



# CHRIST UNITY CHURCH

540 N. HOLLY ST MEDFORD, OREGON 97501 (541) 772-6902

JULY—AUGUST 2007 EDITION

## I WISH YOU ENOUGH

BY BOB PERKS

I NEVER REALLY THOUGHT THAT I'D SPEND AS MUCH TIME IN AIRPORTS AS I DO. I DON'T KNOW WHY. I ALWAYS WANTED TO BE FAMOUS AND THAT WOULD MEAN LOTS OF TRAVEL. BUT I'M NOT FAMOUS, YET I DO SEE MORE THAN MY SHARE OF AIRPORTS.

I LOVE THEM AND I HATE THEM. I LOVE THEM BECAUSE OF THE PEOPLE I GET TO WATCH. BUT THEY ARE ALSO THE SAME REASON WHY I HATE AIRPORTS. IT ALL COMES DOWN TO "HELLO" AND "GOODBYE." I MUST HAVE MENTIONED THIS A FEW TIMES WHILE WRITING MY STORIES FOR YOU.

I HAVE GREAT DIFFICULTIES WITH SAYING GOOD-BYE. EVEN AS I WRITE THIS I AM EXPERIENCING THAT POUNDING SENSATION IN MY HEART. IF I AM WATCHING SUCH A SCENE IN A MOVIE I AM AFFECTED SO MUCH THAT I NEED TO SIT UP AND TAKE A FEW DEEP BREATHS. SO WHEN FACED WITH A CHALLENGE IN MY LIFE I HAVE BEEN KNOWN TO GO TO OUR LOCAL AIRPORT AND WATCH PEOPLE SAY GOODBYE. I FIGURE NOTHING THAT IS HAPPENING TO ME AT THE TIME COULD BE AS BAD AS HAVING TO SAY GOODBYE.

WATCHING PEOPLE CLING TO EACH OTHER, CRYING, AND HOLDING EACH OTHER IN THAT LAST EMBRACE MAKES ME APPRECIATE WHAT I HAVE EVEN MORE. SEEING THEM FINALLY PULL APART, EXTENDING THEIR ARMS UNTIL THE TIPS OF THEIR FINGERS ARE THE LAST TO LET GO, IS AN IMAGE THAT STAYS FOREFRONT IN MY MIND THROUGHOUT THE DAY.

ON ONE OF MY RECENT BUSINESS TRIPS, WHEN I ARRIVED AT THE COUNTER TO CHECK IN, THE WOMAN SAID, "HOW ARE YOU TODAY?" I REPLIED, "I AM MISSING MY WIFE ALREADY AND I HAVEN'T EVEN SAID GOODBYE." SHE THEN LOOKED AT MY TICKET AND BEGAN TO ASK, "HOW LONG WILL YOU...OH, MY GOD. YOU WILL ONLY BE GONE THREE DAYS!" WE ALL LAUGHED. MY PROBLEM WAS I STILL HAD TO SAY GOOD-BYE. BUT I LEARN FROM GOODBYE MOMENTS, TOO.

RECENTLY I OVERHEARD A FATHER AND DAUGHTER IN THEIR LAST MOMENTS TOGETHER. THEY HAD ANNOUNCED HER DEPARTURE AND STANDING NEAR THE SECURITY GATE, THEY HUGGED AND HE SAID, "I LOVE YOU. I WISH YOU ENOUGH." SHE IN TURN SAID, "DADDY, OUR LIFE TOGETHER HAS BEEN MORE THAN ENOUGH. YOUR LOVE IS ALL I EVER NEEDED. I WISH YOU ENOUGH, TOO, DADDY."

THEY KISSED AND SHE LEFT. HE WALKED OVER TOWARD THE WINDOW WHERE I WAS SEATED. STANDING THERE I COULD SEE HE WANTED AND NEEDED TO CRY.

I TRIED NOT TO INTRUDE ON HIS PRIVACY, BUT HE WELCOMED ME IN BY ASKING, "DID YOU EVER SAY GOODBYE TO SOMEONE KNOWING IT WOULD BE FOREVER?"



(CONTINUED ON PAGE 5)

Looking Ahead  
Sunday Theme for July:  
***"There is only one Presence  
and one Power in my life,  
God the Good"***

- Jul 1 God Presence
- Jul 8 God Said, and It Was So
- Jul 15 Seed thoughts - I AM the way, the Truth
- Jul 22 The Power of Joy
- Jul 29 What God wants from you

Sunday Theme for August:  
***"With prayer & meditation, we  
align our heart-mind with God"***

- Aug 5 "Lord, Teach us to pray."
- Aug 12 Joyous Prayer
- Aug 19 Healing Prayer
- Aug 26 Face to Face with God

(Continued on page 6)

### Board of Trustees

President: Joyce Larson  
Vice-Pres: Shirley Dempsey  
Secretary: Alida Montegna  
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### Our Beloved Staff

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

### Office Hours

Monday—Thursday 9a.m.—4 p.m.  
Friday 9a.m.—1 p.m.  
Other times by Appointment

## SAY HELLO TO... Norm & Marilyn Rossignol

Hi I'm Norm,

Pastor Rob asked us to do an introduction bio. I'll try to make it as interesting and brief as possible, so here it is.

I spent my better days of childhood in Coos Bay, Oregon. When my parents moved to California, I decided, that I would come back. It took 50 years but I did it.

I have three children; Kevin, Steve, and Stephanie. I also have seven grandchildren.

My children and grandchildren all live out of state.

Marilyn and I have been married for 28 wonderful years.

I worked most of my career in Federal service for the Dept. of Defense in Sacramento CA. Prior to that I worked for 3 years with the show called "Cannon" with the portly gentleman known as William Conrad.

After settling here in 2002 we purchased a home in Talent. I now work as a handyman and part time artist. I've always doodled as a kid ...and later began working with watercolors, which was my primary medium. However, I just discovered pastels and have lots of fun working with them. I also teach watercolor classes for Central Art Supplies in Medford.

People have asked me what kind of paintings do I like to paint? I reply "mostly landscapes, but I'll see a barn and end up painting the door hinge instead". I guess I'm always trying to tell a story in my paintings.

I started a critique group, Rogue Review Artists Group 4 years ago. We get together once a month and review each others work. This critiquing helps each artist to continuously improve their work. Last year I co-founded an outdoor painting group called PASSO, which is the acronym for Plein Air Society of Southern Oregon. "En Plein Air" is French, when translated means painting outdoors. These paintings really show the colors, depth perception, temperature and atmosphere of a scene because of the natural light available. This type of painting began around the 16<sup>th</sup> century and made a comeback in the late 1800's. Well now you know as much about me as I dare tell. I'm looking forward to reading about you soon.

Namaste,

Norm Rossignol

And I'm Marilyn,

I grew up primarily in Napa, California, and it was beautiful living in the country on 20 acres... with every type of farm animal you can think of.

My father worked for the federal government, but was a horse trainer for his secondary job. One of my first mistakes was trying to ride my goat when I was four...I still have the scars from that incident. I was able to watch my first horse being born when I was five. .

I left home at 18 to move to the big city...San Francisco....to attend business school and work for insurance brokers. It was a very good experience to get out in the world and realize I could do it!

My early career was working as a manager of a health club...loved the work, and it was so rewarding to see the transformation in members as they became fit. From there, I found a job with the Benicia School District. I was the principal's secretary and was also able to train students in office procedures. It was such a great job because of the connection with the students. I worked at all the football games, track meets...anything that was going on. I stayed in touch with the students when they became parents. I also helped organize the graduation ceremonies and open houses each year.

Then my son, Brian was born and I went to work in the dental field, so I could work part time. I was trained to instruct patients in oral hygiene...dental assistant, insurance billing...jack of all trades for the dentist. This was in Napa.

I then moved to Sacramento. At a singles dance, Norm asked me to dance and we having been dancing for 28 years. We also shared Unity and Religious Science religion together, which has been very rewarding.

About 22 years ago, I was told I had breast cancer. I read and listened to metaphysical tapes...primarily Louise Hay. After the biopsy, it was discovered that I did not have cancer. The highlight after this terrifying experience...we went to a retreat at Asilomar, and I was able to talk with Louise Hay personally. I was able to tell her how much her work had inspired me to keep a positive attitude.

During these years I also was a Big Sister in the Big Sister Program and (continued 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 re-

ceive 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.

***"The secret of success and a wonderful life you only have to love God and the person in front of you..."***

From  
**"Sharing Good Times"**  
By Jimmy Carter

Submitted by  
**Lou Lowman**

(Marilyn Rossignol cont from page 2)

A volunteer for dog rescue.

I went to work for Department of Youth Authority as a training coordinator. I also coordinated their yearly open houses and graduation ceremonies for the inmates. I loved the job and made some life long friends at that job.

Then I took a promotion for Department of Fish and Game in Sacramento. My primary duties for them was working with the attorney general's office collecting...which I did not like. The part of my job that I really loved was coordinating their fund raisers for several hundred people.

Since I took an early retirement from DFG in California, I have been pet and ranch sitting...since I developed that early love of animals as a child. I also have been involved in horse rescue.

I'm so grateful to have all of you, Rob and our wonderful church.

Namaste,  
Marilyn Rossignol

# SUMMER FUN !

## Make Your Own Elmo Puppet !

Color Elmo's face and body. Ask an adult to cut out the pieces along the dotted lines. Glue Elmo's face and body to a lunch-sized paper bag, as shown in the drawing. Place your hand in the bag and bring Elmo to life !



(I WISH YOU ENOUGH - CONTINUED FROM PAGE 1)

"YES, I HAVE," I REPLIED. SAYING THAT BROUGHT BACK MEMORIES I HAD OF EXPRESSING MY LOVE AND APPRECIATION FOR ALL MY DAD HAD DONE FOR ME. RECOGNIZING THAT HIS DAYS WERE LIMITED, I TOOK THE TIME TO TELL HIM FACE TO FACE HOW MUCH HE MEANT TO ME. SO I KNEW WHAT THIS MAN EXPERIENCING.

"FORGIVE ME FOR ASKING, BUT WHY IS THIS A FOREVER GOODBYE?" I ASKED.

"I AM OLD AND SHE LIVES MUCH TOO FAR AWAY. I HAVE CHALLENGES AHEAD AND THE REALITY IS, THE NEXT TRIP BACK WOULD BE FOR MY FUNERAL," HE SAID.

"WHEN YOU WERE SAYING GOODBYE I HEARD YOU SAY, 'I WISH YOU ENOUGH.' MAY I ASK WHAT THAT MEANS?"

HE BEGAN TO SMILE. "THAT'S A WISH THAT HAS BEEN HANDED DOWN FROM OTHER GENERATIONS. MY PARENTS USED TO SAY IT TO EVERYONE." HE PAUSED FOR A MOMENT AND LOOKING UP AS IF TRYING TO REMEMBER IT IN DETAIL, HE SMILED EVEN MORE." WHEN WE SAID 'I WISH YOU ENOUGH,' WE WERE WANTING THE OTHER PERSON TO HAVE A LIFE FILLED WITH JUST ENOUGH GOOD THINGS TO SUSTAIN THEM," HE CONTINUED AND THEN TURNING TOWARD ME HE SHARED THE FOLLOWING AS IF HE WERE RECITING IT FROM MEMORY.

"I WISH YOU ENOUGH SUN TO KEEP YOUR ATTITUDE BRIGHT.

I WISH YOU ENOUGH RAIN TO APPRECIATE THE SUN MORE.

I WISH YOU ENOUGH HAPPINESS TO KEEP YOUR SPIRIT ALIVE.

I WISH YOU ENOUGH PAIN SO THAT THE SMALLEST JOYS IN LIFE APPEAR MUCH BIGGER.

I WISH YOU ENOUGH GAIN TO SATISFY YOUR WANTING.

I WISH YOU ENOUGH LOSS TO APPRECIATE ALL THAT YOU POSSESS.

I WISH ENOUGH "HELLO'S" TO GET YOU THROUGH THE FINAL "GOODBYE."

HE THEN BEGAN TO SOB AND WALKED AWAY.

MY FRIENDS, I WISH YOU ENOUGH!

BY

BOB PERKS

*Editor's note:*

*Our good friend and member Alyce Levy found a portion of this story in her travels. She thought, and I agree, that you should have it as well. I had seen it before so I ran a Google Search and discovered that the article was copyrighted. I sent this email to the author Bob Perks:*

Subject: Permission

Dear Bob,

A member of my congregation brought a modified version of your story "I WISH YOU ENOUGH" and asked that I use it as either a handout or a lesson subject.

I like to do my research and as such discovered that you have copy written the article. May I use it in our newsletter? I would, of course, link to your website.

Thanks for a wonderful work!

***This is what I received from him:***

Rev Rob,

Thank you!

You actually took the time to find me and ask permission to use my work. Sadly, many do not. In fact you mentioned that it was an abbreviated version of my story. Since I first sent it out to my readers and subsequently published in Chicken Soup for the Grieving Soul, I have found the story changed, edited, and even claimed by others as their own.

How refreshing to find someone who would do the right thing.

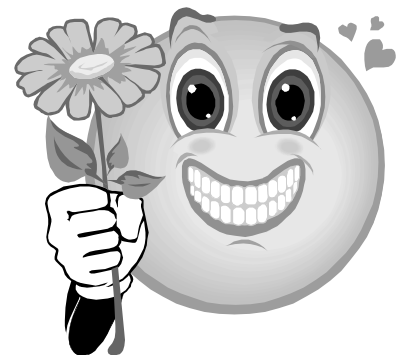
I would be honored to have you use it. Please check my website for the right version and yes, I would appreciate mention of it.

<http://www.lwishyouenough.com>  
<http://www.BobPerks.com>

"I wish you enough!"

Bob Perk

*Our thanks to Alyce for finding it and to Bob for having written it.*



My Truth-filled words are a healing balm when I pray for myself as well as others. Through my loving words, I open the channel for God's goodness to flow into my life and the lives of those for whom I pray.

*Lou Lowman*

## Here's a thought...

By Sheri Padilla

I have heard many times and in as many different ways how our inner self is Consciousness and Consciousness is our own Awareness. It is hard to imagine that we share the same inner self, that you and I are one and the same. We share thoughts, feelings, beliefs, fears and successes. If I am worried about what to wear to work or perhaps to a party, we forget that others are worried about the same thing. We are pieces of the same puzzle. The same Consciousness animates all forms and beings which gives life to everything. The self is the ocean and all forms of this world are only bubbles on the surface. Those bubbles are made of the same water and are part of the same ocean.

Now here is where it gets a little confusing and it seems to me we all have a little trouble with this part.

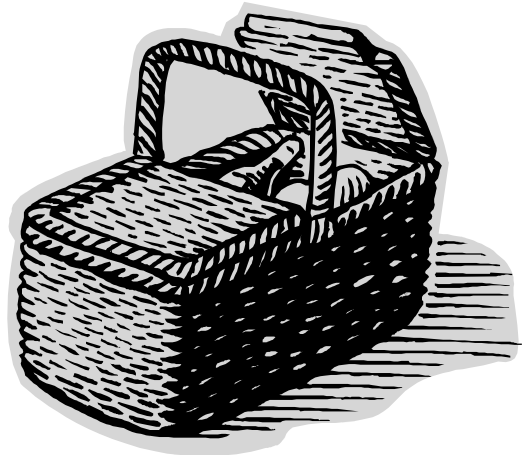
The Self is beyond polarities, or the play of opposites. The physical world exists all around us, but the inner Awareness or inner Self is not affected by the constant changes in our joys and sorrows. We see the injustice in the world and say "God would never let that happen." Yet God or the inner Self is the only actor in the play. The Self plays all of the parts, the "good" and the "bad." This is the place to think about what I said before.

God doesn't recognize polarities. He lets us do what we want with what he gave us to work with. We have a mind to reason with. The mind, if not watched real close will create labels to distinguish the right and wrong the inner Self doesn't recognize. An individual's mind is the cause of all the experiences in his world. What he believes will be true for him. The same Self is still everyone and everything!

Sometimes we think God is automatically in agreement with us and condemns what we condemn. In reality this is an example of error think-

ing of our human ego. If we look for the positive, we can find it in anything. If we become aware of our thoughts we can focus on the good. We are the Creator of our very own perfect world. It is the mind alone that is the cause of all the objects in the world. Every day there is a modification. Once it is accepted that this is all a game of the mind for the mind's amusement and you become aware that "we are that unchanging Awareness of everything that changes" you are able to live as you are without being affected and there is no fear. Once you understand this you no longer are torn with emotions and feelings from within.

***Life is peaceful and all is great!  
Love yourself and prosper.  
We are in this together.***



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Looking Ahead (continued from page one)

### **Birthday Potluck**

(Sunday following service - See page 7 for details)

### **Dinner & A Movie**

(Saturday Dinner 5:30/ Movie 6:30)  
July 14<sup>th</sup> and August 11<sup>th</sup>

### **Men's Group**

(Tuesday 7:30 am at Elmers Restaurant)  
July 24<sup>th</sup> and August 28<sup>th</sup>

**The Board of Trustees  
will meet at 5:30 pm on  
July 9<sup>th</sup> and August 13<sup>th</sup>**

## HEAVENLY NOTES:

The music team at Christ Unity Church is very happy to welcome back former member, Dick Berry, to our choir! Dick sang with the group many years ago, and we are so excited that he has returned. You, too, can join in the fun! If you are interested please speak with Shula, our choir director. Currently, we rehearse on Sunday mornings at 9:30, but as the group continues to grow we will be expanding our rehearsal time to include an extra hour or so on a weeknight.

**Guitarists wanted!** We are continuing to put together a "Unity Band" which would participate in our Sunday service(s). If you play guitar or bass we would love to have you join us.

Our Easter, Mother's Day and Father's Day special services have been so well received that we are planning more for the future. If you have any suggestions on events that you think might be appropriate for this type of service, please let Steve or Shula know. We are very open to your suggestions and ideas.

Also, if you are in town on July 1, you won't want to miss our morning service. We plan to do a "sing-a-long" of some of the great patriotic favorites that we've all known and loved throughout our lives. We hope to see you here!

Blessings,

Steve McManus, Minister of Music

### HAPPY BIRTHDAY

On July 1st at the Birthday Potluck

Celebrate with:

Shula Morgan 7/1

Bettina Champlain 7/10

Bob Coash 7/21

Ann Gabrielle 7/25

Don Bohnert 7/29

On August 5th at the Birthday Potluck Celebrate with:

Marilyn Rossignol 8/1

Ethel Ramsey 8/6

Bunny Triem 8/9

Alida Montegna 8/14

Destini Coughlan 8/16

Sheri Padilla 8/22

Sue Laurence 8/24

If your name isn't on our list, Happy Birthday, and let the office know so we can acknowledge you in the newsletter next year.

## BITS & PIECES...

### IT'S TIME FOR THE NOMINATING COMMITTEE TO SEEK NOMINEE'S FOR THE BOARD OF TRUSTEE'S.

Each year two of the four seats on the Board of Trustees come up for election. The Committee's function is to go over the membership list and using the bylaws as a guide, ask at least two members to run for election. Of course, you don't have to wait for the committee to contact you. Let Board President Joyce Larson know you would like to be a part of the process. It's a great way to be of service.

### DID YOU KNOW...

Most of the stories and articles found in the newsletter can also be found on our website, not to mention the newsletter itself. We bring that to your attention to remind you that you have many ways to connect.

NOTES FROM ROB is a wonderful way to comment on the stories and events of the ministry as well as the demonstrations that come into your life. We share our Joys and sorrows in the fellowship circle on Sunday. Adding your comments is another way for the world to know that Prayer works.

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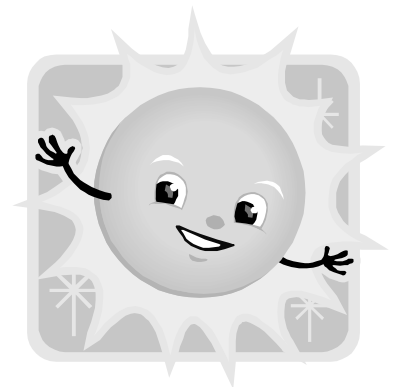
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## Happy Summer!

This is a great time of the year as we plan and prepare for vacations; spend time on the beach or the mountains and gear up for outdoor activities. We put memories of cold and rain and unpredictable weather behind us and embrace the freedom and warmth of this season.

Wherever you go this summer hold the consciousness that God is within you and ready to heighten your enjoyment of family gatherings or quiet moments in the sun with the kind and gentle presence of Spirit. As you hold this thought of the Presence while driving along the highway or having a cool drink in a roadside café know that each moment will take on a special significance, a warm glow of contentment and a feeling of deep satisfaction which will return to you each time you remember them.



You may have times this summer when you have plans that will cause you to be away on Sundays and this is quite understandable. I would ask that if you are away on a Sunday that you hold us in the Light and know for those who may be experiences challenges that they are receiving the Spiritual sustenance they need to strengthen their relationship with God. Prayer works!

Also you can help by remembering that while you might be away the church's needs and expenses continue. During those times when you are gone or your activities just do not allow you to be with us we hope you will remember us with your financial support. **Doing so really does make a difference!**

May your summer be blessed with the warmth of God's Love, the Joy of God's Presence and the protection of God's all encompassing Spirit. His light surrounds you and your loved ones bringing wonderful experiences and joy filled relationships. Lovingly in His service,

**Rob**