

May 2026

*Flourishing:*  
Cultivate Your  
Spiritual Power

**Power of the Month -- Divine Power**

“The Power center in the throat controls all the vibratory energies of the organism. It is the open door between the formless and the formed worlds.” — *“The Twelve Powers of Man,”* by Charles Fillmore

Power is defined as ability, capacity, potential. Spiritually, Power capacitates the other divine powers to express. It's like that key or button that ignites the engine in a car. Power transforms energy from one plane of existence to another. Thoughts become words. Words become action. Ideas become plans, visions, expressions. Power vibrates purple and is seated in the throat.

“You shall receive power when the Holy Spirit has come upon you, and you shall be my witnesses in Jerusalem and all of Judea and Samaria.” *Acts 1:8*

“Anything that is nourished, flourishes” Dr. Luas Shalua

To My Beautifully Powerful Friends,

I knew I had a choice. Nourish fear or cultivate courage! The Program called it “Equine Therapy”. For now, I’ll call it “Dare to Flourish”. I faltered for a day or 2 with fearful imaginings but finally surrendered my fear and went into the ring with the horse – a universal symbol of power. I had 2 assignments: first, motivate the horse, with only my presence next to him, to lift his left front hoof for me to shoe; next, stand in the middle of the ring and lead the horse to circle the perimeter of it a dozen times around. I swear divine power ignited my courage and came upon me to take on those assignments. I worked up a positive mindset and walked myself across the ring to stand intimately close to the chestnut horse. Praise God, the horse raised his hoof to me and subsequently followed my lead around the ring. My heart and soul tasted heaven in those precious moments and flourished in a kind of euphoria. Reflect for a moment on similar experiences in your life – pivotal choice points. What did you discover? What gifts blessed your courage?

We were born to flourish. It may take everything we’ve got sometimes, but everything we’ve got is divine. You received the God-given power to choose what gives you life or what keeps you corralled. Life is kind, though, and keeps presenting new opportunities to flourish, to grow, to fully embody your divine nature, which is beautiful and powerful beyond measure.

May celebrates the divine power of power as well as the feminine power of God in each of us. Call it the “mothering instinct” – unconditional love, unstoppable resilience, unparalleled strength, righteous nurturing, a glorious life force and infinite optimism.

May’s invitation is to cultivate your dynamic spiritual power. Come on into the ring with me.

With Love,

*Rev. Sharon*

# May 2026

## Flourishing: Cultivate Your Spiritual Power

Sun	Mon	Tue	Wed	Thu	Fri	Sat
01—Karen Pollick 07—Charlie Mannino 08—Judy Phillips 09—Sue Posey	<b>May Birthdays</b> 11—Linda Martodam 14—Diane Fielding		18—Marla Thomas 23—Diana Warren 25—Robbie Robinson-Hokerk 30—Patricia Jones		<b>1</b>	<b>2</b> 10:30am Women's Group Rising
<b>3</b> 10:30am <i>Flourishing with the 5 A's of Abundance</i> Rev Billie Martini Birthday/Anniversary Sunday 11:45 Fellowship Noon Prayer Chaplain Meeting	<b>4</b> 4:30pm TOPS 5pm ACA	<b>5</b> 10:30am A Course Of Love 10:30am AA 5pm Healing Hands	<b>6</b> 10am SW Vly Enlightenment Metaphysical Grp	<b>7</b> 9am Men's Connections 10:30am AA 6pm OA	<b>8</b>	<b>9</b>
<b>10</b>  10:30am <i>Flourishing: Cultivate Your Spiritual Power</i> Rev Sharon Connors 11:45am Fellowship	<b>11</b> 4:30pm TOPS 5pm ACA	<b>12</b> 10:30am A Course Of Love 10:30am AA	<b>13</b> 1-3pm Dine & Discover <i>Metaphysics: Transformative Spiritual Frameworks</i> with Rev Sharon 6pm Sound Healing with Emily Slonina	<b>14</b> 10:30am AA 6pm OA	<b>15</b>	<b>16</b>
<b>17</b> 10:30am <i>Flourishing Through the Power of Forgiveness</i> Rev Cathy Corbin-Mannino 11:45am Fellowship	<b>18</b> 4:30pm TOPS 5pm ACA	<b>19</b> 10:30am A Course Of Love 10:30am AA 5pm Healing Hands	<b>20</b> 10am SW Vly Enlightenment Metaphysical Grp	<b>21</b> 9am Men's Breakfast 10:30am AA 6pm OA	<b>22</b>	<b>23</b>
<b>24</b> 10:30am <i>Flourishing: Mastering Your Strengths</i> Rev Jimmie Scott 11:45 Fellowship Noon Board Meeting	<b>25</b>  4:30pm TOPS 5pm ACA	<b>26</b> 10:30am A Course Of Love 10:30am AA	<b>27</b> 4pm Wellness Drum Circle	<b>28</b> 10:30am AA 6pm OA	<b>28</b>	<b>30</b>
<b>31</b> 10:30am <i>Living in an Opulent Universe</i> Rev Charli Tupper 11:45 Fellowship						

# Join Us Sundays In May For Lessons In Spiritual Growth, Followed by Fellowship...

May 3<sup>rd</sup> @ 10:30am

Flourishing With The  
5 A's of Abundance

Rev Billie Martini



*Flourishing:  
Cultivate Your  
Spiritual Power*  
May 10 @ 10:30am  
Rev Sharon Connors

Flourishing Through  
THE  
**POWER**  
of Forgiveness  
May 17<sup>th</sup>  
@  
10:30am  
Rev Cathy Corbin-Mannino



*Flourishing: Mastering  
Your Strengths*

Rev Jimmie Scott  
May 24<sup>th</sup> @ 10:30

*Living In An  
Opulent  
Universe*  
Rev Charli Tupper  
May 31<sup>st</sup> @ 10:30am

In our Sun City Sanctuary at 10101 W Coggins Dr., Sun City AZ 85351, or watch our Live Stream online at [www.UnitySC.org](http://www.UnitySC.org):

# What Else is Happening in May?

**Women's Group Rising**  
**Saturday, May 2<sup>nd</sup> @ 10:30**

**Bring a Friend!**

**Therapeutic Art**  
**Taught by Susan Fisher**



The **Women's Group Rising** invites all women to their May 2<sup>nd</sup> meeting, when Susi Fisher will present a hands-on art project. Come to learn about ***Therapeutic Art***, open to the creative artist within, and have a lot of fun! It all begins promptly at 10:30. *Sign up in the Sanctuary Lobby or Bookstore*, or call the office during business hours, Tuesday, Wednesday, Thursday from 8:30 to 5:00. And be sure to indicate what you plan to bring to the potluck that will follow Susi's talk.

**May's Mega Book Sale!**  
**Begins May 3<sup>rd</sup> – Just in Time for**  
**Mother's Day,**



**Books \$5**  
**Pamphlets \$1**

Mark your calendars for May's Mega Book Sale, beginning May 3<sup>rd</sup> ... just in time for Mother's Day: \$5 each book (not including Rev Sharon's books, which will be available at full price), \$5 for tapes and CDs, and pamphlets for only \$1. And while you're browsing our large collection of spiritual books, check out the crafts and gifts created by our talented congregants.



Join us on Sunday, May 10<sup>th</sup> for a beautifully meaningful Mother's Day celebration. Rev. Sharon has a special blessing for her Mother's Day service. We'll have Mother's Day cards for the ladies. Then enjoy a delicious church-sponsored Mother's Day brunch during our Fellowship Hour.

*Dine & Discuss*  
*Metaphysics:*  
*Transformative Spiritual*  
*Frameworks*  
With Rev Sharon  
May 13<sup>th</sup> 1-3pm

**Discover Metaphysics: Transformative Spiritual Frameworks** on May 13th from 1-3pm. Come into an enlightening exploration of Unity's Metaphysical Frameworks—ways of understanding the nature of reality, consciousness and your work as an infinitely creative being. Frameworks are spiritual tools that empower you to create a beautiful life and free you into more Heaven Now and a flourishing life. It is a way to live fruitfully and peacefully in the virtual world of Spirit.

In the Revealing Word, Unity's dictionary of terms, metaphysics is defined as: "The systematic study of the science of Being; that which transcends the physical. By pure metaphysics is meant a clear understanding of the realm of ideas and their true expression". Register today in the sanctuary lobby or activity center!

# Sound Healing With Emily Slonina

**Wednesday  
May 13<sup>th</sup> 6-7pm  
Recommended Love  
Offering of \$20**

Join us for a transformative **Sound Healing Meditation** session with Emily Slonina on Wednesday evening, **May 13<sup>th</sup> beginning promptly at 6:00**. This event features crystal quartz singing bowls, gongs, and chimes to promote relaxation and reduce anxiety. Bring your yoga mat or use our chairs and remember to arrive early. Let's prioritize wellness together. **\$20 Love offering cash or check payable to Emily Slonina.**





Sheila Leedy will help us to "remember who we are" and then will give messages to everyone in the group (if there is time). Reverent Sheila Leedy is a Spiritualist minister, medium, teacher and speaker.

Dave Newman will be speaking about the connection between spirituality and abundance.

Dive into an exhilarating, nurturing rhythmic journey in a welcoming, judgment-free zone with the **COMMUNITY OPEN HEART DRUM CIRCLE** facilitated by Krista from By the Sound of It!

Both beginners and seasoned participants alike will find their unique groove using a variety of instruments and techniques. Join us to drum the beat of our hearts and rhythms of our soul sending love and gratitude out to all! Experience stress relief, relaxation, community connection, increased energy, JOY and FUN during this wellness-based group drumming event. Feel the incredible power of intentional drumming for your own mind, body, and spiritual wellness—no experience required. Beginners welcome! **BRING A DRUM IF YOU HAVE ONE, OR USE ONE OF OURS!** We can't wait to drum with you!

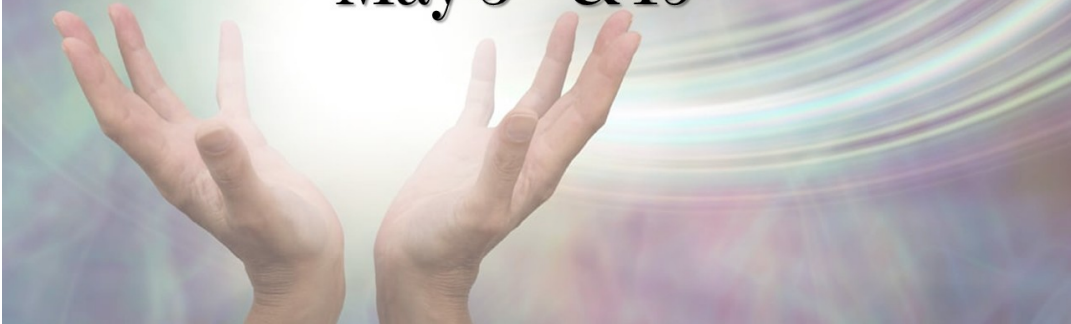


We are honored to offer Krista's Drum Circles on the last Wednesday of every month. We begin promptly at 4pm and end around 5:15. Love offering only \$10.

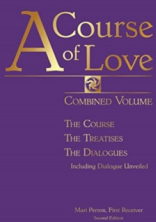
# Energy Healers Meet in May

## Tuesday Evenings:

### May 5<sup>th</sup> & 19<sup>th</sup>



Our Energy Healing Team meets on the first and third Tuesdays of every month to support physical healing in our congregation. If you have a healing need, please fill out a **Physical Healing Request Form**, which you'll find by the prayer request cards next to all four of our prayer chests throughout the church campus. Be sure to return your completed form to the office no later than the Tuesday morning on which the Healing Team meets. You won't need to come to the church or anywhere else on that Tuesday. The Healing Team works remotely to send Healing Energy, frequently with reports of miraculous healing



Tuesdays at 10:30  
In the Fillmore Classroom  
The group is restarting  
the study from the  
beginning on June 3<sup>rd</sup>.

Our A Course of Love group meets Tuesday mornings at 10:30 in the Fillmore Classroom and invites you to join them. Any questions? Contact Darlene Hubbard at 480-454-6339.



Unity Spiritual Center hosts four 12-step programs every week: Closed AA meetings on Tuesday and Thursday mornings at 10:30; Overeaters' Anonymous on Thursdays at 6pm; and ACA on Mondays at 5pm. Also, TOPS Weight Loss Support Group meets here Mondays at 4:30 pm.

# Volunteer of the Month

Caught in Random Acts of Kindness



**Jeannie Cooper**  
Volunteer of the Month

Jeannie Cooper, a licensed professional counselor, joined Unity Spiritual Center in 2022, by transferring her 18-year membership from Unity of Phoenix when she moved to Sun City. She had been a prayer chaplain at Unity of Phoenix, so naturally when she joined our congregation, Jeannie also joined our Prayer Chaplain team and has been a solid chaplain for our members ever since. Jeannie has also been a dependable member of our Hospitality Team, often coming early Sunday mornings to help the rest of the kitchen crew get refreshments set up for Fellowship Hour. Thank you, Jeannie, for serving our church so well!

# Outreach

Unity Spiritual Center's **Outreach Team** has expressed heartfelt gratitude from the team and the local agencies they work with for the generosity of our congregation. They have put together a list of needs to help out the homeless population in our community and to help support Justa Center, which helps the homeless in downtown Phoenix. Below is their list of needs. Please deposit donations in the black plastic bins in the Activity Center. Thank you for helping to bring dignity to the vulnerable in our community.

## Current Needs Identified By Our Outreach Team

### For homeless in our community:

Sandwich Bags	Water!!!
Sunscreen	Towels
Umbrellas	Pillows
Plastic Grocery Bags	Blankets
Laundry Detergent (preferably pods)	Socks
Feminine Products	T-shirts
Clothes: Sweatpants, shorts, shirts, anything weather appropriate	
Food: Individually wrapped Snacks, pop top canned goods, breakfast bars	

### Needed at Justa Center (helps the homeless in downtown Phoenix)

Ground Coffee  
Sugar

Creamer  
Cleaning Products

# Our Board of Trustees



Paul Martodam, Alternate; Cathy Filippone; Darlene Hubbard;

Barb Layton, Secretary

Rev Sharon Connors; Mackey Essary, President; Alan Fields, Vice President;

Stan Shawl, Treasurer

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## Our Mission

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



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623-974-6443

[www.UnitySC.org](http://www.UnitySC.org)