

## UNITY NORTHERN LIGHT JANUARY/FEBRUARY 2010 NEWSLETTER

---

### FRONT PAGE

Dear Friends,

This year I will be teaching a Thriving-in-Unity prosperity class based on Eric Butterworth's book *Spiritual Economics*. (See related article.) This is my absolutely all-time favorite book on the spiritual principles surrounding abundance.

In 1993, Butterworth wrote an updated preface. In it, he writes the following:

"It is an age of great change. Great corporations are streamlining their work force to reflect the need for greater efficiencies of operation and also for the impact of automation. Whole industries are either being eliminated entirely or are moving into new fields. The result . . . jobs once considered to be secure are being eliminated. Many workers are being faced with the need to undergo retraining for entry into new fields of work. Many persons are launching out in entrepreneurial endeavors, calling for faith and vision and the need to tap into the universal flow of substance.

"*Healthful* is a common word which connotes "conducive to health," that is good food, plenty of rest, and an environment of high vibrations. There is no word, however, that relates to the things that make for a personal experience of wealth . . . and there should be. So I have taken the liberty of coining the word *wealthful*. It is a wonderful word. I recommend it to you. Use it often.

"There is a great need to establish ourselves in those things that are conducive to prosperity. We need to turn the focus of our attention away from lack, layoffs, and limitations, and on to the omnipresence of universal substance. We can see it in the everywhere presence of life all through nature, and we can feel it in the endless flow of creative ideas that issues forth from our minds in moments of inspiration. Just as there are experiences that are healthful to us, so are there experiences that are 'wealthful'.

"Expose yourself constantly to wealthful ideas – think prosperity, think substance, think affluence. Your life will be influenced for good or ill by the kinds of thoughts that rule your mind and manifest in your world. *Spiritual Economics* is all about such thoughts. I strongly recommend it to you. And supported by the testimony of scores of people who have written to tell of the positive influence on their lives of working with this book, I sincerely believe it can be a wealthful influence in your life."

I urge as many of you who can to attend this class. This is the exercise of uniting our minds, hearts and energies to bring about new realities. David Miller writes about Butterworth's teachings: "He appropriately warns that it is not the accumulation of "things" but the will to serve and share the abundant life which is available if we are willing to listen to our inner Source and to translate our inner voice into vision and action." I'm very excited! This is my kind of book!

Blessings,  
Carol

# BOARD MINUTES

Greetings from your Board!

I hope this month finds you all cheerful and content. May all your preparations be complete and your hearts full as we enter this joyous time of celebration. This month we inducted three new members and said farewell to three members who have completed their terms of service. Joining the Board are Elinor Deemer, Tom Haddox and Bill Davis. We welcome them to this role and thank them for accepting the responsibility for overseeing the actions of our community in the coming years. Exiting Board members are Mark Haapoja, Julie Gardner and John Ice. We thank them for their service and stewardship through our time of settling and establishing ourselves in this wonderful new building. Please take time to thank and congratulate these people in the coming weeks for all they have done and will do to ensure that the community we all enjoy so much lives and thrives. With the transition of people on the Board, there is also a transition of responsibilities. Julie held the position of secretary; these duties will be assumed by Kathleen Bailey. Mark Haapoja was acting president and will be replaced in that role by Steve Walker. Remaining in the position of vice president will be Mary Sorenson and as treasurer, Robyn Froemming.

The primary action of the Board this month was to approve our 2010 budget. I will highlight that in the treasurer's report section. Secondary objectives included approval of our annual holiday gifts to our spiritual director and office administrator and deciding on next steps for the Families Moving Forward project. After our discussion at the November meeting and follow-up discussions with individuals, we are pleased to announce that we have commitments from well over half the people necessary to staff this project. With that information we decided to move forward with a more formal meeting to get into the details of our role in the program and start to put together a plan. Look for an upcoming announcement of that meeting. This will be the last opportunity to discuss any concerns about our community pledging its support to this cause. You will be asked to RSVP so that we know if the meeting is even necessary. At this time the Board feels we have enough support to move forward, but as promised in November we will provide another opportunity to discuss this project. While responsibilities for this project fall under our Outreach Committee, we have decided to create a subcommittee as a focal point for this project. We are asking Rhonda Steele to be the chairperson of that subcommittee. She will report directly to the Board. And last but not least, the Board will be attending a retreat at the church on January 8 and 9 to study the leadership part of the new Spiritual Economics class. They will be preparing for their roles as leaders and mentors for the class that will be starting on January 12 and that is open to the entire community (see related article).

## Treasurer's Report:

Cash flow report monthly:

	October	November
Inflow:	\$11,159.91	\$22,305.04
Outflow:	<u>\$24,735.16</u>	<u>\$10,472.23</u>
Net	(\$13,575.25)	\$11,832.81

Quarterly Tithing: We had a very good month. November was a five-Sunday month, and we had two very substantial gifts. One was in memory of Luanne Baron. We voted to place the gift from the Baron family into the reserve fund for our Memorial Garden until we decide how to use it. There are several possibilities; among them, creating a better memorial garden and having Sharon Wagner paint an angel in the church. Even after considering these onetime gifts and the 5<sup>th</sup> Sunday, we still came in a little over our budget. While this does not make up for all the slow

months over the summer, it was very encouraging that we are on the right track. With that said, we still want to be fiscally responsible and were able to trim down the budget to a little over \$10,000 monthly. We also have several areas that we are still researching that may bring additional savings. If you would like to see the final budget and notes as to what we trimmed, please send an email to [unity@unitynorthchurch.org](mailto:unity@unitynorthchurch.org) with Budget Information in the subject line. That is all I have for this month. Thank you all again for the pleasure and opportunity to serve you for the past three years. Steve, take it away.

Mark Haapoja

## **OUTREACH NEWS**

Our first Family Table Meal of 2010 is Thursday, January 28. We are looking for volunteers to help sponsor, serve and clean up. The February Family Table Meal is Thursday, February 25. You can find sign-up information in a notebook in the bookstore or contact an Outreach Committee member.

Come quilt with us on Tuesday, February 2, from 6:30-9:00 p.m. We will be assembling and tying baby quilts for Bundles of Love and Everyday Miracles. Please see Becky Haaf if you have any questions. Did you know that last year we donated over 40 quilts? Come help us top that this year!

For January and February the Outreach Committee is asking our community to help build up our food shelves. There is a high demand after the holidays for our food boxes. Please help us by looking for a shopping list in the seatbacks in the sanctuary, purchasing the items on the list and returning them to church as soon as you can.

Becky Haaf, Rhonda Steele, Kathleen Bailey, Mary Sorenson, Donna Snyder, Sue and Rick Bona

## **CHILDREN'S CHURCH**

We are beginning the new year with Strength, our third power. This power is represented by the disciple Andrew. The coordinating color is green, and the physical location is in the small of the back. Our prayer is, "My strength comes from my inner light."

Our teachers are taking their yearly retreat on Sunday, the 17th of January. I am looking for three or four people to be with our children on that day while our teachers learn, relax and connect. The children will watch a video and eat popcorn and have juice. Volunteers, please see or call Brenda.

Thank you so much.

Brenda Erickson  
Children's Church Coordinator

## ANNOUNCEMENTS

### WHAT IS A PRAYER CHAPLAIN?

The decision to start a Prayer Chaplain program was made as part of Thriving in Unity. This is another way we support one another through prayer. Prayer Chaplain training was first completed by Laura Drube in March 2009. Laura was trained as a Prayer Chaplain and to train others who wished to serve in this way. This role is different from a **Chaplain** (who is trained to advise), or being a member of a prayer team. Prayer Chaplains are visible members of the community that are willing to pray out loud with you. They are trained to call upon the presence of God and hold a space of wholeness and love. In that space, they lovingly listen and pray with you from the heart and then release to God with gratitude the prayers voiced. A Prayer Chaplain holds in strict confidence what is shared.

This is not an ordained role or accredited position. Prayer Chaplains are not trained to counsel, fix or advise you. *They are trained to pray with you.* If additional resources are needed, they will redirect you to a person or place that can assist you.

Our Prayer Chaplains are very excited to be of service to you with prayer. John Ice, John Lippert, Wendy Erickson, Jan Davis and Charles Reimler have all completed Prayer Chaplain training. You will know when they are serving as Prayer Chaplains when you see them wearing the yellow- and wine-colored stole.

## SPIRITUAL CINEMA

Friday, January 8, 7:00-9:00  
\$5 donation

### The Secret Life of Bees

This very sensitive and touching movie based on Sue Monk Kidd's novel is set in 1964 during a turbulent time of racial inequality after the Civil Rights Act was passed. The main character in this story is an emotionally abused teenaged white girl, played with great sensitivity by Dakota Fanning. Lily has run away from an emotionally abusive cold and distant father and along the way rescues her mothering housemaid Rosaleen, who has been beaten by racists. Lily lost her mother as a young child and runs away to the place she believes has some connection to her deceased mother.

It is the black women in this movie who are the real heroines. Lily develops a sense of strength and independence under the impact of the sisters in the house and the ordeals they confront. Queen Latifah plays Ms. August, the Queen Bee of the family, which includes her sisters May and June. Ms. August makes honey as her livelihood in South Carolina and is a warm and loving presence for Lily and Rosaleen as she embraces life in her common sense way. The two sisters, May and June, are played by Alicia Keyes and Sophia Okonedo. Keyes plays June, a tough civil rights activist, while Sophie Okonedo plays May as a weepy, unfocused and emotional sensitive. Jennifer Hudson plays Rosaleen, the housekeeper and mother substitute to Lily in a role that confirms her acting talents.

And then there is...

The Black Madonna ...and the Sisterhood of the "Daughters of Mary"

This is a story that is filled with themes of love, acceptance and forgiveness. The Secret Life of Bees is a totally moving and emotional experience. It's about people and relationships.

## **UNITY NORTH BOOK CLUB**

**7:00 p.m.**

January 14 *People of the Book* by Geraldine Brooks

February 11 *When Everything Changes, Change Everything* by Neale Donald Walsh

## **SPIRITUAL ECONOMICS CLASS**

with Carol Kniskern

Six Tuesdays beginning January 12, 7-9 p.m.

Love Offering

(See cover article)

## **JESUS AND THE AWAKENING TO GOD-CONSCIOUSNESS**

Deepak Chopra and Unity Minister Wendy Craig-Purcell  
Conversations filmed at Unity Center in San Diego

Best-selling author and spiritual leader Deepak Chopra teams up with leading Unity minister Wendy Craig-Purcell at the Unity Center in San Diego for a bold series based on Chopra's book **The Third Jesus: The Christ We Cannot Ignore**. Six provocative conversations that take an in-depth look at how Christianity fits within a context of contemporary spiritual beliefs and practices.

In the Fellowship Hall  
Everyone Welcome \*

Group discussion with Carol Kniskern follows each program

January 17 2:00-4:00: Who Is Jesus and Why Does It Matter?  
Opening to The Path

January 31 2:00-4:00: A New Way of Being  
When the Rubber Hits the Road

February 7 2:00-4:00: What to Expect When You're Expecting  
Enlightenment; Jesus Without Dogma

\*A perfect opportunity to introduce friends and family to Unity

## **ABUNDANT GOOD – THE EXPERIENCE**

Join Carol Kniskern and Tom Haddox for an experience like no other. The first part of the adventure will be packed with information, guided meditations, chants and prayer. This will be your opportunity to explore your relationship with Abundant Good in finances, in relationships, in health or any other area you choose.

The second part of this event is the Prayer and Healing service in the evening which will be an extension of the day's exploration and which will give us an opportunity to deeply heal what we have identified as an issue or an obstacle to our good.

**Join us Saturday, January 23, at 10 a.m.**

Eat lunch together. Bring your own or something to share.

Part 1 ends at 5:30 pm. If you must leave, please do not go Christmas shopping or solve the world's problems! If possible, stay with fellow students and/or teachers by going out to eat together or sharing more food at church.

Part 2 (prayer and healing service) will begin at 7 p.m.

Love offerings will be received.

## **LIVE LIFE LAUGHING**

with

**Darlinda Alexander**

Sunday, January 24, 2-3:30 p.m.

Love Offering

Because laughter is the best medicine, Darlinda will present a program to give us a healthy dose of it. She'll lead us through an interactive experience designed to show the amazing power of laughter—and how it can be utilized anytime, anywhere, without even using jokes.

## **WOMANSONG**

**Breathing the Threshold**

With musician Geralyn Sorensen

Saturday, January 30

7 p.m. (plan to arrive no later than 6:45)

**Love Offering**

As we reflect and feel the winter solstice element of hibernation and the days starting to grow in more light, we find ourselves **Breathing the Threshold**. A threshold was considered sacred not only in biblical times but throughout history. In time, the threshold took on its fullest spiritual significance as entry into the sacred space and hallowed time where communication with divinity is possible. It is a place of the spirit, uniting the mundane with the mysterious and the commonplace with the awesome.

Come join us in **songs** and **sacred circle dances** to honor Thin Places, and prepare us to breathe the threshold and then cross it in celebration. We will then call our circle to share our feminine voice and experience.

We will end our evening with shared food.  
Bring finger food to share & your beverage.

## **THE COUNSEL OF THE ELDERS**

### **Messages of Peace Hope Love**

Channeled by INSIAH BECKMAN

Thursday Evenings, February 11 March 11 April 8 May 13  
7:00- 8:00 p.m., Love Offering

## **SPIRITUAL CINEMA**

### **Maps of Consciousness**

Friday, February 12, 7:00-9:00  
Discussion to follow  
\$5 Donation

### ***INFINITY: The Ultimate Trip***

#### **Journey Beyond Death**

What happens after we pass from this world? Is there a life after this one? Or do we just disappear forever? These are the questions asked, and many may be surprised by the answers offered in this powerful and poignant new feature documentary from Sacred Mysteries.

[www.sacredmysteries.com](http://www.sacredmysteries.com)

Using vital and beautiful imagery along with personal accounts of near-death experiences, reincarnation and more, ***Infinity*** brings forth the story of our own infinite nature, what to expect after death and the magic and beauty that awaits us on the other side. Here we learn of the energetic landscape of the world that we enter after we die, the angels, or beings of light, who assist us in the passing and the promise of a new life. *Infinity: The Ultimate Trip* is an honest and hopeful assessment of the greatest journey that any of us will ever take. It offers the view of hope, joy and light in our journey beyond death.

Featuring these noted experts: Gregg Braden, Dannion Brinkley, Renate Dollinger. Stanislav Grof, John Holland, Dzogchen Ponlop, Robert Thurman, Alberto Villoldo, Neale Donald Walsch and Brian Weiss, *Infinity: The Ultimate Trip* brings a message of hope and optimism concerning the most mysterious act in a human life; the end of this life and journey to the beyond.

**Only From the Heart Can You Touch The Sky – Rumi**

## **INTRODUCTION TO SHAMANISM**

Saturday, February 20  
9:30 a.m. – 12:30 p.m.

Come and learn the shamanic journey. You will meet your power animal and learn how to journey to the lower world. You will discover allies in the spirit world that you didn't know you had. What gifts and blessings will you find? You will also meet your spirit guide and learn how to navigate the upper world. You have your very own spiritual teacher who has been with you since birth. Learn how to develop a relationship with this helping spirit.

You will learn how to journey on behalf of someone else. You will learn techniques to take home and use for the rest of your life. This spiritual tool is just waiting to be discovered and developed!

This course will be taught by Rhonda Steele, LUT. Rhonda has been practicing and studying shamanism for over ten years. The cost for the morning session is \$30.

## **MYTHS AND LEGENDS**

Saturday, February 20  
1:30 – 4 p.m.

Are you fascinated by the history and stories surrounding King Arthur? Have you wondered where the Holy Grail legends came from? Come and learn the history and the magic of these times. Many different authors have taken artistic license with these topics. Why are we so enthralled with a hero and his knights?

What was the female perspective of these times? You will gain personal knowledge and insight into these stories. See what these characters have to share with you.

You will need to have experience in shamanic journey techniques in order to take this class. If you do not know how to journey or if you need a refresher course, please come for the morning session (9:30 a.m. – 12:30 p.m. on February 20).

This course will be taught by Rhonda Steele, LUT. Rhonda has been practicing and studying shamanism for over ten years. The cost for the afternoon session is \$30.

## **PEACEFUL PARENTS, PEACEFUL KIDS**

This class will be a parent discussion on creating a peaceful home. We will use the book by the same title to explore how we can learn for ourselves and teach our children to live a life filled with peace. It is from a place of peace that we connect with our Source. This class is appropriate for parents of toddlers through teens. The book will be available in the bookstore. If you have questions about the class, please call Wendy Dickenson, Parent Education Facilitator, at 612-810-3045.

Tuesdays, Feb. 23- Mar. 30 (six weeks)  
6:30 - 8:30 p.m. – Love offering

## **PRAY BOLDLY** with Carol Kniskern

For the first time since this method was developed in 2001, this class is going to get longer! Initially this prayer technique was taught in ten weeks. It eventually was taught in six weeks. This has proven not entirely adequate.

This time, the Pray Boldly class will be taught in eight weeks.

If you have taken this previously and would like a refresher, feel free to join us. This class is highly recommended for those who wish to serve on prayer teams.

8 weeks beginning Wednesday, February 24, from 7:45 to 9:15

Love Offering

## **ESSENTIAL PEACEMAKING, WOMEN AND MEN** Saturday, February 27

We invite you to make a positive difference by participating in the everyday peacemaking that is fundamental to our planet – the communication between women and men.

Beneath the surface of many of the world's problems lies a core of conflict between women and men. It begins with how we teach our children and continues in the attitudes and behaviors of the leaders who influence families, communities and nations.

The workshop emphasizes the unique perspective that each gender brings to shared leadership. It does not offer surface "problem solving" but seeks to provide tools to heal ourselves and our relationships. In a caring, healing environment, we will learn to share and heal ourselves, find a common language and focus our power on opening to our next steps as men and women.

We will learn to draw from the strengths of our genders rather than from our inherited legacies of manipulation, betrayal and mistrust.

"This workshop is not about romance, or sex, or love-partners. This is about ordinary men and women bringing all of their gifts to the party. The co-leadership that results is more than the sum of male and female leadership – there is magic involved." (Jerilyn Brusseau and Danaan Parry, co-founders)

Participants for the workshop *need not* bring a partner, but the group as a whole must represent a balance of both genders. For the sake of balance, later registrants may be asked to wait for a future workshop, so register early.

Check-in begins at 8:30 a.m. and the session begins promptly at 9:00 a.m. Eating our lunch together is an important part of the day. Please bring a lunch or food to share.

Cost is \$60 per person or \$100 for two registering together. No one will be turned away due to financial considerations. Work-studies are available.

Register by calling the church or signing up in the narthex on or before February 24. A \$20 deposit will hold your spot.

# PSYCHOLOGICAL FIRST AID

**Sunday, February 28**

**2:00 – 4:00**

Learn skills to aid in Personal & Family-Friend Distress Situations  
as well as Community Disaster Relief

**Open to all, Y.O.U & Up**

Presented on a Love Offering basis  
by Charles R. Reimler, Jr., LPN  
MN Dept of Health PFA Trainer

**SAVE THE DATE!! THE NEXT "GOOD FOR YOU" DAY IS  
MARCH 13.**

## CALENDAR

Dec. 24, Family Service (5 PM); Candlelight Service (7 PM)  
Dec. 27, Healing Services, 8:45 and 11 AM  
Dec. 27, Bear Blessing  
Dec. 31, PIPN Meditation by Y.O.U., 6 AM, followed by candlelight breakfast

Jan. 8, Spiritual Cinema, *The Secret Life of Bees*, 7 PM  
Jan. 8 & 9, Board Retreat  
Jan. 12, Spiritual Economics Class (6 wks.), 7 PM  
Jan. 14, Book Club, 7 PM  
Jan. 17, 31, Feb. 7, Deepak Chopra Film Study, 2 PM  
Jan. 23, Abundant Good Workshop, 10 AM  
Jan. 23, Prayer and Healing Service, 7 PM  
Jan. 24, Laughter Class, 2 PM  
Jan. 28, Family Table Meal, 5-6:30 PM  
Jan. 30, Womansong, 7 PM

Feb. 2, Quilting, 6:30 PM  
Feb. 11, Book Club, 7 PM  
Feb. 11, Insiyah Beckman, 7 PM  
Feb. 12, Spiritual Cinema: *Infinity: The Ultimate Trip*, 7 PM  
Feb. 16, Newsletter articles due for March/April newsletter  
Feb. 20, Intro to Shamanism, 9:30 AM  
Feb. 20, Myths & Legends, 1:30 PM  
Feb. 23, Peaceful Parents, Peaceful Kids Class (6 wks.), 6:30 PM  
Feb. 24, Pray Boldly Class (8 wks.), 7:45 PM  
Feb. 25, Family Table Meal, 5-6:30 PM  
Feb. 27, Essential Peacemaking Workshop, 8:30 AM  
Feb. 28, Psychological First Aid Class, 2 PM

## **ONGOING**

Church Services, Sundays, 8:45 and 11 AM  
Nursery and Sunday School, Sundays, 11 AM  
Y.O.U., Sundays, 10 AM  
Y.O.U., Wednesdays, 6 PM  
Midweek Recharge, Wednesdays at 7 PM  
CoDA, Thursdays at 6 PM