



Unity
 ~ Positive
 ~ Practical
 ~ Spirituality
 ~ for Today

Unity of Santa Barbara

Contact

May 2009



The beginning of the amazing work we know as Unity was a healing miracle. The recognition and realization of the power of Infinite Life within and throughout her body, was Myrtle Fillmore's doorway to the healing of a terminal disease process that wracked her body. As she came to accept that she was a child of God and did

not inherit sickness she freed her body, cell by cell, from the tyranny of a her mental limitations and began to cooperate fully with the life force that flowed like a mighty and endless river within her body and being.

As she shared her experience with others healing became a cornerstone of Unity's history and teaching. The early teachers, leaders and students of Unity practiced the principles of healing for their bodies, minds, emotions, life concerns, their finances, their families, and for all the needs of their lives. It was understood that health and wholeness was the natural state of life and that the only thing standing in the way was erroneous thought and belief. Diligence in practice led to miraculous results over and over again. Their faith was centered in the belief that God is/was/and would always be the only Power at work in each life. They believed in healing – we believe in healing! They believed in miracles - so do we!

Charles Fillmore, the co-founder of Unity, instructs us that faith-filled prayer brings forth miraculous healing power: "Healing currents of life are freed and flow into and through soul and body, healing, redeeming, uplifting the whole man/woman." He said that of all prayer requests, those for healing—when made in faith—are the most speedily answered. "The reason for this is that the natural laws that create and sustain the body are really divine laws, and when we silently ask for the intervention of God in restoring health, we are calling into action the natural forces of our being." Our pattern is "perfection." Myrtle said: "In healing, we must begin by rejoicing in the perfection of our pattern as a gift from God. We accept our perfection and bring our mental attitudes into alignment with the Divine law of health."

We are declaring Sunday, May 3, "A Day of Healing and Miracles." It will be a day filled with power, light and love, a day filled with promise and possibility. Through our reflection on Biblical miracles and their messages for our lives; and through the directed use of the spoken word; prayer; music and our faith we will step into the unlimited flow of the "healing current of life." Please join us to receive and to share this great blessing.

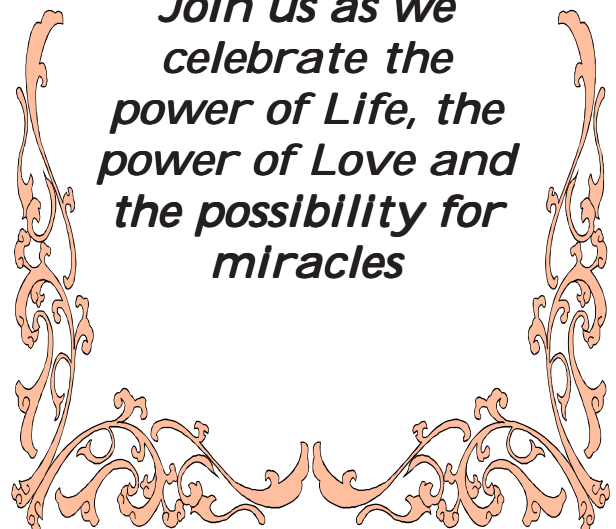


A Day of Healing and Miracles

Sunday, May 3

9:00 & 11:00 Services

***Join us as we
celebrate the
power of Life, the
power of Love and
the possibility for
miracles***



Unity Church Contact Information

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**Office Hours & Bookstore Hours:
Monday-Friday, 10 am-5 pm**

This Contact newsletter is a free newsletter,
published each month at Unity of Santa Barbara.

Upcoming Lessons 9:00 & 11:00 am

- May 3** "A Day of Healing and Miracles"
Rev. Linda Spencer
- May 10** "The Legacy of Eve"
Rev. Linda Spencer
- May 17** "Dear God"
Rev. Ron Gibbons
- May 24** "Revolution, Evolution
and Transformation"
Rev. Linda Spencer
- May 31** "Dreams and Visions –
Seeing Through the Veil"
Youth and Family Sunday
Rev. Linda Spencer

Staff & Key Leadership

Church Staff

Rev. Linda Spencer
Senior Minister

Joan Kershaw
Administrator

Noreen Brokke
Music Director

Peter Hernandez
Music Director

David Salazar
Volunteer Ministries

Barbara Greene
Youth Education

**Charlotte Fay &
Peggy Eadie**
Accounting

Sandy Grant
Bookstore Manager

Richard Cruz
Custodian

Mary Fenger
Sound Technician

Deana McMillion
Wedding Coordinator

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Jeanne Schroeder
Member

Rev. Linda Spencer
Member



Upcoming Special Music

MAY 10 / 9:00 & 11:00 am - **Stefan Mitchell**
Stefan Mitchell is an amazing vocal artist and a magnificently gifted performer. His rich, multi-dimensional vocal style, poignant lyrical tapestries and captivating stage performance give listeners the soul searing depth of a longed for spiritual connection. From the power that moves through his performances to his wry sense of humor, Stefan lives and communicates his belief that we are all expressions of one magnificent and awe-inspiring spirit.

MAY 17 / 11:00 am: **Mari Martin** - Powerful, sultry, soulful. Whether it's jazz, blues, soul, R&B, funk or folk, Mari Martin rules the emotions of the crowd with her signature stage presence.

MAY 24 / 9:00 and 11:00 am: **David Roth** returns to Unity of Santa Barbara! You will love David's smooth vocals, his rich guitar sound, and the great stories in his original songs. You can also catch David on Saturday the 23rd at the Trinity Episcopal Backstage concert series.

Monday Morning Group Exploration

with Christine Michel



“Cultivating God Mind Through Parables”

April 6th – May 18th

10:00 to 11:30 am in the Chapel

Christine Michel's 6 week Monday morning Group Exploration series continues through May 11 from 10-11:45 am in the Chapel. This Group Exploration is called “Cultivating God Mind Through Parables.”

This study uses the deeper meanings hidden in the parables of Jesus to guide participants in focusing on cultivating their ability to consciously use mind action for personal transformation and spiritual growth. Through becoming more aware of how one's state of mind influences their experiences and how to transform thoughts and actions, participants realize they can experience even more of the kingdom of God in everyday living.

“The Untethered Soul: The Journey Beyond Yourself”

New Thursday Morning Book Study
Facilitated by Rev. Linda
Begins Thursday, May 7th for 8 weeks
Chapel – 10:30-12:00

This is an amazing new book by Michael A. Singer. “What would it be like to be free from limitations and soar beyond your boundaries? What can you do each day to find this kind of inner peace and freedom? **The Untethered Soul** begins by walking you through your relationship with your thoughts and emotions, helping you uncover the source and fluctuations of your inner energy. It then delves into what you can do to free yourself from the habitual thoughts, emotions, and energy patterns that limit your consciousness. Finally, with perfect clarity this book opens the door to a life lived in the freedom of your innermost being.” We will also use Joel Goldsmith's “**Practicing the Presence: The Inspirational Guide to Regaining Meaning and a Sense of Purpose in your Life**” as a companion text Please join us. Love Offering.

Movie
Nite

May Movie Nite Friday, May 22 at 7:00 p.m.

facilitated by Rev. Linda

“The Science Of Miracles: The Quantum Language of Heal- ing, Peace, Feeling and Belief”

(A brand new release by Gregg Braden
and Hay House)

“In the Science of Miracles you will discover paradigm-shattering revelations that demonstrate why we are *not* limited by the Laws of Physics and biology as we know them today, and why our DNA is a code that we can change and “upgrade” by choice! New discoveries show us we can reverse disease, redefine aging, create peace and change our reality through the focused power of belief and heart-based emotion.”

Unity Game Night

Friday, May 8th

at Unity House



Light Dinner from 6:00 to 7:00 p.m.

Enjoy the Fun!

Games start at 7:00 p.m.

This night is about spending time with old friends
and making new ones.

For: singles, couples, & families.

Make the Scene! Duds, 'Do's and Dancin'! Get ready for the June 13 Sock Hop and Prom Night!

Don't Miss the Unity Pre-prom Party
and Ice Cream Social
Saturday, June 6
1-4 p.m.



1-4 p.m. Barbara Lotito's *Put Your Glad Rags On Boutique* will be open for business. Get some cool threads and be the hippest hipster on the scene. You'll have it made in the shade if you drop some bread here. Items will be individually priced. (*Donations of fifties clothing, accessories and other cool things gratefully accepted May 3...see Barbara Lotito between services and after the 11 o'clock service that day or call her at 968-1646*)

For a mere 5 bucks....

1-4 p.m. **A Fab Fifties makeover**—hair and makeup workshop. Remember duck rolls, DAs, lighters and nests? Well, don't be a drip...it's about time you get a refresher! Stylist Phyliss Cohen will help you take a step back in time to make sure your look will *kill* at the prom June 13.

3-4 p.m. **Learn to Dance Fifties Style** (again)

Pros from the Arthur Murray Dance Studio will be here to brush you up on the steps to stardom at the prom...it's one time you're allowed to be an actor...what a kick! Oh, come on...razz our berries!

And, last but not least...

3-4 p.m. **Ice Cream Social**

You'll be on cloud nine when it's time to dig into delish delites from Jeney McCoy and McConnell's ice cream. Totally cool in every sense of the word. What a blast! \$5 per sundae.

4 p.m. Time to split...

Financial Information

March Income & Expenses

Total Income: \$36,226
 Operating Expense: \$36,264
Net Income: -\$38

April Recap

<u>Dates</u>	<u>Sunday Attendance</u>	<u>Weekly Love Offering</u>
April 5	206	\$7,998.10
April 12	233	\$5,009.77
April 19	195	\$10,709.00
April 26	190	\$8,395.00
Average	228	\$8,027.97



***We are infinitely grateful
for your loving support!***



Thank You for My Birthday Celebration

I want to offer my heart-full gratitude to all of you for my remarkable birthday celebration on April, 19th. It was truly an amazing day in every way. For your gifts, notes, cards, the music, the flowers, the cake and ice cream – but most of all for your precious love – I am forever grateful. I am so blessed to share my life with you.

Pet Prayer Ministry

Unity Pet Prayer Ministry is here for you! If you have any Pet Prayer request, please call 967-4620 or amorinini@cox.net

Thank you,
 Adrienne Morinini
 Unity Pet Prayer Ministry



Focus on Prosperity

From the book ***Prosperity*** by Charles Fillmore

"Ideas are not all of the same importance. Some are large and strong; some are small and weak. There are aggressive, dominating ideas that parade themselves, and brag about their power, and with threats of disaster keep us frightened into submission to their wicked reign. These domineering ideas of error have one argument that they always use to impress us, that of the fear of results if we should dare to come out and meet them in open opposition...What is the most fearful thought in the minds of people today? Is it not the power of money? Is it not the Goliath in your consciousness?"

"The whole world today trembles before this giant error idea, the belief that money is the ruling power. The rich and the poor alike are slaves to this idea. The first step in getting your mind free from this threatening giant is to get a clear perception of your right as a child of God. You can decide whether you will grant dominion in your consciousness to God your Source or to Goliath the bullying tyrant. You are not under the dominion of Goliath...you can meet and cast off this belief. You will never find a better time to come into the realization of the truth of who and what you are and what your rights are. Never was a more propitious time to seek a new and better state of consciousness." Mr. Fillmore then gives us these powerful statements of Truth – make a commitment to use and internalize them on a daily basis to re-direct and re-focus your attention:



"I am the beloved of the Lord. It is my divine right to be supplied with all things whatsoever the Father has placed at the disposal of His children. I dissolve in my mind any thought that my own can be withheld from me. What is mine comes to me by the sure law of God, and in my clear perception of Truth I welcome it. I am not fearful of poverty. My opulent Father has poured out to me all resources, and I am a mighty channel of abundance."



Youth Ministry News

EASTER CELEBRATION

The Youth all joined together to celebrate a communion to honor Christ in their lives and to open the possibility of Easter being a reality EACH day of their lives. An Easter Egg Hunt followed and was totally enjoyed by all. Next year, however, the vote is for even MORE chocolate!!

APRIL 18-19th....UNITREAT Event in Hemet, CA for our Uniteens. Thank you to Lance Jones for being their sponsor and taking them to and fro!

MAY 1, 2, 3rd....Teacher's Conference in Idyllwild, CA...Christine Michel, Christina Litman, and Barbara Greene will enjoy this outing of fun and training with Mark Fisk, SW Regional Teen Consultant and Jacquie Hardesty, SW Regional Kid's Consultant.

MAY 31st....Family Sunday and THE BRIDGING CEREMONY at the 11AM service to celebrate our children moving forward in their spiritual growth. The special part of this service will be graduating Kelley & Hannah Sener, Lindsey Weintraub, Chelsea Schmid, and Kelsey Fernandez from the YOU, celebrating their many years in the Youth Education of Unity, and their graduation from high school. Please join us for this special service.

JUNE 21-26th....KID's CAMP and UNITEEN CAMP....a wonderful week in the mountains for children grades 3-5 and 6-8....something they look forward to for the whole year. Ally Michel will be a camp counselor at Kid's Camp and Christine Michel will be a camp counselor at Uniteen Camp.

JULY 3-9....SUMMER CONNECTION....Ally Michel will attend this incredible Leadership Training Event and Christine Michel will be a sponsor/teacher.

JULY 19-23....YOU INTERNATIONAL CONFERENCE-Unity Village....Ally Michel will be attending this special event.

THANK YOU FOR MAKING ALL OF THIS POSSIBLE WITH YOUR PARTICIPATION IN OUR SILENT AUCTION....Your money is being put to good use in helping our children grow spiritually while having fun!

Barbara Greene Youth Director

A Call For Volunteers

A call for carpenters, electricians, plumbers, painters, and handy-men (women too!)

Our church needs considerable maintenance and we seek a few volunteers to accomplish repainting of doors & window trim; major clean up of basement and garage areas; repairs of all sorts!

Interested and able to help? Contact Ron Gibbons at 252-9175, or e-mail regibbons@juno.com.

Unity Global Outreach

What a spiritual experience we had on the Hopi Reservation! Bill & Bonnie Dutton, Ren Strong, Patti Ellis, George & Linda Palmer, Moss & I. Because of Bonnie's nursing background, we connected with several health professionals working especially with women. Because of the materials & children's clothing donated by members of our church you have made many women & children happy.

We have received information that Karen Freeze, Amanda Pelch's cousin has passed on. The gift from Amanda & Karen made possible the Children's House in Litomyšl, Czech Republic, to come into existence. Because of their connection with the current director of the Food Bank Program we make small contributions to the Food Bank. Memorial services for Karen will be in Seattle, WA, in May & in Czech Republic, in September. Our prayers are with Amanda and with Karen's son & daughter.

We are continuing our Rice & Beans project in San Jose, Costa Rica. In the future any who would like to "travel with-a-purpose" are welcome to contact us to help coordinate such a trip.

We are still developing a Resource Center for all those who wish to be involved in Global Outreach. Let us know you're wishes for any information.

Phone or email: 965-5687 hitower@west.net

God Bless, **Carl**

Current Volunteer Opportunities

There are open positions on the Clean Up Crew after each service. The Clean Up Crew consists of:

- 1 dish washer
- 1 dish dryer
- 1 person bringing in the empty plates
- 1 person putting away tables

If you can fill any one of these positions once a month after either service, please contact **David Salazar** at volunteers@santabarbaraunity.org

Unity's Prayer Request Boxes

Once upon a time, there were two small wood boxes who wanted a lot more attention so they could fulfill their purpose. These two wood boxes were very special because they were Unity's Prayer Request boxes and held the prayer requests of Unity's family. However, they were not being utilized to their best potential.

One prayer request box sits outside on a ledge in the breezeway by the Chapel door, next to blank prayer request cards and pens. This prayer request box prides itself on protecting the deposited prayer requests from the harsh elements. A second prayer request box patiently sits inside the back of the sanctuary with blank prayer request cards and pens placed above it.

Each Sunday morning, beginning with the 9:00 AM service, a Unity Prayer Minister carries the prayer request box from the back of the sanctuary and places it lovingly on the table in front of the podium for all to see. Blank prayer request slips are placed in the back of the seats and can be filled in and deposited in the prayer request box before or after services. After the 11:00 AM service, the prayer request box is returned to the back of the sanctuary by a Unity Prayer Minister.

Thereafter, the Unity Prayer Minister, who has signed up for the responsibility that Sunday, will unlock each box and remove the filled in prayer request cards. Please be assured that each card is held in confidence. Other Unity Prayer Ministers are then notified of the prayer request, and will hold each request in prayer for a month. Your Unity Prayer Ministers believe it is an honor to be of service through prayer.

Blessings be,

Maureen Green-Richard

Art For The Soul ~ For The Creative Artist Within Each of Us ~ with Ann Russell ~

**Saturday Mornings, May 9, 16 & 23,
9:30 - 11:00 a.m. at Unity House**

Art For The Soul is a three part creative workshop that will show you how to listen and re-connect to your own intuitive guidance through drawing, painting and journaling.

When you give yourself permission to be creative and connect with your healing and informative messages within, you increase your ability to hear your own inner guidance with more clarity.

Please join Ann for this fun-filled workshop, which will help you reduce stress, re-energize your soul, and bring a sparkle to your eyes. No artistic experience is necessary.

**May 9, 2009, Part 1 - Drawing
"The Secret Life of Trees"**

**May 16, 2009, Part 2 - Painting
"Divine Light - Painting With Your Angels"**

**May 23, 2009, Part 3 - Journaling
"Keeping Your Own Light Bright During Challenging Times"**

Ann Russell has studied sketching and watercolor for eight years. She has overcome many struggles to find her life purpose, and now she is helping others find their own "soul wisdom" through creative art and writing.

Near-Death Experiences-An Early Glimpse of our Journey Back Home

***A talk with Healing Practitioner Candy Hough
Saturday, May 16th ~ 2:00 pm at Unity House***

This informative talk will weave Candy's personal near-death experiences with research by eminent doctors in the near-death field like Dr. Elizabeth Kubler Ross and Dr. Kenneth Ring. With humor, great reverence, compassion and love, Candy Hough is able to make this subject not only enjoyable, but something to look forward to!!

**Angel Healing House * 831 277 3716 *
www.angelhealinghouse.com**

Yoga for Health Tuesdays - Noon to 1 pm at Unity House

Gentle stretch yoga for beginners or over 50 youngsters. Learn to flow from one posture to another, relaxing the mind and body. Promotes stress-relief and easier movement of joints and muscles.

Bring yoga mat or large towel, water,
wear loose, comfortable clothing.

\$8.00 a class - all proceeds go to Unity church.

Weekly Meetings

Sunday

9:00AM: Traditional Service, SA
 11:00AM: Contemporary Service, SA
 Sunday Sch/Child Care, UH
 6:00PM: Overeaters Anonymous, BR
 6:00PM: AA /Meditation, Y.O.U

Monday

10:00AM: Christine Michel Class, CH
 3:00PM: Tai-Ji & Taoist Energetic, UH
 5:30PM: Unity Gospel Choir Rehearsal, SA
 6:00PM: Al-Anon, CH
 7:00PM: Inner Light Gospel Choir, SA
 7:00PM: Mankind Project, UH
 7:00PM: AA Open Format, Y.O.U.
 7:15PM: Al-Anon Beginner's, BR
 8:15PM: Young People's AA, Y.O.U.

Tuesday

12:00PM: Al-Anon, CH
 12:00PM: Yoga, UH
 5:00PM: Finance Mtg. (3rd Tues.), BD
 5:30PM: Board Mtg. (last Tues.), BD
 6:30PM: Joel Goldsmith Study Group, BR
 7:30PM: Hard Light Meditation, CH (once/mo)
 7:30PM: Men's AA, UH
 7:30PM: Women's AA, Y.O.U.

Wednesday

7:00AM: Al-Anon, CH
 12:00PM: CODA, CH

Thursday

7:00AM: Toastmasters, UH
 10:30AM: Thursday Study Group, CH
 5:00PM: Unity Singers Rehearsal, SA
 5:30PM: A Course In Miracles, BR
 6:00PM: Third Age Foundation, CH
 6:00PM: AA /Meditation, Y.O.U
 7:00PM: Sathya Sai Baba, UH

Friday

11:00AM: Healing Touch, CH (1st Fri.)
 12:00PM: Al-Anon, UH

Saturday

9:30AM: Tai-Ji & Taoist Energetic, U.H
 10:00AM: Jacob Glass, A Course in
 Miracles (\$15), SA (2nd Sat.)

BD - Board Room	SA - Sanctuary
UH - Unity House	BR - Bride's Room (upstairs)
CH - Chapel	YOU - Youth Room (downstairs)
GA - Gazebo	

May Affirmations

Inner Peace

With unwavering faith, I
 release all to God. Peace fills
 my soul.

Guidance

I act with divine wisdom and
 rise to new heights of
 understanding.

Healing

As a child of God, I am healthy
 and whole. I live a complete
 and balanced life.

Prosperity

Divine love is my source of
 abundance. My life overflows
 with good.

World Peace

With loving thoughts and
 actions, we open new avenues
 of peace.

Unity takes a holistic approach to spirituality. Our facilities are made available for usage by a variety of 12 step groups and community events. We neither endorse nor embrace all of the beliefs set forth in these varied paths.

Voice of Inspiration

A 24-hour recorded
 message of love, light
 and spirit **805-966-2377**

Unity Church of Santa Barbara

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