

## FLYING HIGH NEWSLETTER

Volume 9 Issue 2

March/April 2019



# Joyful Reunion 3

*An Afternoon of Beautiful and Uplifting Music!*

Please join us on **March 31st, 2019 at 12:45pm.**

Former UBTS Music Director *Laura DuBois* will be joined by UBTS's *Spirit of Peace* and special guests *Joel Dewitt, Bryan Haring, Mary McCrink and Rosemary Conte* for a fun mix of music ranging from classical to gospel and everything in between!



Tickets \$20

Available at UBTS or at



[www.unitybytheshore.org](http://www.unitybytheshore.org)

3508 Asbury Avenue

Neptune, NJ 07753

732.010.3305

# A MESSAGE FROM OUR MINISTER

## “Roll Away The Stone”

By Angela Denton

**W**hen the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome bought spices, so that they might go and anoint him. And very early on the first day of the week, when the sun had risen, they went to the tomb. And they were saying to one another, “Who will roll away the stone for us from the entrance of the tomb?” And looking up, they saw that the stone had been rolled back—it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe, and they were alarmed. And he said to them, “Do not be alarmed. You seek Jesus of Nazareth, who was crucified. He has risen; he is not here (Mark 16:1-7).



**T**he above passage from the Gospel of Mark depicts the resurrection of Jesus. Mary Magdalene, Mary mother of James, and Salome were secretly on the way to the tomb where Jesus lay after his crucifixion. It was a customary Jewish practice to cleanse and anoint the body of a deceased loved one with oil and spices and then shroud the body in linen cloth. As the beloved of Jesus were on the way to the tomb they discussed their concerns about how they would be able to roll away the heavy stone that blocked the entrance to the tomb. When they arrived, to their dismay they discovered that the stone had already been moved and upon entrance into the tomb they beheld a white robed young man, who they soon discovered was the resurrected Jesus. What a jaw-dropping scene of bewilderment and awe.

**L**et us take a deeper look at Mark 16:1-7 through the metaphoric and metaphysical lenses. The crucifixion, burial in the tomb, and the resurrection correlate to the cyclical nature of our lives as we move through endings, release what has come to pass, and step into new beginnings. In order for us to move through the seasons of our lives, we must be willing to awaken in consciousness and claim a greater embodiment of our Divinity. If we truly desire to be resurrected to new life we must go through all 3 stages continuously

throughout our lives or we risk moving through life sleepwalking.

**T**he words crucifixion, death, and tomb have a negative, morose, and morbid connotation for many of us. We think of death as final and not as a stage in the ongoing evolution of our soul. Additionally, we do not have the metaphysical understanding of a “tomb” as a time of pause, rest and reflection. During “our time in the tomb” we have the opportunity to muster the willingness, strength,

and courage, to roll away our “heavy stone” which stands in the way of our Greater Good.

**T**he stone represents a state of mind that is plagued with resistance, stubbornness, doubt, guilt, and/or blame. In order to transcend victim consciousness, one must invoke Mary Magdalene, Mary Mother of James, and Salome from within, for no one can roll away the stone for us. These three women represent being a devotee of Truth as one harmonizes and unifies his/her thoughts and actions to be in alignment with our Divine Nature and Power. From a consciousness that is lit up with willingness, possibility, courage, strength and Wholeness, the stone will roll away on command allowing each one of us to emerge from the tomb resurrected to new life. I Am the resurrection and Life!

*Love and light,*  
**Rev. Angela Denton**



# OUR PRESIDENT'S MESSAGE

*"I welcome and acknowledge all our Trustees, both new and returning."*

*By Thomas Sciro*

As we look forward to the year ahead, I would like to, once again, thank all of you who made 2018 a great year for UBTS! We transitioned through personnel, procedural, banking and software changes. We reached out to our neighboring community for many events. We installed new technology. We celebrated 'Reverend' Angela Denton. We performed some needed improvements and cleanup of our physical space. And we had many fundraisers including several concerts, our pen fundraiser, and our Easter Basket fundraiser, and of course our 50/50 raffle.

2019 promises to be even better. With our new Board of Trustees in place, we hope to continue to introduce more innovations and provide solutions to some of the issues that need resolving or present themselves this year. I am honored and proud to serve as your Board President again this year, and I welcome and acknowledge all our Trustees, both new and returning. These include Karen Marsh, our new Vice President, Charlie Kirlaw, Board Treasurer and new member Joyce Hilary is our Board Secretary. Members Edy Cartier and Valerie Wake-Evans continue their term and we welcome back to the Board Angie Stewart as this year's Board Alternate. The 2019 Board of Trustees Induction will be on March 31 during the Sunday service.

One of the areas I would like to concentrate on this year is getting more members involved with the operations of UBTS. I ask that you help through providing your skills and expertise by joining one or more of our Team Ministries. We are always looking for people to help share the load and more importantly, provide the perspective and experience that only members can provide. The complete list of Ministries



was included in your Annual Meeting Packet. Please see the Team Leader or Board Liaison for the Ministry you are interested in. Your participation DOES make a difference and I encourage each of you to "step-up" to the challenge.

Our first fundraiser, which will kick off this year's concert series, is "Joyful Reunion 3."

Former UBTS Music Director Laura

DuBois will return to UBTS for a special concert on March 31, 2019 at 12:45pm. Laura will be joined by our own Spirit of Peace, as well as several special guests, all of which you have enjoyed at UBTS in the past. The concert will include a diverse program from classical to gospel and everything in between. Tickets are \$20 and will be available at the Church or through our website. Don't miss this truly joyful reunion!!!

Tom  
BOARD PRESIDENT



2019 Board of Trustees

# UNITY EVENTS



Social Lights  
*present...*

# Movie Night Out!

7 pm - Movie

6 pm - Bring Your Own Dinner

Friday, March 22

Movie TDB



## **Join us for our 1st Movie Night of 2019!**

This is an opportunity to unwind with your UBTS family and enjoy a great movie with even better company!

You can bring your own dinner for 6pm to enjoy while having great conversation with others.

The movie will begin at 7 pm.

# UNITY EVENTS



## Ramananda John Welshons "Living in the Peace Which Passeth All Understanding"

Sunday, March 17, 2019  
12:30 pm- 3:30 pm

Suggested Love Offering: \$30

Join Ramananda for this soothing, restorative afternoon workshop combining periods of deep meditation with discussion about the path to living fully in the Light of Love, Peace, and Joy.

### **You will participate in and learn:**

- \* Meditations for letting go of anxiety, anger, and fear
- \* Meditations for increasing our experience of Love, Peace, and Joy
- \* Tools for allowing our "outer life" to become a reflection of our "inner life."
- \* How to Allow your daily life to support spiritual growth

Participants finish the workshop feeling a refreshing calm serenity, and a deepening of one's dedication to spiritual awakening and growth.

RAMANANDA JOHN E. WELSHONS is a highly respected contemporary spiritual teacher who weaves together the mystical and contemplative branches of the world's great wisdom traditions. He lectures and leads meditation workshops and retreats across North America, and is one of our most respected authorities on how to use life's inevitable difficulties as the steps on our path of spiritual awakening. He has been closely affiliated with spiritual luminaries, Ram Dass and Stephen Levine, and trained with Dr. Elisabeth Kubler-Ross. He has been practicing various forms of meditation and yoga for nearly 50 years, and has traveled and studied extensively in India - spending time in the ashrams of Neem Karoli Baba and Meher Baba. He is the author of three critically-acclaimed books: *One Soul, One Love, One Heart*; *Awakening From Grief*; and *When Prayers Aren't Answered* - all published by New World Library. His website is: [www.onesoulonelove.com](http://www.onesoulonelove.com). He also invites you to connect with him on Facebook

# OUR CHILDREN'S MINISTRY

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



Here is a picture of our Youth reading about Martin Luther King Jr. for Black History Month. We learned how people of color had to deal with discrimination. We discussed how these incredible people created change for the better, peacefully.



We also learned about our own hero, Agnes Jefferson. Agnes is 91 and she still brightens a room with her smile and amazing spirit. We are so honored to have her in our lives. We love you Agnes!

Please join us on 3/17 for our breakfast fundraiser. Come hungry! All money raised will go towards sending our YOU on their upcoming spring rally in MD on 4/26-4/28. Their weekend theme is - You Are Enough!

*With abundant light and love, Sally*

### Youth of Unity Breakfast Fundraiser March 17th



## Our Environment: How Drugs are Polluting Our Water

By Ingrid Justick



The U.S. Geological Survey found traces of over-the-counter and prescription drugs, including hormones from birth control pills, in lakes, rivers, ground and tap water. Our septic systems or treatment plants are not designed to remove drugs from wastewater. Scientists are trying to determine the effect the exposure to this mixture of drugs has on our environment. Early studies show that even small amounts of pharmaceutical products in our water affect the health of our aquatic life, our health and all life on earth. Some of these micro-pollutants break down naturally when exposed to sunlight. But most chemicals in drugs degrade very slowly or not at all, and enter our waterways.

Few people think about what happens to medicines after they do their work in the body. Most ingested drugs actually pass out of the body with urine and make their way into our groundwater. You can minimize their polluting effects by selecting remedies and other products with fewer synthetic and toxic ingredients whenever possible. Finish your prescribed medications. Also:

- Dispose of medications safely: Do not pour unused portions down the drain. Instead, return medications to a local pharmacy or hospital that accepts toxic waste.
- Buy nonprescription drugs in small enough quantities so you can use them before the expiration date. If you must toss drugs, leave them in their container and wrap it up tightly in a small plastic bag to minimize that the drug will leech into the groundwater at the garbage disposal center.
- Filter your water. Reverse osmosis systems or granular activated carbon filters work to remove inorganic pollutants.
- Urge legislators to devote resources to developing a nationwide plan for the safe disposal of over-the-counter and prescription medication.
- Support research efforts of the U.S. Geological Survey's Toxic Substance Hydrology Program, which is testing our water for micro-pollutants. Under proposed budget cuts it may lose most of its federal funding.

***Our Earth was formed as a sacred space, protecting us with a life-giving atmosphere.***

***Please protect our Earth.***



3508 Asbury Avenue  
Neptune, NJ 07753



*Go forth and let your light shine*

## 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: **Karen Marsh**

Treasurer: **Charles Kirlew**

Secretary: **Joyce Hilary**

Member: **Valerie Wake-Evans**

Member: **Edy Chartier**

Alternate: **Angie Stewart**

**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*.