

# *The Unity East Messenger*

Vol 4

February 2025

No 2



*A Monthly Publication ~ Unity East of Clinton Township*



***Sunday Service 10 a.m. ~ ALL are welcome!***



**unity**<sup>®</sup>  
Unity East  
of Clinton Township

***A positive path  
for spiritual living***

***23057 N Nunneley, Clinton Township ~ (586) 783-1546 ~ [unityeast.org](http://unityeast.org)***

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](mailto:site.admin@unityeast.org) if you have suggestions for features you would like included or if you'd like to provide a testimonial - written, or via audio, video, or in person.

**Stay safe and Be Blessed!**

**Connie Spector**

**Vice President / Technology Manager**

In Loving Memory.....Rev. Anita Koch

## BOARD OF TRUSTEES

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

## 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.

Strength  
is a quality  
that we can and  
must develop ...

### **POWER OF THE MONTH (Feb)**

Strength

### **DISCIPLE**

Andrew, who represents the stability that lies at  
the foundation of every true character.

### **COLOR**

Light green

### **PHYSICAL LOCATION**

Small of the back

### **STRENGTH**

The ability to endure, stay  
the course, persevere.

### **AFFIRMATION**

I have the strength to accomplish  
all that is mine to do.

## News From January

Over the last few months, we have experienced the return of a few different speakers who have been friends of Unity East over the years, such as Rev. Kathy Long, Rev. Matthew Long, and Mary Wackrow, LUT. And of course, we always look forward to April Ellenburg, LUT sharing her uplifting and inspirational messages.

We began January by “undecorating” Unity East when the Christmas season ended. It was a quick process with the several hands we had to help. Thank you all who assisted in this yearly task.

Then came White Stone Sunday with Rev. Matthew Long. This is a ceremony during which we write a word or phrase on a stone that speaks to our intention as we think about the upcoming year and new beginnings.

Mid-month, we had a Celebration of Life for our beloved Rev. Anita. Spread across two weekends, the main memorial service for family and everyone who wanted to pay their respects was on Sat, Jan 11. On Sunday, we had our own Unity East sharing time, where many of us remembered the love and compassion that Anita brought to us, and the many ways in which she will always be remembered. I have included below a few photos shown at the memorial; there are more available on our website. The Unity East YouTube channel contains the videos of both services. ([youtube.com/@unityeastclintontownship](https://youtube.com/@unityeastclintontownship))

For January’s Social Group, a luncheon was held and a tea leaf reader visited Unity East to discuss this ancient practice.

We had below zero windchills in mid-January, so we canceled movie night for everyone’s safety.

I have set up a way to tithe via PayPal. Please see scan code and email later in this newsletter under “Ways to Tithe.”

**February Blessings!**





*In Loving Memory*



**REV. ANITA L. KOCH**

**AUGUST 19, 1948 – DECEMBER 19, 2024**

—  
“DO NOT LET YOUR HEARTS BE TROUBLED...”  
JOHN 14:1  
—

MAY THERE BE COMFORT IN KNOWING THAT SOMEONE  
SO SPECIAL WILL NEVER BE FORGOTTEN.

**I wanted Anita to have a plaque that matches Ben's.  
Rhonda hung it last week and they are now both on  
the wall across from the Sanctuary. ♥**

# *Volunteer Spotlight*

## **Dave Schales**



Dave Schales has only been at Unity East for a few years but surely has made a positive impact already! His aunt, Gail Schales, introduced him to Unity East and he quickly became a member and is involved in many aspects of our church.

Dave is a United States Air Force veteran and a member of the AmVets Post 29 in Mt. Clemens. He travels around Michigan in the warmer months, transporting and proudly displaying Michigan's Fallen Military Wall, depicting the names of fallen warriors killed in action from 1990 through 2016.

He recently moved to the Port Sanilac area on a lovely parcel that includes a large pole barn perfect for all the projects he plans to undertake.

Dave is the President of the Unity East Board of Trustees and does a lot of maintenance around our building. He can be found doing a myriad of things, having mounted the large TV in the Sanctuary, set up much of the audio equipment when we brought it downstairs, and fills in for yours truly by running my Sunday presentations when needed. He comes in early on Sundays to make sure the sidewalks are salted in the winter, replace clock batteries or light bulbs, and address any other maintenance issues as needed before service. He runs one of our cameras and always has a smile and a friendly word to share with everyone.

On a personal note, Dave owns a marine canvas, upholstery and awning repair service. He has good knowledges of computers and audio equipment and has played in a band, keeping up on his drumming skills with frequent practice. He lived on a houseboat for 10 years. He has extensive experience in construction, and he worked with his father in a TV repair service years ago.

Dave is a blessing to Unity East and we are grateful for all he does. Thank you, Dave, for being such a positive, helpful part of our church community!

## 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.



**Sculpture - Power for February  
"Strength"  
Displayed at Unity Village**



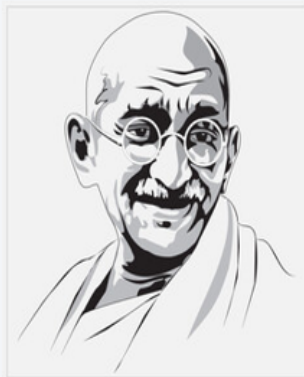
# SEASON FOR NONVIOLENCE

January 30th – April 4th, 2025

## About the Season

The Season for Nonviolence marks the 64 days between the anniversaries of the deaths of Mohandas Gandhi on January 30 and Martin Luther King Jr. on April 4. The Season for Nonviolence was co-founded in 1998 by Arun and Sunanda Gandhi and the Leadership Council of The Association for Global New Thought (AGNT).

Each year, people around the world participate in the Season for Nonviolence by taking a pledge to create intentional time in their day to reflect on different parts of nonviolence.



## About the Season for Nonviolence

January 30th – April 4th, 2025

Written by Linda Ridley, RN, MA, LUT

The Season for Nonviolence marks the 64 days between the anniversaries of the deaths of Mohandas Gandhi on January 30 and Martin Luther King Jr. on April 4. The Season for Nonviolence was co-founded in 1998 by Arun and Sunanda Gandhi and the Leadership Council of The Association for Global New Thought (AGNT).

Each year, people around the world participate in the Season for Nonviolence by taking a pledge to create intentional time to reflect on different parts of nonviolence. Martyrs' Day is celebrated on January 30 in India, the day when Mahatma Gandhi was assassinated in 1948. Mahatma Gandhi led the struggle for Independence that culminated in India getting freedom from British rule on August 15, 1947 and Bapu, as he was lovingly called, played one of the most prominent roles in India's freedom struggle through non-violence and peaceful methods. Gandhi saw the inter-connectedness and the unity between all things.

Martin Luther King Jr. (MLK) and Gandhi fought the injustices surrounding them with love, respect, and non-violent protest. A common influence on both of their lives was Thoreau's Essay on "The Duty of Civil Disobedience" which many of us read in our school days. MLK believed that only nonviolence had the power to break the cycle of retributive violence and create lasting peace through reconciliation. King's principles for nonviolent action are: "Nonviolence is a way of life for courageous people; nonviolence seeks to win friendships and understanding; nonviolence seeks to defeat injustice or evil, not people; nonviolence holds that unearned, voluntary suffering for a just cause can educate and transform." As a leader in the Civil Rights Movement, MLK adopted nonviolent resistance to achieve equal rights for Black Americans and earned the Nobel Peace Prize in 1964. MLK helped bring about the passage of the Civil Rights Act of 1964 and the Voting Rights Act of 1965 with the help of many civil rights activists.

We remember that Nelson Mandela was South Africa's first democratically elected president (1994-1999) who is known and loved around the world for his commitment to peace, negotiation and reconciliation. Mandela was an anti-apartheid revolutionary and political leader, as well as a philanthropist with an abiding love for children. Unity teaches us to be the example of Good, like Mandela, Gandhi, MLK, and Jesus!

There have been many other prominent advocates who promoted non-violence during their lifetimes. Can you think of some? Are you living a life as an example of non-violence? What can we do at Unity East, in our homes, and in our communities to promote non-violence?

We at Unity East can do our part now to continue these expressions of love, peace, wisdom, understanding, discernment (not judgement), and enthusiasm through the power of our words, thoughts, feelings, beliefs, and actions knowing we have the will and ability to remain connected to our understanding of God in Divine Order. Please pray and meditate for our highest good and that of not only our nation, but the world.



## *A Metaphysical Bible Interpretation*

### *Psalm 33:20-22*

*Our soul waits for the Lord; He is our help and shield. Our heart is glad in Him, because we trust in His holy name. Let your steadfast love, O Lord, be upon us, even as we hope in You."*

### *Interpretation*

*This is a beautiful hymn of praise for the wonderful ways in which the creative Power of God ("the word of the Lord" in verse 6) expresses in the world. This Power is always available as the Lord of our being, and no other resource will solve our challenges. We understand "the Lord" to be the Christ—the creative Power of God that is the true identity of each of us. It is by turning to the Christ—not by depending on outside forces—that we will be triumphant in all of life's challenges.*

Courtesy unity.org

**If you were to lay out all the blood vessels in the human body end-to-end, they would stretch for over 60,000 miles, which is more than twice the circumference of the Earth.**

Courtesy: TODAY



# Upcoming Events

## Goal-Getters Workshop on Zoom



Facilitated by April Ellenburg, LUT

Come prepared to transform!

Sunday, February 16 from 2 – 4 p.m.

~ Contact April for more info and the Zoom link ~  
[april@unityroyaloak.org](mailto:april@unityroyaloak.org)



## FUN ~ FOOD ~ FELLOWSHIP

Linda Ballard and Rev. Tim Steensma  
Will share some helpful modalities to  
enhance spiritual growth and self-awareness.

[See Linda Ballard for more information.](#)

LIMITED SEATING

Thursday, February 20, 2025, 1 p.m.

\$10 Love Offering

Net Proceeds Benefit The Mortgage Reduction Fund

Sign up to bring a dish to pass

(586) 783-1546 or [uecmich@gmail.com](mailto:uecmich@gmail.com) to reserve a spot.

Unity East of Clinton Township  
23057 North Nunneley Road  
Clinton Twp, 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.





**Join in the fun!**

Unity East of Clinton Township Presents

## **A Karaoke Party**

Friday, Feb 28, 2025, 6 p.m.

**Food, Fun, Music & Fellowship**

**Please call or sign up (for food count)**

**1000s of  
songs**

**\$12 - Pay at door**

**Always a  
great time!**

Net proceeds support Unity East of Clinton Township  
23057 N Nunneley, Clinton Twp ~ (586) 783-1546

## **Thrifty Threads Fashion Show**



### **Wearing of the Green**

We are having a Thrifty Threads Fashion Show on Thursday, March 20<sup>th</sup> from 1 to 3 pm at Unity East for the “Wearing of the Green.” All our models will wear some “thrifty clothes” in the color green.

Congregants and others will showcase their thrifted clothing from donations, consignment stores, garage sales, or wherever they found their new, used clothing. Join us to see how fashion can meet sustainability and promote environmental protection. The \$10 donation is for Unity East.

Contact Linda Ridley, LUT at 810-705-1898 or [LLRidley817@yahoo.com](mailto:LLRidley817@yahoo.com) for more information. Will you join us as a model, participate on the planning team, or be part of the audience?



and



present

# Joy of Polynesia - Workshop 1

Polynesian Dance for body/mind/spirit, fitness, fellowship, and FUN!

**Date:** Saturday, March 22, 2025

**Time:** 2:00-4:30pm

**Location:** Unity East Church

23057 N Nunnley Rd, Clinton Twp, MI 48036

(near Metro Pkwy and Gratiot)

**Cost:** \$30 per adult, \$15 per child 10-17yrs ; includes light snack and refreshments

**Instructors:** Auntie Fran "Pi'ilani" Price and Diane "Kiana" Jett  
(Polynesian Dancers of Michigan [www.polynesiandancers.us](http://www.polynesiandancers.us))

ALOHA



## What you will learn:

- Brief history of Polynesian dance
- Basic footwork and hand gestures of hula
- Two easy hula dances
- Basics of Tahitian dance
- Simple Maori (New Zealand) poi ball skills
- Beginning ukulele chords (optional)



All proceeds  
go to UEC  
and  
PAACOM  
non-profit

*Wahine (ladies), Kane (gents) and Keiki (kids) are welcome to participate in this relaxed, entertaining, and educational experience. Try something new to beat the winter blues. Wear comfortable, loose clothing (a sarong if you have one)*

## 'A'a i ka hula, waiho ka hīlahīla ma ka hale

Dare to dance, leave shyness at home!


Questions? Call/text Diane 586-295-7070

Please register by 3/19/25: [uec.hulapalooza@gmail.com](mailto:uec.hulapalooza@gmail.com)

and pay cash or check at door

Mahalo!

A vertical banner with a brown background and a dark teal central section. At the top left is a white heart icon. To its right, the text "A Confidential, Safe, Loving Space" is written in a white, cursive font. Below this, the text "Facilitated by Mary Wackrow, LUT" is in a white, sans-serif font. The main title "GRIEF & LOSS SUPPORT GROUP" is in large, bold, white, sans-serif capital letters. Below the title, "ON ZOOM" is written in white, sans-serif capital letters inside a white oval. At the bottom, "2ND & 4TH MONDAYS" and "7 PM" are written in white, sans-serif capital letters.

 *A Confidential, Safe, Loving Space*

Facilitated by Mary Wackrow, LUT

**GRIEF & LOSS  
SUPPORT  
GROUP**

**ON ZOOM**

2ND & 4TH MONDAYS  
**7 PM**

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](mailto:uecmich@gmail.com)



# A COURSE IN MIRACLES

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.



Quarterly

Unity East of Clinton Township

# CAN & BOTTLE DRIVE

Next collection date is  
March 9, 2025

**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 Mortgage Reduction Fund.



Money Tree Sunday  
Save your change for UECT  
Every fourth Sunday



## Monthly Affirmations

February 2025

### Inner Peace

My thoughts become still in the state of peace.

### Love

Love is my name and compassion is my practice.

### Wisdom

I embody divine wisdom.

### Prosperity

I am a channel for the flow of abundance.

### Health

Centered in wholeness, I am healthy.

## Consciousness

*/'känSHəsənəs/*

A quality of the mind generally regarded to comprise qualities such as subjectivity, self-awareness, sentience, sapience, and the ability to perceive the relationship between oneself and one's environment. Many philosophers divide consciousness into phenomenal consciousness which is experience itself and access consciousness which is the processing of the things in experience.

Many cultures and religious traditions place the seat of consciousness in a soul separate from the body. Conversely, many scientists and philosophers consider consciousness to be intimately linked to the neural functioning of the brain dictating the way in which the world is experienced. This aspect of consciousness is the subject of much debate and research in philosophy of mind, psychology, brain biology, neurology, and cognitive science.

Courtesy: Wikipedia

## Clothing in The Bible

L S A N D A L S E A L S K I N  
E E T N E M I A R Y R O V I E  
A H D N A L R A G S N I K S M  
V C L N E C K L A C E S S O B  
E E I O W M E M O T P S T Y R  
S E N O I T A T N E M A N R O  
R R E I A N T N E N W C E L I  
O B N M T O C H R N E K M E D  
L S I L N S S L L O A C R W E  
O L E A T H E R O B L L A E R  
C E B R A C E L E T T O G J Y  
S E S S E R D D A E H T A O C  
E V P C I R B A F P W H I T E  
W E A V I N G I R D L E B O R  
N S C A R L E T A S S E L S O

Bonnet, Bracelet, Breeches, Cap,  
Climate, Coat, Colors, Cotton,  
Embroidery, Fabric, Garland, Garments,  
Girdle, Headdress, Ivory, Jewelry,  
Leather, Leaves, Linen, Loincloth,  
Mantle, Necklace, Ornamentation,  
Ornaments, Palestine, Raiment, Robe,  
Sackcloth, Sandals, Scarlet, Sealskin,  
Sewn, Sheepskin, Skins, Sleeves,  
Tassels, Wealth, Weaving, White

Credit: [ChristianBibleReference.org](http://ChristianBibleReference.org)



Peace is its own reward.

~ Mahatma Gandhi

Trivia Question (answer at bottom)

Which Apostle took the Gospel to the city of Samaria?

## 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.

***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

**Dolphins can hold their breath underwater for eight to ten minutes.**

Courtesy: TODAY

**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.

**KROGER  
COMMUNITY REWARDS**

**CLICK HERE**



# WAYS TO TITHE



[TITHE ONLINE AT UNITYEAST.ORG](https://unityeast.org) (CLICK HERE)



## IN PERSON OR U.S. MAIL

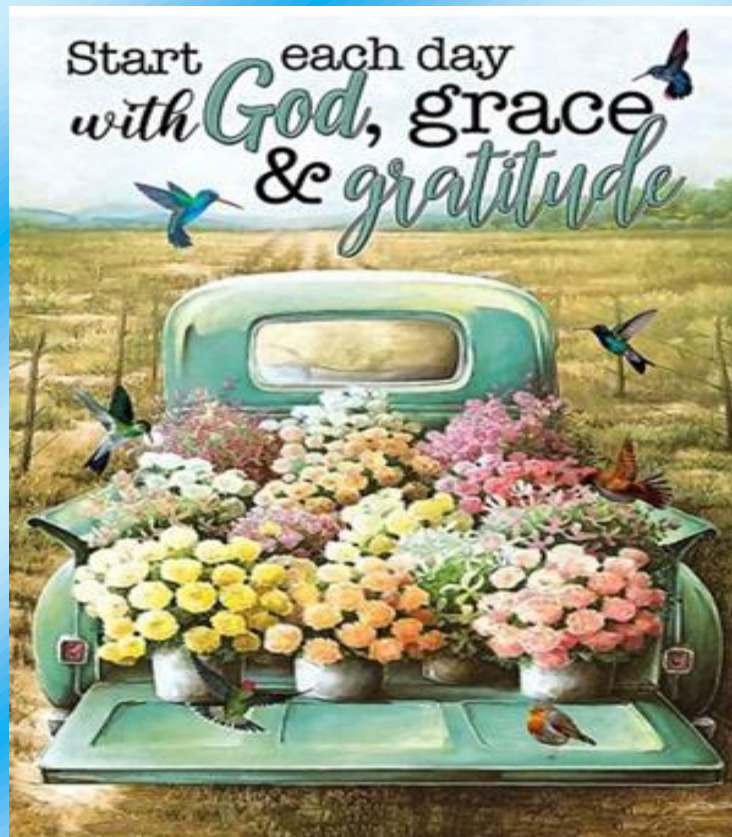
UNITY EAST OF CLINTON TOWNSHIP  
23057 NORTH NUNNELEY ROAD  
CLINTON TOWNSHIP, MICHIGAN 48036



PAYPAL – SCAN THE QR CODE BELOW  
OR GO TO [PAYPAL.COM](https://www.paypal.com), USE THE “SEND MONEY”  
LINK AND ENTER [unityeast48036@gmail.com](mailto:unityeast48036@gmail.com)



**THANK YOU FOR YOUR SUPPORT!**





Answer to Trivia Question

Philip

Published by Connie Spector for  
Unity East of Clinton Township ~ Copyright © 2025  
23057 N. Nunneley | Clinton Twp, MI 48036  
unityeast.org | (586) 783-1546

