



# Unity News & Positive Views

Christ Unity Church  
Columbia, SC

October -  
November, 2009

## MISSION STATEMENT

Christ Unity joyfully reaches out, welcoming all to experience God's transforming powers. We teach, encourage, and support an understanding of our Oneness with God.

### LIGHT THE NIGHT October 29th

**Place:** Columbia International University  
7435 Monticello Road

**Time:** Check in 6:00 -  
walk begins at 7:00 pm

Christ Unity is participating in the walk to raise money for the Leukemia & Lymphoma Society.

As many of you know, our good friend MALINDA GOFF was a soloist and member of our choir for many years. Malinda was "precious" to us. In her journey through leukemia, she gained clarity in her beliefs, kept a song in her heart, and was a model of "I can". Although blind, she led our Sunday morning singing with her Braille songbook. We remember her laughter as she road on the back of a motorcycle in our parking lot. Malinda was very much loved. We are walking in her memory on October 29th. Join the team. Donate online at:

<http://pages.lightthenight.org/sc/ColumbSC09/ChristUnity>

You can also donate by contacting Mark Coward (422-0707) or buying a balloon at the church.

### LAUREN LANE POWELL RETURNS TO UNITY Sunday, November 29th

Lauren has been teaching people how to find their "authentic voice" since 1989. Through vocal coaching, breakthrough workshops (Sing for Your Soul! Harmonies of Healing & Toning Circles), she has taught others to rediscover inner peace and healing and been a blessing to many here at Unity.

She joins us as guest speaker at the Sunday Service, and will perform in concert at 1:15pm

LAUREN LANE POWELL  
IN CONCERT  
SING!  
November 29th  
1:15pm

Donation: \$20.00  
(no one will be turned away)

Starting in December  
Unity News and Positive Views  
Will go to a once a quarter format

WINTER: December, January, February  
SPRING: March, April, May  
SUMMER: June, July, August  
FALL : September, October, November

## *From The Minister's Desk*

**T**he choir has been practicing songs for Thanksgiving, and over and over the theme of the season reminded me what happens when we give voice to our thanks, give voice to joy.

There are some people to think of religion as something to do with somber, long faces, believing God wants us to suffer because if we are truly good we will have so much to bear that we cannot be happy or carefree. What a lie!

It is our very nature as spiritual beings to rejoice, to feel joy, to feel delight in life and living. We feel the closest to God when we can relax our hold on our fears or false perceptions and allow our inner selves to be united with the flow of joy and gladness that is Spirit's response to our awareness of It's Presence. I know that God is not a person. Yet I feel that God rejoices, is thrilled when we turn our awareness to our inner selves and open ourselves to communion, that awareness of our oneness. Hey! Everything is all right. God is here in the midst of this.

Martha Smock in Turning Points reminds us that "Joy is an inherent God-quality in us that is fed and nourished by the Spirit of God within us. We may try to suppress it, keep it dammed up by unhappy, depressed thinking, but it wells up often enough, unexpectedly enough, for us to be aware of its presence."

Of course there are times in our lives when we have something difficult to meet. Everyone bumps into challenges, pressures, changes that scare us. Those are the very times it is so important for us to reach for the God-gift that is hidden within us. Reach for it. Let it well up.

I can hear you right now (didn't know that I have super hearing did you?). "It's okay for you, BUT I have serious problems to face." The only way we can face them is remembering to reach in for God. "There is nothing that God and I can't handle." Remember that. If I give God an inch of space to work with, if I reach in and grab a hold of anything to be grateful, focus on any thought that brought me a smidgen of happiness, look for any now thing that is beautiful, or growing or even just a bit less scary or angry or whatever, God can fill the space with something better. Our spirits can be lifted by Spirit.

If our lives seem flat, it's time to reach in for something better. It's time to allow ourselves to come alive again. How do we make this transformation? Let a tiny crack of God-light open in our soul; light a tiny spark of thankfulness and appreciation; give God's gift of joy a chance.

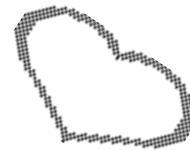
Remember today - reach in for joy - God is waiting for you.

**In the One Love We All Share,  
*Rev. Lisa***

**Check out our website at [www.unitycolumbiasc.org](http://www.unitycolumbiasc.org)**



**Send Prayer requests to  
[unitycolumbia@bellsouth.net](mailto:unitycolumbia@bellsouth.net)**



## Musings From Kanuga

Rev. Lisa Thorpe

Every year our mountain top experience retreat at Kanuga near Henderson, North Carolina seems to come at just the right time. My body and mind were longing for a time out to refresh and renew. From the moment I walked into the lodge and greeted friends and colleagues I hadn't seen in a while, I felt my spirits lifting. We had an opportunity to share and laugh together.

I was thrilled the next morning to meet Mark Nepo, a poet and philosopher who has been an inspiration to me. He spoke of loving fully in the face of life, reminding us of our teachers who were hiding right out there in the open.

I loved leading the vespers prayer service on Tuesday evening. There seemed to be a special heart connection in the little mountain chapel.

I loved laughing at the outrageous performance of Sky St. John as the waiter in the metaphysical café.

The tears cleansed my heart during Sky's Coming Home Experience where we both welcomed and were welcomed home years after an alienation experience. The warmth and acceptance that were given the Viet Nam veterans was especially moving.

Good food, warm and accepting friends, great spiritual truths expressed soul to soul, lovely natural setting. I guess you could say that I am a walking, talking advertisement for the UMMAS (Unity Ministers of the Mid-Atlantic States) mountain top retreat. Join us next September. You'll love it!

## From the Editor

Dear Christ Unity Family,

Many of you do not know me so I thought I would introduce myself. I have been a member of Christ Unity since 1986. Because of circumstances, I have not attended church services for several years. My participation is through editing the newsletter and maintaining of the website ([www.unitycolumbiasc.org](http://www.unitycolumbiasc.org)). I remain very committed to Unity principles.

Later this month I will be participating in the Light the Night walk which will honor my good friend Malinda Goff. Malinda was like my sister. She was the person that introduced me to Unity and encouraged me to keep attending in the early days. She made her transition with leukemia three years ago.

I attended the Unity retreat at Kanuga again this year and as usual feel a wonderful re-invigoration as a result. Some of the activities included rock climbing and mountain walks, but I opted to stay with the indoor sessions, listening to excellent speakers and then doing my own exploration, walking the labyrinth, and bodywork with a local massage therapist. I went to meditations and created my own quiet journaling time.

It was impressive how the work of the two keynotes mirrored each other. Both emphasized self acceptance, whatever our experience may be. It is all "part of the tapestry" as Mark Nepo called it. Another quote that I wrote down from him was "A spiritual warrior always has a crack in the heart, that is where the blessings come in."

For me the purpose of a spiritual retreat is to provide a time to re-examine one's life and rejuvenate, perhaps set goals, reevaluate and prioritize. I feel like I did all of this as well as had lots of fun and connected with old friends.

Blessings,  
Vera Holly

PS I have a new email address: [vera@veraholly.com](mailto:vera@veraholly.com). Feel free to contact me about the newsletter, the website or anything else.

# WHAT'S HAPPENING AT UNITY

## **SUNDAY MORNING CLASS**

**9:30 to 10:30**

through October 25th  
**The Concentric Perspective**  
based on the book  
by Rev. Eric Butterworth.

November 8, 15, 22 & Dec. 6, 13  
**Survival Guide for the Soul**  
A Manual for Spiritual Practice

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## **UNITY MEN'S SPIRITUALITY GROUP**

Meets Saturday morning  
October 17th  
8:30 am  
at LePeep Restaurant at Sandhills Mall  
near Bi-Lo.

Contact: Mark Coward 422-0707

## **Sunday October 18th after service TOWN MEETING AND OKTOBERFEST**

**Oktoberfest**  
We will supply the brats - bring a side dish  
to share

**Town Meeting**  
The Board of Trustees will share informa-  
tion on the "state of the church", and this is  
an opportunity for you to share your feed-  
back.

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## **UNIKIDS HALLOWEEN GET TOGETHER**

Friday Evening - October 23rd  
Costumes, food, games

Parents contact the Youth Teachers for  
further details

## **Sunday Feast Days Potluck after Sunday Service**

**October 18th: "Oktoberfest" and Town Meeting**  
After service bring a side dish to share - the church will supply the Brats.

**November 22nd: "Thanksgiving Feast"** bring the side dishes, the church will supply the  
turkey.

**Bring a dish to share.**

# WHAT'S HAPPENING AT UNITY

## **New Member Classes**

### **UNITY BASICS**

**Saturday, November 7th**

**10:00 am to 12:30**

**Orientation class for those new to Unity  
and those who have 'questions'**

**Unity and Jesus  
Unity and the Bible  
Heaven, Hell, Sin?  
Who are Charles and Myrtle?  
Universal Principles**

**Bring your questions**

**Facilitated by Rev. Lisa - this class is a  
requirement for membership in Christ  
Unity.**

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## **PRAYER THE MASTER KEY**

**Thursday, November 12th**

**7:00 - 8:30 pm**

**Basic Unity teachings on affirmative prayer  
and Meditation**

**This is an experiential class with tools for  
your own Prayer experience at home.**

**Facilitated by Rev. Lisa - this class is a  
requirement for membership in Christ  
Unity.**

New members will be blessed and accepted into membership at Christ Unity on **Sunday, December 6th**. If it is your intention to become a member of our spiritual community, fill out the application forms located on the front desk. Please note the dates of the two required classes.

## **EFT**

### **EMOTIONAL FREEDOM TECHNIQUE**

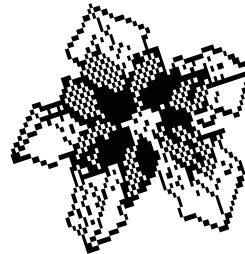
**1ST Tuesday of the month**

**October 6th**

**November 3rd**

**7:00-8:30pm.**

**EFT is an energy modality that involves focusing on specific concerns while tapping on different energy meridian points. It is a version of acupuncture without the needles. Like acupuncture, it realigns the energy of your body and mind. Donations are accepted. For more information visit Katz Delauney at [www.phoenixrising-llc.com](http://www.phoenixrising-llc.com) or email [Kdelauney@sc.rr.com](mailto:Kdelauney@sc.rr.com).**



## **Healing Circle**

**October 2 & 16**

**November 6 & 20th**

**Practitioners of Quantum Touch meet at Christ Unity to offer their services in a safe, loving environment. Quantum Touch is another energy modality that raises energy levels for the body to heal itself using its own natural life force.**

**The practioners meet on the 1st and 3rd Fridays of the month (October 2 & 16 - November 6 & 20th.) Time: 6:30 - 8:00 pm. Donations are accepted.**

Since Prayer is the heart of this ministry, each month Christ UNITY prays along with Silent Unity. We invite you to join us by bringing our monthly affirmation into your daily prayer time.

For 24 hour prayer call 1-816-969-2000  
If you do not have the means of  
paying for the call dial  
1-800-669-7729

Submit a prayer request online at:  
<http://www.unity.org/prayer>

## Silent Unity Prayer

**Inner Peace:** I am one with God. I am one with infinite peace.

**Guidance:** Divine guidance moves me to new heights of wisdom and success.

**Healing:** I am a whole and holy being, an expression of divine perfection.

**Prosperity:** I accept the abundance of God flowing to me and through me now.

**World Peace:** United in divine love, we walk a path of peace.



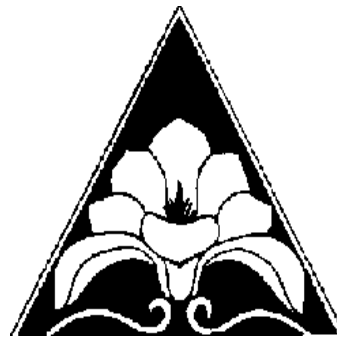
### Unity Prayer for Protection

The light of God surrounds you;  
The love of God enfolds you;  
The power of God protects you;  
The presence of God watches over you.  
Wherever you are, God is!

## Prayer Team

Our Prayer Request Box is available to all. Rev. Lisa and the members of the prayer team will hold you in prayer for 30 days and then send your prayer request to Silent Unity for an additional 30 days. The Prayer Box is located on the table in the foyer.

**Home and Hospital Visitations**  
are made upon request.



**Unity** is with you at all times - in person, by phone or on recorded message - to pray with you, to give you support, to learn with you, on our spiritual journey together.

We appreciate your continued tithes and love offerings making it possible to maintain Christ Unity of Columbia as a safe, loving environment where any and all can come to experience Truth. Even though we are affiliated with Unity School of Christianity - and the Association of Unity Churches, we do not receive any financial support from either of them. We practice, and encourage the laws of tithing by supporting these organizations.

If you are unable to attend Sunday Services we invite you to send your tithe to:

Christ Unity Church, 1801 Le Grand Road,  
Columbia, S. C. 29223

**God now flows into my life from expected and unexpected sources. Thank You, God!!**

To all of our volunteers



**We Love You, We Appreciate You,  
We Behold the Christ In You**

### The Values

**Christ Unity, Columbia, S. C.**

- ✓ We honor people of all faiths.
- ✓ We trust the flow of abundance through giving and receiving.
- ✓ We are willing to honestly examine our beliefs.
- ✓ We embrace fun and laughter.
- ✓ We create warm and welcoming environments.
- ✓ We live in the present without judgment of self or others.

### RECYCLING

**We will be doing our part to help our environment by participating in a recycling program for plastic, glass and paper that we use here at the church. Please rinse out bottles and plastic before putting them in the bins that will be labeled in the Social Hall.**

Church email address  
[unitycolumbia@bellsouth.net](mailto:unitycolumbia@bellsouth.net)

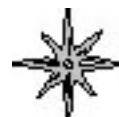
website  
[www.unitycolumbiasc.org](http://www.unitycolumbiasc.org)

Daily Word online  
[www.dailyword.com](http://www.dailyword.com)

## Hello, Friend!

### Please Wear Your Name Tags

Please make the conscious, loving choice to wear your name tag as you greet people on Sunday. It helps us connect with one another as we match the name and the face of our spiritual community. Name tags are stored alphabetically in the drawers on the front table. If you don't have one as yet, print your name on the sheet by the box, and we can order one for you.



### The Church That Love Is Building

Christ Unity of Columbia is a member of the Association of Unity Churches and is affiliated with Unity School of Christianity, publishers of the *Daily Word* magazine. Recognizing the fundamental truth that all people are one in God, Christ Unity of Columbia, being a culturally diverse, spiritual community promoting positive life transformation, welcomes all people to its services, programs and activities.

#### Board of Trustees

**Lisa Thorpe, Minister**

**Mark Coward**

**Carol Spielvogel**

**Michael Rogers**

**Loriann Patton**

**Rod Thomas**

**Ginny Reed**

Christ Unity Church  
1801 LeGrand Rd.  
Columbia, S. C. 29223

Non-Profit Org.  
U. S. Postage Paid  
Columbia, S. C.  
Permit No. 358

Address Service Requested

**To:**

Sunday Services—11:00 A. M.  
1801 LeGrand Rd.  
(Off Two Notch—Behind Ramada)

Office—736-5766  
Emergency—699-9045

### **Upcoming Events**

<b>Friday, October 16th</b>	<b>Healing Circle, 6:30 - 8:00 pm</b>
<b>Sunday, October 18th</b>	<b>Oktoberfest and Town Meeting, after service</b>
<b>Friday, October 23rd</b>	<b>UNIKIDS Halloween get together</b>
<b>Thursday, October 29th</b>	<b>Light the Night, 6:00 pm</b>
<b>Tuesday, November 3rd</b>	<b>Using EFT, Emotional Freedom Technique, 7:00 - 8:30 pm</b>
<b>Saturday, November 7th</b>	<b>UNITY "Basics", 10:00 am to 12:30</b>
<b>Thursday, November 12th</b>	<b>Prayer the Master Key, 7:00 - 8:30 pm</b>
<b>Sunday, November 22nd</b>	<b>Thanksgiving Feast, after service</b>
<b>Sunday, November 29th</b>	<b>Lauren Land Powell returns to UNITY, concert, 1:15pm</b>

**We joyfully give and receive from the abundance of God.**