

There is only One Power and  
One Presence in Life: God the good!

# Christ Unity

Welcome to a new Life!



540 N. HOLLY ST MEDFORD, OREGON 97501

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### Our Beloved Staff

Rev. Rob Wheeler,  
Administrative Director  
Terrie Pacheco,  
Administrative Assistant  
Steve McManus  
Minister of Music

### Office Hours

Mon, Tue & Thurs 9:00 a.m. - 4:00 p.m.  
Wednesday 9:00 a.m. - 6:00 p.m.  
And Friday 9:00 a.m. - 1:00 p.m.  
Sunday Service - 11:00 a.m.

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## I am or I choose?

For many people the usual way of using "affirmations" can be disheartening because saying or thinking "I am \_\_\_\_" and then adding whatever it is they desire to be, do, or have just doesn't ring true to them.

They don't believe it because the evidence hasn't appeared yet. It's still just a thought, not a visible reality. So those words can actually be counter-productive and frustrating when not coupled with other aspects of being.

And while it's not necessary to use affirmations at all in any "formal" way, our minds are always chattering on, so it makes sense that when we NOTICE our thinking is heading us where we would rather not go, we stop and gently allow those thoughts to shift.

Saying or thinking, "I choose \_\_\_\_" instead of "I am \_\_\_\_" is entirely true right in the moment, on every level.

So no conflict screams up from the conscious or subconscious. That simple phrase not only helps us to let go of feeling powerless, but it points our thinking in the direction we DO want to go -- and that means we are creating in THAT direction, too.

I love how these seemingly SMALL distinctions can make such big differences for us.

What SMALL change would make a HUGE difference for you?

Take time to look for small changes and get into the habit of being successful. Each time you "get it right" allows the next time to come to you with much less difficulty.

## Tricking the Brain

Maybe you've read DILBERT, the cartoon about a micromanaged U.S. business office with an engineer named Dilbert as the main guy. Dilbert appears in 2000 newspapers worldwide in over 60 countries and multiple languages. However, few people realize how difficult it is for Scott Adams to continue to create.

A typical day might mean having to endure uncomfortable convulsions and spasm-like tremors. Scott has learned to "trick" his brain into working with his hands, instead of against them. His body may betray him, but he knows that in order to continue his life's dream, he must be determined to never quit.

So, he and thousands like him, take injections or medications. But most importantly, Scott uses his mind. His most powerful tool in overcoming his physical limits is his thoughts.

Your most valuable tool in overcoming your obstacles is also your thoughts. You have to decide that for today you are going to do what it takes to reach your goals. Today you will make the phone call, write the letter or visit that person. Just for today you can see yourself living the life you want to have. I know it can be difficult at first, but be like Scott... don't quit. Keep up the hard work. As you do, you'll find it easier to keep going.

Scott had to decide that his art and drawing are worth the persistence it takes to produce it. Because he chooses to fight through his physical challenge, we know and love his goofy business comic strip with its quirky characters and humorous one-liners.

Living with obstacles is not easy. Persevering is a choice. I hope that today as you live your life you will choose to do whatever it takes

(Cont page 2)

## OPPORTUNITIES TO SERVE...

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

### Hospitality Team

Help set up for fellowship in Bosworth Hall following the service.

### Video/Sound Technician

Prepare the video/sound system for use *(No experience necessary... we will teach the ease of use of the system.)*

### Multi-Media Crew

Work with Power Point, Microsoft Publishing (this newsletter) to support our staff as we grow.

### Contact and Communication Team

**THANK YOU Pat Dole!** Pat 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.

### 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.

### Platform Person

Assists Rev. Rob and our Guest speakers during the Sunday Service

### Membership

We 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.

## HEAVENLY NOTES:

With the Holidays just around the corner (can you believe it?), Rob, Larissa, and I are already busy planning for the upcoming events associated with this very special time of the year. The biggest, of course, is the **Christmas Candlelight Program**, and we are excited! As you may have noticed, our choir is GROWING (yea!!), and we are looking forward to learning some extra special music this year. Please plan to join us on **Thursday December 24<sup>th</sup> at 7:00 PM** and bring a friend!

We are also happy to announce the return of award-winning singer/songwriter, Bridget Wolf, who will be sharing her special talents with us during the regular Sunday service on November 15. So, mark your calendars, and thank you for your continued support of our music ministry! - Steve



### Tricking the Brain... Continued

to make your dreams come true. I also hope that you do not have to deal with a chronic disorder like focal dystonia.

But if you do, please realize that you are not alone. I hope you find comfort in that truth. There are thousands who have to deal with similar difficulties.

Choose this day to live determined to overcome your obstacle and one day you will find it easier and easier to make that choice. It may take time but you will make it. I believe that for you and I believe that about you!!!



### From Rob's Desk...

I am so thankful. I am so thankful for all of the members of this church who stepped up and said "I will serve." I see this attitude of service being displayed more and more throughout the activities of this ministry. I am grateful for the opportunity to serve with Ken Lempke, Mary Lucido, Alida Montegna and Steve McManus on your Board of Trustees. I know that great works will be the results for this ministry with the strength, steadfastness and stability these dear ones bring to the tasks ahead. I look forward to seeing how my purpose of service unfolds as your needs are expressed and fulfilled.

On another note... Some people are not looking forward to the coming season as they hold to the notion of lack and limitation based upon what seems to be going on in our economy. Will you take a moment and reach out? Let them know [and you too :-)] that they are not alone. Invite them to come with you to "Embrace the Spirit" of this season.

In Oneness, Rob

**November Theme**

***With Our Thoughts, Words and Actions  
We Live the Truth we know.***

- 1 Living in Two Worlds
- 8 The Great Work
- 15 Into the Silence  
Guest Musician – Bridget Wolf
- 22 Praise & Thanksgiving
- 29 1<sup>st</sup> Advent - Faith

**December Theme**

***Spiritual Rebirth  
The Essence of Christmas***

- 6 2<sup>nd</sup> Advent - Peace
- 13 3<sup>rd</sup> Advent – Love
- 20 4<sup>th</sup> Advent - Joy
- 27 This is Just the Beginning

**Christmas Eve Candle Lighting**

“Embrace the Spirit”

7:00 pm Thursday 12/24/09

**Karaoke with Jim 7:00 pm**

Nov 7th & 21st  
Dec 5th & 19th

**Platter Chatters – 2nd Fri 11:30 am**

Joyce Robinson & Diane Coash  
Nov 13th – Tin Tin Buffet  
Dec 11th – Siam Cafe

**Men’s Group Breakfast**

Old Farmhouse Restaurant  
Last Tue at 10:00 am  
Nov 24th and Dec 29<sup>th</sup>

**Sacred Healing Meditation - 2nd Sat - Noon**

Nov 14th and Dec 12th

**Movie & Dessert - 2nd Sat at 6:30 pm**

**Nov 14th - “Outsourced”**



Outsourced is a romantic comedy of cross-cultural conflict and romance. Todd Anderson spends his days managing a customer call center in Seattle until his job, along with those of the entire office, are outsourced to India.

But it is through his team of quirky yet likable Indian call center workers that Todd realizes that he too has a lot to learn - not only about India and America, but about himself.

**Dec 12th - “The Cake Eaters”**

This coming-of-age drama, starring Kristen Stewart (Twilight) and Bruce Dern (Monster), explores the new (and old) connections between two small-town families. A young woman with degenerative disease feels she has no time to lose in becoming a woman while a young man struggles to reconcile with his father and brother.



## SILENT UNITY PRAYER SERVICE

In the last issue of the newsletter you received the Silent Unity Prayer service for both September and October and an invitation to join with us every Wednesday morning at 11:00 a.m. (Pacific) as we pray together. In an effort to lower our costs and still provide you with the opportunity to pray with us we have added a webpage with a link to a PDF file so you can have the service on your computer. Or you can print out a copy, whichever serves you best. We have also included instructions on how you can download these files.

**DON'T DELAY USE THIS LINK TODAY...**

[WWW.UNITYMEDFORD.ORG/SILENTUNITY.HTM](http://WWW.UNITYMEDFORD.ORG/SILENTUNITY.HTM)

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## CAN WE SERVE YOU USING EMAIL AND THE INTERNET?

We know that God is our source and that all our needs are met. We also know that we all need to be good stewards of the abundance heaped upon us. With that thought in mind we ask the question of the headline in this article.

### Can we serve you using email and the internet?

By using social networking programs like Facebook, Twitter, blogs and forums we can post pictures, stories and other things that may be of interest to you and all of our Spiritual community on a more regular, consistent basis, **and at a lower cost**. Every day people from around the world contact our online prayer line ([www.unitymedford.org/prayer.htm](http://www.unitymedford.org/prayer.htm)) and send us their Love gifts and tithes safely online by using the links they find at [www.unitymedford.org/support.htm](http://www.unitymedford.org/support.htm) Here are some other links for contact:

<http://facebook.com/rob.onenes> <http://twitter.com/revrob> <http://rev-rob.blogspot.com> <http://lessonarchives.blogspot.com>



# NO

Thank you for offering email and Internet communication and I may use it, however, I want to keep receiving the newsletter in this format:

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State & Zip \_\_\_\_\_

Please accept my Love Offering of \$ \_\_\_\_\_ to continue the great outreach work being provided

Please cut out & send this response to: Christ Unity Church 540 N. Holly St. Medford, OR 97501