



CHRIST  
  
 UNITY  
 CHURCH

540 N. HOLLY ST MEDFORD, OREGON 97501

541-772-6902

JANUARY - FEBRUARY 2008 EDITION

**Commitment vs. Resolution**

Toward the end of the year, a lot of people get really geared up and start thinking about the types of resolutions they're going to make. And by the time you read this article more than two out of three will have gone by the wayside.

How many resolutions that you made earlier in the year have you stuck to and are you truly passionate about right NOW? You may have a hard time thinking about what those resolutions were unless you wrote them down. When you think about a resolution it's usually framed as in the examples that follow:

1. I am making a resolution to stop smoking.
  2. I am making a resolution to stop my bad eating habits.
  3. I am making a resolution to not be in bad relationships.
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**Board of Trustees**

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**Our Beloved Staff**

Rev. Rob Wheeler,  
 Administrative Director  
 Terri Pacheco,  
 Administrative Assistant  
 Steve McManus  
 Minister of Music  
 Shirley Dempsey  
 Director Youth Education

**LOOKING AHEAD**

Sunday Theme for January:  
**Our Essence is of God**

- Jan 6 What is Your Concept of God?
- Jan 13 Formula for Healing
- Jan 20 The Amazing BE Attitudes (1)
- Jan 27 The Amazing BE Attitudes (2)

Sunday Theme for February:  
**Love One Another**

- Feb 3 Look Within
- Feb 10 Own your thinking
- Feb 17 Value Everything
- Feb 24 Empower Others

**The Dances of Universal Peace**  
 Wednesday February 20 7:15 pm  
 Admission by Donation

**Movie & Desert**  
 (Movie at 6:30 – then Desert )  
**Saturday Jan 19 -**

*"What's Bugging Seth?"*  
 The lead character of this quirky, romantic comedy is hearing impaired and trying to navigate a career, love and friendship while also battling his internal beliefs about failure and success.

**Saturday February 16 – TBA**  
 Check the Bulletin Board at  
[www.UnityMedford.org](http://www.UnityMedford.org)

**Board Meetings (5:30 pm)**  
 January 10 and February 14

**Platter Chatters (11:30 am)**  
 Friday January 11 – Deli Down  
 Friday February 8 TBA

**Men's Group (7:30 am –**  
**Elmer's Restaurant)**  
 Tuesday Jan 22 and Feb 26

**MUSICAL CONCERT**  
**FRIDAY JANUARY**  
**11TH 7:00 PM**  
**IN THE CHAPEL**

Mount Shasta keyboardist, harmonica and tabla player **Anton Mizerak** with Canadian singer/songwriter/guitarist **Kim Lorene** will present an evening of Mount Shasta transformation healing music, uplifting heart-songs, and chants from around the world on Friday, January 11 at 7PM.

The concert will feature Anton's original music, Kim's heart-songs and chants and song-along songs from around the world.

Anton lives in Mount Shasta and writes his music in nature, believing that our organic experience of sun, wind, water, snow and earth, transmitted through music, can be a valuable nurturing and healing experience. He plays keyboards and harmonica. His music has been featured on the nationally syndicated radio show "Echoes" and on Dish Network's and Direct TV's New Age music programming. His latest CD "When Angels Dream" has been a top seller with healers and massage therapists.

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## HEAVENLY NOTES:

(continued from page 1)

Many people have seen Anton at New Thought Churches, symposiums and retreats over the past ten years.

Kim is a singer-songwriter from Canada who has been traveling and sharing her music throughout North America, Europe, and the U.K. for the last 7 years. Accompanying herself on acoustic guitar,

she sings songs from the heart, inspired by the beauty and love found in nature, in people, in animals, and in the spirit which connects us all.

Anton and Kim were the featured performers at the 2004 Seattle Sacred World Music Festival. For more information, MP3 downloads and a complete tour schedule for

Anton, visit: [www.shastasong.com](http://www.shastasong.com)



# God Loves You!

T S A D F L  
 E H I M A U L P I Y  
 W Y E X B N G U W F V W  
 B E G O T T E N M L O V E D N G  
 A T H R R R U L Q V R H D X I O J  
 D G A V E O R M I L B S B F D R A  
 A Z V T N V E N D E U I O O F G Q  
 I E E H Y V A A Y V R L N K N  
 L R O E E R Y L Z E F A I  
 M L J X O N Z N B P S Z C  
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 G U W S X T G Q H  
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## OPPORTUNITIES TO SERVE...

*These are some of the areas within the Ministry where your time and talent could be put to use:*

### Hospitality Team

We have room for you to serve on the Hospitality Team. One Sunday a month help set up for fellowship in Bosworth Hall following the service. See Maureen Henderson or call the office.

### Sound Technician

Prepare the sound system for use prior to the Sunday service or special event to accommodate speakers and/or musical performances. Works with Steve, Shula and Rev. Rob on post-production work to prepare tapes and cd's for the "On the Road" program *(No experience necessary... we will teach the ease of use of the system.)*

### Transportation Assistant

We have folks who would love to come to church, however, they are unable to drive. Would two Sundays a month work for you to ride share?

### Multi-Media Crew

We are looking for people who either know or would like to learn Power Point, Microsoft Publishing (this newsletter) to support our staff as we grow. When we add a projector in the Sanctuary we will need people just like you every Sunday. **Would once a month work for you?**

### Contact and Communication Team

First things First... **THANK YOU Janet Pugliano!** Janet is the moving force behind insuring that those who we haven't seen at church receive cards to let them know we think about them.

The Church supplies the cards, stamps and addresses. From your home You supply the love and a few minutes to say "We Love You, We miss you, We look forward to seeing you soon"

### Ushers & Greeters

You can play an important role! You are the first person new Folks meet. We want folks to be at home here, just as you were the first time you came. **Which Sunday's work best for you?** Please see Diane Coash the chair of this committee and we will put you in the schedule.

### Platform Chairperson

Assists Rev. Rob and our Guest speakers during the Sunday Service by introducing the songs, leading the affirmation, presenting the opening prayer, welcoming visitors and presenting the announcements. We are so blessed to have Joyce Larson and Diane Coash in that position. There is room to add YOU as we grow and have the need for two (or more) services every Sunday.

### Membership

Connie Shields and the Membership committee are looking for new ideas and your input. Care to Serve?

Did we forget any Ministry Team? If so, let us know and we will find those who are willing to serve in that area.

(cont. from page 1)

You see — the actual syntax or the manner in which a resolution is formed literally spells disaster. Why?

Because while the purest of intent is there to improve; the resolution focuses mostly on stopping or preventing a **bad habit** or some **negative type of behavior**. And this puts the focus on the actual habit you are trying to prevent in the first place.

You know that the more you focus on something, the more of it you'll receive.

You can easily form or restructure a resolution that focuses on the actual outcome you want to achieve by making a commitment.

A commitment is a truly passionate and concrete position you can take. There is no way to halfway to commit. You either commit or you don't. And when a commitment takes place, it can span six months, a year and sometimes even longer. In fact, when you think about a commitment, it usually is long term. Commitments do not stray away from the promise that implied — there is **NO** straddling the line — there is **NO** gray area

This year choose to make commitments and leave resolutions to others.

Lovingly in His service,

*Rev. Rob Wheeler*

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# I N C O N C E R T

A n t o n M i z e r a k

a n d

K i m L o r e n e

F r i d a y  
J a n u a r y 11  
7:00 p.m.

A d m i s s i o n b y d o n a t i o n  
(M o r e o n p a g e 1)

