

UNITY NORTHERN LIGHT MARCH/APRIL 2010 NEWSLETTER

FRONT PAGE

Dear Friends,

Congratulations to those of you who have taken the Season of Nonviolence/Lenten Challenge. We are taking Charles Fillmore's advice to fast from negativity and feast on peace.

In this case, we are fasting from violence in our thoughts, actions, choices of entertainment – perhaps even in the choices of products we buy or services we use. This season of nonviolence began on January 30 and will end on Easter Sunday.

During this “fast,” we are to turn our attention to “feasting on peace.” We will focus on the good in our lives. We will keep solid prayer times, be creative, enjoy the company of the people we love, and remember the things that used to inspire us with joy and well-being.

May I make a few suggestions? Decide now to come to Wednesday night meditation. This is an inspirational island of peace in the middle of the week. If you have not experienced the new format, now is the time.

Also determine to make this year's Holy Week a truly wholly week. Begin by taking the class (three Monday nights or Wednesday days – information below). Then attend the activities of Holy Week to give yourself a new and deeper understanding of spiritual peace. If you choose to do these things, the final week of the Season of Nonviolence will be a profound Feast of Peace.

Blessings,

Carol

LESSONS OF HOLY WEEK

Do you want to take the Bible seriously without taking it literally? Do you suspect there are profound teachings in the life of Jesus, but you are not sure what to believe or how to find those lessons?

The story of Holy Week holds the human-life themes of faith, betrayal, integrity, commitment, self-doubt, honor, love and transcendence.

The Fillmores taught that Jesus is the Master Pattern for our spiritual progress. Each year we have the opportunity to re-experience the process and energy of that pattern. Each year, as we revisit this story and its teachings, we are able to assess our own spiritual evolution.

Monday evenings from 7:00 to 9:00
March 15, 22 and 29

And – new – a day class!
Wednesdays from 11:00 am to 12:30 pm
March 17, 24 and 31

EASTER WEEK SERVICES

Elemental Communion, 6 p.m. and 7:30 p.m., Thursday, April 1

Good Friday Service, 7 p.m., Friday, April 2

Easter Sunday, April 4; Easter egg hunt for the children; potluck buffet; drumming to follow

BOARD MINUTES

Ahoy Mates,

As winter winds down and we gear up for the new growth and warmth of spring, taking a moment to pause and reflect on what has transpired over the last few months can help us to appreciate the time spent in relative calm before we rush forth into a Minnesota summer.

You will be seeing some changes to the look of the building in the near future as Sharon Wagner performs her form of beautifying magic in our narthex. Keep your eyes open for these new adornments.

The Spiritual Economics series was completed. If you were unable to attend, the book, by Eric Butterworth, is an incredible tool to help with prosperity thinking and planning.

Treasurer's Report:

	December	January
Income	\$10,719.39	\$12,777.91
Expenses	<u>\$12,201.90</u>	<u>\$12,396.83</u>
Net	(\$1,482.51)	\$381.08

As the representatives of our community, we of the Board wish to thank you all for the trust you have placed in us and in return ask that you keep us informed of how you feel about how things are going. Please feel free, even encouraged, to contact any member of the Board if you have any questions or concerns about the direction we are headed in as a community.

Godspeed,

Steve Walker
Board President

OUTREACH NEWS

In January we once again started serving our Family Table Dinner. A big “thank you” to everyone who volunteered! Our next dates are March 25 and April 22. Look for volunteer signup for upcoming Family Table Meals on a board in the Fellowship Hall or contact an Outreach Committee member for more information.

Has anyone seen our table runners? They are woven, multicolor table runners we use for the Family Table dinner tables. If anyone knows where they are or has seen them, please let us know.

In January we also held a Teddy Bear Blessing at the Family Sunday service. Our bears went to Unity Hospital to the pediatric and geriatric wards to be given to patients. Thank you to all who donated the bears and to all of you who blessed the bears, too.

In February, we had a Quilting Night. We were able to finish up twelve quilts that were donated to Bundles of Love. We were also able to donate 105 pounds of yarn to Bundles of Love thanks to donations made from a couple of crafters who were cleaning their closets.

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

CHILDREN’S CHURCH

This spring we are studying Wisdom and Power. The wisdom center is located just behind our stomach, in the area of the solar plexus. It is the color yellow, as indicated by the reference of the sun in solar plexus. The disciple Charles Fillmore aligned with this power is James, brother of John. John is aligned to the heart center and the power of Love. Wisdom and Love are very closely linked as many of us can attest to in our personal lives. In children’s church we will be discussing looking, listening and feeling from our place of Wisdom. “Divine Wisdom in me unites with the Holy Spirit and I always know what to do.”

After Easter, we will be studying Power, located in the throat and symbolized by the color purple and the disciple Philip. An affirmation is, “Power is my ability to choose thoughts and feelings, and to change and build consciousness.” Our gift of spiritual Power is quickened through mental contact with its source, which is silence. We make contact by turning in silence to pure Power. God is Power. Power is silence and is expended when we convert it into vibrations, or the Word. (Taken from the Unity Church of Lake Orion website.)

In Love and Light,

Brenda Erickson
Children’s Church Director

ANNOUNCEMENTS

HOW WHOLE GRAINS CONTRIBUTE TO HEALTH AND LONGEVITY

Saturday, March 6, 10:00 – 11:30 a.m.
With Dick Ogren

This class will include discussion of the benefits of whole grains and samples of whole grain food.

Dick has a lifelong intimate relationship with food including 20 years when he and his family grew and processed virtually all the food they consumed. Trained as a cook at age 17, he has cooked for large groups, small parties, friends and family. For the past 45 years he has cooked with whole grains. At age 73 Dick believes whole grains have made an important contribution to his health and longevity.

Cost: \$10 per person; class limited to 10 participants.

Sign up at Unity North or call Dick at 612-308-8365 or email ogrendm@aol.com.

LAUGHTER CLUB

Saturdays, March 6 and 20; April 3 and 17, 11 a.m.
and
Mondays, March 8 and 22; April 12 and 26, 6:30
30-minute sessions—Love Offering

Come once, come every time! Laugh your way to health! Call Darlinda Alexander with questions: 763.213.6360.

UNITY NORTH BOOK CLUB

7 p.m.

March 11, *Speaking of Faith* by Krista Tippett

April 8, *Plain and Simple* by Sue Bender

GOOD FOR YOU DAY—MARCH 13

Good For You Day is here again! Join the Unity North Community for our spring feast of peace. On Saturday, March 13, from 9:30 a.m. until 4:00 p.m., practitioners of many healing and spiritual counseling modalities will be gathered at Unity North to give you an opportunity to feel peaceful and cared for. We will have all of our old favorites, such as massage, stone layouts, shamanic journey, astrology, orthobionomy, reconnective healing, ion cleanse, and many more. Add to that three newly certified matrix energetics healers, etheric body healing and soul breathing. There will be four amazing classes scheduled throughout the day provided by highly trained teachers.

All of this is priced affordably with prices ranging from \$12 to \$25 for a session. Wondering what there is to eat while you're receiving all this pampering? Come to the Good For You Café to find out. Breakfast and lunch will be served for \$5 each or \$8 for both

Sign-up for the sessions starts at 8:30 a.m.! Also, don't miss the opportunity to buy Good For You raffle tickets for \$5 each before and after services up until the Sunday before the event. You could be King or Queen for the day, with five free sessions and free meals! Other sessions awarded as well.

Hope to see you all at Good For You.

THE COUNSEL OF THE ELDERS Messages of Peace Hope Love

Channeled by INSIAH BECKMAN

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

Y.O.U. ADULT RALLY

Saturday, March 20
9 a.m.-6 p.m.

Have you ever wondered what it would be like to be raised in Unity and go through your teenage years in Unity?

The Y.O.U. would like to share their experience with you and show you what it is like to go to a rally.

Cost is \$30, which includes food, all materials, and a T-shirt.

Please sign up by March 7 so the T-shirts can be ordered. You may pay just \$18 at that time and the other \$12 before or on March 20.

CELEBRATION OF GRIEF

Sunday, March 21, 1:30 p.m.

As we learn that everything is energy, we realize that unexpressed emotion becomes stuck energy that can block our good from expressing in our lives. In our culture, grief is a very powerful and misunderstood emotion. Join your fellow seekers and explore grief in the safety of a community setting.

UNCONDITIONAL LOVE AND FORGIVENESS WORKSHOP

Weekend, March 26-28

Join us for what could well be the most transformative weekend you've enjoyed in many years.

- Forgive to open yourself to prosperity.
- Forgive to remove blocks to healing your body and your life.
- Forgive to free yourself from nagging anger, resentments, and regrets.
- Forgive to ease the power and pain of addiction.
- Forgive to allow a deeper experience of Spirit in your daily life.
- Forgive to create more fulfilling, more mature and satisfying relationships.

This method, originally developed by Dr. Edith Stauffer, provides a 'whole' experience in forgiveness. The transformations that result are felt in the physical body and are permanent.

Cost: \$95

Times: Friday, 7-10; Saturday, 9:30-5; Sunday, 1:30-5:30

Northern Enlightenment Learning Series

Presents Kathy Grimes, Animal Communicator

March 28, 2-4 p.m.—Love Offering

THE SPIRITUALITY OF ANIMALS AND WHAT THEY CAN TEACH US

As spiritual beings, we are invited to open our hearts and minds to the animals that we share this world with. When we do this, we enrich our spiritual lives and our daily experiences.

Join Kathy in exploring how animals (pets, wildlife and power animals) can help us heal, cope with death, open our hearts, and expand our consciousness.

Do animals have souls? Do animals have spiritual life?

What are the roles of domestic, wild and power animals in our lives?

What is the power of pets? What do animals bring to us?

Can we transcend the arbitrary boundary of species?

These are some of the questions that Kathy Grimes will explore with you. Kathy is an animal communicator, healer, and chaplain. Her web site is <http://BrotherWolfAndFriends.com> and <http://WorldAnimalDayMN.com>

April Spiritual Cinema

Friday, April 9, 7:00 pm, \$5 suggested donation—Discussion to follow

The Living Matrix—The science of bioenergetic medicine

The Living Matrix is a new documentary that challenges conventional medicine to expand its understanding of human biology. The film uncovers evidence-based research in bioenergetic medicine that reveals energy and information fields – not genetics – drive human physiology and biochemistry. It encourages the total integration and acceptance between conventional and alternative health care.

Woven among interviews with world's most respected experts in bio-energetic medicine, dynamic 3-D graphic animation takes The living Matrix takes viewer on a journey deep into the structure of the human body to illustrate how quantum biology influences health. Through in-person interviews and dramatized video vignettes that tell the stories of people who recovered from chronic illness – including a five-year-old boy born with cerebral palsy, an osteopathic doctor with a brain tumor, and a North Carolina housewife bedridden with chronic fatigue syndrome – the film demonstrates the effectiveness of bioenergetic medicine.

Bioenergetic medicine represents an intellectual pendulum swing towards holism. For the first time in medical history, scientists have gained significant momentum in presenting evidence-based research that reveals energy and information fields – not genetics – control human biology. The Living Matrix is a documentary that challenges conventional medicine to incorporate this evidence into its approach to health care. It is the first film to bring together some of the most respected scientists, academics, and practitioners to explore theories in bioenergetic medicine. It presents the science, illuminates complex concepts with 3-D animation, and tells real-life stories of its effectiveness – all in an effort to make this information accessible to a wide audience.

SPIRITUAL ART SALE

Unity North Church will be hosting a Spiritual Art Sale on April 17. Artists will be displaying and selling their work from 9 a.m. to 4 p.m. We will have drums, rattles, quilts, jewelry, paintings, clay centerpieces by LouAnn Baron, coats, prayer shawls and many other items to choose from. You are invited to join us for a unique shopping experience.

If you are an artist and would like to participate, please contact Rhonda Steele at 763-422-7917.

**NORTHERN ENLIGHTENMENT LEARNING SERIES PRESENTS
THE LOTUS OF CONSCIOUSNESS
SPIRITUAL AWAKENING AND THE HUMAN ENERGY FIELD**

Saturday, April 10, 9:30 – 4:30

\$60

Rev. Helen White Wolf

This one-day workshop explores the subtle anatomy and dynamics of the human energy field from the perspective of the spiritual awakening process.

We will explore previously unmapped dimensions of the field that play a key role in the awakening process and look at core healing principles that can be used to resolve issues that commonly arise before, during, and after major expansions of awareness.

The workshop will offer opportunities for experiential work in the energy field and healing encounters with the deeper dimensions of consciousness.

Participants will gain greater understanding not only of the awakening process in a generic sense, but more importantly, how this experience relates to the matter of their own field, personal identity and life story.

Content will include:

- The role of the spiritual spinal column and the five causal chakras
- Living gracefully; the sacred aspects of the lower dimensions of the field
- Experiencing Soul through the core of the energy field
- The power of intention and the shaping of life story
- Transitions of identity; through 'translucence' to cosmic innocence
- Navigating through the challenges of accelerated transformation
- Consciousness and the twelve levels of the DNA

Presenters:

Helen, based in New Zealand and visiting in the U.S., trained in meditation, Spiritual Healing, Earth Healing and Esoteric Healing with The Shan Foundation, Melbourne, from 1986-88. She has studied the processes of spiritual awakening in detail, observing the changes in the energy field of individuals going through deep healing and awakening experiences. She has developed a unique system of healing and awakening practices known as Soul Centered Healing, which has since been shared internationally through workshops and professional training programs.

She was ordained as a Minister of Spiritual Peacemaking with the Beloved Community in June 2006. Her first book, *The Ark of Consciousness*, will be released later this year. www.way-of-the-heart.org

Helen's husband, Polaris, will be co-facilitating the workshop. Helen and Polaris have been teaching workshops together since 2001.

Call the church (763-754 6489) before April 5 to reserve your space or sign up at the church. 15 minimum needed to hold the event.

THE VOICES WE USE

Inner Family Archetypes—Introductory Basics

Sunday, April 18, 2-4 p.m. with Judy Bouton (Love Offering)

Ask yourself: What direction or protection do **You** need? What do **We** need to understand? What shall **I** do? What shall **I** do so **We** can have something special? These questions use four different approaches, all of which we need in order to be whole. They use Inner Family Archetypes, four Inner Voices – Father, Mother, Boychild, Girlchild. When do we need each?

An Archetype with one word describes a whole picture, is a shorthand way of talking about something that we already have in our lives and vocabulary.

We don't like having other people tell us what to do, or how, or why. Inner Family Archetypes (IFA) Inner Voices allow us to contact that deeper place of spirit that allows us to listen, speak and act with clarity and wisdom. We need a complete set.

Judy Bouton is a Reiki Master and Life Coach. As a lifelong learner, she counts Inner Family Archetypes in her top 5 most useful systems of understanding herself and others. She teaches what she most needs to learn.

Judy first learned about IFA from the authors of *Why We Do What We Do, Four Pathways to Your Authentic Self*. It was an answer to her request to the Universe for a shorter version of the study of archetypes. She recorded the spoken CD *Four Pathways to Your Authentic Self* for the publishers to allow others to learn by listening to the book and by hearing the embodiment of those Voices.

Books and CDs will be available for purchase. For more information, contact Judy at judy@judybouton.com or at 763.535.5005.

Pre-registering at Unity North Church ensures there will be enough books and CDs for those who want them. Class participants receive a free link to a six-minute IFA summary from the CD.

REMEMBERING THE CIRCULAR SOUL

by Carol Seck

Sunday, April 25, 2-4 p.m.

What if you could truly remember who you are? What if before you were born you had already decided what your life purpose was to be? What if, hidden within the energy layers of your being, there was a treasure trove of magical abilities that could be unlocked by reconnecting to your true identity? What if you remembered your soul name? Would you like to explore these interesting possibilities with others who also want to remember? Come join Carol Seck on Sunday, April 25, from 2-4 p.m. for “Remembering the Circular Soul”.

WEDNESDAY EVENING HEALING

Some of the same healers you know and love from the Sunday healing services are available on Wednesdays too! From 5:30-7:00 p.m., healers are available in the Children's Church classrooms for individual healing sessions. The sessions last approximately 20-30 minutes. Stop by for a tune-up before the Wednesday service. Love offerings will be accepted.

MARK THE DATE—Sunday, April 11—for a very special, fun church service. It's a good time to have some fun and laughter.

CALENDAR

Mar. 6, Whole Grains Class, 10-11:30 AM
Mar. 6, Laughter Club, 11 AM
Mar. 8, Laughter Club, 6:30 PM
Mar. 11, Book Club, 7 PM
Mar. 11, Counsel of Elders/Insiah Beckman, 7 pm
Mar. 13, Good For You Day sign-up starts at 8:30; events run 9:30-4:00
Mar. 15, 22, 29, Lessons of Holy Week, 7-9 PM
Mar. 17, 24, 31, Lessons of Holy Week, 11 AM-12:30 PM
Mar. 20, Laughter Club, 11 AM
Mar. 20, YOU presents an Adult Rally, 9 AM-6 PM
Mar. 21, Celebration of Grief, 1:30 PM
Mar. 22, Laughter Club, 6:30, PM
Mar. 25, Family Table Meal, 5-6:30 PM
Mar. 26-28, Unconditional Love & Forgiveness Workshop (weekend)
Mar. 28, Spirituality of Animals Workshop 2 –4 PM

Apr. 1, Elemental Communion, 6 PM and 7:30 PM
Apr. 2, Good Friday Service, 7 PM
Apr. 3, Laughter Club, 11 AM
Apr. 4, Easter Services, 8:45 and 11 AM followed by Easter egg hunt; potluck; drumming
Apr. 8, Book Club, 7 PM
Apr. 8, Counsel of Elders/Insiah Beckman, 7 PM
Apr. 9, Spiritual Cinema: The Living Matrix, 7 PM
Apr. 10, Lotus of Consciousness/Spiritual Awakening Workshop, 9:30-4:30
Apr. 11, Special Service—stayed tuned!
Apr. 12, Laughter Club, 6:30 PM
Apr. 13, Newsletter articles for May-June due
Apr. 17, Spiritual Art Sale, 9-4
Apr. 17, Laughter Club, 11 AM
Apr. 18, Inner Family Archetypes Workshop, 2-4 PM
Apr. 22, Family Table Meal, 5-6:30 PM
Apr. 25, Remembering the Circular Soul Workshop, 2-4 PM
Apr. 26, Laughter Club, 6:30 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