

## FLYING HIGH NEWSLETTER

Volume 8 Issue 3

May/June 2018

# Meet & Greet & Eat with the Minister



It is hard to believe that in July I will be celebrating my 3-year anniversary as the spiritual leader/minister of Unity by the Shore (UBTS). Last week while I was facilitating a new members' class, a prosperity class, and several spiritual counseling sessions, I reflected on how grateful I was to build relationships with so many incredibly courageous and open individuals who care deeply about their spiritual growth

and making a difference in the lives of others. It is a sacred privilege to walk this journey of life with all of you at UBTS.

On June 3rd, I will be providing brunch items and some sweet treats as a token of my appreciation for your love, support, and generous gifts you bestowed upon me when I returned from my Field Licensing Intensive as Rev. Angela Denton.

**During the months of May, June, July, and August, I am interested in going out to lunch with groups of four to socialize, listen to your current personal needs, and ideas or questions you may have about UBTS. In May, please look for postings of sign-ups for meet, greet, and eat with the minister at UBTS and online. I welcome opportunities to deepen my relationship with you and hope you will join me for lunch!**

# A MESSAGE FROM OUR SPIRITUAL LEADER

***“Where there is love there is life.” — Mahatma Gandhi***

***By Angela Denton***

One of my favorite pastimes on a Sunday evening after a fulfilling day at Unity by the Shore is to cuddle under a blanket on the couch as I watch some of my favorite shows. One of the television shows I enjoy is *Little Big Shots* hosted by Steve Harvey. This program showcases incredible children and teens with unique and extraordinary talent. On one such evening while watching this delightful program, I was moved to tears by a twelve-year old boy named Sparsh Shah who rolled onto the stage in a wheelchair. Sparsh was born with Osteogenesis Imperfecta, brittle bone disease, and is confined to a wheel chair, because the tiniest movement can result in a fracture or break to a bone. He was born with 30 broken bones, and since birth Sparsh has fractured over 130 bones. Although Shah is small in stature his personality is larger than life. Shah was on *Little Big Shots* to perform several rap songs. During his interview with Steve Harvey before his performance, Harvey asked “With all of your challenges how do you have the energy to sing?” Sparsh’s response was, “I don’t focus on my fractures. I am here to inspire the world.” With that the tears started rolling down my face as he began singing with such passion and power.

Why is it that some people, habitual complainers, could have their days ruined because of the weather, traffic, bills, and other people, while others with such physical challenges can powerfully inspire and uplift others? The answer is consciousness. Consciousness is what one participates and/or holds in thought, belief, emotion, and action. Our thoughts, beliefs, and emotions, shape our attitude and impact the actions we do or do not take. In the words of Emmet Fox, “What you focus upon grows. What ever you allow to occupy your mind you magnify in your life. Whether the subject of your thoughts be good or bad, the law works and the condition grows.” Consciousness not only affects each of us personally, but everyone else around us.



Despite the pain and physical limitations that Sparsh experiences on a daily basis his consciousness is focused on, “I am here to inspire the world.” This belief has impacted his life and touched the lives of others in many ways. Sparsh has released a tribute CD of one of his favorite rap artists Eminem, has sung the National Anthem for many professional sporting events, has performed at numerous concerts with various rap artists, and has performed at the Grammys. As

he focuses on being a giver of life through his music and zealous attitude he not only brings good into his life, but he also influences others to be a giver of their greatness.

How would your day be shaped if you awoke each morning with the belief, “I am here to inspire the world”? How would that influence the choices you make, big and small, as you move through your day? Each one of us is Divinely Powerful with unique gifts. As you make the choice to be a giver of love, joy, kindness, generosity, creativity, passion, zeal, and encouragement, you too have the power to bring goodness into your life and bring light into the world.

With the dawn of each new day may you remember you are here to shine. May these beautiful words of Truth from Emmet Fox remind you of the Power of Love and your passion to be it: “There is no difficulty that enough love will not conquer: no disease that love will not heal: no door that enough love will not open... It makes no difference how deep set the trouble: how hopeless the outlook: how muddled the tangle: how great the mistake. A sufficient realization of love will dissolve it all. If only you could love enough you would be the happiest and most powerful being in the world...”

*Love and light,*  
**Rev. Angela Denton MA; PD MFT; LUT**  
SPIRITUAL LEADER, UNITY BY THE SHORE

## OUR PRESIDENT'S MESSAGE

***“A purpose of human life, no matter who is controlling it, is to love whoever is around to be loved” ~ Kurt Vonnegut, Jr.***

**By Thomas Sciro**

**M**istakes... We all make them. Lots of them. Some of us handle them well and some of us don't. I, for one, have a hard time when they happen, trying to figure out what went wrong, how did I not see that coming, and "what was I thinking?"

Gandhi said, "Freedom is not worth having if it does not include the freedom to make mistakes." Mistakes guide us, they do not define us. On a humorous note, Groucho Marx said "Learn from the mistakes of others. You can never live long enough to make them all yourself."

In some way, mistakes open up new opportunities and possibilities that we would never have considered before. How many inventions have been created by mistakes? Silly Putty should have been a replacement for rubber for troops during World War II. The pacemaker, the micro-wave oven, penicillin, the ink-jet printer... just to name a few... all were the results of "mistakes."

As a musician, you make plenty of mistakes. But there is an inspiring story from the world of jazz that I'd like to share. A young Herbie Hancock was playing piano with Miles Davis in one of the greatest jazz combos of all time. At a performance, the band was playing incredibly. Right in the middle of Miles Davis' solo, Herbie hit the



wrong chord. A chord that sounded completely wrong. Hancock realized his mistake, covered his ears and waited for the repercussions. Miles paused a second and then played notes that made the wrong chord sound "right". Miles didn't hear it as a mistake. He heard it as something that was just happening at the moment and felt responsible to find something that fit with it. The lesson here is to take whatever you have, as the saying goes, and "turn that lemon into lemonade!"

"A person who never made a mistake never tried anything new." - Albert Einstein

We have been busy at Unity by the Shore with our "Re-Union 2" concert with Laura DuBois, our Easter Basket fund-raiser, Y.O.U. fund-raiser and another Chakra Crystal Bowl event. And of course, we all welcomed and celebrated our very own Reverend Angela Denton upon her return from Unity Village.

In the following weeks we look forward to a spring (what is that?) clean-up, another Chakra Bowl event and another evening concert. Hope to see you there!

Tom Sciro  
BOARD PRESIDENT



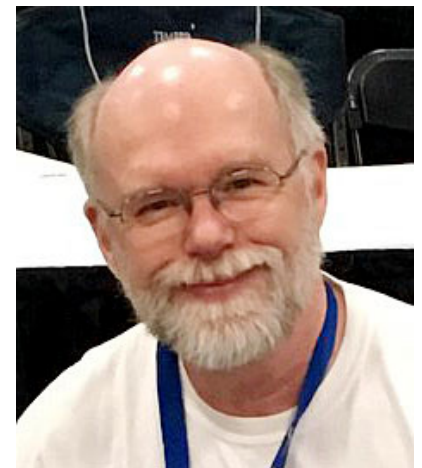
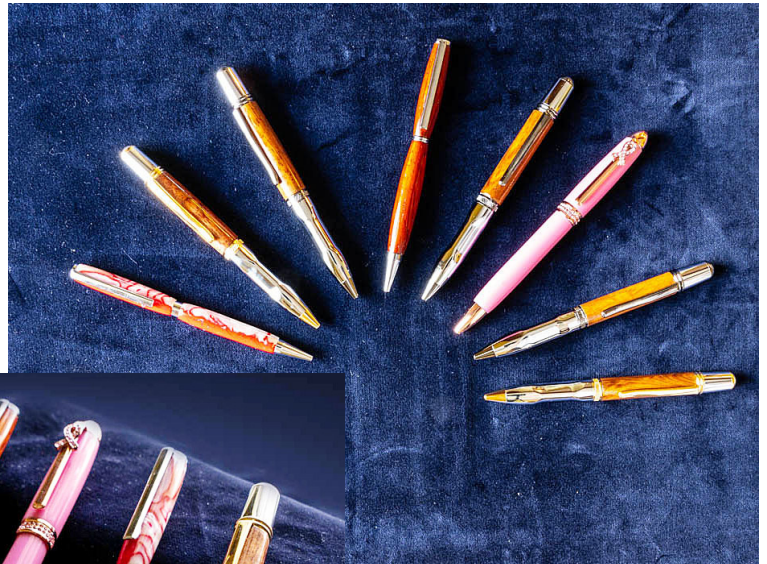
## UNITY EVENTS

# A Labor of Love

**Handcrafted Pens Fund-raiser  
May 13th - June 24th**

***“Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received.”***

1 Peter 4:10 (NRSV)



**On May 13, 2018, and continuing to the end of June, Charlie’s exquisitely hand crafted pens will be on sale here at Unity by the Shore. They make wonderful Mother’s Day, Father’s Day, and graduation gifts for your loved ones. Charlie is tithing all proceeds of pen sales to UBTS. Pen sets will vary in style and color and will range in price from \$25-\$50. I invite you to purchase a pen set or two for yourself or your loved ones. Not only will you be blessing UBTS, but you will be participating in circulating the Divine gifts of creativity, generosity, and compassion expressing as Charlie Kirlaw.**

We are blessed beyond measure to be part of a spiritual community that is filled with individuals who are willing to share their innate Divine gifts in service to others in unique and creative ways. Charlie Kirlaw, board treasurer, is one of the many points of light in our community who zealously embodies his gifts of administration, creativity, ingenuity, hospitality, generosity, and compassion to bless the lives of others. Not only is Charlie our numbers guy on the board, but he has also been known to make a delectable strawberry cake and a mean taco dip. Charlie also brings fun and excitement into our lives. As head of our Social Lights, he has helped to organize game nights, campfires, movie nights, and rocket launches that carry our intentions into the night sky each new year.

Many of us marvel at the incredible rockets that Charlie builds. Not only does Charlie construct rockets, but for over ten years Charlie has been making bracelets, Christmas ornaments, purse holders, and exquisite hand crafted pens to gift to others as his token of his appreciation and love. Charlie shares, “I feel at peace, and I am filled with a sense of accomplishment and purpose when I am building and creating things.”

# UNITY EVENTS



## *The Choice for Love*

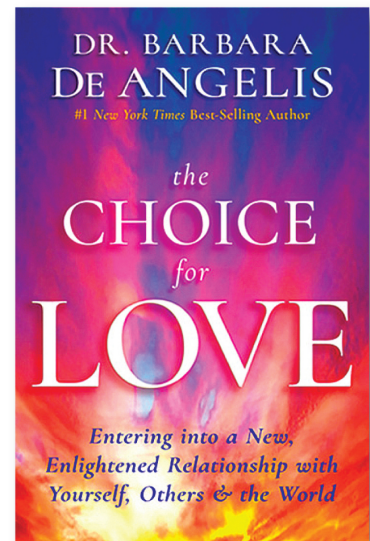
Barbara De Angelis

**BOOK STUDY: Thursdays 1-3 PM**

**May 3rd – June 28th, 2018**

**F**rom the moment we are born and through every day of our lives, each of us is traveling on a mysterious, relentless, passionate, and sometimes perplexing journey in search of the experience of Love. Love, however, isn't simply an emotion, a behavior, or even the bond you feel with another person – it's a supercharged, light-drenched, limitless vibrational field of infinite divine energy that is our essential nature. The true search for love, then, must inevitably direct us within, where we discover that the love we've been seeking in countless ways has been inside of us all along.

Now more than ever, in these unsettling times on our planet, we're each called to become a living remedy, to not fall in love, but to rise in love. **The Choice for Love** is a masterful and sacred pilgrimage of words whose enlivened wisdom will move you, awaken you, and liberate you to embrace, embody, and delight in more love than you ever imagined was possible. – De Angelis



FACILITATED BY: Rev Angela Denton MA; P.D. MFT; LUT

FEE: Love Offering

REQUIRED TEXT: **The Choice for Love** – Barbara De Angelis

NOTE: If you would like Angela Denton to order you a book for \$14 email her at [angela.denton@unitybytheshore.org](mailto:angela.denton@unitybytheshore.org) by April 25, 2018



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# OUR CHILDREN'S MINISTRY

## Welcome Spring!

### Some joyous news from our Youth of Unity by the Shore



OUR YOUTH OF UNITY  
SERVING BREAKFAST AT  
THE MARCH FUND-RAISER

We raised \$350 at our annual breakfast fund-raiser on March 18th. Many thanks to those who donated food, and to Lisa and Orsini for helping with the cooking. The funds will go toward supporting our Y.O.U. at the Spring Rally in Maryland on April 27 - 29th.

I am grateful to announce three new teachers! We welcome Laurence Brock, Teresa and her husband Tom Meehan who will be joining our Youth Team Ministry. Included in our team is Lindy Stork, Donna Poulsen, Will Guzzy and Kassie Dackermen. We are so very blessed to have such wonderful people co-creating with our youth.

On April 22 Earth Day, the children held a fund-raiser for the Arbor Day foundation. We raised \$143 which will plant 71 trees in national parks. Trees are the lungs of our Earth and help to heal many of the climate issues effecting us today. Science has proven how trees communicate and support one another through their roots. We can learn so much from trees and nature. We were also honored to have Beatrix and Jim come and share their wisdom and love of trees. We read a poem called "Recognition" from a beautiful book on trees that Beatrix wrote. We spoke about recognizing Mother Earth and all that she does for us and how we can give back and help her. We are all connected, we are all one with Spirit. Use nontoxic chemicals, reduce, reuse and recycle. Hug a tree, spend time out in nature and feel the love! – *With abundant blessings, Sally XO*

## SOCIAL LIGHTS

### Be on the lookout for our upcoming events!

After a short break due to the busy UBTS schedule, the Social Lights are back at it. We have several events planned with some tentative dates. We are planning a movie night for "I Can Only Imagine." We're hoping to do that in May.

In June we are looking to do a campfire along with a Rocket Intention. Remember all those resolutions you made around New Year's? Do they need some reinforcement?

We're also looking at doing an off site activity of miniature golf. Stay tuned for more details on that. No great golfing skills needed for this one. Just come out and have a lot of fun! There may be some prizes involved as well.



## UNITY EVENTS

Donna Sica-Chiarell Comes to Unity by the Shore again!

# *Chakra Crystal Bowls Meditation*

**Sunday, May 20, 2018  
at 1:00 PM**

The 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 ...



## Our Environment: Celebrating Earth Day

By Ingrid Justick



Every year in April, we celebrate Earth Day. For our own sake, we can act on behalf of our earth's health. This Earth Day consider the planet as your own body; our health is intimately connected with the world around us. Following are suggestions on how to keep our earth healthy.

### **Buy Locally and Organically Grown**

**Produce:** It can take 1 gallon of gasoline for 30 pounds of food shipped across country to reach your shopping cart. Bring your own cloth shopping bags.

**Do Not Buy Bottled Water:** Plastic bottles do not biodegrade and our best recycling efforts have never kept up with the multitude of plastic bottles. Filter tap water and carry it in a reusable stainless steel bottle.

**Save Water:** A conventional shower head pours out 5 to 7 gallons per minute. Install a low-flow shower head which saves 50% of the water. Purchase water-saving toilets, dish and clothes washers. Wash clothes in cold water.

**Green Spring Cleaning:** Keep chlorine bleach out of the environment and your lungs by using plant-based cleaners, such as Dr. Bronner's Peppermint Soap, Shakleys Basic H, or Ecover Citrus Cleaner.

**Choose Durables over Disposables:** Suddenly almost every product comes in a throw-away version. These items may be convenient but they wind up in our landfills. Each year in the U.S. we toss out 2 billion plastic razors, 1½ million tons of paper towels and 12 billion disposable diapers which require decades to decompose.

**In Your Garden:** Grow organic. Do not use toxic chemicals and fertilizers, which pollute our ground water. Plant with heirloom seeds.

**Repair Instead of Replace:** We are a throw away society, but nearly everything can be repaired – the washing machine, the television, the vacuum cleaner, the wiring in a lamp – and usually at a fraction of the cost of buying new.

This Earth Day (and every day) celebrate our connection with our beautiful earth by conserving its resources: reduce, reuse, recycle, repair. Simplify your life.



3508 Asbury Avenue  
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## 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: **Thomas Sciro**

Vice President: **Edy Chartier**

Treasurer: **Charles Kirlew**

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Member: **Valerie Wake-Evans**

Member: **Dina Ridout**

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