

## Strengthen Up: Life in The Spiritual Gym

“If you would bring forth the very best that is in you, study the methods of Jesus. If you will carry out his system, there will be revealed to a new you.” Charles Fillmore

### Partners on the Path,

As a kid, I never thought of myself as strong nor as an athlete. Oh sure, I learned to swim and took diving lessons. With a park out the gate of our back yard, I went ice-skating in the winter and loved hanging from the top rungs of the Monkey Bars and riding my bike in the summer. My dad made my sisters and brother and me stilts that we took turns wobbling down the sidewalk on. Oh, and I always loved to dance.

Back then only the high school athletes worked out in the gym. I went to an all-girls Catholic high school, so forget about a workout room. Basketball was it and I was not a fan.

In college, a spark of interest in physical fitness was ignited. It wasn't until my twenties though that I joined a fitness center. The first one opened in a landmark structure, Marina Towers in downtown Chicago at the

north edge of the Chicago River. My husband and I along with my sister, Nora, and her husband trekked down there on Friday nights or Saturday mornings to work out. I didn't love the workout, but I loved the way I felt afterward. Exuberant and so alive!

Once and only once while playing tennis just a few years later, I experienced what athletes call “being in the zone”. That day I pressed beyond a wall of exhaustion and suddenly my body could do anything. I felt weightless and catapulted into a breathtaking dimension—timelessness and empowerment.

I believe the good feelings, the exuberance and aliveness and experiencing timelessness and empowerment are the result of a committed and practiced spiritual fitness program. It is just as true and possible spiritually, a sort of transcendent state. Is it an experience of Satori, Nirvana, Enlightenment, Heaven? That is what the life



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# March 2022 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>March Birthdays</b> 4–Bill Gasta      11–Susy 5–LaVonne      Kocherhans Rasmusson      11–Jan Weidner 7–Florenia      15–Eileen Hitch      Barber 9–Dee Shores		<b>1</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love via Zoom 10:30am AA 2pm Small Group led by Sandie Fish	<b>2</b> 10:00am SW Vly Enlightenment Ctr Metaphysical 10:30am Small Group led by Rev Sharon Connors 5pm Small Group led by the Rasmussons 6pm Ash Wednesday Svc	<b>3</b> 10:30am AA 1pm Small Group led by Rev Billie Martini 6pm OA	<b>4</b> 5:30-8pm Spring Dinner Dance & Silent Auction	<b>5</b>
		<b>6</b> 10:30am <i>How Much Can You Lift</i> Rev Sharon Connors New Member Induction during Service Prayer Chaplain Dedication during Service 11:45am Fellowship, including Church Sponsored Luncheon 12pm Choir Practice 12:30pm Prayer Chaplain Dedication	<b>7</b> 4:30pm TOPS	<b>8</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love via Zoom 10:30am AA 5pm Healing Hands	<b>9</b> 10:30am Unity Basics New Member Class facilitated by Rev Sharon	<b>10</b> 10:30am AA 1:30pm Outreach Knit & Crochet 6pm OA
<b>13</b> 10:30am <i>Being a Gracious Receiver</i> Rev Billie Martini 11:45am Fellowship 12pm Choir Practice	<b>14</b> 4:30pm TOPS	<b>15</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love via Zoom 10:30am AA	<b>16</b> 10:00am SW Vly Enlightenment Ctr Metaphysical 10:30am Unity Basics New Member Class facilitated by Rev Sharon	<b>17</b> 10:30am AA 6pm OA	<b>18</b>	<b>19</b>
<b>20</b> 10:30am <i>How to Think in the 4th Dimension</i> Rev Sharon Connors 11:45am Fellowship	<b>21</b> 4:30pm TOPS	<b>22</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love via Zoom 10:30am AA 5pm Healing Hands	<b>23</b> 10:30am Unity Basics New Member Class facilitated by Rev Sharon	<b>24</b> 1:30pm Outreach Knit & Crochet 6pm OA	<b>March Birthdays</b> 16–Carolyn Calkins 26–Rev Billie Martini 30–Carol Durocher	
<b>27</b> 10:30am <i>You Have to Be Strong to Heal</i> Rev Sharon Connors 11:45am Fellowship 12pm Choir Practice	<b>28</b> 4:30pm TOPS	<b>29</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love via Zoom 10:30am AA	<b>30</b> 10:30am Unity Basics New Member Class facilitated by Rev Sharon	<b>31</b> 10:30am AA 6pm OA		

**Zoom Only Class:**

**A Course of Love: Tuesdays @ 10:30am**

Facilitated by Renee Falkowski  
 Zoom Meeting ID 577 896 8885

## **New Book Study/New Member Class Wednesdays, March 9-30 at 10:30AM**

Unity's spirituality is at once empowering, progressive, positive, and practical. During March we will explore and discuss the 5 PRINCIPLES...an unparalleled foundation for creating a great life.

We will also explore Unity's roots, the Tools of Transformation, and spiritual frameworks that lead to a meaningful, fulfilling, and contributory life.

This Discussion Group is open and useful to all and is required for membership in Unity Spiritual Center. Sign up in the Lobby of the church or call the office (623-974-6443)

## **Arts & Crafts**

Calling all Crafters and Artists (and all who enjoy looking at/owning great handmade crafts and works of art): We will be having an Arts and Crafts Exhibit and Sale on March 20th during Fellowship Hour after our Sunday Service. No charge to show off and sell your wares but must be a member or regularly attending congregant. Cash and checks only (no credit cards). Talk to Joy Love (302-249-3647) if you want to reserve a space to exhibit your handmade treasures.

## **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.

## **Enjoy The Time of Your Life! Spring Fling**

**Friday March 4, 2022 5:30-8:30**

Lots of fun, yummy dinner, best music in the Valley and the very best fellowship.

The whipped frosting on that cake is a Silent Auction and 50/50 raffle.

Be good to yourself. Be here. And bring friends to help you enjoy this awesome, once-a-year event.

Tickets available Sundays after service, during business hours or by calling the office at (623) 974-6443. \$20 presale or \$25 at the door.

## **Ash Wednesday Service**

**Wednesday March 2 at 6:00PM**

Join us to kick start your Lenten Season. Lent is one of the most potent times of the year to change something that you have wanted to change or tried and not been able.

It is a perfect time to move forward on a heart's desire. Why? Because the ever-present spiritual energy is heightened. I could say Spiritual Assistance is especially available to support and strengthen your efforts.

We will offer a Communion Service and Labyrinth walk as well. Put March 2 at 6pm on your calendar and be here.

## **Power of the Month — Spiritual Strength**

Spiritual Strength is the power to walk the talk even when it is difficult. It is our perseverance when in growing spiritually, pursuing our dreams even when we want to give up.

"Spiritual strength is a power that can trump fear and empower you to take right action in the face of fear, anger, disappointment. It rises from and empowers noble values and ideals and a passion for what's possible." *Adventures in Resilience*

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of Jesus and other spiritual masters' lives depict and promise. You won't know until you try it, though.

The promise and truth are that there's an unconquerable light in us. Just like peak physical fitness requires commitment to the practice and ongoing increase, spiritual fitness which leads to resurrection after resurrection—to moments of timeless joy and power—requires consistent practice in the spiritual gym that you take it into all the ins and outs, ups and downs of daily life.

We suddenly discover that we are higher voltage, higher watt spiritual beings, shining out light all over the place. We find that we are super strong in the Lord and life flows with increasing grace and ease. We are even a catalyst for others joining the GYM.

In the Gym with you,  
Rev. Sharon

**Come to the Spiritual Spa  
Women's Retreat  
Saturday March 12 10:00AM-3:00PM**

Come away for a day to thrive in the empowering, healing spiritual energy of prayer, meditation, creative expression, movement, contemplation, and sharing with a diverse group of awesome women.

Along with Fun, Fellowship, and High-Octane energy, lunch and refreshments will be served.

Register in the Lobby of the church or call the office.  
\$89.00

**Welcome to Our New  
Board**

We are very fortunate to have an awesome Board. They are wonderful, generous people who love our church and are outstanding stewards of our ministry.

President: Mack Essary  
Vice President: Sandra Hurlbut  
Secretary: Jo Kennedy  
Treasurer: Mort Rykiss  
Member: Lavonne Rasmusson  
Member: Karen Haag  
Member: Cate Campeau



**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

**Director of Music**

Mollie Kidari  
Melvin Johnson, Choir Director

**Board of Trustees**

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Sandra Hurlbut, VP  
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Karen Haag  
LaVonne Rasmusson  
Howard Fisher, Alternate

**10101 West Coggins Drive  
Sun City Arizona 85351**

**623-974-6443**

**Office Hours:**

**Tuesday through Thursday**

**8:30am to 5pm**

**Sunday 9am to 1pm**



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