Upcoming Events

**July 2018**
- Sunday the 15th: Rev. Margaret Flick; Music by Cynthia Bythell
- Saturday the 21st: Friendship Sunday; Music by Star Tom
- Sunday the 22nd: Ron Salazar; Friendship Sunday; Music by Star Tom
- Sunday the 29th: Rev. Margaret Flick; Music by Maury and Cheri

**August 2018**
- Sunday the 5th: Prayer & Meditation Circle from 5:30 to 6:15 p.m.
- Sunday the 12th: Rev. Margaret Flick; Birthday and Prosperity Sunday; Music by Star Tom
- Sunday the 19th: Writing Group at 12:30 p.m.
- Sunday the 26th: David McNair; Friendship Sunday; Music by David McNair

**September 2018 (services will be listed in the Fall Unity Messenger)**
- Sunday the 2nd: New Member Class from 10:00 a.m. to 2:00 p.m.
- Sunday the 5th: Prayer & Meditation Circle from 12:30 p.m.
- Sunday the 19th: Becoming a Metaphysical Bible Detective workshop with Rev. Larry at 12:30 p.m.
- Sunday the 26th: David McNair; Friendship Sunday; Music by David McNair

**Cover images (Julia Rinaldi and roses) taken by Bryan Jones.**

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**Newsletter News**

Your Unity Messenger is going quarterly. Starting in September, you will receive one every Fall, Winter, Spring, and Summer.

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**Chaplain’s Corner**

**An Introduction to Unity’s New Chaplains**

by Harker Brautighan

I spoke with Unity of Santa Rosa’s four new chaplains—Carmen Frizzell, Hope McCurry, Tom McCurry, and Patricia O’Connell—to find out a little bit more about them. Here is what they had to say.

**Harker:** What is the role of a prayer chaplain, in your own words?

**Carmen:** I feel a lot of urgency in being available as a chaplain to help people with prayer. We work as a unit, and come together as one—there is only one—to unify with God, become one with God—we’re opening…to accepting that One we are one with: Creation/Spirit/Energy/Source. If it doesn’t fit you one way, you can come at it from a different angle…Prayer is a loving part of the Christ Consciousness experience, and we, as chaplains, want to create space for people to come in and have that experience.

**Harker:** What is the importance of service in your spiritual practice?

**Tom:** I think we’re all here on the planet to be of service, and that the way we live expresses our spiritual calling. We’re called to be in service moment-by-moment, not just on Sunday or a special occasion—how we “be” in the world and how we treat people is all part of our spiritual practice of service.

(cont. page 2)

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**Minister’s Message**

**Freedom to Be**

by Reverend Margaret

Growing up in the Midwest, summer meant reprieve from heavy winter clothing and bitter cold. It was about vacations, riding bikes, picnics, and 4th of July parades and celebrations. Summer symbolized freedom.

Symbols point to ideas such as freedom but they aren’t freedom itself. Freedom is a state of being. It is about being able to be who we are without fear, or “the state of not being imprisoned or enslaved.”

What enslaves or imprisons us or others? On a personal level, it is our fears of not being enough, not being loveable or worthy or acceptable. Our fears can play out in negative ways that are harmful to us or to others. The good news is that we can let go of these fears and see ourselves in the light of God, perfect and whole and loved, and that applies to everyone and everything.

On a cultural level, our fears may or may not be well-founded. They may actually be an inherited belief. And, someone else’s fear may harm me, no matter what I believe about myself. Women, people of color, and the LGBTQ community, among others, have experienced the results of prejudice (fear). Fear turned into hatred, when acted upon, affects your ability to live, neither one of us is free.

As long as humans are on the earth, we will have disagreements, and will have different belief systems, religions, and political systems. But, we also have the inner resources to examine and change whatever keeps us and (cont. page 2)
Freedom to Be (cont’d from page 1)

others enslaved. If we respect and care about each other, we can work through most anything.

This summer, let’s take a vacation from fear and reflect on the true meaning of freedom. Are you free or are you imprisoned by walls of negative ideas and beliefs? We can deny that negative ideas and beliefs have power over us, and we can affirm that the light and love of God within us can overcome anything our minds can create. Let’s focus on our inner landscapes, free of walls, and see a beautiful garden planted with seeds of love and equanimity. Our harvest will be a new freedom and a new happiness for us and those around us.

“America will never be destroyed from the outside. If we falter and lose our freedoms, it will be because we destroyed ourselves.” Abraham Lincoln

Chaplains, (cont’d from page 1)

Harker: What is your spiritual background or history?

Hope: Growing up Catholic meant being told I was wicked. I couldn’t tell when I was hitting the mark or when I was failing. The story of Cain and Abel was really problematic and frightening for me. Even as a child, it seemed that the God I was taught about was a bigger, more powerful, deeply flawed human being. We were supposed to worship this capricious, irritable old man? It didn’t make sense to me. Yet I knew there was something there, a loving presence that was behind creation and my existence. When I found New Thought, I discovered a concept of God that is nourishing for me.

Harker: What happened to make you want to become a prayer chaplain?

Patricia: I wanted to a long time ago, but didn’t get the opportunity because I wasn’t going to Unity...Reading Daily Word and telling people about Daily Word made me feel confident that it was the right choice...I’m just really grateful to serve the Lord with gladness.

Rummage Sale September 15th, 9:00 a.m. to 3:00 p.m.

President’s Message

By Marilynn Russell

What a year this has been (another one), but we are still standing. My heart has felt broken for quite a while now as I cry and pray for the little children who have been kidnapped in our “country of the free” and all the children of the world. I am so glad to see priests, ministers, and other members of the clergy speaking out for humanitarian reasons. I believe Spirit is approving.

Our beautiful, kind, and loving church has survived the ravages of the past year, and we are thriving. We had a terrifically uplifting and productive Town Hall Meeting. Thank you all for your support with your ideas, concerns, and constructive feedback. Thank you, Kerry Jacobs and Charlie Ott, for helping us understand the particulars of our mortgage commitment. Charlie even volunteered to be our new Treasurer if we wanted to accept him as a new Board Member. We did, unanimously!

The rental program is a very nice way of increasing our monthly income, and we hope to expand the off-hours use of our church. A brochure we can distribute, with pictures of our facility taken by Bryan Jones, will be out soon.

Upcoming fundraising events include, a Rummage Sale, a Crafts Fair, and a Sound Healing with Rene Jenkins. If any of you have ideas for a fundraiser, please contact a Board Member.

Our faith has made us strong, and we are on an upward surge as a loving beacon of faith for our community. Thank you, Spirit.

And thanks to all of you. Your donations of Time, Talent, and Treasure keep our church not only afloat, but viable and vibrant.

Rummage Sale September 15th, 9:00 a.m. to 3:00 p.m.

FUN-draising

By El Chess

Who wants to hear words like “budget” and “balance”? How about “income” and “expenses”? Thank goodness there are some souls who are comfortable with, interested in, and actively involved in this financial realm. Some of us divorce ourselves entirely from the responsibility of concerning ourselves with it. We tell ourselves, “Someone else will handle it.” For me, I understand how essential it is to be financially sound in order to be a healthy, vibrant community.

I want Unity of Santa Rosa to continue to contribute to my life and to the lives of others, and I’m not only willing but eager to do my part. I call it volunteering or supporting what I value. I offer to be a part of something bigger than myself that wouldn’t exist at all, if not for us. I want to have fun and enjoy comradery while I’m doing it. I enjoy the sense of belonging, and feel like I make a difference. I feel fulfilled.

Those of us who bring food on Sunday or help clean up afterwards contribute to the welfare of us all and are valued. I ask Source what is mine to do as I see various needs here at Unity. How can my skills, interests, or resources be used to benefit others?

For me, raising money for Unity ensures longevity for it, which is what I value. That’s why I volunteered to help run an upcoming Unity rummage sale in September. I enjoy sorting, organizing, and shopping for bargains, and I know I’ll have fun with other folks too!

The future of Unity of Santa Rosa is not fixed. We can continue to create an environment where each person who connects with us is better off for it. How each of us contributes our unique gifts as a force for good is up to us. What fun-draising ideas do you have that you’d be willing to make happen? We can come together, do our part, and succeed.

Thank you, God, for Unity.


World Day of Prayer

September 13, 2018 marks the 25th anniversary of World Day of Prayer, a 24-hour prayer vigil and meditation. This year’s theme is “Courage to Heal,” and the affirmation is: “I am a healing presence.” We will hold space for prayer all day starting at 11:00 a.m. At 6:00 p.m., we will have a short prayer service. Please see Meg McConahey or call the office for more information.

Guiding Prayer

Aligning my mind and heart with the mind and heart of God, I center myself in Pure Being. In a state of spiritual realization, I remember I can never be broken, limited, or unworthy. Courageously, I rise into my true spiritual nature in this moment of healing. I heal the whole of me as I accept that I am brave. I am bright. I am beautiful.

As I heal in body, mind, and spirit, I support healing in my family, my community, the earth, and the world. Centered in Pure Being, I am a healing presence.

Unity World Headquarters at Unity Village will host a number of prayer events alongside the 24-hour vigil, some of which will be live-streamed at worlddayofprayer.org. More information and their complete schedule can also be found at worlddayofprayer.org.

Unity Annual Picnic and BBQ

The annual picnic and barbecue is coming up on Saturday, September 8th from 11:00 a.m. to 3:00 p.m. at Riverfront Regional Park, 7821 Eastside Road in Healdsburg. The park boasts beautiful redwoods, hiking trails, two lovely lakes, and river access. Hamburbers, hot dogs, and the fixings will be provided, along with drinks, paper plates, plastic ware, and napkins. Donations for these are gratefully accepted, but not required. Please consider bringing a reusable plate, silverware, cup or water bottle, and napkin to lessen our impact on the Earth. Bring a side dish, salad, or dessert if you like—there’s always plenty of good food to share!

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