

UNITY NORTHERN LIGHT

JANUARY/FEBRUARY 2012 NEWSLETTER

FRONT PAGE

Dear Friends,

Welcome to our new opportunities!

You will receive this before the first of January 2012, but imagine with me for a moment that it is the first day of 2012. We have entered a year which has engendered much excitement, speculation and, in some cases, fear.

But you have already participated in the December 31, 6 a.m. prayer service with thousands of other people around the Earth. You will have attended services (January 1st being a Sunday) and participated in the 12 Powers ritual. You have expressed gratitude for what has been and are joyfully expectant about the new opportunities to come. Because you have participated in the "deeper and stronger" intentions in our community, you are feeling strong and confident, often experiencing the Christ you are.

See – it is January 1st and you have already set the tone and direction for the year! Some say this year is an ending – some a new beginning. But isn't every year – every day – both of these things?

So let's do what we always strive to do in this community: replace fear with love; be kind (no exceptions); keep the prayer of gratitude on your lips at all times; know that you are divine love incarnate. Living all of these, this year will be, as they say, a piece of cake!

Have a conscious New Year.

Carol

BOARD MINUTES

Ahoy Mates,

Well, here I am again. I think this will be the last time for real, though.

I had not mentioned previously that along with the three new Board members, we also have two new YOU Board representatives. Yolanda Burckhardt and Austin Nickleson have moved on to bigger and better things, and Shelby Breidenbach and Anna Cofrin have stepped in. It is truly a blessing to have them, and we look forward to the contributions I'm sure they will provide.

Treasurer's Report:

November

Income	\$11,308.97
Expenses	<u>\$11,158.92</u>
Net Income	\$150.05

We're off to a great start for the new fiscal year. Let's keep this trend all year long!

The roof is finished. If you haven't noticed, take a look. It looks great!

As the year comes to a close, and as the world (at least here in the great white north) goes into hibernation, we're making some new beginnings and planting seeds that will bear much fruit in the year to come. Enjoy the season.

Godspeed,

Steve

OUTREACH NEWS

"Thank you! Thank you! Thank you!" from the families receiving Christmas gifts and from the Outreach Committee for your generosity. We gave Christmas gifts to six families, 23 people total. Without your generosity, these people would not have had such a wonderful Christmas. The people receiving gifts this year were from Everyday Miracles (www.everyday-miracles.org/) and our surrounding community.

Save the date! Friday, January 13, at 6 p.m. there will be a volunteer dinner for the Family Table volunteers. If you volunteered in any way with Family Table, please come. If you washed dishes, greeted people, contributed money, etc., please come join us. We want to thank you personally with a night of good food and great company.

Family Table meals start up again in January – signup will be in the Fellowship Hall. If you are donating money, please use the envelopes provided by the signup board and give the envelope to an Outreach member.

January 29 is a Teddy Bear Blessing and Family Sunday. This is a reminder to make sure the stuffed animals are new and have their tags attached. Thank you for your donations. Last year we gave animals to the Alexandra House and Blaire's Tree of Hope, both organizations that help children in and through difficult times.

Here is the Outreach Calendar for January and February:

1/1-1/8, Family Promise
1/13, Family Table Volunteer Party
1/21, Fare for All
1/26, Family Table Meal
1/29, Teddy Bear Blessing

2/5-2/12, Family Promise
2/18, Fare for All
2/23, Family Table Meal

CHILDREN'S CHURCH

Welcome to 2012! We will be starting the year with a Chinese celebration that includes paper lanterns and dragons. On the 15th of January the teachers will be on their "Good For You" weekend, and we are looking for two people to come and be with our children, watching a movie and eating popcorn. See Brenda to help out.

Our Uniteens, the seventh and eighth graders, are having a lock-in at the church on the 27th of January. See one of those teachers or Nancy Helvig for more details.

Remember, parents, to pick up the "Stepping Stones" sheet each week when you sign your children in or out.

Thank you all for your support and your time over the last year. The response this summer for teachers, those sharing their passion and abilities with the children, was wonderful! Have a beautiful and prosperous new year.

Brenda Erickson
Director of Children's Church
763-438-6790

ANNOUNCEMENTS

PRAYER CHAPLAINS

The Prayer Chaplains would like to remind you we are available at services for individual prayer. You will know when we are on duty by the yellow or maroon stole we wear. Each member of the team has completed training and is committed to:

Open a space for God in all circumstances

Hold a spiritual space of wholeness, abundance and possibility

Pray by holding spiritual space, lovingly listen, and releasing prayers to God

Hold what is shared in strict confidence

You may also leave a message on Unity North Church's Prayer Line to request a prayer team or to request a Prayer Chaplain return your call. The phone number is 763-754-6489, ext. 3.

The Prayer Chaplains at Unity North Church are Ann Mongeau, Charlie Reimler, Jan Davis, John Ice, John Lippert, Laura Drube, Nancy Helvig, Wendy Erickson

LIVING YOUR PAST LIVES: KARMA 101

With Karl Schlotterbeck

January 15 from 2:00 to 5:00; Cost - \$45

Sign up or call 763-754-6489 by January 12 so handouts can be prepared.

This is the first of two workshops on Karma and Past Lives with Karl. The next one is on January 22. Although these two sessions *can* be taken separately, it is highly recommended you take the first one if you are planning to take the second unless you've had one of Karl's previous past-life workshops.

Too often life does not work as we envision it, or something keeps happening that interferes with our conscious intent. Karma may well be *the* driving force keeping us from realizing our potential. These two workshops have been created to help us (1) clarify the manifestations of karma, (2) access the event or events that created it, (3) move toward overcoming its adverse effects, and (4) rediscover the purpose of our individual life on this earth.

Understanding how we got here is not sufficient: come and find out what is.

The first session covers these topics.

How karma manifests in everyday life:

Emotional Patterns (anxiety, sadness, phobia, anger, and more)

Relationship Patterns

Attachments to people, things, places and historical times

Financial Patterns

Recurring Dreams

Life Situations

Group Karma

Accessing the hidden memories underlying your karma

Different definitions of karma

How an experience becomes nurturing – or creates karma

The Prenatal Bridge from the Karmic Past into our Karmic Present

We will have at least one group regression and begin developing the skills to navigate through the pitfalls of karma to find who we truly are.

Karl Schlotterbeck, MA, CAS, is a licensed psychologist who has been practicing de-hypnotic past-life therapy for 30 years. His first book, *Living Your Past Lives: The Psychology of Past-Life Regression*, was published by Ballantine Books in 1987. A revised edition has been published by Writers' Showcase. He has formulated a unique blend of psychology, reincarnation, shamanism and Celtic spirituality through his exploration of many paths of human development.

THE END OF KARMA

With Karl Schlotterbeck

January 22 from 2:00-5:00; cost - \$45

Sign up or call 763-754-6489 by January 19.

Picking up where *Living Your Past Lives* left off, this workshop reviews concepts of karma, the manifestations of karma in everyday life, what sets it off, what it wants from us, and what it takes to move toward a karma-free life.

Topics of this session include:

The "Karmic Network" that keeps karma in place (more than just past lives)

The creative power of words and the influence of vows made at other times

The karma of omission

Life beyond karma (or, why on earth are we here?)

The role of Consciousness, Identity and Presence

We will engage in the following activities:

A group regression

A ritual of release from old vows

A ritual of liberation

Bring an article to throw away (representing old karma) during the ritual of liberation.

Karl Schlotterbeck, MA, CAS, is a licensed psychologist who has been practicing de-hypnotic past-life therapy for 30 years. His first book, *Living Your Past Lives: The Psychology of Past-Life Regression*, was published by Ballantine Books in 1987. A revised edition has been published by Writers' Showcase. He has formulated a unique blend of psychology, reincarnation, shamanism and Celtic spirituality through his exploration of many paths of human development.

THE COUNSEL OF THE ELDERS

Messages of Peace Hope Love

Channeled by INSIAH BECKMAN

Thursday Evenings, January 19 & February 16

7- 8 PM, Love Offering

Insiah channels a group of Light Beings who identify themselves as "The Counsel of Elders".

They are here to assist mankind in a changing world with their teachings and messages of Peace, Hope, and Love.

Insiah is South African born and has been living in the United States since 1995. She is a Reiki Master, teacher and is also a channel. Her conclusion on having studied several religions and spiritual paths is that every teaching is based on Love. Hence her religious belief is LOVE. Insiah and her husband produce The Edge Life Expos and Events and have been bringing together the community of like-minded in the modalities of healing and spirituality for the past 16 years.

UNITY NORTH BOOK CLUB

At Caribou near church, 7 p.m. on these dates:

January 12, *Messengers* by David Arnett

February 9, *A Secret Gift* by Ted Gup

March 8, *The Giver* by Lois Lowry

ATTENTION ALL USHERS!!

Please plan to attend a luncheon meeting on Sunday, January 15, at 12:30 p.m. Carol would like to bring forward new ideas and ways to serve our spiritual community.

Lunch will be catered by Dick's Food for Health and will be made with gluten-free grains and all things healthy and yummy.

SPECIAL PRAYER AND HEALING SERVICE

You are invited to a powerful demonstration of community prayer. Mark your calendars now for Saturday evening, January 21. The evening will – through prayer, music and ceremony – move us to a powerful experience of love and blessing, which we will share with each other, humanity and the Earth.

This incredible demonstration of spiritual love and power will end with a healing blessing for those who wish it.

The service is scheduled from 7 to 9 p.m., but the effects will continue long beyond that evening.

TEN-WEEK MEDITATION EXPERIENCE

This is open to people who have had some experience with meditation – even if you think it's gone badly.

A short instruction will be limited to the first two weeks. This is an internal experiential process. We will move from getting our bodies ready (yoga, tai chi, stretching) through personal reading and reflection, breathing, singing and then meditation. The meditation will be for 1/2 hour and will not be guided. Group energy will aid us, so attendees are required to attend every week. The two groups are limited to ten people each.

There will be two groups available: Saturday mornings beginning Feb. 4, 9-10:30, and Monday mornings beginning Feb. 6, 10-11:30.

DISCUSSION GROUP

As part of our “deeper/stronger” commitment, members of this group will discuss the book *Get Over It: The Truth About What You Know That Just Ain't So*. This group will meet on Tuesdays beginning February 7 at 7 p.m.

IN CASE YOU NEED ICE DAM REMOVAL . . .

Do you like the look of the new church roof and skylights? If you should find yourself in need of ice dam removal sometime this winter, please consider calling Excel Roofing (the same company that did our roof). They can also help you with any insurance claims and will give 2% of any insurance claim back to the church. Just call Jon Koessler (former YOUer Brian Koessler's dad) at 763-670-0574.

OTHER

Let me introduce (drum roll please) RICK BONA!

Question: If you had to listen to the radio in your car, to what station would it be tuned?

KQQL— I'm just an oldies type of guy.

Question: If someone from outside our church community were to ask you what Unity North is like, what would you say in reply?

Unity North is one big Christian family that truly cares about each other, the earth and the world. We are a community that manifests the God spark within us by helping others in our local and global communities.

Question: How many years have you been attending Unity North?

I started attending Unity North regularly the day we moved into this church. I helped with the move and liked everyone so much I just kept coming.

Question: You are starting a 3-year term on the Board. Are there any changes you would like to implement during your term?

***Continue to connect Unity to larger purposes in our community, country and the world: peace, equal distribution of wealth, and all people's basic needs met.**

***Draw more people in to enjoy our Unity community and all the things we do.**

***Improve communications and trust by connecting to people in person.**

Question: "Success" can be defined many ways. What is your secret to success?

Success to me is manifesting my gifts—being a person who can be counted on, sharing my wealth, and treating everyone with respect and honor.

Question: Describe the greatest vacation you've ever taken.

The greatest vacation is coming in February 2012. To celebrate my retirement, Sue and I will be traveling the Southeast United States for six weeks. We are planning to see 9 national parks, Mammoth Cave, the Arch in St. Louis, and the Rock and Roll Hall of Fame. In the middle of the trip we are meeting our son and daughter-in-law for a cruise to see the 2 national parks in Puerto Rico.

Question: Please share with us any "secret" talents that you are willing to keep "secret" no longer.

No secret talents; just the ability to stay focused and work hard with the gifts God has given me.

Question: What living person do you most admire and why?

Santa Claus. He is always focused on being merry, giving and spreading joy.

Question: What are some of your accomplishments that make you most proud?

-My marriage and my family

-Being able to get a job at age 60 with the prayers from Unity

-My daily meditation and prayer life

-Consistently giving time, treasure, and talent

Question: What one word would you use to describe yourself?

Tenacious

Question: If you were to change careers, what would you do or be?

I am retiring in January, so I am not looking for a new career—but would like to be more of a student of life and a traveler—or a Unity Board member. :)

Question: Please share anything else you would like us to know.

I believe:

In Love

In Spirit/Mother/Father/Creator/God

In Trust

In Beauty

In Responsibility

In YOU and in myself



Rick Bona

If you want to schedule a class, workshop or event at the church, please contact:
Ann Mongeau, 763-300-9811, or amongeau@mm.com.

CALENDAR

DECEMBER CALENDAR

Dec 24, Family Service, 5:30 PM; Candlelight Service, 7 PM
Dec 25, Healing Services, 8:45 and 11 AM
Dec 31, Peace Is Possible Now World Healing Meditation, 6 AM
Dec 31, New Year's Eve Game Night—Begins at 6 PM (bring a snack and a favorite game if you wish)

JANUARY CALENDAR

Jan 1-8, Family Promise families at church
Jan 12, Unity North Book Club @ Caribou
Jan 15, Usher Meeting, 12:30 PM
Jan 15, Karma Workshop, Part 1, 2-5 PM
Jan 19, Insiyah Beckman, 7-8 PM
Jan 21, Prayer Team Dinner, 5 PM
Jan 21, Prayer & Healing Service, 7 PM
Jan 22, Karma Workshop, Part 2, 2-5 PM
Jan 26, Family Table Meal, 5-6:30 PM
Jan 28, Community Concert, 7 PM
Jan 29, Family Sunday/Teddy Bear Blessing

FEBRUARY CALENDAR

Feb 4, Ten-Week Meditation Experience, 9-10:30 AM
Feb 6, Ten-Week Meditation Experience, 10-11:30 AM
Feb 7, *Get Over It* Discussion Group Begins, 7 PM
Feb 5-12, Family Promise families at church
Feb 9, Unity North Book Club @ Caribou
Feb 14, Articles Due for March-April Newsletter
Feb 16, Insiyah Beckman, 7-8 PM
Feb 23, Family Table Meal, 5-6:30 PM
Feb 26, Healing Services, 8:45 and 11 AM

ONGOING

Church Services, Sundays, 8:45 and 11 AM
Nursery and Sunday School, Sundays, 11 AM
Y.O.U., Sundays, 10 AM
Wed, Healing 5:30-7 PM
Wed, Meditation, 7-7:40 PM
Wed, Y.O.U., 7 PM
Thurs, CoDA, 6 PM