

# good news

oct-dec  
2011

centered in God,  
we co-create a world  
that works for all

## God Is

Today, I focus my attention on God in every activity I do, in every person I meet, and in every breath I take.

## I Am

With every breath, I am becoming more aware of who I have come here to be and I express the spiritual qualities that are mine to express.

## law of mind action

I send forth kind, loving, positive thoughts, which serves the greater good of all and I attract only good into my life.

## prayer & meditation

Centering myself in the ever present Spirit through prayer, I am inspired and empowered to meet any challenge that comes my way.

## practical application

Each day I look for new ways to express the spiritual qualities that are mine to express. I delight in being disciplined in the art of caring for and loving myself.

## intentional becoming

*"Life is a process of becoming. A combination of states we have to go through. Where people fail is that they wish to elect a state and remain in it. This is a kind of death." -Anais Nin*

All of our lives we are in a state of "becoming." People, organizations and communities always are in this constant state of change and re-creation, whether acknowledged or overlooked.

Some people pretend not to notice, because they feel safer in an unchanged environment. But "becoming" is relentless and inevitable, with death being the only way out.

"Who Moved My Cheese" is an insightful book by Spencer Johnson about change occurring in the lives of mice and men and the four typical reactions. The book serves up some important lessons about our responses to change in our environment and life.

Here at Unity Palo Alto, we have walked through an intense process of co-creating a new vision, mission and core values. These will continue to lead and support us as we walk into new states of "becoming."

The powerful exercises we worked through have helped us to fully answer the question: "Who Have We Come Here to BE?" We've identified our needs as

a community and as individuals. As we evolve into the next stage of our "becoming," we each must fully utilize all the wonderful qualities we discovered during the process of re-creation of our new selves.

Once we have stepped up to adapting the changes into our lives and our own community here at Unity Palo Alto, then we must begin to make a conscious demonstration of those qualities in our world.

Many people fear the evolution of "becoming," because they think something bad will occur in their environment. But I can state with full confidence that as we look to the future of Unity Palo Alto, it is bright, abundant and sacred.

Let us then look forward to our "becoming," with the many activities we have planned for the Fall's Enrichment Program this year. Let the process of change and "becoming" ...BEGIN!

Leaning into the future,



Rev. Karyn Bradley  
Sr. Minister, Unity Palo Alto

# unity palo alto

## evoking soul with words

by Melanie DewBerry

We may not be able to discern it, but at any given moment this wondrous universe we live in sings a song of truth, love and beauty into us. When we pay attention, we see the role of the Sun and Moon, co-conductors of this soliloquy of nature. In fact, with every element, we can discern this music being played to our soul, calling us to remember our true nature.

Clouds sing to the birds, and they in turn sing to the trees, which have their lyrics rooted in the soil. In its turn, the soil sings to the flowers, and they get the bees buzzing.

Together this majestic rap is given to us as a gift, willing us to lay down our fears and remember who we are meant to be in this earthly walk.

Our role is simply to surrender.

We similarly can hear this orchestra of God in other ways as well. Words have their own lyrical consciousness. Given the right context, sound waves stop the yelling of our ego and still our silent cries, providing peace to our Soul.

By using just a few key words in the right context throughout the day, you can center yourself in peace and operate from this center as you interact with others.

Some words, such as “glorious,” “communion,” “divinity,” and “reverence,” previously used only in a religious context, are now being used in a new context to communicate and share peace.

- When asked: “How are You?” You can respond with **glorious**, instead of good.
- Think of your next meeting as an opportunity to be in **communion** with others.
- As you glance in the mirror, say, **I am divine**. As you look into the eyes of another say in your mind, **I see your divinity**.
- Give **reverence** a new context in your relationship with others.
- Think of being at **peace**, rather than just calm.

Words are like a prayer we say unto the world. What will you “pray” by speaking today?

On Sunday, January 8, you’ll have an opportunity to learn more about the impact of “the word.” I’m honored to be your invited guest, speaking at Unity Palo Alto’s “White-Stone Ceremony.” So come ready and prepared to watch your “words!”

All my love, Melanie •

*Melanie DewBerry-Jones is a speaker of consciousness and love. She is a coach for irreverent out of the box entrepreneurs and a Soul Identity Brander for those looking for the right (brain) language to speak for their business. You can catch up with Melanie at [www.melaniedewberrjones.com](http://www.melaniedewberrjones.com). Her blog SoulFire is there, too.*

## spotlight on service: george kuraitis

by Rev. Margaret Flick

Some people have the innate gift of warmth and jovial presence—George Kuraitis is one of those people. You can find George at the first service on the first Sunday of every month where George is the Usher Team Leader.

George is originally from Windsor, Connecticut, a small country town where he lived through high school and then on to the University of Connecticut.

George moved to California in 1972, and within the first three months, met his wife Diane, a native Californian, and they married a year later. They started coming to Unity in 1994.

George’s professional life has been in construction project management. He was the project manager for the Advanced Micro Devices (AMD) world headquarters building which meant he oversaw the design, building and construction. He also worked with Bovis Lend Lease, an international company that took him around the world managing projects in Spain, Taiwan, Korea and the Netherlands.

George now enjoys woodworking, photography, reading books about health and historical novels. A little known fact is that George used to play guitar and he put himself through school by playing in bands. He also enjoys mentoring others in his former field of construction project management. He wants to ensure others can enjoy the success and satisfaction he did, so he serves as a mentor.

George believes in being of service, it is who he is. In addition to being an usher for the last ten years. George also put his construction expertise to good use as part of the team that repaired the parking lot, and put together the bid package for painting the church. He was also part of the former Ambassador Team (now the Angel Team), greeting and filling in wherever he was needed.

George believes in the Unity philosophy and believes that being of service is its own gift. We always get more than we receive.

Thank you George for your years of service and for being a joyful presence at Unity Palo Alto. •

*Spotlight on Service is a new feature and will highlight a different volunteer in each Good News letter.*

## who have we come here to be as a spiritual community?

Our spiritual community is poised to grow into our next highest potential, to take the next step and continue the journey of becoming who Unity Palo Alto has come here to be. In September, during the Fall Enrichment Program Kick-Off, we came together as a community to share what was in our hearts, to discover what inspires us about our church, to explore our new possibilities. From this powerful process, we created our new Vision, Mission and Values:

### our vision

*Centered in God, we co-create a world that works for all.*

### our mission

*We are a welcoming and vibrant community that inspires personal and spiritual growth.*

### our values

*Diverse*

*Transformative*

*Serving*

*Inspiring*

*Loving*

## living our vision, mission and values

Our vision, “*Centered in God, we co-create a world that works for all,*” is how we see the world when we are being who we have come here to be, both individually and as a spiritual community. It is the result that occurs when we are a welcoming and vibrant community that inspires personal and spiritual growth. It is an ongoing state of being that requires ongoing work.

Our mission is how we achieve our vision. Our mission is accomplished by ensuring that everything we do is in alignment with these ideals. All of our activities help us reach our highest potential of becoming vibrant and inspirational. Each church group embodies our values and is a true representative of who Unity Palo Alto has come here to be.

Our values are the qualities that we wish to bring to our community. We are committed to being diverse and transformative, to serving, inspiring, and loving. These values are how we show up in the world, our spiritual wardrobe. Together, over the next few months we will explore what each of these values means and what it looks like when we express these qualities as a community.

Our Vision, Mission and Values serve as a guide post for all that we do. Join us in this sacred work as we become who we have come here to be as Unity Palo Alto. •

## the unity truth principles

The Unity truth principles are central to our beliefs and each glyph represent one of our five core principles. Whether used in conjunction with Unity's practical spirituality or any other spiritual practice, they bring peace and reveal our unlimited potential. The five core principles are:

### God is

There is only one presence and one power active in my life and in the universe, God the omnipotence.

### I AM

God is the substance and intelligence innate in every person and all creation.

### law of mind action

Thoughts in mind produce after their kind. We have the ability to affect our world.

### prayer and meditation

Prayer and meditation connect us with the creative, constructive power of God to work in and through us.

### practical application

As we live according to these truths daily we become what we were created to be, living expressions of the image of God.

# calendar

## spiritual growth

### keys to the kingdom: an advanced course in prosperity consciousness

Sundays, October 16 to November 27, 1:00  
2:30pm

Facilitated by Rev. Margaret Flick  
Materials Fee: \$40

This is a seven-week course that offers:

- A new vision of your highest potential and a greater sense of personal power
- A new understanding of spiritual law and your partnership with Spirit
- A greater appreciation for the goodness of life and freedom from the past
- A new way of living that will keep you in the flow of true abundance

Participants must be prepared to make an extraordinary seven-week commitment. To attend you must be willing to tithe of your time, talent and treasure, as well as attend all seven classes. If you are willing to make this commitment, you will profoundly alter your experience of life's abundance and awareness of your own highest potential. This is a guarantee. If you do not have this experience, your tithe will be returned to you at the conclusion of the course without question.

### journey to the inner center prayer retreat

At Mercy Center in Burlingame  
Friday, November 11 thru Saturday, November 12

Check-in at 5:30 pm on Friday and the retreat ends at 4:00 pm on Saturday, Cost: \$150 – includes lodging and meals

Registration online or in the office, registration ends on October 9

Join Reverends Paulette Pipe and Karyn Bradley for this interactive spiritual prayer retreat offering the perfect opportunity to briefly draw away from the busyness of the world, while providing the ideal environment for a deeper connection with the Divine of your being. With sacred intention we'll journey within through prayer, meditation, movement, creativity, music, fellowship and laughter, returning to our activities feeling renewed and refreshed by this holy oasis for the soul.

Rev. Paulette Pipe and her beautiful prayer consciousness has been a blessing to many churches across the country and abroad, as well as for those who tune in to her weekly radio show on Unity.fm called Touching the Stillness. Come join Rev. Karyn Bradley and your Unity community for a weekend of prayer and deepening spiritual awareness.

### mindfulness meditation

Tuesdays, January 10 through February 14  
6:30 - 9:00pm in the Fireside Room

Cost: \$140 which includes CD's and workbook handouts. The required text is "Full Catastrophe Living" by Jon Kabat-Zin.

Please register prior to January 3. (There is a class minimum and maximum.) Questions - cabranco@earthlink.net or 650-856-6612

Start the year by beginning or renewing a mindfulness meditation practice as well as revitalizing your life by learning to live more fully in the moment. This 6-week series is based on the Mindfulness-Based Stress Reduction curriculum of Jon Kabat-Zinn taught in hospitals nationwide for enhancing one's inner resources to relieve stress and pain. These practices also deepen spiritual awareness and help liberate us from our habitual, negative patterns. The series will introduce several types of mindful movement and includes an all-day silent retreat Saturday, February 11.

*Cheryl Branco is an RN with a Masters in Transpersonal Psychology who has taught the MBSR course for Kaiser for many years.*

### becoming a member of unity palo alto

Everyone is welcome at Unity Palo Alto and we invite you to make an even deeper connection with your spiritual home by becoming a Member. Members receive regular wellness calls from a Prayer Chaplain, can run as a candidate for the Board of Trustees and are eligible to vote at the annual meeting. Our "New Member" curriculum consists of two classes: **Keys to the Kingdom** and **Unity Basics**. We focus on the teachings of true prosperity, Unity Principles, Bible interpretation, and the teachings of Jesus. You may take either class any time it is offered, however, to become a member of Unity Palo Alto you must complete both classes, apply for membership and be presented to the congregation.

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## holiday services

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### thanksgiving communion service

Tuesday, November 22, at 7:30pm

During this service of communion, meditation, and prayer, we will remember our blessings, break bread and come together in gratitude. Join us as we gather with our spiritual community.

### first sunday of advent

Sunday, November 27, at 8:45 and 11:00am

We will light the first candle of the advent wreath as we begin our celebrations of this special season preparing for Christmas.

### kara candle lighting service of remembrance

Thursday, December 1, 7:00pm

You're invited to join together at this interfaith ceremony to honor the lives of deceased family and friends.

### christmas eve candle lighting services

Wednesday, December 21, 7:30pm

Music by Margo LeDuc and Russell Norman

Saturday, December 24, 8:00pm

Music by Harmony Rock Unity Choir

Childcare is available for 8:00 pm service, with pre-registration required by Dec. 18.

Contact Bethany Hannon at 650.849.1101 or [bethany@unitypaloalto.org](mailto:bethany@unitypaloalto.org)

### christmas eve family candle lighting service

Saturday December 24, 5:00pm

A special service designed just for youth and families.

### christmas service

Sunday Dec. 25, one service only at 10 a.m.

Music by Deborah Winters

### burning bowl ceremony & letter to God

Sunday, January 1, 8:45 and 11:00am

Music by Margo LeDuc

Write a letter to God in which you request and give thanks for receiving that which you desire in 2012. Symbolically release and let go of anything and everything that has not served your highest good in 2011.

### white stone ritual

Sunday, January 8, 8:45 and 11:00am

With guest speaker Melanie DewBerry-Jones

Music by Deborah Winters

This annual service begins the New Year. Come discern your spiritual touchstone and receive your special white stone to keep with you throughout 2011.

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## ongoing

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### nonviolent communications group

Facilitated by Philip von Guggenberg and Steve Hays,

1st and 3rd Sunday, 1:00-2:30pm, Fireside Room  
Cost: love offering

Everyone is welcome to join us in this life-enriching practice. For more information, email Steve or Philip at [speakpeace-owner@yahoo.com](mailto:speakpeace-owner@yahoo.com).

### a course in miracles

Facilitated by Praveen Khilnani

Mondays at 8:00pm, in the Fireside Room

Cost: love offering

Join us to discuss the principles of "A Course in Miracles." This self-study spiritual thought system teaches that the way to universal love and peace—or remembering God—is by undoing guilt through forgiving others. The course focuses on the healing of relationships and making them holy. Contact Praveen Khilnani at 650.468.8950 or [praveengrk@yahoo.com](mailto:praveengrk@yahoo.com).

### the work of byron katie: question your thinking, change your life

Facilitated by Jane Reeder

1st and 3rd Monday 6:30-8:00pm in the YES Hall  
Cost: love offering

No prior experience necessary. Bring a friend! We gather with others committed to questioning thoughts—to gain clarity and reduce stress. We will hold stressful thoughts up against the fire of the four questions. Meetings will be punctuated by discussions, video, and audio materials of Byron Katie. Visit [www.thework.com](http://www.thework.com) for more information on the process. Contact Jane Reeder, [jane@janereeder.com](mailto:jane@janereeder.com).

### wednesday night meditation

Every Wednesday

7:00-8:00 pm in the Ministerial Prayer Room.

# calendar

## fellowship

### unity palo alto auxiliary luncheon

Wednesday, October 12, 11:45am in the YES Hall  
Featuring Filoli Country Estate presentation  
Tickets on sale after services September 25,  
October 2 and 9.  
Cost: \$15

We're so fortunate to have a member of Filoli's Speaker's Bureau with us on Wednesday, October 12. They will have a special presentation that will give newcomers motivation to visit and those of us who have been faithful visitors will be moved to return once again. Filoli is an historic site of the National Trust for Historic Preservation and is one of the finest remaining country estates of the early 20th century. The mansion is 37,000 square feet, the formal gardens cover 16 acres and the wilderness area comprises over 600 acres. It has been featured in several films and television shows, such as "Heaven Can Wait" and "Dynasty." The gardens are exquisite no matter what time of the year it is. There are many places that would serve as excellent meditation sites. Come join us, bring a friend and enjoy our warm, welcoming group, a delicious lunch prepared with loving hands by Gerry Franzen and Gerry Jennings in addition to the Filoli program.

### unity palo alto auxiliary luncheon

Wednesday, December 14, 2011  
11:45 A.M. In The Yes Hall  
Cost: \$15.00

Featured Program: Reverend Karyn Bradley and Gerry McGilvery

Check all of your holiday jitters at the door. You don't need to bake any more Christmas goodies today. The presents can be wrapped another day. Today is the day to just enjoy the holiday spirit with a fine meal lovingly prepared by Gerry Franzen and Gerry Jennings. Our wonderful minister, Reverend Karyn Bradley will share a Christmas story with us and the multi-talented Gerry McGilvery will be playing her guitar and leading us in a sing-along. You're guaranteed to leave feeling in touch with the spirit of Christmas. Bring a friend or two to share the joy and warmth of the day.

### unity auxiliary's "pay-down-the-mortgage fund raiser"

Sunday, November 6th,  
After services in the Breezeway

Lois Perry and Mary Engstrom have created such lovely and practical items and have done so with the eyes of perfectionists. These items will make wonderful gifts, so come prepared to select a few things. Lois and Mary are donating everything to help pay down the mortgage. Let's assist them in doing that. We'll all breathe a sigh of relief when that mortgage is paid off, so let's speed up that moment by supporting Lois and Mary.

### the fourteen days of christmas

For two weeks during the Holiday Season, members of Unity Socials open their homes and hearts so others may have a welcoming place to share the joy and warmth of the holidays. Everyone is welcome to attend these events held from December 17 through 31. Each host creates his or her own celebration, which can be as varied as offering coffee and holiday cookies, a potluck, an elaborate celebration, or dinner at a local restaurant. The important thing is sharing with the people you care about. Come to our November planning meeting, sign-up at the Socials' table, or contact Jo English at 650-967-2511 or DrJosey@aol.com. The list of events will be published in the December Unity Socials Newsletter.

### harmony rock unity choir

Come sing with us! For more information about the choir, please contact Valerie at [choir@unitypaloalto.org](mailto:choir@unitypaloalto.org).

### dominion acapella choir and harmony rock unity choir

Valerie L Brown, Director

Dominion Acapella Choir and Harmony Rock Unity Choir will perform an afternoon of Spirituals under the baton of DR. JACQUELINE HAIRSTON in world-famous CARNEGIE HALL February, 2012! Help celebrate MidAmerica Productions' 29th Season of superior performances in New York. For more information about this exciting opportunity, please contact Valerie L Brown at [choir@unitypaloalto.org](mailto:choir@unitypaloalto.org) or 415-462-0476.

## youth ministry

### pet blessing

Saturday, October 1, 10:00am  
Unity courtyard.  
Bring your pets to be blessed.

### annual meeting for nursery volunteers & staff

Sunday, October 2, 12:30 – 2:00pm,  
YES Hall, lunch included.

Staff and volunteers working with our nursery will discuss how our program is going and share ideas over lunch. Anyone interested in working with our 'littlest ones' is also invited.

### youth volunteer quarterly meeting

Sunday, October 9, 12:30-2:00pm  
YES Hall

Wonder Bears and UniKids volunteers will meet and enjoy lunch together while we discuss our youth ministry.

### halloween party

Sunday, October 30, both services  
YES Hall,

Halloween party for youth and parade into the sanctuary at the end of service. Come in costume (no scary masks, please). All children go directly to class first.

### auditions for christmas play

Sundays, October 30 and November 6; 12:30pm  
in the sanctuary.

### y.o.u. fall rally

November 11-13  
Y.O.U. regional fall rally, Camp Monte Toyon,  
Aptos (teens only).

### thanksgiving sunday

Sunday, November 20  
We celebrate what we are thankful for.

### unity christmas play and party

Sunday, December 4  
5:00pm, Sanctuary - "The First Christmas Tree"  
5:30-7:30pm, YES Hall - party and pizza dinner

### youth and family caroling

Sunday, December 18, 1:00pm, Lytton Garden  
Senior Center  
Everyone is welcome to join in caroling with the seniors at Lytton Gardens in downtown Palo Alto.

### family service christmas eve,

Saturday, December 24, 5:00pm,  
Candle-lighting services for youth and families.

### christmas service

Sunday December 25, one service only at 10 a.m.

### burning bowl ceremony for youth

Sunday, January 1, 2012  
Special youth version of the traditional burning bowl ceremony.

### white stone ceremony

Sunday, January 8, 2012  
Special youth version of the traditional white stone ceremony.

### ongoing youth programs

**Wonder Bears:** age 3 through kindergarten: will have lessons from the Unity curriculum of "What a Wonderful World" and then celebrate the advent season and Christmas

**UniKids** (grades 1 through 5): October and November will explore how our dreams help us to create the life we want as we follow a special curriculum, "Be a Dreamer." We will end the year with our advent lessons for the Christmas season.

**Middle School Uniteens** (grades 6 through 8): will be involved with choosing lessons from the Life Issues curriculum and ending the year with special Christmas lessons.

**High School Youth Of Unity** (grades 9 through 12): will have teen-led/adult-guided activities and lessons that focus teen life before ending the year with a special look at advent.

### the reading corner

**Nursery:** *Good Night, God* by Holly Bea

**Wonder Bears:** *The Parable Series: The Pine Tree Parable* by Liz Curtis Higgs

**Uni-Kid** (grades 1-5): *The Giving Tree* by Shel Silverstein

**Uniteen** (Middle School): *One-Hundred-and-One Celtic Read-Aloud Myths and Legends* by Joan C. Verniero

**Y.O.U.** (High School): *The Book of Virtues for Young People: A Treasury of Great Moral Stories* by William J. Bennett

**Parenting:** *The Moral Compass: Stories for a Life's Journey* by William J. Bennett

Please check our web site for detailed information regarding curriculum for each age group. For questions contact Bethany Hannon, Youth Ministry Director. at 650-849-1101 or email: [bethany@unitypaloalto.org](mailto:bethany@unitypaloalto.org)

# calendar

## community service

### pet blessing

October 1, 10:00am  
Unity Courtyard  
Bring your pets to be blessed.

### join team upa for a walk of remembrance

Saturday, October 15  
Mitchell Park, Palo Alto  
9:00am registration, 10:00am Walk Kickoff  
Unity Palo Alto will participate in Kara's "Walk with Me! Festival – A Walk of Remembrance" fund raiser. Registration Fee is \$20 before October 1st and \$30 after. Children under 12 are free. To join the team and participate in the walk or to make a donation, please visit our team page at <https://kara.ejoinme.org/7900>.

Kara is a nonprofit organization in Palo Alto that offers emotional support and information to adults, teens, and children who are grieving a death or coping with a life-threatening illness. Services they offer include individual peer counseling, grief support groups, support and resources to caregivers, a two-day camp for children, and they have a community outreach program that offers visits to schools and workplaces to help organizations process a loss. Kara's many services are offered at no cost to their clients and are volunteer based.

Please join us in an easy three-mile walk that begins and ends at Mitchell Park on Saturday, October 15th in memory of a loved one. Last year Team Unity Palo Alto had over 35 registered walkers and raised over \$1,700 dollars; which was matched by a Kara donor.

For more information please contact Casey Wicker at [TeamUPA@unitypaloalto.org](mailto:TeamUPA@unitypaloalto.org).

### second harvest

November 30 – December 19  
Join in the Thanksgiving food drive for Second Harvest Food Bank. Bring your donations of non-perishable foods, especially proteins such as tuna, canned meat, peanut butter and stew, and place them in one of the Second Harvest Food Bank food barrels in the back of the Sanctuary. Bags to fill are available next to the barrels.

If you are interested in making a monetary donation or signing up to help with a food sort, please contact the Second Harvest Food Bank directly at 650-610-0808. Second Harvest is located at 1051 Bing St. in San Carlos. Visit them on the Web at [222.2ndharvest.net](http://222.2ndharvest.net).

## coming up



### Rev. Paulette Pipe

Guest Speaker  
Sunday, November 13, 8:45am  
and 11:00am

Rev. Paulette Pipe and her beautiful prayer consciousness has been a blessing to many churches across the country and abroad, as well as for those who tune in to her weekly radio show on Unity.fm call Touching the Stillness.

### Melanie DewBerry-Jones

Guest Speaker  
Sunday, January 8, 8:45am and  
11:00am

Melanie DewBerry-Jones is a speaker of consciousness and love. She is a coach for irreverent out the box entrepreneurs and a Soul Identity Brander for those looking for the right (brain) language to speak for their business.

## sam! building a future of peace and prosperity

SAM, which stands for Strategic Action

Ministries, is a three-year fund raising program that began on November 1, 2009. Our goal is to raise the money needed, above and beyond our giving to the general offerings, to provide for critical needs in six areas: facility maintenance, facility improvement, eliminating debt, youth programming, marketing, and reserve funds.

On November 1, 2009, we received commitments for over \$392,000 *above and beyond our normal giving* and so far, we have received \$226,789! With your generous donations to SAM, we have:

- Reduced our mortgage by \$76,500
- Upgraded our Sanctuary sound system
- Established a \$55,000 reserve account, ensuring stable operations
- Launched our new web site, creating a new living extension of our ministry
- Painted our church
- Sent Youth Ministry teachers to the regional leadership training
- Replaced the broken Fireside Room heater
- Donated 6% of the funds raised to Unity's West Central Region's Youth Programs
- Presented the Conscious Discipline® program to Bay Area parents and educators

### What's Next?

SAM continues to address our most critical needs, such as eliminating our mortgage, funding a facilities maintenance reserve for our aging buildings, and creating a more dynamic Sunday service with upgraded video systems.

### You can help!

We still have a long way to go and we need your continued and renewed support. In the pew, there is a yellow envelope and a SAM card.

If you would like to *make a new pledge* or change your current pledge thru November, 2012, complete the top half of the card and place it in the yellow envelope.

If you would like to *make a donation to the SAM* program, simply write SAM in the memo line of your check, complete the credit card information on the SAM card, or place cash in the yellow envelope and place it in the offering along with your general donation. Together, we can ensure our ministry is here for generations to come! •

## musical notes

by Deborah Winters

What an amazing year this has been and how swiftly the days continue to pass as we are blessed by having such full lives. I'm excited for the Holiday season ahead and the special activities that this time holds.

Be sure and mark your calendars for the return of "Gypsy Soul" who will be our musical guests for services on Sunday November 20th followed by a wonderful concert in our sanctuary. They gave an incredible show last year and played a few encores after an enthusiastic standing ovation from our audience! Mark your calendars for Sunday Nov 20th at 2:00pm and start your Thanksgiving week with an inspiring performance!

Our choir will be gearing up for a wonderful performance for our Christmas Eve service on December 24th and for those who may be leaving town to visit family members elsewhere be sure and come to our beautiful Candle Lighting service on December 14th at 7:30pm. Featuring Russell Norman and Deborah Winters with special guests!

We are so blessed to have such a "glorious" community who extend such loving support of the many diverse artists who have graced our platform with their creative music and gifts. Thank you to all and keep singing! •

### unity palo alto online

Join the discussion on our **blog** at [www.UnityPaloAlto.org/everyday-ideas](http://www.UnityPaloAlto.org/everyday-ideas). We include reflections from the Sunday service and discussions on spiritual topics.

Join our social network. Find us on **Facebook** by searching for Unity Palo Alto. Follow us on **Twitter** and receive daily affirmations and updates. Receive the Good News letter through email and receive weekly email updates with Unity Announce. Sign up online at [www.UnityPaloAlto.org/newsletters](http://www.UnityPaloAlto.org/newsletters).

# caring for unity palo alto

## letter from the president of the board of trustees

Dear Friends,

It is a pleasure and an honor to represent our beloved community as the President of the Board of Trustees. It amazes me that this is my fourth year of being on the board, how time flies...

During that period I have been fortunate to see so many wonderful changes and growth occur, in the community building and quality worship experience and in my own personal growth. My fellow board members are a pleasure to associate and work with. For me it has been a period of growth and conscious return to having faith that "With God all things are possible".

We have been actively looking at different paths to follow in continuing to expand the quality of the experience offer. And as has been mentioned during services the fall program this year revolves around "Who Have You Come Here to Be?" The conversation that develops around this subject is intended to both guide us individually and collectively as a community in stepping into the future with conscious expectations and responsibility. As per Unity 101: what we think about, we bring about. I am looking forward to the conversation that develops!

Representing the Board, I am also requesting feedback, of what we are doing right and what can be improved, from you. Please attend a Board meeting or feel free to step forward and contact me or any of your other representatives.

With love, Namaste  
Praveen Khilnani

## board of trustees monthly meeting

Attend a Board of Trustee's meeting and learn what's happening at Unity Palo Alto. The Board meets every fourth Tuesday at 6:30pm in the Fireside Room. We welcome your thoughts, ideas and suggestions.

## conversations with the board

One Sunday each quarter, the Board of Trustees will hold a special, informal discussion about the latest news and happenings at Unity Palo Alto. Keep your eye on the Sunday Bulletin for the next meeting and join us in the discussion.

## board of trustees bulletin board

Looking for more details? Check out the Board of Trustees bulletin board located next to the bookstore. You will find the latest Ministry reports, updates, and more. Just one more way to become informed.

## unity palo alto prayer chaplains

The Unity Palo Alto Prayer Chaplains are here to support you on your spiritual journey in several ways – whether it's to celebrate a joy or pray about a concern.

- We will create and hold sacred space with you.
- We will lovingly listen to you and hold what is heard in the strictest confidence.
- We will pray with you.

We are grateful and blessed to serve you as follows:

### After Sunday services

We are available to pray with you after Sunday services. We usually stand or sit in the pews near the piano.

### Call the Prayer Line 650-849-1111

You can leave a confidential prayer request, or request a call back for prayer. We monitor the line daily - please remember to speak clearly and leave both your name and telephone number.

### Monthly Wellness Calls

We call members of Unity Palo Alto at least once every two months. Please contact Michael Clemons if you are a Unity Palo Alto member, and you have never received a wellness call from a Prayer Chaplain.

### Request Home or Hospital visits

Our Prayer Chaplains and Ministers are here for you in your time of need. In order to honor everyone's preferences and desire for privacy, if you would like a visit in your home or hospital room, we ask that you, or someone you authorize to call us on your behalf, initiate the request by calling the Prayer Line 650-849-1111 or leaving a message with Michael Clemons.

## & our community

### 2012 prayer chaplain training schedule

If you've felt the call to serve as a Unity Palo Alto Prayer Chaplain, this training is the perfect opportunity to give it deeper consideration. Our Prayer Chaplains support our community members on their spiritual journey, holding a sacred space with us, listening, and coming together with us in prayer.

For questions and more information, contact Sandie Anderson at 650-455-2530 or email at sandieandy@yahoo.com; Patricia Fuqua at 650-302-1353 or email cadee10546@aol.com.

#### Prayer Chaplain Orientation

Sunday, February 26

1:00 to 3:00pm in the Fireside Room

or Thursday, March 1

7:30 to 8:30pm in the Prayer Room

#### First interviews

Thursday, March 1

5:00 to 7:00pm in the Fireside Room

or Sunday, March 4

11:30am to 3:00pm in the Prayer Room

#### Unity Basics (mandatory for non-member trainees)

Sunday, March 11

1:00 to 3:30pm in the Fireside Room

#### Weekend Retreat Training in Los Gatos

Friday, March 23, 6:00pm

through Sunday, March 25 at 4:00pm

(hours subject to change)

#### Chaplain Experience Training

Saturday, April 7

9:00am to 5:00pm in the YES Hall

#### Second interviews

Sunday, April 8

(times to be announced) in the Prayer Room

#### Prayer Chaplain Dedication Service

(to be announced)

### thank you to all our volunteers!

As Gandhi once said "The best way to find yourself, is to lose yourself in the service of others." Being of service, doing "good works," calls upon us to get beyond our own boundaries and limitations. Doing more than you have to because you want to and because you love to.

Volunteers are the backbone of this church and they give generously of their time and their talent. Most volunteers know that they always receive more than they give because you can't out-give God.

Giving from the heart changes us at depth and our volunteers radiate their joy and love to the whole congregation.

We are so blessed by you and so deeply grateful. Thank you to all Unity volunteers for your service to this ministry.

### serving each other during the holidays

When we see our volunteer roles as serving more than the church or the minister, we open to the opportunity of creating peace in our spiritual community. Whether we're ushering, meeting or greeting people, pouring coffee/tea or handing out pastries as part of the Hospitality team, this truly is our time to "give" to each other from our hearts.

We invite you to take volunteering at Unity Palo Alto into your time of prayer and discernment. We have many wonderful opportunities to serve each other every Sunday and at special services and events during the holidays. Everything from being an usher to helping in the bookstore to decorating the Sanctuary. Contact Rev. Margaret Flick at 650-849-1123 or mflick@unitypaloalto.org. Brochures are available in the office for more information. Thank you for helping to create peace in our community.

### giving made easy

There are numerous ways to increase your support of Unity Palo Alto!

#### Amazon.com

Recently, Amazon discontinued their partner program in California due to sales tax issues. Thanks to everyone who shopped at Amazon thru our partner link in the past!

#### eScrip

eScrip streamlines the whole fund-raising process. Simply enroll and designate Unity Palo Alto as the beneficiary organization and a portion of all your purchases goes to our church. Go to [www.escrip.com](http://www.escrip.com) and enroll; Unity Palo Alto's ID number is 500001197.

#### GoodSearch.com

Raise money for Unity Palo Alto Church by searching the Internet with GoodSearch.com (powered by Yahoo), or shopping online with GoodShop.com.

#### Kepler's Books & Magazines

Kepler's will donate 6% of your purchase to Unity Palo Alto when you shop online.

Visit <http://www.unitypaloalto.org/fundraising> and click on the Kepler's logo.

#### Automatic Giving

If you would like to give automatic donations each month with your credit card or through your PayPal account, complete an Automatic Giving card in the office.

#### Small Change Adds Up to Big Changes!

It's not too late to pick up a new change box to return Sunday, November 6

To make changes in the church we need your change in the box. Please return your change boxes in November. We will use this change to fund our facilities maintenance and improvement reserve. The change box isn't a one-time event -- it's ongoing. We continue to raise funds with an overall goal of taking care of our church home.

Unity teaches that God  
is the source of all good,  
everywhere present, and  
in all people and that we  
can transform our world  
by the thoughts we think  
and give attention to.

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

**unity palo alto**

3391 Middlefield Road  
Palo Alto, CA 94306-3049

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Sunday Services

Celebration 8:45 & 11:00am

Nursery & Youth programs 8:45 & 11:00am

Wednesday Meditation

7:00-8:00pm

Senior Minister, Karyn Bradley

650-849-1125

[KBradley@UnityPaloAlto.org](mailto:KBradley@UnityPaloAlto.org)

Ministerial Assistant, John Riley

650-849-1105

[JRiley@UnityPaloAlto.org](mailto:JRiley@UnityPaloAlto.org)

Youth Ministry Director, Bethany Hannon

650-849-1101

[Bethany@UnityPaloAlto.org](mailto:Bethany@UnityPaloAlto.org)

Office Manager, Michael Clemons

650-849-1109

[MClemons@UnityPaloAlto.org](mailto:MClemons@UnityPaloAlto.org)

Volunteer Coordinator, Rev. Margaret Flick

650-849-1123

[MFlick@UnityPaloAlto.org](mailto:MFlick@UnityPaloAlto.org)

Board of Trustees

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Khilnani, Zoe Laidlaw, Lynette Ross, Anne Schmit,

Sherri Verducci, and Philip von Guggenberg

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hours: Tuesday-Thursday 9:30am-5:00pm

Sun 8:30am-1:00pm, closed during services

Bookstore

650-849-1109

hours: Tuesday-Thursday, 9:30am-5:00pm

Sunday 8:30am-1:00pm closed during services

Weddings

650-849-1119

[weddings@UnityPaloAlto.org](mailto:weddings@UnityPaloAlto.org)

Rentals

650-849-1109

[rentals@UnityPaloAlto.org](mailto:rentals@UnityPaloAlto.org)

## Divine Love, through me...

*By Zoe Laidlaw*

Several years ago for our fall program we studied "Building Your Field of Dreams," by Mary Manin Morrissey. She tells a very inspiring story of her own journey with extreme challenges along the way, starting with her teen pregnancy. And she offers a practical roadmap for empowerment and prosperity.

Morrissey's attitudes about abundance align perfectly with Unity teachings. She encourages readers to 1) take the good you have and bless it; 2) recognize that there is one source and many channels for our good; and 3) circulate to accelerate. She even goes so far as to call tithing "training wheels" for your prosperity. But that's a different story.

This quarter at Unity Palo Alto includes our pledge drive. There won't be a lot of hoop-la.

Just a letter inviting you to financially support your spiritual home, a card to fill out if you choose to pledge, and a few members sharing their heartfelt thoughts about our church. It's an invitation to take a quiet, thoughtful look at what this spiritual community means to you and what you'd like to give next year to keep it strong and healthy.

You may wonder, "Why should I bother? The church will be here regardless of my support." And you're right about that. But your gifts come back and bless YOU. It's part of that circulation principle. As we say each week when ushers take the offering, "Divine Love, through me, blesses and multiplies all that I give, all that I receive and all that I am." •

Keep up-to-date with our e-newsletter,  
**UnityAnnounce.** To subscribe, visit  
[www.UnityPaloAlto.org/newsletters](http://www.UnityPaloAlto.org/newsletters)