

## Groovin' in Sabbath Time & Prayer

"To groove: to take deep pleasure or satisfaction; enjoy oneself in a relaxed way."  
*The Free Dictionary & Merriam-Webster Dictionary*

"Remember the Sabbath; to keep it holy."  
*Exodus 20:8* (Otherwise known as the 3rd Commandment)

To my friends on the path,

A few years back, in my San Diego days, my friend, Joan, and I went to a concert at Mira Costa Junior College up the road in Oceanside. The super popular band, Tower of Power, played and it was stunning. It was hard to stay in my seat. Among the 10 musicians was Euge Groove. The grooviest, jump up song of the night was "What's Hip", and Mr. Groove and his tenor sax rocked it. This month is about what is spiritually hip—sabbath time and prayer.

Now out on his own, renowned saxophonist, Eugene Steven Grove, better known as Euge Groove, recently put the final touches on his brilliant and uplifting, several-years-in-the-making new album, "Sing My Song." He, in fact, stepped into Sabbath time during the early days of the

COVID lockdown. With a remarkable 20-year career as a Smooth Jazz artist, this constantly grooving saxophonist's new album is described as perfectly meeting our global moment of struggle with serious issues. With a collection that artfully balances sweet moments, romantic and dancing melodies with dynamic gospel energy, hopeful inspiration, forward thinking and self-empowerment it is a tower of musical power. It emerged from Euge's heart and soul—and solitude.

He admitted that this album represents "a cleaning of the house". With the busy touring schedule, he was missing going deep into his creativity—the creativity that produced his new breathtaking work. He said after putting the finishing touches on it, "I've decided to continue on that creative path. These times have unleashed a creativity in me that I haven't felt in years."

In other words, he plans to feed his creative expression by taking time to go deep, by taking Sabbath time. I'm imagining that he might think of this Sabbath time as prayer, connecting with the Source, the Creative Energy of the universe.

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# July 2022 Calendar

Sun	Mon	Tue	Wed	Thu	Fr	Sat
					<b>1</b>	<b>2</b> 10:30am Women's Group Rising
<b>3</b> 10:30am <i>Best Ways to Get Your Groove On</i> Rev Sharon Connors 11:45am Fellowship: Church Sponsored Independence Day Party 12:30pm Prayer Chaplain meeting	<b>4</b> 4:30pm TOPS	<b>5</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love 10:30am AA	<b>6</b> 10:00am SW Vly Enlightenment Ctr Metaphysical 10:30am <i>Miraculous Outcome of Prayer</i> Rev Sharon Connors (in Classroom & via Zoom)	<b>7</b> 9am Outreach Knit & Crochet 10:30am AA 6pm OA	<b>8</b>	<b>9</b>
<b>10</b> 10:30am <i>Ritual &amp; Soul Groovin'</i> Rev Sharon Connors 11:45am Fellowship	<b>11</b> 4:30pm TOPS	<b>12</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love 10:30am AA 5pm Healing Hands	<b>13</b> 10:30am <i>Miraculous Outcome of Prayer</i> Rev Sharon Connors (in Classroom & via Zoom) 6pm Sound Healing Meditation	<b>14</b> 10:30am AA 6pm OA	<b>15</b>	<b>16</b>
<b>17</b> 10:30am <i>Commitment to Freedom</i> Rev Billie Martini 11:45am Fellowship	<b>18</b> 4:30pm TOPS	<b>19</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love 10:30am AA	<b>20</b> 10:00am SW Vly Enlightenment Ctr Metaphysical	<b>21</b> 9am Outreach Knit & Crochet 10am Men's Group @ JiMichaels 10:30am AA 6pm OA	<b>22</b>	<b>23</b>
<b>24</b> 10:30am <i>Groovin' on Focused Prayer</i> Rev Sharon Connors 11:45am Fellowship Noon USC Board of Trustees Meeting	<b>25</b> 4:30pm TOPS	<b>26</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love 10:30am AA 5pm Healing Hands	<b>27</b> 6pm Group Meditation in Sanctuary	<b>28</b> 10:30am AA 6pm OA	<b>29</b>	<b>30</b>
<b>31</b> 10:30am <i>Expansive Prayer: Get On Up and Out</i> Rev Sharon Connors 11:45am Fellowship	<p style="text-align: center;"><b>July Birthdays</b></p> <p>2-Kathleen Renner 8-Debbie Ashworth</p> <p style="text-align: center;">24-Marilyn Moore</p> <p style="text-align: right;">28-Bette Ryan 30-Beverly Hall</p>					

## Mission Statement:

To teach and demonstrate principles that inspire people to live their greatest life through discovering Spirit within.

## Vision Statement:

Advance spiritual growth in our community and our world by expressing love for all, acceptance of all and service to all.

**MIRACULOUS OUTCOMES OF PRAYER**  
**Wednesdays Through July 13, 10:30-Noon**  
**Facilitated by Rev. Sharon Connors**  
**Zoom Meeting ID 577 896 8885**

Ready for a life-enhancing adventure into prayer? Be part of this dynamic and maybe even life changing exploration and discussion. Anyone who longs for a soul-nourishing, mind expanding, heart mending prayer life will want to be here.

Using Rev. Sharon's book, *Adventures in Prayer*, our exploration will delve into Unity's approach to prayer—affirmative prayer, ways to pray, centering prayer, accessing the power of prayer, focusing the power and expanding the power of prayer. We'll also look at prayer from around the world and other faith traditions.

No matter what your practice or experience of prayer, this discussion group will enhance your prayer life and make a positive difference. We began this adventure in June, but you can still join us this month. You'll be glad you did! *Love Offering Appreciated!*

**Power of the Month: Spiritual Understanding**

"Get wisdom and get understanding. Cleave to her and she will keep you. Love her and she will guard you. Prize her highly and she will exalt you." Proverbs 4:5-9

"Trust in the Lord with all your heart and do not rely on your own insight. In all your ways acknowledge Him and He will make straight your paths." Proverbs 3:5-6

Divine Understanding is an enlightened kind of insight that sees beyond what we know. It is represented by the disciple Thomas, Doubting Thomas. It is said he got that name because he wanted proof of Jesus' resurrection from the dead. And he got that proof! He had an experience of the Christ that resulted in a deep understanding of a reality beyond his own insight and reasoning.

Divine understanding can generate the ability to see through circumstances to the Truth at the core of the situation. It empowers us to make better choices in all the areas of our lives. It vibrates Gold. Heart of God is an understanding, generous heart.

**A Course of Love**

The group that has been studying *A Course of Love* for the past two years has decided to meet in person again here at the church Tuesday mornings at 10:30. The discussion group will no longer use Zoom to meet. *A Course of Love*, by Mari Perron and Dan Odegard, is a companion to *A Course in Miracles*. Join facilitator, Renee Falkowski, in this discussion of the prophetic messages for our time. Invite your friends!

**Crystal Bowl Sound Healing Meditation**  
**Wednesday July 13 at 6pm**

Emily Slonina will lead a Crystal Bowl Sound Healing Meditation. This is a public event; no yoga experience required. Bring a blanket or yoga mat and pillow if you like to lay down. Chairs are available. Please come free of cologne/perfume. And bring WATER! Suggested Love Offering of \$10.

**Monthly Meditation and Conversation:**

**Wednesday, July 27 at 6:00pm**

We continue our practice of meditation at 6:00pm on the final Wednesday evening of the month. Whether you are a newcomer to meditation or experienced, this will be an opportunity to practice various meditation traditions and the blessings of group meditation. Please pre-register in lobby or bookstore or by calling the office. *Love offering*

**Summer Choir**

Contact Mollie Kidari (602) 435-4321 or mollie.c.kidari@gmail.com -- during the summer we will continue to have participation, but it will not be an 'official' choir. Whoever would like to participate will be part of the music team during the summer as backup singers. Please let Mollie know if you would like to participate as a backup singer. You can choose the dates that you would like to participate -- just communicate with Mollie.

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Summertime becomes vacation time for many. In Phoenix many folks treasure the cooler climates of higher altitudes as well as their home states. In Chicago where I'm from, summertime meant BBQ's, heading down to the shores of Lake Michigan or a local pool to cool off. Summertime offered outdoor concerts, architectural tours on the Chicago river, backyard badminton and enchanting bike rides. A kind of Sabbath time—a connection with resting into the Source of peace and joy, called by many names including God.

Prayer is that kind of connection. It is intentional, purposeful, and deeply rewarding. As our co-founder, Charles Fillmore said, "Prayer is mankind's steady effort to know God." A steady effort.

We may not ever be able in this life to experience all of God but groovin' on steady prayer opens the way to know as much as is possible for human beings. Resting in Sabbath time is prayer. Join us this month as we explore the multi-faceted diamond of prayer as a Sabbath time.

With Great Love,

Rev. Sharon

### Women's Group Rising

Get a head start on the 4th of July holiday. Join Reverends Sharon and Billie for an Independence Day Celebration on Saturday, July 2, 2022, at 10:30AM. The Magic of Movement program will help us get our "move" on as well as entertain and delight everyone. The indoor picnic following the program will fill our tummies and the companionship of like-minded women will nurture our souls. Lots of fun! Surprises and prizes too! All women are welcome, so invite a friend to come have fun, too! \$5 Love Offering

### Men's Group

All men are invited to the Men's Group, which will meet on Thursday, July 21<sup>st</sup> at 10am at JiMichaels in Sun City (13039 North 103 Avenue). You don't have to be a member to join in the fun. In fact, bring a friend! He'll thank you for it! Contact Ken Weidner with questions [KWeidner2000@yahoo.com](mailto:KWeidner2000@yahoo.com).



**We're on the Web at**  
[www.unitysc.org](http://www.unitysc.org)

#### Ministers

Rev. Sharon Connors, Sr. Minister  
Rev. Lei Lanni Burt, Assoc Minister  
Rev. Billie Martini, Assoc. Minister

#### Licensed Unity Teacher

Sandy Walker

#### Center Administrator

Cathy Collins

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**Office Hours:**

**Tuesday through Thursday**  
**8:30am to 5pm**  
**Sunday 9am to 1pm**



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