

Volume 22, Number 9, September, 2006

On The Inside:

Page 3

What Is Mysticism? with Jon Mundy

Page 5

Experience and Play the Didgeridoo

Page 7

World Day of Prayer September 14

Page 8

Friendship Sunday September 24

From Our Minister. . . Invite Your Friends

Dear Friends,

Many Sundays I notice some of you interacting with your friends here at church. It warms my heart and I smile.

True friendships are so precious, and a constant reminder of the love of God flowing one to the other. From Philippians: "I thank my God upon every remembrance of you." A dear and lasting friendship gives us so many reasons to be grateful.

When I reflect back on my years in Unity at the Akron church, four women and I became quite close friends. This was a friendship that continues to this day with two of them, and continued with the other two until they made their transitions quite young. But just the thought of them is soul fulfilling.

Our spiritual friendships are a precious part of our soul's journey. With this in mind, September 24 is being designated as Friendship Sunday here at Unity.

It is your time to remember your treasured friends, those with whom you share a soul bond, and invite them to be a guest for that Sunday at your spiritual home. Perhaps a friend of yours is waiting just to be asked to come to your church with you.

A member of our congregation recently told me about her sister who complained to her about never being invited to visit her church. The congregant said, "You never came to my church." Her sister replied. "You never asked me."

Maybe you, too, have a sister or friend who has been waiting to be asked. See the details of Friendship Sunday on page 8.

May you have a blessed month.

Loving blessings,




Just Where Is God?

By David Alexander

In Unity and in New Thought in general we teach that God lives within. Just where is that “within” anyway? We teach that we are not our bodies, so God can’t reside there, can She? We teach that the essence of us is mind. So is that where God hangs out?

For me the easiest way to connect with and locate God is to see God in all things. I do see God in my body, as well as my mind. I see God in our kitty and our doggies. I see God in a tree, in a flower, in a rock, in the sky, in my car, in the food I eat, in everyone I meet.

God is not a “being” to me. God is the sum total of everything. He represents whatever is and occurs in every millisecond of every day. This includes everything I feel as loving or fearful, good or bad, happy or sad. It is all perfect. Only my judgment makes it seem otherwise to me.

So where is God? God is in you. God is in me. God is here and now and forever.

Thank you, God!

The Beauty of Karen Drucker’s Music

By Greg Benedetto, Music & Arts Director

Last month I invited you to suggest new music that you’ve heard and liked—music that can be “spiritual” without being termed religious or sacred. Maybe you received a gift of music from a friend who said, “I think you’ll really enjoy this music.” Well, that’s exactly what happens to me—a lot. It goes with the job! WARNING! What speaks to one person may not speak to another, and that’s OK!



This one was a blessing, a CD by Karen Drucker, *Songs Of The Spirit II*. Sometimes you may hear music that just doesn’t grab you, but at another time it goes right to your heart, and you wonder, Why didn’t I “hear” this the first time? Well, we’re not always in the “right mind” to hear Spirit calling, are we? It’s the same with music. Give it another try as I did.

Karen Drucker’s music is not deep. It doesn’t have to be. Good music can be simple! This one consists of chants, mostly original, and simple, short messages put to fun, rhythmic music that will have you be-boppin’ in your car or home and singing like you know the songs. Guess what? After a few listenings, you will, and that’s the beauty of musical messages that will stay with you like a never-ending mental jukebox and help you feel good about your life. No quarters required. Check out this and several other CDs by a great “new-thought” artist at www.karendrucker.com. You’ll be hearing some of her music in church very soon.

- WANTED – Dynamic Music Ministry (that’s us) actively seeking an equally dynamic GOSPEL pianist, in addition to **Lisa Bell Benedetto**, to accompany the weekly Chorus In Miracles rehearsals and our periodic Sunday morning performances, once every 4 to 6 weeks, AND Christmas Eve. Contemporary Gospel experience a necessity. Contact **Greg Benedetto** at the church.
- WANTED – Singers to join a dynamic chorus! Why wait? Step up and make your commitment now to join A Chorus in Miracles. “If you can laugh, you can sing!” Must be a team player, be able to blend with the others, have fun and be open to new and exciting music. It’s not your grandmother’s church choir! Featuring the exciting music of Agape, the 60’s, 70’s and 80’s, and original music.
- Discover the Music Within You! Learn how to enhance and become more confident with your “inner musical voice,” whether it be singing, learning to play the piano, the guitar, or simply how to read music. It’s all fun, and richly rewarding.

For all of these opportunities, or for recommendations of some great music you’ve heard, contact Greg at the church office (216 751-1198) or in person.

Our Newest Practitioners

Our church's newest practitioners were officially recognized on Sunday, August 13. Left to right are Shirley Nelson (new), Facilitator Bob Javorsky, Facilitator Karen Shepherd, Sheryl Thomas (new), Dawn Falkenstein (new), Bob Churilla (new), Rev. Joan Gattuso, and Vivian Miller (new).



“What Is Mysticism?” with Jon Mundy September 16

Jon Mundy, *A Course in Miracles* facilitator extraordinaire, returns to Unity of Greater Cleveland on Saturday, September 16, with a new and intriguing workshop, “What Is Mysticism?” Have you ever had a mystical experience? One in three Americans say they have. So what is a mystical experience? What does it look like? How does it happen?

The *Course* says that mysticism is one form of a universal curriculum. Through the ages there have been many mystics who had insights into the same kind of eternal truths described in the *Course*. Jon will answer all your questions and gently direct you into the depths of this fascinating topic.

Jon is also an author, lecturer, and standup philosopher-comedian, “Dr. Baba Jon Mundane.” He is the publisher of *Miracles* magazine, the author of 11 books, and a lecturer in philosophy at The State University in New York.

He was introduced to *A Course in Miracles* by Helen Schucman, its scribe, in 1973, a year before it was published. She served as his mentor and “mother hen” until 1980.

Welcome Dillon

Dillon Foulkes was christened in August. Happy and looking on are Rev. Joan Gattuso, godparents Dawne

Falkenstein, and the parents Sherry and Louis Foulkes.



Backpacks Needed

The deadline for kids' backpacks is Sunday, September 3. Please help 100 first graders at Rozelle Elementary School in East Cleveland by providing backpacks filled with supplies (#2 pencils, crayons, erasers, glue, Kleenex, liquid soap hand sanitizer). The children and their parents will greatly appreciate your generosity.

The Answer to Dad's Prayer

*By Gloria Ross
Licensed Unity Teacher*

Elaine Slea, a member of Unity, told me about her Dad. She was very close to him. Years ago, he was diagnosed with leukemia. He grew weaker and declined more in health, but still seemed to hang on. Elaine's Dad was also a diabetic. Elaine is sure that he could not make his transition until he was sure that Elaine had someone who would take care of her. Elaine is certain that that idea was her Dad's last unspoken prayer.

Then, Elaine met **Jerome**. Jerome is Elaine's knight in shining armor. They dated and nurtured their relationship and after two years, they were married. Her Dad walked her down the aisle, and Rev. Joan officiated at the ceremony.

Her Dad later made his transition peacefully. Elaine believes that Jerome was the answer to her Dad's prayer. Elaine and Jerome have been married for eight years last February and are exquisitely happy with each other.

September Volunteer of the Month

CONGRATULATIONS Dr. Minnie Bowers for being nominated September Volunteer of the Month! Board Member! Greeter! Volunteer! Your presence is everywhere! Thank you Minnie for your continued generosity.

From Children's Church

Living in the Now, Building for the Future

Dr. Keith Jordan said it best last month—when as Rev. Joan's guest at a Unity of Greater Cleveland service—he told the congregation we do our best when we “just get out of the way.” That's very good advice for me when writing my first column for the Children's Church.

I'm blessed and fortunate that **Wendy Johns**, when stepping down as Youth Education Director in August, passed along my name as someone who might be interested in the position. She was right, and the timing couldn't be better. Divine Order at work, as always, has helped me recognize that we're all in the right place, doing what we're supposed to be doing,



at just the right time.

And though I've been with the Children's Church in one capacity or another for several years now (spending much of that time with my children—Gillian, Anna and Griffin—in various classes), I've never been more excited about where we are going as a Children's Church and how we're going to get there. (Not that I know the details of course, but I welcome “getting out of the way” and letting Spirit guide us.

We have a strong foundation from which to grow, one which is based on love from God expressing through many sources: 1) our children, 2) our parents, grandparents and caregivers who share their blessings with us for at least an hour each week, and 3) our committed teachers and providers who recognize the Christ spirit in each and every young person in our Y.O.U. (Youth of Unity), Uniteens, Upper Elementary, Lower Elementary, Pre-School, and Nursery programs. They plan each week for your young person to arrive with the goal to do as Unity co-founder Myrtle Fillmore told us in 1893, to help “call out the children.” Not one for just entertaining (I don't think they used the word “babysitting” back then. Myrtle told us: *[Continued on next page]*

Experience Its Power and Play the Digeridoo

And now for something completely different. Visiting Australian lecturer and recording artist

Phil Jones will present an interactive workshop teaching meditation and simple breathing techniques with the Australian didgeridoo.

Set for Friday, September 1, at 7:00 p.m., this workshop features the ancient, mesmerizing drone instrument, the didgeridoo, made from a eucalyptus tree and traditionally played in ceremony and used for healing by the Aboriginal clans of Australia.

Playing the didgeridoo creates soothing and resonant harmonics that easily erase the “monkey chatter” in the mind, enhancing mental clarity and emotional equanimity. The primordial vibration of the didgeridoo and the simply breathing techniques help create a state of relaxation, lower blood pressure, relax the heart, improve digestion, and significantly reduce sleep apnea and snoring.

No musical experience is necessary. All participants will be provided an authentic Australian didgeridoo to play during the workshop. Didgeridoos and meditation CDs will also be available for purchase..

Phil studied seven years with an enlightened Hindu teacher. He parallels the didgeridoo, “a non-denomination meditation accelerator,” with Eastern philosophy, New Thought, and Aboriginal traditions. The workshop has strong spiritual overtones and focuses on creating a deeper connection with soul conscious energy and self-empowerment.

The suggested love offering is \$20. For further information call 216 751-1198.

From Children’s Church

[Continued from previous page] “Our mission is not to entertain the children, but to call them out. To be always entertained is to be dwarfed and dependent. To be ‘called out’ is to follow the harmonious law of the soul’s unfoldment. . . .Have we always remembered that they, too, must quicken and unfold through the innate law of their own genius?”

It’s remarkable to watch the young people grow here at Unity of Greater Cleveland, and to progress on their individual journeys. Thank you, church community, for your love, too, for building the sacred space for the children, for helping them walk their paths, living the Unity principles they learned in such a nurturing environment. You’re helping equip them with the spiritual tools and resources to help each soul—and that of our Children’s Church—truly unfold. I look forward to working with you.

Yours in Unity,



Kimberly Chapple, Youth Education Director

On a Personal Note



Rev. Joan smiles with Marcia Bufford on Marcia's return Sunday.

By Greg Benedetto

Alfea Flowers has moved to Georgia. Her new address is: 748 Edgley Lane, Lawrenceville, GA 30044.

Mindy and **Phil Bartholomae** have moved to Chicago. You can contact them at: bartholomae@mindspring.com.

Tim Machan's sister, Antonia, passed away on July 21. Godspeed, Antonia.

Kenneth Robinson, **Laurice Kent's** father and **Alex Kent's** grandfather, passed away on August 8 after a massive stroke. Our prayers go out to Laurice, Alex and family.

Our own Wonder Woman, **Marcia Bufford**, has miraculously recovered from the traumatic injuries she'd sustained. As you can see by the picture above, Marcia made a triumphant return to Unity of Greater Cleveland on July 30. Additionally, the *Plain Dealer* article chronicling her comeback is posted on our church bulletin board. I'm sure everyone joins us in celebrating Marcia.

From the Bookstore

Loving What Is a "Must-Have"

By Vivian Miller, Bookstore Volunteer

Loving What Is, Four Questions That Can Change Your Life by Byron Katie is a must-have for your metaphysical bookshelf. This book can renovate your "stinkin' thinking" and give you a permanent "get out of jail free" card (imprisonment by our illusions).

Katie provides a step-by-step process in the form of four questions called "The Work" to



Rita O. Jackson
Bookstore Manager

guide the reader through a procedure which can transform past, present and future perceptions into a state of reinterpretation, resulting in peace and—ultimately—freedom.

The Work presents a groundbreaking method to neutralize the suffering we habitually

create for ourselves by spiraling into sadness and ultimately, depression. Doing "The Work" can give us a

formula for permanently terminating our residence in "victimville," catapulting us to a world of release and forgiveness.

How often have we had a thought we just could not get out of our heads? By following Katie's clearly defined instructions, we can abort that thought before it grows roots and mutates into physical ailments.

1. Would you like a proven method to freedom from negative thinking?
2. Would you like to cut through the illusion and meet your true essence with a smile.
3. Would you like to stop torturing yourself once and for all?
4. Does being happy, joyous and free have any appeal to you?

If you answered yes to any of these questions, run, don't walk, to the Unity Bookstore, buy this book and DO The Work.

World Day of Prayer on September 14

Unity's 13th annual World Day of Prayer is set for Thursday, September 14. Everyone is invited to participate in this important spiritual event.

Complete the "My Prayer List" form found on the Events Table by writing the names of everyone you would like to be remembered in prayer. These will be forwarded to Unity Village where they will be acknowledged during a 24-hour vigil and enfolded in prayer for 30 days. Place them in the basket next to the forms. Please do this by Sunday, September 10, to ensure that the names on your list are blessed during the vigil.

On September 14, join with the other participants in affirming this prayer throughout the day:

United heart to heart in prayer, we create a world of radiant life, overflowing abundance, and lasting peace as we awaken to the power of God within.

Finally, complete your participation in this extraordinary day of prayer by joining our Practitioners for a program of prayer on Thursday, September 14, at 7:00 p.m. at the church.

Take advantage of this opportunity to bless and be blessed through your participation in this wonderful event.

Rev. Joan Combines Unity with Buddhist Teachings

As summer eases into autumn, **Rev. Joan Gattuso** combines her Unity and Buddhist inspirations to give three uplifting September lessons. **David Alexander** is the guest speaker on the 17th. The Lineup:

September 3: "Recording Your Ahas" (Rev. Joan Gattuso). You can create an insight journal to assist you in always remembering who you are.

September 10: "Turning the Wheel of Karma" (Rev. Joan Gattuso). Whatever we are doing, we are either creating or mis-creating.

September 17: "The Face of Truth" (David Alexander). What face do people see when they look at you? What do you see in the mirror?

September 24: "The Source of Happiness" (Rev. Joan Gattuso). Our minister returns with wisdom from His Holiness the Dalai Lama.

Unity of Greater Cleveland Volunteer & Staff Directory

Founding Minister: Joan M. Gattuso

Board of Advisors:

Chair: Minnie Bowers

Vice Chair: Liz Parks

Co-Treasurer: Mary Ann Davis, Katie Augustine

Secretary: Sandy Deck

Prosperity Partners: Ed Erbach

Alternate: Linda Julian

Practitioners - Cynthia Bowers, Bob Churilla, Pamela Ellison, Jeanne Hood, Georgia Hyde, Dawne Falkenstein, Vivian Miller, Shirley Nelson, Sheryl Thomas, 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: Rudi Barnes

Accountant: Kim Heiman

Minister's Sunday Assistant - Paul Landis, Gloria Ross

Youth Education Director - Kim Chapple

0-3 years old - Hank Roth, JoJo Salupo, Debbie Reesing, Michele Federico, Carly Patetta

4-5 years old - Lisa Harmon, Stephanie Barry

6-10 years old - Felicia Martinez, Kim Chapple, Wendy Johns, Sharon Penro

Uniteens (11-13 years old) - Frank Kenner (Head Teacher), Susan Cristal, Chrystal Latorre, Freddie LaTorre

Y.O.U. (14-18 years old) Sponsors -

Bookstore Manager - Rita O. Jackson

Volunteers - Mary Jo Nigro, Margaret Miller, Shirley Nelson, Ranonda Jones, Vivian Miller, Kathy Sullivan, Margo Viragh, Katie Augustine, George Miljevic, Todd Mueller, Michael Powers, Loretta Williams

Newsletter - David Alexander

Greater Coordinators -

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

Web site: www.unitygreatercleveland.com

September 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7:00 pm - Didgeridoo workshop (Phil Jones)	2
3 10 am - ACIM 9 & 11 am Service: "Recording Your Ahas" (Rev. Joan Gattuso)	4 LABOR DAY (Office closed)	5 12:30 Silent Unity Prayer Service 6:15 pm - Toastmasters	6 6:30 pm - Yoga (Gerri Maynor)	7 7:00 pm - "The Way of the Master Mind" (Rev. Joan Gattuso)	8	9
10 10 am - ACIM 9 & 11 am Service: "Turning the Wheel of Karma" (Rev. Joan Gattuso)	11	12 12:30 Silent Unity Prayer Service 6:15 pm - Toastmasters	13 6:30 pm - Yoga (Gerri Maynor)	14 7:00 pm - "World Day of Prayer" (Our Practitioners)	15	16 10:00 am - "What Is Mysticism?" (Jon Mundy)
17 10 am - ACIM 9 & 11 am Service: "The Face of Truth" (David Alexander)	18	19 12:30 Silent Unity Prayer Service 6:15 pm - Toastmasters	20 6:30 pm - Yoga (Gerri Maynor)	21 7:00 pm - "The Way of the Master Mind" (Rev. Joan Gattuso)	22 6:30 pm - Spiritual Cinema, <i>What the Bleep - Down the Rabbit Hole</i>	23
24 10 am - ACIM 9 & 11 am Service: "The Source of Happiness" (Rev. Joan Gattuso) [FRIENDSHIP SUNDAY]	25	26 12:30 Silent Unity Prayer Service 6:15 pm - Toastmasters	27 6:30 pm - Yoga (Gerri Maynor)	28 7:00 pm - "The Way of the Master Mind" (Rev. Joan Gattuso)	29	30



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

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

Friendship Sunday September 24

Celebrate Friendship! Share the journey! Have Fun! Here's your opportunity to share Unity of Greater Cleveland with your friends and relatives. Friendship Sunday is set for September 24.

Rev. Joan Gattuso will present an enlightening message, "The Source of Happiness." If you have friends or relatives who have been curious about the church you have been attending, this is your opportunity to share your experience with them. Rev. Joan's messages are inspirational and insightful.

Invitations are available, so you can formally invite your friends to celebrate the journey we call life. Our Board, Practitioners and staff are all involved in making this event a big success. Mark September 24 on your calendar now. You and your guests can attend either the 9:00 or 11:00 a.m. service.