

FLYING HIGH NEWSLETTER

Volume 7 Issue 4

July/August 2017

Up, Up, and Away



Revisiting Gift Auction and Ice Cream Social

SUNDAY, JULY 23rd at 12:30 in the sanctuary
Come on out, bring a friend, and have some fun!

A MESSAGE FROM OUR SPIRITUAL LEADER

“BIRTHING A NEW PARADIGM”

By Angela Denton

Life as we know it is changing so rapidly before our eyes. Every generation seems to reminisce about the good old days. My parents tell me stories of what life was like before TV was invented and extended family lived next door to each other or lived within blocks. They share stories of how fresh the food was and how staples were purchased at mom and pop shops run by butchers, bakers, produce grocers, and how milkmen delivered dairy items to your front stoop. I tell my children about the days before iTunes and smart phones were created that I listened to music on eight track and cassette tapes, and I completed college assignments on a typewriter.

Even though each generation experiences change, I believe the transitions that are underfoot today are epic. We are in the midst of a paradigm shift. A paradigm shift occurs when the usual societal and worldview undergo a significant transformation. Scientist Thomas Kuhn, who coined the term, states that during such a time individuals will experience chaos, uncertainty, and even periods of “intellectually violent revolutions” as the old way of thinking and being is collapsing as the new shift in consciousness is struggling to emerge. The caterpillar struggling from its cocoon to emerge into a spectacular, colorful butterfly is a perfect model and metaphor for this cycle of emergence of a new worldview.

Currently, we are watching the break down of our educational, religious, economic, and political systems while the harmful effects of Global Warming are being experienced by the whole of creation. Rapid advancements in technology are not only changing the delivery of our media, but is also replacing man/woman power, and is having an effect on our social-emotional intelligence, on our person-to-person contact, and how we define community. All of this is exciting and can be frightening at the same time as we bid farewell to the comfortable and familiar as the landscape changes right under our very own feet.

Not only are brick and mortar businesses feeling the effects of our shifting times as some of them are forced to close up shop, but churches and spiritual communities are experiencing the impact as well. Forty-eight percent of the population born between the years 1984-2002 consider themselves to be unaffiliated when it comes to belonging to a church or spiritual community. As a result, Sunday service attendance is down nationally across all religions and



many communities have had to close their doors because they were unable to remain financially solvent. Two months ago, I became dismayed when I discovered that over the last year one Unity spiritual community a month had to dissolve for the same reason.

When I heard this news from Unity Worldwide Ministries (UWM), I became fearful about how the changing times would effect Unity by the Shore as I witness a drop in attendance during the summer months. I knew quickly that I had to begin to shift from fearing the changing times to welcoming it. I began looking deeper at the paradigm shift

that we are in the midst of, and I believe we are collectively being called to shift from the consciousness of separation to the consciousness of Oneness. I have shared in previous articles that I believe the patriarchal ways of competition, greed, and every man/woman for himself is being played out before us as leaders try to resist change by going back to how things used to be and by constructing walls to keep “the others” out as solutions to what ails our failing institutions. The polarization of duality and the consciousness of the “other” are also being played out among us as we argue, defame, and resist those who have a different political belief or worldview than we do. Spiritual teacher Dr. Shariff Abdulla states that we are collectively feeling the effects of four major shadows, violence, “the others”, lack, and despair, as we encounter our current global challenges. In order for us to shift into the experience of Oneness we must collectively unite in our efforts to bring the four Lights, peace and security, inclusivity and community, true abundance, and fulfillment of embodying our Divine gifts in service to one another. Dr. Shariff Abdulla is partnering with Unity World Headquarters (UWH) and UWM in bringing a pilot program to Unity ministries called *Shadow to Light* (S2L), and I will be sharing this program with UBTS this fall.

In the meantime, know that the board and I are looking to embrace the technological age by raising funds to purchase equipment so that we can livestream services and key events. Over the remaining lazy days of summer, I invite you to take respite, recharge, and to recommit to the spiritual transformation of yourself, UBTS, and the planet. We need all hands on deck!

Love and light,
Angela Denton MA; P.D. MFT; LUT
SPIRITUAL LEADER

OUR PRESIDENT'S MESSAGE

CHANGE IS A PART OF LIFE

By Gwendolyn Lewis



Over the past few months, I have encountered many challenges of change. It can be good or complicated depending on the circumstances or the energy I have brought to it. I had to continually remind myself of a few phrases, “Be prepared to expect the unexpected”, “Accept what is”, “Let go of what was”, and “Have faith in what will be.” Change will always be a part of life so embrace it.

Know a life of abundance.
Unity, we are so blessed!

Thank you...

Mary, for your time and energy working on the 50/50;

Members, for your contributions that helped to make the fundraiser a success;

Angie and her team, for timeless efforts at the gay pride day supporting diversity;

Vicky, for her 6 week fitness boot camp to improve the overall health and fitness of our community.

Time for more abundance! Bring a friend on July 23rd, to our “Up,Up, and Away” revisiting auction and ice cream social. Donate your unwanted gifts so blessings may shower all!

PEACE AND LOVE,

GWEN

BOARD PRESIDENT



CONGRATULATIONS
TO OUR
NEWEST MEMBERS!

Sylvia Yu,
Nanette Nuvolone,
Joyce Desmond,
Kenia Valenzuela, and
Joyce Hilary

OUR ENVIRONMENT

HOME SAFE HOME HOUSEHOLD ALTERNATIVES

By Ingrid Justick

Each year United States industries produce over 300 million tons of hazardous waste in manufacturing of consumer goods. That equals more than one ton per man, woman and child living in the US today. We even add more when we use and dispose of these products. Convenience items, disposable products and an array of non-biodegradable packaging contribute to the pollution of our air, soil and water. Over 60,000 chemicals are contained in various household products, and over 1,000 new synthetic chemicals come to the market each year. You can help curb the massive tide of pollution by using the following non-toxic household alternatives.

ALL-PURPOSE CLEANERS: Ammonia and chlorine are found in most all-purpose cleansers. Mixed together they form a very toxic chloramine gas. Instead, please clean with gentle soap like Dr. Bronner's Peppermint Soap.

AUTOMATIC DISHWASHING PRODUCTS: These products contain harsh detergents with a high concentration of phosphates. Released into lakes and streams phosphates kill fish and other aquatic life. Instead try 50% borax and 50% washing soda in your machines.

DEODORIZERS: The cresol, phenol and formaldehyde in deodorizers are associated with numerous health problems. To adsorb odor, place baking soda or white vinegar in small dishes. If you are painting and cannot open the windows, a natural lavender spray will deodorize the air. Houseplants will absorb pollutants and purify your air.

DISINFECTANTS: Contain a number of toxins including phenol, formaldehyde, cresol, ammonia and chlorine. Some of the toxic fumes can even escape through tightly closed containers.

Instead mix 1/2 cup Borax with 1 gallon water to disinfect. I use 1/2 teaspoon grapefruit seed extract (available in healthfood stores) in two quarts of water which will eliminate 800+ types of bacteria. Full strength white vinegar is also effective.

DRAIN CLEANERS: Contain the most damaging toxins: lye, hydrochloric acids and sulfuric acids. To keep drains clean, pour in each drain 1/4 cup baking soda followed by 1/2 cup white vinegar. When fizzing stops, flush with hot water. Once a month I pour one cup regular Coca-Cola in each drain to dissolve any bacteria. I let the Coke penetrate over night.

FURNITURE POLISH: Contains many toxic chemicals. Blend 1/3 cup lemon juice with 2/3 cup olive oil which will polish and remove old wax buildup.

GLASS CLEANER: Contains ammonia which is a poison. Use full strength white vinegar.

LAUNDRY CLEANERS: Are non-biodegradable detergents made from petroleum, so please use laundry soaps without phosphates.

MOLD & MILDEW CLEANERS: Contain pesticides. Full strength white vinegar will remove mold and mildew. No rinsing necessary.

MOTHBALLS: Contain pydichlorbenzene. Place some lavender, rosemary or whole cloves in a gauze bag to keep moths away.

OVEN CLEANERS: Clean your oven with a paste of baking soda and water.

TOILET CLEANERS: Use soap and borax to disinfect. For stubborn stains use full strength white vinegar. Let penetrate over night.



**PLEASE DO YOUR PART FOR A CLEAN ENVIRONMENT
STARTING IN YOUR HOME.**

UNITY NEWS

NJ ANNUAL LGBTQ PRIDE CELEBRATION



We had a nice (but a little chilly) day at the 2017 Jersey Pride Festival in Asbury Park on Sunday, June 4th. Record attendance (tens of thousands as per APP) at the parade and the festival held afterwards. UBTS was well represented with Angie Stewart, George Sloatsky, Robert Sumski, James McKenzie and Joe Ercolino. We handed out Unity Prayer cards and treats, and had Unity pamphlets free for the taking. We had a lot of fun and met many wonderful people. Sally and Trinity Kurth and Sally Seamon paid us a visit! A very special thanks to our volunteers! We could not have done this without you. Thank you to the UBTS Board for allowing us this opportunity. Looking forward to seeing you all next year!

NEWS FROM THE BOOKSTORE

It could be a sad day. However, as Unity folks know it's really a new beginning. The Bookstore has reached a time when books and CD's can be gotten quickly and easily through the Internet. This has made our Bookstore unnecessary.

After some discussion by Board members and others, it has been decided to close the Bookstore.

A brief history: Early on, while renting space in the Methodist Church in Asbury Park, a small amount of Unity books and pamphlets were sold. Lona Thorpe put the items for sale on a folding table with the help of her son David. After moving into our current church in 1992, a Bookstore was established. Lona was named the Bookstore Manager and Barbara Ely Assistant Manager. Not long after that Lona became ill and soon passed away. Barbara took over managing

the store. Sales were brisk and we made a profit for 25 years. In the next ten years we could see changes; from tapes to CD's, books from Amazon and others, downloading music from the Internet and so on. Our sales went down and that's where we are now: very little activity.

We will organize a sale of everything in the store for 50% off the original price some time in August.

We thank our Bookstore Assistants for being so dedicated in selling, sharing their thoughts on our products, and offering assistance to our congregation.

I have so enjoyed working here, talking with folks, selecting new publications, and meeting new people. It has been a wonderful treasure for me.

Love and Blessings,
Barbara Ely



OUR CHILDREN'S MINISTRY



By Sally Kurth

EXCITEMENT FROM OUR YOUTH OF UNITY BY THE SHORE!

Our Uniteens recently attended the Spring 2017 Uniteen Retreat: SoulShine! It was held at Reinholds, PA from May 19-21. Their Souls did Shine that weekend, as their magnificent Souls Shine every day!

Our Unitots/Unikids had their movie/pizza party here at Unity on June 16th. We watched the movie *Meet the Robinsons*. A great line from the movie was, "You just focused on the bad stuff, when all you had to do was let go of the past and keep moving forward." A great reminder to "Let Go and Let God" and "KEEP MOVING FORWARD" :-)

Our beautiful Y.O.U.er, Anani will be attending the International Youth of Unity at Unity Village on July 10-14th. There, she will train on youth leadership and being a Regie. We are so proud of her! Our congregation raised \$407 which is making a very special dream come true for Anani. Thank you for your generosity and encouraging her spiritual growth!

Our Summer program runs from July 2nd to September 10th. We will have metaphysical movies, crafts, and rockets! Also, a special thanks to all the volunteers who are co-creating with our youth. It gives our beloved teachers time off. As I've said before, "It takes a village to raise a child," and we are blessed with our Spiritual village here at Unity by the Shore.

We love you, we appreciate you and we behold the Christ in you! Have a wonderful, relaxing and joyful summer!

Love, Sally XO



MINDFULNESS SUMMER CALENDAR - 2017

The weekly schedule for Mindfulness Meditations resumes weekly on Wednesday, September 13, at 1:00 pm.

Wednesdays, 1:00 pm
 • July 5th
 • July 12th
 • July 19th
 • July 26th
 • Aug. 2nd

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.

Please Visit:
Unitybytheshore.org
 for the latest *Flying High* newsletter, events
 and other Church information

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R \$\$\$\$\$\$\$\$\$	Income..... \$10,860	Income..... \$12,576
N \$\$\$\$\$\$\$\$\$	Expenses..... \$14,324	Expenses..... \$14,773
E \$\$\$\$\$	UWM: \$543.01	UWM: \$628.81
R \$\$\$	E.Reg: \$271.50	E.Reg: \$314.41
	SEEFund: \$108.60	SEEFund: \$125.76
	Discretionary: \$162.90	Discretionary: \$188.64



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

President: **Gwen Lewis**

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Member: **Valerie Wake-Evans**

Member: **Dina Ridout**

Alternate: **Charlie Kirlew**

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*.