

FLYING HIGH NEWSLETTER

Volume 9 Issue 3

May/June 2019

Transforming Unconscious Bias **Build Inclusive Spiritual Communities**

June 23, 2019: 1:00 - 4:00 p.m.
Suggested Love Offering ~ \$25.00



We all hold unconscious biases, it's a part of human nature. We can behave towards others in certain ways based on these biases. By excavating and deliberating choosing to neutralize them, we can reduce the instances where they adversely impact others when that is not the intention.

Every interaction we have and every decision we make are part of, or are, influenced by factors outside our scope of awareness. Building inclusive communities requires the disruption of inadvertent bias. Those impacted by bias may experience feeling discounted or excluded. Exclusion is antithetical to creating communities where folks feel valued, welcomed, accepted, and included.



About the Facilitator

Chair of Centers for Spiritual Living's (CSL) Diversity Inclusion Commission and originator of World Day of Service, Rev. Michele's focus ministry has supported CSL and Unity Centers in the Eastern Region as speaker, facilitator and diversity inclusion strategist. She is past Senior Minister of Spiritual Empowerment Center in Baltimore, MD. where she led for more than ten years. She possesses a master's degree in Consciousness Studies from the Holmes Institute of Consciousness Studies and a bachelor's degree from the University of

San Francisco in Human Relations and Organizational Behavior. She is author of *Inspiration in Small Doses*, a compilation of short stories and essays designed to uplift and inspire the readers to live up to their divine potential.

A MESSAGE FROM OUR MINISTER

“Know Thyself”

Rev. Angela Denton

America's Got Talent: The Champions aired for the first time early this year and was ranked number one in viewership. Over ten million viewers from around the world tuned in to be entertained and inspired by individuals who courageously shared their unique gifts. Contestants' hopes were high as they aspired to not only win the million-dollar prize, but to be discovered and to obtain lucrative contracts, thereby realizing their dreams. Judges and viewers prided themselves in spotting greatness as they voted for the contestants they deemed to be among the most talented.

This was not the case on a cold winter's morning in January of 2007 on a platform of a busy subway in Washington D.C. Virtuoso violinist, Joshua Bell, dressed in jeans, a tee shirt, and a baseball cap played his 3.5 million dollar Stradivarius violin for 45 minutes during rush hour. As part of a social experiment being conducted by the Washington Post on perception, awareness, and priorities, Joshua agreed to play 6 pieces of Bach. The same pieces he performed two days earlier at a sold out concert in Boston. Did the thousands of people who walked by Bell notice or appreciate his talent? Surprisingly, very few people did. Six individuals thought Bell was homeless and threw money in his open violin case as they scurried by. Two adults paused for a few seconds and continued to go next door to a convenience store to buy lottery tickets, and 2 children around the age of 3 at separate times did take notice and wanted to watch, but were pulled along by their parents.

Neuroscientist, Dr. Shermer, was not surprised by the Washington Post experiment. After years of research and study, Shermer concludes that our brains are meaning making machines. He explains, "Our brains evolved to connect the dots of our world into meaningful patterns that explain our experiences... why things happen. These meaningful patterns become beliefs. Once beliefs are formed the brain begins to look for and find confirmatory evidence in support of those beliefs, which adds an emotional boost of further confidence in the beliefs and, thereby accelerates the process of reinforcing them, and round and round the process goes in a positive feedback loop of belief confirmation." Dr. Shermer's work dispels the belief that our responses are primarily driven by external stimuli. For example, the behavior or actions of another is the cause of what I am experiencing physically and emotionally and the justification of my



reactions (please note this information is not intended to be applied to physical or verbal abusive behavior of another).

Charles Fillmore, co-founder of Unity, reminds us that our consciousness is pivotal: "The conscious can look in two directions—to the outer world where the thoughts that rise within it give sensation and feeling, which ultimate in a moving panorama of visibility; or to the world within, whence all of its life, power, meaning and intelligence are derived." This is why Fillmore professed, "The most important study

was of our mind not only the intellectual mind but the spiritual mind.." It is only through self-knowledge that we can be true Masters. It is by becoming present and keenly aware of what we are experiencing in consciousness, thought, belief, emotion, word, and action, that we can make choices that are grounded in Principle and embody what we value. Which also empowers us to seek to understand others rather than making assumptions and spewing our judgments and criticisms onto them.

As you go about your day, check-in with yourself and ask the following:

- What Am I feeling ?
- What thoughts and beliefs am I assigning to my present experience?
- What do I value and want to be present to in this experience?
- What is the person(s) before me feeling and wanting?

Daily devotion to self-awareness of deeply held beliefs and being honest about the conclusions you are wanting to defend and support is vital to living a life of personal empowerment and leads to the desire to connect, respect, and understand others even when we may hold a different view. I am thrilled that 18 individuals from our community are currently participating in the *Navigating my Way Through Conflict* series, and I am delighted that Rev. Michelle Synegal will be presenting a powerful Sunday lesson and workshop on unconscious bias on June 23rdrd. These opportunities and many others to come will help to support you in becoming more keenly self-aware and empower you to seek to connect and understand others. When we are asleep, we behave like the D.C. subway riders. failing to notice the greatness that is within and is

OUR PRESIDENT'S MESSAGE

"A purpose of human life, no matter who is controlling it, is to love whoever is around to be loved"

By Thomas Sciro

I hope everyone is enjoying the warming and greening that spring brings to us. As we progress along deeper into 2019, I can't help but think about all the "golden" anniversaries that occur this year.

It will be 50 years since the moon landing in 1969. I remember as a young kid being glued to the TV for days. And I clearly remember my grandmother explaining that all the rain we had that summer of '69 was due to "those astronauts poking a hole in the sky!" Fifty years since Woodstock (no, I didn't get to go, but my wife Sharon did), and 50 years since the release of two pivotal albums that a certain young musician could not stop playing on something that was called a "turntable": ***Aoxomoxoa*** by the Grateful Dead and ***Hot Rats*** by Frank Zappa. These albums changed my perspective on music forever.

And, of course, 50 years since the release of Kurt Vonnegut Jr's ***Slaughterhouse-Five***. I became a Vonnegut fanatic in college and although *Slaughterhouse-Five* was not the first book of his that I read, it is one of my favorites. Vonnegut was a prisoner of war during World War II and literally escaped death in the fire-bombing of Dresden by being locked in an underground meat locker known to his captors as "***Schlachthof-fün***". This book is part war story, part allegory, part science fiction, part social commentary and part black humor. There are characters in the book that will appear in many other Vonnegut novels, until *Breakfast of Champions*, where the author gives them their freedom. My favorite such character being Kilgore Trout, the prolific science fiction writer who could only get his stories published in "lewd magazines." Yes, I was once in a band that was called "The Kilgore Trout Band" in his honor!

Slaughterhouse-Five has been the subject of many attempts at censorship due to its irreverent tone, purportedly obscene content, religious, moral and social commentary, and perceived heresy due to its discussions of fate and free will. With numerous attempts to remove the book from school libraries, the Supreme Court finally ruled that "local school boards may not remove books from school library shelves simply because they dislike the ideas contained in those books and seek by their removal to 'prescribe what shall be orthodox in politics, nationalism, religion, or other matters of opinion.'" Today, many of these 'heretical ideas' are part of our Unity values.



Also today, the book is acknowledged as Vonnegut identifying PTSD well before the medical community recognized the condition. Vonnegut struggled for 24 years writing this book since that fateful day in Dresden, 1945 and actually rewrote it from scratch on many, many occasions, changing the title, the content, everything.. until he was convinced he said what he had to say. This was in the days of manual typewriters, pencils with erasers, and stacks and stacks of paper!

I have gotten into the habit of re-reading all of my Vonnegut collection every few years and I am currently re-reading *Slaughterhouse-Five*. What is interesting is how a book I have read several times can change its meaning based upon where I am in my life. The same goes for listening to those "golden" albums I mentioned earlier. I think it is a good idea to revisit your life's high and low points and see how they resonate today. You may find that you have changed significantly, seeing things in a totally different light, or you may remain steadfast...like the spring season bringing change, and yet bringing the return of age-old traditions of flora and fauna. As Vonnegut says some 106 times in the book..."So it goes." age-old traditions of flora and fauna. As Vonnegut says some 106 times in the book..."***So it goes.***"

And speaking of spring, thanks to all who participated in our spring cleaning events, both outside and inside! Stay tuned for a fresh look for the Sanctuary.

One final note: The first Vonnegut book I ever read was ***Cat's Cradle***. This book was also on the "banned list" for similar reasons. The actual paperback copy I had was passed around between a dozen or so of my college friends and it is now sitting in the Kurt Vonnegut Museum and Library in Indianapolis in their "Banned Book Collection."

Tom
BOARD PRESIDENT

UNITY EVENTS

CONCERT FRIDAY MAY 17 @ 7PM. TICKETS - \$20.
TO PURCHASE ONLINE - WWW.UNITYBYTHESHORE.ORG

Armand and Angelina
A Musical Variety Show

**An evening of Music,
Message and Mirth....**

International performers and recording artists, Armand and Angelina have been living their dream together since 2001.

They offer a fantastic, uplifting show, full of humor, passion for life and love for each other. Their music is a unique blend of rock and opera incorporating Native American flute. Armand and Angelina will be performing their versions of *Hallelujah*, *Age of Aquarius*, songs from *Phantom of the Opera* plus their own original love ballads and humorous songs.

It's been coined a variety show because their performance is filled with music, comedy, dance and more. Come see them and learn a new twist on giving and receiving. They love giving away stuff!

Armand and Angelina deliver a show like no other!



Visit Armand and Angelina online at www.armandandangelina.com

Armand & Angelina

NATIVE FLUTE PLAYSHOP



Are you ready to play the Native American Flute?

For centuries people have been mesmerized by the hypnotic sounds from these gentle, easy to play flutes.

Whether you have a musical background or have always wanted to play a musical instrument, this playshop is for YOU.

Please join us for a fun, magical day of music.

We will have flutes available or you may purchase one from us.

Visit Armand and Angelina online at www.armandandangelina.com

Workshop Saturday May 18
10:30 AM Love Offering

UNITY EVENTS



Spiritual Cafe

Sunday, June 9th

12:30 PM - 2:30 PM

Unity by the Shore

3508 Asbury Ave., Neptune, NJ 07753



Revs. Drs. Bil & Cher Holton

Join us in a lively discussion of spiritual topics where you can ask questions, share ideas, and explore anything related to:

- ✓ Spirituality & Spiritual Practices
- ✓ Truth Principles and How they work
- ✓ Metaphysics, Science & Spirituality
- ✓ Anything else you've always wanted to ask!
- ✓ Healing, Placebo Effect, & Positivity

It is inspiring, stimulating, & mind-stretching!

Love Offering

www.unitybytheshore.org

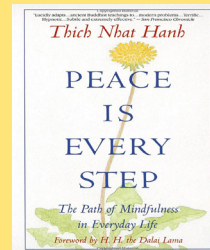
SPIRITUAL BOOK STUDY

Peace is Every Step

by: Thich Nhat Hanh

THURSDAYS
MAY 16, 2019 - JULY 11, 2019
1 PM - 3 PM

Unity by the Shore
3508 Asbury Ave., Neptune, NJ 07753



LEARN TO ENJOY DEEP PEACE & JOY THROUGH THE ART OF MINDFULNESS

In life, many of us worry about and chase after new goals. We desire fulfillment, to be happy and live in peace. Little do we realize that we are already fulfilled, happy and in peace.

From this book, you'll discover:

- How mindfulness can help us to manage negative feelings like anger, sorrow, and grief.
- How to bring peace and happiness to ourselves and others
- Techniques for cultivating awareness and mindfulness
- How to live mindfully enjoying fulfillment, happiness, and peace

Facilitated by: Rev. Angela Denton

Fee: Love Offering

Text: *Peace is Every Step* by Thich Nhat Hanh



www.unitybytheshore.org

OUR CHILDREN'S MINISTRY

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



Happy Spring from our children. Will Guzzy has been working with our children in creating a beautiful children's garden for them and everyone to enjoy. Thank you Willi! It is so awesome to be connecting with and nourishing our Mother Earth.

We raised \$169 at our breakfast fundraiser on 3/17, thank you Lisa and Orsini Sanchez for all your help. The \$169 went towards sending Trinity and Sophia on the Y.O.U. spring rally, "YOU ARE ENOUGH". The rally was in Maryland on 4/26-4-28th, and was chaperoned by Will and Laurence Brock.



We are selling plants after service ever Sunday and we will be having a cupcake sale on Mother's Day. All money raised will go towards supporting our youth here at Unity by the Shore.

With abundant light and love, Sally

On Easter Sunday the children enjoyed their annual egg hunt. Each egg had a treat and a positive affirmation inside, affirming how awesome they are! We will be hosting our Unitots/Unikids pizza/movie night in the near future. □



Our Environment: Gardening without Toxic Chemicals

By Ingrid Justick



More than 70 million Americans will garden this year, spending billions of dollars to keep lawns green, and flowers and vegetables free from pests and diseases. Last year, stores sold more than \$2 billion worth of pesticides. But as concerns about tainted groundwater and contaminated food increase, gardeners are seeking more healthful alternatives to toxic chemicals.

We have to learn to understand the delicate relationship we have with nature and to participate without disturbing this important balance. Attract beneficial insects and birds to your garden by planting flowers, supplying water, providing shelter and food. Over 95% of insects in your garden are either beneficial or do no harm.

By practicing organic gardening, we keep our plants healthy and pest resistant. Water is one of the most effective weapons against pests.

Here are some eco-friendly insect sprays and tips:

- Basic insect spray: Mix 2 tablespoons dishwashing liquid (not detergent) and 1 gallon water. Add sulfur to kill mites and insects (see packaged directions for amount.) Add 1-2 tablespoons baking soda to this basic recipe and you will kill fungi and insects.
- Lemon spray: not only repels white flies and soft-bodied insects, it will also destroy fleas on your pet. Boil peels of 3 lemons in 1 quart water, cool, remove peels and place solution in spray bottle.
- Hot pepper spray: repels insects and alienates black-spot on roses. Mix 2 teaspoons cayenne pepper, 1 quart water and 1/2 teaspoon dishwashing liquid.

- Garlic spray: Mix 1 quart water, 2 teaspoons garlic juice, 1 teaspoon cayenne pepper and 1 teaspoon liquid soap.
- Tomato leaf spray: Mix 2 cups tomato leaves, 1 quart water. Bring to boil, cool, strain and add 1 teaspoon dishwashing liquid.
- Basic oil spray: Mix 1 tablespoon vegetable oil, 2 cups of water and 1 teaspoon dishwashing liquid.
- Fungus-killing spray: Mix 2 tablespoon baking soda, 1 teaspoon vegetable oil and 1 gallon water, or, mix 1 tablespoon garlic juice and 1 quart water.
- Vinegar spray combats fungal disease and black-spot on roses. Mix 3 tablespoons apple cider vinegar and 1 gallon water.
- Banana peel repellent: place banana peels around roses, or other plants plagued by aphids. As a bonus, the potassium in the peels stimulates large blooms.
- Peppermint: repels ants and peppermint tea is a good all-purpose insect spray.
- Lemongrass: repels wasps. Place some lemon grass in a vase on your picnic table and wasps will stay away.
- Plants that repel insects: borage, dill, onion, fennel, sage, thyme, parsley, garlic.

By gardening in an organic, chemical-free way, you give back to our environment that has given us so much.

For environmentally friendly information: call 732-922-2935.

Recent Events: Clockwise L-R: Cleaning Sanctuary, Tin Type Photos and Gardening.



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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Web Site: unitybytheshore.org

Church Service and Children's Church
at 10:30 a.m. on Sundays

BOARD OF TRUSTEES

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Vice President: **Karen Marsh**

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Member: **Valerie Wake-Evans**

Member: **Edy Chartier**

Alternate: **Angie Stewart**

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