

## UNITY NORTHERN LIGHT MARCH/APRIL 2011 NEWSLETTER

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**PLEASE NOTE: In case of severe weather (aka snowstorm), you can call the church at 763-754-6489, Line 1, and listen to a message regarding cancellation of church services.**

### FRONT PAGE

Dear Friends,

I write this article in mid-February. By the time this is out, we will have completed one study of the Five Principles. Right now I am still reviewing the 5<sup>th</sup> principle and wanted to share what I found. We are also in the midst of the Season of Non-Violence so my “find” was perfect.

As I thought about the fifth principle – Knowing the Truth is not enough; I must practice the Truth I know - I noticed a book on my book shelf. It was *Tears and Laughter* by Kahlil Gibran. I opened the book and read the following:

“The Criminal

“A young man of strong body, weakened by hunger, sat on the walker’s portion of the street stretching his hand toward all who passed, begging and repeating the sad song of his defeat in life, while suffering from hunger and from humiliation.

“When night came, his lips and tongue were parched, while his hand was still as empty as his stomach.

He gathered himself and went out from the city, where he sat under a tree and wept bitterly. Then he lifted his puzzled eyes to heaven while hunger was eating his inside, and he said, ‘Oh Lord, I went to the rich man and asked for employment, but he turned away because of my shabbiness; I knocked at the school door, but was forbidden solace because I was empty-handed; I sought any occupation that would give me bread, but all to no avail. In desperation I asked alms, but Thy worshippers saw me and said, ‘He is strong and lazy, and he should not beg.’

“Oh Lord, it is Thy will that my mother gave birth unto me, and now the earth offers me back to you before the Ending.’

“His expression then changed. He arose and his eyes now glittered in determination. He fashioned a thick and heavy stick from the branch of the tree, and pointed it toward the city, shouting, ‘I asked for bread with all the strength of my voice, and was refused. Now I shall obtain it by the strength of my muscles! I asked for bread in the name of mercy and love, but humanity did not heed. I shall take it now in the name of evil!’

“The passing years rendered the youth a robber, killer, and destroyer of souls; he crushed all who opposed him; he amassed fabulous wealth with which he won himself over to those in power. He was admired by colleagues, envied by other thieves, and feared by the multitudes.

“His riches and false position prevailed upon the Emir to appoint him deputy in that city – the sad process pursued by unwise governors. Thefts were then legalized; oppression was supported by authority; crushing of the weak became commonplace; the throngs curried and praised.

“Thus does the first touch of humanity’s selfishness make criminals of the humble, and make killers of the sons of peace; thus does the early greed of humanity grow and strike back at humanity a thousandfold!”

Gibran’s wisdom spoke of both doing the best we know and of our collective responsibility for violence. May we do our best not to fall victim to judgments and lack of compassion.

Blessings,

Carol

## **EASTER WEEK SERVICES**

Elemental Communion 6 p.m. and 7:30 p.m., **Thursday, April 21**

Good Friday Service 7 p.m., **Friday, April 22**

Easter Sunday **April 24**; Easter egg hunt for the children; potluck buffet; drumming to follow

## **BOARD MINUTES**

Ahoy Mates,

We’ve gotten a great start this year already. There are wonderful things happening here and more are sure to follow.

Robyn has been working on making a PayPal link on the Unity North website for purchases and donations. After working the bugs out, success has been achieved! Here’s how it works:

We now have the ability to receive donations/tithes on our website at [www.unitynorthchurch.org](http://www.unitynorthchurch.org) utilizing PayPal. At the bottom of the home page, there is a donate button. Once selected, it will take you to the PayPal page where you can enter the amount you wish to donate, select update total, and either (1) log in to your PayPal account or (2) use a credit card through PayPal's secure server by selecting 'continue' and completing the required information. If you have any questions, please contact Robyn Froemming at 763-576-8269 or [rtcfroemm@charter.net](mailto:rtcfroemm@charter.net).

This can be used to make tithes or any other donation to the church—all from the convenience of home. Please don’t think you shouldn’t still come in, though. You wouldn’t want to miss out on all the fun, such as our community concerts. We just had one on the 5<sup>th</sup>, and it was incredible. Elvis was in the house, and his sideburns are still wandering about the place. The entertainment was wonderful. Stay tuned for news about the next one. I imagine they’ll just keep getting better.

We’re looking into getting some better lighting in the Fellowship Hall. We’ll give updates as we get closer on this project.

### Treasurer's Report:

	December	January
Income	\$10,719.39	\$14,221.82
Expenses	<u>\$12,201.90</u>	<u>\$14,394.19</u>
Net Income	\$-1,482.51	\$-172.37

We came up a little short these last couple of months. We did have several large expenses paid out that only happen occasionally, such as changing our water filters and paying for the major snow removal. So we're still in good shape. Let's keep things moving smoothly.

Godspeed,

Steve Walker  
President

## **OUTREACH NEWS**

Thank you for the Teddy Bears donated in January. This group of Teddy Bears went to the brothers and sisters of kids in the Blair's Tree of Hope Organization. Blair's Tree of Hope's mission is to help families who have children hospitalized with a life-threatening illness by providing them with meals, gas cards & grocery cards, parking passes, toiletries, magazines, books, etc.—helping these families with everyday necessities so they can focus on their children's needs. The siblings of these children sometimes need attention, too. Our Teddy Bears will hopefully help these kids through this journey. To read more about this, go to their website at: [www.blairstreeofhope.org](http://www.blairstreeofhope.org)

### **Support Project Safety Nets & Simplify Your Life**

On May 13 & 14 we are having a **RUMMAGE SALE** for 2 reasons:

1. To support our International Outreach Effort: Project Safety Nets (PSN) and purchase mosquito bed nets to help eliminate Malaria and to provide loans to women entrepreneurs and empower them to live sustainable lives.
2. Provide inexpensive items to the surrounding community, especially children's books, toys and electronics.

**SO PLEASE CLEAN YOUR CLOSETS, CUPBOARDS AND GARAGES AND FIND THINGS WE CAN SELL TO MAKE MONEY TO FURTHER THE LIFE-SAVING AND PEACE-MAKING EFFORTS WE ARE SPONSORING IN SENEGAL.**

Simplify your life while enhancing the lives of others. We are collecting the following items:

- Electronics (working and current)
- CDs, DVDs, Books, Current Magazines
- Household Items (Dishes, Linens, Bedding, Baskets, etc.)
- Kids' Toys and Kids' Clothes (No Adult Clothing)
- Art Work, Rugs, Knickknacks, Tools
- Good Used Furniture
- Jewelry

Please give items you collect to Rick or Sue Bona at church or call them for a pick-up at 763-544-2074.

Other upcoming events:

3/24 – Family Table Meal

3/26 – Fare for All delivery

4/17 – 4/24 Hosting Family Promise

4/23 – Fare for All delivery

4/28 – Family Table Meal

Thank you for making it a better world!!!

The Unity North Outreach Committee: Kathleen Bailey, Rick and Sue Bona, Barb Green, Becky Haaf (chair), Donna Snyder, Mary Sorenson, Rhonda Steele-Italiano

## **CHILDREN’S CHURCH**

We have two powers left to study on our two-year quest to learn about and grow, using the 12 powers. In March we will be studying the power of renunciation or release. We affirm:

I release anything and everything that no longer serves my unfolding good. A short meditation that can be used with both children and adults is this: Christ in me quickens my faculty of renunciation. The activity of Spirit cleanses my mind of limited and false beliefs, making room for greater understanding and newness of life. I am grateful.

In April, we will celebrate Easter over a period of three Sundays. The last of the 12 powers is Life. Our Easter lessons will overlap nicely into our lessons on the power of Life. This power is represented by the color red and the disciple Judas. “In developing our God-given potential, we cannot ignore Judas. We must learn to recognize his weaknesses and limitations and cope with them by lifting the life idea to a higher plane of consciousness. ... It takes much cleansing to refine the life idea in soul and body. The selfishness and acquisitiveness of Judas must be purified. Life must learn to draw its own sustenance from the universe freely and easily, without the covetousness and hostility that close it in and limit it. Life works best when it is able to flow throughout the whole being as radiant energy, devoted to the Christ activity and governed by the Christ wisdom and order.” (Taken from the Savannah Unity web site.)

These concepts are greatly simplified when presented and discussed with our children. We focus on saying yes to Life in its many and varied forms. Life is my ability to mend, restore and draw upon the living Christ for all life’s functions. Life is my progress, attainment and mastery. I claim Life!

Brenda Erickson  
Children’s Church Director

### **Y.O.U. ADULT DAY RALLY**

Reserve Saturday, April 30, to participate in an adult “day rally” put on by our Y.O.U. More details will be provided as the date nears.

# **ANNOUNCEMENTS**

## **THE TWELVE POWERS**

**Instructor:** Carol Kniskern  
**Date:** Tuesdays, March 1-29  
7:00-9:00 PM

In this course we will review the book *The Twelve Powers* by Charles Fillmore. In doing so, we will also review many of our basic Unity principles. Our working knowledge of our Truth Principles will then be put into practical application in our own lives. Through the use of these Truth Principles, you will create a new “you” and a new destiny as you choose and stay the course to your new destiny.

People who wish to have a deeper experience of the Twelve Powers will have the opportunity to add weeks onto the end so that we can go deeper in practice; we will be using a specific Twelve Powers meditation.

## **THE FUN ‘N GAMES CONTINUE!**

Several of us had a great deal of fun on New Year’s Eve playing games at the church, so we thought we’d do it again—but sooner than next New Year’s Eve! Join us on Friday, March 4, for this ADULT get-together. We’ll start at 5 p.m., but feel free to arrive whenever you can, and we’ll go until no one wants to stay any longer. Bring your favorite game if you have one and “munchies” to share. If you have questions, check with Darlinda Alexander or Donna Snyder.

## **PROTECT YOUR HEALTH WITH WHOLE GRAINS**

with Dick Ogren

**Saturday, March 5, 10-11:30 AM**

\$20—Class limited to 10 people

Why do whole grains help protect you against cardio vascular disease, type 2 diabetes, high blood pressure and weight gain? Get answers to this question and discuss other health benefits identified by research. Sample nutritious whole grain food; receive 10 recipes and ground whole grains to cook at home. Master reading of labels and learn how to make whole grains fun for kids.

Dick has studied food, exercise and health since his Father died of a heart attack in 1965. He grinds his own grain and has cooked with whole grains for the last 45 years. At age 74 he believes whole grains have made a huge contribution to his health.

## **HEALTHY MENU PLANNING**

with Kate Peppler, LUT

**Sunday, March 6, 1-3:30 PM**

Suggested Love Offering \$20  
(\$10 when you sign up to reserve)

Plan on attending Kate's fun, interactive Healthy Menu Planning workshop. Not only will you learn a whole lot more about what foods are and are not healthy for you, but you will have the opportunity to help prepare three meals – a breakfast, lunch and dinner that are truly delicious. Kate will share that she has learned that when we eat healthfully, we not only become healthier, we become more inner connected with Source. We will review what was learned in the last class and chat about the importance of understanding enzymes and inflammation for augmenting our health. See flyer in Narthex for additional information about Kate's recovery from breast and lymph node cancer.

## **NONVIOLENT COMMUNICATION**

with Robyn Froemming

**Wednesday evenings, March 9, 16, 23, 30**

7:35 – 9:15 PM, Love offering

Using the book *Nonviolent Communication: A Language of Life* by Dr. Marshall Rosenberg. Available in the bookstore.

Nonviolent Communication (NVC) is a “language of life” that helps us to transform old patterns of defensiveness and aggressiveness into compassion and empathy and to improve the quality of all our relationships. Studying and practicing NVC creates a foundation for learning about our relationships and ourselves in every moment and helps us to remain focused on what is happening right here, right now.

Although it is a model for communication, NVC helps us to realize just how important connection is in our lives. In fact, having the intention to connect with others and ourselves is one of the most important goals of practicing and living NVC. We live our lives from moment to moment, yet most of the time we are on autopilot, reacting out of habit rather than out of awareness and presence of mind. By creating a space for attention and respect in every moment, NVC helps create a pathway and a practice that is accessible and approachable.

NVC was created by Dr. Marshall Rosenberg, and we will use his book *Nonviolent Communication: A Language of Life* and watch his DVD *The Basics of Nonviolent Communication* over the four weeks of this course. Please contact Robyn Froemming with any questions at 763-576-8269.

## UNITY NORTH BOOK CLUB

**Where:** Caribou Coffee, 2022 Northdale Blvd. (near church by Cub)

**When:** 7 p.m.

Mar. 10        *The Five Principles*, Ellen Debenport (copies available in Unity bookstore)

Apr. 7 *Welcome to the Departure Lounge*, Meg Federico (dealing with elderly parents; a memoir)

## UNCONDITIONAL LOVE AND FORGIVENESS WORKSHOP

Weekend, March 11-13

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: \$105

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

## SPIRITUAL CINEMA

Join us at 7 PM on **Friday, March 11**, to view *The Nature of Existence*. Noted Minnesota native filmmaker, documentarian, and producer/director Roger Nygard listed 85 tough questions. He traveled the globe for four years while he explored the world's philosophies, religions, and belief systems. Queries included: *Why are we here and what*

*are we supposed to do about it? What started the Universe and was it a mistake? What is God? What is morality? What is spirituality?* For more information, visit [www.thenatureofexistence.com](http://www.thenatureofexistence.com). This film was featured in the January 2011 *Edge Magazine*. Roger was in the TC Metro Area, showcasing this film.

**Friday, April 8, 7 PM** will feature Mana: Beyond Belief. The belief in *mana* – the Polynesian term for the power that resides in things – is a commonality across cultures. People worldwide imbue objects with meaning, honoring these sacred things with rituals in the hope of absorbing their magic. This unique, globe-trotting film examines the nature of belief by exploring a vast array of objects, from Elvis's Graceland to the Shroud of Turin, revered for their special energy.

What would you like to see, ponder, and discuss? Do you have a feature film you'd like to share? Would you like to join the Spiritual Cinema Team? Please email or call Chris with movie requests by specific title or ideas by topic, type/genre. Phone: 763-413-4725; email: [two\\_fishes@msn.com](mailto:two_fishes@msn.com).

## **THE COUNSEL OF THE ELDERS**

Messages of Peace Hope Love

Channeled by INSIAH BECKMAN

Thursday Evenings, **March 17 & April 14**, 7-8 p.m.  
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.

## **WOMEN'S CELEBRATION**

Saturday, March 19, 7 PM

Dancing – Drumming – Sharing - Feasting

**A time to gather with women**  
**A time to honor ourselves**  
**A time to honor one another**  
**A time to Dance & Drum**  
**A time to plant new intentions**

## **WOMEN'S CELEBRATION (continued)**

### **You can bring....**

- Scarves, jingles, bells
- Drums, rattles, cymbals, etc.
- What intentions do you want to plant this year?
- A simple food to share

### **We will gather at....**

Unity North Church  
11499 Martin St, NW, Coon Rapids

Contact Robyn Froemming with questions: 763-576-8269

## **GRIEF: THE GREAT HEALER**

With John Ice

March 20, 1:30-4 PM

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.

## **GOOD FOR YOU DAY!**

Let's pretend it's spring and celebrate by treating ourselves to the experience of Good For You Day! Our spring event will be held Saturday, March 26, from 9:30 a.m. until 4 p.m. You can sign up for sessions as early as 8:30 a.m. on that day. All sessions are provided for the low cost of \$15 for a half hour! Sessions include over 20 readers and energy workers who will share their talents with you. Old favorites will return such as massage, stone layouts, Quantum Touch, acupuncture, Tarot readings, animal and spirit communication and more. New healing and spiritual interaction modalities will be introduced, some of which will be unique to this event. Two new two-hour classes will be provided at the low rate of \$25 each, a cost unheard of anywhere else, considering the quality of the instructors. You can sign up for these classes before the event as well as for sessions with our two astrologers who will prepare individualized charts as part of the experience. Watch for more information in our Narthex displays, online, and on our Unity North Facebook page.

And don't forget our raffle! It only costs \$5 for a chance, and you could be the one crowned as King, Prince, Queen or Princess for the day. This honor includes free, pre-signed up sessions and free meals at our scrumptious Good For You Café. Raffle sales start soon and will continue until the week before the event.

All services are provided by volunteers, and all proceeds earned go back to the Unity North community. Hope to see all of you at Good For You!

## **LIVING YOUR PAST LIVES: KARMA 101**

with Karl Schlotterbeck

March 27, 2:00-5:00 PM

Cost: \$45

Sign up or call 763-754-6489 by March 23  
so handouts can be prepared.

**This is the first of two workshops on Karma and Past Lives with Karl. The next one is on April 3. 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(s) 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

April 3, 2:00-5:00 PM

Cost: \$45

Sign up or call 763-754-6489 by March 31  
so handouts can be prepared.

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.

## **THE MEANING OF HOLY WEEK**

April 4, 11 and 18, 7-9 PM

OR

April 6, 13 and 20, 10 AM -12 PM

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.

## PROSPERITY – WHERE THE RUBBER MEETS THE ROAD

with Nancy Helvig

Wednesdays: April 6, 13, 27, May 4, 11, 18 7:45 – 9:15 PM

Love Offering

Supplies needed: notebook, note cards (3 X 5 or 4 X 6), pen

Life has ebbs and flows. I have come to realize that where Prosperity is concerned it looks like...

Ebb = Basic needs are easily met

Flow = The extras in life

Overflow = Where we positively influence others.

Topics include:

- God is the Source
- Tithing
- Budget/Good Steward of \$
- Prayer/Affirmation
- Forgiveness

We will put the prosperity principles in action. When Cesar Milan, The Dog Whisperer, goes into someone's home to assist a dog owner, he wants the dog to misbehave. Only then can rehabilitation take place.

We will explore the beliefs that keep us from our good. We can then shine the Light of Truth on them and **claim our God-given birthright: Permanent Prosperity.**

"Nancy Helvig has gone from having her house in foreclosure to a comfortable lifestyle using the information and methods in this class. She helped me to claim my good and has now put this into a class for us all. This class is the practical application of all the prosperity classes held this winter." Ann Mongeau

## ARAMAIC YESHUA: THE INTIMATE REALIZATION OF THE CHRIST WITHIN

with Dale Allen Hoffman

**Saturday, April 9**

10 AM - 12 PM with a potluck afterward. Dale loves to talk at the potluck with those who come to his workshop.

Cost: \$30 & potluck item to share

**Five paid scholarships to this event are available on a first-come, first-served basis by emailing [amongeau@mm.com](mailto:amongeau@mm.com).**

Dale Allen Hoffman [www.daleallenhoffman.com](http://www.daleallenhoffman.com) (see his bio online) restores hope by returning esoteric Christian religious concepts to their ancient pre-Constantine, Semitic Aramaic roots. True Gnosis was never about the acquisition of information, concepts and “knowledge” but rather about the **direct realization** of the fountain of pure Consciousness flowing forth from within each and every one of us. Dale shares experiential insights and spiritual practices from Yeshua’s original Aramaic teachings in much the same way that his listeners may have understood them nearly 2,000 years ago.

Learning objectives:

Learn to recognize and identify the existence, function and nature of what Yeshua called **Apay**, which translates into English as “Veil, Mask, Persona, Hypocrite, Ego, Pain Body, Sake, Doorkeeper, False Face, etc.”

Learn practices to cultivate the release of unconscious identification with the Mask and to begin developing a healthy relationship with our own “Divine Play” (Hindu: “Lila”)

Learn practices to help return awareness to **Enana** (KJV: “I Am” or “I Am That I Am”), the center-point of True Being and the fountain of Consciousness which flows forth naturally from within.

**WHAT IS FAITH?**

**AND WHERE DO WE FIND IT?**

**HOW DO WE LIVE OUR FAITH IN TIMES OF UNCERTAINTY?**

**LIVING IN STRESSFUL TIMES, TIMES THAT SPEAK OF GREAT UNCERTAINTY, GIVES YOU WHAT MARK TWAIN SAYS: "THERE IS NO SECURITY IN LIFE, ONLY OPPORTUNITY!"**

Join author and inter-spiritual mentor Pamela King-Rediger for an experiential workshop on faith and risk.

**Saturday, April 16, 10:00 to 11:30 AM**

**Love Offering**

Pamela is the author of "**Loving Yourself Home**" where she describes the loss of everything she has known and how she found the grace to take the risk to find a new and happy life once again.

Pamela King-Rediger is an inter-spiritual-mentor-vital woman coach and a certified Artbundance-Coach. She is a writer and artist with past experience both as an entrepreneur and in the human service field. She has appeared on the Today Show on Kare 11 and has written a monthly column for the *Lake Minnetonka Navigator*.

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

## CALENDAR

### February

February 24, Family Table Meal, 5-6:30 PM  
February 27, Healing Services, 8:45 and 11:00 AM

### March

March 1-29 Tuesdays, The Twelve Powers Class, 7-9 PM  
March 4 Game Night (Adults), 5 PM-??  
March 5 Whole Grains Class, 10-11:30 AM  
March 6 Healthy Menu Planning Class, 1-3:30 PM  
March 9-30 Wednesdays, Nonviolent Communication Class, 7:35-9:15 PM  
March 10 Book Club at Caribou, 7 PM  
March 11 Spiritual Cinema, 7 PM  
March 11-13 Unconditional Love and Forgiveness Workshop (weekend)  
March 17 Insiyah Beckman, 7-8 PM  
March 19 Women's Gathering Celebration, 7 PM  
March 20 Grief: the Great Healer, 1:30-4 PM  
March 24 Family Table Meal  
March 26 Good For You Day; signup begins at 8:30 AM  
March 27 Living Your Past Lives: Karma 101, 2-5 PM

### April

April 3 The End of Karma, 2-5 PM  
April 4, 11, 18 The Meaning of Holy Week, 7-9 PM **(or)**  
April 6, 13, 20 The Meaning of Holy Week, 10 AM-12 PM  
Apr. 6, 13, 27 Prosperity Class, continues May 4, 11, 18, 7:45-9:15 PM  
April 7 Book Club at Caribou, 7 PM  
April 8 Spiritual Cinema, 7 PM  
April 9 Aramaic Yeshua Workshop (Dale Allen Hoffman), 10 AM-12 PM  
April 14 Insiyah Beckman, 7-8 PM  
April 16 Faith and Risk Workshop (Pamela King-Rediger), 10-11:30 AM  
April 17 Women's Circle, 7 PM  
April 17-24 Hosting Family Promise Families  
April 19 Newsletter Articles Due  
April 21 Elemental Communion, 6 and 7:30 PM  
April 22 Good Friday Service, 7 PM

April 24                      Easter services; potluck buffet; drumming to follow  
April 28                      Family Table Meal  
April 30                      Adult Day Rally

## **May**

May 1                      Healing Services  
May 13-14                  Rummage Sale

## **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  
Healing, Wednesdays, 5:30-7 PM  
Meditation/Recharge Service, Wednesdays, 7-7:30 PM  
CoDA, Thursdays, 6 PM

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