



The Messenger



Unity Church in Albany • 21 King Avenue • Albany NY 12206 • 518-453-3603

Transcending Pain and Fear

By Rev. James Fuller

THE SYMBOL FOR EASTER IS A CROSS, two intersecting lines. For many the cross is a symbol of pain, suffering and sacrifice. Seen from a different perspective it can become a symbol of spiritual transcendence and release from all pain and fear. I invite you to imagine the horizontal bar of the cross as a time line, your personal time line. On the left side is your past and on the right your future. Your past contains all your memories of pain and suffering as well as those of joy and accomplishment. It is the story of your life as a human being so far. On the right lies your future. It is filled with the possibility of both personal success and future problems. This is the side that we both anticipate and fear. These two sides of the horizontal line are what we tell ourselves that we are and are becoming, human beings moving through time. As long as we remain focused on the horizontal line of time, the past and future, we will feel limited. However, in Truth we cannot be limited.

Now imagine the vertical line of the cross as a shining beam of light that unites all things; those that appear to be lower or physical in nature and those that appear to be higher or spiritual. This vertical beam of light will always intersect your personal time line in the present moment because it actually overlays and supersedes time. The vertical beam shows you all things in the Light of Spirit and thereby shines away your false beliefs of lower or lesser and of higher or greater. This vertical beam illuminates the true Oneness of all

things and releases you from your beliefs in sin and separation. It frees you from the stories and limitations of the past and from fears of the future by momentarily bringing you completely into God's eternal now, a time that is free of limitation and filled with unlimited blessing. This is a moment of spiritual healing and inner transformation.

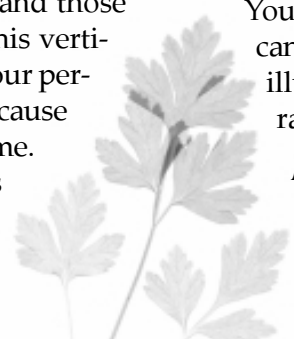
I believe this describes what Jesus experienced during his lifetime, and that it was his ongoing experience of this transcendence that allowed him to walk through the events of Easter with peace and forgiveness rather than suffering and fear. I believe that this transformed state of consciousness, one of knowing total union with his Creator and all living things, allowed him to move freely through time and space into resurrection; appearing to others, teaching and guiding.

While the past and future presently occupy most of the attention of your human mind, they are only a brief flicker in the allness of eternity. This Easter I encourage you to focus your attention on the vertical bar of the cross. Imagine it as a shining beam of awareness that can literally free you from all the apparent limitations of your human time line, past and future. Imagine it shining within you. Imagine it overlaying all the events of your life. Your true nature and the true nature of all the things and people around you are much greater than anything of time.

Your true nature is in no way limited by time. It can be found in this vertical beam of light; the illuminating ray that transcends all ideas separation and unites all things in Oneness.

May this Easter be the time when you encounter the inner radiance that illuminates and unites all things; that breaks the bondage of your tired stories of past and pain and fear. Amen.

"Behold, I make all things new!" (Revelation 21:5)





Reverend Jim's Summer Sabbatical

REVEREND JIM is now in his seventh year of service at Unity Church in Albany. Unity recommends that its ministers take an extended sabbatical leave during their seventh year of service. Reverend Jim will be on sabbatical for two months this summer, June and August. A minister's sabbatical is a time for study, renewal, rest and reflection. The purpose is to allow time for the minister to deepen his or her spiritual connection and to prevent burnout. In June Reverend Jim will attend the Unity People's Conference in Kansas City, spend time in the Unity Village archives, and take some personal retreat time. In August he will represent Unity as a "minister in residence" at the Chautauqua Institution and later participate in an extended silent retreat. He will lead services here in Albany in July and will return to his regular schedule at the end of August.

As a member of this congregation we ask you to support your church during Reverend Jim's sabbatical in two ways. First, we ask you to attend Sunday services and Wednesday prayer on a regular basis. We encourage you to bring friends with you to hear our exciting guest speakers. This will keep the spiritual energy at the church strong and vibrant while Reverend Jim is away. We also ask you that you continue to support your church financially, even if you are away. We do have sufficient financial reserves to cover the cost of bringing in guest speakers while Reverend Jim is on sabbatical. And we are aware that our operating expenses will be higher than usual this summer. Your committed giving during the summer will help us keep our church finances in sound shape. We thank you for your committed support to Unity Church in Albany and for the unique inner light that you bring to our church family.

Unity Newsletter

Articles for the June/July edition of the newsletter can be submitted to Denise Klein at katzr3@nycap.rr.com by Sunday, May 24th. Your news articles, spiritual thoughts, poetry, photos, humor or suggestions are always welcomed.



Spring Cleaning!

Saturday, May 16th 9am - 2 pm

DEAR FELLOW CONGREGANTS,

Spring has sprung, which means it's time for Unity Church of Albany's spring cleaning.

I am asking all who would like to share in a fun-filled day of making our Church shine inside and out.

You can share your cleaning talents and/or your gardening talents. There is plenty of things to do for everyone.

If you love doing windows, we have plenty. If you love cleaning stoves, we have two, and two refrigerators, also.

So set aside May 16, between 9:00 a.m. and 2:00 p.m., to be a part of making our spiritual home shine.

Nameste,
Pamela Coles

PRESIDENT'S CORNER

By John Frederick

AS A TRUSTEE FOR 2 YEARS, I am excited to be the new Board President. I've been honored to serve with (past Presidents) Jackie Hawkins and Geri Ann Laiacona. I've learned a lot from them, and thank them for their continued love and service to Unity. I also look forward to working closely with Reverend Jim and the new Board, to continue our work.

As we enter Spring, I feel we're entering a new period of growth. We are blessed in so many ways. I believe we're on the verge of new beginnings, new growth, new vitality and new opportunities.

I hope to hear from you about what you appreciate, and also about what you envision for our church home. I know there is an abundance of exuberance in our congregation! Most importantly: where would you like to put your time, talent and treasure? Where would you like to invest your spiritual gifts in your spiritual home? We have many programs and activities that can use YOU!

How to Pray with Others

WOULD YOU LIKE TO FEEL MORE COMFORTABLE assisting friends and/or family by praying with them if the occasion arises? If this desire seemed out of reach due to the conditions and commitment required to become a prayer chaplain, there is now a brief series of classes being offered, open to anyone who would like to improve their skill in praying out loud.

Three sessions will be held at the church: April 18th, May 2nd and May 23rd, from nine to noon.

Please call Jean Robinson at 686-9513 for more information. A sign-up sheet will be in the lobby.

Unity Bookstore

OUR BOOKSTORE IS OPEN after the 11 am Sunday service and volunteers are there to assist you. There is also a lending library - books are lent out for 3 week period. You can place special orders and donate your used metaphysical/new thought books to the library for others to enjoy. If you can not find a particular book, daily word, CD, or special card, please ask for our assistance. We now take credit cards for your convenience.

- First Sunday: Genie
- Second Sunday: Vicky
- Third Sunday: Geri Ann
- Fourth Sunday: Debbie
- Fifth Sunday: Vicky

If you would like to volunteer to work in the bookstore, please contact Geri Ann at 445-1180 or Rev. Jim at 453-3603. Your help would be very appreciated.

Love to Garden?

JOIN OUR UNITY GARDENERS THIS SPRING to dig, plant, transplant, and water to your heart's content. A few committed hours per month from you would make a big difference in the health of the Meditation Garden and other garden beds around the church building. Call Nancy Wells at 783-8528 or Norma Seaward at 399-4207 or email nseaward@hughes.net if interested and available.



Food Pantry Needs are Ongoing

IN THIS TIME OF ECONOMIC STRESS, many families will be turning toward their neighborhood food pantries for assistance.

You can support your neighbors by placing nonperishable goods in the collection basket in our Bradford Street Lobby.

Since food stamps can only be used to purchase food there is always a need for toilet tissue, diapers, feminine hygiene items and cleaning supplies.

Please consider picking up a few extra items to donate on your next trip to the store. And thanks to Sue Herlands (783-0443) for being our new food pantry angel.

Food Pantry Reminder List

(clip and carry this list with you when you shop)

These items are especially needed because they are not covered by food stamps.

Infant Care:

- Diapers
- Baby wipes
- _____
- _____

Kitchen:

- Dish soap
- Sponges
- Paper Towels
- Window cleaner
- _____
- _____

Bathroom Items:

- Toilet paper
- Tissues
- Bar Soap
- Razors
- Shaving Cream
- Toothpaste
- Toothbrushes
- Shampoo
- Band-aids
- First aid antiseptics
- Feminine products
- _____

Laundry:

- Detergent
- Fabric Softener
- Bleach
- Dryer Sheets
- _____
- _____

Other:

- _____
- _____

Special Maundy Thursday Service With Communion and Foot Washing

April 9th at 7:00 PM

Join us for a simple service with a big impact. Everyone is welcome to participate in our communion, no restrictions. (No alcohol.) Everyone is welcome to participate in foot washing, or hand washing if you prefer. The service will last about one hour.

Starting April 15th Peace and Pro\$perity in Turbulent Times

Dear Friend,

Please join me for this six-week prosperity intensive that will teach you how to change your thoughts and habits to experience the peace and prosperity you desire. We will fearlessly look at our beliefs and financial practices... and make changes.

If you are currently at peace and financially secure, skip this class.

If you are interested in using well established spiritual practices to increase your peace and find financially security and prosperity, please join me.

Please purchase and read Edwene Gaines' book "The Four Spiritual Laws of Prosperity." For serious students I also suggest purchasing her audio book and listening to it as you drive or work around your home. My class will use key ideas from this book and other Unity books to help you make the changes necessary to have real peace and prosperity.

Warning: I will ask you to challenge many of your cherished beliefs and to change your habits.

Wishing you peace and prosperity,

Rev. Jim Fuller

**Classes meet Wednesdays
from 7:15 – 8:30 PM starting April 15th**



Upcoming

Unity Open Circle

Thursday, April 16th at 7:00 PM

Join us for our first Unity Open Circle. The intention of this monthly gathering is to build community and offer a safe and healing environment for expression and co-creation. This is an opportunity to worship the creative being and the healer within each of us. Come take a chance and share something that inspires you. Bring your voice, your instrument, your poetry, your insight, your dance.

From 6:30-7:00 PM we will meet, mingle and get settled in the fellowship hall. (We will use the sanctuary in warmer months.) At 7:00 PM Sacred Space will open with a song or chant, Kirtan style, accompanied by drummers and dancers, musicians and vocalists. After pausing for a moment of silence we'll go around the room and EVERYONE will have a chance to speak or sing or dance. Unity Open Circle will be held on the third Thursday of each month. Please contact Dale Caron at 496-3253 if you have questions or are interested in volunteering to help. Suggested love offering, \$5.

Unity Book Club

Our April–May reading is: *Spiritual Economics* by Eric Butterworth. Rev. Jim will lead a discussion on this book on May 24th.

Mark Your Calendar

**Church In The Park at John Boyd Thatcher Park
Sunday, July 19th**

Services at 9:30 and 11:00 AM

Picnic Lunch at Noon

We have a NEW SHELTER location with an
AMAZING VIEW!

Look for details in our June newsletter.



Events

CD and DVD Lending Library

One of our goals for 2009 is to begin lending inspirational CDs and DVDs through our library. We invite you to donate CDs or DVDs with lectures, classes, meditations, and similar materials by Unity and New Thought speakers to start our collection. We also hope to include some spiritual movies. These audio and video materials will be shelved along with our current books and available for check out. We will accept a limited number of cassette tape and VHS video materials but are primarily focusing on the more current CD and DVD formats. Do you have an old CD or DVD that you have loved and are now ready to share? Just drop it in the basket in front of the bookstore sales desk. Your donation can help encourage and enlighten many others.

Would You Like Join Unity Church?

Membership Class Sundays from 12:30 – 1:30 PM starting April 19th

If you love what we teach, we would love to have you become an official member of Unity Church. And, you are not required to withdraw your membership from other churches to join Unity. Our purpose is to advance spiritual consciousness, not to convert.

To become a member we ask that you attend worship services regularly for at least six months, read a short booklet on Unity and participate in a six-week Membership Class. Our spring Membership Class will be presented on Sundays from 12:30 – 1:30 PM starting April 19th. Please sign up for this class in our Bradford Street Lobby. Please also purchase and read the booklet *Unity, A Quest for Truth* by Eric Butterworth prior to attending the first class. This booklet is available in our bookstore. If you have questions about membership or the class, please call or speak with Reverend Jim.

Great Guest Speakers Coming This June



Jon Mundy (June 7)

10:00 AM – Morning Message & Meditation
12:00 PM - Miracle Mindedness: And The Power Of Positive Addictions (workshop)



Jackie Hawkins (June 14)

10:00 AM – Message and Meditation



Victoria Moran (June 21)

10:00 AM - “Victoria’s Victorious Bailout Plan”
11:30 AM - Custom-Crafting a Spiritual Life (workshop)



Armand and Angelina (June 28)

10:00 AM - Musical Service
12:15 PM - Native Flute Playshop

“Meeting Jesus”

Sundays at 12:45 PM

Join Reverend Phil Flint for his new class “Meeting Jesus” at the new meeting time 12:45 PM. This class will introduce you to a Jesus that you never learned about in Sunday School. Meeting Jesus will be an ongoing class. Visitors are welcome to drop in at any time. Reverend Phil is a retired minister, former theology professor, and a self proclaimed heretic. Most importantly he is a delightful man who is willing to share his wealth of knowledge with all.

Phil also facilitates an ongoing Bible discussion group,

Spotlight on Service

By John Daubney

Kay Fuller



If you only know Kay Fuller as Pastor Jim's spouse then you're really missing the essence of a very dynamic, witty, creative, and loving soul. She is a lady of many talents and a great example of someone who provides service through the activities she loves to do. Watching Kay perform a liturgical dance at one of our services is observing a soul in the full flower of its existence. Service for Kay, benefits her: body, mind, and spirit. She recently agreed to share some of her thoughts about service.

When and where did you first come to Unity Church?

"JIM AND I FIRST ATTENDED a Unity Church in 1992 in Charlotte, North Carolina. The minister, Randolph Wilkinson, had us repeat (loudly) several times, 'I have everything I need and more, for me to do God's work today.' I can remember having this huge smile on my face and thinking, This is it for me!"

Who were the role models who implanted the importance of service in you?

"Jesus, Mother Theresa, Audrey Madison, and my mother, Bernice Walker, who was always trying to be helpful, were my role models. Many sources say that to give is to receive. I believe that, and when I give I truly feel alive. They have all taught me that my talents and gifts are meant to be shared. My experience has been that when I neglect to share them I feel less energy, less focused, and it seems my spirit becomes weaker."

In what ways have you given service in our church and how do you decide which activities you'll be involved in?

"My service activities have included: singing with the 4th Sunday Singers, ushering, serving as a Platform Assistant, Reiki healing services, dancing, facilitating Pilates and Yoga classes, helping with kitchen cleanup, painting, and church spring cleaning. I let my heart direct me to where I can be of service. I ask myself what brings me joy and what needs to be done?"

Recently I asked myself, "What could I do to be of service in the remaining years of my life? How could I serve the greatest number of people?" I have been teaching Pilates for over 10 years and adding

more yoga stretches that I find to be helpful to my students. My gut feeling was to become a yoga teacher because I receive so much peace and joy from my yoga classes. I see the physical benefits of a regular practice. I recently became certified as a Kripalu yoga teacher and I am offering free yoga classes to the community at Unity Church on Saturday mornings. Doing this feels great to me. When people connect with their breath, they lessen the stress they have in their lives. I believe that the less stress people have in their lives, the more peace we will see in the world."

How have you personally benefited from giving service?

"Let me say a few words about singing with the 4th Sunday Singers. I feel honored that they let me sing with them. I do not have an amazing voice but I do love to sing and my confidence has increased a lot. Phyllis is teaching me to "hear" the music. The group is patient and helpful to me in so many ways. I usually record the first rehearsal on my MP3 player and then practice every morning. This starts my day off in a very pleasant way. I encourage anyone who thinks that they might like to sing, to join the singers"

"My self esteem and my feeling of connection to my church family go up when I can be helpful. When I am in service and working alongside my church family, I find my energy increasing and it makes me happy. A Course In Miracles says 'To have all, give all.' By making a commitment to my church, I make a commitment to myself."

"On the other hand, liturgical dance is a way of expressing gratitude to my church family. Performing with another person requires much more in terms of rehearsals but is more than twice as satisfying. It is like two people praying together. Peggy Vogel-Nagengast and I have danced together several times. and I remember that the last time that Peggy and I performed together was Sunday, April 6, 2008. I performed once by myself, probably in 2006. "

"I strongly urge people to use their talents to express their gratitude. Life is so short, so express all the love that you can."

Thank you Kay

"A life of meaning comes not because we receive something for ourselves, but because we give something of ourselves."

Jim Rosemergy

The Quest for Meaning



I Am True To Myself*

by Jackie Hawkins

Couldn't, Wouldn't Shouldn't
Are not in my vocabulary.
I am true to myself.

Lying, Cheating, Stealing are distant
memories-
A child's dark fantasies.

Sensing, Planning, Coaching, Delivering;
Laying the foundation for my organizations'
demandings –
And No means No!
I am true to myself.

I can see my light coming through
I hear God's message as whispers in my ear
Jesus keeps me near the cross to learn my
purpose, my passion,
The Promise.

The Journey's long
The Plan for me unfolds
As my birth draws near
I am true to myself.

The Course causes yet eases the pain
My thinking and frame of reference
reposition to welcome the change
The loss of life I once knew is no loss at all
I am free to be me once again.

I am true to myself
I am true to myself
I am true to myself
I am true to myself

I am true
I am true

I am

**"I Am True to Myself" is an affirmation created by the author on August 4, 2005 at the Eastern Regional Association of Unity Churches retreat at Pocono Manor, Pennsylvania. Inspiration for this poem as well as the affirmation came both during and after the author had listened to a moving presentation that evening by Gay-Lyn Williamson-Grigas. The author read the poem at the August 6, Saturday night talent show as part of the retreat.*

Blessed Be

By John Daubney

Blessed be believers
who join my walk,
when doubtful words
cloud all my talk.

Blessed be the God
who powers these feet,
pushing me on
through love and defeat.

Blessed be the stars
that light my way.
Blessed be loved ones
having their say.

Blessed be the voice of truth;
an ever-flowing mountain stream:
life giving, gentle waters
carrying new and sparkling dreams.

Blessed be the beauty
of moonbeams that thrill;
of infants who coo,
and winter nights so still.

Blessed be the little boy,
who skips by in holy glee.
All the world his possession;
spirit bursting; dreaming and free!

Blessed be my long legs:
As they stride through field and wood;
there-where a sad man once stood.

"God"

My heart's pumpin' 't it's really somethin'
Beauty's birds are flyin' + And my blue skies
are smiling.'



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ADDRESS SERVICE REQUESTED

Worship Schedule

Services at 9 a.m. and 11 a.m.

Nursery care is available at the 11 a.m. service

Summer Worship Schedule begins May 24th

One Sunday Service at 10:00 AM
(Memorial Day through Labor Day)

Board of Trustees

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Finding your Spiritual Home

— a place to worship, grow spiritually, feel loved and accepted — is no small matter. In our spiritual family, we know there are many paths that lead to God. We believe that Spirit led you here. Our desire is to share Christ's love with genuine heartfelt warmth. We are a gathering of all kinds of people with various backgrounds, life-styles, and life-stories. Growing together we worship, we serve, we laugh, we cry, we learn, and we reach out to our world with life-transforming truth. We aspire to live as Christ and be receptive to Spirit as it calls us to Life. Our name says it all; we are a Unity of believers celebrating and participating in inclusive worship. If you've been praying, searching and hoping for a place to belong, we say again — **Welcome Home!**

