

FLYING HIGH NEWSLETTER

Volume 9 Issue 1

January/February 2019



Letting Go - Release & Renew!

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– Eckhart Tolle –

Please join Karen Marsh in this new

“Letting Go- Release & Renew” group

to help each other say goodbye to what is no longer serving us. We will explore different energy and healing modalities that work with our body mind and/or spirit such as EFT and energy work.

Special guest speakers in the healing arts field will be invited to assist us on our journey.

This seven-week support group will be held at Unity by the Shore on **Tuesdays at 7p.m.** and **Saturdays at 10 a.m.** and will run 90 minutes. You can attend both sessions each week or just one. Sessions begin **Tuesday Jan 22nd** and/or **Saturday Jan 26th.**

See Page 4 for dates, times and details.

A MESSAGE FROM OUR MINISTER

“My Divine Calling”

By Rev. Angela Denton

Let's start the New Year by reflecting on a question that resides deep within the core of every human being, "For what purpose have I been born?" Some of us are consciously aware of this query and live their whole life discerning and trying to fulfill their life's mission while others move through life not quite sure why they feel unsatisfied even when they are financially comfortable and are surrounded by people who love and respect them.

How we become aware of our innate calling is dependent on several factors. What we hold in consciousness and what we allow to hold influence over our choices and actions has great sway over how we uncover and live out our purpose.

When we are born into this world we are taught to believe that we should live our lives from the outside in rather than from the inside out. Cultural, familial, and societal views and norms often have greater influence over who we believe we are, what will make us happy, what roles we play, and what work we should do in the world than our innate Divine Inner Wisdom. We come to believe that the answers we seek are out there in the world somewhere.

Eventually, we come to believe that our life's work revolves around approval seeking, attracting the perfect life partner, and landing our dream job that will make us wealthy and/or famous, and will allow us to retire to a life of leisure and luxury. There isn't anything wrong with notoriety, wealth, or luxury. However, when we are in pursuit of any or all of these things as our sole source of happiness and in doing so we are not fully grounded



in spiritual principle and our core values and most importantly do not call us into our sacred duty we will not experience true fulfillment.

In the book, *The Great Work of Your Life*, author, Stephen Cope looks to the teachings of The Bhagavad Gita, the teachings of great mystics, and the stories of everyday people to give the reader a clear understanding of the meaning of sacred duty.

Cope explains that one's sacred duty, dharma, or vocation is to bring forth from within us our innate True Divine Nature in service to others. Discerning and living one's sacred calling is not an easy task for the majority of individuals, therefore, throughout *The Great Work of Your Life*, Cope shares how to discern your sacred duty, describes how to identify and overcome the obstacles to living one's dharma, and how one must allow one's dharma to be fluid throughout his/her life and does not end when one retires from the work force.

On January 13, 2019, I will begin a nine week Sunday 10:30 a.m. talk series on the Four Pillars of Dharma and how these teachings can assist you in coming home to your True Self. I invite you to join me and discover how you can deepen your commitment to living a life of meaning and purpose.

“Every man and woman has a vocation to be someone; but he/she must understand clearly that in order to fulfill this vocation he/she can only be one person; himself/herself.”

~ Thomas Merton

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

WHAT A RIDE!

This past year at UBTS has been filled with an eclectic array of activities... some seem so long ago and some seem like yesterday... some were age-old traditions and some broke new ground... some may never happen again and some will surely become annual events... some benefited our congregation and some benefited others... some were purely spiritual and some were purely fun... but all showcased the talents, inspiration, dedication, love, generosity, caring and divine nature of us all!



carried by a few, so let's try to change that in 2019. We welcome all members to step-up and make UBTS the best it can possibly be.

British author Arnold Bennet said, *“The chief beauty about time is that you cannot waste it in advance. The next year, the next day, the next hour is lying ready for you, as perfect, as unspoiled, as if you had never wasted or misapplied a single moment in all your life. You can turn over a new leaf every hour if you choose.”*

I would like to thank Angela for her guidance, support and trust in my tenure as Board President, and of course I would like to thank each member of the 2018 Board of Trustees, without whose help, dedication, insight, determination, skills, and pure love allowed 2018 to be a banner year!

In addition, I also thank all of the Ministry Team leaders and members for all their hard work this past year, and of course, a special “thank you” to ALL of our congregation members and friends.

We have gone through many changes... changes in direction, changes in management of our affairs, changes in technology... and as David Bowie said, *“Time may change me... but I can't trace time.”*

As we look towards the new year, I am filled with excitement about what the future holds in store for us. Thomas Jefferson said, *“I like the dreams of the future better than the history of the past.”*

We do have a solid past which serves as a strong foundation, but we must all try to make an extra effort this year to build upon it. I'm sure we've all heard “It takes a village,” and Unity by the Shore is no exception. So many times we see that the workload is

I am looking forward to 2019, and our activities start with our Financial Meeting on January 13 at 12:30pm, and our Annual Membership meeting on January 28 at 12:30pm. Ministry Team leaders are reminded to make sure their Team reports have been submitted, and all members are reminded to make sure they have renewed their membership. I hope to see you all there and welcome your suggestions for a fantastic 2019.

Tom Sciro
BOARD PRESIDENT



2019 BURNING BOWL

Letting Go - Release & Renew!

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– Eckhart Tolle –

As we are at the start of a New Year, many of us have decided that this is the year that we are going to lose weight, or this is the year we are going to quit a horrible job, or this is the year that we are going to quit (insert your subject here). Basically, we want to let go and release the things that no longer serve us or our highest purpose. We want to do that in order to make room for growth to propel us toward our greatest destiny. Sometimes we are just stuck and need to figure out what we need to release and figure out why we are holding on to it in the first place. This year I thought it would be fun and much more powerful to do it together.

Please join me in this new **“Letting Go - Release & Renew”** group to help each other say goodbye to what is no longer serving us. We will explore different energy and healing modalities that work with our body mind and/or spirit such as EFT, energy work, etc. Special guest speakers in the healing arts field will be invited to assist us on our journey.

This seven-week support group will be held at Unity by the Shore on **Tuesdays at 7 p.m.** and **Saturdays at 10 a.m.** and will run 90 minutes. You can attend both sessions each week or just one. Sessions begin Tuesday Jan 22nd and/or Saturday Jan 26th. ***The cost is free, but a love offering of \$7.95 or more is suggested to support us in remaining grounded in the law of circulation.***

Facilitated by: Karen Marsh



Session Dates & Upcoming Topics

(topics may change)

Session 1 – Being Mindful

Tuesday Jan 22 • Saturday Jan 26

Session 2 - Being Honest

Tuesday Jan 29 • Saturday Feb 2

Session 3 – Forgiving Ourselves

Tuesday Feb 5 • Saturday Feb 9

Session 4- Loving Ourselves

Tuesday Feb 12 • Saturday Feb 16

Session 5- TBD

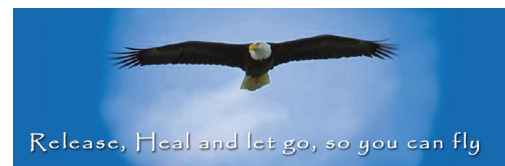
Tuesday Feb 19 • Saturday Feb 24

Session 6- TBD

Tuesday Feb 26 • Saturday March 2

Session 7- TBD

Tuesday March 5 • Saturday March 9



UNITY EVENTS



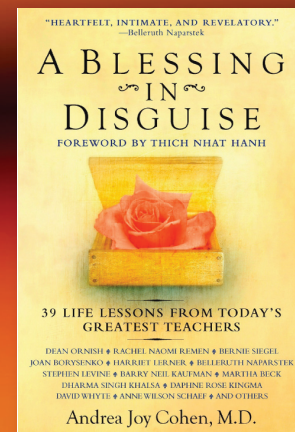
Thursday Book Study:

1 - 3 p.m.

January 10th - June 13th 2019

A Blessing in Disguise

ANDREA JOY COHEN



At some point or another in our lives, all of us experience challenges. Some of these challenges are minor while others can be overwhelming and sometimes paralyzing when we are faced with loss, dis-ease, or financial hardship. During dark times, we may be overcome with feelings of sadness, frustration, despair, anger, and loneliness.

In the book, **A Blessing in Disguise**, thirty-nine of the world's prominent luminaries share their personal stories and spiritual growth that they gleaned from some of the most trying times of their lives. All of these spiritual teachers agree that if one is willing to remain steadfast, open, and courageous he/she can rise like the phoenix from the ashes and experience profound transformation physically, mentally, emotionally, and spiritually.

Through the power of their written word, you will discover how to make your life a journey rich with opportunity as they discuss such issues as: death and dying, creative expression, the search for spirituality, family dynamics, relationships and love. *These intimate, one-of-a-kind stories show you how the challenges humankind faces are truly blessings in disguise.*

Some of the authors include: Thich Nhat Hanh, Rachel Naomi Remen MD, Bernie Siegel MD, Martha Beck PhD, Dean Ornish MD, Joan Borysenko PhD, Harriet Lerner PhD, Belleruth Naparstek, Elizabeth Lesser, Stephen Levine, Susan Jeffers PhD, Dharma Singh Khalsa MD, Daphne Rose Kingma, David Whyte, Barry Neil Kaufman, Anne Wilson Schaefer, Angeles Arrien, and Tama Kieves

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

Fee: Love Offering

Text: **A Blessing in Disguise** by Andrea Joy Cohen



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www.jackives.com

OUR CHILDREN'S MINISTRY



Happy, happy, Joy, joy! 'Tis the season to be jolly, today and every day! News from the children's corner... We had our delicious Fall breakfast fundraiser on Nov 4th and raised \$337 towards upcoming rallies. Thank you everyone for donating food, and thank you Lisa and Orsini for helping with the cooking.

Midwinter YOU rally will be on Jan 18-20, 2019 in Charlottesville, VA and the theme is "Creating Paradise". Our goal is creating paradise right here, right now for all of our youth, as we look forward to a year of growth, joy and love for our children and our world.

Our children did an outstanding job with their Christmas Variety Service on Dec. 16. We laughed, we cried, we were inspired by the messages they shared and we were deeply entertained by their incredible talents!! Bravo to our youth of Unity by the Shore! We pray that the love and joy that emanates from us, goes out into the world and brings healing to everyone.

Happy New Year, 2019.

With Love and Light, Sally



2019 ROCKET LAUNCH

PRAYERS TO SHARE FROM THE MINISTER

HEALING

I center myself in the breath of the present moment, and I become consciously aware of my heart space. I allow my breath to be deep and slow as it warms and caresses my heart space and my entire body with the activity of Divine Life.

With each precious breath and pulsation of my heart, I become keenly aware of the animating power of God as the activity of renewal and regeneration within every cell, tissue, organ, muscle, tendon, bone and system of my physical body.

My physical body, mental body, emotional body, and spiritual body are aglow with the activity of Divine Intelligent Light and Life. I am healthy, whole, and vibrantly alive!

HARMONY

Let me become still and take respite in the Breath of the Holy One that is the Universal Life Force and birther of all creation.

With each inhalation and exhalation, I relax my body. Breathing deep and slow... in and out.

I affirm that no one or no-thing has the power to upset the calm peace of my soul as I relinquish all fear and worry.

I call forth the harmonizing Power of Love to elicit within me a state of calm and ease.

I declare, Peace be still...

Peace be still... Peace be still... as I take respite in the stillness of this moment.

Ripples of deep abiding peace fill me in body, mind, and Spirit.

I am grateful for the serenity of this precious moment. I go forth centered and grounded as a radiating presence of peace.





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

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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**

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*.