

FLYING HIGH NEWSLETTER

Volume 4 Issue 4

July / August 2016

INSIDE THIS EDITION:

DISCOVER YOUR PAST LIVES TO ENERGIZE THE PRESENT
TAKE A BREATH WORKSHOP • FRIDAY NIGHT CAMPFIRES

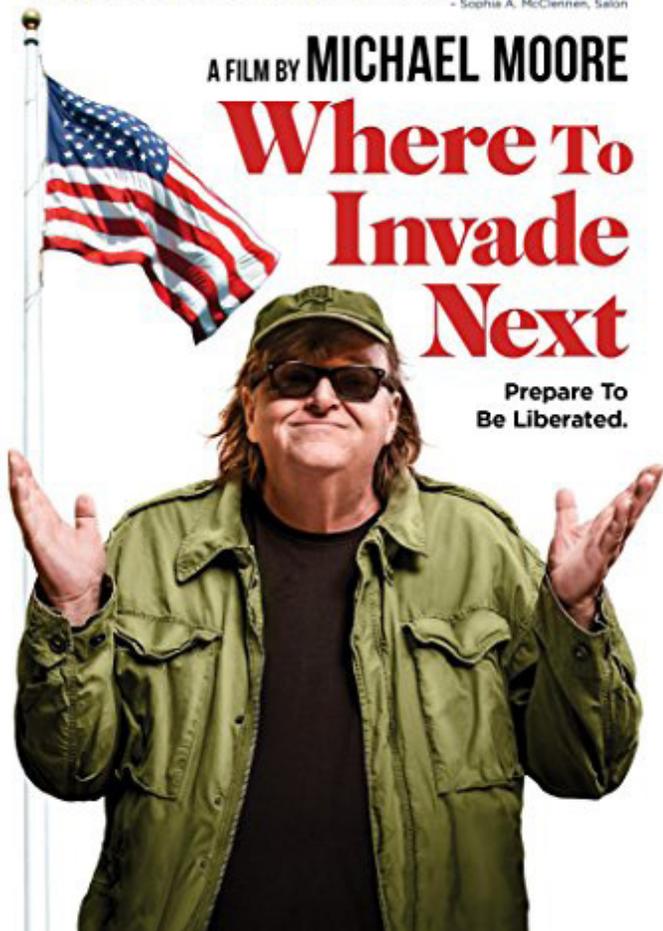
Pizza & Movie Night at Unity by the Shore

"HILARIOUSLY FUNNY! MOORE'S BEST YET."
- Sophia A. McClennen, Salon

A FILM BY MICHAEL MOORE

Where To Invade Next

Prepare To
Be Liberated.



Where to Invade Next (R) Friday, July 29, 2016

Where to Invade Next is a documentary produced and directed by Academy Award winner, Michael Moore. Moore travels throughout Europe to discover best practices in countries that operate from a consciousness of “we” rather than a consciousness of “me”. This movie is eye-opening, funny, and emotionally moving.

In my view, it's one of the most genuinely, and valuably, patriotic films any American has ever made.

~ *Godfrey Cheshire*

Fabulous! ~ *Marianne Williamson*

Pizza served from 5:30 – 6:30pm
Movie promptly begins at 6:30 (2 hr.)

Please note that Friday Night Campfire
will follow the movie

Pizza and Movie \$10

Movie only \$5

A Message From Our Spiritual Leader

*“How am I showing up right now?”
“How can I be the Light in this situation?”*

Shock, horror, devastation, death tolls, political rhetoric, financial instability, terrorism and xenophobia are just a few of the themes that have dominated the news throughout the world during the past few weeks. The mass shooting in Orlando, the tragic flooding in West Virginia, the rash UK vote to leave the European Union, and the political infighting and gridlock in our national government has shaken up our souls individually and collectively. The mass consciousness of humanity has been permeated by waves of insecurity, instability, anxiety, and fear. Disturbed by these events many wonder, “What is this world coming to?”

Remaining spiritually grounded during such times can be challenging for even the most dedicated Truth students. Principle One of Unity’s teachings professes that God is the source and



creator of all. There is no other enduring power. God is good and present everywhere. Many may ask, “If God is all there is then how could such horrific things be happening, and where is the good in all of this?” In John 7:24 Jesus reminds us, “Do not judge by appearances, but judge with right judgment.” Here Jesus is telling us not to evaluate circumstance through the worldly lens of our five senses and through the consciousness of fear, scar-

city, and separation. Instead the Master Teacher proclaims that we must live centered in the consciousness of Oneness viewing events through the discerning eye of the Christ within. In John 16:13 Jesus spoke of overcoming the world. He reminded us that we live simultaneously in two realms, the physical and the Absolute. In the physical realm we experience tribulation and impermanence.



Angela's message continued

Since God is Allness itself we can never be separate from Divine Potential, therefore, we always move and breathe and have our very being in the Realm of All-Sufficiency and Absolute Good.

So, how can you rise above the pain and suffering and live from the consciousness of All-Sufficiency and of Love? Now more than ever it is important to not only be well versed in Spiritual Truth, but to step out in Divine Faith and live the Truth despite what is going on in our lives and all around us. Here are some ways you can put Spiritual Principle into action:

1. Release the practice of complaining and being critical of situations and people. When you join in the energy of fear and separation it individually and collectively intensifies. When you want a camp fire to stop burning you do not add another log or more lighter fluid to the fire. Every thought, word, and act that carries the vibration of cynicism, criticism, resistance, and worry ignites the experiences we disdain.

2. Look for and know Good exists. As you move through the day look for the "good" and the light. Thousands of people every day are doing incredible things to make a difference. What you focus on you will experience. Additionally, conflict and chaos or creative tension is a sign that new life desires to emerge. It seems that the old patriarchal paradigm of greed, competition, dominance, control, and inequality is crumbling right before our eyes. Hooray! Let us hold the knowing that we are birthing harmony, inclusion,

cooperation, and equity into our collective experiences. How painful the birthing process will be is dependent upon the consciousness held by humanity. Science has shown that it takes only 10% of a population to hold a thought or an idea to affect change and shift the majority.

3. Be the Love and Light you seek. Throughout your day it is important to use affirmative prayer to help you live from the inside out and to remain centered in the consciousness of Oneness. To pray without ceasing you must know that it is not enough to utter words of Truth but to be them. It is very tempting and commonplace for many to resist and retract into their own little worlds of created comfort and safety when dreadful things are occurring. Again when you resist the very experiences you don't want persist in your life. In order to truly experience Divine Love and Life you must engage in acts that emulate this vibration. Throughout the day ask yourself these questions: "How am I showing up right now? How can I be the Light in this situation?"

Dear friends, these are just some ways you can remain vibrantly alive, compassionate, joyous, and strong during times that seem to be daunting. Together let us courageously and powerfully bring the Light!

Love and light,
Angela Denton MA; P.D. MFT; LUT
SPIRITUAL LEADER



Left, new members induction ceremony. Right, fountains at Unity Village.

Our President's Message

By Angie Stewart

Summer days are here! A time for long, warm nights, days in the sunshine, and time spent with family and friends. A time for taking things easy and slowing down a bit. There are so many blessings to be enjoyed during this time, but sometimes in the stream of life, I forget to remain in the moment, in the here and now, to recognize the holy moments that give me sustenance. And I wonder why I feel depleted and drained some days! But with the beautiful, special people in my life who remind me that I am Light and Goodness and all is well and perfect, I remember that I sail and soar with Spirit every day!

I am also so very grateful for the Unity by the Shore Board for their time, talents, and tithes to this



special community. Collectively and individually, their ongoing commitment and love to this community shows me gratitude in action. I am also blown away by each congregant member for his or her special gifts that contribute to this community. We are blessed to have so many gifted and talented individuals who give of themselves and we are enriched by them all. Everyone at UBTS is an integral thread woven into this beautiful tapestry that is Unity by the Shore. You all

should be proud of this sacred place we have co-created. Thank you, Spirit!

Yours in Peace,

Angie Stewart

PRESIDENT - BOARD OF TRUSTEES

"Summer afternoon—summer afternoon; to me those have always been the two most beautiful words in the English language." — Henry James

Our Children's Ministry

By Sally Kurth

On June 13th the Unitots and Unikids enjoyed watching the movie "Inside Out" for their movie night with pizza and ice cream :) It was a lot of fun! Thank you Steve Dlugosz for playing the movie for us and always helping us out with your amazing audiovisual skills.

On Sunday, June 26, we had an awesome time learning Kinesiology (muscle testing) from Dr. Sharon Rasa. What an amazing gift for our youth to experience muscle testing and honoring their spirit by trusting the wisdom of their own bodies. Thank you, Dr. Sharon!

The summer youth program will be starting on Sunday July 3rd through Sept 4th. Many thanks to those who signed up and volunteered to co-create with our youth over the summer to give the teachers the summer off. Thank you teachers who co-create with our youth through the school year. It takes a village to raise a child, a spiritual village! We love and appreciate YOU!



Abundant blessings for a fun filled, relaxing, and joyous summer!

WORKSHOPS

Discover Your Past Lives to Energize the Present

Saturday, August 20th • 1:00 – 3:00



An overview of Past Life Regression and the healing benefits of bringing subconscious soul memory to conscious awareness. Soul Trauma Healing is a 21st Century version of Shamanism. Learn how blocked chakras can affect mind, body and soul and once cleared, can propel you forward, increase intuition and aid in physical recovery. 3 members of the audience will be chosen to experience a mini Soul Trauma Healing. **Cost: \$35**

Register at: www.unitybytheshore.org/discover-past-life/

Elissa Bentsen is a former psychotherapist and has been the Executive Director of several United Way agencies in Florida. She is a certified hypnotist specializing in Past Life and Life Between Life Regression. Ms Bentsen has studied with Dr. Brian Weiss and is the recipient of the 2014 & 2015 Natural Awakenings Magazine "Nattie" award for Best Energy Healer. She teaches Soul Trauma Healing and Emotional Freedom Techniques to those who wish to use the technique for self, family & friends or for Professional Certification. She is also a certified remote healer and has studied with Dr. Russell Targ, the former Director of the Stanford Research Institute and Reiki practitioner.

Breathing: The Gateway to Health and Well-Being

Sunday, July 17th at 12:30

The L Breathing Technique by Laurence Brock, DSS



*Life is as easy as
breathing in and out*

A simple and unique method that creates health and well-being. L Breathing enhances "taking a breath" to increase your vitality and joy. It is common knowledge that breathing helps manage pain and relaxes the body, mind and emotions. Scientific studies show the benefits of breathing in increasing brain function and athletic performance, better sleep, reducing stress, weight loss and recovering physically, emotionally and mentally. Each person will experience the L Breathing technique and learn how to integrate this wonderful, effective tool into their daily life. Learn to eliminate pain, release unwanted thoughts and emotions and increase mental focus and joy

Everyone attending will receive a private L Breathing session with Dr. Brock and the L Breathing e-handbook.

Love donation of \$10 is suggested. All proceeds will go to Unity by the Shore.

SUMMER 2016

FRIDAY NIGHT CAMPFIRE

FAMILY FELLOWSHIP AROUND THE CAMPFIRE

Designed for all ages. Begin the evening with a short Mindfulness Practice. Then break out the marshmallows and graham crackers, sit back and enjoy an evening under the stars.

Campfire Lighting 7:30pm

Mindfulness Practice

Bring your cooler and lawn chairs

Don't forget the marshmallows!

Fun for the whole family!
Bring your friends!

Fridays 7:30pm
June 26th – Sept 4th

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PROSPERITY
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APRIL

Income..... \$27,604
Expenses..... \$13,105

UWM: \$1380.21
E.Reg: \$690.11
SEEFund: \$276.04
Discretionary: \$414.06

MAY

Income..... \$17,080
Expenses..... \$15,581

UWM: \$854.03
E.Reg: \$427.01
SEEFund: \$170.81
Discretionary: \$256.21

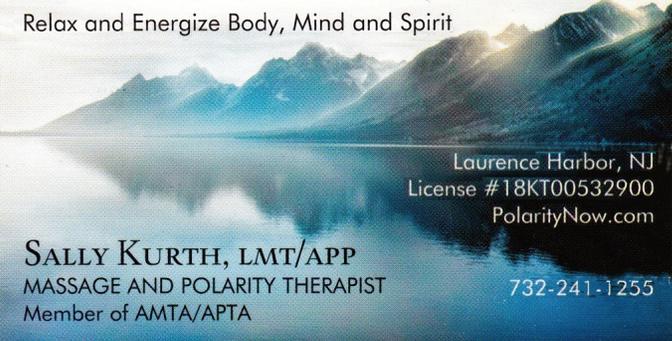
Classifieds

Place your ad here. **Flying High** publishes 6 issues a year and is mailed to approximately 200 readers. 95% in New Jersey with 90% in Monmouth and Ocean Counties. It can also be viewed on our web site: unitybytheshore.org. Rate for yearly listing is \$50.00. Rate for one issue is \$15.00. Contact **UBTS** at **732-918-3395** to place an ad or for additional information. Appearance of an ad here should not be construed as an endorsement by Unity By The Shore.

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3508 Asbury Avenue
Neptune, NJ 07753

OUR MISSION STATEMENT

UNITY BY THE SHORE

is a vibrant community, supporting spiritual growth through awareness of God's presence within and the teachings of Christ Jesus.

OUR CORE VALUES

SPIRITUALITY

We are centered in Christ consciousness

ONENESS

We are one in spirit

INTEGRITY

We act with honesty, openness, and commitment

LOVE

We embrace all people as expressions of God

SERVICE

We are joyful stewards of God

CONTACT US

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Church Service and Children's Church
at 10:30 a.m. on Sundays

BOARD OF TRUSTEES

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Unity By The Shore is a member of the Unity Worldwide Ministries and is affiliated with Unity School of Christianity, publishers of *The Daily Word*.