

Volume 23, Number 2, February, 2007

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## From Our Minister The Spiritual Practice of Love

Dear Ones,

For many, thoughts naturally turn to love during the month of February. This month I offer you a deep spiritual practice, rather than having your soul's emphasis be on personal, romantic or familial love. Let's broaden our capacity to love.

This technique not only helps you in loving those who love you—that's easy—it also assists you in incorporating into your spiritual practice those individuals whom you find most challenging to love by enfolding them in the warmth of the power of love.

Don't make this exercise too complicated or complex. The perfect individual(s) has probably already come to mind. Choose that one, or that small group. Your perfect choice might turn out to be someone you do not even know personally, but who you have allowed to upset you and rob you of peace of mind.

Incorporate the person you've chosen into your times of prayer and meditation. Send her rays of love. Enfold him in an orb of love. Ask that your heart be softened toward this individual. Every time he or she comes to mind, bless them with this classic affirmation:

" (name) "; I love you, I bless you, I forgive you, I let you go to your greatest good."

If you do this all month long, there is no limit to the good and grace you will be sending to this person and attracting into your own life experience.

Faithfully practice this technique and you open yourself to miracles. Remember, though, you may not witness any change in the outer circumstances, but know that a prayer thought is never lost. So we continue to pray and hold the highest consciousness for all.

I am getting more and more excited as I convey this concept. Spirit has already revealed my "right one."

This month can be wonderful and holy and healing as we together embrace this spiritual practice.

God bless.

I love you,



# Ruth Overcomes Colon Cancer

By Gloria Ross

Licensed Unity Teacher

When Ruth von

**Schwerdtner**, a member of our church, was diagnosed with colon cancer in January 1980, the cancer had also spread to her liver. She was given 3-6 months to live. At the time her sons were 5 and 7 years old. She knew she had to overcome her health challenges to live and take care of her family.

Ruth took the holistic approach and immersed herself in changing her lifestyle. She utilized vitamins, chiropractics, massage, prayer and counseling to change her thinking. Her diet included carrot juice that required fifty pounds of carrots a week. Nutrition became increasingly important to her. It was an area where she had not paid much attention before this situation.

Meditation and visualization were vital to her treatment, and her reading of Edgar Cayce was also helpful. She found that her work was 90 percent forgiveness. Ruth triumphed over cancer and now advocates nutrition and healthful lifestyle for everyone. She says the process is life long, and one's thinking must be changed in order to demonstrate the health and harmony that we all desire. She suggests beginning that lifestyle change with prayer and meditation.

Good for you, Ruth!

## Here's Afi Scrugg's Debut CD!

By Greg Benedetto, Music Director

I love to open and listen to a new CD. I have fond memories, as a 13 year old, of buying my first "album." Yes, it was cruel and unusual punishment to make me wait that long, but it seems that jobs were hard to come by when you're 13! The album was, "The White Album" by the Beatles, a two-album set, no less! I listened, and listened, and memorized, and learned the music by ear, and together with my friends, ruminated about the songs' meanings, and listened for the famous "hidden messages."

Hundreds of albums, cassettes, eight-tracks and CDs later, it's still a child-like thrill to open some new music, like our friend **Afi Scrugg's** new, debut CD, *All Praise!* What follows is Afi's story, in her own words:



"When I was young, coming up in the church, I was taught that some music was "good" and other music was "bad" or worldly. As I matured, though, I realized it didn't matter whether I played jazz, blues, R&B or gospel. What mattered were my intent and the spirit I brought to my instruments and my songs. Now I believe that it's all about the music, and it's all about the praise. That's why I named my debut CD, *All Praise!*"

"I come from a musical family. My grandmother sang in the church choir and my uncle played piano and trumpet. My cousins play, sing and write music. Music, especially gospel music, is such a part of my life that I couldn't live without it. I'm singing and playing from my heart and soul, and I'm sure that these songs will touch you."

So if you want to rejoice, quietly or loudly, if you want to sing at the top of your lungs, or sit in contemplation thanking God, this is the CD for you. Remember, it doesn't matter whether it's old praise or new praise. It's *All Praise!* The following is an independent review someone wrote about Afi's CD:

"Original and painstaking work - catchy & touching. There are relaxing tracks and animated tracks, it's a mix of rhythm & blues, hip-hop and gospel. Each track reminds me of something I don't know, and believe me, that's a positive sign! The piano matches up powerful vocals perfectly. Great music - congratulations."

For internet users, Afi's new CD is available for sampling, or for purchase, at the following site:

<http://cdbaby.com/cd/afiscruggs>. Enjoy!



## Become a New Member in February

Many of the folks you see attending our Sunday services have taken the opportunity to become a member of Unity of Greater Cleveland. You can increase your commitment to the church by also becoming a new member on Sunday, February 25. We are now offering our orientation twice to give prospective members a choice of days.

To whom do you increase your commitment? To yourself. You will be announcing to God within you that Unity of Greater Cleveland is your church home and your primary guide on your spiritual path.

Commitment helps focus us in all areas of our lives, and increasing yours by becoming a member takes these requirements: (1) to have attended our church for at least three months, (2) to attend a membership orientation session either on Saturday, February 17 (10:00 a.m.-noon) or Sunday, February 18 (12:30-2:30 p.m.) and (3) to come into membership on Sunday, February 25, during the 11:00 a.m. service.

Then you will be able to vote in all the variety of affairs that are guiding our church into a glorious future, and you'll be announcing that this is now *your church*.

## *Rev. Dana Cummings Offers Spiritual Counseling*

Jesus, addressing his disciples, said, *"If you know me, you will know my Father also."* Isn't this what we all desire at heart, to know and be known for who we truly are, to be fully seen, fully heard, as whole and loving expressions of God? Spiritual Counseling offers you this gift.

Spiritual Counseling is not therapy. It is not about "fixing" anything. It's about affirming that all is right with you, right now. It's your opportunity to recognize yourself as the ever-learning hero and creator of your own life.

Spiritual Counseling assists you in identifying the feelings, thoughts, beliefs, energy blocks and repeating patterns in your life that are limiting your experience of well-being and wholeness. These sessions will provide you with a new perspective—a deep inner knowing that nothing in the universe is against you, that all of creation is actively supporting your highest good. Through this process, you will develop skills and acquire tools to assist in self-guided growth and creativity.

Effective Spiritual Counseling can usually be completed in one or two hour-long sessions. A love offering of \$40 to \$80 per session is suggested, though you may decide to offer more or less depending upon your financial resources.

Please call the church office to make an appointment or email Rev. Dana at [revdcummings@unitygreatercleveland.com](mailto:revdcummings@unitygreatercleveland.com).

## Coats for Homeless Men and Women Being Collected

**By Greg Benedetto**

Although this winter season has been milder than many and unpredictable at best, its presence continues, and along with that, the awareness that there are those who need help to stay warm. Both men and women in shelters are in need of winter coats. That is where you come in.

We at Unity of Greater Cleveland are inviting you, once again, to join our Coats Of Care campaign for the current winter season. You can help by donating your gently-used winter coats and dropping them off here at the church in the designated box in the main lobby. There is a particular need for size large, men's winter coats. Thank you in advance for supporting this very worthwhile cause.

## From Children's Church

### Love One Another (and Yourself)

While love is in the air in Children's Church every month, February is the month we actually build a program around it.

As part of our 2007 "12 Gifts from God" curriculum, based on Charles Fillmore's "12 Powers of Man" teachings, we celebrate love for four Sundays in February (after completing Faith in January). The kids have fun with the colors



(each power has a separate color assigned to it- February's is pink), while learning the location of each power

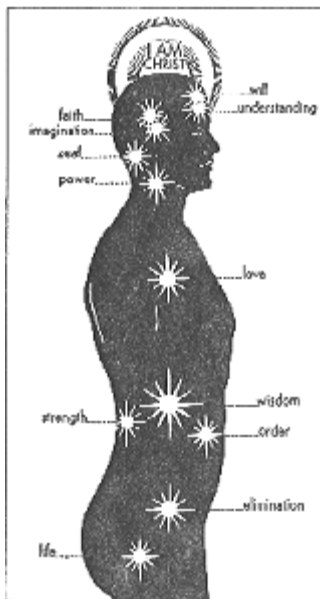
center, or gift, in relation to the body. (We teach that the faculty of Love is related to the "center of the heart" and is where the Power of Love resides.)

The overarching theme that the Power of Divine Love brings joy and fulfillment into our life experiences is supported by daily affirmations provided to the kids as part of our "Children's Prayer Project." The affirmations can be practiced at home in solitude or with the family. Imagine the good that will come from encouraging such thoughts as "Love is my ability to know oneness with all," or "Love is my ability to desire that only good come to all," or "I love myself just the way that I am. I am a perfect child of God."

What a positive foundation to support the unfolding of Spiritual Understanding! Helping them understand how they can use their God-given powers, especially when they are joined with Unity principles, provides our children with some of the spiritual roots that will help sustain them all their lives.

Thank you for being a part of that!  
February Blessings,

Kimberly Chapple, Youth Education Director



### "I Love Myself" Kids Yoga Workshop February 4

As part of the Unity of Greater Cleveland Children's Church 2007 Spiritual Workshop Series, noted yoga instructor and Unity member **Gerri Maynor** will lead our kids in a specially-designed "I LOVE MYSELF" Kids Yoga Workshop on Sunday, February 4, during Children's Church.

In keeping with our program's 12 Powers February focus on Love, the workshop is sprinkled with music and loving affirmations. The session (divided by age group) will provide the children with spiritual tools, including fun stretches and meditations, to help them connect with God, themselves and one another.

It will be a fun and rewarding experience! Children and teens should be dressed comfortably in clothes that s-t-r-e-t-c-h. Bringing a yoga mat or soft blanket, as well as a water bottle, would be a plus, too. (Adults who wish to lend their yoga mats for the 1-hour workshop will be showered with blessings, I'm sure. ☺) Please note there is no fee for this workshop, but love offerings will be accepted.

--KC

# Unity Sponsored Leadership Training March 23-24

By Rev. Dana Cummings

Here is a blessing not to be missed: leadership training by spiritual principle. Scheduled for Friday evening, March 23 and all day Saturday, March 24, **Hank Roth** and **Wendy Komac**, both professional leadership trainers, will facilitate this workshop on enhanced life skills in team building, applied spiritual discernment, interpersonal communication, mission planning and accomplishment.

An experience designed to transform your life, the training is open to **everyone** at Unity of Greater Cleveland. Our leadership training holds the promise of improving your life at home, at work, at church (OK, even in the Universe). Our time together will be fun, interactive, insight-filled, maybe even epiphany producing.

The workshop is also open to your friends who may not yet have attended a Unity of Greater Cleveland service. The training will be provided on a love-offering basis.

We are here to minister to one another in loving service. Join us in learning even more practical ways by applying spiritual principles, by giving and receiving Divine love through service.

You will be happy you said, "Yes, count me in!"

## *"A Day of Healing" Set for March 31*

Mark your calendars now for an event you will definitely want to attend. It's called "A Day of Healing" scheduled for Saturday, March 31. By raising our vibrations through a variety of healing disciplines, we'll help to raise our roof.

Services offered will include Reiki, chair massage, full body massage, reflexology, gemstone therapy, tuning fork therapy, card readings, Feng Shui consultations, among others. Sessions will be from 15 minutes to one hour, depending on the particular healing modality.

Watch for the complete details next month, but write the date down now!

## The Heart, Love and Heaven During February

The heart, love and heaven are the topics explored by **Rev. Joan Gattuso** and **Rev. Dana Cummings** in February. They are not to be missed.

**February 4:** "Heart Therapy" (Rev. Joan Gattuso). Learn to engage the greatest of all the therapy modalities.

**February 11:** "It's ALL about Love" (Rev. Joan Gattuso). Love is the answer, first, second and always.

**February 18:** "Love Without Attachments" (Rev. Joan Gattuso). Rev. Joan elaborates on what she wrote in her Minister's letter—loving all. [The Chorus performs this Sunday.]

**February 25:** "Easy Listening" (Rev. Dana Cummings). You can tune into Heaven's music, with ease.

## *Jo Jo Salupo February's Volunteer of the Month*

**Jo Jo Salupo** is February's Volunteer of the Month. Jo has willingly served Unity of Greater Cleveland in just about any capacity she has been asked to fill. And she's always looking for and suggesting ways to make things run more smoothly at our church.

She is currently a regular in the nursery. Some of her other positions have included Sunday refreshments, special Sunday announcements, outreach committees, and being the Easter Bunny and Santa's Elf. Thank you and congratulations Jo Jo!

## The Loving Course Set for February 2-4

Have you ever asked yourself one or more of these questions?

- Why don't I get more joy from my life?
- Why do I keep doing things I don't want to do?
- Why do I sabotage my success?
- Why do I keep choosing relationships where I feel neglected, abused or unsatisfied?
- What keeps me from letting myself be loved?
- Why can't I express my love to others?
- Why am I so angry and scared?

The Loving Course will assist you in discovering your own answers to these questions in an atmosphere of unconditional love. Understanding ourselves brings us a better understanding of others and is the first step to loving and accepting our-selves and others--our ultimate goal.

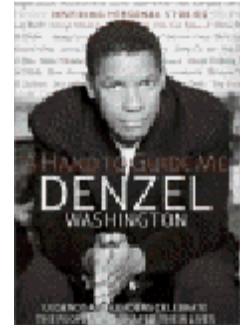
This powerful weekend workshop uses sound psychological principles along with the spiritual principles from *A Course in Miracles* and Rev. Joan Gattuso's book, *A Course in Love*.

The next weekend is February 2-4, beginning Friday evening the 2nd at 7:00 p.m. at the church. Class size is limited, so be sure to register early. Please call the church office at (216) 751-1198 for more information or to register. Your call will be returned by one of our facilitators, **Greg** or **Jan Liber**.

## From the Bookstore

### We Have Denzel Washington's *A Hand to Guide Me*

*A Hand to Guide Me* by movie star Denzel Washington contains 74 stories of legends (Muhammed Ali, Gloria Steinem, Jackie Joyner Kersee, et, al.) and leaders (Jimmy Carter, Bill Clinton, Phil Jackson, et, al.) who celebrate the people who shaped their lives. These legendary personalities credit their success to the guidance of others.



**Rita O. Jackson**  
Bookstore Manager

You can draw a line from every great success back to some rock solid foundation. It's a belief in someone or something bigger than self that drives you to be more than you could ever hope to be.

We all walk a path for a certain purpose. This book is about a push, a helping hand we've all had to reach for to get where we're going. We all stand upon another set of shoulders. We are the sum of our influences.

Denzel says, "We don't get to the top alone. Celebrate those who helped us to get where we are. If you've made a difference, more than likely there was someone there leading the way to help you."

The Academy Award winning actor shares who shaped his life and how they did it. I invite you to explore that possibility for your self. Who gave you that extra push that has helped you to get to where you are? Who ignited that fire for you? Acknowledge their help and pass it forward. Whose hand have you touched? Buy, read, and then celebrate the hands that guide you.

## On a Personal Note

By Greg Benedetto

Afi Scruggs is thrilled to announce that her debut CD, *All Praise*, is available to audition and purchase at the following site: <http://cdbaby.com/cd/afiscruggs>

There, you can hear samples of her music and purchase the CD, as well as submit a review of the music. Afi is scheduled to perform some of her new music here during Sunday services on February 4.

Nancy Eiler's father, Rev. Howard Beer, made his transition on New Year's Day morning. Services were held in Indianapolis.

Nancy also recently returned from an extended business trip to China.

Jacquay Bowers, Bookstore volunteer, gave birth to an 8 pound, 15 ounce, 21 inch son on November 13. His name is Xavier J. Bowers.

Alex Kent and Gaby Martinez, both Youth Chorus members, are in the Heights Youth Theatre production of *Little Shop of Horrors* in January and February.



## Santa Thrills the Kids at Christmas



## Unity of Greater Cleveland Volunteer & Staff Directory

**Founding Minister:** Joan M. Gattuso

**Associate Minister:** Dana Cummings

**Board of Advisors:**

**Chair:** Minnie Bowers

**Vice Chair:** Liz Parks

**Co-Treasurers:** Katie Augustine and Mary Ann Davis

**Secretary:** Sandy Deck

**Prosperity Partner:** Ed Erbach

**Alternate:** Linda Julian

**Licensed Teacher:** Gloria Ross

**Practitioners:** Cynthia Bowers, Bob

Churilla, Pamela Ellison, Dawn

Falkenstein, Jeanne Hood, Georgia Hyde,

Bob Javorsky, Vivian Miller, Shirley

Nelson, Nona Oriti, Milly Owens, Zita

Farrell-Andrews, Karen Shepherd, Sheryl

Thomas

**Fund Development Committee Chair:**

Mary Ann Davis

**Projects Manager:** David Alexander

**Executive Director:** Felicia Martinez

**Secretary:** Rudi Barnes

**Accountant:** Kim Heiman

**Minister's Sunday Assistant:** Paul

Landis, Gloria Ross, Rudi Barnes

**Youth Education Director:** Kim Chapple

**Curriculum Development Coordinator:** Evelyn Canton

**Nursery (0-3 years old):** Gail Anderson, Michelle Federico, Todd Mueller, Carly Patetta, Debbie Reesing, JoJo Salupo

**Preschool/Kindergarten (4-5 years old):** Evelyn Canton, Hank Roth

**Elementary (6-8 years old):** Stephanie Barry, Kimberly Chapple, Indi Shekerjian

**Upper Elementary (9-10 years old):** Lisa Harmon, Felicia Martinez, Dave Mason

**Uniteens (11-13 years old):** Susan Cristal, Frank Kenner, Freddie LaTorre

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

**Bookstore Manager:** Rita O. Jackson

**Volunteers:** Jacquay Bowers, Lois Hansen, Ranonda Jones, George Miljevich, Vivian Miller, Todd Mueller, Mary Jo Nigro, Michael Powers

**Alternates:** Katie Augustine, Kathryn Heim, Emily Mueller, Rebecca Searcy, Margo Viragh

**Newsletter:** David Alexander

**Greeter Coordinators:** Detlev von Schwerdtner and Liz Parks

**Music Director & Soloist:** Greg Benedetto

**Pianists:** Lisa Bell Benedetto, Jan Patetta

**Percussion:** Roy King, Baba Jubal Harris

**Bass:** Ed Lemmers

**Sound System:** Bob Jones, Bob Patetta, Anthony Nickerson-El

**Florist:** Blooms

**Hospitality:** Carl Kornicks, Paul Landis, Clare Randolph, Frank Rupsic, Todd Mueller

**Meals on Wheels:** Andrea Gidycz

**Web Site Manager:** Scott Dockus

**Sunday Service Times:** 9:00 a.m. and 11:00 a.m. (nursery at both services) Children's Church, 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)

# February 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7 pm - Meditation Service (Rev. Dana Cummings)	2 7:30 am - Meditation (Gerri Maynor) 7:00 pm - The Loving Course	3 8 am - Yoga (Gerri Maynor) 9 am - The Loving Course
4 9 am - TLC 10 am - ACIM 9 & 11 am Service: "Heart Therapy" (Rev. Joan Gattuso)	5 7 pm - A Chorus in Miracles rehearsal 7:30 pm - The Loving Course Graduation	6 12:30 Silent Unity Prayer Service 6 pm - Toastmasters 7 pm - "The Twelve Powers" (Gloria Ross)	7 7:30 am - Meditation (Gerri Maynor) 6:30 pm - Yoga (Gerri Maynor)	8 7 pm - Meditation Service (Rev. Dana Cummings)	9 7:30 am - Meditation (Gerri Maynor)	10 8 am - Yoga (Gerri Maynor)
11 10 am - ACIM 9 & 11 am Service: "It's ALL About Love" (Rev. Joan Gattuso)	12 7 pm - A Chorus in Miracles rehearsal	13 12:30 Silent Unity Prayer Service 6 pm - Toastmasters 7 pm - "The Twelve Powers" (Gloria Ross)	14 7:30 am - Meditation (Gerri Maynor) 6:30 pm - Yoga (Gerri Maynor)	15 7 pm - Meditation Service (Rev. Dana Cummings)	16 7:30 am - Meditation (Gerri Maynor)	17 8 am - Yoga (Gerri Maynor) 10 am - New Member Orientation
18 10 am - ACIM 9 & 11 am Service: "Love Without Attachments" (Rev. Joan Gattuso) 12:30 pm - New Member Orientation	19 (OFFICE CLOSED)	20 12:30 Silent Unity Prayer Service 6 pm - Toastmasters 7 pm - "The Twelve Powers" (Gloria Ross)	21 7:30 am - Meditation (Gerri Maynor) 6:30 pm - Yoga (Gerri Maynor)	22 7 pm - Meditation Service (Rev. Dana Cummings)	23 7:30 am - Meditation (Gerri Maynor) 6:30 pm - Spiritual Cinema "The King of Hearts"	24 8 am - Yoga (Gerri Maynor)
25 10 am - ACIM 9 & 11 am Service: "Easy Listening" (Rev. Dana Cummings) (New Member Sunday)	26 7 pm - A Chorus in Miracles rehearsal	27 12:30 Silent Unity Prayer Service 6 pm - Toastmasters 7 pm - "The Twelve Powers" (Gloria Ross)	28 7:30 am - Meditation (Gerri Maynor) 6:30 pm - Yoga (Gerri Maynor)			



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

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**Spiritual Cinema this month: "The King of Hearts," Friday, 23rd - 6:30 pm**