

I N S I D E

Unity Classes, Small Groups & Events
Sunday Talks
Birthdays
Bookworm Corner
Community Events
Event Ads



UNITY CHRIST CENTER
i n e a u c l a i r e

Voices in Unity July / August 2011

We are an accepting spiritual community, learning and teaching Universal truths, and affirming God in each individual.

About Us

Ordained Unity Minister
Rev. Sandra McKinney

Sunday Service: 10:00am
Sunday School: 10:00am
(September-May)
Sunday Evening Service: 6:00pm

1808 Folsom Street
Eau Claire, WI 54703
Phone: 715-836-0010

Website: www.unityeauclaire.org
Email: unityec@sbcglobal.net

Silent Unity Dial A Prayer:

24-hour prayer vigil
1-800-NOW-PRAY
1-800-669-7729



Unity Worldwide Ministries

Unity Village, MO
www.unity.org
www.unity.fm/
(online Unity radio)



"The real voyage of discovery consists not in seeking new landscapes but in having new eyes."

--Marcel Proust

Spirituality involves living in the present. This is an essential necessity to master the art of living. When we worry about the future we create problems that may not occur. When we regret the past we waste precious time. It is only by focusing on the present moment that we can practice the essence of spirituality. In our highest meditation we go beyond time. Spirituality is not encumbered by ideas of the past and future. Spirituality

believes in the eternal now.

In the world there are teeming imperfections. There seems an endless list of problems. If we are not careful we could spend all our time finding fault and criticizing others. Our criticisms may be justified but they will never bring peace of mind. Furthermore, through criticizing the world we do not advance its progress even one iota. Spirituality teaches us to avoid judgment. Spirituality says we should not criticize the world but love the world and appreciate the good qualities of others.

"Judge nothing, you will be happy. Forgive everything, you will be happier. Love everything, you will be the happiest." --Sri Chinmoy

Spirituality does not require us to renounce the world. Spirituality involves acceptance. If we accept the world as it is, then we can help offer something positive to the world. If we wish to change the world, the great saints encourage us to first change ourselves.

Spirituality says that inner happiness comes from living not for ourselves but living for others. Our ego doesn't know real happiness; no matter how many desires are fulfilled we always want more. However through selfless action, through serving others, we can go from a limited human perspective to becoming aware of an extended reality, world peace.

To expand our consciousness is the real art of living. In the outer world we may know many things but spirituality shows us how to learn the only thing that really matters--Who am I? Seeking after wholeness is the Spirit's quest and yet what you are striving to become is what, by nature, you already are.

Celebrate summer!
Rev. Sandy

Unity Classes, Small Groups & Events

*All events take a love offering unless otherwise noted.
Group/class rooms can change--watch for notices.*

MONDAY

9:30-10:45am Yoga \$5
11-12am Book Group "Cellular Awakending"
6:00-7:30pm A Course in Miracles (1st & 3rd Mon.)

TUESDAY

9:30-10:45am Yoga \$5
6:00-7:30pm Book Group "Radical Forgiveness"
(begins Aug. 2, 7 weeks, none on 8/23)

WEDNESDAY

9:30-10:45am Yoga \$5
4:30-5:45pm Yoga \$5
6:00-7:30pm Book Group "Transition Now"

THURSDAY

10:30-11:45am Yoga \$5
5:30pm CoDA (open)
7:00pm A.A. Big Book (closed)

SUNDAY

10:00am Sunday Service
6:00-7:00pm Sunday Evening Worship

JULY FEATURES

7/7-7/8 Prayer Chaplain Training
(see ad)
7/10 Noon Dr. Thomas Roberts returns
with Workshop "Mindfulness"
(potluck before-see ad)
7/11 5:30pm Board of Trustees Meeting
7/29-7/30 Return to Wholeness Workshop
(see flyer at Unity)

AUGUST FEATURES

8/8 5:30pm Board of Trustees Meeting
8/26-8/27 Second Annual Unity Thrift Sale
in Black River Falls - (see ad)

MARK YOUR CALENDARS

9/8 World Day of Prayer
9/11 Unity 15th Anniv Celebration
10/29-11/17 Doris Kassera Quilt Show -
look for more information in
future newsletter
11/5 Soulscapes Workshop returns

Second Annual Unity Thrift Sale

Drop off items to Rev. Sandy:
715-858-3341

We will be transporting all items on
August 25th to NIK Meiers location in
Black River Falls for set-up.

Thrift Sale:
Friday, August 26 &
Saturday, August 27 - 8am-4pm

Volunteers needed for 4 hour shifts:
August 25 - Haul & set up
Aug 26 & 27 8am-12n & 12n-4pm

Come spend a day on the beautiful Black
River-- large pole barn protects
workers and items.

UCCEC 15th Anniversary Celebration September 11

10am Sunday Service/Sunday School
Guests: Alphonse & Eva from the
Village of Uru, Tanzania, Africa

11:30am POTLUCK

12:30-2:30pm In Community with our
Tanzanian Prayer Partners

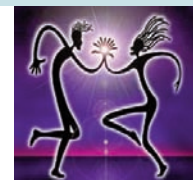
*Barbara Joye will facilitate a circle for expanding our
connection to global community thru our
partnership with ICBD Africa .*

**"Eyes wide open; hearts and minds experiencing
people to learn and to share"**

4pm "Standing for Peace" - Joining other
faith communities (more details next
month)

7pm Ecstatic Dance at Unity
w/drumming & African
music

www.itcanbedoneafrica.org



Sunday Talk Titles

- 7/3 Rev Sandra McKinney, Outdoor Service Unity Peace Garden
“Flower Communion”
- 7/10 Dr. Tom Roberts “Awaken To Your Life, A moment at a time”
Potluck ~ Workshop “
- 7/17 Rev Sandra McKinney “Freedom to Stand For”
- 7/24 Rev Sandra McKinney “Vacation from Scarcity”
- 7/31 Rev Lyle Schlundt “It is a Brand New Day”
- 8/7 Rev Sandra McKinney “Freedom to Experience Peace”
- 8/14 Ines Lancaster “Unity: My Transformation”
- 8/21 Rev Sandra McKinney “Make A Joyful Noise”
- 8/28 Rev Sandra McKinney “Enfolded In God’s Love”

Summer Music

- 7/3 Therese Schutte (singer/performer)
- 7/10 Kathy Johns (keyboard)
- 7/17 Mariah Rangel (singer)
- 7/24 After Dark Barbershop Quartet
- 7/31 Stoop Singers (mountain music)
- 8/7 Kathy Johns (keyboard)
- 8//14 Andrea Gustafson (Instrumental)
- 8/21 Lima Polka Choir
- 8/28 Congregation

Board of Trustees

Matt Anderson, President/Membership
715-210-5145, matthewca1977@gmail.com

Marion Standard, V.P./Membership
715-828-2498, momstandard@gmail.com

Jan Swanson, Secretary
715-579-2369, jswanson2336@charter.net

Marv Pueschner, Treasurer
715-832-1404, pushner@yahoo.com

Mary Jackelen, Facilities
715- 308-2424, marypeace21c@gmail.com

Sandi Anderson, Education
715-456-1391, dasandrson@gmail.com

Rev. Sandra McKinney, Worship
715-858-3341/836-0010
sjmckinney9@sbcglobal.net

July Birthdays

- 7/2 Wendy Garrett
- 7/6 Jo Perzel
- 7/15 Linda Marie Rogers
- 7/18 Mark Ruddy
- 7/20 Ruth Lovejoy
- 7/29 Sue Carlson
- 7/29 John Welch



August Birthdays

- 8/3 Kim Walker
- 8/4 Sandra McKinney
- 8/4 Rita Kubas
- 8/4 Joel Mikelson
- 8/14 Chris Hackelor
- 8/14 Judy Meinen
- 8/14 Will Rogers
- 8/15 Joyce Sobotta
- 8/16 Jody Hagedorn
- 8/21 Elizabeth Gerard
- 8/17 Jenny Nelsen
- 8/30 Kathy Boone

****July Sale 20% off Unity books -- August 20% off Children's Books*
Bookstore gift certificates available.**

Bookworm Corner

& other insundry things

*Welcome to Jacquie Staebell who is now assisting in the bookstore -
come browse to see her wonderful new touches.*



New to the bookstore:

- ~*Peace Pilgrim*: Says Rev. Sandy "My life changed dramatically when Peace Pilgrim's life story was shared with me. She spent the last 30 years of her life living from her passion for world peace."
- ~*Cellular Awakening*, Barbara Wren (book group on Monday morning)
- ~*A Course in Weight Loss*, Marianne Williamson (see book review below)
- ~*Transition Now-The End of Duality-2012 & Beyond* (Wednesday evening book group)
- ~Maya Angelou's *Great Food All Day Long*, Cookbook & Angelou wisdom: Patti states "Her wisdom is always entertaining as in this unique little cookbook encouraging seasoning and portion control. Yes, she's a meat eater but with good recipes and new vegetarian ones too. She has inspired me in a simple way."
- ~*Radical Forgiveness*, Colin Tipping (book group beginning in August)
- ~Unity totes, Prayer of Protection cards, I Am There pamphlets, Mandala prints, Jean's meditation CD's, St. Joseph Statues

For your information:

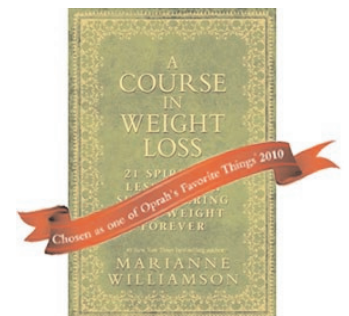
- ~Reserved books will be in back office on the bookshelf.
- ~CD's for checkout are now located with the lending library books.
- ~Check out our free publications: Edge Magazine, Volume One, Unity Prosperity Banks. They are located in the entry-way with the display of pamphlets.
- ~Please remove any out of date pamphlets/cards from our display area so we have room for current ones.
- ~Do you have books that have been checked out for a long time? We want to update our inventory so please return ASAP.
- ~If you need to keep a book from the lending library longer than a month, please renew it.

Book Review:

by Jacquie Staebell

If you think you may need help with healthy weight management, please read "**A Course in Weight Loss**" by **Marainne Williamson**. It has been a constant 'companion' since seeing it displayed in our Unity bookstore. Marianne dedicates her book to Oprah Winfrey who she says was her inspiration. It is teaching me ways to give up fears and turn to God for love and healing. Uppermost, I am beginning and will continue to love myself 'thin' or not thin!"

Jacquie



Community Events

In regards to all building rentals, we encourage you to call the number in the listing for further information and/or to register for these events. Events take place at Unity Christ Center unless otherwise noted. You may also look for additional information and sign-up sheets in foyer.



Small Gestures: Awaken to Your Life a Moment at a Time

Dr. Thomas Roberts, author of “The Mindfulness Workbook,” returns to Unity for a workshop on Sunday, July 10. A potluck will be held after church followed by Dr. Roberts’ workshop.

Small gestures will offer useful ways of living your life with mindful compassion. Of being more focused and alert to the flow of your life, we become more aware of not just *what* we see, hear, think, and feel, but more importantly *how* we see hear, think, and feel. Through day-to-day small gestures we make known the great patience, openness, and compassion that emanated from our heart.

This afternoon journey into the practice of small gestures will provide you with the opportunity to deepen your journey towards wholeness. By embracing the small gestures of moment to moment living, we bring patient, open, and compassionate awareness to all aspects of your daily life, allowing us to awaken to the ever present flow and basic kindness and connectedness that are the essential nature of our Being. Embracing our life as it is unfolding eliminates the need to overlay our experiences with the ways we *want* things to be: one great source of our suffering.

Thomas Roberts, LCSW, is a practicing Buddhist for over 30 years and is also owner and psychotherapist at Innerchange Counseling in Onalaska.

COMMUNITY TABLE FOR 2011

One way we serve our wider Eau Claire community here at Unity is to volunteer our time and our financial contributions to the Community Table program. This is also a fun and rewarding



experience for our volunteers. Contact

Howie Nelson at 833-9729
nelsenh@charter.net or sign up
at church for the following dates:
August 27
November 12

HELP US DEVELOP OUR RELATIONSHIP WITH TANZANIA

The second weekend of September Eva and Alphonse Ngowi will come to us from their village of Uru in northern Tanzania through our relationship with IT Can Be Done! development project. Here is another opportunity to develop relationship, this time with our world community. This couple will embody the access to clean water and economic development that their village is experiencing.

Help our social justice team plan and carry out a weekend of welcoming and learning about this progress. For background information go to [www. itcanbedoneafrica.org](http://www.itcanbedoneafrica.org), and their partnering NGO in Africa, Global Volunteers Programs, at www.gvp-tanzania.org.





**UNITY
EAU CLAIRE
NEEDS YOU**

Opportunities abound. . .

“I Volunteer”

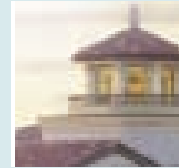
- * Altar Coordinator: Bring your creative vision to our Sanctuary
- *Sunday Treat Coordinator: Scheduling heart-healthy treats!
- *Greeters: Great way to meet folks new to Unity
- *Sunday School teacher: team up with a current teacher for training
- *Unity’s Social Justice Core Team
- *Newsletter folding (bi-monthly)
- *Adopt for Cleaning: i.e refrigerator, microwaves, kitchen cupboards, storage closet, etc
- *Gardens: weeding, planting, outdoor altar, mowing assistants, trimming, etc
- * Volunteer Coordinator (see Rev. Sandy)
- * Prayer Chaplains: learn the power of prayer

**PRAYER CHAPLAIN
TRAINING**

July 8th – 5-9:00pm

July 9th - 9am-4pm

Sharon Falter, our Prayer Chaplain Coordinator offers this session for new Prayer Chaplains in Unity’s program. If these dates don’t work for you, please let Shari know of your interest. sharianne@sharianne.net



Join Us in Prayer

**Together We
SHINE**
*We Are Channels Through Which
Spirit Illumines The World.*

**Unity World Day of Prayer
Thursday, September 8, 2011**

Consider this: Replace “Confrontation” with “Carefrontation”

Church Bulletin “bloopers” announced during service:

The Fasting & Prayer Conference includes meals.

The sermon this morning: ‘Jesus Walks on Water.’ The sermon tonight: ‘Searching for Jesus.’

**Choir Workshop
Sunday, August 28
11:30-2:00pm
Lunch included**



--Welcome singers and instrumentalists!



Radical Forgiveness

with *Sandi Anderson*

Tuesdays, 6:00-7:30pm

Aug. 2 ,9, 16, 30 & Sept. 6, 13

This book teaches the spiritual technology of Radical Forgiveness, a profoundly perfect 5-step process designed to heal wounds of Health, Financial and Relationship problems. You will discover how to transform emotions like anger, fear and resentment into unconditional love, gratitude and peace quickly and easily.

Sign-up sheet at Unity or phone Sandi for more details at 715-456-1391.

Book may be ordered in Unity bookstore.

Class Cost: Love Offering
+cost of book.



CURRENT GOALS FOR UNITY'S SOCIAL AND ECO JUSTICE STAND

Our team continues to conduct One to One interviews with Unity participants to listen to what social and environmental justice concerns we share and to deepen relationships in our Unity community. The role of our interviewers is to respectfully listen, ask open-ended questions, clarify your concerns with you, help you communicate what is important to you, and honor who you are. Sessions last about a half hour.

Our trained interviewers are Mari Jackson, Bonnie Golden, Sandi Anderson, Deb Walli and Mark Ruddy. We will do interviews before and after Sunday worship or at any time and place that works for you.

Guidance will be gleaned from these interviews to establish campaigns for justice in the future. Results may also determine what actions we join with to give us more power to advance our values. Unity's membership in JONAH (Joining Our Neighbors Advancing Hope) links us with 15 other Chippewa Valley congregations who may share our concerns. JONAH is one of ten such groupings around Wisconsin, comprising 140 congregations of 17 denominations.

Give us an opportunity to listen to you as we co-create a justice vision for Unity Christ Center.

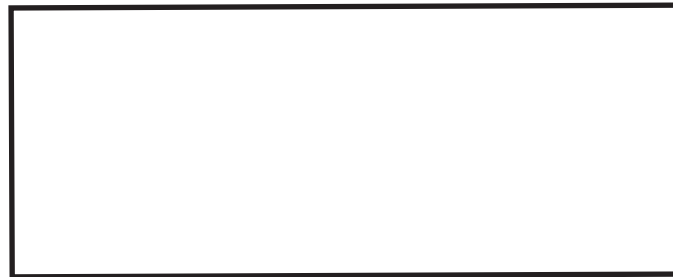
July/August 2011



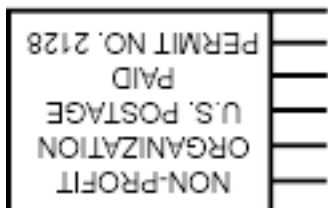
~2nd Annual Unity Thrift Sale, August 26/27. Drop off items to sell, help at the sale, buy new treasures!

~This newsletter is emailed to our email list and can also be found on our website. If you wish to also receive it or NOT receive it via snail mail, please let us know. Please also notify us of any address/email changes.

~Our facility is a great place to rent. Refer your friends. Contact the office for rental information.



to someone special...



RETURN SERVICE REQUESTED

