

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 (or click on this graphic) 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

It is love alone that gives
worth to all things.

~
Teresa of Ávila

SPIRITUAL LEADER

Rev. Anita Koch

BOARD OF TRUSTEES

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



Licensed Unity Teacher.....Linda Ridley
Office Manager.....Betty Fleming

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. She recently graduated from Unity Ministerial School and is now a Licensed and Ordained Unity Minister. She aspires to lead a ministry of spiritually-aware individuals actively involved in the community.

Happiness is when what you think, what you say, and what you do are in harmony.



Mahatma Gandhi

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.

From Rev. Anita...

Power ... Dominion, Mastery

In his book *The 12 Powers of Man*, Unity co-founder Charles Fillmore tells us, "Power is one branch of the great tree named 'life' in Genesis." He goes on to explain our Power Center is in our throat ... thus, the words we speak are full of Power. This being the case, by controlling our thoughts and the feelings coming from those thoughts, we are in a better position to control our very powerful words.

We are given POWER over the forces of our minds ... over all ideas. We begin to use this POWER effectively by continuing to rely on our foundation of FAITH to STRENGTHen control of our thoughts and feelings. As we do this our WISDOM grows, and we learn the importance of being a "radiating center of LOVE." Building on our 12 Powers, each one adds to our realization of ourselves as Individualized expressions of God. As Mr. Fillmore says, Humankind "is the power of God in action."

As the weather changes and we look forward to warm, sunny days, I also look forward to spending time with each of you.

Abundant Blessings,

Rev. Anita



unity A positive path
Unity East for spiritual living
of Clinton Township

Click to visit
unityeast.org





Mistakes are part of the game.
It's how well you recover from
them, that's the mark of a
great player.

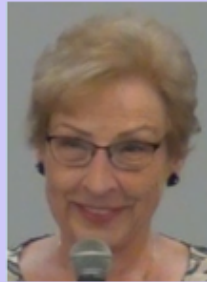
~
Alice Cooper

There is a "Happy Mailbox"
available on the glass table
near the church entrance
in which you can leave
Happy Mail for Rev. Anita.



Volunteer Spotlight

Linda Geibel



Our Board President, Linda Geibel, works tirelessly in and around Unity East to ensure the best possible experience for all who attend our church. One wouldn't imagine many of the things that Linda handles every day with tact and patience. From contacting and dealing with maintenance and building personnel to purchasing items for our church and the many events we host, Linda can be seen anywhere and everywhere there is a Unity East need. She is there every Sunday before anyone else to open the church, put the coffee on, and ensure things are running smoothly for our service. She arrives early to events to prepare and stays afterwards to help clean up. She runs our board meetings and follows up to ensure things are being done and falling into place. Linda is always seen with a smile on her face serving the church and people she loves. Thank you, Linda, for all you do every single day for Unity East and those we serve.

I have the
Power
to create my world.

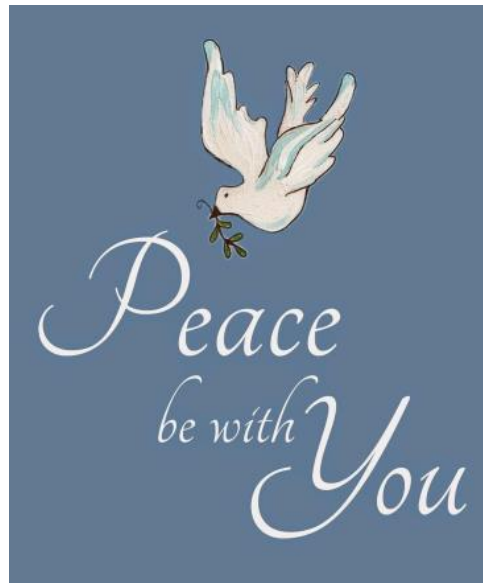
The logo for Unity, featuring a stylized globe icon above the word "unity" in a lowercase, sans-serif font.

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.





Biblical Wisdom
May, 2024
Mind, Body, and Spirit Connection
by Linda Ridley, LUT

We have learned there is a difference between New Age, New Thought, and Ancient Wisdom within Unity teachings. Are we practicing New Age, New Thought, Ancient Wisdom, Biblical Wisdom, or a combination of all four? Let me know your thoughts and beliefs. This month I will share my research of Biblical Wisdom from the Hebrew and Christian Scriptures.

What is a good definition of Biblical Wisdom within Unity teachings? When Unity refers to Biblical Wisdom, we must remember that the *Old Testament* is referred to as the *Hebrew Scriptures*. Many other religions have their own old scriptures which have much Wisdom within them. Unity refers to the *New Testament* as the *Christian Scriptures*. There are currently over 3,030 versions of the *Bible* in over 2,011 languages available digitally. The three main different books are: a *Jewish Bible*, a *Protestant Bible*, and a *Catholic Bible*. Unity considers the *New Revised Standard Version (NRSV)* of the Scriptures as its primary spiritual resource for the teaching of Truth, especially the teachings of Jesus. Most versions can be downloaded in many languages now.

Wisdom from these Scriptures is difficult to trace as much of it came before written records were kept and passed down through generations by oral tradition, observation and experience, spiritual and philosophical inquiry, cultural exchange, and teachings. No originals of the Scriptures have survived as they were initially written and copied by hand on papyrus scrolls. The earliest known manuscript of the *Christian Scriptures* is the *Codex Sinaiticus* compiled in the 4th century CE. We must remember that both the *Hebrew and Christian Scriptures* have been written and re-written many times over the years reflecting humanity's cultural and linguistic diversity, as well as the beliefs of the translator at the time.

Many books within the *Hebrew and Christian Scriptures* have been left out of what we read today for various reasons. We know that Solomon was believed to have the greatest wisdom, yet the *Book of Solomon* is not in many Bibles today. In the *Book of Proverbs 9:1*, the seven pillars are taught still today as: "fear of the Lord, instruction, knowledge, understanding, discretion, counsel, and reproof." According to *Proverbs 9:10*, the four instructions to get Wisdom are: the fear of the Lord is the beginning of wisdom; the second step is to desire wisdom; then pray for wisdom; and study the Scriptures again and again. The four classes of Wisdom, according to *James 3:15-17*, are: "earthly wisdom, Intellectual wisdom, devilish wisdom, and the wisdom from above."

I believe there is much Wisdom that can be gained when reading all Scriptures. Unity encourages readers of the Scriptures to study them as a historical document while metaphysically looking for the spiritual meaning underlying everything. The people, places, and events are representative of an idea or a state of consciousness. There is no one interpretation which can be considered universal or applicable in all cases. We interpret what we read according to our present understanding. There are many interpretations available to study which can be found at truthunity.net, including *The Metaphysical Bible* and *The Revealing Word*. Another source is the book by Frank Giudici, *How Unity Interprets the Bible*. For those who are ready to unlearn previous teachings, I also recommend the book by Marcus J Borg, *Reading the Bible Again for the First Time*. Check out our Unity East Lending Library for more books.

I believe studying history and the Scriptures can provide us with the ability to think historically and use the lessons of the past to make decisions in the present, and to plan. Ancient & Biblical Wisdom is important for modern living as it can provide us insight and practical answers to today's social, economic, political, and personal problems. Studying about the men and women of the *Hebrew and Christian Scriptures* can provide us with much wisdom we can use today at any age.



A Metaphysical Bible Interpretation

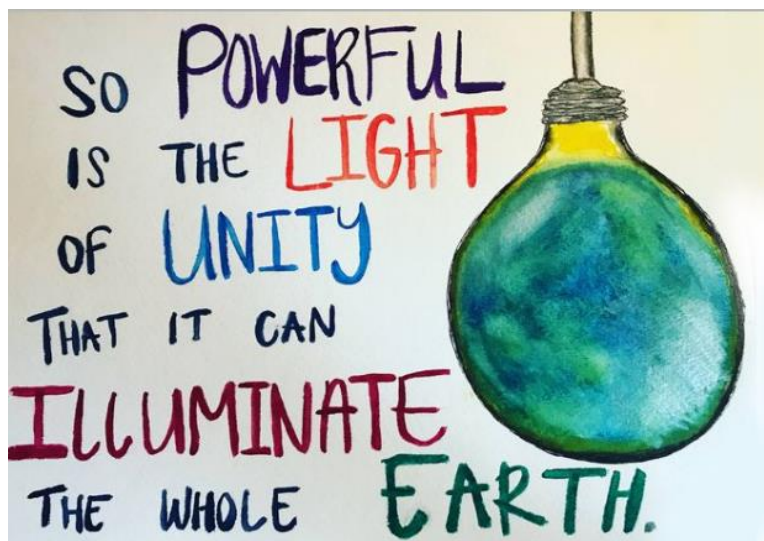
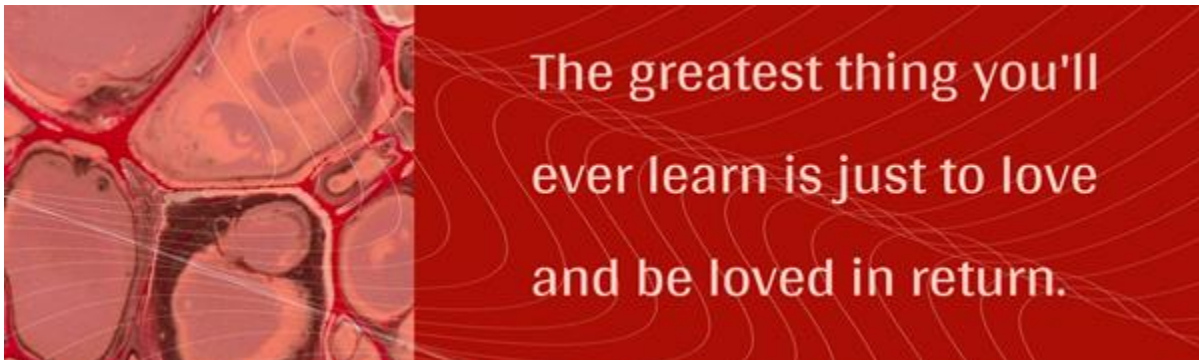
2 Peter 3:8-9

But do not ignore this one fact, beloved, that with the Lord one day is like a thousand years, and a thousand years are like one day. The Lord is not slow about his promise, as some think of slowness, but is patient with you, not wanting any to perish, but all to come to repentance."

Interpretation

The author is warning against the false belief that the world will continue without end. Time is a human concept, meaningless in terms of the Divine except that it is a manifestation of God's patience and mercy.

Courtesy unity.org



Power is a
gift of God,
freely given.

POWER of the MONTH
Power

DISCIPLE
Philip, who represents power
over our thoughts and feelings.

COLOR
Purple

PHYSICAL LOCATION
Throat

STRENGTH
Self-mastery and spiritual presence.

AFFIRMATION
I have the power to create my world.



Upcoming Events

Sundays at 11:30 a.m. in the Classroom

Holy Moments Book Discussion

Join us for a few Sundays to discuss:

- What are *Holy Moments*?
- How do we identify those *Holy Moments*?
- Ways to share together our experiencing *Holy Moments*.
- What can we do to have more *Holy Moments*.

Unity East has more copies of the *Holy Moments* book by Matthew Kelly to share with our congregation. The author describes a holy moment as "a single moment in which you open yourself to God," your Good. *Holy Moments: A Handbook for the Rest of Your Life*, is a short book, only 116 pages, packed with simple yet powerful ideas and tips for us to find joy every day. Each year Matthew mails books to thousands of people, only charging for the shipping. We are blessed! Join us anytime!



MOTHER'S DAY
TEA PARTY

Host a table

Enjoy Food and Fellowship

Unity East of Clinton Township
23057 N Nunneley, Clinton Township
Saturday, May 11, 2024, 3-5 p.m.
Tickets \$20
(586) 783-1546 / uecmich@gmail.com

FUN ~ FOOD ~ FELLOWSHIP



Potluck and Game Night

All are welcome!

Thursday, May 16, 6:00pm

Join us at Unity East for a Potluck Game Night!

Get to know your fellow congregants
and meet new friends.

Sign up in The Book Corner to bring a dish to pass.
\$10 Love offering - Benefits The Roof Fund.

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



Ordination of
REVEREND ANITA KOCH

Sunday, June 9, 2024



Unity East of Clinton Township
Paul Ritchie Concert
"Celebrate the USA"
and Picnic



Saturday, June 29, 2024
Picnic at 3 p.m.; concert at 5 p.m.
Picnic Tickets \$5 ~ Concert Tickets \$20
Sign up in The Book Corner or call (586) 783-1546
We will also have on display the
Michigan Traveling Memorial of Fallen Military.



Unity East of Clinton Township
(586) 783-1546



FAITH NIGHT AT JIMMY JOHN'S FIELD
Friday July 19, 2024, game at 7 p.m.
Tickets \$15

Westside vs. Birmingham Bloomfield
(United Shore Professional Baseball League)
Players / community members share faith-based experiences.
Live Music throughout the game. Fireworks after the game.

Jimmy John's Field is located at 7171 Auburn Rd in Utica,
just west of Van Dyke Avenue.

Armand and Angelina

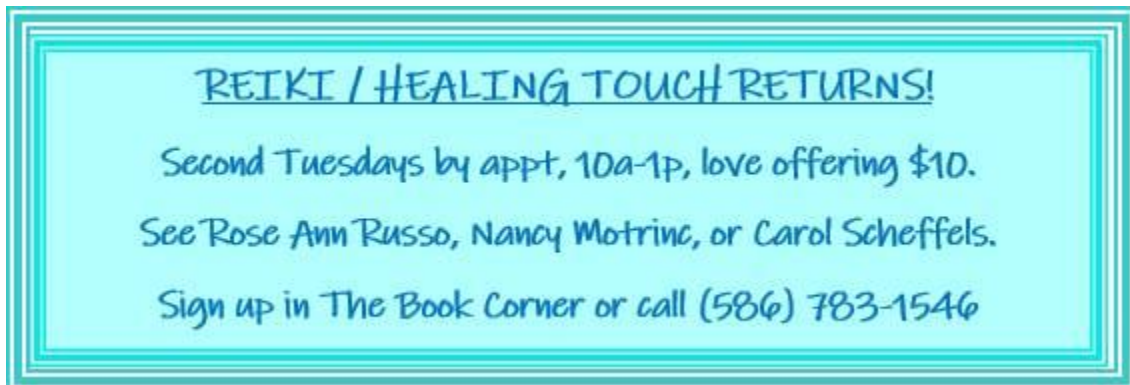
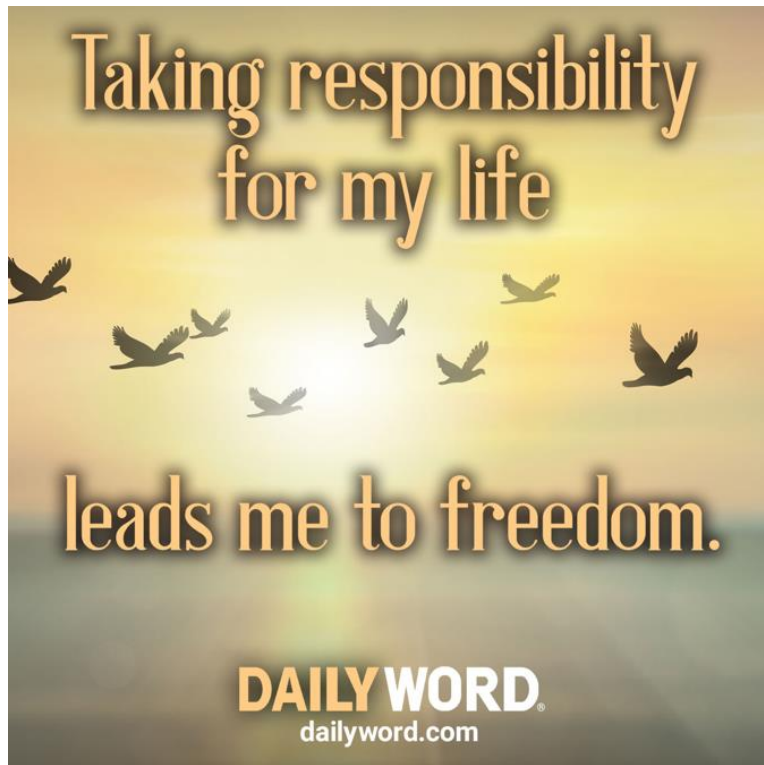
August 25th and 26th

- > Sunday Service, music, and meditation.
- > Sunday afternoon Native Flute Playshop - Learn how to play the Native American Flute (flutes provided).
- > Monday evening POSI Musical Variety Performance with powerful music and messages, a Daily Word reading, meditation and some chanting to make for a spiritual uplift.

International performers and recording artists, Armand and 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!







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 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.



Money Tree Sunday
Save your change for UECT
Every fourth Sunday



Monthly Affirmations
May 2024

Inner Peace

The Silence is my place of
peace and renewal.

Guidance

I am a radiating center of
light and understanding.

Healing

I am an expression of infinite life.

Prosperity

I live in a world of plenty, and
I have a consciousness of abundance.

World Peace

I hold the world in a vision of
harmony and peace.



**IT'S A
GOOD DAY
TO HAVE
A GOOD
DAY**

“God didn't promise days without pain, laughter without sorrow, sun without rain, but He did promise strength for the day, comfort for the tears, and light for the way.”

Snippets

Fun facts, history, and tidbits of trivia

How much do we notice as we go through a day?

Courtesy GMA

Lisa Beamer is the wife of Todd Beamer who said, 'Let's Roll!' and helped take down the plane that was heading for Washington, DC on 9/11. "It's the little things I miss about Todd - Hearing the garage door open as he came home and the children running to meet him." Lisa recalled: "I had a special teacher in high school whose husband died suddenly of a heart attack. A week after his death, she shared some insight with her students. With a gentle look of reflection on her face, she said, 'I would like to share a thought unrelated to class, which I feel is very important. Each of us is put here on earth to learn, share, love, appreciate and give of ourselves. We don't know when this fantastic experience will end. It can be taken away at any moment. Perhaps this is Heaven's way of telling us that we should make the most out of every single day.' Her eyes began to water. 'So I would like you all to promise me that from now on, on your way to school or on your way home, find something beautiful to notice. It can be something you see, a scent of freshly baked bread, the sound of the breeze rustling the trees, or the way the morning light catches a leaf as it falls to the ground. Please look for these things and cherish them. Although it may sound trite, these are the "stuff" of life - The little things we are put here on earth to enjoy ... The things we often take for granted.' The class was completely quiet. We picked up our books and filed out of the room silently. That afternoon, I noticed more things on my way home from school than I had that whole semester. Every so often, I think of that teacher and what an impression she made, and I try to appreciate all the things that we sometimes overlook." Take notice of something special you see today. Go barefoot. Walk the beach at sunset. Stop on the way home from work for a double dip ice cream cone. As we get older, it is not the things we did that we often regret, but the things we didn't do.

FACTOID

**A GROUP OF PENGUINS IN THE WATER
IS CALLED A RAFT, BUT ON LAND
THEY'RE CALLED A WADDLE.**

Humans use much more than just 10% of their brains

The human brain is the most complex organ in the human body. Given how little we know about the spongy mass, the claim that humans use only 10% of their brains seems not only possible, but likely. But the long-repeated assertion is just a myth — humans actually use all of their brains. It isn't known for sure where the 10% idea started; it has been misattributed to Albert Einstein, but it most likely germinated with American psychologist and author William James, who theorized that people use only a fraction of their mental capabilities. The myth got a big boost in Dale Carnegie's bestselling 1936 self-help book, *How to Win Friends and Influence People*. In the preface, journalist Lowell Thomas misquoted James, claiming the psychologist said that "the average person develops only 10% of his latent mental ability." But according to modern brain imaging technologies, areas of the entire brain are, in fact, active most of the time, even if they're not active all at the same time.

Courtesy: NatGeo



01. **Helga de la Brache** was a woman who grew up in **lower-class circumstances** but successfully **posed** as a **Swedish princess** for years. She even **convinced** the **Swedish royal family** who gave her a **pension** and "furniture befitting a princess."

FACTOID

Elephant trunks have more than 40,000 muscles.

Patience is a necessary ingredient of genius.

~ Benjamin Disraeli

Weights and Measures

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

Balance, Barley, Barter, Bath, Batos, Bekah, Bible, Bowshot, Bronze, Choinix, Cubit, Egypt, Ephah, Exchange, Fathom, Finger, Flour, Furlong, Gerah, Gold, Handfuls, Hin, Homer, Honesty, Iron, Kesitah, Koros, Length, Liquid, Metal, Metretes, Mile, Mina, Modios, Money, Oil, Pitcher, Pot, Pound, Reed, Rod, Royal, Saton, Seed, Shekel, Silver, Span, Stone, Talent, Trade, Volume, Wheat, Wine

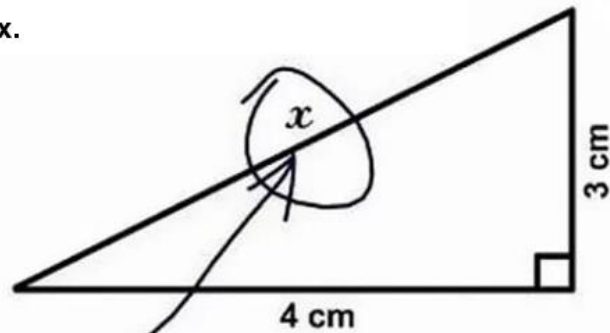
Quips and Quotes

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

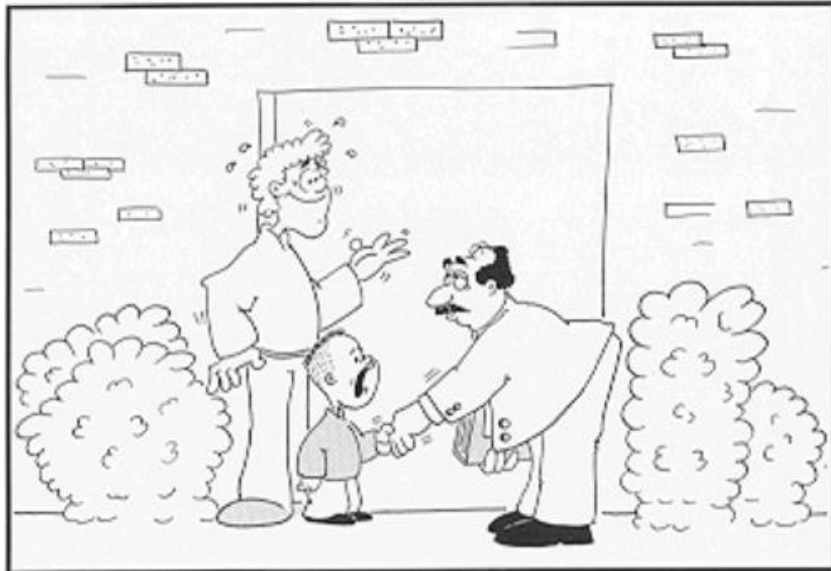


Question on middle school math test:

Find x .



Here it is



"Dad says if it wasn't for your sermons, he'd never get any sleep."



"I just can't help it.....I seem to always have this obsessive urge to follow."



"Do you ever get a bit curious as to what goes on here between
Easters?"



5-30
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www.familycircus.com

“...There’s not one electronic device being used.”

Jesus encountered signs along the way.



“I’m originally from Australia. How about you?”



A woman invited some people to dinner. At the table, she turned to her six-year-old daughter and said, "Would you like to say the blessing?"

"I wouldn't know what to say," the little girl replied.

"Just say what you hear Mommy say," the mother said.

The little girl bowed her head and said: "Dear Lord, why on earth did I invite all these people to dinner?"

Sign on the outside wall of a Maryland convent: "Trespassers will be prosecuted to the fullest extent of the law."

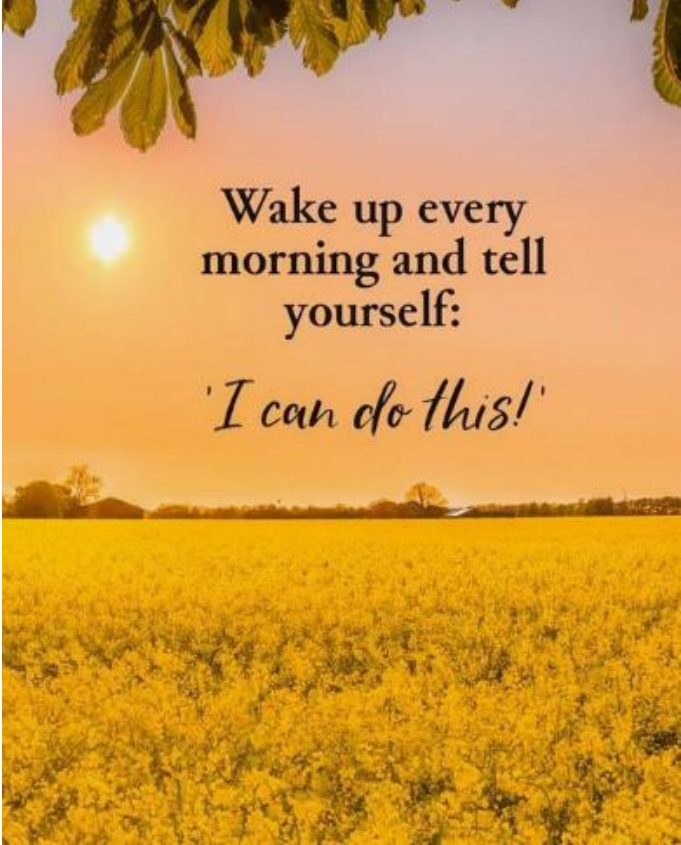
— *The Sisters of Mercy*

Trivia Question (answer at bottom)

Which Apostle took the Gospel to the city of Samaria?



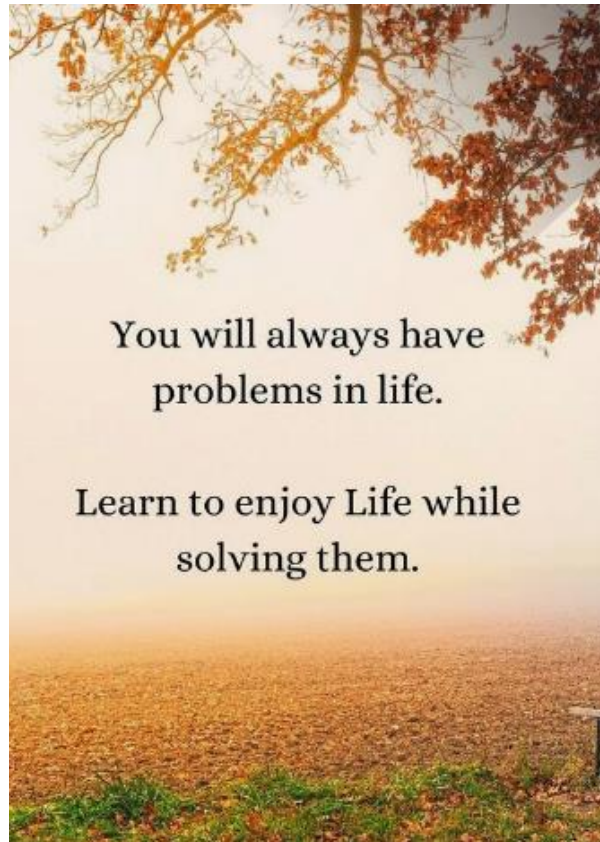
*Immersed in divine wisdom,
I listen, learn, and love.*



Wake up every
morning and tell
yourself:

'I can do this!'

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.



You will always have
problems in life.

Learn to enjoy Life while
solving them.

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.

"If you are thinking positive
during negative times,
you've already won."



***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



Take time to do what
makes your soul happy



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.



One small gesture
of kindness can be
the lifeline someone
needs when they
feel like all hope
is gone.

www.ripplekindness.org

We Can
Make
A
Difference

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](https://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!

MY SELF-CARE RULES

- Always try
- Learn from my mistakes
- Trust my feelings
- Don't be afraid to say yes
- Love myself
- Laugh often
- If something seems wrong, don't do it
- Forgive, even if it's difficult
- Don't be afraid to say no
- Do everything possible to make my dreams come true
- Keep my head high
- Believe in myself
- Enjoy life, every day



Answer to Trivia Question

Philip.