

## The Heart of Being: Things Don't Change, We Do

*"What is needed, rather than running away or controlling or suppressing or any other resistance, is understanding fear; that means watch it, learn from it, come directly into contact with it. We are to learn about fear, not how to escape from it".* Jidda Krishnamurti.

*"The heights charm us, but the steps do not; with the mountain in our view we love to walk the plains."*  
Johann von Goethe

I first became aware – well, vaguely aware – that fear lurked in the background of my behavior when my mom chided me for being "too timid." However, the real moment of truth actually came as moments of truth. It seems the more I pursued the "mountain in my view," the more aware I became of how that trickster fear stopped me.

It stopped me from taking the most challenging courses in high school and college — things like physics and calculus. It stopped me from trying to play a musical instrument. It frequently stopped me from asking for what I wanted or saying what I did not want. I could go on but my invitation to myself and you in this Lenten Season is to be truthfully, curiously aware of when fear might actually be stopping you or me from making a needed change or from ceasing to walk in the plains rather than head toward the mountain of resurrection — of spiritual expansion, of growing - by stopping.

One of my coaching clients and I were talking about a course he has been teaching, Life 101. We had just been talking about how he is a Visionary Leader. So, I asked him — What is



beyond Life 101. What would Life 201, 301, 401 teach? As it works with Math in school, where we first learn to add and subtract, it works in our spiritual resurrections: get proficient at adding what is nurturing to our spirit and our joy in life and subtracting what is not – this requires a willingness to change and be changed. It is the heart of Being—a continual practice toward living in and from the heights of the divine presence for real, a continual practice of going/growing beyond where we are and what we know.

Think of what the world would be like if no one got beyond basic math — no indoor plumbing, no dishwashers, and — definitely — no landings on Mars. Change is the path. If you don't like the word "change", use words like "grow," "develop," "expand." This is the gift of Lent if we are, for real, participating in the practices of fasting and feasting, of release and embrace.

There is often fear in believing differently than we always have; in doing things differently, of being different. You can be sure that the trickster is in there somewhere when we want to keep things as they always have been, do as we have always done. Jesus, our Wayshower, assured us that recognizing our fear and accepting it would prove to result in irrepressible freedom and joy. It is the Heart of Being who we really are, a divine spark that is meant to become a fire. It is Easter.

With Love,  
Rev. Sharon

# March 2021 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b> 10am ARE 10am Circle of Prayer 10:30am A Course of Love via Zoom 10:30am AA	<b>3</b> 10:30am Prosperity Rev Sharon Connors (in Classroom & via Zoom) 6pm AA	<b>4</b> 10:30am AA	<b>5</b>	<b>6</b>
<b>7</b> 10:30am <i>That's My Story &amp; It's Stickin' to Me</i> Rev Sharon Connors 11:45am Fellowship 12:30pm Prayer Chaplain Meeting	<b>8</b>	<b>9</b> 10am ARE 10am Circle of Prayer 10:30am A Course of Love via Zoom 10:30am AA	<b>10</b> 10:30am The Four Agreements Rev Sharon Connors (in Classroom & via Zoom) 6pm AA	<b>11</b> 10:30am AA	<b>12</b>	<b>13</b>
<b>14</b> 10:30am <i>It Is What It Is, But Not What It Could Be</i> , Rev Sharon Connors 11:45am Fellowship 11:45am Betsy & Norma's Jams & Jellies sale to fund Outreach Project	<b>15</b>	<b>16</b> 10am ARE 10am Circle of Prayer 10:30am A Course of Love via Zoom 10:30am AA	<b>17</b> 10:30am The Four Agreements Rev Sharon Connors (in Classroom & via Zoom) 6pm AA 	<b>18</b> 10:30am AA	<b>19</b>	<b>20</b>
<b>21</b> 10:30am <i>Mind Over Matter</i> Rev Billie Martini 11:45am Fellowship	<b>22</b>	<b>23</b> 10am ARE 10am Circle of Prayer 10:30am A Course of Love via Zoom 10:30am AA	<b>24</b> 10:30am The Four Agreements Rev Sharon Connors (in Classroom & via Zoom) 6pm AA	<b>25</b> 10:30am AA	<b>26</b>	<b>27</b>
<b>28</b>  10:30am <i>What Is Your Message to The World</i> Rev Sharon Connors 11:45pm Fellowship 12:30 USC Board of Trustees Meeting	<b>29</b>	<b>30</b> 10am ARE 10am Circle of Prayer 10:30am A Course of Love via Zoom 10:30am AA	<b>31</b> 10:30am The Four Agreements Rev Sharon Connors (in Classroom & via Zoom) 6pm AA			

## March Birthdays

1—Tom Graesser  
4—Bill Gasta  
5—Lavonne Rasmusson

7—Floencia Hitch  
9—Dee Shores  
11—Susy Kocherhans  
16—Tom Profico  
26—Billie Martini  
26—Joan Welch

## ***The Four Agreements***

**Wednesdays in March @ 10:30am**  
**Beginning March 10**  
**Facilitated by Rev. Sharon Connors**  
**Zoom Meeting ID 577 896 8885**

Hailed as a classic Wisdom Teaching, The Four Agreements shares ancient Toltec wisdom teaching in 4 elegant yet simple ways of living. Join us for this life-enhancing, transforming study.

## **Monthly Meditation and Conversation:** **3rd Monday of the Month at 10:30am** **Beginning May 19**

We will expand our practice of Meditation each month beginning in May. Whether you are a newcomer to meditation or an experienced meditator, this will be an opportunity to experience various meditation techniques and the blessings of group meditation and sharing.

## **Welcome our New Board Members and Thank the Outgoing Members**

We have been blessed with a wise and harmonious Board since I have been here and I am so very grateful for their generous service.

On February 21 at our Annual Meeting, we welcomed the re-election of Mackey Essary and LaVonne Rasmusson and new members Cate Campeau, Suzanne Dodsworth and Mort Rykiss.

Please be sure to thank all of these leaders for their willingness to be in selfless service to our church.

**Please remember to continue wearing your mask when you come to our campus...**  
**...Even if you have had both of your COVID-19 vaccinations.**



## **Mission Statement:**

A spiritual campus dedicated to teaching and demonstrating principles that inspire people to live their greatest life through discovering Spirit within.

## **Zoom-Only Class:**

**A Course of Love**  
**Tuesdays @ 10:30am**  
**Facilitated by Renee Falkowski**  
**Zoom Meeting ID 577 896 8885.**

## **Save the Dates:**

### **Holy Week Meditation & Conversation:** **Wednesday, March 31 at 6pm**

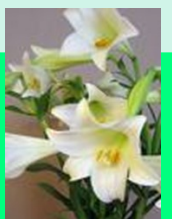
In the sacred tradition of contemplation and reflection, join us for the Holy Week deepening of our spiritual life as we experience the power of group meditation. We will also have time for a spiritually-centered discussion following our meditation time.

### **Palm Sunday**

The thoughts of our minds, the cells of our bodies, the events of our lives are like the multitudes that waited for Jesus; everything in us waits for and shouts with joy at the appearance of the Christ, the Spirit of God in our midst. In our spiritual nature we recognize the Christ Spirit when it appears in our consciousness. We feel uplifted, we are filled with a sense of praise and song; for we know that when the Christ enters into our lives transformation take place. Please plan to join us on March 28 in our special Palm Sunday celebration.

### **Easter Lilies**

We'll be decorating the sanctuary with Easter Lilies again this Easter Season. Watch for emails that we'll be sending out this month, giving you the opportunity to purchase and dedicate your Easter lily to honor someone you love.



## **GRATITUDE FOR 2020 SUCCESSES AND ACCOMPLISHMENTS**

- Year-End Fund Drive succeeded above and beyond our dreams
- Music Team added bassist, Zach Glasgow
- Hosted a well-attended Labyrinth Walk, in unison with Unity Worldwide Ministries on September's World Day of Prayer
- Revamped Prayer Chaplain Team under leadership of Rev. Lei Lanni
- Added Outreach Team
- Added Development Team
- Blessed with good and improved health for most of the church
- Welcomed thirteen new members
- Sealed & restriped parking lot
- Repainted the outsides of all the doors and all the trim
- Repaired stucco and refinish concrete in courtyard
- Painted Labyrinth
- Repaired garden fountain: new motor and repair leaks under concrete
- Installed 3 speakers in garden and labyrinth areas of courtyard
- Installed monitor rear of sanctuary
- Replaced Ice Maker
- Replaced drinking fountain in narthex
- Tiny puppy, Cleo, enchanted the church

### **OUTREACH MINISTRY TEAM, Carol Bryan**

The Unity Spiritual Center Outreach Team is excited to be a supporter of Sunshine Angels, an organization that helps foster children living in group homes in the Phoenix metro area while a more permanent solution is found for them. They provide practical support in the form of toiletries, clothing, and school supplies as well as emotional support in the form of birthday and holiday celebrations to show the children they are loved and valued.

You can help by contributing items from their wish list (or money, if that is easier for you). They prefer full-size (not travel size) items. Everything can be bought at the Dollar Store or 99¢ Store.

- Underwear and socks for boys or girls 4-18
- Body wash - girls
- Bath scrubbies – pack of 4 in tube at Dollar Tree
- Combs, large
- Brushes
- Small to medium lotion/cream for body and hands
- Toothbrush and/or toothpaste - for adults and children
- Deodorant for boys and girls
- Hair accessories for girls
- Chapstick
- Journals 4x6
- Shampoo (boys 3-in-1 White Rain from Dollar Tree, 2-in-1 for girls, 3 in 1 for kids)

Look for the "Outreach tubs" in the narthex and Activity Center.



**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

### **Center Administrator**

Cathy Collins

### **Director of Music**

Mollie Kidari  
Melvin Johnson, Choir Director

### **Board of Trustees**

Mack Essary, President  
Sandra Hurlbut, Vice President  
Suzanne Dodsworth, Secretary  
Mort Rykiss, Treasurer  
Cate Campeau  
Karen Haag  
Lavonne Rasmusson  
Bill Gasta, Alternate

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**623-974-6443**

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