

## Courting Love

"We know how much God loves us, and we have put our trust in his love. God is love, and all who live in love live in God, and God lives in them." 1 John 4:16

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that." — Martin Luther King Jr., *A Testament of Hope: The Essential Writings and Speeches*

To my partners on the path,

A tribute to the legendary singer, song writer Paul Simon aired on December 21. Billed as the "Homeward Bound Grammy Salute to the songs of Paul Simon, he was praised as a groundbreaking musician. The likes of Oprah Winfrey, Garth Brooks, Billie Porter and Stevie Wonder were on hand to salute his musical genius and sing his praises. Personally, I've always loved the rhythms and poetic lyrics of his music. His work with Ladysmith Black Mambazo was totally inspiring. His love of music and finding innovative ways to express this love bring me to ask myself, what are ways that I innovate in my expression of love. Here's a clue: Paul Simon courts love through music. I want to court love too. And, I ask you, how would you go about courting love?

Love has inspired volumes of research on its challenges, failures, benefits, and allurements; how to get more, give more, and be more. In the human heart, love can lift us to the stratosphere of imagination or dump you on the thrashing floor. But if love is the real thing, emanating from the Divine Idea of love, we do find heartwarming, innovative ways to show it.

The Institute of Heart Math has been researching all of the faces and ways of love since 1991 when Doc Lew Childre sought alternative healing modalities to reduce stress in himself. That's definitely what love can do.

The author of 1 John wrote, "there is no fear in love, but perfect love casts out fear." Is fear on the other end of the emotional spectrum of love? Maybe. What has been proven is that positive emotions like love and all of its faces have a positive effect on our health, our mental functions, emotional flexibility and generating creativity, courage, connectedness, balance, joy, and peace.

Let's get into it!

With my love and gratitude,  
Rev. Sharon

# February 2022 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat								
			<b>1</b> 10:00am SW Vly Enlightenment Ctr Metaphysical 10:30am <i>Living Untethered</i> led by Rev Sharon Prayer Chaplain Interviews	<b>2</b> 9am Outreach Knit & Crochet 10:30am AA 6pm OA	<b>3</b> Office Closed	<b>4</b> 10:30am Women's Group Rising								
<b>5</b> 10:30am <i>Is Love Scary or Alluring?</i> 11:45am Fellowship 12:30 Prayer Chaplain Meeting	<b>6</b> 4:30pm TOPS Office Closed	<b>7</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love 10:30am AA 5pm Healing Hands	<b>8</b> 10:30am <i>Living Untethered</i> led by Rev Sharon 6pm Sound Healing Meditation	<b>9</b> 10:30am AA 6pm OA	<b>10</b> 5:30-8:30pm Prayer Chaplain Potluck dinner & Sacred Circle	<b>11</b> 9am-3pm Prayer Chaplain sack lunch Foundational Training								
<b>12</b> 10:30am <i>The Faces of Love</i> Rev Sharon Connors 11:45am Fellowship 12:30-2:30pm Prayer Chaplain Foundational Training	<b>13</b> 4:30pm TOPS Office Closed	<b>14</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love 10:30am AA 	<b>15</b> 10:00am SW Vly Enlightenment Ctr Metaphysical	<b>16</b> 9am Outreach Knit & Crochet 10:30am AA 6pm OA	<b>17</b> Office Closed	<b>18</b> Office Closed								
<b>19</b> 10:30am <i>Resilient Heart, Resilient Life</i> Rev Sharon Connors 11:45am Fellowship— Church sponsored lunch Noon USC Board of Trustees Meeting Noon Annual Meeting	<b>20</b> 4:30pm TOPS Office Closed	<b>21</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love 10:30am AA 5pm Healing Hands	<b>22</b> 6pm Ash Wednesday Service with Communion & Meditation	<b>23</b> 10:30am AA 10am Men's Group 6pm OA	<b>24</b> Office Closed	<b>25</b> Office Closed								
<b>26</b> 10:30am <i>Ready, Set, Go</i> Rev Billie Martini 11:45am Fellowship 12:30-3:30pm Prayer Chaplain Wellness Calling Training	<b>27</b> 4:30pm TOPS Office Closed	<b>28</b> 10am Circle of Prayer 10am ARE 10:30am A Course of Love 10:30am AA Prayer Chaplain Interviews	<div style="border: 1px solid black; padding: 5px;"> <h3 style="text-align: center;">February Birthdays</h3> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">09 — Nancy Leyerzapf</td> <td style="width: 50%;">24 — Alva Moring</td> </tr> <tr> <td>13 — Ralph Martini</td> <td>25 — Sandie Fish</td> </tr> <tr> <td>14 — Chris Romero</td> <td>26 — Becky Costello</td> </tr> <tr> <td>22 — Cathy Mannino</td> <td></td> </tr> </table> </div>				09 — Nancy Leyerzapf	24 — Alva Moring	13 — Ralph Martini	25 — Sandie Fish	14 — Chris Romero	26 — Becky Costello	22 — Cathy Mannino	
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## Mission Statement:

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

**Living Untethered Discussion Group**  
**Wednesday, Feb. 1 & 8 from 10:30-Noon**  
**Facilitated by Rev. Sharon Connors**

During the first two Wednesdays of February we'll wrap up our discussions on Michael Singer's sequel to *The Untethered Soul*. What does a life look like that fully embraces life, that is spiritually grounded, that is clear about what is possible, that continues to evolve the divine within to create a blessed and empowered experience here in the years given you? Join us these final two Wednesdays in February to find out. We meet in the Fillmore classroom on the Unity Spiritual Campus, and via Zoom Meeting ID 577 896 8885.

**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>. Signup sheets for the different groups are in the church lobby. Circles are limited to 12 participants each, so be sure to register for the time slot that fits you best before the group fills up!

**Ash Wednesday**  
**February 22 at 6:00 PM**

Join us on Wednesday evening, February 22<sup>nd</sup> for one of the most significant holy days of the year, Ash Wednesday. It is a time to go deep with yourself and clarify what you want to release from your consciousness and your life in order to make a space for all that God wants to give you; in order to taste the richness of your being and life.

There will be time for reflection and inspiration, a Communion Service, and distribution of ashes, a symbol of letting go of what no longer serves your happiness and well-being.

There will be an opportunity to walk the Labyrinth after the service.

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

**Crystal Bowl Sound Healing Meditation**  
**Wednesday February 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.

**Annual Meeting Sunday, Feb. 19<sup>th</sup>**  
**Immediately Following Service**

Be sure to join us at this year's Annual Meeting. We'll especially need you members to attend so we can count *your* vote.

And it's that time of year for **all members** to renew their membership. If you haven't already, please be sure to complete and return your **Membership Renewal card** before the Annual Meeting. Let Cathy know if you have any questions.

**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.

**Ken Haines Memorial Library**

We encourage you to visit our lending library, managed by volunteer Sharon Rodriguez. You'll find an outstanding collection of spiritual books. The library, which we recently renamed for our late master-proofreader, Ken Haines, is off the lobby of the office building. Feel free to browse during business hours or after service on Sunday afternoons. Directions for checking out books are posted on the wall.

## Power of the Month: Love

As Unity luminary, Emmitt Fox, wrote, "Love is by far the most important thing of all. It is the Golden Gate of Paradise." Divine love is the great harmonizer, unifier, healer, prosperer. We can never love too much when it is divine love. Love accepts differences. It is the great respecter. It's practical, powerful, and potent. Jesus assured us that we are being made perfect—if we are willing. That includes being perfected in our capacity to and expression of love. The Apostle John represents the Power of Love, which vibrates **pink**, of course!

## Women's Group Rising

Last month, Women's Group Rising had its planning meeting for the year, and those who attended decided to organize our monthly meetings into categories, with each division having its own leaders. LaVonne Rasmusson and Cathy Collins will plan the three Educational meetings for the year, Billy Shawl will organize three Soul Journey meetings during the year, and Laura Kostyo and Sandra Hurlbut will put together Fun Activities for the rest of the months.

This month the Fun Team is taking a page out of the Men's Group playbook.: All women are invited to join us for a no-host luncheon on Saturday, February 4<sup>th</sup> at 10:30am at Tivoli Gardens in Surprise at 12555 W. Bell Rd. You don't have to be a member to join in the fun. Register in the sanctuary lobby or bookstore so we know how many seats to reserve.

## Men's Group

All men are invited to the Men's Group, which will meet on Thursday, February 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).

## Plans Forming For Our Spring Fling Friday, March 10th

You *know* what fun the **Rocking the Blues** band is! Well, they're back! They'll be here to rock us at 6PM on Friday, March 10th. So now we need *you* to step up and help plan the event. We'll be forming teams for setting up and cleaning up; planning and serving the dinner; decorations; and a fun, easy raffle event. Please prayerfully consider how *you* can make this a successful, fun, fundraising event for your church, and look for team signup sheets in the church lobby Sundays in February. Show off your gifts of creativity, service, organization and fun-loving. Join a team!

## Vision Statement:

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



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  
Sandra Hurlbut, Secretary  
Jo Kennedy, Treasurer  
Cate Campeau  
Karen Haag  
LaVonne Rasmusson  
Eileen Barber, Alternate

10101 West Coggins Drive  
Sun City Arizona 85351

623-974-6443

Office Hours:

Tuesday through Thursday  
8:30am to 5pm



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