The Unity East Messenger

Vol 3 August 2024 No 8



A Monthly Publication ~ Unity East of Clinton Township







23057 North Nunneley, Clinton Twp Website – unityeast.org (586) 783-1546







Join us!

Each month, Unity East of Clinton Township publishes a newsletter outlining upcoming events, important information, and fun for our family and friends.

Please email <u>site.admin@unityeast.org</u> if you have suggestions for features you would like included.

Stay safe and Be Blessed!

Connie Spector

Technology Manager / Web Administrator

Volunteer Spotlight

Each month, I will highlight one of our many volunteers at Unity East. If you would like to see someone featured, please email Connie Spector at site.admin@unityeast.org.

We would love to have you share your story about how Unity and Divine Spirit have changed your life.

You may share your testimonial during a Sunday service, or we can record your audio or video individually.

You may also write a paragraph to share.

It will be posted on our YouTube channel.

You may remain anonymous if you wish.

Contact Connie for more information. site.admin@unityeast.org



A good friend is a connection to life — a tie to the past, a road to the future.

~

Lois Wyse

BOARD OF TRUSTEES

Senior Minister	Rev. Anita Koch
President	Linda Geibel
Vice President	Jackie Fisher
Secretary	Dave Schales
Treasurer	Linda Ballard
Trustee/Technology Manager	Connie Spector
Alternate Trustee	Bobby George



Licensed Unity TeacherLinda Ric	lley
Office ManagerBetty Flem	ing

About Rev. Anita



The principles of Unity have been a significant part of Rev. Anita Koch's life since she was in her 20s and have been foundational in helping with some of life's greatest challenges - divorce, loss of a child and more. Knowing there is only One Power and One Presence active in the universe and her life has been her Rock. She is a wife, mother, grandmother, teacher and life-long learner. Rev. Anita is a Licensed and Ordained Unity Minister and aspires to lead a ministry of spiritually-aware individuals actively involved in the community.

UNITY EAST OF CLINTON TOWNSHIP

STATEMENT OF PURPOSE

The purpose of Unity East of Clinton Township is to teach the universal Principles of Truth, as taught and demonstrated by Jesus Christ and interpreted by Unity.

MISSION

Our mission is to rediscover the guiding Spirit of Divine Presence within us and willingly demonstrated that creative purpose in our lives.

CORE VALUES

LOVE

We are individualized expressions of Divine Love, who radiate love to all.

FAITH

Our Faith remains strong in all situations.
We see beyond appearances to the Good that is always present.

GRATITUDE & COMPASSION

We are grateful for all our many blessings and willingly share these blessings with others.

SPIRITUAL & PERSONAL GROWTH leading to TRANSFORMATION

The Truths we have come to know through Unity have resulted in each member of the UECT community growing personally and spiritually.

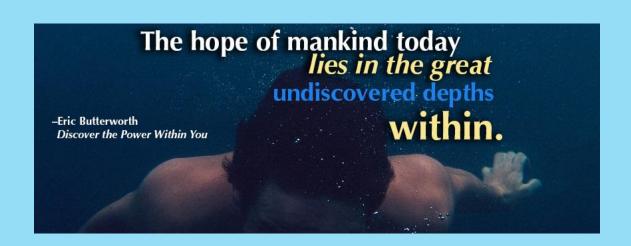
This has, in turn, transformed our lives.

PEACE

I am an instrument of Divine Peace. Peace has begun with me.

INVOCATION PRAYER

We are now in the presence of pure being, immersed in the Holy Spirit of Life, Love, and Wisdom. We acknowledge Thy presence and Thy power, O blessed spirit. In Thy divine wisdom now, erase our mortal limitations, and from Thy pure substance of love, bring into manifestation our world, according to Thy perfect law.







The Minister's Memorandum

Aspects of Will Rev. Anita Koch

The power for the month of August is WILL. Unity co-founder, Charles Fillmore defines WILL as, "the ability to choose, decide, command, lead, determine." A WILL can also refer to a legal document which indicates a person's choices of how things are to be handled once they have made their transition; however, that's not our focus this month. This month will revolve around the various aspects of our Power of WILL.

WILL is often used when speaking of someone's determination ... their resolve to find a way to accomplish something regardless of the challenges (AKA growth opportunities) faced. When I set my personal WILL on some goal or accomplishment, there's little that sways me ... i.e. the TV for the UECT sanctuary and other positive changes taking place at UECT. This is, for the most part, fine ... unless it moves into the realm of willfulness, defined as "having or showing a stubborn and determined intention to do as one wants, regardless of the consequences or effects." (I must admit to a bit of the willful sneaking in from time to time.) And then there's willingness ... another aspect of WILL. Our willingness is related to being prepared, ready and even happy to help out when needed. Our willingness may indicate our intent to agree or simply to be congenial.

As we become more intentional in using our Power of WILL ... leaning more toward willingness to trust in Divine Guidance ... we also become more effective and, as a result, receive the Divine blessings (often beyond what we might have imagined possible). I look forward to hearing from you regarding how you might use these ideas and concepts to more intentionally direct your own WILL.

Blessings,

Rev. Anita

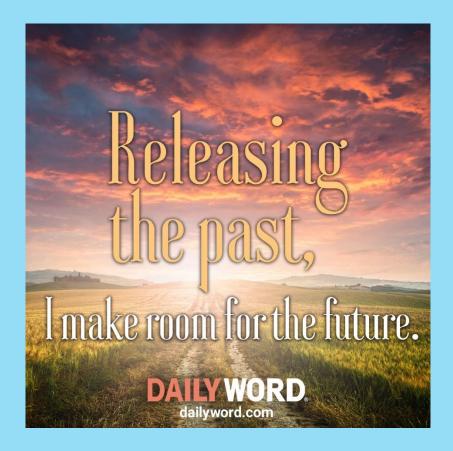




Click to visit unityeast.org

I feel that we're all lighthouses, and my job is to shine my light as brightly as I can to the darkness.

✓ Jim Carrey



Volunteer Spotlight

Rhonda Grewe



Rhonda Grewe has been a member of Unity East for about 14 years. She performs all kinds of maintenance tasks around the church. She has recently been working on outdoor shrub trimming and removal, and she soon will be building a lattice enclosure to beautify the area near the meters and to hide the waste receptacles on the east side of the building. She does many repairs around the church as well as painting, grilling for our picnics, occasionally helping in the kitchen and cooking food for events, and also served on the Board of Trustees for a few years. Rhonda (and Yours Truly) will also be building a bench for outside the church entrance. She is willing to help wherever and whenever needed. Thank you, Rhonda, for your help, support and for all you do for Unity East and its members, friends and community.

"Never bend your head. Always hold it high. Look the world straight in the eye."

Statement of Being

God is All, both invisible and visible,
One Presence, One Mind, One Power is All.
This One that is All is Perfect Life,
Perfect Love,
And Perfect Substance.
I am an individualized expression of God.
I am ever One with this Perfect Life,
Perfect Love, and Perfect Substance.





I'd rather live with a tender heart, because that is the key to feeling the beat of all of the other hearts.



Suppressing the feelings only makes it harder to let them go. Expression is the opposite of depression.

Edith Eger



U

He who has a why in life can tolerate almost any how.





Consciousness Within Our Unity Teachings By Linda Ridley, LUT

What is the old meaning of consciousness? What is the new definition of consciousness? What is the deeper meaning of consciousness? What are the four levels of consciousness that we seem to live our life in from day to day? How can we raise our consciousness? So many questions!

The word consciousness comes from the Latin term conscientia that means, "knowledge shared with others." The Latin term conscientia stems from the combination of two words: scio (I know) and cum (with) according to ScienceDirect.com. In today's definition from study.com, consciousness is the state of being conscious, or awake as a sentient being. Consciousness can also be the thoughts, ideas, and emotions of a sentient being. The Oxford Living Dictionary defines consciousness as "the state of being aware of and responsive to one's surroundings", a person's awareness or perception of something", and the fact of awareness by the mind of itself and the world".

Unity sees a deeper meaning of consciousness as the individual awareness of your unique thoughts, memories, feelings, sensations, beliefs, attitudes, and knowledge that makes up the conscious (what we are aware of), subconscious, and superconscious (Spiritual) phases of mind. According to the Oxford Dictionary, "the subconscious is that part of the mind of which one is not fully aware but which influences one's actions and feelings."

It is important to understand the ways in which we use our consciousness. In one moment, we can be operating in sense consciousness from our ego and then realize that life works better when we live from a Spiritual Consciousness. Our development of consciousness requires self-awareness, self-knowledge, prayer, meditation, continued learning, some unlearning, and a connection with Spirit, God, Divine Mind or whatever you call that Universal Principle. It is helpful to set our intention to live our best life now.

According to Heart-Centered Metaphysics, (pages 12-13), at any given time we seem to live in and from one of four levels of consciousness: victim consciousness, victor consciousness, vessel consciousness, or verity consciousness. When in victim consciousness, one feels and believes that everything is happening "to us." We feel a victim of the world and believe we have little or no control about what is happening to us. A Unity student knows better than this. Victor consciousness occurs when we believe that we have some ability to control the world and events around us. A certain number of events and our experiences are controlled by us. We are the victor! This is often considered egotistical. In vessel consciousness, we realize there is something greater or bigger than we think, feel, or believe. We believe we are an instrument, conduit or vessel of God, Spirit, or Universal Principle. This is also expressed by being the volunteer and caregiver of others. As we learned in our second Unity Principle, we learned we are an expression of the Divine. In verity consciousness, we finally realize Oneness. Some call this Christ Consciousness when we understand that it is each of us.

At any given moment, we seem to live in and from one of these levels of consciousness. Living in the victim or victor (ego) level of consciousness will bring many challenges throughout your day. The level of consciousness that we are in the greatest amount of time is the stage we are living in and from. We can temporarily experience another level of consciousness and operate there until we choose to become that vessel connected with the Divine in our daily routine. There will be times when we become aware that we slipped into a lower level of consciousness. Once we become aware of noticing we are expressing as a victim or victor, we can reconnect with our spiritual teachings and raise our consciousness. Let us be in the flow of the Universal Good as a vessel or instrument for love and peace as St Francis reminded us. Of course, our overall goal is to live in the Oneness of verity consciousness.

When Americans lend a hand to one another, nothing is impossible. We're not about what happened on 9/11. We're about what happened on 9/12.

Jeff Parness



Life changes in the instant.
The ordinary instant.

Take the first step in faith. You don't have to see the whole staircase, just take the first step.

∼ Martin Luther King Jr.



Just because things hadn't gone the way I had planned didn't necessarily mean they had gone wrong.

A Metaphysical Bible Interpretation

Mark 12:30-31

"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' The second is this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these."

Interpretation

There is an inherent contradiction in these verses, if we simply take them at face value. If we are to love God with all our heart, soul, mind and strength, then what is left with which to love ourselves, much less our neighbors? If we hold some love back for our neighbors, then we are not giving it all to God. If we give it all to God, there's nothing left for either our neighbors or ourselves.

The answer is that it's all the same! In loving ourselves, we are loving God. In loving our neighbors, we are loving God. There is no distinction, no separation. It's all God.

There are no limitations possible on the infinite Love that is God - and we are One with that infinite power. We can't love ourselves and ignore our neighbors, nor can we love our neighbors at the expense of ourselves. It isn't either/or; it's all, and much more.

Courtesy unity.org

Coming together is a beginning; keeping together is progress; working together is success.

Henry Ford

"The most difficult thing is the decision to act; the rest is merely tenacity."

AMELIA EARHART

"Go confidently in the direction of your dreams. Live the life you have imagined."

HENRY DAVID THOREAU

A ship in harbor is safe, but that is not what ships are built for.

~ John A. Shedd

The rewards of unifying our wills with the will of God are great.

POWER of the MONTH (Aug) Will

DISCIPLE

Matthew, who represents the decision-making part of the brain.

COLOR

Silver

PHYSICAL LOCATION

Center of the brain.

STRENGTH

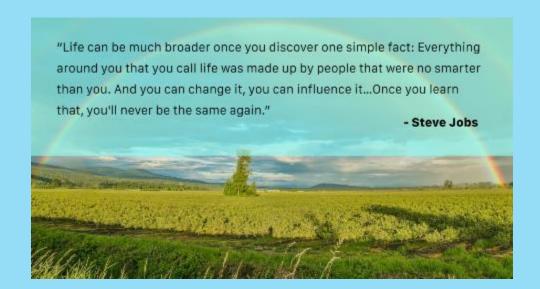
The ability to choose, decide, and lead.

AFFIRMATION

I choose my good based on spiritual understanding.

"The Sun himself
is weak when
he first rises,
and gathers strength
and courage
as the day gets on."

CHARLES DICKENS





Forgiveness is just another name for freedom.

~ Byron Katie

Speoming Events



FUN ~ FOOD ~ FELLOWSHIP

Monthly Social Group



Tammy Battista
Intuitive Sound and Energy Healer

"The Healing Power of Sound"

All are welcome!

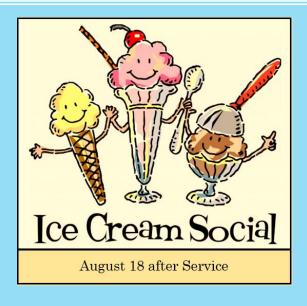
Thursday, August 15, 6:00pm

Sign up in The Book Corner to bring a dish to pass. \$10 suggested Love Offering.

Sign up in The Book Corner or call (586) 783-1546 to reserve a spot. See Mary Ann Catoni for further information.

Unity East of Clinton Township 23057 North Nunneley Road Clinton Township, Michigan 48036

The information supplied by the presenter does not necessarily reflect the views and opinions of Unity East of Clinton Township, Unity Worldwide Ministries, or Unity World Headquarters.



Armand & Angelina

at Unity East of Clinton Township (586) 783-1546

MUSICAL SERVICE



Sunday Aug 25 at 10 a.m. - International inspirational speakers and performing artists, Armand & Angelina, will be offering morning of Music, Message and Mirth to create a once in a lifetime experience of love, laughter, and music. Gifted with an angelic and heart-opening voice, Angelina draws from many languages. Armand's brilliant talks and compositions, powerful vocals and engaging presence inspires us to love life passionately.

Come and hear them speak and sing inspiring words and music from their personal journey of love and transformation.

NATIVE FLUTE PLAYSHOP

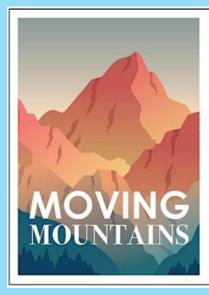
Are you ready to play the Native American Flute?

For centuries people have been mesmerized by the hypnotic sounds from these gentle, easy to play flutes. Whether you have a musical background or have always wanted to play a musical instrument, THIS PLAYSHOP IS FOR YOU.

Please join us for a fun, magical day of music on Aug 25 at 12 p.m. We will have flutes available or you may purchase one from us. \$20 suggested offering.

A POSI MUSICAL VARIETY SHOW

Monday, August 26 at 6:30 p.m., Armand & Angelina offer fantastic, uplifting performances, full of humor, passion for life and love for each other. Their music is a unique blend of rock and opera incorporating Native American flute. Armand and Angelina deliver a show like no other! \$20 suggested offering.



UNITY WORLD DAY OF PRAYER

Sept 12, 2024

See Linda Ridley if you'd like to participate.



Energy Healing

Second Tuesdays by appt. ~ 10a - 1:15p ~ Love offering \$10.

See Rose Ann Russo, Nancy Motrinc, or Carol Scheffels.

Sign up in The Book Corner or call (586) 783-1546.

You can also email uecmich@gmail.com



A Course in Miracles
Facilitated by Michelle Pawl-Gierak

Wednesdays from 10 - 11:30 a.m. Love Offerings benefit The Roof Fund.

Unity East of Clinton Township 23057 N Nunneley Clinton Township, Michigan 48036 (586) 783-1546

Monthly Drumming Circle

First and third Thursdays at 1 p.m.

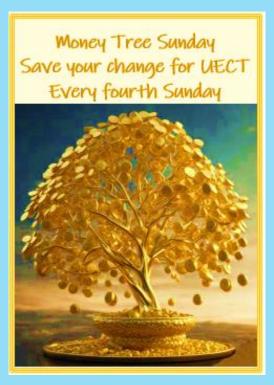
Get the beat! Come drum with us
on the first and third Thursdays of each month.

No drum or experience needed.

Just join us for lots of fun!

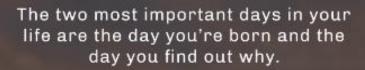
\$5 Love offering; proceeds benefit The Roof Fund.
Facilitated by Carol Scheffels and Nancy Motrinc.







"Where there's hope, there's life. It fills us with fresh courage and makes us strong again."



Mark Twain



"It is during our darkest moments that we must focus to see the light."

ARISTOTLE

Monthly Affirmations August 2024

Inner Peace

With each beat of my heart, I relax into peace.

Guidance

I am divinely guided step by step to a new and fulfilling life.

Healing

The healing power of divine life within strengthens and revitalizes me.

Prosperity

I am connected to infinite, abundant spiritual supply.

World Peace

1 express divine love and affirm peace and harmony for all.

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

-DALAI LAMA

Tyck is what happens when Preparation meets

- Seneca -

Spiritual Word of the Month

Namaste: / naa · muh · stay/

A spiritual Sanskrit word derived from Hinduism. Used to greet someone. Translated, meaning "I see the sacred in you." It is a respectful way to honor a person or group.



I saw that my life was a vast glowing empty page and I could do anything I wanted.

Jack Kerouac

Always be nice

Snippets

Fun facts, history, and tidbits of trivia

Billy, or William Johnson Hippopotamus, was a pygmy hippo given to U.S. President Calvin Coolidge. Captured in Liberia, he was given to Coolidge by Harvey Firestone, founder of The Firestone Tire Co., in 1927. Billy spent most of his life in the National Zoo in Washington, D.C. After arriving at the zoo - and quickly becoming one of its most popular animals -Billy the hippo settled in, and his personality became clear. He was "as frisky as a dog," reported The New York Times, which added, "Even the antics of the monkeys go unobserved when the keeper opens the tiny hippo's cage and cuts up with him." In addition to his fame as an exotic presidential pet - which afforded him a trip to the 1939 New York World's Fair - Billy is also notable as the common ancestor to most pygmy hippos in American zoos. By the time of his death in 1955, Billy had sired 23 calves, 13 of whom survived at least a year.



The world's longest tandem bicycle, according to The Guinness Book of World Records, measures 180 feet, 11 inches long. It was invented by a group of engineering enthusiasts in the Netherlands in 2020.



Fun Facts About Fireflies

- Fireflies are not flies. They are beetles in the same order as ladybugs and boll weevils.
- Fireflies have a "glow organ" located in their abdomen. An enzyme called "luciferin" combines with oxygen, calcium and adenosine triphosphate to create light. A firefly can control when it lights up by breathing in oxygen.
- Male fireflies use a pattern of light to attract females. The male will know if a female is interested by seeing how long it takes to flash back her reply... though some females use false flash patterns to trick the males into coming closer and then eat them.
- Fireflies can synchronize their flashing during mating season.





In 1858, Ezra J. Warner of Connecticut invented the can opener. The device was a long time coming: Frenchman Nicolas Appert had developed the canning process in the early 1800s as a practical method of preserving food for Napoleon's army. The process included half-cooking the food, storing it in glass bottles, and immersing the bottles in boiling water. Englishman Peter Durand received the first patent for preserving food in actual *cans* in 1810, so canned food predates the can opener by nearly half a century.

Before Warner's invention, cans were opened with a hammer and chisel. Warner's tool (used by Civil War soldiers) wasn't a great replacement, however. It used a series of blades to puncture and then saw off the top of a can, leaving a dangerously jagged edge. As for the hand-crank can opener most commonly used today, that wasn't invented until 1925.

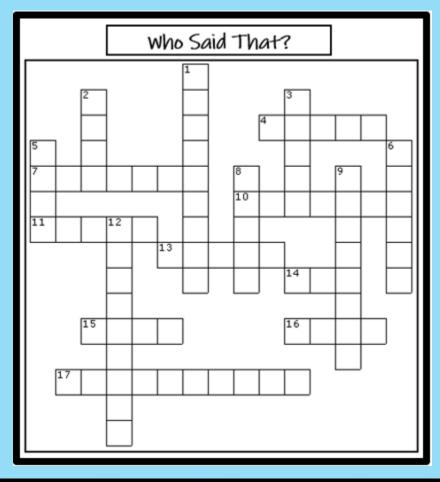


This is 350 million years in one picture. Situated 80 meters from the Irish shore is an impressive sea stack known as Dun Briste or the 'Broken Fort'. It is an astonishing formation in the sense that it allows you to see layer upon layer of multicolored rock strata.

The only limit to our realization of tomorrow will be our doubts of today.

Franklin Delano Roosevelt





ACROSS am I, that I keeper?" not boast, it is thought to 4 He said, "This is should go to 17 He said, "You not proud." herself, "After I my body, which Pharaoh and will not surely 3 When Jesus am worn out is given for you. die, for God asked, "Who do and my master bring the Do this in Israelites out of you say I am?", is old, will I now knows that remembrance Egypt?" when you eat of this disciple have this of me." 13 He said to the it your eyes will answered, "You pleasure?" She said, "Tell sailors, "Pick 9 He said, "If you be opened, and are the Christ. me the secret of me up and you will be like the Son of the are the Son of your great throw me into God, knowing living God." God, tell these strength and the sea, and it good and evil." 5 He said, "The stones to how you can be will become (2 words) become bread." woman you put tied up and calm. I know DOWN here with me-(2 words) subdued." that it is my fault 1 He said to the 12 She said. she gave me 10 He said to the "Blessed are that this great wise men, "Go some fruit from Lord, "Will you and make a the tree, and I you among storm has destroy both come upon you." careful search ate it." women, and innocent and 14 She said, "The for the child. As 6 Bracing himself blessed is the guilty alike? serpent soon as you find against the child you will Suppose you deceived me. him, report to central pillars of bear!" and I ate." the temple, He find fifty me, so that I too innocent people 15 She said, said, "Let me may go and there within the "Behold the worship him." (2 die with the Philistines!" city--will you still handmaid of the words) 8 When this destroy it, and Lord; be it unto 2 He said, "Love not spare it for me according to is patient, love elderly woman their sakes?" thy word." is kind. It does heard talk that 11 He said, "Who 16 He said, "Am I not envy, it does she would have my brother's a baby, she

Quips and Quotes

Sometimes it's hard to find spiritual-related humor, so you might see other stuff here, too.

Children's Letters to God

Dear God,

If you let The dinasor

Not exstinct we would

not exstinct we would

not have a country.

You did the right thing.

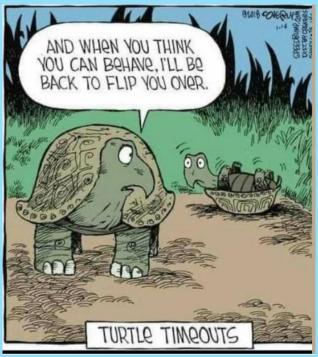
Jonathan

Dear God,

Thank you for the baby brother but what I prayed for was a Puppy

Joyce







Did You Know... In Las Vegas there are more Catholic Churches than casinos. Not surprisingly some worshipers at Sunday services will give casino chips rather than cash when the basket is passed. Since they get chips from many different casinos, the churches have devised a method to collect the offerings. The churches send all their collected chips to a nearby Franciscan monastery for sorting and then the chips are taken to the casinos of origin and cashed In.

This is done by the chip monks.











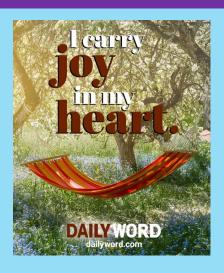
<u>Trivia Question (answer at bottom)</u>
Where did the slave traders take Joseph?





The Prayer for Protection

The light of God surrounds us,
The love of God enfolds us,
The power of God protects us,
The presence of God watches over us.
Wherever we are, God is,
And all is well.







"The only person you are destined to become is the person you decide to be." - Ralph Waldo Emerson

HOST YOUR NEXT EVENT AT UNITY EAST OF CLINTON TOWNSHIP

Our building is available for rent.

Consider us for your wedding, memorial service,
bridal or baby showers, birthday party,
retirement or company party, fundraising event, etc.

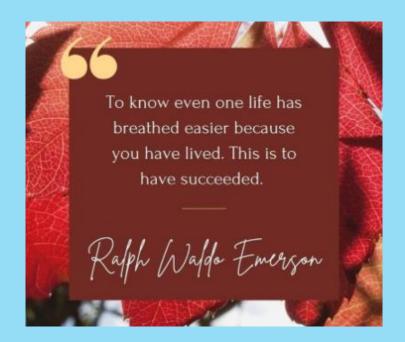
Click here for more information













Independent Living Resources



Detailed Cost Info and Photos



Thousands of Listings



Seasoned Family Advisors



Reviews from Families

Click here

The Dental Hygiene Clinic of Macomb Community College offers the community safe, exceptional dental care, performed by trained professionals at a reasonable cost.

Services available at Macomb's clinic include dental cleanings, X-rays, fluoride treatments, athletic guards, teeth whitening, sealants and gum disease treatments.

Click this box for more information.



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Find assisted living, nursing care, independent living, respite, and more.



Home Care

Find afforable, quality home care from over 20,000 providers.

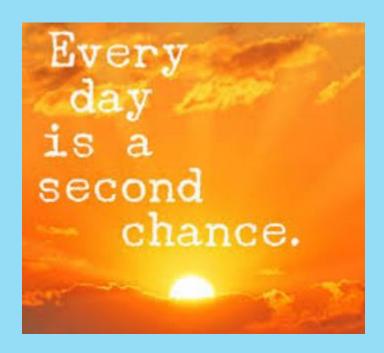


Senior Care Resources

Find articles, tools, and information from trusted industry experts.

Click here







YOU ARE THE AUTHOR OF YOUR OWN STORY. IF YOU DON'T LIKE WHERE THIS CHAPTER IS GOING, IT'S OK TO START A NEW ONE.



ANIMAL RESCUES NEED PAPER ROLLS

RESCUES SHRED THESE TO USE AS BEDDING FOR SICK AND HOMELESS PETS

Please place clean, dry paper towel and toilet paper rolls in the collection receptacle in the utility room.

Thank you!



WAYS TO TITHE



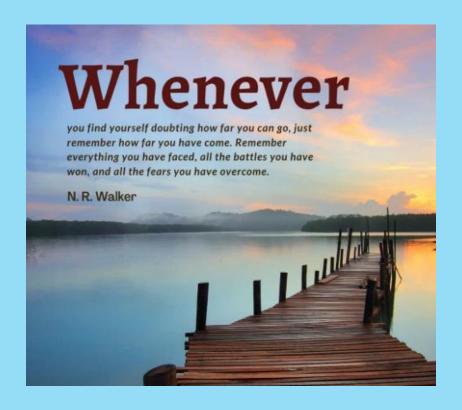
TITHE ONLINE AT UNITYEAST.ORG



IN PERSON OR U.S. MAIL
UNITY EAST OF CLINTON TOWNSHIP
23057 NORTH NUNNELEY ROAD
CLINTON TOWNSHIP, MICHIGAN 48036

THANK YOU FOR YOUR SUPPORT!





And for my fellow football fans! Go Lions! Go Wolverines! Go Spartans!







Answer to Trivia Question
Egypt

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