

## From Limitless Living to New Life

"Attempt what the mind fears. Don't listen to its convincing worries, and you will realize how limitless one can be." – Ernest Holmes

"When we turn our attention away from ourselves, our potential is limitless." – Christopher Reeve

Dear Fellow Seekers,

I've been deeply touched by Christopher Reeve's story. For a quadriplegic, his accomplishments are more than phenomenal. He came to the razor-edge-cliff choice after the accident that broke his neck. The choice: say "yes" to life and all it would take to go on or "yes" to death and no more pain or struggle just to breathe. He said "yes" to life.

Haven't you faced such moments in your life, maybe not as dire as Christopher Reeve's but, perhaps, just as momentous to you? Maybe it was a circumstance so painful that you didn't want to go on. Maybe life asked you to step into an unknown so immense that you wanted to run the other way. Life challenges us, draws us to the cliff edge of what we believe — give up or grow; stay the same or find out what we are made of; stand on the sidelines or step into the arena of living out loud.

Our 7-week Adventure in Faith and Limitless Living invites discovering what you are made of; what you value; what you are willing to dare for the sake of the kind of freedom of spirit that our Wayshower, Jesus, demonstrated by his choices. Limitless living invites us into tasting each moment rather than spitting it out or throwing it away. Jesus discovered that with God all things are possible and that within the human heart there beats a bigger heart, a limitless Power. That Power is the light of God as you and it is accessible.

Unity celebrates the Power of Release in November, often called renunciation or elimination. It is your Power to let go; to erase from your consciousness whatever limits you, limits your sense of freedom. Christopher Reeve released so much so that he could go on living creatively, contributing so much to life and to others in the midst of being unable to move from the neck down. He mastered his thought power, his heart and soul power to write books (two), direct and act in movies, create a research Foundation and speak out to encourage others. He lived very much out loud.

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# November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 10:00am SW Vly Enlightenment Ctr Metaphysical 10:30am Enrichment Circle, Rev Sharon	<b>2</b> 9am Outreach Knit & Crochet 10:30am AA 1:30pm Enrichment Circle Rev Billie 6pm OA	<b>3</b>	<b>4</b> 10:30am Women's Group Rising
<b>5</b> <b>Volunteer Sunday</b> 10:30am <i>Embrace Miracles &amp; Marvels</i> Rev Sharon Connors <b>Volunteer Recognition</b> 11:45 Fellowship 12:30 Prayer Chaplain Meeting	<b>6</b> 4:30pm TOPS 5pm ACA	<b>7</b> 10am Circle of Prayer 10:30am A Course of Love 10:30am AA 1:30pm Enrichment Circle, Billie Shawl 5pm Enrichment Circle, Sandy Walker	<b>8</b> 10:30am Enrichment Circle, Rev Sharon <b>6pm Sound Healing Meditation</b>	<b>9</b> 10:30am AA 1:30pm Enrichment Circle Rev Billie 6pm OA	<b>10</b>	<b>11</b> <b>Veterans Day</b>
<b>12</b> 10:30am <i>Finding Joy in Being Alive</i> Rev Sharon Connors <b>Recognize Veterans' Day</b> 11:45am Fellowship	<b>13</b> 4:30pm TOPS 5pm ACA	<b>14</b> 10am Circle of Prayer 10:30am A Course of Love 10:30am AA 1:30pm Enrichment Circle, Billie Shawl 5pm Enrichment Circle, Sandy Walker 5pm Healing Hands	<b>15</b> 10:00am SW Vly Enlightenment Ctr Metaphysical 10:30am Enrichment Circle, Rev Sharon	<b>16</b> 9am Outreach Knit & Crochet 10am Men's Group 10:30am AA 1:30pm Enrichment Circle Rev Billie 6pm OA	<b>17</b>	<b>18</b>
<b>19</b> 10:30am <i>The Dimensions of a Grateful Heart</i> Rev Sharon Connors 11:45 Fellowship <b>Thanksgiving Lunch</b>	<b>20</b> 4:30pm TOPS 5pm ACA	<b>21</b> 10am Circle of Prayer 10:30am A Course of Love 10:30am AA	<b>22</b>	<b>23</b> <b>Office Closed</b> 10:30am AA 6pm OA 	<b>24</b>	<b>25</b>
<b>26</b> 10:30am <i>The Double Win In "I Love You"</i> Rev Billie Martini 11:45am Fellowship	<b>27</b> 4:30pm TOPS 5pm ACA	<b>28</b> 10am Circle of Prayer 10:30am A Course of Love 10:30am AA Noon Board Mtg 5pm Healing Hands	<b>29</b> <b>6:00pm Guided 12-Power Meditation</b>	<b>30</b> 10:30am AA 6pm OA		

## November Birthdays:

07—Jeanne Roberts  
10—Jerry Burt

19—Mollie Kidari  
23—Sig McGriff

24—Marlene Messer  
26—Jo Kennedy  
29—Donna Harlow

## 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.

## Vision 2023/2024

### (Projects over and above our normal operating expenses)

Unity Spiritual Center is a place that brings us together to be one in Spirit. It affords us a place for spiritual nourishment, as well as a place for meaningful fellowship. It is a place where we make lifelong friends and help each other through our Spiritual Journeys. The Annual Appeal gives us an opportunity to support the health and wellbeing of our church. Below are items that are outside of our normal operating budget. We thank you in advance for helping us meet these needs. On December 8<sup>th</sup> we will all celebrate the great victory of meeting our goal of \$19,000.

- Repave Parking Lot: Major cracks that have developed over years threaten integrity of ground beneath lot \$13,500
- Replace Main Doors to Sanctuary: Wood is cracking and the doors are bowing. The doors were already repaired once so we could close the doors tightly and lock them up. But after 6 years, the problem has returned and the doors cannot be fixed again, so must be replaced. 5,000
- Replace dead shrubs: The summer heat was particularly brutal so no amount of water could save many of the plants in our gardens. This will help us replace the plants that died. 500

**Total: \$19,000**

### Save The Date!

#### Gala Dinner Dance December 8

Plan to join us to celebrate our successful Adventure in Faith and Fund Drive. We'll be dancing to a DJ (Tito Valentin!), enjoying a delicious smoked brisket dinner, including hors d'oeuvres and dessert, and a cash bar. Plus, our A/V team will be showing us a fun video of our Adventure! Tickets go on sale November 12<sup>th</sup> for \$20 advance price/\$25 at the door. Doors open at 5:30pm.

**We are so grateful for the veterans in our congregation. Thank you for your service. Please join us during our November 12 Sunday Celebration Service for a special Veterans' Day blessing.**

## A Course of Love Goes Beyond A Course in Miracles Tuesdays @ 10:30am Meets in the Fillmore Classroom

### Volunteer Appreciation

We honor and cherish all of our church volunteers. Thank you for your Divine Understanding that being in service accelerates our spiritual growth. Be sure to come to our November 5<sup>th</sup> Volunteer Sunday Service, so we can bless all you do for our church.

### Volunteer of the Month Alan Fields

Ever since Alan became a member of Unity Spiritual Center, he has been popping up all over the place! He has blessed us with a lovely spinet piano for our Activity Center, replaced several of our kitchen's small appliances with newer and better, has volunteered to be a Sunday Ambassador to welcome and introduce visitors, and helps out in the kitchen, setting up for Fellowship Hospitality and cleaning up afterwards. Thank you, Alan, for sharing your time, talents and tithes so generously!

### Crystal Bowl Sound Healing Meditation Wednesday November 8<sup>th</sup> at 6:00pm

Certified Sound Healing Practitioner, Yoga Teacher and Reiki Master, 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 12-Power Meditation Service Wednesday, November 29<sup>th</sup> at 6:00pm

A powerful, deep meditation in our sanctuary. Experience the blessings of group meditation and learn more about the 12-powers identified by Unity co-founder, Charles Fillmore, and how to tap into those powers. *Love offering.*

### Thanksgiving Celebration

On Sunday, November 19<sup>th</sup>, we will be hosting a Thanksgiving Dinner. The dinner is reservation only because we need a head count so we have the appropriate number of dinners. Sign up no later than November 14, using the RSVP sheet in the lobby, bookstore, on the bulletin board, or call the office.

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He inspires me to look myself in the eye, so to speak, and stop talking smack in limiting ways. It's not about being a Pollyanna. It's about living in the Truth. Our God is the Creative Principle of Absolute Good, everywhere present, no matter what it looks like. Christopher Reeve lived from that understanding and God in you is praying that you do, too. Imagine what your life would be like. You would be magnetic to miracles and marvels. You would find joy in just being alive. Your love-light would shine bright in the world.

Working on it with you,  
Rev. Sharon

### Power of the Month: Elimination, Letting Go

"You got to stop watering dead plants." — Anonymous

Elimination/Renunciation, represented by the disciple Thaddeus, vibrates russet. It is the power to release from our consciousness what does not support our happiness and wellbeing. You can actually reprogram your consciousness by the persistent use of this power. Consider what in your life and thinking does not bring you alive. That would be something to let go of and replace with something that does bring you alive.

### Women's Group Rising

**Saturday, November 4<sup>th</sup> at 10:30am**

Have you ever wondered if your family pet or animals in general have a soul? The answer is absolutely yes!

Salvatore, a medium, animal communicator and healer has been doing spirit communications for over 30 years. Animals have been part of his work and what they have to say can be funny, deep, and connected at the soul level in ways you may never have imagined.

Join Salvatore as he shares the adventure of animal communications both with those living and those that have passed. Afterward, we'll socialize over a potluck luncheon of salads and desserts. If you plan to join in, please sign up in the church lobby or bookstore, and indicate whether you'll be bringing a salad or dessert.

### Men's Group

**Thursday, November 16<sup>th</sup> at 10:00am**

All men are invited to the Men's Group on November 26 at Co-co's Bakery Restaurant, 9801 W. Bell Rd in Sun City. The men have been having a great time learning about one another and supporting each other. Come see for yourself. 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.

### Watch For More Details!

**Interfaith Thanksgiving Service at Temple Beth Shalom,  
Friday November 17th.**

  
**unity**<sup>®</sup>  
Spiritual 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

#### Licensed Unity Teacher

Sandy Walker, LUT  
Linda Cogdill, LUT Candidate

#### Center Administrator

Cathy Collins

#### Director of Music

Mollie Kidari  
Cathy Mannino, Assistant Director  
Melvin Johnson, Choir Director

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Office Hours:

Tuesday through Thursday  
8:30am to 5pm



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