

FLYING HIGH NEWSLETTER

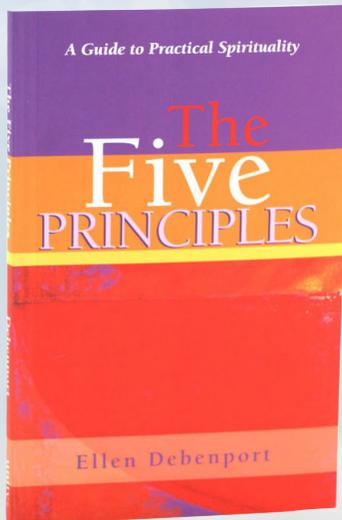
Volume 3 Issue 3

May / June 2016

The Five Principles: A Guide to Practical Spirituality by Ellen Debenport

A 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.



- Who and what is God?
- Who or what am I?
- What is my purpose?
- Why do "bad" things happen to "good" people?
- How can I live a more fulfilling life?

The five principles constitute the core teachings of the Unity spiritual movement founded in 1889 by Charles and Myrtle Fillmore. These same principles reflect the laws of the universe that apply to everyone, all the time. "Work these principles, test them, apply them to your life, and watch what happens."

Wednesday Evenings from 7-9 PM on: May 11th & May 18th

Sunday Afternoons from 12:30- 3PM on: May 22nd & 29th and June 5th and 26th

Facilitator: Angela Denton MA; P.D. MFT; LUT

Required Text: The Five Principles by Ellen Debenport

Class Fee: Suggested Love Offering \$15 per class

Note: Although this class prepares individuals to become a member of Unity by the Shore it is open to ALL individuals. Those desiring to become a member of UBTS must attend 5 out of the 6 classes to be eligible.

A Message From Our Spiritual Leader

In the loveliness of the things of nature you may learn more of the wisdom of God than schoolmen know ~ unknown

Have you ever been filled with awe by the grandeur, opulence and mystery of the natural world? I have lost myself in the splendor of the divine on countless occasions. Gazing up at the stars on a clear night I have wondered how vast the universe is. One of the joys of being married to a photographer whose greatest passion is capturing landscapes in the raw, is being taken off the beaten path in our travels. Standing in fields of sunflowers, daffodils, and wheat grass growing in the wild that seemed to stretch on forever has taken my breath away. On a trip to La Jolla, California I can recall becoming mesmerized by the waves as they crashed over majestic rock forms and time seemed to stand still. I can go on forever recounting numerous other occasions in nature when I experienced Oneness that I could not begin to capture with words.



Myrtle Fillmore, cofounder of Unity, marveled, Nature is surely the glorified face of God. See the beauty about you and ... see the manifestation of the infinite Mind. Not only can we see evidence of the Divine in nature, but many spiritual teachings can be gleaned from the natural world, such as, Oneness and Order. According to Principle One, one of five foundational tenets of Unity, God, Divine substance under all creation, is all there is,

therefore, each one of us is connected and influenced by each other and the Whole of creation. A famous saying that reflects the theory of interconnectedness is, when a butterfly flaps its wings in one part of the world it can cause a hurricane in another part. Everything in nature is influenced by and interdependent on each other. We have become a mechanistic society, thereby distancing ourselves from nature and each other. We need to



Angela's message continued

be reminded of the Truth that every word uttered, every thought held in mind fueled with emotion, and every action taken by us has a profound impact not only on ourselves, but on others, our planet, and the universe. Pause for a moment and take in the depth of this reality and ask yourself this; Are my words, thoughts, and actions life affirming?



The field of science informs us that all “lower-life forms” have a built-in intelligence that enables them to adjust to their environment, complete a cycle of growth, and produce the results which are expected of them by virtue of their nature. All too often we have a great deal of difficulty adjusting to and finding harmony within ourselves, our varied environments and within our relationships. If the lower life forms, such as birds, trees, animals and plants can ebb and flow and adjust to changes in the environment, why can't we? We have been conditioned to look outside of ourselves for the rules of living, therefore, we are not in touch with the intuitive voice of the Divine within, and we are not eager to put our faith in Principle. Our

dualistic society has conditioned most of us to buy into norms of established concepts of what is “good” and what is “bad”. When life deals us a perceived bad hand one has a tendency to be filled with fear and resists life in protest. The Spiritual Power of Order enables us to organize, balance, sequence, and adjust our thoughts

and actions. When we place our Faith in Principle One which reminds us God, Good, is all there is and is the source of our supply we empower ourselves to be open and flexible to change and growth. Let us remember that which we resist persists in our lives. Dear friends, like the lilies of the field, the trees in the forest, and the birds of the sky let us learn to live from the Spiritual Consciousness of Oneness and Order.

Love and light,

Angela Denton MA; P.D. MFT; LUT

SPIRITUAL LEADER



Our President's Message

By Angie Stewart

April 22, Earth Day – I love this special day (and not because it is also my birthday!). Ever since it was started in 1970, I have felt an affinity to this day. It was created to remind us to take care of this precious planet and all it holds, to raise our consciousness about environmental issues and to put into action changes that we can do individually and collectively to help our little place on earth.

The first Earth Day on April 22, 1970, mobilized 20 million Americans from all walks of life. Their actions led to the creation of the U.S. Environmental Protection Agency and the passage of the Clean Air, Clean Water, and Endangered Species Acts. Today, over one billion people in 192 countries participate in Earth Day activities, making it the largest civic observance in the world. (<http://www.earthday.org/>)

As a child I worried what would happen to the plants and animals and the very planet as humanity continued to grow; and, as an adult, this led to my commitment to reducing my consumption and recycling and reusing wherever I can. Sometimes, much to my family and friend's annoyance!

For me, this day also is a reminder that winter is over and spring is here. The earth is reawakening after a silent/inward time. My spirit is like that



at times too. I regularly need a period for quiet contemplation, a period of resting and restoration, maybe creating plans, or recommitting to myself. But now spring is here and it is a time for action, a time for beginning that new growth and that is why I am so excited for our new plan to come to life! Our long awaited labyrinth is coming to fruition! This dream started many years ago with the seed donation from two past members and will commence this spring. We are planning the

labyrinth to be around the Peace Pole behind the sanctuary and holding the vision of a whole new garden around this area. To help that dream come true, we are implementing a Memorial Brick sale to help fund the remaining costs not covered by the original donation. This special place will be perfect for that quiet time, prayer, or mediation. Please join us in making this special dream for Unity by the Shore come to life this spring. Mary VerCande will be providing details on how you can participate. Thank you, Spirit!

Thank you for your ongoing support and love.

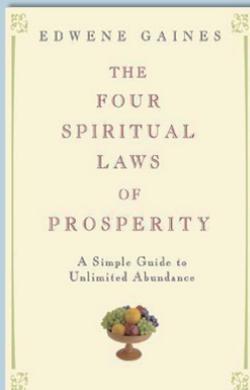
Yours in Peace,

Angie Stewart

PRESIDENT - BOARD OF TRUSTEES

"The good man is the friend of all living things." – Gandhi

The 4 Spiritual Laws of Prosperity



A 5 week class Presented By Rev Edwene Gaines

Rev. Edwene Gaines overcame a lack mindset to create a lifestyle of prosperity and abundance. The solutions to financial challenges lie within. In her book Rev. Gaines, delineates to readers how to raise our prosperity consciousness and free ourselves from deprivation and want.



Facilitated by Rev. Elizabeth Barca LUT

5 consecutive Thursdays, May 19th – June 16th 2016

6:30 - 8:30pm

(732) 918-3395

Our Children's Ministry

By Sally Kurth

News from our Youth of Unity! Our Y.O.U and Uniteen's held their first breakfast fundraiser on Sunday, March 13th, immediately after service. It was a huge success and we raised \$418 that went towards sending them off on their upcoming Spring retreats. The Y.O.U. will be going to rally in Maryland April 22-24th and the Uniteens will be going on retreat to PA on May 13-15th.

Thank you parents for helping set up, clean up and cook for the event. Thank you everyone who brought in food which added to our breakfast feast, which was really awesome. We had quite a spread thanks to everyone pitching in and contributing!

The Y.O.U. and Uniteen's served our congregation with gratitude and happy smiles, knowing they are working towards their goals of attending these upcoming spiritual rally's. Also thank you to those who individually sponsored a teen, we appreciate your generosity!

In the future we will have an ice cream social where the younger children can serve the congregation. They will be in charge of putting the toppings on top of your sundaes!

We will also have a Unitots and Unikids movie and pizza party on Friday, June 10th at 5:00. Please let me know who will be attending. Thank you congregation for all of your love and support of our youth!

Easter was wonderful and the children showed off their hats and enjoyed their annual Easter egg hunt. Each egg contained a chocolate kiss and an affirmation.

More news.... We had a fundraiser for Earth Day to raise money to plant trees with the Arbor Day Foundation. It only cost \$1 to plant a tree. Trees clean our air and water, slow climate change, provide food, shade, shelter, on and on. Trees are simply amazing. Thanks



to everyone we raised \$213! In honor of our Youth Of Unity The Arbor Day Foundation will be planting 113 trees in the Tahoe National Park in California and we are also preserving 25,000sf of the Rainforest! That has to put a smile on your face and love in your heart.

We welcome Mary VerCande who has joined in teaching and co-creating with our youth, thank you Mary!

I am looking for some volunteers to sign up for one or more Sunday's in July and August so our teachers can have the summer off. If you have a love or a passion about something and you'd like to share it with our youth, that would be wonderful. Or maybe you would prefer to watch a metaphysical movie with the children, that would be great too. Please see me for the sign up sheet and thanking you in advance.

With much light, love and blessings,

Sally :)



Our Environment: Conserving Water

by Ingrid Justick

Our water resources are not unlimited. They are affected every day by precipitation, population growth, economic development and pollution. On the average, each person uses 200 gallons of water per day. Half of this water is used for landscaping and gardening. Conserving water in the garden starts with selecting appropriate plants for your climate, soil and light conditions. Use native plants and shrubs — they require less water and are drought and insect resistant. Mulching not only holds water in soil, but controls weeds. Water during the coolest part of the day, early morning is best. Use soaker hoses and trickle irrigation systems; by delivering water directly to the roots, they reduce the amount of water used by 20-50%. Do not water on windy days because up to 50% of the irrigation water may evaporate. Check for leaks in hoses and sprinkler systems. Use a broom instead of a garden hose to clean sidewalks and driveways.



In your kitchen: install a flow restrictor on the faucets. Do not leave water running while washing fruits and vegetables; use a bowl. Pre-rinsing dishes, prior to loading into dishwasher, is an unnecessary and wasteful use of water. Wash only full loads in dishwashers and washing machines. Avoid disposals instead compost and recycle.

In you bathroom: take short showers instead of

baths. Do not run water continuously while brushing teeth, shaving or washing. Check toilets, sinks for leaks or drips. A dripping faucet can waste 20 gallons of water per day. Consider purchasing a front loading washing machine; it saves 20-30 gallons of water per load. If you wash clothes in cold water, it not only saves energy but your colors stay brighter.

Some water statistics:

Taking a shower — 5 gallons per minute

Flushing the toilet — 4.7 gallons (conventional), 1.6 gallons (low-flow systems)

Brushing teeth — 1 gallon

Washing clothes — 30-50 gallons

Washing dishes — 16 gallons per dishwasher load

Washing car — 5.8 gallons per minute

Lawn sprinkler — 660 gallons per 2 hours

If each person in this country used just 10 gallons of water less each year, we'd save over 2 billion gallons! Please use water wisely, every drop counts.

It is up to us to preserve and protect our world — because it is the only one we have.

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

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FEBRUARY

Income..... \$14,544
Expenses..... \$12,012

MARCH

Income..... \$11,237
Expenses..... \$12,349

TITHES:

Unity Worldwide..... \$ 561



Classifieds

Place your ad here. **Flying High** publishes 6 issues a year and is mailed to approximately 200 readers. 95% in New Jersey with 90% in Monmouth and Ocean Counties. It can also be viewed on our web site: unitybytheshore.org. Rate for yearly listing is \$50.00. Rate for one issue is \$15.00. Contact **UBTS** at **732-918-3395** to place an ad or for additional information. Appearance of an ad here should not be construed as an endorsement by Unity By The Shore.

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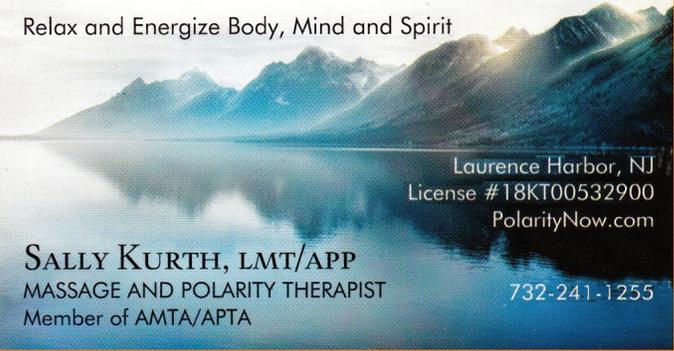
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OUR MISSION STATEMENT

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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Web Site: unitybytheshore.org

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

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