



This article may seem a little self-indulgent, but I hope it will have meaning for you. I've just celebrated my 67th birthday and it has brought forth much self reflection. One of my birthday gifts was a trip to see Cirque du Soleil's

"IRIS" in Hollywood. Oh, what an extraordinary experience! If you have seen a Cirque du Soleil performance you will relate when I say I had to remember to breathe and close my mouth periodically. Impeccable timing, perfect coordination, achieving what seems impossible, the speed, the synchronicity and the wonder of it all - as I reveled in the experience, all I could think was: "this is how God works." And my next thought was, "look at the training, effort, timing and dedication of each performer" - to be out of sync wasn't an option - the magnitude of a missed move, a thoughtless moment or gesture, or being distracted and inattentive could have immediate and potentially catastrophic impact. It required that the whole team function with equal dedication and excellence because lives depended on it. And my third reflection was "what would it be like if I lived my life that way?"

The next day I read about the performers who said that every day they push themselves to be better, to expand and increase their gift and contribution. To arrive at the pinnacle of their success wasn't to rest on their past accomplishments; it required that they keep progressing, growing. They made choices based on passion and the pure life-force energy flowing within them. As I watched the beautiful, young woman on the flaming- pink trapeze throwing herself through space I saw that there was no room for doubt or lack of confidence as she did complex twists in the air above my head, and with her back to the bar somehow grabbed the bar with her ankles, she had to **know** it was there for her, less than a split second and yet time expanded and stood still and then that solid connection for a heartbeat, before her next gravity-defying move. I notice I'm not breathing - the rhythm, the harmony, the perfection - she's doing something that appears to be impossible - this couldn't happen if her ego was running the show, or the bad day, or her worry about the future or baggage from the day before. She must be absolutely present to the moment. I saw one of the little, magical, Teletubby acrobatic troupe - where it seems like 25 of them are piled in perfect formation on one guy at the bottom - miss and re-grab a handhold that put everyone on the pile, and those who were flying through the air to

join them, at risk. As I sucked in my breath I saw someone standing there reach out to stabilize them...a hand just when it was needed. As I reflect on it I wonder where his mind, attention wandered for a moment? Something else grabbed his attention just for a breath and he lost rhythm, but there was a hand there to stabilize him while he instantaneously regained his balance.

Everything is a spiritual experience for me - my birthday called me to explore how I want to live the moments of my life. I see that unconsciously selling out my passion, my faith and my high- risk investment in life occurs thought by thought and day by day. It seems to happen when I allow my mind to be "old," driven by safety, security and assurance. To live a life of Spirit, promise and profound fulfillment, for me, requires that I engage in progressing and growing each day - stoking the fire of my inner passion, throwing myself from the safe and known into the unknown and transformational experience of living in the moment with my undivided attention on the One Presence as my guide, as the fuel for my inner fire. To be so alive and engaged in the moment, that thoughts of yesterday and tomorrow don't sway my attention or cause me to doubt my guidance. Yet knowing that if I miss the mark there will always be a hand to reach out to stabilize me until I can regain my balance again. This is how I want to live my life, along with George Bernard Shaw. His words always bring me to tears because they speak to my deepest aspiration. Could we ever grow old if we lived this way?

"This is the true joy in life: The being used for a purpose recognized by yourself as a mighty one. The being a force of nature, instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the whole community, and as long as I live, it is my privilege to do for it whatever I can.

I want to be thoroughly used up when I die—for the harder I work, the more I live. I rejoice in life for its own sake. Life is no "brief candle" to me; it is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations."

Sending great love to each of you.



Unity of Santa Barbara

227 E. Arrellaga Street
Santa Barbara, CA 93101
805 966-2239

www.santabarbaraunity.org
email: unity@santabarbaraunity.org

Office and Bookstore Hours:
Open Tuesday through Friday, 10 am-5 pm



May Lessons Sundays , 10:00 a.m.

- May 6 "Flow, Flow, Flow Your Boat"
Charley Thweatt
- May 13 "Unpacking Your Bags"
Mother's Day
Rev. Linda Spencer
- May 20 "Listen to Grace"
Rev. Christine Perry
- May 27 "There is One"
Rev. Linda Spencer

Staff & Key Leadership

Church Staff

Rev. Linda Spencer
Senior Minister

Rev. Christine Perry
Youth Education &
Licensed Unity
Teacher

Joan Kershaw
Administration &
Accounting

Jennifer Somerville
Volunteer Coordinator

Noreen Brokke
Sunday Pianist &
Choir Director

Woody DeMarco
Sunday Pianist

Mary Fenger
Sound Technician

Charlotte Fay
Accounting

Joel Cruz
Custodian

Jack Harris
Website Designer

Board of Trustees

Russ Chaffin
President

**Mary Jo Jarnagin
McGrath**
Vice President

Lynda Whitley
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**Mary Katherine
Littman**
Secretary

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Board Member

Teya Walkker
Board Member

Cheri Nagle
Board Member

Rev. Linda Spencer
Board Member



Ongoing Events After the Sunday Services

Every First Sunday of the Month:
The Unity Board of Trustees will be available
in the Breezeway.

Every First Sunday of the Month:
Blood Pressure Check by Unity Nurses
in the Chapel.

Every Third Sunday of the Month:
Answering Questions About Health & Healing
James Kwako, M.D, in the Chapel.

Every Fourth Sunday of the Month:
Global Outreach Table
Carl Hightower, Global Outreach Coordinator

Youth & Family Ministry



May Flowers are in bloom. Happy Mother's Day to the Divine Mother within all of us. I will be attending the Youth Educator's Team Conference in Idyllwild May 4-6 and the theme this year is *Nourish - Heal - Unite - Celebrate*. I am so thrilled to be accompanied by Sara Bachmeier, our Nursery/Unitot teacher, and by Jennifer Sepulveda and her family. "The more the merrier," I always say! As our youth and family ministry grows and expands we open to receive the blessings of adults who are called to work with our youth as teachers, assistants, or perhaps in some other way, such as, supporting our 'behind the scenes' work. Behind the scenes work includes things like curriculum, scheduling, paperwork for events, fundraisers, and so much more!

Last month our children did some baking and decorating on a Sunday morning and they brought in over \$250 from the bake sale after the service in support of the Children of Rwanda. Thank you to Laura Waters and SweetHearts Bakery for the good work you are doing in the world and for sharing your passion with us.

We would love to have you share your talents with us on any given Sunday, so if you feel inspired to share something you are passionate about, let us know and we will put you on the calendar. We are always open and receptive to our good and we say "Thank you" in advance for all of our infinite gifts and blessings.

My contact number is 331-1122 and my email is Christine@SantaBarbaraUnity.org. I would love to hear from you.

Smiles for Miles,

Rev. Christine Perry, LUT
Youth Director

We Are Here For You

The Voice of Inspiration: A recorded message of love, light and spirit as read by the Prayer Ministers of Unity Church of Santa Barbara. Available 24 hours a day. Call 966-2377.

Prayer Ministry: Our Prayer Ministers are dedicated to praying with you. You may place a written request in our prayer box (located in the back of the Sanctuary). Or, you may call the church office at 966-2239 to leave your request. All requests are confidential. Our Prayer Ministry will hold you in prayer for 30 days.

Weddings, Memorials & Christening Services: Contact the Church office to make arrangements. 966-2239 or email unity@santabarbaraunity.org.

Pastoral Services: Hospital and shut-in visits **by request** through the Church office at 966-2239.

Spiritual Counseling: Spiritual counseling is available for you. Please call Rev. Christine Perry at 331-1122 to schedule a session.



Charley Thweatt Sunday, May 6

10:00 a.m. - Music and Message
**I Am The Wind Concert/
Workshop - after the service**
12:00 - 2:30 p.m. ~ Chapel
\$20 Suggested Love Offering

AND

How To Take Your Power Back
Workshop - Monday, May 7
7:00 - 9:00 p.m. ~ Chapel
\$20 Suggested Love Offering

From Our Board Chair



Greetings,

As we move forward, the new Board is looking at the next steps in the process of living into our Core Values and our Mission and Vision. We elected our officers for 2012-13 and are pleased to announce that Mary Jo Jarnagin-McGrath is our new Vice President, and continuing on for another year are Russ Chaffin, MK Littman, and Lynda Whitley as President, Secretary, and Treasurer. It promises to be an exciting year.

One of the most important aspects of this ministry, and any ministry, is the quality of its Service. Not just the message, not just how many people sit in the seats on Sunday, but how we help make a difference in peoples' lives. As we learned last summer when we studied *Keys to the Kingdom*, we are called forward to give of our time, our talent and our treasure. To paraphrase author Kennon L. Callahan, we live life best in our giving, and we live life best in our service to others.

Each year the new Board reactivates the various committees and teams that support the Mission and the Vision of the Church. This month we will be providing you with opportunities where you may feel called to serve. We want these opportunities to be uplifting. We want everyone to feel that they are part of what is happening here at Unity of Santa Barbara, that each of has some ownership in the process. And we hold the highest vision that each of us shares a commitment to serving each other in this congregation and in the community at large.

We are so grateful for all the abundance that is present for us. We are so grateful for all the opportunities that we have to help others, to make a difference, to add our voice and our energy, to create something new, to help raise each others' consciousness, to be inspired and to be inspiring to others.

This is our mission. Please join us as we live into it.

Namaste,

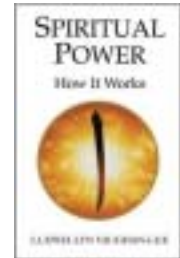
Russ

President of the Board



Thursday Book Discussion Group 10:30 to Noon ~ Chapel Facilitated by Rev. Linda Spiritual Power: How It Works

By Llewellyn Vaughan-Lee



Grounds Beautification



We are grateful for the recent support for our grounds from a number of people. Peter and Kendra Scott of Petersen's Tree Care (with the help of their crew) donated a large load of eucalyptus chips. 20+ young people and a few adult supervisors from the local AHA group (Academy of Healing Arts) came and spread chips in many of the plant beds on the grounds. Larry Mitchell, Denise Angus, Dave Inouye and Seann Sinclair spread more chips. Thanks to all our other helpers and tool loaners: Larry and Claudia Mitchell, Jim Knight, Len Jarrott, Elle Madson, Dave Inouye, and Dave and Joan Kershaw. Talk to Joan if you can lend a hand to finish spreading the rest of the chips.



A positive path for spiritual living.

Vision: Centered in Spirit, we celebrate an awakened world, filled with peace, abundance and love.

Mission: We are a vibrant, inclusive, spiritual community, inspiring people to realize and express their divine nature.

Core Values:

Love - We recognize, honor and embrace the Divine Nature in all.

Abundance - We celebrate and are grateful for the Presence of overflowing goodness in all areas of our lives.

Inclusive - We welcome and honor everyone.

Spirit-centered - We are grounded in Christ-Consciousness at the core of our being.

Transformation - We are awake to a life of ever-evolving Higher Consciousness.

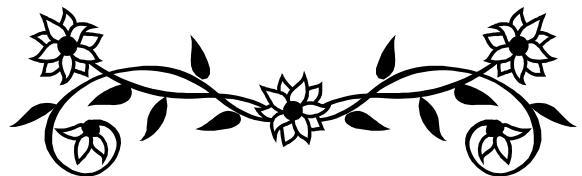
Global Outreach

Fun & Funder. Tremendous thanks to all who made Tropical Shirt Day, Sunday, April 22, such an enjoyable success. \$280 in donations came from enthusiastic congregants for our Litomysl, CZ project. Petr Macek, our contact person there, who collects and delivers food and clothing to needy women and children in ten villages will be stoked!

Again, thanks for such generosity and encouragement!

God Bless

Carl Hightower, DD, Ph.D.
Global Outreach Coordinator



Women's Discussion Group
Tuesdays, 12-1:15 p.m. ~ Unity House

Weekly women's group facilitated by Christine Perry discussing daily life in light of Unity Principles. We look forward to sharing with you.

SweetHearts Bakery Gratitude

Thank you to everyone who participated in the bake sale and baking event in support of the children of Rwanda. We made \$250.00 from the bake sale.

I would like to thank Christine for her assistance and Christina Kramer for her excellent partnership in this project, Rev. Linda for allowing it to happen, Joan Kershaw for her support, Jennifer Somerville for doing the extra things and for her good cheer and beautiful smile, Gaby for making me feel that I could relax and know things were going to be taken care of, Savannah for her willingness to do anything I asked, taking pictures and seeing what was needed and providing it; and the kids for having fun and helping out, Terilynn for coordinating and making sure all the muffins got decorated.

And last but not least, I would like to thank the congregation for their generosity and support.

Gratefully,
Laura Waters
 SweetHearts Bakery



Talent Show!

Friday, June 8 at 7:00 p.m.

Please put it on your calendar and plan on participating as the audience and/or sharing your gifts and talents with us from the stage.

If you would like to participate please email Noreen at nbrokke@yahoo.com Acts are limited to 5 minutes.

Christian Science Church's "Block Party"

Unity of Santa Barbara is pleased to receive the Christian Science Church's invitation to their "Block Party."

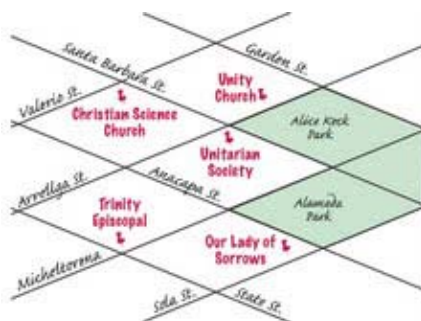
The event is for our church neighbors to get to know one another, and you are all invited!

Sunday, May 20th, 11:45am - 1:45pm

They are hosting music and lunch on the lawn

Take a tour of their church

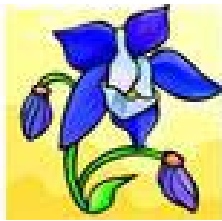
Hear inspirational speaker, Chet Manchester, C.S. present short lessons from Jesus' timeless "Sermon on the Mount"



*They look forward to meeting us and "breaking bread" together!
 Come when you can; leave when you need to!*

120 E. Valerio St. (at Santa Barbara St.)
 For more information, please call (805) 966-4007
www.ChristianScienceSantaBarbara.com

Prayer Ministry Message



Praying

It doesn't have to be the blue iris, it could be weeds in a vacant lot, or a few small stones; just pay attention, then patch a few words together and don't try to make them elaborate, this isn't a contest but the doorway into thanks, and a silence in which another voice may speak.

by **Mary Oliver**

Peace and Blessings,
Maggie Keenan
Unity of Santa Barbara
Prayer Minister

**Center of the Heart Presents
Byron Katie
Saturday May 19th 1-4pm**

Come join Katie and learn how doing The Work can bring you a happier, more peaceful life. Register today as this will be a sold out event!

Only \$45 on or before Sunday May 13, 2012
\$55 May 14-May 19th
Call to Register: 805-964-4861



**Unity
Financial Information**

Here is a compilation of each Sunday's attendance and revenue for last month.

April Recap

<u>Dates</u>	<u>Sunday Attendance</u>	<u>Sunday Love Offering</u>
April 1	145	\$6,536.00
April 8 Easter	311	\$3,891.21
April 15	137	\$4,427.00
April 22	104	\$2,845.00
April 29	148	\$4,392.00
Average	141	\$4,418.24

We are infinitely grateful for your loving support!

The prior month's financial statement is here in brief:

March Income & Expenses

Total Income: \$39,045
Operating Expense: \$35,871
Net Income: \$3,174

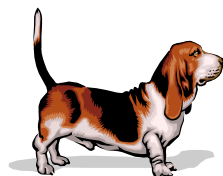


Unity Pet Prayer Ministry

Unity pet prayer ministry is here to take any pet prayer requests you have for your furry companions. Please contact Adrienne Morinini@cox.net for any request. We also will put a yellow rose in the sanctuary for a beloved pet who has made a transition! Spring is here, enjoy all Gods creations. Happy Mother's day to all!

Blessings of joy!

Adrienne Morinini
Unity Pet Prayer Ministry



Weekly Meetings

Sunday

- 10:00AM:** Sunday Worship Service, SA
Sunday Sch/Child Care, UH
2:30PM: Circle for Spiritual Aid to Life, UH
6:00PM: OA, CH
7:00PM: Wabi Sabi Sangha, UH

Monday

- 3:00PM:** Tai-Ji & Taoist Energetic, UH
6:00PM: AI-Anon, CH
7:00PM: Tara Ling Meditation, SA
7:00PM: Mankind Project, UH
7:30PM: Open Door Sangha Meditation, CH

Tuesday

- 12:00PM:** AI-Anon, CH
12:00PM: Women's Unity Study, UH
6:30PM: Joel Goldsmith Study Group, BR
7:00PM: Inner Light Gospel Choir, SA
7:00PM: Open Door Sangha Meditation, CH
7:30PM: Men's AA, UH
7:30PM: Women's AA, YOU

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.

Wednesday

- 7:00AM:** AI-Anon, CH
12:00PM: CODA, CH
4:30PM: Finance Mtg. (3rd Wed.), BD
5:30PM: Board Mtg. (4th Wed.), BD
7:00PM: IANDS (2nd Wed.), SA

Thursday

- 7:00AM:** Toastmasters, UH
10:30AM: Book Study, CH
5:30PM: A Course In Miracles, BR
6:00PM: Unity Singers Rehearsal, SA
6:00PM: Third Age Foundation, CH
7:00PM: Sathya Sai Baba, UH

Friday

- 12:00PM:** AI-Anon, UH

Saturday

- 9:00AM:** Tai-Ji & Taoist Energetic, U.H
7:00PM: AI-Anon Speakers (2nd Sat),CH

BD - Board Room
UH - Unity House
YOU - Downstairs

SA - Sanctuary
CH - Chapel
BR - Bride's Room
(upstairs)



Unity Voice of Inspiration

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

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ADDRESS SERVICE REQUESTED

May Affirmations



Inner Peace

My world is at peace because I am at peace.

Guidance

Guidance is revealed in the stillness of my mind.

Healing

Wholeness is my truth.

Prosperity

I open my heart to the rich blessings of Spirit.

World Peace

Prayerfully, I stand for peace.

