

## FLYING HIGH NEWSLETTER

Volume 7 Issue 6

November/December 2017



2017  
**Holiday  
Schedule**

**NOVEMBER:**

**THE SEASON OF APPRECIATION AND GRATITUDE**

**APPRECIATION CHALLENGE KICKOFF** Sunday, November 12 at 10:30 am

**THANKSGIVING SERVICE** Sunday, November 19 at 10:30 am

**DECEMBER:**

**THE SEASON OF ADVENT AND LIGHT**

**REMEMBRANCE SERVICE** Sunday, December 10 at 10:30 am

**YOUTH CHRISTMAS SERVICE** Sunday, December 17 at 10:30 am

**CHRISTMAS EVE MEDITATIVE SERVICE** Sunday, December 24 at 10:30 am

**CHRISTMAS EVE CANDLELIGHT SERVICE** Sunday, December 24 at 4:00 pm

**NEW YEAR'S ROCKET INTENTION LAUNCH** Sunday, December 31 at 4:00 pm

**JANUARY:**

**THE SEASON OF NEW BEGINNINGS**

**BURNING BOWL SERVICE** Sunday, January 7 at 10:30 am

## A MESSAGE FROM OUR SPIRITUAL LEADER

TO BEA SSARY

By Angela Denton

**D**aylight Savings Time ends on November 5, 2017, at 2:00 AM when we “fall back” by setting our clocks back one hour. Although many enjoy an “extra” hour of sleep this weekend, many feel a bit of melancholy as the sun sets earlier and nightfall appears to shorten our day. During this time of the year, we begin to prepare to bring light into our experience as we enter the seasons of gratitude and advent. During the Thanksgiving holiday, we are invited to practice acts of gratitude as we call forth from within the light of appreciation. In preparation for Christmas, the illuminating awakening of the birth of the Christ within, we are beckoned to animate the lights of faith, peace, love, and joy.

In 1990, President George H.W. Bush approved a joint resolution to designate November to be National Native American Heritage Month. Thanksgiving is a popular and cherished holiday in the United States. However, to Native Americans it is a day of mourning. Thanksgiving is a day when Native Americans hold in hallowed remembrance their ancestors who perished in a genocide and lament over the oppression of native people that began when European settlers colonized North America. During the month of November, many Native Americans vow to leave to posterity their sacred customs and traditions. In the following passage, White Feather, a native American Navajo, shares eloquently what is venerated:

*“We believe everything is sacred from the largest mountain to the smallest plant and animal. A lesson can be found in all things and experiences and everything has a purpose. To sum up Native Spirituality; it is about honor, love, and respect. Not only do we love, honor, and respect our Creator and our Mother Earth, but also every living thing. It is about being in touch with ourselves and everything around us. It is about knowing and understanding that we are part of everything, and everything is a part of us. We are all One. We also believe that our Elders hold the answers. Our Elders keep our culture alive. We have much to learn from our Elders, and they deserve and receive our*



*utmost respect.”*

We the people of this great land can join our Native American brothers and sisters in holding with devoted reverence the natural world and the sacred worth of all sentient beings. There are many ways you can enshrine the light of appreciation by caring for our planet, embracing diversity in others, and honoring our elders and our ancestors.

Cloaked in the energy of appreciation, may you welcome the month of December and the practice of embodying the lights of advent. Each week of advent is symbolized by a Divine quality. During the first week, boldly examine where you are placing your Faith and set the intention to be led by the voice of Divine Wisdom within. Peace is the luminous focus of the second week. Take time each day to find inner stillness that comes when you release the busyness of the world and rest in the breath of the Divine. In a place of quietude, ask how may I be the living prayer of peace? Entering the third week of advent, you are called to walk in the light of the harmonizing power of love. What may need harmonizing in your life? Dare to listen to your Authentic Self and take the necessary actions that will empower you to be the unifying presence of love. During the last week of advent, may you ignite the candle of joy within your soul. When you remember what you truly are the light of the world, joy will naturally arise as your heart becomes filled with zeal as you spring forth with enthusiasm spreading good cheer and joy.

As we embrace the coming of cold, crisp air, earlier sunsets, and the history of our nation, let us rise as emissaries of light. Let us stand on the shoulders of our Native American ancestors and hold sacred the natural world. May we sanctify all life with reverence, and may we boldly be the light of faith, peace, love, and joy.

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

## OUR PRESIDENT'S MESSAGE

By Gwendolyn Lewis



### BOARD UPDATES:

#### Saturday November 4th

Wasserman and Friends – An Evening of Classical Music – Jazz and Pop!

**Sunday November 19** - Calendar Drawing

**Friday December 8** - Holiday Banquet at “Branches” in Long Branch, NJ

*With a Thankful and Grateful Heart  
We are Blessed.*

**Gwendolyn M. Lewis**

BOARD PRESIDENT

### BOARD NOMINATIONS 2018

#### 1 Member Position - 1 Alternate Position

If you have been a member of UBTS for a year or more and are interested in serving on the Board please contact: Paula Benanti, Chair of the Nominating Committee. The Nominations Committee will be sending a communication out in early November announcing their search and criteria to be eligible to serve on the board.

**Member Renewal:** If you would like to remain an active member of UBTS please fill out your membership renewal card by December 31, 2017. Cards were e-mailed electronically and are also available at the church.

## ALL THE TREES ARE LOSING THEIR LEAVES AND NOT ONE OF THEM IS WORRIED

By Donald Miller

**S**ummer has come to an end; the heat of the summer months is behind us. We are stepping up to Fall and stepping out with love.



I Fall in love with people's passion, the way their eyes light up when they talk about the seasonal things that they love. The changing colors, the falling leaves.

Ahh November! A time of Thanksgiving. The smell of the food is different. It has an orange smell, a squash smell, or the smell of a fresh pumpkin pie. The cinnamon and spices that fill the air remind us of the happy season that will be.

Look to Psalms of Thanksgiving. “Psalm - 44: 8, 69: 30, 75: 1, 86: 12, 100: 4 and 106: 1”.

When November leaves us and December makes its entrance it brings the lights of a new season and the promise of hope. Winter months are short but our thoughts of this season can be as different as the snowflakes. We are all the same but different, searching for the one thing that surrounds us all and that is LOVE.



With the summer a memory, the Thanksgiving of our lives and the future filled with the promise of Love, may your seasons bring peace, comfort and the knowledge that you are deeply loved.

## UNITY EVENTS

# *A Shake Your Soul® Experience*

Spiritual Dance and Healing

November 12, 2017 • 1 - 3:30 PM



Bring new inspiration and freedom to your body and mind with an integrative dance, meditative movement, and mindfulness-based practice. Discover dynamic movements to release innate feelings of joy, power, freedom, grace, strength and vitality.

Odelia Shargain is a certified Shake Your Soul® instructor and teacher trainer at Kripalu. She is also a certified yoga teacher and a peer counseling teacher, and owner of Movement Bliss Studio, Tenafly, NJ. [www.movementbliss.com](http://www.movementbliss.com)

**\$30 PER PERSON**

**REGISTER EARLY!**

**SPACE IS LIMITED TO 25 PEOPLE**

Register online or in person at  
Unity by the Shore prior to November 12th.

[www.unitybytheshore.org/shake-your-soul-2017](http://www.unitybytheshore.org/shake-your-soul-2017)

## MAY THEY CONTINUE TO LIVE ON IN OUR HEARTS

**ON SUNDAY, DECEMBER 10, 2017,  
A DAY OF REMEMBRANCE WILL TAKE PLACE AT OUR  
10:30 AM WORSHIP SERVICE.**

During the last several years many members of Unity by the Shore made their transition. Additionally, many members and friends have experienced the physical passing of a loved one. As we move into the holiday season, let us come together as a community to celebrate how they have touched our lives, and how we will allow the essence of their being to be actively alive in our community and our personal lives. During the service a tribute will be given to our members who have passed in recent years. Additionally, everyone who attends the service is invited to bring a picture of a loved one who is now living beyond the veil or a small symbol or item that represents their essence to place on an altar. Let us come together to support one another in the experience of the physical loss of our loved ones and celebrate the legacy of life that remains vibrant in our hearts and souls.

## UNITY EVENTS

# Unity by the Shore Holiday Banquet

Let's get together in good cheer  
to celebrate the holidays and raise money  
for our beloved UBTS community.

Friday, December 8th • 5:30 – 8:30 pm

**Location: Branches**

123 Monmouth Rd (RT 71N)  
West Long Branch, NJ 07764



**Buffet Dinner includes:**

- Hors d'Oeuvres
- Soup & Salad
- 4 Entrees
- Dessert
- 2 Hour Open Soft Bar  
(Beer & Wine)

**Also: Silent Auction**

**Cost: \$75 per person\***

\*Cost can be paid in three payments of \$25  
October 8th, November 5th and December 3rd



**unity**  
by the Shore

Phone . . . . . 732-918-3395

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

## OUR CHILDREN'S MINISTRY

By Sally Kurth

With Thanksgiving around the corner, our youth has so much to be thankful for. We all enjoyed our Halloween Spooktacular breakfast fundraiser which raised \$395 towards upcoming retreats and rallies. Anani and Trinity attended the fall rally from October 19th-22nd with Dina as chaperon. They shared what a great time they had, and how positive and supportive these rallies are for them. Thank you to everyone who brought in delicious food to share, and thank you Lisa, Orsini, and Dina for helping with all the cooking. We are abundantly blessed!

Jack Ives shared his time and talents doing a beautiful art lesson on the power of Zeal with the children. Great job, thank you, Jack! If you would like to share with our youth something you love like cooking, sewing, carpentry, gardening, etc. please see me.

Our Youth Christmas service will be on December 17th at 10:30. We hope you can join us in celebrating "You Are Christmas". The children will invite you to take each of the people and elements in the birth story and see them as an aspect of yourself. To prepare for our joyous Christmas celebration the children have to come on time every Sunday, and also attend an evening rehearsal. I am putting in some calls to the North Pole to see if Santa can drop in too. ;-)

With much Love and Light, Sally



ANANI, DINA, AND TRINITY SERVING BREAKFAST AT THE SPOOKTACULAR FUNDRAISER.

## UTBS MEMBERS IN THE NEWS

### OUR ENVIRONMENT: HOW DRUGS ARE POLLUTING OUR WATER

by Ingrid Justick



The U.S. Geological Survey found traces of over-the-counter and prescription drugs, including hormones from birth control pills, in lakes, rivers, ground and tap water. Our septic systems and treatment plants are not designed to remove drugs from wastewater. Scientists are trying to determine the effect the exposure to this mixture of drugs has on our environment. Early studies show that even small amounts of pharmaceutical products in our water affect the health of our aquatic life, our health, and all life on earth. Some of these micro-pollutants break down naturally when exposed to sunlight. But most chemicals in drugs degrade very slowly or not at all, and enter our waterways.

Few people think about what happens to medicines after they do their work in the body. Most ingested drugs actually pass out of the body with urine and make their way into our groundwater. You can minimize their polluting effects by selecting remedies and other products with fewer synthetic and toxic ingredients whenever possible. Finish your prescribed medications. Also:

- Dispose of medications safely: Do not pour unused portions down the drain. Instead, return medications to a local pharmacy or hospital that accepts toxic waste.
- Buy nonprescription drugs in small enough quantities so you can use them before the expiration date. If you must toss drugs, leave them in their container and wrap it up tightly in a small plastic bag to minimize that the drug will leech into the groundwater at the garbage disposal center.
- Filter your water. Reverse osmosis systems or granular activated carbon filters work to remove inorganic pollutants.
- Urge legislators to devote resources to developing a nationwide plan for the safe disposal of over-the-counter and prescription medication.
- Support research efforts of the U.S. Geological Survey's Toxic Substance Hydrology Program, which is testing our water for micro-pollutants. Under proposed budget cuts it may lose most of its federal funding.

## MEMBER SPOTLIGHT



### BARBARA ELY

Thank you, Barbara for managing the book store for 25 years!

We thank you for being so dedicated in selling, sharing your thoughts on our products, and offering assistance to our congregation.

"I have so enjoyed working here, talking with folks, selecting new publications, and meeting new people," Barbara said. "It has been a wonderful treasure for me."

Love and blessings to you, Barbara!

## WE WELCOME OUR NEWEST CHAPLINS EDY, CAROL, LYNN AND VALERIE



LR Gayle, George, Carol, Lynn, Donna, Angela, Edy, Valerie, Deborah & Gwen

**C**  
**PROSPERITY**  
**R** \$\$\$\$\$\$\$\$  
**N** \$\$\$\$\$\$\$\$  
**E** \$\$\$\$\$\$  
**R** \$\$\$

**AUGUST**  
Income ..... \$10,890  
Expenses ..... \$12,237  
**UWM:** ..... \$544.55  
**E.Reg:** ..... \$272.27  
**SEEFund:** ..... \$108.91  
**Discretionary** .... \$163.36

**SEPTEMBER**  
Income ..... \$11,566  
Expenses ..... \$12,384  
**UWM:** ..... \$578.33  
**E.Reg:** ..... \$289.16  
**SEEFund:** ..... \$115.66  
**Discretionary:** ..... \$173.49



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

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**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*.