



News from Unity of Greater Cleveland

Volume 26, Number 5, May, 2010

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Rev. Joan, David in May

There are five Sundays in May, and **Rev. Joan Gattuso** continues her Spring series in May on four of these Sundays. **David Alexander** speaks on the 23rd.

May 2: "By Choice, by Message, by Design" (Rev. Joan Gattuso). We go with it, we flow with it, or we get run over by it.

May 9: "Teachings on the Mother" (Rev. Joan Gattuso). Become knowledgeable on the great mother teachings from the East and the West.

May 16: "Dichotomy of Life" (Rev. Joan Gattuso). It can be timeless. It can be ever-changing. Can it be either, or is it both all of the time?

May 23: "From Fear to Fearless" (David Alexander). When we turn to spiritual fearlessness, our lives quickly work.

May 30: "Creating a New World" (Rev. Joan Gattuso). We are working diligently toward this creation. Learn how Jesus and Buddha did it.

From Our Minister

The Path to Enlightenment

Dear Friends,

On a recent Sunday I related the story of what had occurred during the previous week at a Japanese restaurant where I was having lunch with Rev. Ric Schumacher. We were discussing some ideas he had for promoting *The Lotus Still Blooms*.

As the restaurant owner seated us, he noticed the cover of the book. Rev. Ric told him it was Buddhist teachings for Westerners. As the owner walked away, I asked if he was Buddhist.

"No!" he replied firmly. "To be Buddhist you have to believe in reincarnation." Then he asked us if we believed in reincarnation. Rev. Rick said he did.

Then the restaurateur looked at me and said, "What? Are you coming back as a frog?"

No, I thought, that's transmigration, but what I said was, "Enlightened, I'm coming back as enlightened."

Replied the owner, "Good answer." Then he walked away.

There is the Zen story in which a disciple asked his master, "Master, how do you put enlightenment into action? How is enlightenment practiced in everyday life?"

"By eating and sleeping," the master replied.

"But master, everyone eats and everyone sleeps."

"However," said the master, "not everyone eats when they eat, and not everyone sleeps when they sleep."

To eat when you eat and sleep when you sleep means to come fully conscious into each present moment. It means one is living fully in a meaningful manner.

To become enlightened we must practice with every breath we take, with every action we take, with every word we speak, with every thought we think. We embrace the points on the Buddhist wheel with the conviction of our practice, not occasionally, but each moment by each moment.

It is the "daily bread" that Jesus prays for in the Lord's Prayer. Lifetimes of practice without ceasing, without abandonment, leads us to liberation and enlightenment.

Why do we practice? To wake up—to wake up to God.

Loving blessings.



From the Bookstore

Women, Food and God

Women, Food and God (An Unexpected Path to Almost Everything) by

Geneen Roth is a brilliant book. It's brilliant because it cuts right to the core of our sabotaging



behaviors and gives us a practical and sustainable roadmap for breaking through.

The theme of the book is that the way we eat, the way we think about food and handle ourselves around food is the way we do everything. The author then shows us how and why this is the case.

This book is funny, personal and right to the point. I love this book for its profound wisdom and recommend this book to everyone - men, women, teenagers, everybody!

(See the article on page 3 for the four-part class on this book.)

Our Volunteers Help Us Keep Our Church Clean

Thank you to all who come on Saturdays to help keep our building clean. If you haven't volunteered before, try it, you'll like it. The team will meet on Saturdays, May 1 at 10:00 a.m., May 15 at 12:00 noon, and May 29 at 10:00 a.m.

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

QiGong Class Begins Anew

QiGong, the ancient healing art from China, will begin again Sunday, May 2, at 1:00 p.m. with **Marilyn Payne**. The series then continues for a total of five Sundays.

The benefits of QiGong are improved circulation, balanced blood pressure, increased relaxation, enhanced Immune function, increased energy, improved concentration and improved functioning of internal organs.

The practices include movement form to strengthen the constitution of the body, breath form to revitalize cells, and sitting form for relaxation and meditation.

Marilyn is a certified Instructor of QiGong. She has studied different healing techniques and Eastern healing arts for over 25 years. She is a student and instructor of Master Tianyou Hao who is the founder of the QiGong & Human Life Research Foundation.

The classes have a suggested love offering of \$10 each. For further information call 216-751-1198.

Prosperity Breakfast May 15

Our next abundant and fun Prosperity Breakfast is set for Saturday, May 15. It is held in the River City Grill at the Marriott Hotel in Warrensville Heights. The address is 26300 Harvard Road, just off I-271.

At the breakfast support is given to all through the sharing of prosperity stories, masterminding, and prayer. These breakfasts produce powerful, positive results for all attending.

Please sign up at church, so we can let the hotel know who will be there. At the breakfast you may order from the menu or select from the complete buffet.

Drum Circle on May 7

Come together in unity and love to express yourself at the drum circle on Friday, May 7, at 7:00 p.m.

Bring a drum if you have one. However, if you don't, there will be instruments available. The class is given for a love offering. Sign up at church or call 216-751-1198.

Freeing Yourself from Body Image Obsession

Are you tired of monitoring what you eat?

How often have you thought, "When I get down to a size..., then I'll....?"

Can you remember a time when you were content with your body image?

Is there dread *again* with the approach of summer and having to remove your winter layer of clothing/protection?

This four-part class beginning Thursday, May 20, at 7:00 p.m. is based on Geneen Roth's book, *Women, Food & God*. You'll learn it's not about the weight—it never was. Geneen gives us a practical way to use our bodies—along with some of the most difficult parts of our emotional lives—as gracious and transformative portals to our souls.

As you become free of the obsession to look a certain way or be a particular mythical size, you will touch the Godness/Goddess (goodness) inside which will transform you into what you've always wanted—freedom for perhaps the first time in your life. Come join us for this life transforming series.

The suggested love offering for the series is \$50, or \$15 per class. For further information call 216-751-1198.

Become a New UGC Member on May 30

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 to make certain you attend two Sundays, May 16 and May 30.

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 16 which you are required to attend. The new member ceremony will be held during the service on May 30.

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: Paul Barr
Prosperity Partners: Freddy LaTorre, Al Manger, Sheryl Thomas
Practitioners - Rudi Barnes, Marcia Bufford, Debra Coleman, Pamela Ellison, Georgia Hyde, Vivian Miller, 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, Felicia Martinez, Betty Phillips, Janet Wasserman
Uniteens (11-13 years old) - Freddie LaTorre
Y.O.U. (14-18 years old) Sponsor - Chrystal LaTorre
Bookstore Manager - Vivian Miller
Volunteers - Ranonda Jones, Karen Owens, Michael Powers, Joyce Shaw
Greater 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
Web site: www.unitygreatercleveland.com

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 10 am - ACIM 11 am Service: "By Choice, by Message, by Design" (Rev. Joan Gattuso) 1 pm - QiGong (Marilyn Payne)	3	4 6:00 pm - Toastmasters Class 7:00 pm - QiGong	5 12:30 pm - Unity Prayer Service 6:30 pm - Yoga	6	7 7:00 pm - Drum Circle	1 10 am - Volunteer Cleaning Crew 8
9 10 am - ACIM 11 am Service: "Teachings on the Mother" (Rev. Joan Gattuso) 1 pm - QiGong (Marilyn Payne)	10	11 6:00 pm - Toastmasters	12 12:30 pm - Unity Prayer Service 6:30 pm - Yoga	13	14	15 9:30 am - Prosperity Breakfast 11 am - UGC Book Club - Volunteer Cleaning Crew
16 10 am - ACIM 11 am Service: "Dichotomy of Life" (Rev. Joan Gattuso) 1 pm - QiGong (Marilyn Payne)	17	18 6:00 pm - Toastmasters	19 12:30 pm - Unity Prayer Service 6:30 pm - Yoga	20 7:00 pm - "Women, Food & God" (Vivian Miller)	21	22
23 10 am - ACIM 11 am Service: "From Fear to Fearless" (David Alexander) 1 pm - QiGong (Marilyn Payne)	24	25 6:00 pm - Toastmasters	26 12:30 pm - Unity Prayer Service 6:30 pm - Yoga	27 7:00 pm - "Women, Food & God" (Vivian Miller)	28	29 10 am - Volunteer Cleaning Crew
30 10 am - ACIM 11 am Service: "Creating a New World" (Rev. Joan Gattuso) 1 pm - QiGong (Marilyn Payne)	31					



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