

## Adventures in Limitless Living

"Eye hath not seen, nor ear heard, nor has it entered into the heart, the things that have been prepared for those who love God." *1Cor. 2:9*

"The secret of health for mind and body is to live in the present moment wisely and earnestly." – Jack Kornfield

To my fellow adventurers,

While I grew up in Chicago, known as the "Windy City" because of the relentless winter winds that blasted into the city from Lake Michigan; while I grew up in a city of skyscrapers, edgy creativity, and a remarkable capacity to renew itself in imaginative ways, I still cherish countless magic moments.

One of the stellar ways that the city magically renewed itself expressed as the Cows on Parade in 1999. You had to be there! Some 330 life-size, fiberglass cows stepped out of local artists' studios onto the corners of city streets. The mission proposed to spark joy and connection. But more than that noble vision, the cows sparked the phenomenal creativity of both city and artists and a deep connection among residents and visitors alike.

The designs on the paisley-painted cows celebrated everything from the Chicago L train to literacy education. The Brown cow in front

of Columbia College displayed HOW on one side and NOW on the others. A provocative question!

Local businesses paid \$3,500 to sponsor a cow with \$1,000 going to the artist. The proceeds went to bless multiple charities.

It all sparked animated conversations and laughter, new friendships, unstoppable joy, and an enlivening sense of being part of something meaningful, fun, exhilarating and bigger than self.

That is what "Adventures in Limitless Living" is about as we continue our theme for the year, courting the One God and Its divinity in each of you.

Put on your creative thinking caps and imagine what limitless living would look like for you, for our ministry and our world.

There's No Time Like The Present to get into it. Get into an Enrichment Circle. Get into our Sunday Celebrations. Get into conversation with an adventure in limitless living. There really is no time like the present.

And so, we begin. We step into the rare air of limitless living. All of your highest hopes and most beautiful dreams are only a portion of the

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# October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 10:30am <i>The Faces of Freedom of Spirit</i> Rev Sharon Connors <b>Foreign Exchange Students</b> 11:45 Fellowship— Church Sponsored Lunch & Potluck 12:30 Prayer Chaplain Meeting	<b>2</b> 3pm Grief Group 4:30pm TOPS 5pm ACA	<b>3</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>4</b> 10:00am SW Vly Enlightenment Ctr Metaphysical 10:30am Enrichment Circle, Rev Sharon <b>5pm Animal Blessing</b>	<b>5</b> 9am Outreach Knit & Crochet 10:30am AA 1:30pm Enrichment Circle Rev Billie 6pm OA	<b>6</b> <b>5:15pm Bus leaves for Bft.</b> <b>Concert</b> 7pm Benefit Concert Ukraine Youth	<b>7</b> 10:30am Women's Group Rising
<b>8</b> 10:30am <i>What Gets in the Way Is the Way</i> Rev Sharon Connors 11:45 Fellowship <b>12:30 Sharon Rodriguez Celebration of Life</b>	<b>9</b> 3pm Grief Group 4:30pm TOPS 5pm ACA	<b>10</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>11</b> 10:30am Enrichment Circle, Rev Sharon <b>6pm Sound Healing Meditation</b>	<b>12</b> 10:30am AA 1:30pm Enrichment Circle Rev Billie 6pm OA	<b>13</b> Office Closed	<b>14</b> Office Closed
<b>15</b> 10:30am <i>Getting to Limitless</i> Rev Billie Martini 11:45am Fellowship	<b>16</b> 3pm Grief Group 4:30pm TOPS 5pm ACA	<b>17</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>18</b> 10:00am SW Vly Enlightenment Ctr Metaphysical 10:30am Enrichment Circle, Rev Sharon	<b>19</b> 9am Outreach Knit & Crochet 10:30am AA 1:30pm Enrichment Circle Rev Billie 6pm OA	<b>20</b> Office Closed	<b>21</b> Office Closed
<b>22</b> 10:30am <i>What the World Needs Now—Your Giftedness</i> Rev Sharon Connors 11:45 Fellowship Noon Board Meeting	<b>23</b> 3pm Grief Group 4:30pm TOPS 5pm ACA	<b>24</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>25</b> 10:30am Enrichment Circle, Rev Sharon <b>6:00pm Guided 12-Power Meditation</b>	<b>26</b> 10am Men's Group 10:30am AA 1:30pm Enrichment Circle Rev Billie 6pm OA	<b>27</b> Office Closed	<b>28</b> Office Closed
<b>29</b> 10:30am <i>Finding Freedom in Challenges</i> Rev Sharon Connors 11:45am Fellowship <b>Noon Town Hall Meeting</b>	<b>30</b> 3pm Grief Group 4:30pm TOPS 5pm ACA	<b>31</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>October Birthdays</b> 1—Jdee Birkeland 2—Tito Valentin 3—George Renner 14—Rev Jim Yeaw 17—Linda Walker 18—David Garfield 18—Christine Martin 19—Rick Campeau 25—Cecilia Simonelli			

## 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 Enrichment Circles

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.

Each week, beginning this month, 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.

Enrichment Circles, which are integral to our Adventure in Faith, are made up of a facilitator and 15 members, all covering the same material, all using the same study guides. The meeting days of the week and times are:

Day of the Week & Time	Facilitator	Start Date
Tuesdays @ 1:30pm	Billie & Stan Shawl	October 3
Tuesdays @ 5:00pm	Sandy Walker	October 3
Wednesdays @ 10:30am	Rev Sharon	October 4
Thursdays @ 1:30pm	Rev Billie	October 5

### Pet Blessing October 4 @ 5pm

Join us for a special Pet Blessing on Wednesday, October 4<sup>th</sup>, the feast day of St. Francis of Assisi. Rev. Sharon will bless your pet with sacred oils of frankincense and myrrh, and their owners will be given a beautiful Pet Blessing Prayer. All pets are welcome and need to be on a leash or in a travel "home." Owners may bring photos if it isn't practical to bring their pets. We invite you to bring a donation of pet food or treats, which will be donated to a local animal shelter.

### Town Hall Meeting ♦ October 29

Stick around after service on Sunday, October 29<sup>th</sup> for our quarterly Town Hall Meeting. Learn about upcoming plans for the church and our congregation, and bring your questions!

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

### Benefit Concert for Ukrainian Youth

On **October 6<sup>th</sup>** at 7pm, popular performers and performance groups from around the Valley will gather at ASU Kerr Cultural Center in Scottsdale to put on a benefit concert for children in the war-torn Ukraine. Our Music Team has arranged roundtrip transportation from the church to the concert and will buy our tickets in a block. Total cost, including ticket price, tax and fees and roundtrip transportation is \$50. Buy yours in the bookstore no later than October 1. The bus will leave Unity for the concert at 5:30pm.

### Crystal Bowl Sound Healing Meditation Wednesday October 11<sup>th</sup> at 6:00pm

Emily Slonina will be back to 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, October 25<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

### Volunteer of the Month Susan Becker

Thank you, Susan, for stepping up and helping out by taking the lead in kitchen duties during Fellowship!

### ACA Mondays at 5pm

A 12-step group for Adult Children of Alcoholics/Dysfunctional Family (ACA), facilitated by Marilyn Moore, meets in the Ken Haines Memorial Library Mondays at 5:00pm. This group is a safe, loving place to explore ways to live in the "solution." *Love offering.*

## Coming in November

**Volunteer Appreciation Month, Gala Tickets will go on sale, Church Thanksgiving Luncheon**

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good that has been prepared for you by God. Any requirements? Yes, you need to love God—like feeling profound gratitude for the good that has been and is now; to trust that right now there is some good for you right where you are. It asks that you love Good and Truth—as in, you dare to believe good, see good and do good, creating a life well-grounded in spiritual principles. That's what generates limitless living.

And so, we begin again. We practice keeping our mind where our body is—and not in the past or the future. We keep a soft heart, one that is open and receptive to new ideas, meaningful changes, helpful actions, new friendships, and lots of joy.

Adventuring with you,  
Rev. Sharon

PS Cow Parades have been staged in 80+ cities worldwide since the Chicago Adventure in Faith in 1999. The ZEAL of Chicagoans ignited the ZEAL of other people around the world. October puts a focus on the power of divine zeal in you!

### Power of the Month: Divine Zeal

"Zeal is the impulse to go forward, the urge behind all things. Stagnation, inertia and death would prevail throughout the universe without zeal....Under the leadership of wisdom, tempered by love, it becomes a tremendous spiritual energy that carries the individual forward to greater and greater achievement." — Cora Fillmore

Zeal vibrates orange and its center is the nape of the neck. It expresses as passion and enthusiasm.

### Women's Group Rising

**Saturday, October 7<sup>th</sup> at 10:30am**

Our October meeting will feature Board-Certified Acupuncturist, Donna Combs, who will explain the philosophy behind and the benefits derived from acupuncture. Afterward, we'll socialize over a potluck luncheon of salads and desserts. If you plan to join in, please sign up to bring a salad or dessert.

### Men's Group

**Thursday, October 26<sup>th</sup> at 10:00am**

All men are invited to the Men's Group on October 26 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.

  
**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  
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Office Hours:

Tuesday through Thursday  
8:30am to 5pm



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