



CHRIST UNITY CHURCH

540 N. HOLLY ST MEDFORD, OREGON 97501

541-772-6902

MARCH - APRIL 2008 EDITION

NOTES FROM ROB:

I was sitting in my office, reminding myself that it's important to take a few minutes every hour to say "Thank You God for all that was accomplished in this last hour" immediately followed by asking for guidance for that which is mine to do in the next hour and the rest of my day, when it occurred to me that this was a process for living that I had neglected to some degree.

One H-U-G-E list of "things to be done," was on my mind and I found myself swamped with emotions and feelings that are best grouped into a sense of over-whelm. I need to get on track...

(Cont page 5)

Board of Trustees

President: Reiny Leske
Vice-Pres: Shirley Dempsey
Secretary: Alida Montegna
Treasurer: Steve McManus

Our Beloved Staff

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

ARE YOU STRONG ENOUGH TO MEET THE CHALLENGE?

It takes strength to be prosperous.

We usually think of strength as a vital essence that flows throughout the body, but strength is also and foremost a mind power. And we all know thoughts held in mind will produce after their own kind.

Charles Fillmore located strength in the loins at the small of the back close to the adrenal glands. Emotions tied with strength release adrenaline into the body system allowing it to perform in extreme ways.

It takes strength to be prosperous. Are you strong enough to meet this challenge?

Strength

The word strength means "to persist," "to endure." Strength is three-fold. On the physical plane strength is power, energy and freedom from weakness in the body. On the mental plane, strength is the ability to achieve, lead, or to be an expert in one's work. On the spiritual plane, strength is steadfastness to the belief in good. Spiritual strength persists in expecting good and refuses to settle for less than the very best in life.

Strength is related to substance. When challenges present themselves, whether in health, finances, love or joy they can be very draining on our physical and mental strength. But in affirming that we have the strength to meet them victoriously we call it into play. We persist in thought, word, and deed, in faith that good will manifest in our life and we settle for no less. Even when we feel that we are out of strength, we know the Source of all strength resides in us, only waiting for us to step forth.

Remember that the hardest challenges and the heaviest burdens are our own negative thoughts. All strength originates in Spirit. Strength is developed through a sustained effort and comes from meditating on strength and affirming strength silently and aloud.

(Cont Page 6)

SAY HELLO TO...**Rev. Scott Sherman**

Rev. Scott Sherman has served in every significant leadership position in the Unity field movement in his 30+ years as a Unity minister. In addition to leading Unity's third largest church in Seattle, Washington for nearly ten years, Scott has been Executive Director, President and Chairman of the Executive Committee of the Association of Unity Churches. He currently leads Unity's EnVision Ministry; traveling the country to present Sacred Meditation healing experiences and VisionQuests.

The Sacred Meditation Healing experience is one of wonderful peace, love and healing. Rev. Sherman learned this technique from two medical doctors who have worked in spiritual transformation and healing for over 25 years. He began working with them 24 years ago and has presented this workshop and the individual sessions over 220 times in Unity churches in the last seven years. The experience involves gentle touch or near touch of one's energy centers in a loving, devotional setting. The intent is to amplify the natural energies of the mind/body and thus facilitate greater balance and wholeness. Scott says, "It is the most loving, gentle experience I know. Because it is holistic, it has helped hundreds to be healed of physical, emotional, financial and relationship issues."

Read more about the workshop and individual sessions on page 7

HEAVENLY NOTES:

The Winter months brought some truly inspirational and exciting musical events to Christ Unity Church, and can expect more in the months to come.

We were truly blessed to have Anton Mizerak with us in January, only this time in a full concert setting. By the way, have any of you noticed that Anton's music is being featured on the Music Choice "Soundscapes" channel on Charter Cable? Congrats, Anton. Way to Go!



We also had another returning artist, Paul Gerardi, share his beautiful and heart-felt music with us during a Sunday service. His next scheduled visit will be on April 20th. Don't miss it, he's fantastic!

You also won't want to miss our special Easter Sunday Service on March 23rd. We are planning another "mini-concert" featuring the Unity singers, Soloists, congregational Singing, and the spoken word. Plan to bring a friend or two!

LOOKING AHEAD

Sunday Theme for March:

With Our Thoughts, Words and Actions

We Live the Truth We Know

Mar 2 The Way to Perfection

Mar 9 "Get a L.I.F.E." Rev. Scott Sherman

Mar 16 "Spiritual Peace" - Palm Sunday

Mar 23 "Rise Up" - Easter Sunday

Mar 30 Faith Thinking

Sunday theme for April:

With Prayer and Meditation,

We Align Our Heart-mind With God

Apr 6 How Answers Come

Apr 13 Learn to be Still

Apr 20 Creative Power Does the Work

Apr 27 In the World or Out of It?

(Cont on page 3)

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.

Check out website for more ways to serve - www.UnityMedford.org

(Looking Ahead - cont from page 2)

Good Friday Service:

March 21st 7:00 p.m. –

"The Last Seven Words"

Workshop:

Mar 9-10th Rev. Scott Sherman

Birthday Potluck 1st Sunday:

Mar 2nd with Reiny Leske, Flo Bohnert, Joyce Larson, Frank Stevens, Judith Mickelson, Miranda Pruitt, Gloria Duron, Anita Hatton, Cambria Thompson, Janet Pugliano and Phyllis Sherburne

Apr 6th with Estella Leske, Harry Furman, Shannon Magna, Connie Shields, Mary Van Scoy, Colleen Graham, Alyce Levy, Roberta Welch, Anne Ainsworth and Birdie Brewster

Movie & Desert – Movie 6:30

Sat March 15th – *"Knights of the South Bronx"* (Ted Danson) This is the true story of Richard Mason who had the courage in mid-life to give up a corporate career in order to fulfill his dream of teaching an inner city school in the Bronx

Sat April 19th – *"Song of Songs"* If we are all so fascinated by love, why is it so difficult to make a romantic relationship last? This sweet film reminds us of our true inner nature: one that is inspired and nourished by love.

Platter Chatters (Ladies Group)

Friday Mar 14th and Friday Apr 11th

Check the website (www.UnityMedford.org) for specific location

Unity Men's Group

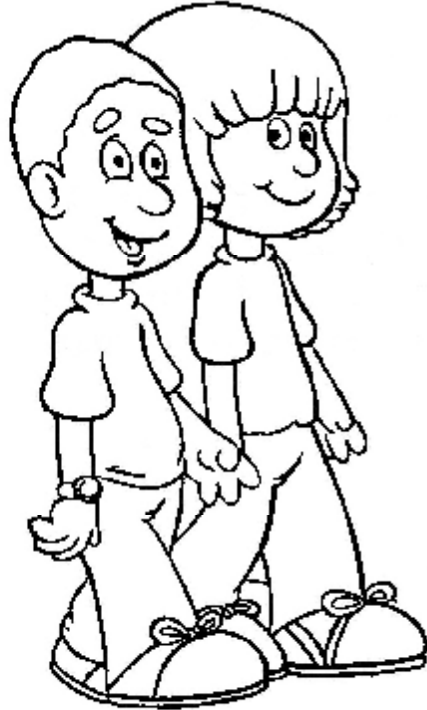
Tuesday March 25th and April 22nd

Always at Elmer's Restaurant

Board of Trustees Meeting

Thursday Mar 20th and Apr 10th

- 1 = a
- 2 = b
- 3 = c
- 4 = d
- 5 = e
- 6 = f
- 7 = g
- 8 = h
- 9 = i
- 10 = j
- 11 = k
- 12 = l
- 13 = m
- 14 = n
- 15 = o
- 16 = p
- 17 = q
- 18 = r
- 19 = s
- 20 = t
- 21 = u
- 22 = v
- 23 = w
- 24 = x
- 25 = y
- 26 = z



Match the letters to the numbers and write the secret message!

 19 1 25 14 15 20 15

 4 18 21 7 19 !

 13 1 11 5 20 8 5

 18 9 7 8 20

 3 8 15 9 3 5 !

ANSWER: Say no to drugs! Make the right choice!

Who were the Fillmore Brothers? By Rev. Anne Ainsworth

AT A RECENT UNITY CONVENTION AN ELDERLY GENTLEMAN WAS HEARD EXPRESSING HIS LOVE FOR UNITY AND RECALLING HOW MUCH HE ENJOYED VISITING THE UNITY FARM AND THE FILLMORE BROTHERS. NOW AS MOST UNITY STUDENTS KNOW, OUR MOVEMENT WAS FOUNDED BY A HUSBAND AND WIFE COUPLE, MYRTLE AND CHARLES FILLMORE. SO THE TERM "FILLMORE BROTHERS" MAY SEEM UNFAMILIAR FOR NOT MANY OF US MAY REMEMBER THEIR SONS, LOWELL AND RICKERT. HOWEVER, WHEN QUESTIONED THE MAN WAS INDEED REFERRING TO THEM - THE FILLMORE BROTHERS.

LOWELL, THE OLDEST, WAS BORN IN PUEBLO, COLORADO, WHERE CHARLES HAD BEEN A MULE-TEAM DRIVER, LATER AN ASSAYER AND REAL ESTATE ENTREPRENEUR. THEIR SECOND SON, RICKERT WAS ALSO BORN IN COLORADO. THE YOUNGEST SON, JOHN ROYAL, WAS BORN IN KANSAS CITY AND MADE HIS TRANSITION AS A VERY YOUNG MAN. THE BOYS GREW UP IN KANSAS CITY AT 913 TRACY STREET, THE ORIGINAL SITE OF UNITY.

WHEN UNITY FARM WAS BEGUN IN THE LATE NINETEEN TWENTIES ON 1400 ACRES OF ROLLING FARMLAND SOUTHEAST OF KANSAS CITY, RICKERT WAS THE ARCHITECT WHO DESIGNED THE BEAUTIFUL MEDITERRANEAN ARCHITECTURE AND THE REMARKABLE WATER SYSTEM, WHICH INCLUDES THE FAMOUS TOWER AND AN INCREDIBLE SERIES OF FOUNTAINS PROVIDING AN AIR CONDITIONING SYSTEM FOR THE MANY BUILDINGS.

THE FARM WAS AN EXTENSION OF THE FILLMORE'S BELIEF IN VEGETARIANISM AND CONTINUED TO OPERATE INTO THE 1960S AND WAS STILL SELLING APPLES AS LATE AS 1979.

LOWELL FILLMORE FOLLOWED HIS FATHER AS PRESIDENT OF THE SCHOOL IN 1948, AND LED THE UNITY MOVEMENT IN FURTHER GROWTH AND EXPANSION FOR MANY YEARS. HE WAS AN AUTHOR ALSO. TODAY HE MAY BE BEST KNOWN FOR HIS INSIGHTFUL POEM CALLED "THE ANSWER." THESE WORDS HAVE BEEN PUBLISHED ON 'PRAYER CARDS' AND IN COLLECTED UNITY WRITINGS. THEY SPEAK TO US TODAY AS THEY DID WHEN HE WROTE THEM.

THE ANSWER

*WHEN FOR A PURPOSE I HAD PRAYED AND PRAYED AND PRAYED
UNTIL MY WORDS SEEMED WORN AND BARE WITH ARDUOUS USE,
AND I HAD KNOCKED AND ASKED AND KNOCKED AND ASKED AGAIN,
AND ALL MY FERVOR AND PERSISTENCE BROUGHT NO HOPE,
I PAUSED TO GIVE MY WEARY BRAIN A REST,
AND CEASED MY ANXIOUS HUMAN CRY.
IN THAT STILL MOMENT, AFTER SELF HAD TRIED AND FAILED,
THERE CAME A GLORIOUS VISION OF GOD'S POWER,
AND LO, MY PRAYER WAS ANSWERED IN THAT HOUR.*

(Notes cont from page 1)

I'm not getting anything done... what is going on with [fill in the blanks]... I know better than this... Etc. etc. etc. Sound familiar?

There are times when we all go through this activity. And the key is the word "through." I know that this too shall pass. However, when in the middle of this swirl of seemingly conflicted thoughts and emotions, what mental or spiritual tool do I have to change direction?

The words spoken in Mark (4:39) "Peace, be still." should come to mind. Try it! When you speak these words there is an immediate change in being. You are at that moment in consciousness communion with Spirit. Should this be a new practice for you, it may take a few minutes, so repeat the phrase until you feel it. Peace will come to your thinking. Then remember to give thanks and once again ask. It has been my experience that nothing will occur until you ask. And then the last piece; proclaim it is done!

You are a child of God, today you can act like one.

Lovingly in His service,
Rob

Ps My thanks to all of you that helped to put this issue together and hold this church and Ministry in your prayers!

(Continued from page 1)

The thought and the word "strength" spiritually expressed bring the manifestation of prosperity into our lives.

Accept and embrace the strength that is within you. It is yours to discover, to develop and to enjoy. After all, it is a gift and power of God.

What the Bible says:

"The Lord is my strength and my song, and he has become my salvation; this is my God, and I will praise him, my father's God, and I will exalt him." [Ex 15:2](#)

"Seek the Lord and his strength, seek his presence continually!" [1Chr 16:11](#)

"And he answered, 'You shall love the Lord your God with all your heart, and with all your soul and with all your strength, and with all your mind; and your neighbor as yourself.'" [Luke 10:27](#)

"I thank him who has given me strength for this, Christ Jesus our Lord, because he judged me faithful by appointing me to his service." [1Tim 1:12](#)

What We Teach & Practice:

"Strength is the energy of God."
Charles Fillmore, *The Revealing Word*

"Supreme strength as demonstrated by Jesus can be attained by one who trusts in Spirit and conserves his vital substance." Charles Fillmore, *Keep a True Lent*

"We cannot walk on the waves of

life in our own personal strength. If we remember to call on the strength of Christ we are sustained by unlimited power." Charles Fillmore *Mysteries of John*

Ideas for You to use:

Take time to meditate on strength. Imagine the feeling of strength in your lower back, or wherever it makes sense to you, but locate it in your body. Where is the real source of this strength for you? Can you feel it? Now take that feeling with you into a challenging situation. Visualize yourself there, with your strength. How does it feel in your body? What do you see? Hear? Write about this imagery and these questions in your journal. What surprises did you get in the experience?

Dr. Bernie Siegel, in *New Thought for a New Millennium*, says we should find strength in our brokenness. He says, "Becoming stronger is not about finding easy solutions to every difficulty or cures for every illness. It is about facing difficulties with grace and presence." Sit quietly and get in touch with what you consider in yourself to be broken. Know that it is OK to sit with the brokenness for a while—allow yourself to feel it without pushing away. What happens as you do this? Now find the strength within to walk through it—notice how you feel as you walk through it. Allow whatever is, to be. Are you ready to release it? It may take a few times of this practice, so be patient with yourself.

Can you remember a time when you felt the loss of strength? What were the circumstances? How was God's presence with you then? Do you have a strong sense of prosperity? How do the two intersect in your life? Journal on these questions.

What is going on in your life right now? Are there areas for which you

don't feel you have the strength? Now is the time to call on that spiritual strength within. Call the disciple Andrew (or the Christ or other teacher) to come sit beside you so you can feel strength all around you. Andrew was one of the first disciples to believe in Jesus, and to introduce him to Peter. His strength of faith is what brought him to introduce the boy with his meager lunch to Jesus, resulting in feeding the multitudes with only 5 loaves and 3 fishes. Can you feel that strength and faith flowing through your body now? Take time to get in touch with that silent, but sure, strength.

Put strength in your prayers as you let your life become the prayer that God prays through your talents, through your faith, and through all the faculties of being. When do you feel strongest, bravest and most courageous in your life? Offer those moments to God, remembering the ultimate Source of your strength with gratitude.

Strength is a stabilizer. Discuss this month's ideas and practices with your prayer triad. Be the strength for each other in those weak moments. Let them hold with you the idea of spiritual strength. Know it for each other.





Dawn Angel by Patricia Carroll

Sacred Healing Meditation *Your Experience of Divine Love*



Join Rev. Scott Sherman as he shares the Sacred Healing Meditation – a profound experience of Divine Love...

- **Observe and participate as Scott demonstrates this powerful experience in a group setting**
- **Experience the Divine Healing Energy in an individual session with Scott**
- **Learn how to share this powerful technique with your own family, friends and clients.**
- **Train and become certified to add this powerful experience to your practice.**

COMMENTS AND RECOMMENDATIONS

- **“I don’t remember ever feeling this good in my life!”**
- **“Scott, you are a miracle worker. I haven’t had a migraine since you did your “healing” on me. God thanks you and so do I.”**
- **“Within three weeks of my mother’s Sacred Meditation, she was over her three years of clinical depression. Her doctor took her off all medication a few weeks after that. I consider it a miracle.”**
- **“WOW!!! with four exclamation points!”**

Sacred Meditation Seminar & Demonstration

See healing in action. Sunday immediately after a shared snack, 12:40 – 2:00 pm **(By love offering.)**

Individual Sessions

Gentle healing touch or near touch has helped thousands. Sunday afternoon (2:10-7pm), Monday (9am-6pm.) **(By suggested love offering of \$60; no one turned away.)**

Sacred Meditation Training Workshop (Learn to bless your family, friends and clients)

Monday evening (6-8:00pm) This training includes hands-on Sacred Meditation experiences, an instructional CD + materials prepared just for this program. **(\$60 inclusive. Limited to 24 participants)**

Sacred Meditation Phase II Training (Designed for professionals or active healing leaders.)

Tuesday evening (8-10pm) This advanced training is available for certification, possible CEU credit, and privileges of continuing inclusion in the Sacred Meditation family of healers plus discounts on all materials. **(\$95 w/certification, Phase I is required. Includes materials discounts & benefits.)**

CHRIST UNITY CHURCH

Sunday – Monday, March 9 - 10

Please call 541-772-6902 to make reservations for all activities.

CHRIST UNITY CHURCH
540 N. HOLLLY ST
MEDFORD, OR 97501

Non-Profit Org
U. S. Postage
PAID
Permit No. 511
Medford, Or

Return Service Requested

If you no longer wish to receive this mailing, please mark the box and return to Christ Unity Church. For immediate removal email or call (numbers below)

Thank You!

Phone: 541-772-6902

Fax: 541-770-3262

E-mail: newsletter@unitymedford.org

Web: www.unitymedford.org

CELEBRATE WITH US AT HOME OR ON THE ROAD

It's a fact... Not everyone comes to church every Sunday. However, now you no longer have to miss a single word, song or prayer.

As a result of your prayers and the generous Love offerings, gifts and tithes this Ministry has received we have added the ability to record the services

on Audio Cassette Tapes and CD's. And plans are in the works to introduce Video recordings as well.

THE PROGRAM 4 YOU ?

The more ways we discover to serve you the more ways God finds to reward the works of this Ministry. .

So, are you ready to receive?

GREAT !

Fill out and mail the cutout, or call the office, or visit with Rev. Rob following a Sunday Service and we will begin sending you this terrific CD or Tape program. *Know of*

someone who has a challenge getting to church? Let us send them the program as well. Celebrate with us at home or on the road this summer.

SIGN UP TODAY !!



YES, Please enroll me in the program!

Send the Cassette CD
to my home.

NAME _____

ADDRESS _____

CITY _____ ZIP _____