

FLYING HIGH NEWSLETTER

Volume 8 Issue 4

July/August 2018

John of God Crystal Light Healing Bed

September 6 - 9, 2018

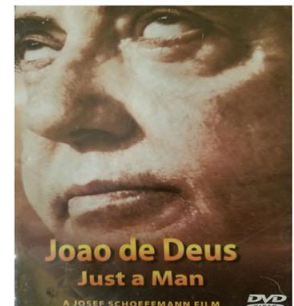
Thursday Workshop 6:30pm - 8:30pm

Friday & Saturday 9am - 7pm

Sunday Sessions 1pm - 7pm



Sessions:
30 minutes at \$36
60 minutes at \$66



Thursday Workshop - Short movie, *Joao de Deus, Just a Man*. The movie covers the life and miracles of John of God and we will have a discussion about the movie, the Crystal Bed, how it works, and how I came to have the bed and share the healing energy.

A Crystal Bed has 7 extremely clear and highly polished Vogel cut quartz crystals. Each of the quartz crystals has been cut to a specific frequency. Each crystal is aligned above one of the seven human energy centers or chakras. Colored lights, chosen to match the frequency of chakra colors, radiate light and energy through the crystals to each respective chakra, and pulse on and off in certain rhythms to cleanse, balance, and align your energies.

To Book Sessions: go to SpiritEnlighten.com, click on "Schedule Appointment" tab or call 251-279-0298



Renee is a natural healer, a Reiki Practitioner, and skilled in essential oil therapy. She has a Bachelor of Divinity. She is currently working to receive her masters. In June of 2013 John of God approved her to own and operate his Crystal Light Healing Bed.

Barry is a natural healer also, who is skilled in essential oil therapy and has been ordained as a minister of the Universal Life Church. He works with Renee traveling through out the US offering the Crystal Light Healing Bed.

A MESSAGE FROM OUR SPIRITUAL LEADER

“The Inner Pathway to Divine Joy”

By Angela Denton

On a scale of 1 to 10 with the number one representing very little and the number ten representing profound bliss, how much happiness do you experience on a daily basis? According to research conducted by Time magazine and a Harris Polls Survey of American Happiness more than two-thirds of the population report that they experience very little if any happiness on a regular basis. A majority of people polled stated that living during times of national and worldly turmoil and the demands of life make it difficult for them to feel happy or joyful,

Positive Psychologist Meghan Keener states, “Happiness is a word with a thousand definitions. When most people today use the word, they mean positive emotion or positive affect. It’s also a shorthand for satisfaction with life, or general well-being. We could liken the emotion of happiness to joy, but joy is sometimes thought of as more spiritual than happiness, which can feel more simple and cheerful in nature.” His Holiness the Dalai Lama and Archbishop Desmond Tutu, two of the greatest spiritual masters of our time, profess that joy is “much bigger” than happiness. They explain that happiness is often seen as being dependent on external circumstance, whereas, joy is not. The Holiness and the Archbishop agree that Joy is our birthright and can be experienced in the midst of the most physically challenging of times.

In April 2015, Archbishop Desmond Tutu traveled to Dharamsala, India to celebrate the eightieth birthday of the Dalai Lama. Like the body of their work, these two Nobel Peace Prize winners wanted their celebration to touch the world. During their week’s time spent together, the Dalai Lama and Desmond Tutu produced a literary gift, *The Book of Joy: Lasting Happiness*



in *Times of Change*. The book’s purpose is to be a spiritual blueprint on how to navigate through collective worldly and personal challenges that all of humankind experiences and remain connected to the Joy of our being. Desmond Tutu states that individuals falsely believe that if their lives were filled with enough external pleasures, their dream job, relationship, financial status, home, and/or body, they would be free from suffering and live happily ever after. Both men

agree that suffering is an inevitable part of the human experience and if embraced is a doorway to growth and greater compassion and love that will open your heart to deep joy. This belief is proclaimed by two men who have survived more than fifty years of exile and the soul-crushing violence of oppression.

In the *Book of Joy*, The Dalai Lama and Archbishop Desmond Tutu describe their inner pathway to joy while they physically experienced decades of exile, violence and racism. In this literary masterpiece, these Spiritual Masters make the distinction between two types of happiness, explain the obstacles to joy, and call us to embody the eight pillars of joy. Commencing on July 8, 2018, I will begin a summer Sunday series on the teachings presented in *The Book of Joy*. If you have the desire to stop postponing joy until... you retire, move, the children get older etc... I invite you to call forth the joy of your being right where you are in life. Come join me on Sundays this summer at 10:30 AM and move the needle on your daily joy meter as we embark together on the inner pathway to joy.

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

Summer! After much kicking and screaming, spring (or what was supposed to be spring) has finally given way to summer! Growing up in the urban setting of Paterson, NJ, I along with all my friends, couldn't wait for the school doors to close and set us free to enjoy the long days of summer. That usually included a week “down the shore”. As I got older, I was able to make that trip more frequently. With each passing summer something within me changed, most times for the better, not the worse! Today, Sharon and I are happy to call the NJ shore our home, with the long trips to get here being replaced with a look out the window, a walk to the beach, or a bike ride to the boardwalk. But what is the metaphysical aspect of “summer” in our lives?

June 21 was this year's Summer Solstice. The word 'Solstice' comes from a combination of the latin words sol, meaning 'sun', and stitium, meaning 'stop'. Together they mean a period of the year where the sun appears to have stopped, paused or halted. The summer solstice is the longest day (the longest period of sunlight) of the year. Ancient cultures such as the Mayans, Druids and Egyptians built temples or structures that capture the exact moment of alignment. The head of the Sphinx is crowned by the sun on the summer solstice and the Temple of Kukulcan in Chichen Itza signals the precise moment when the summer solstice occurs by having its north and east sides fully illuminated and the south and west sides covered in shade. From the sky, it would



appear as if the pyramid were diagonally split in two.

We all know the light, warmth, and energy the sun brings... a life force energy. The summer solstice is a celebration of the return to light, and reminds us of the light within each of us. It is a time to show gratitude and celebrate the abundance and blessings that are in our lives, and reminds us how precious each day and season is. The rays of the sun dissolve the shadows in our lives. Just as we shed our clothes and jump in the water during the summer, metaphysically we can let go of the safety net and meet new challenges with enthusiasm, especially when things appear to be out of control.

“And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.”

—F. Scott Fitzgerald, *The Great Gatsby*

The weeks ahead will have several favorite and some new events at UBTS, including a re-schedule of our Rocket Launch, the John of God Crystal Bed Healing Sessions, and an evening of music at “Unity Honky Tonk By The Shore!” So dig out your cowboy boots and western wear and join us for a night of music, dance, and fun on September 22!

Tom Sciro
BOARD PRESIDENT

UNITY EVENTS

Three Upcoming, Exciting Events Occurring at UBTS this Fall



Drivin' Wheel Honky Tonk Concert Saturday, September 22, 2018



UBTS Picnic Sunday, September 30th after the 10:30a.m. service

UNITY EVENTS



**FIFTY-FIFTY RAFFLE
TICKET SALES TO
COMMENCE THIS
SEPTEMBER!**

OUR CHILDREN'S MINISTRY



Some briefs news from our Youth of Unity by the Shore. The children enjoyed a fun night of pizza/ice cream and a movie on June 28th :) We begin our summer program during July and August.

Thank you to our volunteers: Lynn, Laurence, Karen, Sharon, Edy and Charlie!

Have a wonderful summer!!

Blessings, Sally

UNITY EVENTS

Unity Church by the Shore Presents:
"Rev. Faerie" Elaine Silver
IN A VERY SPECIAL SERVICE:
"Spirituality and THE BEATLES!"



Sunday, September 2 • 10:30am

3508 Asbury Ave • Neptune • 732.918.3395

Elaine Silver (A.K.A. "Faerie" Elaine) is a seasoned and award-winning performer, a songwriter, touring musician and recording artist (20 CDs to date and counting!), with the voice of an angel. It has been described as stunningly clear, supple, rich and like fine crystal.

For many years she has combined her beautiful voice and lively Spirit with metaphysical teachings to present healing concerts, workshops, Sunday church services, kirtan (Sanskrit chanting) and ritual.

She utilizes energies of the heart, body, mind and spirit, as well as some refreshing humor and a sprinkling of magic, for a delightful and deeply sacred experience.

Elaine is truly elated to have her music and life experiences evolve into a Musical Ministry. She teaches Universal Law and Truth Principles in ways that fully engage the audience in a context of Peace, Love, Joy and Wisdom. Most recently, and after 25 years in this amazing teaching, Elaine has achieved her License and is now a Science of Mind Practitioner!

She has had the honor of working in conjunction with many world-renowned spiritual leaders, teacher and authors including Deepak Chopra, Neale Donald Walsh, don Miguel Ruiz, Marianne Williamson, Alan Cohen and Wayne Dyer.

Elaine is an ordained Priestess and most recently, and due to a life-long passion, she has become a Certified Beatleologist.

elainesilver.com • unitybytheshore.org

WELCOME NEW MEMBERS



We Welcome our Newest Members/Five Principles Class.

Bottom left to right: Marilyn Klein, Laurence Brock, Paula Phillips.

Top left to right: Lorraine Catalano and Loreto Torres. Not pictured: Nancy Capri and Lesa Small-Jones

MEET & GREET & EAT WITH THE MINISTER



During the months of July and August, Rev. Angela is interested in going out to lunch with groups of four to socialize, listen to current personal needs, and hear ideas or questions you may have about UBTS. Please look for postings of sign-ups for meet, greet, and eat with the minister at UBTS and online. Dates in August are still available.



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

Web Site: unitybytheshore.org

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*.