

Unity On The Eastern Shore

~ a positive path for spiritual living ~

January - February, 2012



ILLUMINATIONS

Dear Friends in Unity:

Well, here we are again, with a brand new year on our hands. What shall we do with it? We have many options, don't we? We could plod along like we've been doing, could create upheaval or a ruckus now & then, could complain about the economy & politics...ah, yes, but what *good* would that do? If I know you as well as I think I do, that's not your thing, is it. Or...is it? Nah; not YOU!

I trust you're ready for a fresh start, a new beginning, a chance to do over some things, & to make some new choices. January is a great time to try new ideas! 2012 hasn't been lived before; it's fresh for all of us.

If you could paint a picture of your future, what would you paint? You have a fresh, clean "canvas" before you & lots of "colors" to use to create wonderful experiences. Just look at all the "colors" you can use to paint that picture...you have love, hope, joy, harmony, freedom, empowerment, appreciation, knowledge, passion, enthusiasm, eagerness, happiness, faith, positive expectation, optimism, contentment, etc. You don't have to use the darker "colors" of fear, grief, depression, despair, powerlessness, guilt, anger, blame, shame, doubt, worry, frustration, sickness, impatience, revenge, etc. You get to choose the "colors" you'll use on your new canvas. Just remember, the canvas of your future will have *your signature* on it!

We are Beings of light & energy, thus we vibrate. Everything in our universe vibrates, including our thoughts, which are vibrations with magnetic energy. In order to bring anything into our experience, we must "match" our vibrations with that of the desired object or event. When we get what we *didn't really want*, we must own up to the fact that our vibrations were a *perfect match* for what we did *not* desire.

We can learn to adjust our vibrations & our thoughts so we can attract what we truly desire. The "Golden Key" is one of Unity's main practices for bringing to us what we desire. When we "Golden Key" an issue, problem or challenge, we give it to the One Source of All, then we stop fretting about it & focus our thoughts [magnetic vibrations] on the God-Essence. When we think only of the Christ-Mind, we use the brightest "colors" to paint on our canvas, thus we attract those brighter things & events. With a whole year before us, let's focus on the brightest "colors!"

With love, I send you all the blessings I have to give...

Shirley

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The Reverend Shirley L. Geer
990-4061

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This is our 22nd year.

Unity on the Eastern Shore is a member of the Association of Unity Churches International, Inc., and is affiliated with Unity Institute, Unity Village, Missouri, and Silent Unity, publishers of the *Daily Word* and *Unity Magazine*. We are a part of Unity Worldwide Ministries.

GREEN IS GOOD

By Shirley Geer

Recent research indicates that nearly all plastics are harmful to food. Reported in the *Environmental Health Perspectives* journal, it doesn't matter if the plastics do or don't contain the 2 chemicals known to interfere with the body's levels of estrogen: DEHP & bisphenol A.

There is a website [www.myplasticfreelife.com] where Beth Terry, of California, talks about her efforts to be plastic-free since 2007. She cites 80+ ways to achieve this goal. Her 2 best suggestions are to give up bottled drinks & to carry cloth bags when grocery shopping. She also suggests we no longer use plastic items & plastic wrap in the microwave, as that allows the chemicals in the plastics to leach into the foods.

[Adapted/paraphrased from "Taste For Life" magazine; 6-2011.]

Did you know that about 1 million plastic "grocery-type" bags are used around the world *every minute*? [Source: www.reuseit.com]

Did you know that Americans use 2,500,000 plastic bottles *every hour*!! Most of them are then thrown away. I wonder where they go? [www.recycling-revolution.com]

Let's see if we can cut back or eliminate the plastics we use in our homes. We'll leave a cleaner, safer world for the coming generations.



Happy Valentine's Day!

~ LIBRARY NEWS ~

Unity Worldwide Ministries is partnering with Neale D. Walsch to place in church libraries & in parents' hands some new resources for parents who want to teach New Thought principles to their children. "*Conversations With God for Kids*" will soon be available in our library. We've subscribed to their monthly lessons & will be downloading them, one each month, for the next year or so; we should soon have some, either in print or on CD. Parents can subscribe at the website: www.cwg4kids.com

PLATFORM & GREETER SCHEDULE:

<i>Date:</i>	<i>Platform:</i>	<i>Greeter:</i>	<i>Sound:</i>
Jan. 1	David F.	Andre D.	Shirley G.
Jan. 8	Susie G.	Eleanore S.	Doreen S.
Jan. 15	Doreen S.	Andre D.	Susie G.
Jan. 22	Shirley G.	Andre D.	Doreen S.
Jan. 29	Susie G.	Eleanore S.	Doreen S.
Feb. 5	David F.	Eleanore S.	Susie G.
Feb. 12	Susie G.	Eleanore S.	Doreen S.
Feb. 19	Doreen S.	Eleanore S.	Susie G.
Feb. 26	Shirley G.	Andre D.	Doreen S.

[If you can't keep this schedule, please swap with another on the list. Thank you.]

~ SIGN UP ~

We have sign-up sheets for birthday cakes, fresh flowers or reading the *Daily Word* in services; all 3 are on the bulletin board in the hall.

We have sign-up sheets on the clipboard on the table in the lobby for various fun-filled activities, dinners, etc.

Please check our latest mailing list to be sure we have your correct information. If not, please tell Shirley.

We could use two more volunteers to greet people at the door on Sundays, & three more platform speakers to lead our service. Training will be made available for both of these tasks.

If you would like to serve in either of these positions, please speak to Shirley. Thanks!



We were going to set up a Facebook page, but that proved more difficult than we expected, so we've abandoned that. Please keep up with us by checking our website: www.unityeasternshore.org

HERE'S A NEW WAY TO HELP U.E.S., FREE!

By Susie Glickman



Does the fundraising website GoodSearch.com make good sense? Every time we use GoodSearch.com to go onto the Internet, U.E.S. receives one penny. You may say, "Why bother?" Well, a number of years ago, there was a Broadway musical & movie called *The Pajama Game*. The workers in the pajama factory wanted a seven & a half-cent raise and sang about how they felt that would change their lives.

The inspired lyrics to the song were, "Seven & a half cents doesn't buy a heck of a lot; seven & a half cents doesn't buy a thing, but give it to me every hour, 40 hours every week, and that's enough for me to be living like a king. I figured it out; I figured it out, with paper and a pad, I figured it out."

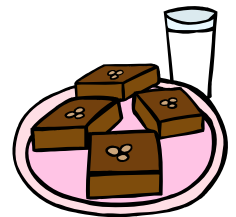
So, how does that relate to *Unity on the Eastern Shore*? Well, I figured it out; I figured it out with a calculator. I figured it out! Every time a website is searched on GoodSearch.com, we do just receive one penny. If one person searches 10 times a day on the Internet for 1 year, they raise \$36.50 for U.E.S. If 20 people do the same, together they raise \$730.00 for U.E.S. In five years, at the same rate, we raise \$3,650.00, and all we did was search on the web!!

If someone actually shops on the Internet, we receive much more. So, my conclusion is this: shop & search to your heart's content, just make sure you have registered and do it under the GoodSearch.com banner. It just makes good cents!

"Thank you" to Doreen's sister for telling us about this great opportunity! Let's tell others, too.

Thank You!

... to **Doreen Sorrels**, who has been our loyal, trustworthy & dependable Treasurer for our Board of Directors. She deserves high praise for a great job!



Cook's Corner

~ By Andre DiMatteo ~

Basil Lime Cookies

2 C. all purpose flour; 1 1/2 tsp. baking powder; 1/2 tsp. salt;
 2/3 C. softened margarine or butter; 1 C. sugar; 1 egg; 1 tsp. vanilla;
 3 T. chopped fresh cinnamon-basil; 1 T. finely chopped lime peel;
 1 C. chopped pistachios or almonds;

[If cinnamon-basil isn't available, use fresh sweet basil & 1 t. cinnamon.]

Sift together flour, baking powder, & salt; set aside. In a large mixing bowl, beat butter at medium speed, until light. Gradually beat in sugar. Add egg, vanilla, basil & lime peel, beating until very light & fluffy.

At low speed, beat in dry ingredients a little at a time. Stir in chopped nuts. Turn out dough onto lightly floured surface; divide dough in half. Shape each half into a "log" about 6-7 inches long & wrap in plastic wrap; refrigerate at least 8 hours, until firm. [Dough may be frozen, then thaw in refrigerator, just before baking.] When ready to bake, preheat oven to 375 degrees; cut dough into 1/8 inch slices & place 2 inches apart on an ungreased cookie sheet. Bake 8-10 minutes, until lightly browned. Immediately remove from sheet with spatula & place on wire rack to cool. Makes 80 - 100 cookies. [From Sylvia Tacon]

~ LESSONS IN UNITY THOUGHT ~

“Letters to God”



Dear lord of my Being, alone with Thee I am asking, What am I? Who am I? Where am I? In answer there comes from within, “I am not what I seem.” Flesh and blood do not reveal me to myself. Back of personal estimate comes the consciousness that some way I am inseparably joined with Thee, and until my union is acknowledged and consummated through divine cooperation of Spirit, soul, and body, I am not content nor at-one with Thee in consciousness. “I am that I am.” I am Thy all possibility. Where I am in reality is in Thy bosom. Where I am in the world of effects depends upon what I think I am.

Lord of my Being, I would be unentangled from the servitude and vicissitudes of the formed world. I would do all Thou wouldst have me to do. I would be “in the world but not of it.” I would dwell in the gloriousness of Thy omnipresent companionship. I would always be still enough to hear Thy voice instead of the confusion and clamor of the senses. I would know and not assume. I would truly live and not exist. Give me, dear Lord, Thy conscious support and let me be filled with the love and zeal that give character and direction to the activities of mind and body. “I am in Thee and Thou in me and they in us, made perfect in One.”

[From writings of Myrtle Fillmore; quoted by James Dillet Freeman, in “*The Story of Unity*,” Pg. 227-228]

...NEWS YOU CAN USE...

Our Annual Variety Show will be held *Sat., Jan. 21*, starting at 7:00 p.m. This is a great night of fun, music, laughs, & good times! Let Sylvia know what your “act” will be & mark your calendar now, so you don’t miss this giggle-fest!

We can earn extra money for U.E.S. by renting out some space. Do you know anyone who needs an office away from home? We have 220 sq. ft. available. Please let a Board member know if you have a “lead” for us.

Sylvia hosts a class to study the philosophy & readings of *Edgar Cayce*, every Wed. evening, from 6:30—8:00, in the Bride’s Room. Drop by & see what light he has to shed on your world.

Financial Report:

October: Income: \$2,062.00; Expenses: \$2,067.20; **Net: \$- 5.20**

November: Income: \$2,342.00; Expenses: \$2,342.08; **Net: \$- .08**



Unity on the Eastern Shore typically spends about \$3,000 per month to pay bills. In recent months, our savings account has been reduced by \$2,000, due to fewer donations, weddings, & increased costs. We affirm that the *Law of Mind-Action & our faith* are at work, bringing wonderful abundance to us, now.

Unity on the Eastern Shore gratefully acknowledges the monetary contributions of all our congregants, tithers, visitors & major contributors. Your generous financial gifts assist in the spiritual work of UES. Please tell Doreen if you would like a year-end statement of your giving. If you would like your cash gifts included in a year-end statement, please put them in envelopes (on a table in the lobby) with your name clearly printed on the front. *Tithing is a spiritual principle, which opens pathways of energy to bring you more abundance & prosperity. Give it a try for 2012; test the principle & see what happens!*

Schedule of Upcoming Events:

Every Sunday, our “Celebration of Life” service is at 10:30 a.m.

Please see below for more details on special events & transfer this information to your personal calendar.

JANUARY:

- 1 ~ Sunday service; **New Year’s Day**; Rev. Shirley Geer; **Intenders’ Circle**; birthdays & anniversaries; cake & coffee after church.
- 8 ~ Sunday service; Rev. Shirley Geer; **burning bowl ceremony**; **eat out together** after church.
- 12 ~ **Board Meeting** at UES; 4:00 to 6:00; all are welcome.
- 15 ~ Sunday service; Rev. Shirley Geer; “Face of God” meditation; **Pot-luck dinner**.
- 21 ~ Saturday; **Annual Variety Show**; 7:00 p.m.; the funniest night of our year!
- 22 ~ Sunday service; Rev. Shirley Geer; **prayer partners & healing circle**.
- 29 ~ **Prayer Sunday**; in lieu of Q&A, a special CD [55 min.] by Rev. August Gold, on “Prayer.”

FEBRUARY:

- 5 ~ Sunday service; Ms. Sylvia Tacon; **birthdays & anniversaries**; cake & coffee.
- 9 ~ **Board Meeting** at UES; 4:00 to 6:00; all are welcome.
- 12 ~ Sunday service; Rev. Shirley Geer; **VALENTINE’S LUNCH**; **eat out together** after church.
- 19 ~ Sunday service; Rev. Shirley Geer; “Face of God” meditation; **Pot-luck dinner**.
- 26 ~ Sunday service; Rev. Shirley Geer; **prayer partners & healing circle**.

We have open **Board meetings** on the second Thursday each month, from 4:00 to 6:00. All congregants are welcome to attend any meeting & bring us suggestions & ideas.

January 1, New Year’s Day, falls on Sunday, & we’ll have a short, special service: we’ll put chairs in a circle & declare our intentions for the coming year, then affirm & support that for each other. Come gain support for reaching your goals.

January 8, our annual **Burning Bowl Ceremony** will be held during our service. We’ll also take down our Christmas decorations that day, & then eat out together afterward. Wear your jeans!

January 21, Sylvia Tacon will again host our **Variety Show**. We don’t call it a “talent” show for a reason; you don’t have to have any talent to participate! This is the funniest night we offer, so get your “act” ready & let Sylvia know what you’ll do. Plan ahead & bring your friends.

January 29, we’ll have a **unique service** & listen to a wonderful talk by Rev. August Gold, on the topic of *prayer*. Her CD is 55 minutes long, so the service will be adjusted to accommodate that. Please make every effort to be here on time, as we’ll begin promptly.

February 5, Sylvia will bring the message, as Shirley will be away.

We want to provide a variety of ways for you to grow yourself to full spiritual maturity, so please do let us know your ideas. There is a **Suggestion Box** on the table in the lobby for your use, if you like, or please discuss your ideas with a board member.

[See the back cover of this newsletter for our regularly scheduled events.]

Have you noticed that our “location” has changed? We’re now in Fairhope! The city’s border has been moved north into Montrose, so we are now officially in Fairhope’s jurisdiction. Since we don’t get mail delivered at our building, our mailing address has not changed; our post office box [1701] is still in Daphne, but we’ve been “moved” into Fairhope & didn’t even feel a thing!

FROM THE BOARD:

By Dave Fetzer; Secretary to the Board

Greetings from the secretarial pool. Consider this message to be an invitation. Come join your dedicated Board of Directors for an upcoming board meeting. We meet on the second Thursday of every month at 4 p.m. If you truly love and enjoy being a part of UES, here is a way to become more involved in helping us grow and thrive. Decisions are made there that affect our whole church family, not just the six of us. Participation in our discussions is not necessary, but is encouraged. We may not be as entertaining as your favorite TV show or movie, but you will be enlightened. Besides, it beats watching Public Access TV or Congress on C-SPAN!

I truly enjoy serving in this capacity, because not only do I get to serve my church, but I am joined by people I like and am happy to be with. There's an old saying: "If you don't vote, don't complain." It's the same with being a part of what we do at UES. You can come throw us bouquets or brickbats, depending on how you feel about something we discuss. Still, you will feel good, I believe, knowing you're helping to shape our church for the future.

In service to the One Presence, *Dave*

NEWS - about our Past President, Tate Tacon:

Additional organs have become cancerous. He is beginning to sum up. Among the various responses to the fact of death, there is one consistent with our response to the fact of birth! Doreen has asked Tate to journal and maybe share his thoughts. In his heart and soul, he knows himself to be safe in a natural progression, but still, the body resists giving up and makes its demands. Tate can refine our understanding of the God-process and present it well, we feel sure. Emotions sweep over like weather, but Tate has the will to Love, and the wisest Helmsman. We all wish him well on his journey.

If you'd like to send him a card, his address is: 328 Old Huntsville Rd.; Fayetteville, TN 37334; Home phone = (931) 433-4266; Cell: 605-5315.

~ COMPANIES ARE MERGING ~

Times are tough, so many companies are contemplating mergers and acquisitions.

Here are a few to keep an eye on:

HONEYWELL, IMASCO, and HOME OIL.

The new company will be called Honey Im Home.

DENISON MINES, ALLIANCE, and METAL MINING.

The new company will be called Mine All Mine.

KNOTT'S BERRY FARM and THE NATIONAL ORGANIZATION FOR WOMEN.

The new company will be called Knott NOW.

ZIPPO MANUFACTURING, AUDI, DOFASCO, and DAKOTA MINING.

The new company will be Zip Audi Do-Da.

MOTOROLA and ENRON.

The new company will be called Moron.



THE YEAR IS 1910

[from Stella Russell]

What a difference a century makes!
Here are some statistics for the Year 1910:

The average life expectancy for men was 47 years. Only 14 percent of homes had a bathtub. Only 8 percent of homes had a telephone. There were only 8,000 cars and only 144 miles of paved roads. The maximum speed limit in most cities was 10 mph. The tallest structure in the world was the Eiffel Tower! The average U.S. wage in 1910 was 22 cents per hour. The average U.S. worker made between \$200 and \$400 per year. A competent accountant could expect to earn \$2,000 per year, a dentist \$2,500 per year, a veterinarian between \$1,500 - 4,000 per year, & a mechanical engineer about \$5,000 per year. More than 95 percent of all births took place at HOME. Ninety percent of all doctors had no college education. Instead, they attended so-called *medical schools*, many of which were condemned in the press AND the government as “substandard.” Sugar cost four cents a pound; eggs were fourteen cents a dozen; coffee was fifteen cents a pound. Most women only washed their hair once a month, and used Borax or egg yolks for shampoo. Canada passed a law that prohibited poor people from entering their country for any reason. The five leading causes of death were: 1. Pneumonia and influenza 2. Tuberculosis 3. Diarrhea 4. Heart disease 5. Stroke. The American flag had 45 stars. The population of Las Vegas, Nevada, was only 30. Crossword puzzles, canned beer, and iced tea hadn’t yet been invented. There was no Mother’s Day or Father’s Day. Two out of every 10 adults couldn’t read or write, and only 6% of Americans had graduated high school. Fuel for the Ford “N” model was sold only in drug stores. Marijuana, heroin and morphine were all available over the counter at the local corner drugstores. Back then, pharmacists said, “Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health.” 18% of households had at least one full-time servant or domestic help. There were about 230 reported murders in the entire U.S.A.!

...USING UNITY PRINCIPLES...

On the 4th Sunday of each month, at the end of the healing circle, we’ll give you an opportunity to express how you’ve used some of Unity’s principles to enhance the quality of your life. If you like, please gather your thoughts, so you’re ready to share your spiritual growth, via Unity’s Principles.

CELEBRATION TIME!

JANUARY BIRTHDAYS:

2 – Ken Tomb; 16 – Judy Kingston;
23 – Susie Glickman;
29 – Eleanore Scott;

FEBRUARY BIRTHDAYS:

9 – Tate Tacon; 28 – Sylvia Tacon;

HAPPY BIRTHDAY!



~ THE FACE OF GOD ~

We affirm, every Sunday, that there is only One Presence in the universe & that God is in everything & everyone; we also affirm that we “see the Christ in you.” The “Face of God” meditation, which we do on the 3rd Sundays of the month, is really a “practice session” for developing a higher level of spiritual awareness.

In this musical format, we practice seeing God in the faces of those around us. We look into the eyes of another person, hold their hands, & sing along with the music, “You are the face of God; I hold you in my heart; you are a part of me; you are the face of God.”

This process can provide a very moving experience of the Love of God, & for some people, an emotional experience that is a bit too much. The Divine Love we feel in this format can be quite astounding! We understand that not everyone is ready for this level of spiritual experience.

If this meditation format makes anyone uncomfortable, please know that it is perfectly okay for you to leave the Sanctuary as we begin the “Face of God.” Our goal is to help everyone be comfortable exploring their path; for those who are ready for the next level, this meditation is an experience that can prompt new awareness, clarity, & great love. YOU are the face of God!

Unity On The Eastern Shore

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Location: 22979 US Hwy 98; Fairhope

Phone: (251) 990-8934

Website: www.unityeasternshore.org

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Sent with love and blessings to:

Our Vision: We provide a Christ-centered community where individuals can come together to love and be loved, to heal and be healed. We are an expanding ministry; we recognize God's presence in the world and we are confident in God's plan for our church and for all people.

REGULARLY SCHEDULED EVENTS

Our Sunday Celebration of Life begins promptly at 10:30 a.m. Please arrive a few minutes early.

On the *1st Sunday* of each month, we celebrate birthdays & anniversaries with cake & coffee.

On the *2nd Sundays*, we dine out after the service.

On the *3rd Sundays*, we have *The Face of God* meditation & a pot-luck dinner after the service. We invite you to experience *The Face of God*, a moving meditation. [See Pg. 7] For the pot-luck meal, please bring a dish to serve 8-10, & share a social hour with the best food around!

On *4th Sundays*, we exchange names as Prayer Partners for the next month. We fill out a slip of paper with our name & our prayer requests; we exchange names & pray for the other person for a whole month; someone prays for us while we pray for another. If you participate, please honor your commitment to pray for the other person. We conclude that service with a Healing Circle, & an opportunity for folks to tell "How I use Unity principles."

On *5th Sundays*, we have Q&A for spiritual issues, & dine out afterward.

The deadline for articles or ads for our next publication is February 10.