



# News from Unity of Greater Cleveland

Volume 25, Number 12, December, 2009

## On The Inside:

Page 3

### An Abundant Holiday Season

Page 2

### Drum Circle

### Farewell, Carl and Billie

Within the past several weeks two of our beloved and longtime members made their transitions—**Carl Kornicks** and **Billie Norton**.

Carl left after a heroic nine-year standoff with cancer, and Billie departed from an embolism that instantly and unexpectedly took her life. We bless these two precious ones as they have returned home to God. We will deeply miss their smiles, warmth and loving presences.

Godspeed.

## From Our Minister

### Staying the Course

Dear Ones,

*A recurring theme that I painfully bear witness to is just how frequently truth students sabotage themselves. It is not a subject I often address, but I feel I must. The scenario goes something like this:*

*The waters of life become treacherous with huge life lessons arising, giving the individual an opportunity to learn them once and for all. But instead of using the spiritual knowledge at hand, the seeker who is filled with spiritual teachings and insight simply bails out and runs away.*

*The lessons show up repeatedly for these folks, because they had not been thoroughly learned before. Unless they delve more deeply into their psyches and belief system in order to heal and grow, they become angry at Unity, our teachings, at me, or anything that can be an excuse not to learn the lesson. Then they leave, looking for someone else to blame, “knowing” the answer is outside rather than inside themselves.*

*People have rejected our metaphysical teachings after having warmed a seat for a decade or more. They have gotten angry at me because I’m the teacher, and I’ve called them on their dysfunctional behavior.*

*To be a truth student calls for us to begin to awaken from our long, individual and collective slumber. It means truly forgiving. It means truly giving. It means truly being involved. It means practicing the Principles of Truth even when the ego wants to convince us they are of no value.*

*To be a truth student means doing the inconvenient thing and practicing compassion and loving kindness. It means thinking of others as* [Continued on page 2]



### From the Bookstore

If you are one of those people who has your buttons pushed more often than not, this book is for you. If you thought you had given up being a victim, but you



find yourself on that slippery slope again, *Emotional Freedom: Liberate Yourself From Negative Emotions and Transform Your Life*

by Judith Orloff is for you. If you really want to “change your story,” this book is for you.

The author lays out a strategy for dealing with emotions. She illustrates that they are neither good nor bad, but just acknowledging feelings can lead to transformation. Emotions can awaken that internal teacher and move us into transformation.

As Dr. Orloff shares her own story, you will come to realize the similarity between her emotions and yours and perhaps cure that terminal uniqueness we so often feel as we relive our experiences and judge them harshly. By the time you reach the final page, “**shift**” will have happened, if you’re willing to allow the change

### to occur **Drum Circle on December 4**

The drum circle led by **Baba Jubal Harris** is on Friday, December 4, at 7:00 p.m. This drum circle offers you the opportunity to learn to drum in the spirit of peace, love and unity. Bring a drum with you. If you do not have one, there will be instruments available.

## Uplift Your Spirits in December

An uplifting spiritual December begins with **Rev. Joan Gattuso**’s take on Wayne Dyer’s latest work and ends with the traditional Burning Bowling Sunday.

**December 6:** “Excuses Begone I” (Rev. Joan Gattuso). Here’s the first of a two-parter on letting go of what stands in your way.

**December 13:** “Excuses Begone II” (Rev. Joan Gattuso). This Sunday concludes the two lessons on taking command of your life.

**December 20:** “Candlelighting Service” (Rev. Joan Gattuso and others). See the accompanying article about this phenomenal a.m. candlelighting.

**December 27:** “Forgiveness Offers Everything I Want” (Rev. Joan Gattuso). Here’s how to begin 2010 with a clean slate and a clear conscience.

### From Our Minister

[Continued from page 1] *often as yourself. It means making commitments and keeping them. It means not looking for grievances. It means acting as healthy, mature adults, keeping your word, living from YOUR Christ self. It means loving, praying and doing. As a man who quit my first church said over 25 years ago. “This church is too much work.”*

*Yes it is work. But the soul rewards of living in spiritual integrity are without measure. If we live such honorable lives, we will be continually aware of the blessings of God. If we waffle and play spiritual hide and seek, we delay the incredible joys of spiritual awakening. As Ellis quoted Andy in **Shawshank Redemption**, “Get busy livin’ or get busy dyin’.” To paraphrase: Get busy awakening or get busy staying asleep. If not now, when?*

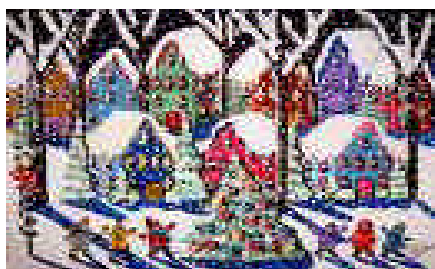
*The ancients all taught that to have a human incarnation is a rare and treasured gift never to be wasted. How is it going for you with your rare and treasured gift? It is your pearl of great price. Value your Divine nature and nurture it above all else and your life shall be fulfilled.*

*With our spiritual life it is all or nothing. Giving your all will make all the difference in your future.*

Loving blessings,

# An Abundant Holiday Season!

## Service of Remembrance, December 17, 7:00 p.m.



A Service of Remembrance with **Rev. Joan M Gattuso** will be held on Thursday, December 17, at 7:00 p.m. Feelings of loss and grief are often intensified by the holidays. If you have experienced the loss of a loved one, through death, divorce or estrangement, the Service of Remembrance will offer you comfort. This is a special service where you and your family members can honor the memory and relationships of your loved ones in a safe, nurturing environment. All are welcome.

## Candlelighting Service, Sunday, December 20, 11:00 a.m.

Join us at the most beautiful and inspirational event of the year which combines with Family Christmas Sunday. Moving music directed by **Stefana Dadas** and featuring **Carol Leslie**, **Vincent Veith** with **Velvet Voyage**, **Ki Allen** and others interwoven with the story of Christmas makes this morning a warm and uplifting experience. After the service we'll have our annual Christmas party on the lower level. Bring your best Christmas goodies.

## Burning Bowl Service, Sunday, December 27, 11:00 a.m.

This powerful service gives you the space to witness all your blocks to love disappear in the flames of forgiveness, after which they return from where they came—nothingness. You can release all that stands in the way of your fulfillment and begin the New Year with a clean slate.

## World Peace Meditation, Thursday, December 31, 7:00 a.m.

Bring in 2010 with peace in your mind, heart and soul, and share it with countless others who will be praying for world peace. The Annual World Peace Meditation, a sacred time of prayer and meditation begun 19 years ago by John Randolph Price, will be once again observed by millions of people around the world — along with Unity of Greater Cleveland. Many who attend share breakfast afterward.

## Unity of Greater Cleveland Volunteer & Staff Directory

**Founding Minister:** Joan M. Gattuso

**Board of Advisors:**

**Co-Chairs** - Sandy Deck and Elaine Slea

**Secretary:** Connie Machan

**Treasurer:** Calvin Reid

**Prosperity Partners:** Paul Barr, Freddy

LaTorre, Al Manger, Andy Miller

**Licensed Teachers** - Gloria Ross,

Karen Shepherd

**Practitioners** - Rudi Barnes, Cynthia

Bowers, Marcia Bufford, Debra Coleman,

Pamela Ellison, Dawn Falkenstein,

Barbara Hill, Georgia Hyde, Vivian Miller,

Nona Oriti, Sheryl Thomas, Janet

Wasserman

**Assistant:** Felicia Martinez

**Administrative Assistant:** Rudi Barnes

**Accountant:**

**Minister's Sunday Assistants** - Paul Landis,

Rudi Barnes

**Youth Education Directors** - Chrystal LaTorre,

Marcia Bufford

**Nursery (0-3 years old)** - Michelle Federico, Betsy

Coss

**Lower/Upper Elementary (4-10 years old)** -

Marcia Bufford, Sherry Foulkes, Michelle Hurt,

Felicia Martinez, Betty Phillips,

Janet Wasserman

**Uniteens (11-13 years old)** - Freddie LaTorre

**Y.O.U. (14-18 years old) Sponsor** - Chrystal

LaTorre, Andy Miller

**Bookstore Manager** - Vivian Miller

**Volunteers** - Ranonda Jones, Karen Owens,

Michael Powers, Joyce Shaw

**Greeter Coordinators** - Detlev von Schwerdtner

and Liz Parks

**Sound System** - Felicia Martinez

**Florist** - Blooms

**Hospitality** - Paul Landis, Todd Mueller

**Meals on Wheels** - Open

**Web Site Manager:** Tim Machan

**Sunday Service Time** - 11:00 a.m. Children's

Church, including the Nursery, Lightstreamers,

Uniteens, and Y.O.U. - 11:00 a.m.

**Church Location and Telephone:**

3350 Warrensville Center Road

Shaker Heights, OH 44122

216 751-1198 or 800 468-8012

**Dial-a-Prayer** - 216 751-1199

**FAX** - 216 751-1460

**E-mail:** [unity@unitygreatercleveland.com](mailto:unity@unitygreatercleveland.com)

**Web site:** [www.unitygreatercleveland.com](http://www.unitygreatercleveland.com)

# December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:00 pm - Toastmasters	2	3	4 7:00 pm - Drum Circle	5 10 am - Volunteer Cleaning Crew 11 am - UGC Book Club
6 10 am - ACIM 11 am Service: "Excuses Begone I" (Rev. Joan Gattuso)	7	8 6:00 pm - Toastmasters	9 12:30 pm - Unity Prayer Service 6:30 pm - Yoga	10	11	12
13 10 am - ACIM 11 am Service: "Excuses Begone II" (Rev. Joan Gattuso)	14	15 6:00 pm - Toastmasters	16 12:30 pm - Unity Prayer Service 6:30 pm - Yoga	17 7 pm - Service of Remembrance	18	19 10 am - Volunteer Cleaning Crew
20 10 am - ACIM 11 am Service: "Candlelighting Service" (Rev. Joan Gattuso and others)	21	22 6:00 pm - Toastmasters	23 12:30 pm - Unity Prayer Service	24	25 CHRISTMAS DAY	26
27 10 am - ACIM 11 am Service: "Forgiveness Offers Everything I Want" [Burning Bowl Service] (Rev. Joan Gattuso)	28	29 6:00 pm - Toastmasters	30 12:30 pm - Unity Prayer Service 6:30 pm - Yoga	31 7:00 am - World Peace Meditation		



3350 Warrensville Center Road  
Shaker Heights, OH 44122  
For information on upcoming  
events: [www.unitygreatercleveland.com](http://www.unitygreatercleveland.com)