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From Our Minister. . . Embrace All in 2006

Dear Ones,

As I pen this letter, I am lovingly thinking of you today. The blessed time of my sabbatical is drawing to a close, and we will be together soon.

Beginning in January and interspersed throughout 2006, during my Sunday lessons I will be sharing insights and wisdom I have gleaned during these past three months. I especially will focus on what I learned in studies with His Holiness the Dalai

Lama and on the ten-day retreat with Sogyal Rinpoche. Oh, do I have stories to share about my moment-by-moment lessons.

As we begin a New Year together, there is always that powerful energy of rebirth, renewal and reawakening rising from our collective consciousness. Of course it is up to each one of us to either seize this opportunity or to let it pass us by.

I am reminded of Richard Bach's message from his masterful book, **Illusions**: "The world is your exercise book, the pages on which you do your sums. It is not reality, although you can express reality here if you wish. Or you can write nonsense, or tear up the pages."

In 2006 please resolve to no longer be a writer of nonsense or tear up the pages. But rather embrace all that is before you, all that is offered you from your soul, from your Christ nature, from your Church, from your own spiritual practice. Begin this year to awaken to the greater reality of your true nature.

Loving you,



Have a "New Year" Every Day

By David Alexander

The New Year, January, represents new beginnings. For spiritual seekers the "New Year" can come every moment of every day.

When you arose this morning, did you drag yourself out of bed and shudder at the tasks that faced you today? If so, you have forgotten the moment. For in the moment only joy abounds, only peace abounds, only love abounds. *A Course in Miracles* asks the question:

"Can you imagine what it means to have no cares, no worries, no anxieties, but merely to be perfectly calm and quiet all the time?" It goes on to say, "Yet that is what time is for; to learn just that and nothing more."

Of course there are times we have to deal with our anger, our grief, our worry. But we must realize we are not solving the problem when we stay in these states of mind, failing to move beyond them.

If you have a current challenge, begin each day by bringing it into your meditation. The time you spend in meditation will begin to ease what you are dealing with and put it into perspective. Visualize yourself moving past what is troubling you. Change will not occur instantly, but it will occur if you commit to a daily regimen of meditation.

And please don't use the excuse: "I don't know how to meditate." Each morning, first thing, remove yourself from all external influences, sit quietly, and ponder your problem and how you will feel when it is no longer in your mind. You will be surprised at how quickly you move toward serenity with as little as ten minutes a day. And if the challenge rears its head during the day, again remove yourself from the hustle and bustle and repeat the meditation.

Each time you do, you will begin again a "New Year." Happy meditating.

Jazz In January at The Undergrounds

By Greg Benedetto, Music Director

You are invited to come in from the cold and warm up with Eclectic Vision as they open up the New Year at the Undergrounds with an evening of jazz fusion on Friday, January 13. Join us on the lower level of our church where doors open at 7:00 p.m. The suggested donation is \$7.00.



Exploring new musical directions by combining all types of jazz, Eclectic Vision brings excitement to the stage through a combination of cool jazz, bebop, fusion, jazzed-up R & B, and original compositions.

They will take you on a journey out of your mind and into your senses as the pace shifts between provocative acoustic jazz, introspective ballads, and high-voltage electric fusion.

Led by bassist **Ed Lemmers**, the band features incredible talent including **Greg Cross** on drums, **Todd Blum** on violin, **Gabe Council-Lemmers** on vocals, **John Marting** on keyboards and **Dan Sullivan** on guitar.

Hot and cold beverages, light snacks and desserts, and of course, popcorn will be available. Childcare is provided. Come meet old and new friends at 7 p.m. on Friday, January 13 at the Undergrounds, our own music and social place to go.

4T Program Returns January 5

If you have not taken this class before, now is the time! If you have taken this class and need a refresher, now is the time! The popular, life-changing 4T Program returns to Unity of Greater Cleveland for 12 Thursdays beginning January 5 at 7:00 p.m. The program is facilitated by **Hank Roth**, our church's board chair and an enthusiastic leader of the 4T.



You're the one who must put forth the effort, but if you are ready for something completely different, schedule this money-back-guaranteed series to change abundance in your life on all levels.

The classes are presented in an innovative way to learn the truth. When you pay the \$49.50 materials fee for the class, you receive either a CD or tape album and a word-for-word accompanying workbook. Since some of us learn better by hearing and some by reading, the 4T Prosperity Program incorporates both.

This is a course in prosperity transformation. You are asked to tithe of your time, talent and treasure for prosperity and the fullness of life. This is a course in commitment. Students who participate can expect a renewal of mind and change of consciousness that expresses in the manifest realm.

More than 300 persons have taken this series at our church. Over 40,000 have taken it worldwide. Virtually all will attest that their lives have changed for the better as a result of taking the 4T. Talk with anyone at our church who has completed this series and find out first hand how enthusiastic they are about their experience.

A video tape preview is required for first-time students. It will be shown after Sunday services and at the first night of class at 6:30 p.m. in Classroom 2 on the lower level. You can make special arrangements to see the preview by telephoning the church at 216 751-1198.

Celebrate Gloria Ross' Accomplishment January 22

Here at Unity of Greater Cleveland we are so pleased, delighted and proud of our active member **Gloria Ross**. Gloria has just completed four years of study to become a Licensed Unity Teacher.

Gloria is our first "homegrown" Licensed Unity Teacher, and what this means is that accredited Unity courses can be taught by her rather than by Rev. Joan, as had been the case in the past. Students taught by Gloria can now receive credit hours which go back to Unity Village which, in turn, allow them to become future Licensed Unity Teachers.

To celebrate Gloria's achievement, we will honor her with a reception on Sunday, January 22, after the 11:00 a.m. service. Please plan to attend and congratulate Gloria.

A Course in Miracles Each Sunday Morning at 10:00 a.m.

A good way to begin the New Year is committing to advance your spiritual path by studying *A Course in Miracles*. Join facilitator **David Alexander** each Sunday morning at 10:00 a.m. between the two services for an ongoing discussion group.

To begin, simply attend. You don't even need to purchase the book. You can look over a shoulder while you make up your mind if the *Course* is for you.

Rev. Joan, Carole Mullins in January

Rev. Joan Gattuso kicks off the New Year with four exciting Sunday lessons. Guest speaker **Carole Mullins** rounds out the fifth Sunday of the month. Here is the stirring lineup:

January 1: "Forgive Them, for They Know Not What They Do" (Rev. Joan Gattuso). This burning bowl Sunday offers you deeper insights into the nature of forgiveness.

January 8: "Be Like Mercury" (Rev. Joan Gattuso). Begin to learn how not to become attached to any experience.

January 15: "I, Me, My, Mine" (Rev. Joan Gattuso). When we only think of self, we are engaged in a lose-lose situation.

January 22: "Quick to Judge, Slow to Understand" (Rev. Joan Gattuso). Here is a clear message on shifting your perceptions and opening your heart.

January 29: "Living a Life of Purpose" (Carole Mullins). If you wonder what your purpose is, this lesson will help you obtain the answers you seek.

From Children's Church

Youth Goals Met and Planned

With the New Year upon us, I would like to review the goals we set for Youth Education in 2005 and see how we fared in their accomplishment. Following in bold print is a list of the goals that were set for 2005, and in italics is a brief explanation of how we did in accomplishing the goal:



- 1) Schedule two full day teacher trainings with outside trainers.** *Unity of Greater Cleveland hosted one all day teacher training in 2005.*
 - 2) Schedule regular teacher meetings by classes.** *A modification of this goal was accomplished through the development of a Youth Education Task Force that met regularly throughout 2005 and was instrumental in all of the changes made over the last year.*
 - 3) Schedule four teacher social events.** *We did not have any in 2005.*
 - 4) Schedule two youth education service projects.** *The Uniteens greeted one Sunday Service and the Youth Education Department participated in Random Acts of Kindness.*
 - 5) Schedule four youth education social events.** *We had one, our first annual youth education picnic.*
 - 6) Begin Sending Uniteens to Uniteen Retreats.** *We did not accomplish this.*
 - 7) Provide parents with regular information on youth education curriculum.** *In September we began sending home a weekly informational sheet that highlights the principle and themes studied.*
 - 8) Have at least four committed teachers in each classroom working as a team.** *This focus has changed, as we found that having one teacher that will teach each week in each age group with a classroom assistant is more helpful in maintaining consistency for the children both in the class structure and lesson content.*
 - 9) Have enough Nursery volunteers to cover the 9:00 service and 11:00 service.** *There are still plenty of opportunities for volunteers to serve in the Nursery.*
- In 2006, the plan is to continue working on the above goals and add two additional goals for 2006:
- 1) Expand the Youth Education coverage in the monthly church newsletter.**
 - 2) Develop Youth Education's presence on our Church Web-site.**

Happy New Year! Love and Blessings,



“Aligning with Your Divine Purpose” January 29 with Carole Mullins

Carole Mullins presents an enlightening workshop, “Aligning with Your Divine Purpose,” Sunday, January 29, at 2:00 p.m.



The workshop is designed to answer the questions: *What is my purpose? Why am I here? How do I get into alignment with my Divine purpose? How will I know when I’m achieving it? Is there still more for me to do?*

Carole is divinely inspired, a most gifted speaker. Her presentations demonstrate how she uses spiritual principles to overcome the challenges of life — how to get in alignment with your divine purpose and be a victor, not a victim!

Carole shares heart-tugging stories from the pages of her own life that uplift and inspire you. She is a committed person with an open space for God to express through her. Carole’s energy “turns up the spiritual wattage” of her audiences everywhere. Come, see, and experience her for yourself!

Comments about Carole: “Anyone who listens to Carole will feel her heart.” “Her enthusiasm for Truth Teachings is contagious” “Carole is up-front and ahead of the crowd – outspoken and energetic” “Catching her zeal is a wonderful thing. Certainly guaranteed to wake you up!” “Sincere and reflective, upbeat & enthusiastic. I love Carole for her Spirit.”

Come with an open and receptive heart, paper and pen. Your life will be blessed by the answers you will receive. The suggested love offering is \$25.

2006 Unity Convention an Alaskan Cruise

Please join The Association of Unity Churches International at our 2006 convention, June 9-16, aboard Celebrity Cruises’ “5-star” Mercury. We’ll be cruising Alaska, America’s last frontier and visiting one the most beautiful regions in the world!

Soak up the awesome splendor of the Alaskan wilderness as our ship sails the Inside Passage. Enjoy the long days as the sun never sets, which is why Alaska is called “The Land of the Midnight Sun.” Catch sight of humpback whales or wolf pups frolicking in the snow. From the breathtaking sights of Hubbard Glacier to the pioneering spirit of Juneau, the gold-rush energy of Skagway and the totem poles of Ketchikan. Celebrity’s Alaska is as rustic and romantic as one could ever imagine.

If you enjoy the outdoors, try fishing, hiking, rafting, panning for gold or simply relaxing. As you explore the magic and unspoiled dominion, Celebrity’s guides and naturalists share their intimate knowledge to help make this extraordinary experience even more unforgettable. What better setting can you imagine to tantalize all of your senses as we seek “Peace, Prayer and Prosperity” together.

Sail with The Association of Unity Churches International’s 2006 convention aboard Celebrity’s Mercury. It will truly be the experience of a lifetime. The ship will be our floating resort, complete with meals, shipboard activities, entertainment and an unforgettable convention. Check it out online at <http://www.unitycruise.com/>

On a Personal Note. . .

By Greg Benedetto

A memorial service was held for **Delayne Shah's** uncle who made his transition last month.

Rev. Joan's mother, **Vivian Gattuso**, is at Harborside Skilled Nursing Care, recuperating from a recent health challenge.

Karen Shepherd's name was inadvertently left off of those who attended Leadership Training at Unity Village last November. But we didn't miss the article Karen had published in the winter issue of *Goldenseal Magazine*. The article's title is "A Fayette County Christmas."

Remember to send your personal notes by phone, e-mail or in person to Greg at the church office.

Donation Statements to Be Sent in January

Unity of Greater Cleveland provides donation statements for those congregants who have given gifts to the church of \$400 or more for the year 2005. Statements are available for all others by request.

Statements will be sent by January 31, 2006.

Spiritual Cinema Presents *Millions*

Spiritual Cinema presents *Millions* on Friday, January 20 at 6:30 p.m. Moving and complex, this movie is about a boy who finds money and uses it to help others.

Bring your dinner to enjoy during the movie. A discussion about *Millions* will follow.

From the Bookstore

What the Bleep. . . Now a Book

"What we know we know. What we know we don't know. What we don't know we don't know. Given that we are only aware of 2,000 bits of information out of the 400 billion bits of information we are processing per second.

. . .when we argue against new knowledge. . . .how much of our "awareness" is arguing? How can we know everything about all the things we don't know?"



The statements and questions quoted above are from the book, yes, the book *What the Bleep Do We (K)now!?* The book follows the popular movie that many of us have viewed time and again.

The authors, William Arntz, Betsy Chasse and Mark Vicente introduce new ideas and ways of looking at the world. What they discovered was that we are the ones to decide for ourselves where the truth lays and what to try out in our lives. Part of the book is informational, digging deeper into the science. Then there are parts that reflect back on ourselves—how we perceive or don't, what we do, and how our attitudes impinge upon our experience and reality.

There are interviews by visionaries, pioneers and prophets, scientists, philosophers and mystics. The researchers may have discovered the key to why we do what we do. **The book contains more thoughts that never quite made it into the film but does include the same concepts and information that made the film such a success.** The knowledge and information is life-altering stuff. This book can be an opportunity to explain the world in which we live.

The *What the Bleep* book and the DVD are sold in our bookstore. Pick up your copy today. I guarantee you will be entertained and left with questions to "ponder for awhile."

Warm regards,

A handwritten signature in cursive script that reads "Rita".

Rita O. Jackson
Bookstore Manager

Hatha Yoga Series Returns January 4

The Hatha Yoga series returns January 4 with **Gerri Maynor**, a practitioner and student of the healing arts for 20 years. This eight-week Wednesday class is from 6:30 to 8:00 p.m.

According to Gerri, yoga means “to yoke,” “to unite” or “to be whole.” It is a coming together of body, mind and spirit, integrating all parts of ourselves into a unified whole and step into the flow of grace that is yoga. Yoga is an inward journey leading to expressing the highest that is within us.

You will be practicing Hatha Yoga designed to support both beginners and seasoned students alike. The class will consist of breathing, stretching, asanas (postures), meditation and chanting. Anyone can practice yoga, no matter the age, level of fitness, health, body weight or religion.

People take yoga for stress reduction, mental serenity, to tone and slim the body, for healing and prevention of injuries, increased strength and stamina, increased circulation and flexibility, enhancing athletic performance and all-around self-development. Documented benefits include lowered blood pressure, relief from anxiety and healing of old injuries.

On a physical level yoga enhances well-being and brings balance, strength and vital energy. For the mind you may expect improved memory, concentration and greater clarity. On a deeper level it balances and stabilizes the emotions and increases self-awareness.

Says Gerri, “It is with love and thanksgiving that I invite you to come and experience the joy of yoga. It is a spiritual journey of grace, possibilities, happiness and full self-expression.”

Gerri is a certified and registered yoga teacher, certified Reiki master/teacher, ethical massage practitioner, certified energy practitioner and spiritual care counselor. Her holistic practices have evolved into the “Sun and Moon Light Integrated Care,” which provides workshops, seminars, classes and services to the Greater Cleveland community.

The series is \$72.00, and individual classes are \$10.00. Register at church or by telephoning 216 751-1198.

Unity of Greater Cleveland Volunteer & Staff Directory

Founding Minister: Joan M. Gattuso

Board of Advisors:

Chair: Hank Roth

Vice Chair: Liz Parks

Treasurer: Mary Ann Davis

Secretary: Sandy Deck

Prosperity Partners: Minnie Bowers and Ed Erbach

Practitioners - Cynthia Bowers, Pamela Ellison, Jeanne Hood, Georgia Hyde, Bob Javorsky, Nona Oriti, Milly Owens, Zita Farrell-Andrews, Karen Shepherd

Fund Development Committee Chair: Mary Ann Davis

Projects Manager: David Alexander

Executive Director: Felicia Martinez

Secretary: Rita O. Jackson

Accountant: Kim Heiman

Minister's Sunday Assistant - Paul Landis, Gloria Ross

Youth Education Director - Linda Julian

Youth Education Assistant: Kathy Morgan

0-3 years old - (Head Teacher)

4-5 years old - Evelyn Canton (Head Teacher)

6-10 years old - (Head Teachers)

Uniteens (11-13 years old) - Frank Kenner (Head Teacher)

Y.O.U. (14-18 years old) Co-Sponsors - Linda Julian, Andy Miller

Bookstore Manager - Rita O. Jackson

Volunteers - Karen Owens, Mary Jo Nigro, Margaret Miller, Shirley Nelson, Ranonda Jones, Vivian Miller, Kathy Sullivan, Katie Augustine, George Miljevich, Mindy Bartholomae, Michael Powers, Loretta Williams

Newsletter - David Alexander

Greeter Coordinators - Dianne Harris and Elizabeth Parks

Music Director & Soloist - Greg Benedetto

Pianists - Lisa Bell Benedetto, Jan Patetta, Katie Cross

Percussion - Roy King, Baba Jubal Harris

Bass - Ed Lemmers

Soloists - Lisa Bell Benedetto, Brenda Bey, Leroy Crayton, Zita Farrell Andrews, Roberta

McLaughlin, The Oh! Sullivans, Bob Patetta, Tony Senf, Norma Powell, Afi Scruggs, Sheryl L. Thomas

Sound System - Bob Jones, Bob Patetta, Jo Jo Salupo

Florist - Blooms

Hospitality - Carl Kornicks, Paul Landis, Clare Randolph, Frank Rupsic, Dennis Walker

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

Web site: www.unitygreatercleveland.com

January 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10 am - ACIM 9 & 11 am Service: "Forgive Them, for They Know Not What They Do" (Rev. Joan Gattuso) Burning Bowl Sunday	2 (Office Closed)	3 12:30 Silent Unity Prayer Service	4 6:30 pm - Yoga (Gerri Maynor)	5 7 pm - "4T Program" (Hank Roth)	6	7
8 10 am - ACIM 9 & 11 am Service: "Be Like Mercury" (Rev. Joan Gattuso)	9 7 pm - A Chorus in Miracles rehearsal	10 12:30 Silent Unity Prayer Service	11 6:30 pm - Yoga (Gerri Maynor)	12 7 pm - "4T Program" (Hank Roth)	13 7 pm - Undergrounds Coffeeshouse	14
15 10 am - ACIM 9 & 11 am Service: "I, Me, My, Mine" (Rev. Joan Gattuso)	16 Martin Luther King Day (Office Closed)	17 12:30 Silent Unity Prayer Service	18 6:30 pm - Yoga (Gerri Maynor)	19 7 pm - "4T Program" (Hank Roth)	20 6:30 pm - Spiritual Cinema: "Millions"	21
22 10 am - ACIM 9 & 11 am Service: "Quick to Judge, Slow to Understand" (Rev. Joan Gattuso)	23 7 pm - A Chorus in Miracles rehearsal	24 12:30 Silent Unity Prayer Service	25 6:30 pm - Yoga (Gerri Maynor)	26 7 pm - "4T Program" (Hank Roth)	27	28
29 10 am - ACIM 9 & 11 am Service: "Living a Life of Purpose" (Carole Mullins)	30 7 pm - A Chorus in Miracles rehearsal	31 12:30 Silent Unity Prayer Service				



3350 Warrensville Center Road
Shaker Heights, OH 44122
For information on upcoming
events: www.unitygreatercleveland.com

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