

## How To Live Strong and Blessed

"How blessed is the man whose strength is in You, in whose heart are the highways to Zion."  
*Psalm 84:5*

"Prayer helps us contact sources of inspiration and wisdom that transcend the rational, analytical side of the mind. Prayer provides a sense of hope and meaning—the certainty that we are a part of a pattern that is purposeful and intelligent." Dr. Larry Dossey, *Adventures in Prayer: Praying Your Way to a God You Can Trust*

Treasured Friends on the Journey,

Isn't the Dr. Dossey quote meaningful? He could say that from first-hand experience. As a battalion surgeon in Viet Nam and later as Chief of Staff at Medical City Hospital in Dallas, he decided that praying with his patients made a monumentally positive difference in their bodies, minds, and spirits. He kept it up and wrote of the healing power of prayer.

As a minister, I, too, have discovered the healing power of prayer. Lifting my mind to the high vibration energy of prayer always fires up my own hope, optimism—my faith. I've prayed with so many others over the years, including my two children, and invariably see stress released from their

faces and hear sighs of relief, relaxation of their shoulders. I often see smiles on their faces as well.

In my book, *Adventures in Prayer*, I write about the "whys" and "hows" of prayer, focusing its power and expanding its power. I am so excited to be talking about the magic and miracles of prayer this month. Unity teaches a mindset to bring to prayer that is called "affirmative prayer". It is the kind of mindset that is developed through practice and being willing to believe before you see.

Deep in the heart of all people is a sense of a Power greater than self. The Power has many names and, yet, is One. It is infinitely creative and responsive.

When my son, Eddie, was a toddler, he loved to hang out with my dad. In those snowy Chicago winters, he would "help" my dad shovel the snow. All bundled up in his navy-blue jacket and leggings, red scarf around his neck and matching red mittens on his little hands, he would follow behind my dad with his little red, yellow,



*Continued on Page 4*

# March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>March Birthdays</b>			<b>1</b> 10:00am SW Vly Enlightenment Ctr Metaphysical 10:30am <i>E<sup>3</sup> Enrichment Circle</i> led by Rev Sharon 5:00pm <i>E<sup>3</sup> Enrichment Circle</i> led by Jim Rasmusson	<b>2</b> 9am Outreach Knit & Crochet 10:30am AA 1:30pm <i>E<sup>3</sup> Enrichment Circle</i> led by Rev Billie 6pm OA	<b>3</b>	<b>4</b> 10:30am Women Group Rising	
05 — LaVonne Rasmusson 07 — Florencia Hitch 09 — Dee Shores 11 — Susy Kocherhans	11 — Jan Weidner 15 — Eileen Barber 16 — Carolyn Calkins 26 — Rev Billie Martini 30 — Laura Kostyo	<b>5</b> 10:30am <i>Feeling the Power of Prayer</i> Rev Sharon Connors Prayer Chaplain Dedication during Service 11:45am Fellowship Noon New Member Class 12:30 Prayer Chaplain Meeting	<b>6</b> 4:30pm TOPS	<b>7</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love 10:30am AA 1:30pm <i>E<sup>3</sup> Enrichment Circle</i> led by Billie Shawl 5pm Healing Hands	<b>8</b> 10:30am <i>E<sup>3</sup> Enrichment Circle</i> led by Rev Sharon 5:00pm <i>E<sup>3</sup> Enrichment Circle</i> led by Jim Rasmusson 6pm Sound Healing Meditation	<b>9</b> 10:30am AA 1:30pm <i>E<sup>3</sup> Enrichment Circle</i> led by Rev Billie 6pm OA	<b>10</b> 5:30pm Spring Fling Dinner Dance
<b>12</b> 10:30am <i>Jesus is Our Model</i> Rev Sharon Connors 11:45am Fellowship	<b>13</b> 4:30pm TOPS	<b>14</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love 10:30am AA 1:30pm <i>E<sup>3</sup> Enrichment Circle</i> led by Billie Shawl	<b>15</b> 10:00am SW Vly Enlightenment Ctr Metaphysical 10:30am <i>E<sup>3</sup> Enrichment Circle</i> led by Rev Sharon 5:00pm <i>E<sup>3</sup> Enrichment Circle</i> led by Jim Rasmusson	<b>16</b> 9am Outreach Knit & Crochet 10:30am AA 1:30pm <i>E<sup>3</sup> Enrichment Circle</i> led by Rev Billie 6pm OA	<b>17</b> <i>St. Patricks</i> 	<b>18</b>	
<b>19</b> 10:30am <i>Step Up</i> Rev Billie Martini 11:45am Fellowship	<b>20</b> 4:30pm TOPS	<b>21</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love 10:30am AA 1:30pm <i>E<sup>3</sup> Enrichment Circle</i> led by Billie Shawl 5pm Healing Hands	<b>22</b> 10:30am <i>E<sup>3</sup> Enrichment Circle</i> led by Rev Sharon 5:00pm <i>E<sup>3</sup> Enrichment Circle</i> led by Jim Rasmusson	<b>23</b> 10:30am AA 10am Men's Group 1:30pm <i>E<sup>3</sup> Enrichment Circle</i> led by Rev Billie 6pm OA	<b>24</b>	<b>25</b>	
<b>26</b> 10:30am <i>Power Praying</i> Rev Sharon Connors 11:45am Fellowship Noon USC Board of Trustees Meeting	<b>27</b> 4:30pm TOPS	<b>28</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love 10:30am AA 1:30pm <i>E<sup>3</sup> Enrichment Circle</i> led by Billie Shawl	<b>29</b> 10:30am <i>E<sup>3</sup> Enrichment Circle</i> led by Rev Sharon 5:00pm <i>E<sup>3</sup> Enrichment Circle</i> led by Jim Rasmusson 6pm Power Meditation & Healing Service	<b>30</b> 10:30am AA 1:30pm <i>E<sup>3</sup> Enrichment Circle</i> led by Rev Billie 6pm OA	<b>31</b>		

## 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.

## Enrichment Circles Start Up March 1<sup>st</sup> Studying *E-Cubed* by Pam Grout

Enrichment Circles are forming for our spring book study on *E-Cubed* by Pam Grout. E-Squared provided the training wheels, the baby steps, to "really getting it" that thoughts create reality. In *E-Cubed* Grout takes you higher and deeper into the quantum field, where you'll prove that blessings and miracles are natural and that joy is only a thought away. There will be four different Enrichment Circles at four different times all covering the same ground. The study will run from March 1<sup>st</sup> through April 12<sup>th</sup>. There is still room in two of our Enrichment Circles for you to join in! Signup sheets for our Tuesday afternoon and Wednesday evening groups are in the church lobby. Circles are limited to 12 participants each, so be sure to register before all four groups fill up!

## Spring Fling Dinner Dance March 10<sup>th</sup> at 5:30 PM

On March 10th doors will open at 5:30pm, with live music beginning at 6:00! Come join the fun! Rockin' the Blues will entertain us with rousing dance music, and we'll be serving a yummy lasagna dinner. We'll top off the fun with a cash bar and various riveting raffle items.

Tickets on sale now: \$20 in advance; or you can buy them at the door for \$25. Purchase yours this Sunday in the bookstore and from our volunteer ticket "vendors" who will be circulating during Fellowship Hour. Or you can call or come into the office during business hours: Tuesday-Thursday, 8:30 to 5:00. Invite your friends! Reserve a table! Too much fun to resist!

## The Divine Word Bookstore

Come browse our spectacular selection of spiritual books, including Rev. Sharon's books, *Adventures In Resilience* and *Spiritual Cliff Notes*. You'll also find her *12-Power Meditation CD*. Bookstore is open during Fellowship Hour on Sundays, and you're welcome to come in during business hours.

## A Course of Love Tuesdays @ 10:30am Facilitated by Renee Falkowski Meet in the Church Library

### Crystal Bowl Sound Healing Meditation Wednesday March 8<sup>th</sup> 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. And bring WATER! Love Offering \$10.

### Monthly Meditation and Healing Service Wednesday, March 29th at 6:00pm

A powerful combination of deep meditation followed by a healing service. 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. *Love offering.*

### Unity Basics Workshop Required for Membership Sunday, March 5 Noon to 2:30

Rev. Sharon will hold a Unity Basics Workshop for those of you who cannot make it to her new member classes, which she typically runs on Wednesday mornings. Anyone who is interested in enjoying the benefits of being a member of Unity Spiritual Center... and anyone who is interested in a refresher course on Unity principles... is invited to attend. Please register in the church lobby or bookstore.

### Power of the Month: Strength

In his book, *Keep a True Lent*, tells us, "Strength is freedom from weakness, stability of character, power to withstand temptation. It is the force or power to do, capacity to accomplish." Rigorous strength of soul shines brilliantly and regally in the face of darkness. This is the power of spiritual strength, and it's in everyone of us! The Apostle Andrew represents the Power of Strength, which vibrates **spring green**.



Continued from Page 1

and blue plastic lawnmower. For Eddie, it was always summertime. As Spanish author, Albert Camu, wrote, "In the depth of winter, I finally learned that within me there lay an invincible summer." Prayer helps us maintain that invincible kind of summertime mind even in the winters of our lives.

With my love and gratitude,  
Rev. Sharon

### Quote of the Month

"When we consider Lent as a well-rounded or 'completed' season of retreat from the things of the world for the cleansing of the mind and recollection of the things of spirit, it becomes a true season of preparation... for the resurrection of the mind from the darkness of its... doubts and false beliefs into the light of understanding." Charles Fillmore, *Keep a True Lent*

### Women's Group Rising

The book of Matthew begins with a list of 'begats'. All men's names, but four women are cited here whose stories appear in the Hebrew Bible. Why are these four women among a long list of men? Come to our women's group on Saturday, **March 4th at 10:30AM** and learn their stories and discover for yourself why these women were so important in the culture of that time. We'll be having a **potluck lunch of salads and desserts**. And we'll wind up with a service project, writing notes to the congregants who we're missing because they are "shut ins" so can no longer attend church and visit with their church family. Please preregister so we know how many supplies we'll need. Registration forms are in the church lobby and bookstore.

### Men's Group

All men are invited to the Men's Group, which will meet on Thursday, **March 23rd at 10am** at Tivoli Gardens in Surprise at 12555 W. Bell Rd. 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).

### 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: Howard Fisher  
Secretary: Eileen Barber  
Treasurer: Jo Kennedy  
Member: Lavonne Rasmusson  
Member: Barbara Layton  
Member: Marlene Messer  
Alternate: Laura Kostyo



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

Mack Essary, President  
Howard Fisher, Vice President  
Eileen Barber, Secretary  
Jo Kennedy, Treasurer  
LaVonne Rasmusson  
Barbara Layton  
Marlene Messer  
Laura Kostyo, Alternate

10101 West Coggins Drive  
Sun City Arizona 85351

623-974-6443

Office Hours:

Tuesday through Thursday  
8:30am to 5pm



Find us on:  
**facebook**

<https://www.facebook.com/UnitySCAZ/>