

## FLYING HIGH NEWSLETTER

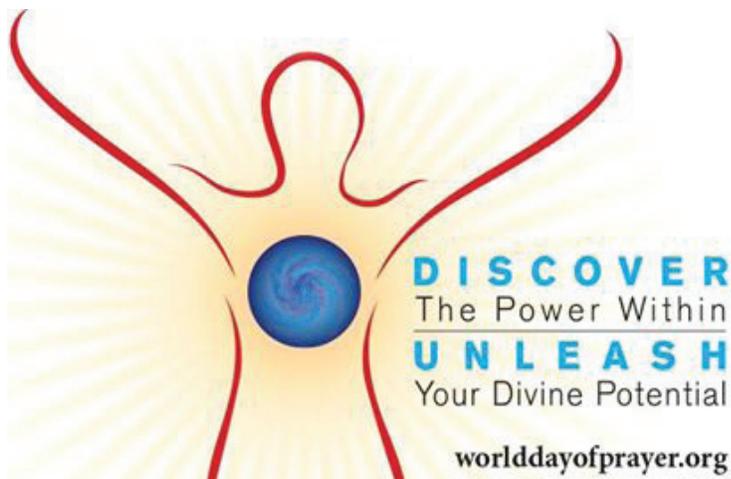
Volume 4 Issue 4

September/ Oct 2016

### INSIDE THIS EDITION:

AUTUMN'S BOUNTIFUL HARVEST GIFT AUCTION

HOW ENLIGHTENMENT CHANGES THE BRAIN • THRIVE WITH ANXIETY



UNITY  
**WORLD DAY**  
*of*  
**PRAYER**

**Thursday, September 8**  
7 pm in the Sanctuary

**T**his year Silent Unity celebrates its 126th anniversary. All across the globe countless individuals have been supported through challenging times by this 24-hour, 7-day a week prayer ministry that was created in April of 1890 by Unity co-founders, Myrtle and Charles Fillmore. World Day of Prayer, which is sponsored by Silent Unity, was started in 1993 by a group of ministerial students. On Thursday, September 08, 2016, people from all around the world will join together in prayer. Unity churches all across the globe will open their doors to individuals to pray for themselves, their loved ones and to unite in prayer for world peace. Below is the schedule for Unity by the Shore:

**9 AM – 6 PM**      **Sanctuary is open for silent prayer**

**7 PM – 8 PM**      **Prayer Service conducted by Angela Denton**

Individuals may fill out a list of names of individuals that they would like Silent Unity to hold in prayer on September 8th. These lists can be filled out at UBTS and be placed it in our prayer box. Or, individuals can go directly to <http://www.unity.org/wdop> to send in prayer requests online, as well as, light a virtual candle.

**Let's unleash our Divine Potential as we get prayed up together!**

# A Message From Our Spiritual Leader

## From Awareness to Action

Recently, I have seen posts on Facebook that ask the reader to reflect on the varied plights of individuals from those who have cancer and have been forgotten about to children who are experiencing physical or cognitive disabilities who have been cast aside by society. These chain-like letter posts asks the reader to copy and paste the post to his/her timeline. These posts tug at the heart strings of the reader, and although I believe the intent of these posts is to raise awareness of the struggles of specific groups of people, I found myself feeling uneasy after reading several of them.

I began reflecting on my disturbed thoughts and feelings and discovered several things. One, the language used in many of these posts implies shame, victimization, and basically uses the language of separation. Most pressing for me was a thought that kept surfacing, "How do these posts really make a difference in the lives of the individuals being written about?" This question revealed something that has been alive in me and that is, "How do I and how does our community move from talking about and feeling sympathy for individuals to taking action to not only transform our own lives, but to make a difference in the lives of others? Simply put, "How do I/we move from understanding and talking Truth to living it?"

Principle Five in Unity calls us to be the Presence in the world. I am grateful for the Love in action that many of you have displayed in reaching out to individuals in our community who have experienced loss or who are experiencing illness. You have provided meals and rides, and you have been empathetic companions who hug, touch, pray, and behold the sacred worth of those who really need a loving friend who can hold the high watch for them.

Now, I am calling us to be a Presence in our



world beyond our walls. Recently, I have had several conversations with individuals from different organizations and non-profits who have elicited our support in outreaches for foster children and the homeless in NJ. I have been in conversation with a representative from DYFS on how we can provide needed supplies, host a movie-fun night at UBTS, and bring Christmas gifts to foster children in our area. Additionally, on September 30th at 7 PM Jeff

Ballo, creator of the movie *Destiny's Bridge*, will be airing his documentary about how a minister begins a movement to find affordable housing for those in need. The movie will be free of charge, however, collections will be taken to support affordable housing. Although raising awareness and taking collections is important and noble, I would like us to go a step further. I have aspirations for us to establish relationships with foster children and the homeless. I ask you to join me in being companions of Love to these beautiful individuals who want to be seen, heard, hugged, and cherished. If you are interested in supporting either outreach please contact me at [angela.denton@unitybytheshore.org](mailto:angela.denton@unitybytheshore.org). Let our Presence heal and uplift our fellow brothers and sisters.



# Our President's Message

By Angie Stewart

I don't think it is any coincidence that September's and October's Powers are Order and Zeal. By this time of the year, I sometimes feel like I am being dragged along by summer. Don't get me wrong, I love the warmth, sunshine, and the freedom to be outdoors and relish in the joy of nature. But by August, I am contemplating being on a quiet beach after Labor Day; looking forward to the steady rhythm of life getting back on a familiar track; celebrating with mothers and fathers who are enthusiastically putting their children back on the school bus! That is the Order that I look forward to this time of year. Fall gives me such a sense of continuity, of re-assuredness that after the "party" there is a quiet calm place and time to rebalance and recharge. Unity talks about Order and Zeal (or any Power, really) as being something we choose to do. In fact, Principle Three emphasizes that our reality is created by our thoughts. So thus, to have Order and Zeal in my life, it must begin with me. I do this with a discipline to maintain an internal awareness of the Power, understand what it means



to me, and how do I express it to the world. I see this as an equation. There must be an awareness + action(s) = God-Living/Purposeful-Living/Serenity – whatever you want to call it. It all depends on me on how spiritual laws show up in my life. I have the freedom to choose moment-by-moment how I see and react to every season in my life. With each falling golden leaf, I am reminded of this. Thank you, Spirit!

Please make a choice to celebrate this beautiful season with us at the our Autumn's Bountiful Harvest – Gift Auction, being held Friday, October 7 at the Woodlake Country Club, Lakewood NJ as well as all the other fun and exciting things coming up. Keep checking your e-mails for announcements and the UBTS events calendar at [unitybytheshore.org](http://unitybytheshore.org). Look forward to seeing you!

*Yours in Peace,*

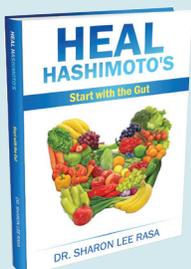
**Angie Stewart**

PRESIDENT - BOARD OF TRUSTEES

*I trust in nature for the stable laws of beauty and utility.  
Spring shall plant and autumn garner to the end of time. ~ Robert Browning*

## Book Donation to UBTS

Sharon Lee Rasa, D.C. has donated five copies of her book, "Heal Hashimoto's: Start with the Gut" to the UBTS bookstore. Hashimoto's is a common thyroid disorder and Autoimmune disease. Sharon writes of her experience with this condition and her healing as well as the patients she has helped with thyroid and other autoimmune conditions by healing the gut.



As part of the book promotion Dr. Rasa is offering a FREE 14 day "Heal Your Gut Challenge" in exchange for reading the book and leaving a review on Amazon. This 14 day "Heal Your Gut Challenge" will be an online closed Facebook group so you do need to be a member of Facebook and have access to a computer. The 14 day heal your gut challenge begins on Friday, September 30, 2016. For more information send an email to [rasahealth@gmail.com](mailto:rasahealth@gmail.com)

Purchase the book in the bookstore or online on Amazon. It is available in both a Kindle and soft cover format.

# WORKSHOPS

## HOW ENLIGHTENMENT CHANGES THE BRAIN: The New Science of Transformation

12 Week Book Study • Thursdays 1- 3 PM  
September 15th- December 8th 2016

Andrew Newberg and Mark Waldman studied 2,000 individuals from various spiritual paths around the world who have claimed that they have experienced enlightenment. From their research, surveys, personal interviews, and brain scans, Newberg and Waldman explore in their book how readers can activate and deactivate specific regions in the brain in "enlightening ways". Participants in this book study will also explore the following:



- What enlightenment is and what it feels like
- The spectrum of human awareness
- The five common elements of enlightenment
- How to create more harmony, creativity and joy in your life

Facilitated by: Angela Denton MA; P.D. MFT, LUT  
Cost: Love Offering

Required Book: How Enlightenment Changes the Brain:  
The New Science of Transformation ~ *Newburg and Waldman*

# SAVE THE DATE!



*Unity by the Shore*  
presents

*Autumn's*

*Bountiful  
Harvest*

Gift Auction

**JOIN US FOR A FUN EVENING OF FELLOWSHIP, LUCK & ADVENTURE**

**FRIDAY, OCTOBER 7<sup>TH</sup> FROM 5:30 - 10:30 PM**

Woodlake Country Club • 25 New Hampshire Ave, Lakewood

**\$35 ENTRANCE FEE**

Includes dinner, dancing and music by The Unity Jazz Ensemble

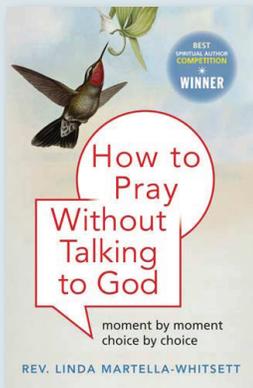
See Gwen Lewis for details

# WORKSHOPS

## HOW TO PRAY WITHOUT TALKING TO GOD Linda Martella-Whitsett

8 Week Book Study • Thursday Evenings: 6:30-8:30 PM  
September 22nd- November 10th

During the eight weeks of this course we will go on a journey where we will explore how to embrace our Divine Nature through the power of prayer. We will come to understand that God is an active force behind all life, and that through the power of the spoken word we claim our Divinity. Besides exploring the nature of God and ourselves we will discuss the following:



- Affirmative Prayer and Meditation
- The Use of Denials
- The Language of our Prayer
- Praying for Others

Facilitated by Angela Denton MA; P.D. MFT, LUT  
Cost: Love Offering

Required Book: *How to Pray Without Talking to God*  
By Linda Martella-Whitsett

*NOTE: Anyone desiring to join the prayer team or is interested in becoming a prayer chaplain at UBTS must attend 6 out of the 8 classes. Anyone desiring to be either a prayer team member or a prayer chaplain must be a member of UBTS.*

## LEARN TO THRIVE WITH ANXIETY, STRESS & DEPRESSION

Practical Solutions for Body, Mind & Spirit  
with Dr. Sharon Lee Rasa and Rebekah Borucki

Sunday, October 2, 12:30-3:30pm

Donation: \$20 (all proceeds benefit Unity By the Shore operating fund)

Over 40 million people suffer from some form of anxiety and/or depression, and every life is touched by stress. A staggering 1 in 5 adults suffer from mental illness! Fortunately, new treatments and cutting edge research are bringing new methods of healing anyone can learn and apply to their own lives with ease. Join authors, healers and Unity members, Dr. Sharon Lee Rasa and Rebekah Borucki, on **Sunday, October 2**, for an exciting workshop that will break down the facts of the new biology of anxiety and depression and offer practical solutions for self-healing.

Dr. Rasa will teach you about the Gut-Brain Connection and how  
“what happens in vagus doesn’t always stay in vagus.”

Hay House author Rebekah Borucki will share the beginner meditation and tapping techniques she teaches to her audience of over 250,000 people on social media and her television show Got Zen.

# Our Children's Ministry

By Sally Kurth

Welcome back! I hope everyone had a relaxing, wonderful summer. I want to thank all of those who volunteered over the summer to co-create with our youth and give our teacher some time off. It was so kind of you. Kassie Dackerman, Elyse Chartier, Mary McCrink, Mary VerCande, James McKenzie, Donna Poulsen, Dominick Mason, Charlie Kirlaw, and Joe Ercolino. Thank you all!

Children's church will start back up on Sunday September the 4th. We look forward to another joyous Spirit filled year! So put the word out!

*Love and Blessings, Sally*

On July 31st the Unikids and UniTeens made model rockets. While we were waiting on the glue to dry, we discussed the similarities of Unity's 5 Principles with Isaac Newton's 3 Laws of Motion. I know you all know the Unity Principles by heart, but how well do you know Newton's Laws? Well here they are:

**Law 1 - An object that is at rest will stay at rest unless a force acts upon it.**

We talked about if we want change in our lives, then we have to do something different. We related this to the fifth principle of living our truth in order to make a change in our lives.

**Law 2 - The change of momentum of a body is proportional to the impulse impressed on the body, and happens along the straight line on which that impulse is impressed.**

Here we talked about the power of prayer and how we can change the world by praying for the same thing. We related this to the fourth principle.

**Law 3 - To every action there is always opposed an equal reaction: or the mutual actions of two bodies upon each other are always equal, and directed to contrary parts.**

Here we talked about the third principle and how we create our own experiences. In the physical world



there is an opposite reaction for every action, but in the spiritual world, we have a choice as to how we respond to events in our lives.

We hoped to be able to launch our rockets after service but rockets don't like rain. There is a local rocket club that meets the first Sunday of the month. All the kids and their families are welcome to come to see their rockets soar! See Charlie Kirlaw for details.

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**PROSPERITY**  
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**JUNE**  
**Income**..... \$10,371  
**Expenses**..... \$13,144

**UWM:** \$518.58  
**E.Reg:** \$164.85  
**SEEFund:** \$103.72  
**Discretionary:** \$250.00

**JULY**  
**Income**..... \$14,005  
**Expenses**..... \$13,039

**UWM:** \$700.25  
**E.Reg:** \$310.19  
**SEEFund:** \$140.05  
**Discretionary:** \$250.00

# 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](http://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.

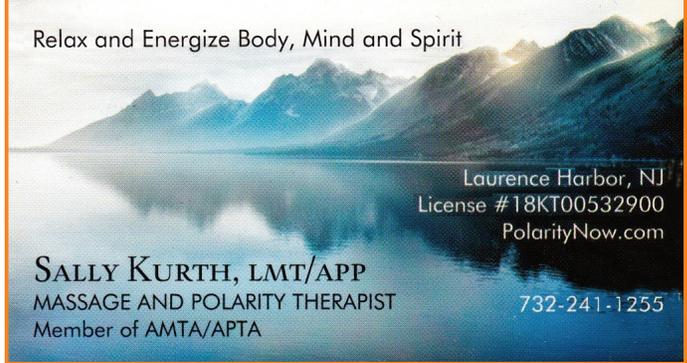
Please Visit:

**Unitybytheshore.org**

for the latest **Flying High** newsletter, events and other Church information



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**SALLY KURTH, LMT/APP**  
MASSAGE AND POLARITY THERAPIST  
Member of AMTA/APTA

732-241-1255

## New to Our Website!



Unity by the Shore  
**SHOP, SAVE, and GIVE**

[www.UnityByTheShore.org/shop](http://www.UnityByTheShore.org/shop)

This is a wonderful opportunity for you to purchase goods and services in a way that supports your spiritual home and saves you money along the way!

Every time you purchase goods and services, make sure to **FIRST** stop at our shopping portal, click the link to the vendor of your choice, and do your shopping.

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



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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

### UNITY BY THE SHORE

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**Fax:** 732-918-8457

**E-mail:** [unitybytheshore@aol.com](mailto:unitybytheshore@aol.com)

**Web Site:** [unitybytheshore.org](http://unitybytheshore.org)

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

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