

## FLYING HIGH NEWSLETTER

Volume 7 Issue 3

May/June 2017

WELCOME DR. JON MUNDY

# Healing the T(error)ist Within



**SUNDAY, JUNE 18, 2017**

**10:30 am Morning Message**

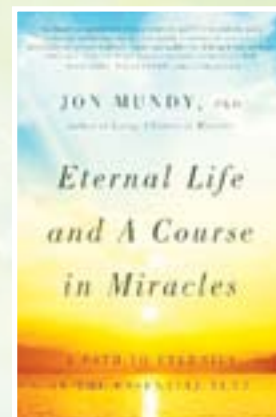
**Followed by a 1 to 4pm Workshop:  
Leading A Guided Life**

Workshop: \$25 Suggested Donation

No one turned away who cannot pay

For Info or Directions: 732-918-3395

Dr. Jon Mundy is an author, lecturer, the publisher of Miracles magazine and the Executive Director of All Faiths Seminary International in New York City. He taught courses in Philosophy and Religion from 1967 to 2008 at the New School University and at the State University of New York with specialization in the The History of Mysticism. Jon is the author of 10 books. His last three books are published by Barnes and Nobel include: *Eternal Life and A Course in Miracles* (2016), *Lesson 101: Perfect Happiness* (2014) and his best-selling book, *Living A Course in Miracles* (2012) now in 8 languages. Order now at Amazon.com or Barnes & Noble  
[MiraclesMagazine.org](http://MiraclesMagazine.org)



## A MESSAGE FROM OUR SPIRITUAL LEADER

AN AWAKENED LIFE

By Angela Denton



Like many spiritual mystics, Charles Fillmore, co-founder of Unity, professes that our life's purpose is to awaken from our slumber, discover the Power of our innate Divine Nature, experience the Love and Joy of our being, and to be a force of Light and Love in the Universe. The spiritual path of awakening is not for the faint of heart. In *The Hero with a Thousand Faces*, Joseph Campbell calls one who is willing to awaken and courageously transcend societal domesticated group mind a hero. He explains, "During our life's journey, as with every hero's quest, we have to suffer certain losses, leave the predictable comforts of home, and set out into unfamiliar terrain to realize our dreams. Along the way, the hero inevitably meets with dragons that block the way. Usually, her/his quest takes the hero into dark places to do tremendous battle with unseen forces for hidden treasure. Out of these struggles the hero emerges with a grail of jewels or wisdom that he/she shares with others."

To say yes to the quest means you are willing to live your life fully conscious and to courageously make choices that beckon you to boldly embody your spiritual gifts and to live from the consciousness of Oneness. For many, this will require you to leave behind ways of being that are comfortable and familiar. Living a life of Truth will demand you to be honest with yourself. You must be willing to take a fearless inventory of your life and to release where you have been out of integrity and playing small. Once you look, see, and tell the Truth about where you have been living from fear, lack, jealousy, envy, hatred, resentment, greed, control, unworthiness and any other form of not "enoughness" you will be summoned to make amends with yourself and others. The act of forgiveness will stare you in the face again and again. You will be called to let go of deep pain and suffering caused by the betrayal, abandonment, selfishness, abuse, and deceit of "others". Some of whom are your closest family members and friends.

It will no longer feel comfortable to engage in gossip or to stand in judgement of yourself and others. Yes, even of our politicians. Your higher self will beckon you to challenge discrimination, violence,

injustice, and selfishness in your behavior and in the behaviors of your friends, family members, community members, and institutional leaders. Challenging the consciousness of separation does not mean you have to fight or attack back with harsh and violent rhetoric and actions. It means you will embrace Principle and take action to bring about changes that are characterized by fairness, equity, empowerment, respect, dignity, and Love of our planet and all of humanity.

Living a life full on engaged as a spiritual warrior requires you to be stretched out of your comfort zone again and again. At times, this may seem daunting and downright exhausting. Some days you may even wish you could meet up with the character Morpheus from the 1999 movie *The Matrix* and ask him to give you the "blue pill" so you can just blissfully fall back asleep for a couple of days, weeks, months, and even years.

When fatigue sets in remember two things. First, know how important it is to take time to retreat as the Master Teacher, Jesus demonstrated again and again. Taking time to rest in the stillness of your Being and to take respite in the beauty and Power of nature does wonders for the weary soul. Lastly, individuals who embark on a hero's journey long enough will begin to experience a deep sense of passion, as an authentic sense of purpose wells up inside of them, and they truly discover what it means to be Alive! There is no greater joy than experiencing your Divinity as you open your heart up and boldly dare to rise up in all of your Glory to be what you came here to be, the Powerful embodiment of the Divine and a Universal Force of Goodness.

*"Once the soul awakens, the search begins and you can never go back. From then on, you are inflamed with a special longing that will never again let you linger in the lowlands of complacency and partial fulfillment."* John O' Donahue

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

## OUR PRESIDENT'S MESSAGE

"Ye shall know them by their fruits" Matthew 7-16

By Gwendolyn Lewis

Thank You God for the 9 fruits of Spirit: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self Control. Spring brings forth rebirth and growth. Everything in life is a gift. We can choose to keep our gifts or share them. This time of year the fruits of nature are bountiful.

The summer fruits nourish our bodies. The celebration of Easter nourishes our soul. The question to ponder is "Where are our fruits and how do we nourish others as well as ourselves?"

Do we carry a smile with us throughout the day? Is this your fruit?

Our youth need strong standards to live by. Is our example our fruit? Are our fruits growing? Are we feeding our Good? How do you make your garden grow?

Our community is awakening with a new birth. Our Revisiting Auction in March brought in \$1,009.00. We thank Mary and Kathy Vercande for the renewing and beautification of our landscaping.

New life being born in and through our community functions. "Let us partake in the fellowship and fun."

- You First Fitness Class Thursdays in May and June
- Pride Fest June 4th
- 50/50 Raffle June 25th
- Bring a Friend Ice Cream Social
- Revisiting Auction July 30th



Spiritual enrichment throughout the year for the Board of Trustees. Our community is filled with the fruits of Spirit.

*– "For the fruit of the light consists in all goodness, righteousness and truth."* Ephesians 5-9.

KEEPING THE FAITH ON HIGHER GROUNDS,  
PEACE AND LOVE,

**GWEN**

BOARD PRESIDENT

How the Spirit Works In and Through Believers

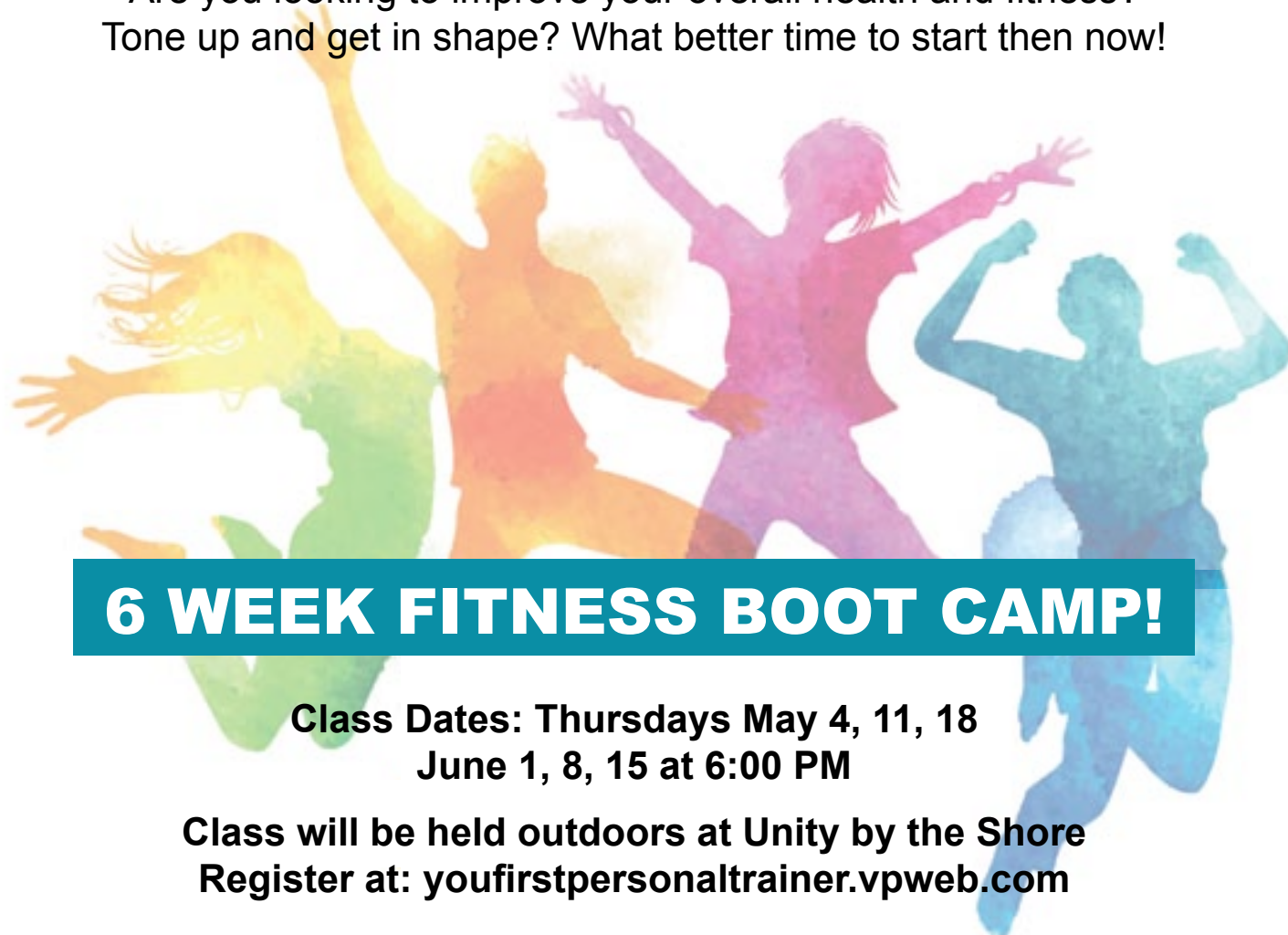
## The Fruit of the Spirit





## WORKSHOPS

Are you looking to improve your overall health and fitness? Tone up and get in shape? What better time to start than now!



### 6 WEEK FITNESS BOOT CAMP!

**Class Dates: Thursdays May 4, 11, 18  
June 1, 8, 15 at 6:00 PM**

**Class will be held outdoors at Unity by the Shore  
Register at: [youfirstpersonaltrainer.vpweb.com](http://youfirstpersonaltrainer.vpweb.com)**

What you will need: A yoga mat for relaxation/meditation, water, and a towel. Please bring any weights or fitness bands you may already own to class to ensure we have enough to share.

**Love offering: \$65 (paid in full)  
for all 6 sessions**

Committing to yourself for six weeks insures our common goal of increasing your fitness, health, and happiness

Program includes:

- Bodyweight strength building
- Speed and agility
- Relaxation/meditation
- Opportunity for personalized workout programs and nutrition information

You First Personal Training Owner ~ Vicky Farrell, Certified NASM Personal Trainer, Certified NASM Fitness Nutrition Specialist, TRX Certified, Certified Coach

**For more information – Call (732)610-6486 – email [youfirstptlc@hotmail.com](mailto:youfirstptlc@hotmail.com)  
Facebook Vicky Farrell You First Personal Training & Health Coach**

## JOIN US!

# NJ ANNUAL LGBTQ PRIDE CELEBRATION!

Unity by the Shore is proud to once again participate in NJ's 26th Annual LGBTQ Pride Festival in Asbury Park, NJ

**Sunday, June 4, 2017 from Noon – 7:00pm**

We are excited to be hosting a table at the festival!  
Join us in the celebration or volunteer to be on the UBTS Festival Team.  
Contact Angie Stewart at 908-783- 0162 if you wish to help out or want further information. Check out the festival website to see the all activities:  
<http://www.jerseypride.org>

## WE CELEBRATE YOU!

**An Inclusive and Diverse Spiritual Community.**

Unity stands for peace in the presence of conflict, for love in the presence of hatred, for forgiveness in the presence of injury. Unity honors the many names for God, the many paths to God, the many ways to worship God; for there is only one power and presence of God, and that God loves each one of us equally.

**We welcome you!  
Sunday Services at 10:30am**





## OUR CHILDREN'S MINISTRY



By Sally Kurth

### Happy Spring from our Youth of Unity by the Shore!

The Easter Bunny left eggs for our annual hunt. Each egg had a treat and an affirmation inside, confirming how special we are!

Spring reminds us how beautiful our planet is with all the flowers blooming. We are all one and how we take care of our Mother Earth effects us all directly. Let's do our part to recycle, be organic and use only non-toxic products on our lawns, in our homes and our bodies. We want to leave a healthy planet for our children's children!

Our Y.O.U attended a leadership training on April 1st and the Spring rally on April 28-30th. Our Uniteens will be attending their Spring retreat on May 19-21st. We are extremely blessed and grateful that our youth are able to partake in these awesome, spirit-filled experiences with like minded youth from other Unity churches. We will also be having our spectacular Unikids-Unitots pizza and movie night in June, date to be announced. It will be a lot of fun!

*Thank you all for your continued love and support of our children. We love you, we bless you, we appreciate you, and we behold the Christ as you!*

*Blessings and Love, Sally*



## AWARD-WINNING SINGER SONGWRITER SHARON BOUSQUET

At Unity by the Shore Sunday May 7th  
for 10:30 Service and 12:30 Seminar

### INTRO TO THE SINGING BODY

Singing, yoga, breath and movement to Free Your Voice. Express Your Self

For information and registration go to [ricichetedangel@gmail.com](mailto:ricichetedangel@gmail.com)  
[www.facebook.com/singingbodyseminar](http://www.facebook.com/singingbodyseminar) [www.sharonbousquet.com](http://www.sharonbousquet.com)

## 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](http://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



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### New to Our Website!



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](http://www.unitybytheshore.org/shop)



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### FEBRUARY

Income..... \$11,733  
Expenses..... \$11,584.

**UWM:** \$586.67  
**E.Reg:** \$293.33  
**SEEFund:** \$113.33  
**Discretionary:** \$180.00

### MARCH

Income..... \$12,853  
Expenses..... \$12,060

**UWM:** \$642.67  
**E.Reg:** \$321.34  
**SEEFund:** \$128.54  
**Discretionary:** \$192.80



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:** [office@unitybytheshore.org](mailto:office@unitybytheshore.org)

**Web Site:** [unitybytheshore.org](http://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*.