

## Stories in the Key of Life

"I came that you may have life and have it abundantly." – Jesus

"You've gotta dance like there's nobody watching,  
Love like you'll never be hurt,  
Sing like there's nobody listening,  
And live like it's heaven on earth."  
– William W Purkey

To My Partners on the Path,

As a youngster, my mom would read me to sleep with nursery rhymes. I never got tired of them either. In fact, if she ever skipped a part, I would call her on it. I had most of them memorized.

I still love stories and we all have a few. Remember those nursery rhymes of your childhood? They were stories of challenges & triumphs, of fun & friendship, of adventure & daring---stories of life. Our adult stories follow pretty much the same themes as our childhood stories. It's a tale of adventures and mishaps, fun and frolic, sadness and tears, wins and losses.

Still, in the midst of all of our stories there pulses the power of Divine Order ready to

be expressed—some outworking that develops our character qualities into the next stage of their spiritual expression—if we don't give up; if we seek spiritual solutions.



Divine Order rights what needs to be righted, harmonizes what isn't and arranges synchronous moments and experiences. Divine Order vibrates emerald green. It's the idea of harmonious progress.

Stevie Wonder writes songs about the ups and downs, ins and outs and upside downs of life. He knows from his own life about the challenges and triumphs of life, about the difficulties and blessings that we all face. He faced them in spades and he's still here, still giving his best, still expanding his spiritual nature.

Our theme for the month is based on his top-selling album, recorded when he was only 26. It's called Songs in the Key of Life. It contains some of his all-time best hits — and favorites of mine, too.

*Continued on Page 4*

# September 2023

| Sun   | Mon  | Tue  | Wed  | Thu  | Fr        | Sat   |
|---|--|--|--|--|-----------|---|
|   |  |  | <b>WOW</b><br>Wednesdays!  |  | <b>1</b>  | <b>2</b><br>10:30am<br>Women's<br>Group<br>Rising |
| <b>3</b><br>10:30am <i>Stories in the<br/>Key of Life</i><br>Rev Sharon Connors<br>11:45 Fellowship   | <b>4</b><br><b>Labor Day</b><br>3pm Grief<br>Group<br>4:30pm TOPS<br>5pm ACA | <b>5</b><br>10am Circle of Prayer<br>10:30am A Course of<br>Love<br>10:30am AA<br>5pm Healing Hands  | <b>6</b><br>10:00am SW Vly<br>Enlightenment<br>Ctr Metaphysical<br>10am <i>Adventures in<br/>Resilience</i> led by<br>Linda Cogdill<br>6pm Sacred Cinema | <b>7</b><br>9am Outreach<br>Knit &<br>Crochet<br>10:30am AA<br>6pm OA                                    | <b>8</b>  | <b>9</b>  |
| <b>10</b><br>10:30am <i>Love's in<br/>Need of Love</i><br>Rev Sharon Connors<br>11:45am Fellowship<br>Noon <i>Paper Quilling<br/>Workshop</i> with<br>Michelle Tissot<br>12:30 Prayer Chaplain<br>Meeting | <b>11</b><br>3pm Grief<br>Group<br>4:30pm TOPS<br>5pm ACA                    | <b>12</b><br>10am Circle of Prayer<br>10:30am A Course of<br>Love<br>10:30am AA  | <b>13</b><br>2pm Mollie performs<br>at Royal Oaks—<br>Open Invitation<br>6pm Prayer Bead<br>Workshop   | <b>14</b> <b>World<br/>Day of Prayer</b><br>10:30am AA<br>Noon Prayer<br>Vigil In<br>Sanctuary<br>6pm OA | <b>15</b> | <b>16</b>   |
| <b>17</b><br>10:30am <i>Love is<br/>Always the Answer</i><br>Rev Billie Martini<br>11:45 Fellowship   | <b>18</b><br>3pm Grief<br>Group<br>4:30pm TOPS<br>5pm ACA                    | <b>19</b><br>10am Circle of Prayer<br>10:30am A Course of<br>Love<br>10:30am AA<br>1:30pm <i>Natural Solu-<br/>tions for Healthier<br/>Living</i> presented by<br>Karen Pollick<br>5pm Healing Hands | <b>20</b><br>10:00am SW Vly<br>Enlightenment<br>Ctr Metaphysical<br>6pm Labyrinth Walk   | <b>21</b><br>9am Outreach<br>Knit &<br>Crochet<br>10am Men's<br>Group<br>10:30am AA<br>6pm OA            | <b>22</b> | <b>23</b>   |
| <b>24</b><br>10:30am <i>The Magic of<br/>Spiritual Alchemy</i><br>Rev Sharon Connors<br>11:45am Fellowship<br>Noon Board Meeting<br>Noon AIF Prayer Vigil<br>In Sanctuary                                 | <b>25</b><br>3pm Grief<br>Group<br>4:30pm TOPS<br>5pm ACA                    | <b>26</b><br>10am Circle of Prayer<br>10:30am A Course of<br>Love<br>10:30am AA<br>1:30pm <i>Natural Solu-<br/>tions for Healthier<br/>Living</i> presented by<br>Karen Pollick                      | <b>27</b><br>6:00pm Guided<br>Meditation   | <b>28</b><br>10:30am AA<br>6pm OA  | <b>29</b> | <b>30</b>   |

3 — Doe Ritchie-Thompson  
5 — Barbara Hadley  
9 — Barbara Woods

## September Birthdays

13 — Nancy Nixon  
16 — Pat Fowler  
18 — Barbara Layton

### 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.

## Adventure in Faith Limitless Living

Adventure in Faith is a seven-week program designed to grow your faith in God and the greatness in you and our community through working together, exploring spiritual ideas and practices together, praying together and deepening our lives together.

Teams for the Adventure Prayer Vigil, Enrichment Circles, Commitments to a spiritual practice, Audio/Visual, Decorations and a Gala Celebration at the end of our adventure — are all toward deepening our faith and our lives together.

Each week we will focus our Sunday service and our Enrichment Circles on a spiritual principle from the book, *No Time Like the Present* by Jack Kornfield. Each week will have a theme and color, and a commitment to exercise a spiritual practice.

There are a number of ways to be a part of this program. See the signup table in the lobby for team descriptions and participate in the excitement by joining one of our kickoff teams. The program begins with a Prayer Vigil on Sunday, September 24 and ends on December 8 with a Gala Holiday Celebration.

Enrichment Circles exploring Kornfield's book, which is available on Amazon and through most booksellers, begin the first week in October and continue through November 16. We're planning on five Enrichment Circles this year: three during business hours and two in the evenings. Small group signup forms will be available September 3.

## World Day of Prayer

This year's theme for Unity's World Day of Prayer, which begins with an opening ceremony at Unity Village on Wednesday evening, September 13 and culminates in a 24-hour prayer vigil on September 14, is "*Heart of Healing*." Add your prayer requests to the September 14 prayer vigil by completing a prayer slip in the sanctuary lobby and dropping it into the basket. Then plan to join us in the Sanctuary (using the garden door rather than the main entrance) from Noon to 1pm Thursday, September 14th, for a personal prayer vigil.

## Planned Giving

Planned Giving is a wonderful way to support those non-profit organizations that have made a difference in your life or our world. We plan to offer a Round Table Discussion on Legacy/Planned Giving after the first of the year. Stan Shawl, CLU, will facilitate.

## Paper Quilling Workshop Sunday, September 10<sup>th</sup> at Noon

Paper Quilling, also called paper filigree, is a simple artform that became popular in Victorian times. Michelle Tissot will teach us basic quilling techniques to create beautiful hand-quilled notecards. Workshop is limited to 15 participants. Supplies provided. Sign up in sanctuary lobby or bookstore.

## Natural Solutions for Healthier Living *Staying Healthy in a Challenging Environment* 2-Part Workshop with Karen Pollick September 19 & 26 @ 1:30

Karen has been working with doctors and energy practitioners for 27 years to educate Senior Centers and Wellness Expos on achieving optimum health with simple, natural solutions... without side effects. When Western Medicine and Chiropractic alone is not the solution, you will learn about technologies using energies from the earth, sun, air and grounding as well as using living water and mushrooms, which come together to accelerate the healing process. Sign up in sanctuary lobby or bookstore beginning 9/10.

## Wow Wednesdays!

Say goodbye to the scorching hot summer by attending these really cool events, all Wednesdays in September from 6pm to 7pm.

**9/6 Sacred Cinema** Featuring Joseph Campbell's discussion with Bill Moyer on *The Hero's Journey*.

**9/13 Prayer Beads** Make your own prayer beads for meditation & prayer in support of *World Day of Prayer*. Supplies provided.

**9/20 Meet the Labyrinth** Join Rev Sharon for an explanation of the spirituality of the labyrinth. We'll end the evening walking our labyrinth.

**9/27 Guided Power Meditation** A powerful, deep meditation in our sanctuary. Experience the blessings of group meditation.

*Continued from Page 1*

This is a month to maybe reflect on your own personal stories in the key of life—stories of challenges that you've met and come through. There's great hope in remembering that what God has done in your life, God is continuing to do — right now, right where you are.

I hope to hear some of your stories. It's healing to tell them.

Oh, and it will be a September to remember as we introduce WOW Wednesdays. You won't want to miss any of them.

With Love,

Rev. Sharon

### **Women's Group Rising Saturday, September 2<sup>nd</sup> at 10:30am**

Soul Journeys is the topic for this month's Women's Group Meeting. Two of our members, Kate Okrongly and Linda Cogdill, will share their unique stories to inspire us. We are all on a soul journey, our life experiences from a spiritual perspective. We are all learning and growing, which we have been doing since we were born as spiritual beings having a human experience.

Sign up to bring a salad or dessert so we can enjoy a potluck lunch together following the presentations.

### **Men's Group Thursday, September 21<sup>st</sup> at 10:00am**

All men are invited to the Men's Group on September 20 at Coco'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](mailto:KWeidner2000@yahoo.com).

### **Power of the Month: Divine Order Invite Synchronicity**

"The divine law of order working in the subconsciousness unearths buried talents, reveals hidden powers and paves the way for their expression. The divine law of order coordinates the mind powers so that new inspirations may come forth and find unhindered recognition in the conscious mind. The divine law of order emphasizes the overcoming power of man, thereby abolishing fear and despair." — Cora Fillmore

  
**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

#### **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<sup>®</sup>**

[https://www.facebook.com/  
UnitySCAZ/](https://www.facebook.com/UnitySCAZ/)