



News from Unity of Greater Cleveland

Volume 25, Number 5, May, 2009

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From Our Minister

Embrace Your Time

Dear Friends,

A Course in Miracles says, "The miracle of life is ageless, born in time but nourished in eternity." This is a time in our congregation when several dear ones have passed within a very close time frame. The visitation of death must call us to awaken a bit more as to what we need to value while we are here in the time we have.

As Sogyal Rinpoche said repeatedly at a ten-day Buddhist retreat I was attending, "We think we have time. We think we have time. We think we have time. And then. . . we have no time."

Most often we live our lives like we have endless time. But our human experience is quite finite. What will it take for you and me and all of us to wake up more and more and embrace the life we have? Yes, we have time, but is it a day, a week, a month, a year, 20 years or more—or is it two hours?

It is grace that keeps us from knowing just how long, as well as grace that nudges us forward to embrace life more fully. Today so many people are stressed nearly to the breaking point because of their views of the world economy, illness, debt, disappointment or death. We need our faith more than ever to see us through these times collectively and individually.

I believe what President Obama has said is true: There is no quick fix. It is going to take time before we collectively turn the proverbial corner. In the meantime let us not sit and gnash our teeth and wring our hands, but rather let us discover new and creative ways to embrace life and be grateful for each contact and each day.

An old Unity teaching is, "Look for the good." Begin that now, and look and look until you uncover it.

Many blessings,



From the Bookstore

In a beautifully crafted blend of moving stories, humorous insights, practical guidance, and personal memoir, *Broken Open: How Difficult Times Can Help Us Grow*



by Elizabeth Lesser, offers tools to help us make the choice we all face in times of change: be broken down and

defeated or broken open and transformed? Lesser shares tales of ordinary people who have risen from the ashes of illness, divorce, loss of a job or a loved one stronger, wiser and more in touch with their purpose and passion.

And she draws on the world's great spiritual and psychological traditions to support us as we too learn to break open and blossom into who we were meant to be.

Graduations are coming. Do your shopping at UGC bookstore.

The Lotus Still Blooms **Completes on May 3**

Rev. Joan Gattuso will complete teaching from her ground-breaking work, *The Lotus Still Blooms*, with an extended class on Sunday, May 3, at 12:30 p.m.

Eastern wisdom traditions are often baffling for Western minds—where to begin uncovering the often complicated steps, precepts, concepts, and ideas? Aimed at people who are curious about Buddhism and want basic instruction in understanding and applying

Buddhist principles in their life, this class goes through major Buddhist beliefs step by step and shows how to apply them practically to busy, hectic lives. Filled with Rev. Joan's refreshingly delightful stories and her warmth, the class presents exercises to assist in using these principles immediately in your life.

The class is not only filled with the wisdom of Tibetan Buddhism, but it offers you the same insights and wisdom. If these ancient teachings do not touch your core and inspire your life, then they will be just so much intellectual knowledge and will be fairly meaningless. On the other hand, if you apply them your life and your understanding will be liberated.

The series is given on a love offering basis, according to the value you receive. Even if you have not attended the previous classes, you are welcome on

May 3.

Ted Henry, Rev. Lynne Join Rev. Joan in May

Veteran local newscaster **Ted Henry** joins **Rev. Joan Gattuso** on the podium in May. Also, **Rev. Rebecca Lynne**, long-time Unity minister is a May presenter. The month will be an uplifting spiritual encounter each of the five Sundays of the month. Mark your calendars now.

May 3: "Thank you, Thank you, Thank you" (Rev. Joan Gattuso). Let this be your mantra of attraction in all areas of your life.

May 10: "The Love of the Divine Mother" (Rev. Joan Gattuso). Make the Divine Feminine real and personal every day you're here.

May 17: "It Always Comes Back" (Rev. Joan Gattuso). Here is a deep exploration into one of the most important spiritual laws.

May 24: "Are You Ready?" (Rev. Rebecca Lynne). Are you ready to be challenged to take the next BIG step in your spiritual growth?

May 31: "Living Beyond the Negative" (Ted Henry and Rev. Joan Gattuso). Ted tells his personal experiences of dealing with the negative news while being positive on a daily basis, while Rev. Joan reveals her views.

“Breaking the Symbolic Code of Genesis”

“Break the Symbolic Code of Genesis” is the intriguing title of an all-day workshop Saturday, May 23, from 9:30 a.m. to 4:30 p.m. with Unity Minister **Rev. Rebecca Lynne**.

Rev. Rebecca is a classmate of Rev. Joan who calls her “a wonderful and deep metaphysical teacher who has delved deeply into new spiritual territory for 40 years.” She presents a powerful program that includes:

- What God REALLY created.
- How God is individualized as you.
- How All Manifestation Happens.
- How Vibration Works to Create Your World.

This workshop is unlike any you’ve attended before. It is an exciting blend of metaphysics and scientific theory. You’ll discover quantum physics, holograms, sound waves, DNA structure, and how Genesis tells all. You will come away with a new view of yourself and your life’s purpose.

An accompanying book is required for the workshop. The book is \$33 and the suggested love offering is \$30 (no one turned away for lack of funds). There will be a lunch break during the workshop. Please register by Sunday, May 3.

Become a New Member on May 24

Unity of Greater Cleveland will be accepting new members in May. This is an ideal time to further your spiritual commitment to yourself and your church. All you have to do is set aside the last two Sundays in May.

If you have been attending Unity of Greater Cleveland for at least three months consistently, you are eligible to become a member. There is an orientation session after the service on May 17 which you are required to attend. The new member ceremony will be held during the 11:00 a.m. service on May 24.

Then you can announce to yourself and your world, “Unity of Greater Cleveland is MY church.” If you have any questions please call **Rudi Barnes** at the church office, 216 751-1198.

Inner Peace Drum Circle with Baba Jubal



Come together in unity and love and experience this way to express yourself. The drum circle on Friday, May 15, at 7:00 p.m. offers you the opportunity to learn to drum in the spirit of peace, love and unity.

Says Baba “I express my love and devotion to God through the music of the drum.” Know the joy of this practice, no experience necessary.

Bring a drum if you have one, If you don’t, there will be instruments available. The class is given on a love offering basis. Sign up at the Events Table.



Easter Bunny Makes Many Smiles

Three of the kids the Easter Bunny made very happy on a glorious Easter Sunday are, left to right, Colleen, Brook and Jasmine.

Ongoing at Unity of Greater Cleveland

A Course in Miracles Study Group

Sundays at 10:00 a.m.

Join Facilitator, **David Alexander**, who is a long-time student of the *Course*. Each Sunday morning the text is explored. Whether you have never picked up this spiritual book or you've been a long-time student, join us.

Transformative Toastmasters

Tuesday, 6:00 p.m.—7:00 p.m.

Do you want to be a better communicator? Toastmasters provides an opportunity to learn skills of leadership, organization, and confidence. Guests are always welcome.

Silent Unity Prayer Service

Wednesday at 12:30 p.m.

This weekly service is based on the meditation used in the monthly Silent Unity prayer service that is read aloud in their chapel each day. We invite you to join us in this prayer time every Wednesday.

Keeping Our Building Tidy

Saturday, May 9 & 23 at 10:00 a.m.

Volunteers will come together on Saturdays at 10:00 a.m. to clean the building. Sign up at the Events Table so we know to expect you.

Jonathan Richardson Begins New Yoga Class

Jonathan Richardson begins a new eight-week series on May 6. He is adding half an hour to the class, so it will run from 6:30 p.m.-8:00 p.m. each evening. Jonathan practices a vinyasa (flowing) style of Hatha yoga which focuses on movement and the breath.

The class will also 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. Bring a mat if you have one and a couple of blankets.

Sign up at the Events Table. The cost of the class is \$72 for the series, or \$10 a class.

Making Giving Even Easier

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. 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.

Godspeed to Jean Ledgyard and Dorothy Allamby

Unity of Greater Cleveland members **Jean Ledgyard** and **Dorothy Allamby** made their transitions in April.

Jean was a lifelong member of Unity and a member of Unity of Greater Cleveland for over 20 years. She was loved by all who knew her, and she joyfully loved and cared for everyone she knew.

Dorothy was at Unity of Greater Cleveland for a shorter period of time. A gentle soul, she was a joy to be around.

Godspeed, Jean. Godspeed, Dorothy.

Unity of Greater Cleveland Volunteer & Staff Directory

Founding Minister: Joan M. Gattuso

Board of Advisors:

Co-Chairs - Sandy Deck and Elaine Sleas

Secretary: Connie Machan

Treasurer: Calvin Reid

Prosperity Partners: Paul Barr, Freddy

LaTorre, Al Magner, Andy Miller

Licensed Teachers - Gloria Ross,

Karen Shepherd

Practitioners - Cynthia Bowers, Pamela

Ellison, Dawn Falkenstein, Georgia Hyde,

Bob Javorsky, Vivian Miller, Nona Oriti, 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 Komicks, 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

Web site: www.unitygreatercleveland.com

May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 10 am - ACIM 11 am Service: "Thank You, Thank You, Thank you" (Rev. Joan Gattuso)	4	5	6 6:30 pm - Yoga	7	8 1	9 10:00 am - Cleaning 12 noon - QiGong (Marilyn Payne) 12 noon - QiGong (Marilyn Payne) 2
10 10 am - ACIM 11 am Service: "The Love of the Divine Mother" (Rev. Joan Gattuso) MOTHER'S DAY	11	12 6:00 pm - Toastmasters	13 12:30 pm - Unity Prayer Service 6:30 pm - Yoga	14	15 7:00 pm - Drum Circle (Baba Jubal)	16 12 noon - QiGong (Marilyn Payne)
17 10 am - ACIM 11 am Service: "It Always Comes Back" (Rev. Joan Gattuso)	18	19 6:00 pm - Toastmasters	20 12:30 pm - Unity Prayer Service 6:30 pm - Yoga	21	22	23 (Marilyn Payne) Rebecca Lynn
24 10 am - ACIM 11 am Service: "Are You Ready?" (Rev. Rebecca Lynn)	25	26 6:00 pm - Toastmasters	27 12:30 pm - Unity Prayer Service 6:30 pm - Yoga	28	29	30 12 noon - QiGong (Marilyn Payne)
31 10 am - ACIM 11 am Service: "Living Beyond the Negative" (Rev. Joan Gattuso and Ted Henry)		Toastmasters				



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

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