

# UNITY CHURCH OF WINSTON-SALEM, INC.

March/April 2010



## ***MESSAGE FROM THE HEART***

March – April 2010

As we look out of our windows and see the beautiful snow covered ground, spring may seem to be a long way off. Now look at your February calendar. February 17th is the beginning of Lent.

Lent symbolizes the forty days Jesus spent time fasting and praying in the Wilderness in preparation to begin His ministry. Now many people celebrate these forty days as a time for soul-searching, reflection, and transformation as they move into the day of resurrection, Easter morning.

Like the seed deep within the cold soil of the earth, asleep until the warmth of the sun begins to penetrate deep within the earth and awaken the seed to new life, is the human soul deep within our physical body. The soul so often is asleep to its purpose in life until the warmth of the light of the “Son” begins to warm it with the healing rays of Divine Love, causing the soul to begin to awaken to its Divine Potential.

As we awaken to our Christ nature during this season of Lent, we can see that we are living in a realm of possibility, which may have been previously unknown to us. Before we are awakened we are not able to see the infinite possibility of the present moment, but we find ourselves living from limitation of our past conditions. We become fully alive and awaken when we discover the freedom to express the infinite potential that lies within us.

Mystics and sages throughout the ages have taught that humankind, in its ordinary state of awareness, is asleep to its true nature. Our purpose on earth is to awaken from our slumber and awaken to the light of our own divinity.

The Christ light within each of us is waiting for us to awaken. As we become more aware of this inner presence, we will be guided in all of our ways. Just as it is the nature of the sun to give its light, so it is the nature of the Christ within to illumine our consciousness with the light of truth. May we gratefully accept the light into our lives at this very moment.

***Affirmation:*** I now awaken to the presence of the Christ within and I am guided in all my ways.

***“Sleeper Awake!*** Rise from the dead and Christ will shine on you.” Ephesians 5:14

Then Jacob woke from his sleep and said, ***“Surely the Lord is in this place”*** Genesis 28:6

Happy Easter, Love and Light  
Elizabeth

*There are no pre-requisites to experience grace other than a personal relationship  
with the divine*

**Wednesday Evening 7:00 PM  
Come for the Oneness Blessing and Meditation  
And  
BE STILL AND KNOW**

**Know?**

In today's world with so much to do and so much to distract us for taking time to be Still, we may feel like we are going in so many directions and not sure which direction is the best one to choose.

Maybe it is time to **Be Still, Be Still**, and find direction from within. Be still and become consciously aware of the Presence. Jesus spoke of this presence as "the Kingdom of God within." Job spoke of it as a "Spirit within man." Paul thought of it as "Christ in you, the hope of glory."

How do we come to experience this presence? Just be still and relax. Tune into the vibrational frequency of the Universe. Another name for it may be "the white light of spirit." For me the presence is the Holy Spirit.

Call it what you will, it doesn't matter, but it is a real Presence that can be contacted as you become still... and relax... and let go.

As you train yourself to relax, the body and mind will begin to tune into a vibratory frequency, which flows through you, around you, and within you. As you practice the stillness and attune yourself to this presence, you will find that it renews you, inspires you, and uplifts you in body, soul, and mind.

The Buddha taught that, through one's connection to this presence a person could become so peaceful that nothing could ever hurt them again. Confucius taught that by using this "God-force within" a person would no longer say unkind words or do unkind things to themselves or others.

The presence is always within us and it longs to fill us and our world with its good. However, we must be aware of the presence and tune into the stillness to unlock all the power, guidance, and divine wisdom that we need to live life to its fullest.

As Jesus said, "I come that you may have life and have it more abundantly." The stillness can awaken within you a heavenly experience, which can be experienced even in the outer world. For the outer benefits come forth as increased health, wealth, and happiness.

**As Jesus said, "Seek Ye First the Kingdom of Heaven and all things shall be added unto you."**

Prayer and Meditation is a pathway to enter the Kingdom. Come be with us every Wednesday evening 7:00 to **Be Still and Know**.

*As you recognize the divine hand that shapes and guides your life, your love  
increases and the coincidences become miracles*

## *Special Events*

NEW CHURCH DIRECTORY - SCHEDULE YOUR TIME FOR PICTURES ON THE BULLETIN BOARD IN THE HALLWAY. MARCH/APRIL TIMEFRAME

### **Covered Dish Luncheon Last Sunday in each month**

March 20<sup>th</sup> – Unity Spring Fundraiser, Spaghetti Dinner/Talent Show

Adults \$10.00      Children 5-12 yrs \$5.00

Tickets go on sale February 21, 2010 in the church narthex

### **March 21<sup>st</sup> - Suzette Foster 9:00 and 11:00 Services**

**1:00pm: Say *Yes* to Life!** *You Are the Key to All You Are Yet to Be*

**Private healing sessions available at church Sunday evening and Monday**



Suzette is an energetic/sound healer holding certificates as a Reiki Master, Wellness Consultant, as well as Healing Sound Intensives with Jonathan Goldman and Tom Kenyon. She is also a life coach, writer, ordained minister, and speaker who moved from Maine to Cary, NC in 1994. She is the mother of two college age daughters and enjoys yoga, biking, and hiking. She has a great appreciation for Mother Earth and has been called to assist the dolphins and whales.

### **March 28<sup>th</sup> - Palm Sunday**

#### **Diadra Price/Triumphant Entry 9:00 and 11:00 services**

Rev. Diadra Price, co-founder of Wings of Spirit Foundation

[www.wingsofspirit.com](http://www.wingsofspirit.com) and author of (*Grace Awakening*

*Essence* )

Former faculty member of 10 years at Unity World Headquarters in Missouri – Director of Prayer Studies and Instructor of Metaphysics for the Unity Ministerial Education Program.

Recently, I have returned from India having taken the Oneness Trainer Course that Elizabeth will be taking.



### **Mini-Workshops**

Mar 13<sup>th</sup> 2-5 pm **Carol Coates** - Matrix Energetics

Apr 10-11 **Emilla and Elizabeth**

Oneness Workshop Initiation

Apr 24<sup>th</sup> 1-3 pm **Corinne Van Meter**

Thoughtfilled Therapy - Sign-up sheet available

## FROM THE BOARD OF DIRECTORS

### Presidents Letter

I send you greetings of peace, joy and love for this New Year. Unity Church of Winston-Salem is so blessed to have a congregation of spiritually dedicated individuals, who hold a space in consciousness that invites "Spirit" to be in our midst for all to be blessed and fed by our "Source".

When we align body, spirit, and mind, together with "Source", we become that "Christed" being that our "Brother Jesus" became. We invite all who enter this "Place that Love Built," to come together in "Oneness," to celebrate the awakening of who we Are.

We at Unity of Winston-Salem are so blessed to have a minister who is an open vessel for "Spirit" to work through. We are also blessed with the beautiful talents of music, energy workers, and all the dedicated committees who bring their all to this wonderful place.

Unity of Winston-Salem believes in tithing of your donations to organizations that further the spiritual message of "Oneness With Source". We are so blessed and I am so grateful for this opportunity to serve.

W. G. Ireland



### New Members:

**11:00 Service: Kent McKeithan, Elisa McKeithan, Susan Fulton, Misti Berrong, Kathleen Barnes, Arica Campbell, Troy Davis, Stephanie Stallings,**

**9:00 Service: Vaughn Boone, Sharon Weston, Allen Greene, and Kimberly Greene**

**As you see our new members, please take time to get to know them. You will be blessed by sharing yourself with them and welcoming them into our community.**

## **Consider Walking Our Labyrinth**

The circuitous path of the labyrinth resembles our life experiences, and thus serves as a metaphor for life's journey. Just when we think we know what the future holds, something unforeseen blindsides us, causing us to forget the calm, peaceful center that exists within. While on the labyrinth path, the sojourner is often led into 180-degree turns, sometimes near the center, sometimes near the edge, always walking in a complex spiral pattern to the center. Walkers can see the center throughout and know they will get there. Moving within a labyrinth enables people to stay in the moment, to feel safe, to feel nurtured. Because the route is circuitous, both sides of the brain are engaged in the walk. The mind is occupied with staying on the path, enabling the spirit to wander and explore.

There are no "labyrinth rules" and each experience is different, providing a sense of renewal, well-being, and healing.



### **New Music Director**

We are pleased to announce that Adonis Lipscomb is our new Music Director. He is bringing a wealth of experience and new energy into our church. He graduated with a B.A. from North Carolina Central University. He plays the piano, organ, saxophone, vibraphone, timpani, as well as being an accomplished vocalist. He has a diverse experience as a performer and Music Director in Montana, Virginia, and Washington. In addition, he was a background vocalist for various artists, including Kim Burrell, Shirley Ceasar, Angie Stone, Kelly Price, Karen Clark Sheard, Israel Houghton, Taryn Howard and Michael W. Smith. He has also been a Recording Producer for Taryn Howard for a special music project.

Adonis is looking forward to helping our church continue to build a strong music ministry. He is eager to work with our youth, with our choir, conduct workshops, and encourage our talented musicians and vocalists to perform. Please introduce yourself to Adonis and give him a warm Unity welcome!

## **Loving Thy Neighbor**

When I look at a person, I must not look at his outer human appearance and love that. I must look through him and realize that in the midst of him God is, and that God is living his life. I see in him the image and likeness of God, the presence of God, the glory of God. If I accepted what I see with my eyes, I would be disappointed in far too many persons. But I look through the appearance they present and acknowledge:

*In you is the child of God; in you dwells the Christ of God. In your true being, God is your life, God is your soul, God is your mind. Joel Goldsmith*



## From Your Unity Bookstore

Our focus on healing and transformation brings us first to mediation and second to new information to see a new way of Life. Consider two books by Richard Bartlett, **MATRIX ENERGETICS** and **THE PHYSICS OF MIRACLES**.

Other books on the mind are **UNTETHERED SOUL** and **AWAKE IN THE HEARTLAND**. Do you remember Richard Bach's **ILLUSIONS**, a book that began our Spiritual Journey many years ago? He has a new novel, **HYPNOTIZING MARIA**, and those who have read this have come back to say how much they enjoyed it. It is a good read for a snowy day.

As we turn our thoughts to Spring and Easter, let us prepare for Lent. Two books Rev. Forrest recommends are **KEEPING A TRUE LENT** and **THE WEEK THAT CHANGED THE WORLD**.

For the GIFT section, we have **JEWELRY, TEE SHIRTS, and CANDLES** (made from bee's wax). **ANGEL WANDS and PENDULUMS**. Get your **INNER REFLECTIONS** engagement calendar for 2010. We also have many books on sale **1/2 price and \$3.00**.

We welcome all questions, requests, and will do our best to meet your reading needs. Thank you for shopping with Unity Bookstore

### Happy Birthday to You

We apologize if we have missed your birthday. Please let the Church office know so we can update our list.

#### March

Terri Burton	Mar 1 <sup>st</sup>	Tracy Schaeier	Mar 20 <sup>th</sup>
Denise Bradford	Mar 4 <sup>th</sup>	Tony Forrest	Mar 25 <sup>th</sup>
Summer Knight	Mar 7 <sup>th</sup>	Carol Coates	Mar 25 <sup>th</sup>
Kevin Cooper	Mar 7 <sup>th</sup>	Jack Carlisle	Mar 26
Robin Hamilton	Mar 8 <sup>th</sup>	Dee Walters	Mar 26 <sup>th</sup>
Alice Parrish	Mar 13 <sup>th</sup>	Denise Gold	Mar 27 <sup>th</sup>
Maxine Horn	Mar 14 <sup>th</sup>	Levonda Leamon	Mar 27 <sup>th</sup>
Luke Ertl	Mar 20 <sup>th</sup>		

#### April

Robin Weant	Apr 6 <sup>th</sup>	Bruce Braunstein	Apr 14 <sup>th</sup>
Lisa McIntyre	Apr 8 <sup>th</sup>	Kelia Coffey	Apr 17 <sup>th</sup>
Phil Chaffin	Apr 12 <sup>th</sup>	Sherry Martin	Apr 20 <sup>th</sup>
Mike LaVallee	Apr 12 <sup>th</sup>	Pauline Johnston	Apr 22 <sup>nd</sup>
Donna Klein	Apr 13 <sup>th</sup>	Evelyn Boles	Apr 26 <sup>th</sup>

## Unity of Winston Salem Ministering Services

Unity is with you always – in person, by phone – to pray with you, to give you support, to learn with you, to be your friend.

**Silent Prayer Ministry-** Call Silent Unity direct at 816-969-2000; Our Prayer Request Box is located in the narthex on the table next to the Bookstore entrance. Your prayer will be added to our prayer list for one week and sent to Silent Unity where Silent Unity will pray over your request for one month.

**Spiritual Counseling-** Your Minister, Elizabeth Forrest, is available in matters of spiritual guidance. This ministry is set up to counsel on short-term basis. Please call the church office to make an appointment 760-8300.

**Hospital Visits-** Hospital and home visits are made as needed and required. Please call the Church if you or a loved one is in the hospital, so that we may give our love, support, encouragement and prayers.

### These are the basic ideas that make up the Unity belief system:

1. God is absolute good, everywhere present.
2. Human beings have a spark of divinity within. Their very essence is of God, and therefore they are also inherently good.
3. Human beings create their experiences by the activity of their thinking. Everything in the manifest realm has its beginning in thought.
4. Prayer is creative thinking that heightens the connection with God-Mind and therefore brings forth wisdom, healing, prosperity, and everything good.
5. Knowing and understanding the laws of life, also called Truth, are not enough. A person must also love the Truth that he or she knows.

### Unity Church of Winston-Salem, Inc.



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