

# UNITY NORTHERN LIGHT – SEPTEMBER 2009 NEWSLETTER

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## FRONT PAGE

Dear Friends.

Good Heavens, I'm writing for the *September* newsletter! The kids are going back to school and we, as the Unity North community, are embarking on another adventure filled with joy and discovery.

Last year we participated in the Thriving in Unity program from the Association of Unity Churches. We met benchmarks in service, education, communication and best practice (in that case “green” practices). This year we will be using some materials and goals from the Association, and creating others for ourselves.

This year's theme is Peace and Plenty – Profound. We will be exploring these themes deeply – profoundly – as a community. There is much more to come on this!

After the Minnesota summer when we tend to “vacation” from the rest of life, we return to a world still stressed – searching for peace and meaning. While we are all in that world, we must follow Jesus' advice to not be *of* it. As we live and serve in peace and plenty, we automatically create a better world. When we add to that knowledge the joy of knowing ourselves as Christed beings, the potential for miracles increases exponentially!

We are about to make a great year!

Blessings,  
Carol

## BOARD MINUTES

Greetings from your Board!

Sadly it's time to say goodbye to summer. We had an unusually cool summer; hopefully this means we will have an unusually warm winter.

The Board met on August 9. Our major issue this month is a serious moisture/mold issue in the building. You may have noticed the blue tape with numbers on many of the walls. These were placed during a building inspection identifying the moisture content of the walls. We have several walls with high moisture content, and that could mean mold. Mold is a serious health issue for us all and especially Carol and Sara, who spend hours in their offices.

The inspector's report was reviewed and an action plan was developed:

Ask Mark to check the insurance policy to see if it covers mold damage repair.  
John and Matt are going to do spot checks of the high moisture areas by removing a square foot of drywall in those areas.

Grading before winter of some low areas that don't flow away from the building.  
Suggestion to have a grading party in late September is being looked into.  
John is going to start looking for contractors who do mold repair and perhaps start getting estimates.  
John is also looking into bids on gutters.  
Good For You Day is 10/17/09, and the proceeds from this event will go towards addressing the mold issue.

This may be an expensive project. To keep costs down, we would like to do as much of the work ourselves as we can. We need your help. In September we will be doing the exterior grading work. Many hands will make this project go quickly and easily and save us precious dollars. If you can help us by either organizing the day or working on the day, please contact any Board member. Watch for details and dates.

September 25, 2009, is the 90<sup>th</sup> anniversary of Unity in the Twin Cities, and there is going to be a celebration at the Golden Valley Country Club. Tickets are \$45 apiece and are available in the bookstore after services or from Rhonda.

Rhonda reported a meeting she had with the Compassion Action Network and learned more about the extent of the homeless problem in Anoka County. Specifically, she was troubled to learn there is no program for homeless teens in the area. She would like us to consider this group for our next tithing. She is also going to shadow the social worker and learn more about the problem and possible solutions we may be able to help with. Homelessness is a serious problem in Anoka county; over 1000 people are homeless. There is one shelter and little if no services for homeless youth. Please contact Rhonda if you are called to help in any way with this serious problem.

The parking lot resurfacing is complete. Thank you to Matt, John, Mark and John L. for all of their hard work and time seeing this project through.

Thank you also to the gardening crew for our beautiful grounds and flowers greeting us. It is a small crew, and they would greatly appreciate any help we can give them. They meet to work on the grounds every week after second service.

#### Treasurer's Report:

Cash flow report:

	June	July
Inflow:	\$ 7,805.11	\$ 8,309.70
Outflow:	<u>\$16,787.40</u>	<u>\$10,405.03</u>
Net	\$(8,981.84)	\$ (2,095.33)

As we typically see in the summer months, our inflow is lower than our outflow. We anticipate our income to increase within the next few months.

The Board would like to formally welcome Carol back from her well-deserved sabbatical and again thank Rhonda Steele for her outstanding job of teaching, comforting, leading and supporting our community.

Thank you from the Board of Trustees.

Mary Sorenson, Vice President

## **OUTREACH**

This month we are collecting infant items for Everyday Miracles. They need newborn-sized diapers, baby wipes, pacifiers, newborn clothes, baby size blankets and afghans. There will be a drop-off tub in the narthex.

The September Family Meal is Thursday, September 24. The sign-up book for volunteer opportunities will be on the Bookstore case in the narthex. The time is the same – 5:00 – 6:30 p.m. at Unity North Church. Everyone is welcome!

We want to thank everyone who brought in school supplies for CEAP (Community Emergency Assistance Program). They were very thankful for our support!

We also want to thank everyone who helps with the Family Table Meals. We are so grateful for your participation and support. Whether it is your time or tithing, all is appreciated.

Becky Haaf, Rhonda Steele, Kathleen Bailey, Mary Sorenson, Donna Snyder, Rick & Sue Bona, Althea Laska

## **CHILDREN'S CHURCH**

Fall is here and school is starting! Our children's church will be beginning officially on September 13. Each Sunday, please sign in your children between 10:45 and 11:00 a.m. After the service, come and sign them out prior to visiting with others. Thank you so much for your consideration in this matter.

We will be studying the Twelve Powers beginning with Faith.

Help us affirm the importance of our children by quickly and easily filling the three remaining teaching positions. Call Brenda Erickson today to sign up to teach two Sundays a month through May. Our teachers receive the curriculum, the support of a strong team and direction from Brenda, an experienced teacher. Teachers also receive a 10% discount at the bookstore on all materials purchased through the year.

Call Brenda for information.

Thank you!

Brenda Erickson  
Children's Church Director

## **ANNOUNCEMENTS**

### **YARD COMMITTEE**

Yard Committee will meet EVERY week after second service until September, weather permitting. We could use your help, even if you don't think you have a "green" thumb!

### **CREATIVE FEMININE ENERGY SOUGHT WOMEN'S GATHERING for 2010**

Seeking enlightened women to create one or more "women's gathering" for the enlightened women of Unity North Church during the 2010 year.

These have been celebratory events where we gather as women to celebrate and rejoice in our feminine form and spiritual consciousness. In the past these have included music, song, dance, drumming, food, and have ended in a women's circle for sharing our feminine voice.

If you are interested, contact Bonita at [abonitaname@yahoo.com](mailto:abonitaname@yahoo.com).

### **Women's Simply Song & Social**

Saturday, Sept. 5  
7:00-9:00 p.m.

Join us for a Simple Gathering of Women. We will raise our voices together in song and celebration with our guest musician, GERALYN SORENSON.

We will end our evening with a social time that will include A Decadent Dessert.

Bring . . . your Self.

Arrival begins at 6:30    Song begins at 7:00    Social time from 8:15-9:00

### **UNITY BOOK CLUB**

September 17—*Your Life Is Your Message* by Eknath Easwaren

## **FOOD MATTERS**

Friday, Sept. 11, 7:00 pm  
\$5 suggested donation

Let thy Food be thy Medicine and thy Medicine be thy Food"  
(Hippocrates)

That is the message from the founding father of modern medicine echoed in the controversial new five-star rated documentary film, *Food Matters*.

With nutritionally depleted foods, chemical additives and our tendency to rely upon pharmaceutical drugs to treat what's wrong with our malnourished bodies, it's no wonder that modern society is getting sicker. *Food Matters* sets about uncovering the trillion-dollar worldwide 'sickness industry' and gives people some scientifically verifiable solutions for overcoming illness naturally.

In what promises to be the most contentious idea put forward, the filmmakers have interviewed several world leaders in nutrition and natural healing who claim that not only are we harming our bodies with improper nutrition, but that the right kind of foods, supplements and detoxification can be used to treat chronic illnesses as fatal as terminally diagnosed cancer.

The focus of the film is in helping us rethink the belief systems fed to us by our modern medical and health care establishments. The interviewees point out that not every problem requires costly, major medical attention and reveal many alternative therapies that can be more effective, more economical, less harmful and less invasive than conventional medical treatments.

*Food Matters* is a must-see for those looking to take control of their health.

Recommended by

Christiane Northrup, M.D., author of *Mother-Daughter Wisdom, The Wisdom of Menopause and Women's Bodies, Women's Wisdom*

“Anyone who is serious about their health needs to see this stunning film.”

Jordan Rubin, NY Times best-selling author of *The Maker's Diet*.

“This eye-opening documentary is important to anyone who has ever taken the safety of our nation's food supply for granted. *Food Matters* is destined to be a classic.”

Ed Bauman, Bauman College: Holistic Nutrition and Culinary Arts

“*Food Matters* is to getting healthy as *The Secret* is to becoming wealthy.”

John Robbins, author of *Diet for A New America*.

“Outstanding”

John Gray, Ph.D., NY Times best-selling author of *Men are from Mars, Women are from Venus*

“Food Matters is a must-see for those looking to take control of their health.”

## **WE NEED YOUR HELP!!**

In order for Unity North to function smoothly and efficiently, it is imperative that the following guidelines be adhered to regarding church activities:

1. If you use the building, take care of it. This means turning off the lights when done (check the restrooms too), making sure A/C or heat is set appropriately. Pick up after yourself. Make sure the building is locked when leaving.
2. Sara doesn't know what to include in the announcements unless you tell her—"mind reading" is not a part of her job description. :-)
3. If you want a Sunday announcement, Sara needs to receive it (by phone, email, or note) by the preceding Wednesday, as that is the day the announcements are prepared.
4. Sara cleans the building on the weekend, and she works around any events that are scheduled—if she knows about them. This is another reason for notifying her of any planned activity. However, if your event is on a Saturday night, Sara won't be cleaning before Sunday services, so make sure you pick up.
5. When you plan a class or an activity, Sara needs to know the start and end date for that activity and which room you will be using.

**PLEASE DO YOUR PART—THANK YOU!!**

### **In-Home Book Study**

This fall, our in-home book study will be Deepak Chopra's *The Third Jesus: The Christ We Cannot Ignore*. From the book cover, we read:

"There is not one Jesus, Chopra writes, but three.

"First, there is the historical Jesus, the man who lived more than two thousand years ago and whose teachings are the foundation of Christian theology and thought. Next there is Jesus the Son of God, who has come to embody an institutional religion with specific dogma, a priesthood, and devout believers. And finally, there is the third Jesus, the cosmic Christ, the Spiritual guide whose teaching embraces all humanity, not just the church built in his name. He speaks to the individual who wants to find God as a personal experience, to attain what some might call grace, or God-consciousness, or enlightenment. . .

"Ultimately, Chopra argues, Christianity needs to overcome its tendency to be exclusionary and refocus on being a religion of personal insight and spiritual growth. In this way Jesus can be seen for the universal teacher he truly is – someone whose teachings of compassion, tolerance, and understanding can embrace and be embraced by all of us."

If you wish to host a six-week book study in your home, please leave at the church your name, number, location, dates and time you wish to make available. Participants will then be able to find the time that works best for them. This opportunity starts the week of September 20.

So many people were so pleased with this experience last year: I hope even more participate this year. (Last year we had 70+ people participating.)

### Looking Ahead:

Saturday, Oct. 3, is World Animal Day MN, which has been organized by our own Kathy Grimes. There will be music, speakers, playful education. This is a special honoring service for all animals and would make a great family event (free). Running ACES Harness Park, Columbus, MN, near Forest Lake. 10 a.m.—6 p.m.

## **GOOD FOR YOU DAY**

The date is set! Saturday, October 17, is our fall GFY! We already have many of our providers lined up. If you would like to volunteer or know of someone who would like to volunteer, contact Carol Seck, Rhonda Steele or Mary Sorenson.

For those of you who are new to our church community, twice a year we have a GFY day. Various providers such as energy workers, chiropractors, readers, etc., donate their time to this event. You sign up for half-hour sessions at an incredibly reduced rate. The benefit to you is that you get to sample some different modalities and do activities that are “good for you” while the church raises funds for a special project.

We will once again have the wonderful, tasty Unity Cafe, raffle tickets, gift certificates and a high energy, fun-packed day! Watch the narthex for all the details early in September.

The proceeds from the last two GFY days went towards the parking lot resurfacing project. We are planning on using this year’s proceeds to help alleviate our serious moisture/mold issue.

Join us for a day of fun and relaxation and help us keep our building a strong and safe environment for us all.

Good For You Day Committee

## **CALENDAR**

Every Sunday, YARD COMMITTEE 12:15 PM  
Sept. 9, Kick-off for World Day of Prayer, 7-8 PM  
Sept. 10, World Day of Prayer  
Sept. 11, Spiritual Cinema: *Food Matters*, 7 PM  
Sept. 13, Children's Church resumes  
Sept. 17, Book Club  
Sept. 24, Family Table Meal, 5-6:30 PM  
Sept. 27, Pet Blessing (church service)

Oct. 3, World Animal Day MN  
Oct. 17, Good For You Day

## **ONGOING**

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