

The Unity East Messenger

Vol 4

December 2024

No 12



A Monthly Publication ~ Unity East of Clinton Township



unity[®]
Unity East
of Clinton Township



All Welcome!

A *positive path*
for *spiritual living*

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

Sunday Service at 10 a.m.

Tithe online at unityeast.org



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 site.admin@unityeast.org if you have suggestions for features you would like included.

Stay safe and Be Blessed!

Connie Spector

Technology Manager / Web Administrator

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

BOARD OF TRUSTEES

Senior Minister	Rev. Anita Koch
President.....	Dave Schales
Vice President/Tech Mgr.....	Connie Spector
Treasurer/Ofc Mgr.....	Betty Fleming
Secretary.....	Linda Ballard
Trustee.....	Bobby George
Alternate Trustee.....	Agnes Lewis
Licensed Unity Teacher.....	Linda Ridley



**We are all born worthy.
Worthy of love, worthy
of success.**



Jamie Lee Curtis

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.

ANNOUNCEMENT

I gave an update in church about Rev. Anita and wanted to share it here in the newsletter. She is in an inpatient rehab facility receiving physical therapy to regain strength. Her body is attempting to eliminate and purge the chemotherapy, immunotherapy and radiation that have now been stopped. She is quite often feeling very poorly, is sleeping a lot, and is struggling to stay nourished and hydrated. She and the family request no visitors or calls at this time. I receive almost daily calls from Mike, or from Anita if she's feeling well enough, so I will try to provide a weekly update. You may email me (Connie Spector) at site.admin@unityeast.org if you have questions. Please hold her in positive prayer and see her whole, healthy and complete.

"Every cell in Anita's body vibrates and radiates with God's life. The miracles of healing that Jesus performed among his followers remain possible by faith.

*Right now, faith is making her well,
and we are grateful! Amen!"*

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.

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.

Enjoy the
fullness of life.

POWER of the MONTH (Dec)
Life

DISCIPLE
Judas, who represents the cleansing of
selfishness, allowing the life force to
flow to every part of the body.

COLOR
Red

PHYSICAL LOCATION
Reproductive organs

STRENGTH
The ability to energize and animate.

AFFIRMATION
I am filled with life, sweet life.





One day, you will look back and see that all along, you were blooming.



Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.



Click to visit
unityeast.org



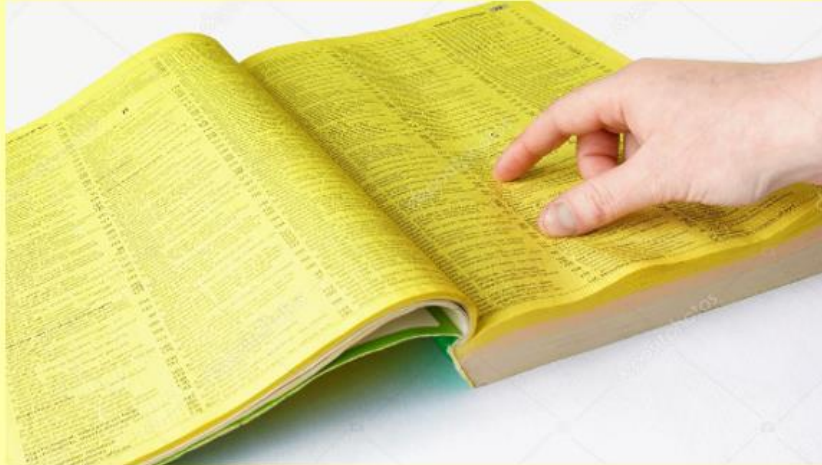
I will either find a way, or make one.

~
Hannibal



Yellow Pages Were Created Because a Printer Ran Out of White Paper

One day in 1883, Cheyenne, Wyoming-based printer Reuben H. Donnelley was busy printing the latest edition of the phone directory when he unexpectedly ran out of white paper. Unwilling to put off production until he could restock, he instead resorted to finishing the job with yellow paper, unknowingly creating an icon of the then-nascent information age. After subscribers commented on how these yellow pages were easy to find amid piles of white-hued publications, Donnelley produced the first official Yellow Pages phone book three years later. Using the color yellow for telephone business directories then became the norm around the world.



Take forgiveness slowly.
Don't blame yourself
for being slow. Peace
will come.

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.

Volunteer Spotlight

Linda Ridley, LUT



Our Licensed Unity Teacher, Linda Ridley, is involved in many programs and projects at Unity East of Clinton Township. She facilitates classes and workshops. She also provides many pamphlets, booklets, pictures, and printed materials in the very comprehensive collection on the display table near the Sanctuary. Linda also writes an article each month for our newsletter.

She is very involved with The Lending Library, having secured and donated many books over the last few years, as well as categorizing and readying them for our congregation to borrow and enjoy. She also keeps our Little Library in front of the church stocked with appropriate reading materials. She also played a pivotal role in our 25th Anniversary Memory Album.

Linda attends many of our events and provides yours truly with many of the pictures you see on our website. She makes herself available to pray with members of our congregation and keeps in touch with those who are unable to attend services in person. Every year, she plans and coordinates World Day of Prayer in September.

Linda is involved in the Great Lakes Region of the Unity EarthCare Ministry. Their mission is "To foster awareness of our spiritual oneness with the Earth, to promote active care of all creation, and to assist congregations in integrating an earth-oriented spirituality into their ministry." Linda is a strong believer in recycling and all efforts to save our planet.

Linda enjoys gardening, biking, traveling, music and scrapbooking. She lives north of Port Huron near Lakeport and makes the drive every Sunday, and many other days, to be of service to Unity East and our congregation.

Thank you, Linda, for all you do at Unity East to help our church thrive, prosper, and be a welcoming place for all.

**KETCHUP WAS ONCE SOLD AS A
MEDICINE.**



**IN THE 1830s, KETCHUP WAS USED TO
BE SOLD AS A MEDICINE, CLAIMING TO
CURE AILMENTS LIKE DIARRHOEA,
INDIGESTION, AND JAUNDICE.**



Sculpture - Power for December

"Life"

Displayed at Unity Village



**These mountains that you are
carrying, you were only
supposed to climb.**

~ Najwa Zebian

Enjoying the Holidays Again

December, 2024
by Linda Ridley, LUT

December is a busy month for people of all ages! So many opportunities to enjoy the holidays this time of the year. Seeing the Christmas lights, shopping for gifts, writing a Christmas letter, addressing Christmas cards, putting all those decorations around, baking cookies, getting together with friends and family may make the season bright for some. Unfortunately, not everyone is looking forward to the holidays. Some people are reminiscing previous holidays when the children or grandchildren were young. When they were younger! Anyone who has lost their significant other, family members, or friends in the last few years may not be ready to “enjoy the holidays again” this year.

How can we support those who are challenged during this time of the year? What can we do if we are feeling sad or depressed while experiencing grief or the feeling of loss? Remember the commercial that encouraged us to “reach out and touch someone?” That is something we can do for others and often that connection helps us as well. Others may be feeling the “holiday blues” as much or more than you. If you were unable to attend the opportunity last Sunday when we presented the, “Enjoying the Holidays Again” at Unity East, here is a summary. We do have some left-over copies of information that will be available on the display table.

Holidays is not a time to be a perfectionist. Celebrations can become challenging for those who try to do everything themselves. Be willing to delegate and be flexible when plans change, as they will. Juggling too many projects with work, home, family, and social obligations can leave anyone feeling overly anxious during the holidays. If you are already stressed, this will only make it worse.

Minimize the time you spend with any Grinch or Scrooge or people who are morose or negative. There is no reason anyone needs to be around those mean-spirited, unhappy people for very long. Sometimes all you can do is use your affirmative prayer and meditation practice to decide what is best for you. I have had to set boundaries and remove some family members and previous friends from my connections, while wishing them well. It is never easy, but my holidays are so much better since then.

The holidays can become a time to overindulge with the “eat, drink, and be merry” approach which may trigger more anxiety, especially if you spend too much money, gain weight, drink too much, or exhaust yourself with too many activities. This can cause a crash into depression with post-holiday blues. The holidays are a time to practice self-care during the gift-giving and gatherings.

Start new traditions with your family and friends and channel that energy into the many possibilities that exist in your present life. Remember that nothing in the present can live up to childhood memories or past moments of enjoying those holidays. For some people, this year could be their best one yet! Unfortunately, not everyone had the best childhood memories. We can make new memories. Watch those Hallmark movies, read a good book, invite some friends over. Bake some cookies and invite others to tea or coffee. Get up off that chair or couch and go for a walk or ride around the neighborhoods and see the Christmas lights. Attend some concerts in your area. Visit the church or spiritual center of your choice. Taking time for prayer and meditation to connect with the your Highest Good is recommended. Now is the time to get dressed, get that music out, start dancing around the house while singing along to those old songs. When you feel better, call or text a friend from the past or a new friend, write a Christmas letter, and get together with anyone who uplifts your spirits. That is a gift you can give others and ourselves.

Wishing You and Yours a Merry Christmas and a Happy New Year!





News From November

On November 24, we at Unity East celebrated the 25th anniversary of our "wonderful, little round church" as I call it. An anniversary album was made with input, support, and hard work by many members of our church. We combined our annual Thanksgiving Potluck with the anniversary celebration. Everyone enjoyed the fun, food and fellowship, along with a lot of reminiscing.

A small group of volunteers decorated our church late in the month and enjoyed a light luncheon. Thank you for making our church Christmas-beautiful!

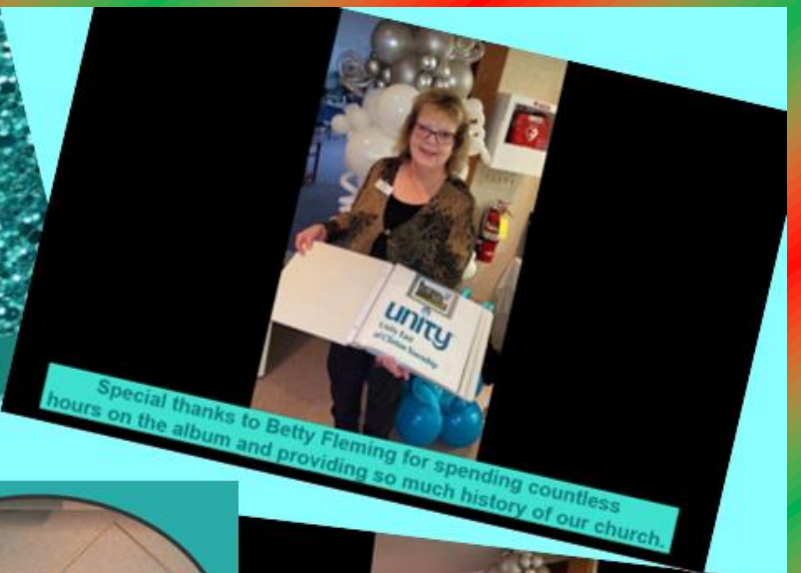
Earlier in the month, a guest speaker was the highlight of our monthly Social Group. The topic was "Answering an Inner Call" and focused on using meditation and other key elements of spiritual practice to gain inner wisdom and discover areas in which one can be of service to others. A Potluck was held and everyone enjoyed the afternoon.

On the Sunday after the November Board Meeting, the 2024-2025 Board of Trustees was introduced, having been voted in during our late-October Annual Membership Meeting.



Happy Anniversary,
Unity East!!!

Thank you to all who made this day possible!!!



Special thanks to Betty Fleming for spending countless hours on the album and providing so much history of our church.



Thank you to Linda Ridley for the many hours of work, for loaning us her craft supplies, and for providing the album and pages.



Thank you, Diane Jett, for the beautiful and fun balloon arrangements! They added a very nice touch to our celebration!





In the middle of difficulty lies opportunity.

~ Albert Einstein

A Metaphysical Bible Interpretation

John 14:27

Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

Interpretation

This relatively brief verse is rich in spiritual encouragement. Jesus is speaking from his Christ Self as he prepares to end his human experience. His disciples are confused and afraid, and Jesus Christ assures them that there is nothing to fear. Embracing spiritual Truth, as Jesus always called his disciples to do, does not generate conflict; the ultimate consequence of expressing our own Christ Self will always be peace.

Next he reminds them—and us—that the heart is the center of the creative work we are here to accomplish. We will create and experience according to our faith, and that faith is centered in the heart. If our heart focus is on troubles and dangers, that will be our experience, and our contribution to collective consciousness. So Jesus Christ is not just saying that we should relax; he's telling us to be very conscious of what we're creating. A heart at peace contributes infinite peace to the world.

Courtesy unity.org



Change — real change —
comes from the inside
out.



**DURING THE GREAT DEPRESSION,
PEOPLE MADE CLOTHES OUT OF
FOOD SACKS.**



**BECAUSE OF THIS TREND, FOOD
DISTRIBUTORS STARTED TO MAKE
THEIR SACKS MORE COLORFUL.**



Walls turned
sideways are bridges.

Angela Davis



The Great Boston Fire happened on November 9, 1872. Over seven hundred buildings and over 65 acres of prime Boston real estate was destroyed in the fire. Nearly a thousand businesses were destroyed as well. It took 12 hours to contain the fire. The fire started at Summer and Kingston Streets on Saturday night, November 9, 1872.

Courtesy: American History Fun Facts





Happy
Kwanzaa



Souls render service to one another.

Upcoming Events

Unity East of Clinton Township

Quarterly

CAN & BOTTLE DRIVE

First collection date is
December 8, 2024.

**Returnables cannot be accepted
before this date.**

You can also return your bottles to the store
and donate your returnables receipt.

Net proceeds benefit The Roof Fund.



Almost everything will work
again if you unplug it for a
few minutes, including you.

~ Anne Lamott

December 15, 2024 after Service

Please sign up in The Book Corner or text Rhonda at (586) 690-9463. Please indicate what you would like to donate - Cookies, pies, cakes, other goodies, and/or crafts. Proceeds benefit The Roof Fund.

BAKE *and Craft* Sale



Secret Santa



December 19th Social Group

Join the fun as a Secret Santa or Ms./Mrs. Claus at Unity East. We drew names on Sunday, November 24th and gifts will be opened on Thursday, December 19th during the Social Group Gathering from 1 to 3 pm. We will play Christmas Trivia in teams for fun. Usual \$10 towards Unity East roof fund.

Wrap your gifts and place them under the Christmas tree in the Sanctuary. Gift limit \$15. You may leave cards, poems, hints, or treats in the white basket by the Book Corner during the holiday. Try to get to know your recipient. Check the basket for surprises. Keep it secret! Have fun sharing!

Food, Fun, and Fellowship. Bring a dish to pass!

It's not too late to participate.

Contact Linda Ridley at 810-705-1898



Christmas Eve Candlelight Service
Music Program - 2:30 p.m.
Service with April Ellenburg, LUT - 3 p.m.


unity[®]
Unity East
of Clinton Township

Burning Bowl Ceremony
Letters to God
Sunday, December 29, 2024 at 10 a.m.
Rev. Kathy Long







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 Thursdays at 1 p.m. (thru April).

Get the beat! Come drum with us
on the first Thursday 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.



*Money Tree Sunday
Save your change for UECT
Every fourth Sunday*





Monthly Affirmations

December 2024

Inner Peace

Divine peace is my path and my true nature.

Guidance

I follow the star and respond to
the light of divine wisdom.

Healing

God is the flow of life within my body and being.

Prosperity

I rejoice in abundant possibilities.

World Peace

The Christ born in me is a gift to the world.

Let the radiant light
of spiritual understanding
awaken your
creative genius.

-Eric Butterworth
The Creative Life

unity
Worldwide Ministries

Spiritual Word of the Month

Metaphysics /'medəˌfɪzɪks/

(Greek words meta = after/beyond; physics = nature) A branch of philosophy concerned with the study of "first principles" and "being." Something which is true concerning the inner life of every human being, regardless of time, place, and circumstances. Examples: Forgiveness primarily benefits the forgiver. Temptation constitutes an opportunity for choice.

Courtesy: truthunity.net

**THE UNIVERSITY OF OXFORD IS
OLDER THAN THE AZTEC EMPIRE.**



**THE UNIVERSITY OF OXFORD FIRST OPENED
ITS DOORS TO STUDENTS ALL THE WAY BACK
IN 1096. THE AZTEC EMPIRE IS SAID TO HAVE
ORIGINATED IN THE YEAR 1325.**





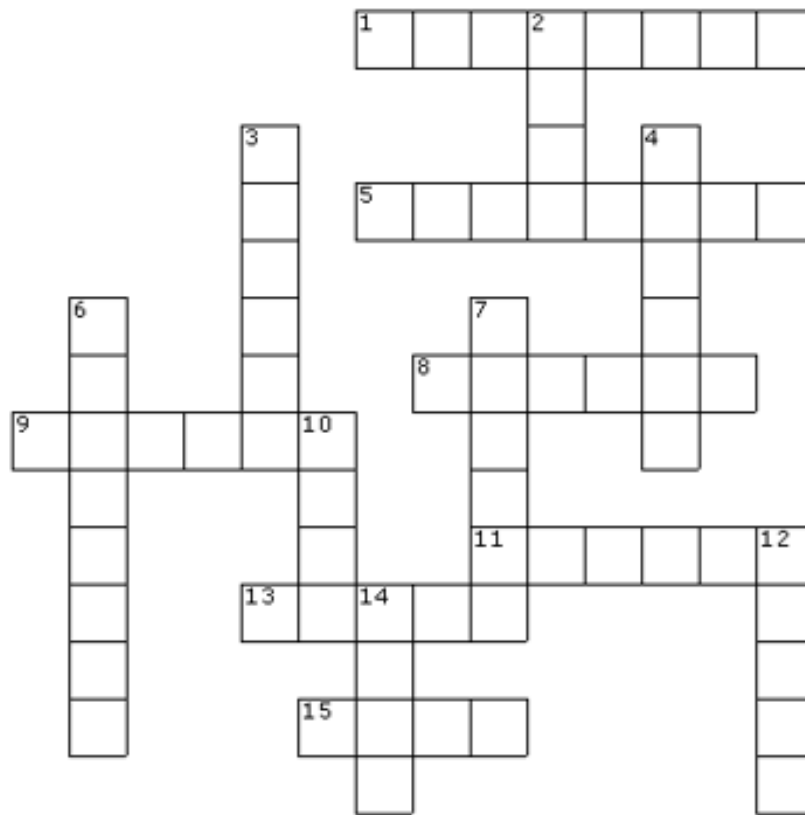
YOU ARE

awesome
worthy
powerful
appreciated



A beautiful day
begins with
a beautiful
Mindset

Christmas Crossword



ACROSS

1 O come, all ye

5 Gifts

8 ___ get
togethers

9 ___ night, holy
night ...

11 Tree decorations

13 We celebrate
His birth

15 Present
decorations

DOWN

2 What Santa
brings

3 Used to tie a
present

4 Heavenly beings

6 Dasher,
Dancer, etc.

7 Christmas
songs

10 Place for lights
and ornaments

12 Jolly old St. Nick

14 Makes a white
Christmas

Quips and Quotes

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



When squirrels come across an especially spectacular nut, they'll often gather and stare in amazement... very similar to how they're looking at you right now.





I WANT YOU TO FOLD UP MY BURIAL CLOTHES
WAIT FOR MARY, AND REMEMBER THAT THIS
SERIOUS ... NO HIDING AND YELLING "BOO"

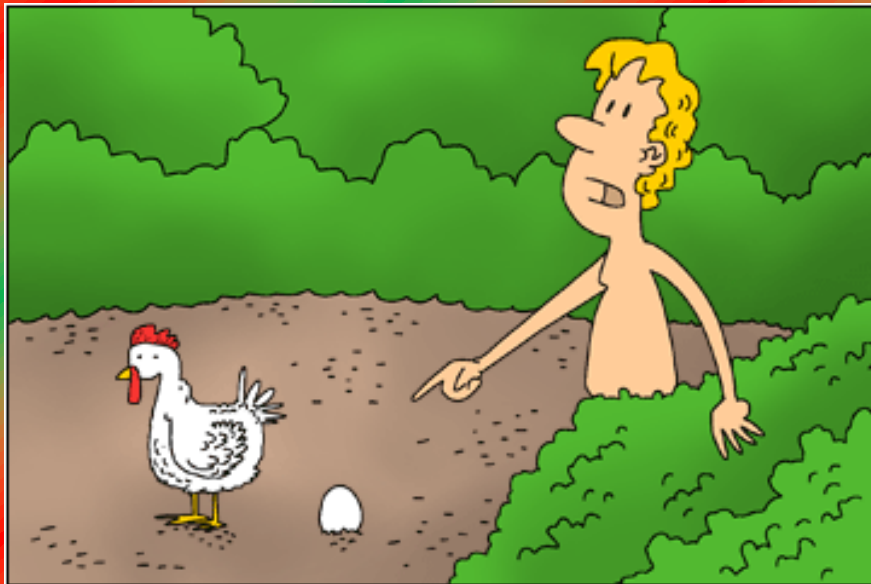
The photographer was lying on the ground, trying to shoot this ceiling. The pigeons were concerned.



IF THE EARTH WAS FLAT



CATS WOULD HAVE PUSHED EVERYTHING OFF IT BY NOW



(See Genesis 1:1-2:3)

07-06-2015

I MISSED IT ... WHICH ONE CAME FIRST?

Trivia Question (answer at bottom)

Who bought 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 WIDELY USED EATING UTENSIL,
THE FORK, WAS ONCE SEEN AS AN
OFFENCE TO GOD.**



**BECAUSE THEY WERE "ARTIFICIAL
HANDS" AND, AS SUCH, WERE
CONSIDERED UNGODLY.**

**Only love can
heal the wounds
of the past.**

***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



COMMUNITY RESOURCES



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.](#)



Find Housing

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



Home Care

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

[Click here](#)



Senior Care Resources

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

Assistance for Veterans



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!



We are resuming collection of CLEAN plastic grocery/store bags. Any size but they must be clean. These are crocheted into mats for the homeless that can be taken into shelters where blankets are not allowed due to insect concerns. If you have bags to spare, please put them in the marked bin in the Utility Room at Unity East.



Link your Kroger Shopper's Card to support Unity East.
www.kroger.com/i/community/community-rewards

KROGER COMMUNITY REWARDS



WAYS TO TITHE



[TITHE ONLINE AT UNITYEAST.ORG](http://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!

**NATURE IS THE
ART OF GOD.**





Answer to Trivia Question

Potiphar, captain of the Pharaoh's guards.

Published by Connie Spector for

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