

FLYING HIGH NEWSLETTER

Volume 8 Issue 1

January/February 2018

Unity by the Shore

Donna Sica-Chiarell Comes to Unity by the Shore

Chakra Crystal Bowls Meditation

Thursday, January 18, 2018 at 6:30 PM

Sunday, February 18, 2018 at 1:00 PM



TThe gathering of a Sound Bowl Meditation is designed to clear, cleanse and balance all the energetic centers of the body, clear and balance the mind and remove all lower vibrational energy that has accumulated ... We begin with a guided meditation that helps us decompress, as we set a group intention ... The bowls play to what is needed in the room and you will experience a gentle "Sound Massage" that will leave you rested and renewed... Leave feeling lighter and brighter... Please bring a yoga mat, blanket or any personal prop you have, if a reclined position is desired. Chairs will be provided for seating ... Looking forward to meeting you and creating a space of relaxation, realignment and recharge ...

Meet Donna Sica-Chiarelli, owner of Soulful Awakening in Lake Como, NJ • www.soulfulawakenings.com

Eleven years ago, Donna Sica, experienced a Kundalini Awakening, through the "Reconnection". She embarked on a journey of working with and understanding her new gift of "Channeling." One year later she was introduced to the "Chakra Crystal Bowls." Intuitively, she knew, that this chance invite was guiding her to the unfolding of her purpose.

"Each time the bowls sing, I sense the opening of others, the joy of connection, and the magnificent expression of vibration and light."

Fee: \$20 per person

A MESSAGE FROM OUR SPIRITUAL LEADER

“Cultivating Your New Year Intentions”

By Angela Denton

Ring out the old, ring in the new. Ring, happy bells, across the snow; The year is going, let it go; Ring out the false, ring in the true.

These words written by Alfred Lord Tennyson reflect the practice of releasing the woes and challenges of the passing year while welcoming the promise of new beginnings. As you usher in the start of a new year, it is customary to vow to refrain from participating in self-defeating ways of thinking and being and to initiate a shift in consciousness that would lead to the experience of greater vitality, health, wealth, harmony, love, and joy.

Making New Year resolutions and setting intentions are practices that elicit excitement and hope. According to researcher John Norcross, the feelings of possibility and excitement within many, and the promises made by individuals to keep resolutions are strong the first few weeks of the New Year. However, by February the level of motivation and commitment begins to wane. Additionally, his work and the studies of others show that only 8% of the people experience the fulfillment of intentions set. Are you part of the 92% who fail to see the manifestation of your aspirations? If so, have you ever pondered how you can be more successful in realizing your dreams?

If you are truly serious about bringing your intentions into expression you must apprehend that the penning of intentions is only the first step in the creative process. Setting intentions are the seeds of Divine Ideas. Like seeds we plant in the earth, we must tend to them regularly with great care in order for them to bloom and thrive. Other nutrients that will allow the desires of your heart to sprout are affirmative prayer and the conscious activation of your Spiritual Powers of Faith, Imagination, Elimination, Life, Will, and Order.

Faith is synonymous with belief. You must ask yourself the following: “Do I have an unwavering belief that I Am worthy of that which I desire? Do I know with my whole heart and soul that I am a Divine Being who has the ability to draw forth from the Invisible Absolute Realm my Good?” If you



answered no to one or both of these questions your soil is arid and will not support the germination of the seeds of your intentions. If you doubt your worthiness and co-creative abilities, through the Power of Elimination you can disengage your energy from self-limiting beliefs and through the practice of affirmative prayer you can passionately declare your Divinity and claim your Good.

Water helps to transport nutrients from the soil throughout the

seedling and helps it to stand tall. Like water, the Power of Imagination is a carrier of needed nutrients. It becomes the vibrational conveyor of what we zealously intend in image form. Daily devotion to visualization sends passionately charged radio waves to the invisible, energetic Substance of the Universe and singles it to produce after its kind. Not only must you visualize your intentions in manifest form, but also you must be willing to give the nutrient of Life to your visions. Life is given to your desires by taking action to animate your intentions. You further vitalize your seedling by embodying the attitude and behaviors as if you were living the Truth of your intentions.

Seedlings in fresh bloom are susceptible to the unpredictable weather patterns of Mother Earth. Likewise, along your journey you will often experience unexpected challenges, and you must be willing to call forth the Powers of Will, your determination, and Order, your flexibility, to stay the course and adapt to the day-to-day changes that occur in your life long after the first of the year passes.

Finally, you would not expect a newly planted seed to grow into full bloom in a couple of weeks or even months, yet many naively believe that the sole practice of writing or speaking an intention passionately for a few days or weeks will produce their heart's desires like magic. As you set your intentions for 2018, may you be willing to cultivate them with the needed nutrients and only then will you come to realize the desires of your heart.

Love and light,

Angela Denton MA; P.D. MFT; LUT

SPIRITUAL LEADER

OUR PRESIDENT'S MESSAGE

New Mind Set, New Focus, New Intentions and New Results

By Gwendolyn Lewis

My Loving Community;

Upon reading this message we will have completed our Burning Bowl ceremony. "Releasing the undesired things we don't want in our lives, we will now begin to bring in the new."

This marks my last President's Message to you. My journey began six years ago with the board of trustees past and present. I have experienced and learned many things through my many challenges and awesome experiences. My growth in this experience will go with me into other areas of my life that will carry me for the rest of my days. Gratitude is my word and today I express my gratitude to all who have walked this path with me.

Mary Vercande has completed a 3 year term of service. I have much gratitude for Mary's unwavering service and commitment to our community as treasurer. Please join me in thanking her for her sacrifices and service.

Our present board of trustees and our newest members who will be elected at our congregational meeting on January 28, 2018, will begin pondering on the new ways to serve our community, opening wide our doors of prosperity and good health. I feel confident that the future of our community will be in good hands. As our Giving Spirit goes forth through the universe, we see one blessing after another energized by your love.

The board would like to thank our community for your support in our fundraisers and social events such as: 50/50, bidding and calendar auction, banquet, music concert and silent auction.



Many thanks to all who gave a helping hand and our trustees for making our first Holiday Banquet a wonderful success.

Proceeds from these events will support our many needs.

The board would also like to thank Donna Poulsen for her labors of love and generosity as producer and editor of the "Flying High Newsletter". She is known for her outstanding news-

letters that always arrive in perfect form.

Upcoming Happenings 2018:

Budget & Finance Meeting: January 21, 2018

Mental Health Seminar: January 23, 2018

Congregational Meeting: January 28, 2018
After Sunday Service

New Mind Set!

New Focus!

New Intentions and New Results!

I thank the Board, My Spiritual Leader, Angela Denton and the Community for the opportunity to be of service to you. Know that I have given you my very best. My love will continue to grow as I watch you grow in the future. Know that I am always only a prayer away and lastly know that we are all part of each other, we are all **ONE!**

PEACE AND LOVE,

GWEN

BOARD PRESIDENT

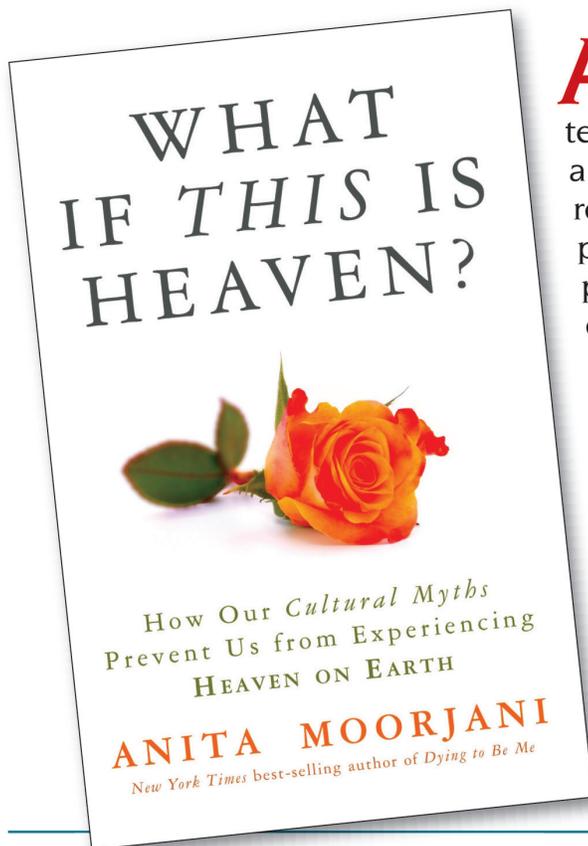
UNITY EVENTS

Unity by the Shore – Book Study Group

What if this is Heaven?

by Anita Moorjani

Thursdays 1:00-3:00 PM • January 11 - March 15, 2018



Anita Moorjani, author of *Dying to be Me*, reveals that traditional religions and some spiritual teachings indoctrinate us into believing that heaven is a place or experience of nirvana that can only be reached after our death and we are free of our physical body. Anita, like many new thought teachers professes that heaven is a state of consciousness that can be reached here and now.

The experience of heaven on earth can be obtained when we cut through societal myths that condition us to live from a state of unworthiness and fear and become lost in the roles and ways of living that keep us seeking approval and success from external sources and relationships. The key to nirvana is to love ourselves unconditionally and to embody our Divinity in service to others and the Universe. Come and explore the 10 myths that Moorjani believes prevent us from loving ourselves and experiencing heaven on earth.

Facilitator:

Angela Denton MA; P.D. MFT; LUT

Required Text:

What if This is Heaven?

Cost:

Love Offering



WHAT'S NEW AT UNITY



AN EXCITING NEW HEALING MINISTRY COMES TO UBTS

A new ministry has been formed to answer the call when someone in our community is ill, grieving or in need of a meal

This ministry has been created for the specific purpose to prepare and serve nutritious, organic soups to our members in need. Soup is recognized in all nationalities as a healing elixir and our ministry has a mission to create each soup with love and be delivered to our member with a healing affirmation.

My sister Sharon Rasa and I have been searching to find a way to honor the passing of our brother, Vincent J. Rasa, Jr. whom we lost at the young age of 60 in February 2014. Vincent lived his life as a gentleman farmer and was often found giving his eggs, tomatoes and garden vegetables to those in need. We would like to honor his life and memory by dedicating this ministry in his name. "Vincent's Healing Soup Kitchen: Serving our Unity brothers and sisters one hungry heart at a time."

Our flagship ministry members include Karen Mars, Paula Phillips, and Joyce Desmond. We're looking to unveil our

VHSK in January 2018, with our first batch of soup delivered for mid-January and every month thereafter. Does this ministry excite you too? Would you like to get involved? We are looking for members who would be willing to deliver the soup within a 5-mile radius of your location. Are you a chef at heart? Would you like to sign on for a monthly rotation slot and prepare your own healing elixir? Would you like to help this ministry succeed by a monthly tithe?

You will find volunteer sign up sheets in the foyer or you can contact me directly at georgiarasa@gmail.com to let me know how you would like to contribute.

My own health journey has been successful because of the generous spiritual support from Unity by the Shore Community and the miraculous healing of the body through living, organic foods. It is with a grateful heart we bring this ministry to you.

"For I will restore health to you and heal you of your wounds."

Jeremiah 30:17

VINCENT'S HEALING SOUP KITCHEN CIRCA. 2018



Hippocrates said,
*Let food be thy
medicine and
medicine be thy food.*
Georgia Rasa &
VHSK team

WHERE ALL OUR BROTHERS AND SISTERS ARE SERVED
UNITY BY THE SHORE

OUR CHILDREN'S MINISTRY

By Sally Kurth

Happy New Year from our Youth ministry!

The children did an awesome job on their service "You are Christmas". It was a beautiful reminder of how the Christmas story, characters and events are still a part of our lives today and every day. We are so blessed here at Unity by the Shore and we welcome this new year of growth and joy in our youth program...2018!

With much light and love, Sally



TOP: WILLIE THE SHEPHERD WITH HIS FLOCK. ABOVE: OUR UNIKIDS AND UNITEENS PERFORMING "YOU ARE CHRISTMAS."

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OCTOBER

Income	\$11,528
Expenses	\$12,062
UWM:	\$576.45
E.Reg:	\$ 288.22
SEEFund:	\$115.29
Discretionary	\$172.93

NOVEMBER

Income	\$11,473
Expenses	\$11,589
UWM:	\$573.66
E.Reg:	\$286.83
SEEFund:	\$114.73
Discretionary:	\$172.10

UNITY EVENTS

IT'S CALLED BY MANY NAMES: EMF Electromagnetic Fields, EMR Electromagnetic Radiation, Electrosensitivity, Electrosmog. It doesn't matter what you call it, we are all exposed to it. And while not everyone experiences symptoms, everyone is affected by it.



This is a Community Service event hosted by raSahealth to help educate, inform and provide information on how to help yourself, your loved ones and your families.

Sunday, January 14, 2018 from 2:00-5:00 PM • Tickets: \$10

Generaton Zapped is an eye-opening documentary which reveals that wireless technology can pose serious health risks, from infertility to cancer. Through interviews with experts in science and public health, along with people suffering from high sensitivity to wireless radiation, the film suggests ways to reduce your exposure and protect your family.

In the film we meet four people who are struggling with a variety of illnesses from wireless radiation – a breast cancer survivor who had carried her cell phone in her bra, a long-term cell phone user with breast cancer, and a fit, seemingly healthy couple with neurological impacts

now identified as being linked to wireless data transmission radiation.

This film was born of a personal and deep investigation by executive producer Peter Sullivan as to why his two sons growing up in the tech capital of Silicon Valley, California, were manifesting signs of being on the autism spectrum. We will have a presentation by environmental consultant, Sal LaDuca, who will share his knowledge from years of studies and people living in a toxic electromagnetic world. We will also hear from several people whose lives have been impacted by electromagnetic hypersensitivity.



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

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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 Kirlaw**

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*.