

# March 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10 am - ACIM 11 am Service: "Be Mindful, Be Careful" (Rev. Joan Gattuso)  12:30 pm - "The Lotus Still Blooms" class	2	3	4 12:30 pm - Unity Prayer Service	5 7:00 pm - 4T Program	6	7 12 noon - QiGong (Marilyn Payne)
8 10 am - ACIM 11 am Service: "Beyond Appearances" (Rev. Joan Gattuso)  12:30 pm - "The Lotus Still Blooms" class	9	10 6:00 pm - Toastmasters	11 12:30 pm - Unity Prayer Service 6:30 pm - Yoga	12 7:00 pm - 4T Program	13 7:00 pm - Drum Circle (Baba Jubal)	14 10 am - Volunteer Cleaning Crew 12 noon - QiGong (Marilyn Payne)
15 10 am - ACIM 11 am Service: "Be the Best Christ" (Donna Van Oosten)	16	17 6:00 pm - Toastmasters	18 12:30 pm - Unity Prayer Service 6:30 pm - Yoga	19 7:00 pm - 4T Program	20	21 12 noon - QiGong (Marilyn Payne)
22 10 am - ACIM 11 am Service: "Get a Hot Momma and Be Cheerful" (Rev. Joan Gattuso)	23	24 6:00 pm - Toastmasters	25 12:30 pm - Unity Prayer Service 6:30 pm - Yoga	26 7:00 pm - 4T Program	27	28 10 am - Volunteer Cleaning Crew 12 noon - QiGong (Marilyn Payne)
29 10 am - ACIM 11 am Service: "On Happiness" (Rev. Joan Gattuso)  12:15 - Annual Meeting	30	31				



# News from Unity of Greater Cleveland

Volume 25, Number 3, March, 2009

## From Our Minister

### Moving Beyond the Little Deaths

Dear Friends,

The titles and themes of the Sunday lessons are chosen six to eight weeks in advance. From time to time there appears a cosmic alignment between what has been chosen well in advance and what is occurring globally, nationally, within our church family, or even personally.

This occurred on the last Sunday in February with my lesson, "Mini Bardos." It was such an important lesson that I want to recap it for you. Then, if you want to hear it in its entirety, you can go to the church's website, [unitygreatercleveland.com](http://unitygreatercleveland.com). I delivered this lesson six days after our son-in-law's sudden death, so it definitely held special significance for me.

Bardo is the Buddhist term for the in-between state a soul and consciousness go to at the end of a lifetime. It is believed to be a place of life review and transition. When a loved one passes away, we can engage in a very meaningful and loving process called "Phowa," which is to hold this dear one in prayer within our hearts for 49 days. When we feel separated, lost or confused in our grief and feel there is nothing we can further do, Phowa is something we can always do.

Even though the Bardo state is something that occurs after death, it occurred to me that while living we experience "mini Bardos" any number of times. We have mini Bardos or mini deaths of: an idea, a dream, or an aspiration. They happen with a severe illness, a divorce, or the loss of a job. Right now the current economic situation can certainly give us a mini Bardo.

All these and more are akin to a little death and call out to us to spiritually honor the specific experience. When we wrap a spiritual process around the trauma of a divorce or a serious illness, it gives us a container in which to hold what otherwise could be an event that [Continued on page 3]



## On The Inside:

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### Annual Meeting March 29

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### New Yoga Class Begins

Non-Profit  
US Postage  
PAID  
Cleveland, OH  
Permit #1433



3350 Warrensville Center Road  
Shaker Heights, OH 44122

For information on upcoming events: [www.unitygreatercleveland.com](http://www.unitygreatercleveland.com)

## Five Powerful Sunday Lessons in March

Rev. Joan Gattuso is joined by Donna Van Oosten in March. Rev. Joan is giving four of the five lessons, while Donna speaks on the 15<sup>th</sup>. Mark your calendars now.

**March 1:** "Be Mindful, Be Careful" (Rev. Joan Gattuso). There are a lot of false gods and false teachers out there.

**March 8:** "Beyond Appearances" (Rev. Joan Gattuso). Even though life seems to be dealing you a bad hand, it's all okay.

**March 15:** "Be the Best Christ" (Donna Van Oosten). Our purpose is to be the best Christ we can be.

**March 22:** "Get a Hot Momma and Be Cheerful" (Rev. Joan Gattuso). Is that what the doctor said?

**March 29:** "On Happiness" (Rev. Joan Gattuso). Practice the eternal laws of happiness now.

## From the Bookstore

### ***Life's Missing Instruction Manual***

Bestselling author and marketing guru Joe Vitale offers insights and life lessons for achieving success in the simple straightforward tone of an



instructional manual in *Life's Missing Instruction Manual: The Guidebook You Should Have Been Given At Birth*. This little book offers big wisdom and little-known secrets for living a better life.

Packed with life lessons most people will wish they'd learned earlier, *Life's Missing Instruction Manual* uses humor and anecdotes to present practical steps readers can use to take control of their lives, overcome any obstacle, and find fulfillment.

\* \* \*

**ANNUAL BOOKSTORE SALE:**  
Visit the 50 percent off table in the bookstore. This includes audiotapes and CDs.

\* \* \*

Mastermind Journal fillers are sold out and will not be reprinted for '09. My apologies to those who ordered.

## Drum Circle Returns on March 13

The Drum Circle led by **Baba Jubal Harris** returns for all to enjoy on Friday, March 13 at 7:00 p.m.

Bring a drum with you. If you do not have one, there will be instruments available.

## New Yoga Class Starts March 11 with Jonathon Richardson

**Jonathan Richardson** begins an eight-week Yoga class on Wednesday, March 11, at 6:30 p.m. He has had a private yoga practice for 10 years and is now a Yoga instructor.

Jonathan practices a vinyasa (flowing) style of Hatha yoga which focuses on movement and the breath. Jonathan's class will focus on mind body awareness, fitness, and stress reduction. Jonathan will provide modified postures for those who may be new to the practice of yoga. Jonathan is a new instructor and chose Unity to provide eight hours of yoga for eight weeks as part of his instructor requirement.

Bring mats if you have them and a couple of blankets. The class is given on a love offering basis.

## You Can Help Keep Our Church Clean as a Whistle

Thank you to all who come on Saturdays to help keep our building clean. The team will meet on Saturdays, March 14 and 28 at 10:00 a.m.

Sign up on Sunday or call the office at 216-751-1198 to assist. We appreciate your help. With four people volunteering, for example, we can complete the task in a little over an hour.

## Make Giving an Ongoing Automatic Process

Unity of Greater Cleveland is blessed by generous givers. If we have enough folks signing up, we will make it even easier for you to give on a regular basis in 2009. To tithe or give a set amount each week or each month, you will be able to designate that amount and have it deducted automatically from your checking account.

The program will be administered by our bank, Huntington, and it is completely secure. Once you sign up you have total control over your deduction. You can increase it, decrease it, or eliminate it altogether at any time. Please let us know your interest by signing up on the sheet in the lobby.

## 2009 Annual Meeting Set for March 29

The 2009 Annual Meeting of Unity of Greater Cleveland is scheduled for March 29 at the conclusion of our 11:00 a.m. service. A number of items are on the agenda for discussion by members, including:

- Election of Board members.
- Future direction of our church.
- Future of our building.

All congregants are welcome, although only members can vote. If you are a member, we ask that you please schedule yourself to attend this important meeting. It is your church, and we need and respect your valuable input



## From Our Minister [Continued from page 1]

could totally unravel us.

*To look at trying times with the wisdom that comes out of an understanding of the Bardo process can bring forth deep meaning, crystal clarity, courage, compassion, and a right view and right action. From this aware state we can then move on, no longer feeling helpless, loss or the victim of the situation.*

*May you find this teaching helpful on your spiritual journey.*

*Loving blessings,*

## Unity of Greater Cleveland Volunteer & Staff Directory

**Founding Minister:** Joan M. Gattuso

**Board of Advisors:**

**Chair** - Minnie Bowers

**Vice Chair** - Sherry Foulkes

**Secretary:** Sandy Deck

**Treasurer:** Paul Barr

**Prosperity Partners:** Connie Machan and Elaine Slea

**Alternate Member:** Andy Miller

**Licensed Teachers** - Gloria Ross, Karen Shepherd

**Practitioners** - Cynthia Bowers, Pamela Ellison, Dawn Falkenstein, Georgia Hyde, Bob Javorsky, Vivian Miller, Nona Oriti, Milly Owens, Sheryl Thomas

**Assistant:** Felicia Martinez

**Administrative Assistant:** Rudi Barnes

**Accountant:**

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

**Youth Education Directors** - Roberta Kalich-Paley, Marcia Bufford

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

**Lower/Upper Elementary (4-10 years old)** - Marcia Bufford, Sherry Foulkes, Michelle Hurt, Roberta Kalich-Paley, 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** - Volunteer

**Florist** - Blooms

**Hospitality** - Carl Kornicks, Paul Landis, Todd Mueller

**Meals on Wheels** - Open

**Web Site Manager:** Tim Machan

**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