-tonk piano. I saved every dime as a kid and bought my Hammond B-3 organ for \$1600 when I was 18. I avoided my music self for 20 years to find a "real" career and that was painfully elusive.

I love to write, play and sing my stuff and other's stuff that touches my soul. I enjoy playing for weddings, memorials, celebrations, etc.

My piano heroes are: First - Ramsey Lewis, All time wanna be like - Gene Harris and most esteemed - Bill Evans.

I played organ and piano at Living Enrichment Center in Wilsonville for 10 years, and 3 years at Evergreen Presbyterian in Salem. I play and sing at restaurants, and wineries in the Willamette Valley.

For more info about me and my CDs go to www.randybyrnes.com and/or www.reverbNation.com/randybyrnes.

OFFICE CLOSURE FOR CHRISTMAS

The church office will close Monday, December 26 and reopen on Monday, January 2, 2012.

CHRISTMAS EVE CANDLE LIGHT SERVICE

Our traditional candle light service is at 7 o'clock on Saturday evening, December 24. This service is filled with singing, the metaphysical interpretation of the Christmas story, joy, hugs and love and laughter within our Spiritual Family. Everyone is welcome to attend. Childcare will not be available - please plan accordingly.

TRANSFORMATION EXPERIENCE THIRD YEAR

We are officially into the third, and last, year of the Pilot program. We committed to the three year Transformation Experience and we are nearing completion. Our Consultant Guide, Cindy Henson, will be with us the weekend of February 3 and 4. Everyone is invited to attend on Friday evening February 3, and Saturday morning, February 4. Let us complete this wonderful Transformational Experience with the same joyous commitment with which we started it! Mark your calendar now so you will be sure to attend.

Future dates for Cindy coming: May 4, 5, 6 and Sept. 21, 22, 23.

BURNING BOWL SERVICE

Sunday, January 1, 2012 at 10:30 AM, we will begin the New Year by letting go of habits, outworn beliefs, ideas, etc. We will also draw our Angel of the year who will support us in our continual growth and enlightenment.

**NEW E-MAIL ADDRESS FOR
UNITY OF SALEM**
office@unityofsalem.com

THE BEARS COME MARCHING TWO BY TWO

For the 18th year in a row, Unity of Salem is collecting Teddy Bears and their furry friends to hold and love-up before they are gifted out to the children whose families are currently experience homelessness.

We partner with the Salem Keizer Realtor Association in a wonderful Christmas party that will be held on December 10 at the Evangelical First Activity Center on 4th St.

Thank you to EVERYONE who has contributed a stuffed animals, and if you haven't done so yet, there is still time. December 4th is the last day to bring your furry gift.

JOIN US FOR OUR TRADITIONAL CHRISTMAS CONCERT!

Unity of Salem has had a Christmas Concert for many years, and this year it will be on Friday, December 9. The list of participants is growing and very exciting. The concert will begin at 7:00 PM. Do plan to be a little early so you get a good seat.

CHRISTMAS IS ON SUNDAY MORNING!

Occasionally Dec. 25th falls on a Sunday; this is the year for that to happen. We will have Sunday, Christmas service, and we will have a wonderful surprise for you as well. Plan to join us at 10:30 on Christmas morning as we celebrate the birth of the Christ child together.

PAST AND FUTURE EVENTS

NATURE HABITAT TEAM

Unity of Salem continually receives blessings towards our dream of a nature sanctuary where people, birds, butterflies, beneficial insects and small animals flourish. Recently we were gifted with a multitude of perennials, shrubs, succulents, several trees, and an abundance of Territorial seed packets of herbs, veggies, and flowers. Karen Maki owner of 13th Street Nursery graciously donated the stock she did not want to winter over, thanks to a long cultivated relationship with Dr. Bonnie Young. Sunday afternoon, November 13, 27 of our congregation organized the loading of trucks and trailers from the nursery and then off loaded the plants to two winter nurseries created Saturday on our property; five trucks and trailers delivered 23 loads!

Endless avalanches of abundance were poured out upon Unity of Salem with grace in perfect ways. The plants were recorded and placed in a nursery where they were covered with saw dust to protect them through our Oregon winter. The Nature Habitat Team will research each environmental preference so next spring and summer the hundreds of plants can be planted in their forever home on our sacred nine acres.

The Nature Habitat Team expresses tremendous gratitude for the abundance given from Karen Maki of 13th Street Nursery! We know as we give we receive and so we see abundance overflowing to their business! We appreciate everyone who joyously shared the work of loading, driving, unloading, recording, shoveling, crowding plants together to create two winter nurseries. The natural energy generated on this land ripples out into our community and positively enhances those who come to experience Unity of Salem on our sacred nine acres.



WEBINAR 1 FOR YEAR 3 IN THE TRANSFORMATION EXPERIENCE

Thursday, Jan. 12 at 7:00 PM in the Sanctuary

The Webinar presenter is Corinne McLaughlin and the focus is "The Practical Visionary: How to Become One and Co-Create a New World." Did you know there's a new world growing amidst the old one? You can become a catalyst for this new world by shifting from what's dying to what's being born.

What does this mean for the Unity community today? How can we collectively respond to the opportunity to co-create a new and better world? We can do so by becoming practical visionaries – able to see the vision but also effective at bringing it into the everyday world. We can change ourselves and change the world at the same time if we become practical visionaries. Our leadership will be more successful if we have a balanced expression of heart, mind, will, love, intelligence and purpose.

Practical visionaries are awake and their eyes are on the horizon, their feet are on the ground and their hearts are on fire. A practical visionary has an intuitive, positive vision of the future, developing effective skills and sensible strategies to implement that vision and meet urgent human needs. Visionary doesn't have to mean unrealistic or illusionary. While vision essentially comes from the higher spiritual dimensions, being practical is responding creatively to what's needed, appropriate and timely today--and it's equally sacred.

Thurs. Jan. 19 at 7:00 PM there will be a Post-Webinar in the Sanctuary. This will be a time to discuss ways of applying the material in our lives and in our Unity community! Everyone is welcome to attend the Webinar and the Post-Webinar to learn how to make our collective dreams a reality in meaningful and functional ways!

YOUTH NEWS AND MORE EVENTS

BUILD IT AND THEY WILL COME

Our Youth and Family Ministry intention of creating a special program and space for our Unity Tweens (4th and 5th graders) is receiving amazing results. Sunday, Nov. 13th a lively group of 6 tweens were present participating in our morning program and anticipating the second Sunday afternoon of their Pottery Field Trip to the Willamette Art Center.

We are in the process of creating our Sacred Space in the redecorated former Youth Ed Office. Plans include an altar, fountain and music. Requested time to do beading will be interspersed with learning the 5 Unity Principles.

Y.O.U. RETREAT

Galen Tanner and Ariel Chambers-Owens, with Sponsor Allison Corey, attended the Youth of Unity Retreat at Camp Waskowitz, WA in October. The theme was "The Power of You and I - The Movement of Us." Our teens are having the opportunity of leadership at the regional level.

THANK YOU

To all of you for your continued support of our Youth at Unity of Salem. Your support of our teen fall fundraising events - lasagna feed, wreath sales, craft fairs and soup Sunday - is greatly appreciated.

SHIFTING FROM SURVIVING TO EVOLVING

We are truly blessed to tell you that Neale Donald Walsch and his wife Em Clair are going to be featured here at Unity of Salem. They will be offering a workshop from 10:00 to 5:00 on Saturday, March 3, 2012. The tickets are \$75 and are on sale now by calling the office.

Neale and Em will present a workshop entitled *Shifting from Surviving to Evolving*. They will invite the participants to answer seven simple questions that could inspire a new level of spiritual awareness and launch a new kind of spiritual practice in all our lives – at a level that could fundamentally alter the times ahead.

Neale says, "It is time to shift the ongoing discussion from how we can survive to how we can evolve."

Mark your calendar, plan to attend, and tell your friends about this wonderful opportunity to enjoy Neale and his wife, Em, in the familiarity of our own Spiritual Home.

HAPPY BIRTHDAY



December

- 2 Cheryll Mayer
- 10 Diane Van Gorder
- 11 Sharron Apple
- 11 Bonnie Staebler
- 14 Denita Wallace
- 21 Joan Manuel
- 22 Victoria Halsey
- 30 Berta Aronson
- 30 Jaine Niktab

January

- 9 Lorena Smith
- 19 Ann Armstrong
- 23 Blythe Eastman
- 26 Alex Tanner



THANK YOU, THANK YOU

MANY THANKS AND DEEP APPRECIATION GOES OUT TO THE FOLLOWING FOLKS:

The Chaplains who serve in many ways including arriving at 9:00 AM to pray in the Music and Multi-media teams, praying with people after the Sunday service, sending cards, making phone calls, etc. You are powerful praying people who are very much appreciated!

Barb Vandepas for coordinating the recent Taize training and being the leader of the Taize team!

Everyone who serves on the Sunday Service Team, your commitment and dedication are very evident as you serve with loving, joyful hearts!

OTHER NOTABLE HAPPENINGS

A COURSE IN MIRACLES

Monday evenings at 7 PM, Rev. Mark Spencer facilitates *A Course in Miracles* in the Bookstore. Everyone is invited to attend. A love offering is received.

POWER OF SOUL

Roger Givens continues to lead the Dr. Sha's Power of Soul group in the Bookstore on the 2nd and 4th Tuesdays of the month at 7:00 PM.

ART AND PRACTICE OF LIVING WITH NOTHING AND NO ONE AGAINST YOU

By Diana Moskal

The Art and Practice is being woven into our spiritual community! 12 new people recently took the class and 10 took the class again for the 21-day process. This brings the total to 84 people who have taken the class at Unity of Salem. I continue to be amazed at the openness and willingness of people to step into this life changing material. It is wonderful to witness the changes people are making in their lives - transformation is happening for sure! The next class will be in the spring of 2012 – possibly in April or May. Watch for signup sheets and more details next year!

NEW DIRECTORY INFORMATION

Denita Wallace is using a new software program which does amazing things! For example, information in the program will help us greatly in making a new directory. To be in the directory, you must fill out the form found in the kitchen or in the Church office.

The directory will have photos in it! You may send a head photo to Denita at office@unityofsalem.com Tammy McCammon will also be taking photos after church. Dates to be announced.

SAVE THIS DATE

On Saturday March 3, 2012, Neale Donald Walsch will present a workshop at Unity of Salem entitled, "Surviving to Evolving." Tickets go on sale Dec. 15 for \$75.

View his website at:

www.nealedonaldwalsch.com



CALLING UPON THE CHAPLAIN TEAM

You may sign up for a Chaplain to call you monthly for a Wellness call or, if you are having a challenge or difficulty in your life and would like a Chaplain to call you to pray with you during the time of the challenge, you may request that help. There are forms on the sign up table in the Sanctuary or you may call the office at 503-364-0156.

SPRING FOREST QIGONG HEALING

Emily Wiczorek is inviting you to join her as she facilitates a Spring Forest QiGong healing practice class. Spring Forest QiGong has made a profound, positive effect in her life over the last four years and she would like to share the practice with others. You will learn an "active" exercise (which can be done sitting down), a sitting meditation and a healing practice. These are all simple, but effective practices which help in all areas of your life.

Thursday, February 16 from 1 to 3 PM
Friday, February 17 at 7 to 9 PM
Suggested love offering of \$10



FRAGRANCES

Thank you for not wearing perfume, essential oils, scented hand lotion or other scents as a courtesy to people who have environmental sensitivities.



ONE OF OUR OWN IS HONORED

Grant High School in Portland honored Diane Van Gorder in September 2011 by placing her name and picture in their Athletic Hall of Fame. Seven of her friends from Unity of Salem attended along with her family and her Softball coach. Diane graduated from Grant High School in 1980. She excelled in Basketball, Softball, and Volleyball and was a four year starter in all three sports. Diane made records as an athlete that still stand today. For the past 22 years since graduation, she played slow pitch softball in tournaments throughout the U.S.



Diane has served Unity of Salem as the Team Leader for Unity Friends and as the past Team Leader of Taize, the Building and Grounds team, Transformation Experience Leadership Group, and Strategic Planning Team. She continues to serve as the Unity Friends Team Leader and is currently serving as the Team Leader of the Finance Team.

Unity of Salem is truly Thankful for Diane Van Gorder's service to our Spiritual Community, and celebrates with her the honor bestowed upon her by Grant High School.

BOOKSTORE CORNER

Highlighted Books and CDs Of The Month

NOTICE: Unity of Salem is now a full Associate of AMAZON.COM. You can purchase any Amazon.com product through the Unity Associate website and Unity will receive up to 10% of the cost of the item. Just go to www.UnityofSalem.com and click on the Amazon.com link or <http://astore.amazon.com/wwwunityofsal-20>. You will stay on the Unity page throughout your complete order and then be transferred to Amazon.com for payment.

During the month of December, everything in the Bookstore will be 20% off as a THANK YOU to everyone who buys books or makes donations for used books!

Some best sellers during 2011 are:



A LIFE OF BEING, HAVING AND DOING ENOUGH, by Wayne Muller

MAKE THE WORLD GO AWAY, by Ruth L. Miller



REAL LIFE RITUALS, by Karyl Huntley

HEART OF HEALING CD, by Karen Drucker



The Unity of Salem bookstore is a good place to do your Christmas shopping or treat yourself!



PS: If Rev. Georgie mentions a book in her Sunday message that is not in the Bookstore you can go to www.unityofsalem.com and click on our Amazon associate store link to order the book. Thank you.

Unity of Salem
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