

FLYING HIGH NEWSLETTER

Volume 8 Issue 2

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Unity by the Shore

Keys to the Kingdom

April 26 – June 7, 2018

Thursdays from 6:30-8:45 PM

What does the word abundance mean to you? If you look up the word abundance in the dictionary you will discover the mainstream definition, a plentiful or overflowing supply or quantity of goods/ money. Living from the consciousness of abundance is much more than being “rich” in material possessions. The Universal Principle of Abundance is about the art and practice of participating in the flow of circulation. As we observe the cycle of our breath we witness the flow of an inhalation followed by an exhalation. Without this rhythmic cycle we would become ill and not thrive. Bodies of water also need an inlet and an outlet otherwise water becomes stagnant and can’t sustain life.

Centered in the consciousness of abundance we see ourselves as intertwined with all of creation and realize our participation in the conscious cycle of giving and receiving as vital to our happiness, health, wealth, and well-being. According to Davidji, “Viewing our abundance solely in terms of dollars or euros or pesos or pounds is limiting. True abundance consciousness is opening our mind, heart and soul so wide so that EVERY aspect of our existence – nourishment, money, energy, health,

success, love, forgiveness, happiness, spirit ... all flow into us without conditions.”



The Keys to the Kingdom, created by David Owen Ritz, is a program that invites you to explore 7 important keys that when put into practice will empower you to live in the conscious flow of abundance. Here are some of the key practices you will explore:

- **Committing yourself to being a giver of life**
- **Creating clarity about what is truly important to you**
- **Letting go of the past and self-limiting beliefs that stand in the way of your good**
- **Living a vision that creates personal bliss and enriches the lives of others**
- **Devoting oneself to a daily practice of appreciation and gratitude**

Facilitated by: Rev. Angela Denton MA; PD. MFT

Cost: This course asks participants to tithe of their time, talent, and treasure

Participation Kit: \$45 and must be ordered by April 19, 2018

Register in person at UBTS or online at www.unitybytheshore.org/prosperity-2018

A MESSAGE FROM OUR SPIRITUAL LEADER

“From Disempowerment to Power”

By Angela Denton

Albert Einstein brilliant physicist and philosophical scientist stated that the definition of insanity was doing the same thing over and over again and expecting a different result. Here are some very real experiences of participating in behaviors that you know do not serve your greatest highest good, but you do them anyway:

- Eating food that saps your energy and causes major distress in your body.
 - Spending money that you don't have.
 - Participating in gossip because it's familiar.
 - Having the same argument with loved ones.
 - Procrastinating or failing to complete something.
- Participating in behaviors that lead to disempowerment can leave you feeling exhausted, discouraged, and even hopeless. Have you participated in an “insanity loop” of your own? If you have, you're in good company. In Romans 7:15 Saint Paul wrote, “I don't understand myself. I want to do what is right but I do not do it. Instead, I do the very thing I hate... It seems to be a fact of life that when I want to do what's right, I inevitably do what's wrong.”

Charles Fillmore, co-founder of Unity, reminded us of the importance of self-knowledge and that our most important study was observation of our own consciousness to uncover hidden motives that influence our thinking and behaviors. Exploring the following questions can help you claim Dominion and end an insanity loop.

- What is the pay-off and is it worth it?
- What does my heart truly long for?
- Am I motivated by fear or love?

First, ask yourself what pay-off do I receive by participating in this behavior? Could it be the pleasure or thrill of instant gratification? We live in a world of instant gratification and frequently when we are hungry, lonely, tired, or frustrated the tendency is great for us to look for something we believe will give us a quick fix. Therefore, many turn to substances or behaviors that can give them a “temporary ”high”. Additionally, a payoff could be postponement of doing something you deem un-



pleasant, so you reach for or participate in something “more pleasant”. For example, sitting in the silence in an effort to transcend loneliness can seem daunting, and so you choose to reach for a few glasses of wine or busy yourself with mindless activities instead of facing feelings of sadness and unworthiness. If you are one who procrastinates, ask yourself, “Is my free and mindless time more important to me than taking action in order to get my dreams off the ground?”

Ultimately, the gratifying feelings of a chosen quick fix will subside only to elicit deeper pangs of unhappiness.

Another area to explore is to uncover what your heart truly desires. Often individuals who desire financial security, love, and/or joy in their lives reach for external substitutes to fill the perceived void they are experiencing. Ponder, “How might I bring joy or love into my world and into the lives of others, and what is one small step I can take to make that happen today? “

Reflection on whether your choices are fueled by fear or love is another important contemplation. Are your desires to participate in nourishing your body with healthy foods and movement conceptualized as “shoulds” because it is the right thing to do or a means to thwart aging and getting ill? Or, do you desire to participate in empowering practices because you love yourself and are devoted to nurturing your body, mind, and soul with acts of loving-kindness? When the motivation comes from loving you an activity moves from dread to pleasure.

So, my friends, as the season of Lent, a time of reflection and elimination of what no longer serves you, comes to a close, what are you willing to release? Free yourself from an “insanity loop” and rise in all of your glory to claim your Power and you will be resurrected to new life.

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

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

If you asked me 10 years ago where would I be today, I wouldn't have answered living at the Jersey Shore, and I clearly wouldn't have said, “Well, President of the Board of Trustees at Unity by The Shore.” Funny how life has plans for you!

A recurring theme I seem to get on the affirmation cards we receive each Sunday is one of gratitude. So, let me start there. First, let me thank my wife, Sharon Rasa, for bringing me to Unity some 15 years ago and showing me that a spiritual path was what was missing in my life. I was expecting the same old thing, but Rev. Audrey Bickford of Unity Spiritual Center showed me a way of thinking that was just what I was looking for. Next, let me thank three other great ladies in my life... the former BOT Presidents preceding me... Gwen Lewis, Angela Stewart, and Angela Denton. They taught me well in my years as Board Secretary and their commitment and inspiration have been an incredible influence. Those are tough shoes to fill, but I am looking forward to the challenges ahead.

As we approach the renewing season of spring, we are also renewed with the recently assembled Board that was elected at our Annual Meeting on January 28, 2018. In addition to myself as president, Edy Chartier is our returning vice president, Charles Kirlew is our new treasurer, and Karen Marsh is a new Board member and our new secretary. Other returning members are Dina Ridout and Valerie Wake-Evans, and we welcome our new alternate, Teresa Meehan. I know you will agree that this is an amazing team that is up for the task of supporting the vision of our community and will be taking us all to the next level as we embrace the year ahead.

In February, we have hosted many events



including the dedication ceremony for our newest ministry, Vincent's Healing Soup Kitchen. In addition, this year's first installment of Game Night, as well as our Ash Wednesday White Stone Service, and two sessions of our Chakra Crystal Bowl Ceremonies were all held.

Our next big event, which is a budgeted fundraising event, will be “Joyful Reunion 2”, a concert featuring our own Laura Dubois on March 25, after the Sunday service, which is also Palm Sunday. The concert will begin at 12:45 pm. Our former music director will also be performing special music with Spirit of Peace on that day. For the concert, Laura will be joined by Joel Dewitt on violin and cellist Wayne Arndt, for an afternoon of classical music including works by Haydn, Brahms, Dvorak, Piazzolla and Debussy. Tickets are \$20 and will be available at the Church, online at our website and at the door on the day of the concert. I hope you will all join me in supporting this event. And don't forget to invite all your music-loving friends!

Other upcoming events will be our Maundy Thursday service on March 29 at 7 PM, and our Easter service on April 1. There will also be Chakra Crystal Bowls presentations on April 15th and May 20th.

I am honored and blessed to be of service to this incredible community. And, saving the best for last, I am elated to officially announce that when Angela returns from Unity Village in mid-March, we can all officially greet her as Reverend Angela Denton. On behalf of all our our community, I offer our sincerest congratulations, respect and love to you, Reverend Denton!

Tom
BOARD PRESIDENT

UNITY EVENTS

Joyful Reunion 2

An Afternoon of Classical Music!



Photo by Jeff Smnith, NJPhoto.net

**Please join us on
March 25th at 12:45pm**

Former UBTS Music Director Laura DuBois will be joined by Joel Dewitt and Wayne Arndt for this afternoon featuring the music of Haydn, Brahms, Dvorak, Piazzilla and Debussy.

Tickets: \$20

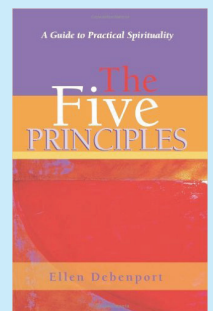
Available at UTBS or at www.unitybytheshore.org

The Five Principles: A Guide to Practical Spirituality

by Ellen Debenport

New Member Book Study and Exploration

The Five Principles book study will provide you with practical spiritual tools for daily living and suggests answers to the great questions of existence that individuals have been asking since the dawn of conscious awareness



Wednesday Evenings from 6:30-8:30

March 7 & 21, April 4 & 18, May 2 & 16

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

Required Text: *The Five Principles* By Ellen Debenport

FEE: Love Offering

Those desiring to become a member of UBTS must attend 5 out of the 6 classes to be eligible.

UNITY EVENTS

Donna Sica-Chiarell Comes to Unity by the Shore again! ***Chakra Crystal Bowls Meditation***

Sunday, April 15, 2018 at 1:00 PM
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 ...



Fee: \$20 per person

MEDITATIONS ON FREEDOM FROM FEAR

Learning to Rest in Our Essential, True Nature with Ramananda John E. Welshons
Sunday, March 18th from 1:00-3:30 PM • Suggested Love Offering: \$30

"Let us not pray to be sheltered from dangers, but to be fearless when facing them."

~ Rabindranath Tagore

Love, Pure Unconditional Love, is our True Nature. It is who we truly are. It is the essence of our Soul, as near as our own breath. The goal of Yoga, the goal of spiritual practice, the goal of life is to merge into Love, Divine Love, Unconditional Love. The only obstacle to that merger is fear. Our minds are constantly telling us, "If I'm not frightened, you're not safe."

In this beautiful workshop, we will explore a variety of spiritual practices and perspectives designed to help us get free of our attachment to fear. We will learn to understand how fear keeps us

caught in anxiety, depression, anger, and emotional and spiritual isolation.

We will explore how to:

- Use our meditation and yoga practice to unearth where we are "stuck"
- Understand how fear inhibits our ability to "Surrender into Love"
- Trust our Natural Inner Peace
- Live in "The Eternal Now"
- Recognize the transformative power of seeing life "as it is"
- Honor the Law of Impermanence and the Inevitability of Change
- Understand the difference between fear and prudence; fear and caution

OUR CHILDREN'S MINISTRY

Youth of Unity Breakfast Fundraiser March 18th!

Suggested love offering \$5

All money raised goes to sending our Y.O.U. and
Uniteens on upcoming retreats & rally's

Thank you for your support!!



New Beginnings are Happening Here at Unity by the Shore for our Youth

We are so blessed by Will Guzzy tithing his time and talents helping us to create a beautiful new classroom. Our new space already comes with tons of positive energy thanks to Barbara Ely and all of those who took such loving care of this space before us, as the former book store. The ripples of kindness continue on and on! The teens are participating in the remodeling as they take pride and ownership of their new classroom. Some more exciting news...



OUR UNIKIDS AND UNITEENS PAINTING THEIR NEW CLASSROOM WITH WILLY GUZZY.

- Anani and her mom Dina attended the leadership training in Virginia on Feb 17-18.
- We will be having our annual breakfast fundraiser on 3/18 to raise funds for upcoming spring retreats/rally's.
- Before you know it the Easter bunny will be paying us a visit on Easter Sunday 4/1 for our annual egg hunt.
- We will be hosting a fundraiser for Earth Day on 4/22 and selling glass mason jar with lids. Our intention is for everyone to use these reusable jars and eliminate using plastic water bottles, which are polluting our Earth and our bodies.
- June we will have our annual Unitot/Unikids pizza/movie party.

Black Women of Courage, Power, and Service

Left to right:
Rosette Brooks,
Mary Phillips, Jean Graham,
Gwen Lewis, and
Agnes Jefferson.



UNITY EVENTS

Maundy Thursday Service

March 29, 2018 at 7:00pm

The name "Maundy Thursday" comes from the Latin *Dies Mandatum*, which means the "day of the new commandment". At the Last Supper the Master Teacher, Jesus, shared with his Disciples that the greatest commandment is to Love, *to love one another as I have loved you*.

Come and experience the Last Supper through the metaphysical lens as we reflect on the Cosmic Readings of Love from the Gospel of John, break bread with one another, and deepen our embodiment of our 12 Spiritual Powers represented by the 12 Apostles.

Our Environment: A Month of Detox

By Ingrid Justick



Here are simple ways to cleanse and energize your body every day for a healthy spring cleanse. A detox can help cleanse your liver, colon and kidneys of toxins; clear your skin and boost your energy. Create a cleaner lifestyle that allows you to detox around the clock and achieve long-term results.

- **Eat Super Foods.** They are rich in antioxidants, fiber and healing compounds that naturally detox your body. Focus on leafy greens, broccoli, blueberries, pumpkin, sweet potatoes and prunes.

- **Skip the Sugar.** Whole foods are the best sweeteners. Good options include palm, coconut sugar, unfiltered raw honey, or my favorite: Stevia.

- **Go Organic.** Most foods contain pesticides, herbicides, antibiotics, hormones and other chemicals that hamper detox efforts.

- **Purify Your Pantry.** Remove everything that contains high fructose corn syrup, trans-fats and hydrogenated oils, artificial flavors and colors, preservatives and other harsh chemicals. Stock up on beans and lentils. They are high in clean protein and rich in fiber to sweep toxins out of the intestines.

- **Cleanse Unwanted Chemicals from Your Diet.** Eliminate all foods containing the following toxic ingredients: sodium nitrate, propyl gallate, butylated hydroxyanisole (BHA) and butylated hydroxytoluene (BHT).

- **Cook Healthy.** Dispose of pots and pans that are coated with Teflon, SilverStone and other coverings that emit harmful chemicals.

- **Purify Your Water.** Toxins found in water can include fluoride, chlorine, pharmaceutical residue and other chemicals. Invest in a good water filter.]

- **De-Plasticize.** Plastics contain chemicals that burden the liver, kidneys and lymphatic system. Banish plastic wrap from your home, never heat plastic in the microwave and avoid foods packaged in plastics. Invest in glass or metal containers and water bottles.

- **Personal Care Products.** The skin absorbs chemicals. Avoid personal care products that contain parabens, phthalates and other synthetic compounds.

- **Meditate.** Or take a 15-minute quiet time. It is essential for relieving stress and supporting detox.

Last, but not least, exercise, exercise, exercise!



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: **Thomas Sciro**

Vice President: **Edy Chartier**

Treasurer: **Charles Kirlew**

Secretary: **Karen Marsh**

Member: **Valerie Wake-Evans**

Member: **Dina Ridout**

Alternate: **Theresa Meehan**

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*.