



CHRIST UNITY CHURCH

540 N. HOLLY ST MEDFORD, OREGON 97501

541-772-6902

SEPTEMBER—OCTOBER 2008 EDITION

Become a Heart Centered Metaphysician

A Heart Centered Metaphysician is someone that knows and Spiritually understands Truth (Principles and Laws) in accepting and realizing Oneness. This person (You?), compassionately and lovingly applies and practices Truth as a way of Life. This person (You?) also assists others in understanding and applying Truth in their daily lives. This person (You?) portrays the following characteristics:

- Through modeling demonstrates; prosperity, wholeness, harmony and order in their Life and supports others in demonstrating the same.
- Knows Spiritual Principles and expresses them.
- His/her thinking and feeling natures work together so that (s)he is a compassionate understanding presence in the world.

How you ask? More on page 2

Board of Trustees

President: Shirley Dempsey
Vice-Pres: Ken Lemke
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

ANNUAL MEMBERSHIP MEETING. . .

SUNDAY SEPTEMBER 21, 2008 AT 12:30 PM

Can you believe it? Another year gone by and once again it's time for us to come together to BE about the business of Christ Unity Church of Medford.

Jesus brought His followers together to worship, study spiritual teachings, pray and break bread together. We follow that wonderful tradition by forming, sustaining and supporting our spiritual community right here, right now.

The membership will be electing two Trustees to serve on the Board. Those you elect will join Alida Montegna, Ken Leske and Rev. Rob to provide leadership of our Ministry in the coming year. James C. Hunter says of leadership, "Leadership boils down to a simple four-word job description—**Identify and meet needs.**"

To meet and exceed that job description those who are (and will be) serving need your assistance. In the office we answer our phones, in part, this way "How may we serve you today?" And so we ask that of you.

How may we serve you?

Trustees

The nomination committee has met and with prayerful consideration will present the following candidates to the floor for your consideration:

Elaine Frenett
Mary Lucido
Steve McManus and
Shula Morgan

You will have the opportunity to meet and hear from the candidates during fellowship on August 31st, at the Birthday Potluck on September 7th and again during fellowship on September 14th. Any and all of those occasion would be a wonderful time to let the candidates know how this ministry can serve you as we move into the 2008-2009 fiscal year.

Stewardship

One of the challenges that all ministries have is to determine how to put into circulation the treasure, Love gifts and Tithes that we receive. Outgoing Treasurer Steve McManus will deliver a report on how the ministry grew from the financial position.

Your Board looks at funding of all our current programs, services and operations and knowing that God is our source looks to future programs and services and then prepares a budget. That budget will be presented for your information.

Notice

In accordance with our By-Laws members will receive the agenda and other documents on or about September 11th. Check your mailbox

A UNITY WAY OF MEDITATION AND PRAYER

by Rev. Anne Ainsworth

When we first begin to study Unity teachings, we may find it necessary to learn whole new concepts of God, of ourselves and of our relationship with God.

If we thought God was a Remote Being out there somewhere, we probably directed prayers up and out away from ourselves and hoped that our fervent voice was heard in some distant region of the heavens. Or we may even have decided that God would not hear us because of some inherent unworthiness.

What a surprise to be told that God is everywhere and that everywhere includes within ourselves!

We don't have to reach out and away for help. Rather we can become still and listen within for answers that are true and fitting whatever the situation.

HOW TO DO THIS?

It's easy using Unity's Five Step Prayer Method. These five steps can be practiced anywhere at any time. Initially, in order to learn these steps, to make them a part of your consciousness, start the day with anywhere from two or three to fifteen minutes of quiet time, practicing these simple actions.

- Relaxation - body, mind, emotions
- Meditation - think about
- Concentration - fix exclusive attention upon
- Realization Of the Presence of God -actually being in the Silence itself

Looking Ahead

September

Theme - ***We Form Our Reality through thoughts held in Mind***

- 7 What Are You?
- 14 The Power to Produce
- 21 I Now Am True
- 28 There Is A Place



October



Theme - ***We live the Truth we Know***

- 5 Buried Talents
- 12 Living The Life
- 19 Keeping In Tune
- 26 Make Joy A Habit

(Cont page 3)

- Thanksgiving- opens the way for the fulfillment of our desire.

This pattern is taken from the book *Effectual Prayer* by Frances Foulks, an early Unity author. Don't be put off by the terms. Concentration and meditation are just words and are interchangeable to me. The idea of becoming still and waiting in Silence for the Christ of your own Being to speak to you is what it's all about. In fact, communing with God has been a goal of all meditative practices throughout human history.



Where Unity teaching may differ is in our realization that God, Life, Spirit already fills each one of us. We need to awaken to what is

already present and stop "hiding our light under a bushel." (Luke 11:33) No matter who we are or what we have done, that Light is within us, longing for our recognition. So let's begin opening to it.

The first step, Relaxation, may be the most difficult because we need to relax more than just the body. We must also relax the mind and the emotions, freeing ourselves from worry, doubt, fear, etc. Directing our thought to an idea about God helps in this process. This is step two, Meditation, as Frances Foulks calls it, and you can see that no one step is independent of the next. They all work together in harmony, enhancing one another.

Relaxation and Meditation, working hand in hand, will start you on an exciting journey of discovery. Next time we will explore the rest of steps and look at what other Unity writers have to offer, as well as some other meditative disciplines.

*Editor: So did you discover a step to becoming a Heart-centered Metaphysician? I did!
Thank you Anne*

SERVE OTHERS BY...

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 Grove!** Janet has stepped up and 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.



Looking Ahead—continued

Birthday Potluck

Sep 7 – Happy Birthday to:

Elaine Frenett	Darcy Low
Leisa Reese	Jean Lamm
Katherine Haertle	Kevin Murtha
Bob Bolf	Donna Hunt
Andrew Barlow	

Oct 5 – Happy Birthday to:

Janet Grove	Avis Farber
Roger Robinson	Shirley Dempsey
Genevieve Fletcher	
Carol Cochran	Bonnie Hash

Movie & Desert – Saturday 6:30pm

Sep 13 – "Eve & the Fire Horse"

An incredibly spiritual journey into the heart and soul of what religion is and what religion does for each of us on our own individual journeys.



Oct 11 – "A Relative Thing"

Five brothers and sisters are reunited by a call to come home to be with their dying grandmother. A sweet tale of family, love and healing that everyone can understand: it's a relative thing.



Open Mic Night

Sep 20 – 6:30pm sign-up – This will be the final performance of this year

Men's Group – 4th Tuesday

Sep 23 – Oct 28 10:00am at Elmer's Restaurant

Platter Chatters

The Annual Picnic will be on Saturday September 27th At the home of Bob and Diane Coash. This is an opportunity for the ladies, their significant other or a guest to join.

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Web: www.unitymedford.org

NATIONAL "COMPLAINT FREE WEDNESDAY"



Congressman Sam Graves of Missouri has introduced a resolution into congress asking that the day before Thanksgiving be henceforth and forever declared , "Complaint Free Wednesday" in the United States. The opposite of complaining is gratitude and so the citizens of our country will be encouraged to spend a day free from complaining then celebrate a day of gratitude.

For this to become law, the bill needs (50) fifty congressional co-sponsors from across the U.S.. Now, during the congressional recess is the PERFECT time for us to solicit support as congressional staffers have time to consider resolutions of this type. We have created a simple web page that allows people to email their congressional representative asking them to co-sponsor this bill.

Please help us spread the word about this to your friends. Email is the best way because you can include the link (below). It's a simple 1, 2, 3 step process and takes less than :30 seconds (try it yourself). People don't even have to know who their congressional representative is, it automatically reaches the correct person.

www.UnityMedford.org/complaint_free/

