

FLYING HIGH NEWSLETTER

Volume 7 Issue 2

March/April 2017

Absolute Abundance

Pathway to Permanent Prosperity

Tuesdays, March 28th - May 30th 6:30 - 8:45 PM

Facilitated by Angela Denton MA;P.D. MFT; LUT

Fee: This course will ask participants to commit to a tithing practice.

Would you like to...
Increase your income?
Be present in the moment?
Have harmonious relationships?
Create work that is satisfying?
Experience healthy and vibrant living?

**Absolute Abundance is about
exploring all of these things!**

In this 10 week course created by Rev. Dagel you will expand your awareness of the prosperity that is all around you and release the beliefs, the behaviors and the habits that are blocking your good.

You will receive a blueprint on how to co-create richly abundant experiences in all areas of your life. Absolute Abundance is an interactive and creative class that is not only fun, but also includes a variety of exercises, videos, games, and readings.

Advanced registration is required and will close after the second week of class. For more information or if you are interested in signing up go to <http://www.unitybytheshore.org/absolute-abundance-pathway-to-permanent-prosperity/> to register and pay \$50 for class materials or sign up in person at UBTS, 3508 Asbury Ave, Neptune, NJ 07753 unitybytheshore.org
732-918-3395



A MESSAGE FROM OUR SPIRITUAL LEADER

A Time of Reflection, Release and Radiance

By Angela Denton

Meatless Mondays is a mainstream global observance that has gained popularity with many individuals. This practice allows us to reduce our carbon footprint, thereby, saving precious resources like fossil fuels and fresh water, as well as, reducing our risk for diseases, such as, cancer, diabetes, cardiovascular disease and obesity. Growing up in the Catholic Faith during the season of Lent I can recall observing meatless Fridays. The purpose of this ritual was created to remind individuals of their duty to sacrifice and abstain from the “sins of the flesh”. As a young child and even as a young adult, I was a faithful observer of meatless Fridays and to be totally honest it was not a sacrifice at all. In fact, I thoroughly enjoyed it! Fridays meant that homemade pizza, pasta fagioli or another pasta dish, potato and egg omelets on crusty semolina bread, and many other Italian soul food delectables would be on the menu. My home was filled with heavenly aromas of garlic, basil, and fresh baked pizza and calzones. Fridays were more characterized by indulgence than sacrifice and repentance, although I would feel guilty if I forgot what day of the week it was and ordered a turkey sandwich or a burger for lunch. Throughout the years, how many religious practices have you observed without them having had any significant ability to change or transform your life?

Charles Fillmore, co-founder of Unity, professed, “Lent, is a church institution embodying an exalted idea, the idea of cleansing and disciplining both mind and body toward the end of making them more receptive to the Christ ideas. Like many other religious practices it is too often observed in letter but not in spirit.” So how is one to live the spirit of the law of cleansing and disciplining and abstaining



from the sins of the flesh?

The metaphysical meaning of abstaining from the sins of the flesh is to cleanse one’s consciousness from error thinking and ways of being that are rooted in the fear based conditioning of our egoic selves. Our consciousness is made up of our thoughts, beliefs, emotions, and behaviors. So to cleanse yourself from erroneous thinking means to release from your life beliefs, words, and actions characterized by judgmentalism, criticism, scar-

city, selfishness, self-condemnation, competition, discrimination, defensiveness, and all other forms of fear and separation.

Fillmore reminds us it is not only important to eliminate from our consciousness fear based ways, but we must be spiritually disciplined to embody our Divine Potential. Within us all are 12 Divine Attributes: Faith, Strength, Understanding, Wisdom, Love, Dominion, Will, Imagination, Zeal, Order, Elimination and Life. During the season of Lent, it is a good opportunity to select one or two of your spiritual powers to consciously activate and bring forth their Divine Potential.

On Ash Wednesday, during our white stone ceremony you will be given an opportunity to reflect on what you desire to release from your experience and to select one of your 12 Powers to embody this Lenten season. If you are not able to participate in the Ash Wednesday service, I invite you to practice the ritual of release and conscious, intentional embodiment of your Divine Potential. In the words of Charles Fillmore I challenge you to, “Let the God within you express itself as you in the world!”

Love and light,

Angela Denton MA; P.D. MFT; LUT

SPIRITUAL LEADER

OUR PRESIDENT'S MESSAGE

When you rush through life it becomes a race, but when you enjoy each moment, it becomes a beautiful journey ~ Anonymous

By Gwendolyn Lewis

In the last 5 years I have been blessed to serve as Vice President of our board and community. This has been a welcome challenge, a test of endurance, a growth in faith and an increase in love. The lessons that you taught me through wisdom, knowledge and new understanding are gifts I will carry into the future. My gifts of tolerance, fortitude and listening have hopefully enriched your lives. With love in my heart, I welcome the position of President and ask my God within to guide me as I guide you.

We look forward to tomorrow with the knowledge that yesterday leads us to where we are, and without those who came before us we could not reach these new heights. Our blessings and gratitude go out to our past President, Angie Stewart, for the four years of service she graced us with. She now enters her next phase of her life. The wonderful guidance and teachings that she has bestowed upon all who have had the privilege of working with her will be the building blocks of tomorrow.

We are entering a new season with new things to come. The newly assembled board was voted in by our membership at our annual meeting on January 29th, 2017. Our transition began immediately by welcoming and choosing our newly elected officers:

- President - Gwendolyn M. Lewis
- Vice President - Edy Chartier
- Treasurer - Mary Vercande
- Secretary - Tom Sciro
- Members - Valerie Wake-Evans and Dina Ridout
- Alternate - Charles Kirlaw



I have an amazing team that will set high standards to support the vision and growth of our church community. The 2017 board is excited and enthusiastic about their new ministry. As we spring into the future, secure your seat belts my friends, for we are entering the road to laughter, love, joyfulness, song and generosity. Our new board will be inducted on March 19, 2017. Will you join in giving them the highest praise with your presence and support at our Sunday Service?

Our Board sponsored events over the next several months that you may not want to miss:

March 19th: Board Induction

March 26th: Revisiting Auction

April 1st: Hues of You

April 23rd: Revisiting Auction

I am truly honored and blessed to be of service to such a loving and serving community.

*KEEPING THE FAITH ON HIGHER GROUNDS,
PEACE AND LOVE,*

GWEN

BOARD PRESIDENT

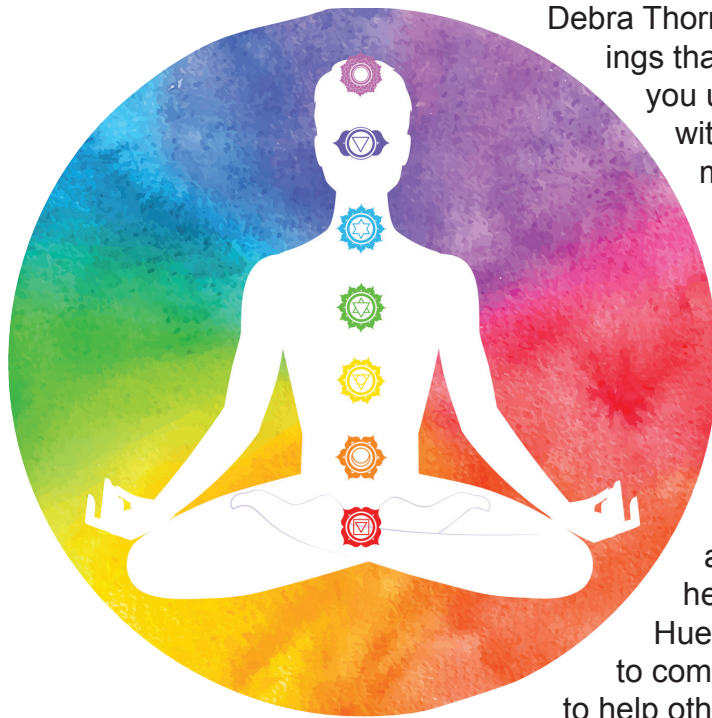


WORKSHOPS

HUES OF YOU!

**Saturday-April 01, 2017
10:00 AM-5:00PM**

Have you ever wondered what your aura looks like?



Debra Thornton from Hues of You, is offering readings that delve into your mind and body to give you unique insight into your life-complete with a picture of your hues, a report of the meanings of your colors and their positions.

Debra Thornton, a Usui Reiki Master, is a gifted Clairvoyant and has been active in the metaphysical field for more than 14 years. As a Reiki and a psychic, Deb became fascinated with auras, chakras and energy.

She understands the power that energy plays in our lives every day and has made it part of her life's work to help others tap into this powerful asset.

Hues of You is the perfect venue for Deb to combine her talents with her innate ability to help others. Your reading with her is sure to be informative, interesting and helpful! Huesofyou.net

Aura photo with a 3 page report and interpretation: \$40.00

Aura photo & chakra reading with a 5 page report \$50.00

All sessions are approximately 20 minutes long.

Sessions are by appointment only and require a \$10 deposit to reserve your spot. If interested please contact us at office@unitybytheshore.org to sign up.

Forty percent of the proceeds will support UBTS building operations

Your interactive aura reading experience awaits you!

WORKSHOPS

REMAINING CENTERED DURING CHALLENGING TIMES

**Bhante Wimala comes to Unity by the Shore
March 5, 2017**

Unity by the Shore is delighted to welcome Bhante Wimala to our spiritual community on March 5, 2017. Bhante will conduct the 10:30 AM service and a workshop from 1:00-3:30 PM entitled, "Remaining Centered During Challenging Times." Bhante Wimala has been a Buddhist monk for 45 years. He is a world renowned spiritual teacher and humanitarian. Since 1986, Bhante Wimala has been the Chairperson and Spiritual Director of Triple Gem Buddhist Society, the Center for Conscious Evolution in Princeton, New Jersey. In Europe, Bhante is the founder and spiritual teacher of the Samadhi Buddhist Meditation Centre and the founder of the Lotus Buddhist Center in Prague. Additionally, Bhante is the Chief Monk and Spiritual Director of

Nairobi Buddhist Temple in Kenya.

Bhante is the founding director and spiritual advisor of Prison Ministries, a ministry that provides educational and support programs in many state prisons in the United States. Bhante has received numerous awards for his peace and humanitarian efforts. Among them are: The Global Peace Award, The Ambassador for Peace Award, and The Health Services Excellence Award.

Unlike most monks who wander in their homelands or live ascetically in monasteries, Bhante has been called to spend his life traveling over the world to teach and to heal and to bring peace to the people of our planet.

To meet Bhante Wimala is to have his realness confirmed by your eyes.

One delights in his youthful smile and bright eyes, his gentle nature, his calm yet purposeful strength, and his love of life and all living beings.

We hope you come and join us on March 5th to be enveloped in the Light of Bhante Wimala.

To register for the workshop go to <http://www.unitybytheshore.org/remaining-centered-during-challenging-times/>. Workshop Fee: \$26

OUR CHILDREN'S MINISTRY



By Sally Kurth

What a powerful performance of *"The Terrible Things"* from our youth and adults during our multigenerational service based on intolerance and fear. The baby rabbit, Jameson said it so beautifully...

"I wish we had stuck together, maybe things could have been different."

They did an amazing job reminding us to be the light in this world and to be an "up-stander" and not a "bystander" when faced with injustice.

Jesus told us to Love one another and to treat others the way you want to be treated. Bravo, Bravo!!

Our Y.O.U. and Uniteens will be serving a delicious breakfast fundraiser on Sunday, March 19th immediately after service.

Suggested love offering is \$5 per person, \$10 per family. All money raised will go to sending our youth on upcoming retreats and rallies. If you are interested in donating breakfast meats, fruit, bagels, juice, quiche, and/or vegetarian items please contact me at 732-241-1255 or in person.

Thank you for all your love and support!

We love you, we bless you, and we behold the Christ in you!

Sally XO



BIDDING AUCTION MARCH 26th & APRIL 23rd

Hello, fellow members! The auction team is looking for any new items that can be revisited to someone. Your unwanted or unneeded piece might be someone else's treasure. Also needed are your old decks of cards, unwanted gift bags, and new tissue paper

Let us pass it forward!

Thanking you in advance - The Fundraising Team


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.

Please Visit:
Unitybytheshore.org
*for the latest **Flying High** newsletter, events
 and other Church information*



Relax and Energize Body, Mind and Spirit



Laurence Harbor, NJ
 License # 18KT00532900
 PolarityNow.com

SALLY KURTH, LMT/APP
 MASSAGE AND POLARITY THERAPIST
 Member of AMTA/APTA

732-241-1255

New to Our Website!



Unity by the Shore
SHOP, SAVE, and GIVE
www.UnityByTheShore.org/shop

This is a wonderful opportunity for you to purchase goods and services in a way that supports your spiritual home and saves you money along the way!

Every time you purchase goods and services, make sure to **FIRST** stop at our shopping portal, click the link to the vendor of your choice, and do your shopping.

www.unitybytheshore.org/shop






Traci Lins
 341 Mantoloking Road
 Brick, NJ 08723

Gwenboop
 Unique Gifts & Craft Creations

- Full Line of Betty Boop Gifts
- One-of-Kind Wreaths & Swags
 - Egyptian Figurines
- Gift Baskets • Statues • Pedestals

610.470.4938
Gwenboop@aol.com

**Lose Weight – Get Into Nutritional Balance
 – And Do It For Free**

Live long. Live healthy.



Brought to you by **ISAGENIX**

**Call today to get started on a
 Life Transforming Program – 732.298.0900**

C PROSPERITY R N E R	DECEMBER		JANUARY	
	R \$\$\$\$\$\$\$\$\$\$ N \$\$\$\$\$\$\$\$ E \$\$\$\$\$\$ R \$\$\$	Income..... \$13,435 Expenses..... \$15,203	Income..... \$12,643 Expenses..... \$12,492	UWM: \$671.77 E.Reg: \$335.89 SEEFund: \$134.36 Discretionary: \$201.53



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

UNITY BY THE SHORE

3508 Asbury Ave., Neptune, NJ 07753

Phone: 732-918-3395

Fax: 732-918-8457

E-mail: unitybytheshore@aol.com

Web Site: unitybytheshore.org

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

BOARD OF TRUSTEES

President: **Gwen Lewis**

Vice President: **Edy Chartier**

Treasurer: **Mary VerCande**

Secretary: **Tom Sciro**

Member: **Valerie Wake-Evans**

Member: **Dina Ridout**

Alternate: **Charlie Kirlew**

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*.