

jan-mar
2012

good news

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

God Is

I take a moment each day to center myself in the Divine love that is the essence of my being. I recognize that same Divine love in others.

I Am

The I AM of my being is love, harmonizing my mind, body and spirit. With this love, I harmonize my relationships with others.

law of mind action

Today, I release and let go of the past situations, people or experiences that do not serve my highest good. I give thanks for the many blessings in my life, moment by moment.

prayer & meditation

Focused on my breath, I calm my mind, relax my body, and harmonize my consciousness with the One Presence and One Power in my life.

practical application

I look for inspiration and the opportunity for personal and spiritual growth in every activity.

continuing the journey

Looking back at the year 2011, I am filled with profound gratitude and deep appreciation for the ministry we are co-creating at Unity Palo Alto. My journey here began on October 3, 2005, with us starting out as unknowns; you didn't know me, and I didn't know you. Over these past six years, my love and commitment to you has grown and expanded, and it continues to be my honor and privilege to serve you. There are still a few of you with whom I have to connect and I fully intend to make doing so a priority in 2012.

Throughout the year 2011, we experienced a tremendous coming together as a spiritual community. We developed a new vision and mission statement along with five core values and these now have become the foundation upon which we will build our future.

- A Vision statement establishes the highest and best possible state to turn our dreams into reality and it is the force sustaining us when our mission seems too heavy to carry.
- A Mission statement centers on what we ought to be doing to support and sustain our vision and it assumes help from others in the process.
- Core values are traits or qualities that are considered worthwhile; they represent our highest priorities and deeply held driving forces and beliefs.

At Unity Palo Alto, we intend to use our new vision, mission and core values as yardsticks for everything we do. This will range from the classes we offer to the organizations we allow to use our facilities. On a continuous basis, we will examine whether our work is in alignment with our intentions and is upholding our vision, mission and values. I ask that each of us get to know these.

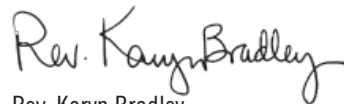
Vision statement: Centered in God, we co-create a world that works for all.

Mission statement: We are a welcoming and vibrant community that inspires personal and spiritual growth.

Core values: transformative, diverse, serving, loving and inspiring.

Even as our Core Values Team continues its work in refining and expressing more fully our values, I encourage you to begin to embrace all that you know we are in spirit.

Living the vision,



Rev. Karyn Bradley
Sr. Minister, Unity Palo Alto

unity palo alto

anyone for tea? *Finding the sacred in everyday moments*

by Rev. Paulette Pipe

I have a black Japanese tea set – a small black teapot with two, matching handleless cups that have the smoothest of stone finishes. My delight is to slowly pour the just-boiled water from the kettle into the teapot and watch as the water comes to the brink, submerging the herbal tea bag of choice into its inky well.

I place the lid on the little pot and, before leaving the tea to brew for a few minutes, wrap my hands around the pot's warm belly – almost like an embrace of gratitude.

When the tea bag has steeped for the appropriate length of time and I can smell the aroma wafting into the air, I place the teapot and one of my little black cups onto a small bamboo tray and carefully tread my way up the to the top step on the upper floor landing. This has become my little Zen zone with its bookshelf of sacred tomes and the mushrooming Jade plant that drinks in the light from the floor-to-ceiling window. Here I rest for the moment and breathe. Ahhhh...

I pour the tea into the cup; the rising steam and aroma hypnotizes and holds my attention. I then sip the warm liquid and relish its taste as the flavor hits the back of my throat.

Sitting, enthralled, on that top step I pause to rest in the rhythm of the Divine and, with teacup in hand, immerse myself into Its presence. I sigh another deep sigh of satisfaction as I peer out of the window, not looking at anything in particular yet totally transfixed by every sound and every movement this moment contains.

When all the tea has been sipped, I stop and drink in the silence.

I have no idea how long that silent reverie lasts. It feels like 20 minutes but is probably less than two. Yet, after that inadvertent “tea meditation” I feel as if I've awoken, rested,

from a good night's sleep and ready to be drawn back into the activities of the day calling for my attention. I do so with a sense of poise, peace, and clarity.

So many people believe that they can't meditate or that they don't meditate. Yet this tea meditation is just one example of how we can bring mindfulness and stillness to any everyday moment. Dash the idea that the only way to meditate is by sitting cross-legged on a mat, chanting 'Om' with a perfectly controlled mind that is totally devoid of stray thoughts.

You probably already meditate and don't even know it. Do you have an interest or creative hobby that totally absorbs you? When engaged in it are you so caught up in the moment, so transfixed by every nuance and every detail that it feels as though time stands still? Then this can be the prelude to stillness and silence.

That's because if you're mindfully engaged in an activity, be it as simple as a tea-break on the top step gazing out of the window, or gardening, dancing, or creating, it's possible to find rich stillness in that present moment by allowing your absorption in the activity to take you out of your head and into our heart. And what's that if not meditation?

When you stop the activity and pause for a moment you can feel the stillness and “hear” the silence, without ever having put your butt on a mat.

Try it for yourself as a starting place.

The next time you're engaged in something that you love to do, which totally absorbs your attention, add a few moments of pause at the end and before you know it you'll be meditating.

Blessed Be! •

The Answer

by Lowell Fillmore

When for a purpose

*I had prayed and prayed and prayed
Until my words seemed worn and bare*

With arduous use,

*And I had knocked and asked and knocked
and asked again, And all my fervor
and persistence brought no hope,
I paused to give my weary brain a rest
And ceased my anxious human cry.*

In that still moment,

*After self had tried and failed,
There came a glorious vision of God's power,
And, lo, my prayer was answered
in that hour.*



Rev. Paulette Pipe is best known as the host of “Touching the Stillness”, a lively prayer and meditation internet radio program on Unity Online Radio; and for her mesmerizing meditation CD of the same name. Using her distinctive gift of affirmative healing prayer and meditation that stirs the soul, she masterfully creates rich, sacred prayer experiences that help others deepen their connection in God. For more, visit www.touchingthestillness.org and listen to “Touching the Stillness” on Unity Online Radio at <http://Unity.FM>.

spotlight on service — Sharon Slagle

by Rev. Margaret Flick

Our Youth Ministry is an integral part of Unity Palo Alto and Bethany and her team of volunteers have been an inspirational force in the lives of our children. In this newsletter we are highlighting one of our long-time Youth Ministry volunteers-Sharon Slagle.

Sharon originally hails from San Antonio, Texas, as she puts it “the buckle of the Bible belt.” She grew up in the Methodist church and her husband Bill is a “PK” (preachers kid) who may have overdosed on church as a child which may be why we only see him on occasion. She and Bill moved to the San Francisco Bay Area in 1984 when he was accepted to the Stanford Graduate School of Business.

Sharon has had her own business since 2000, as an independent compensation consultant, helping companies to attract, retain and motivate employees through their pay programs. She works with companies ranging from small private startups through large public corporations, developing base pay, cash incentives, and stock programs.

Before coming Unity Palo Alto in 1986, Sharon had a subscription to the Daily Word, but didn't realize that there were any Unity churches. They discovered Unity Palo Alto while living on campus and their family has been coming ever since. Unity Palo Alto has been the constant in her life, through health and financial challenges, as well as through celebrations of her daughters' accomplishments.

Sharon's daughters, Caroline, 26, and Shannan, 22, started attending when they were infants and both were very involved in the youth program until they graduated from high school. Sharon believes that our youth program is quite good and has had a strong positive influence in their lives including the development of lasting friendships. They both enjoy attending church

and helping her with the Unikids when they are in town.

Caroline graduated from UC San Diego and is now a 3rd year optometry student at Pacific University in Forest Grove, a small town west of Portland Oregon. Next March she will lead a group from her school to Nicaragua to provide eye screenings and glasses to people who don't have access to vision care.

Shannan graduated from UC Irvine and

“I feel happier when I can stop thinking about myself for awhile and do something for someone else.”

continues to take pre-requisite classes as she applies for graduate school. She is applying for programs starting in fall 2012 in Physical Therapy. (She asks for prayers for acceptance into the “right and perfect” program.)

Sharon started her service commitment to Youth Ministry by working in the nursery when Caroline was born and moved her commitment to the Youth Ministry age group of her daughters. When they graduated to the UniTeens, she stayed with the UniKids because she really enjoys this age group and has been serving with them since about 1992.

Sharon says, “Through the UniKids lessons, I deepen my own understanding of the Unity principles. It's also fun to play games and do art projects with the kids. Since my own children are grown and I spend most of my time now with adults, it's great to spend some time with kids. They have very interesting insights.

“Bethany makes volunteering so easy because she creates all the lessons and does the game and craft preparation. She spends a few

minutes with the facilitators before each class briefing us on the activities, then we are all set to go.”

When asked why she likes to be of service, Sharon replies, “I feel happier when I can stop thinking about myself for awhile and do something for someone else. I find volunteering to be very therapeutic in that way. Through volunteering in the youth education program, I feel more connected with the Unity Palo Alto community. I've made good friends with other volunteers in the program.” Also, “I've seen the impact that the great youth education program has had on my own children and I'd like to do my part to make this positive learning environment available to others.”

Being of service has a different meaning for each of us. For Sharon she says, “service means doing something that I enjoy for others without expecting anything in return. The funny thing is that I get a lot in return. It's very rewarding to see young kids learning Unity principles and to see these principles making such a positive difference in their lives.”

When Sharon isn't working or volunteering she likes to explore the Bay Area by hiking with her family and their Australian Shepherd, Tasha. She and Bill have recently become interested in Chinese history, culture, and language (Mandarin). They are visualizing a trip to China.

“Through volunteering... I feel more connected with the Unity Palo Alto community.”

Thank you Sharon for your dedication and long-time commitment to this valuable ministry and for passing on what you have received. We are all blessed because of your service to this community. •

calendar

spiritual growth

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 is not serving your highest good.

white stone ritual

With guest speaker Melanie DewBerry-Jones
Sunday, January 8, 8:45 and 11:00am
Music by Deborah Winters

Melanie DewBerry-Jones is a speaker of consciousness and love. She is a soul whisperer, intuitively pulling out the words that powerfully describe your soul essence. Discern your cornerstone word that describes your soul's essence.

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 degree in Transpersonal Psychology who has taught the MBSR course for Kaiser Hospital for many years.

yes, you can speak! presents: who you came here to be

A coaching series facilitated by Lynn Kirkham
Sundays, January 8 - 29, 1:00-3:30pm
Cost: \$20 love offering per session
Space is limited. RSVP by calling (415) 819-6461 or lynnkirkham@yahoo.com
Begin 2012 and learn empowering ways to unlock your inner voice, your true self and feel more confident in any speaking situation. It's time to become the best you. Access ways to dissolve those nitty, pesky self-doubts; quiet your fears and butterflies when being in front of an audience.

Yes, You Can Speak! gives you a safe, warm and encouraging listening circle where speakers begin to experience what it's truly like to connect with an audience and feel how expansive, present and gratifying it can be. This coaching series is for you if you'd like to:

- Learn how to eliminate negative thought patterns that lock issues in place and hold you back
- Find ways to confidently connect with others while expressing your authentic self
- Access that irresistible charismatic place inside you, and project it out to any audience with ease
- Improve your personal and professional relationships

Join this exclusive 4-week series, come to the first session to check it out!

Lynn Kirkham is the creator of Yes, You Can Speak! Her background includes being an EFT and Access Consciousness practitioner, former President of Tamalpais Toastmasters, speaking circles facilitator, and an inspirational speaker.

the twelve powers

Facilitated by Rev. Margaret Flick
Wednesdays, January 25 - March 7
Noon-1:30pm
Cost: love offering
SEE Credit available for an additional Unity Institute fee of \$39 payable to Unity Palo Alto
Register in the office or online at www.eventbrite.com/event/2591892420

Join us for this powerful class exploring the Twelve Powers of human consciousness. Our co-founder, Charles Fillmore believed that we have Twelve Powers or centers within us to help us manifest healing, love and abundance. We will be using the book, "How to Use Your Twelve Gifts from God" by William Warch.

lessons in truth

Class facilitated by Rev. Margaret Flick
Wednesdays, January 25 - March 7
7:00pm-8:30pm

Cost: love offering
SEE Credit available for an additional Unity Institute fee of \$39 payable to Unity Palo Alto
Register in the office or online at www.eventbrite.com/event/2539417466
"Lessons in Truth" by Dr. Emily Cady is a cornerstone in the foundation of Unity teachings and brings to light Truth principles and how to use them in our daily lives. If you want to manifest more joy, peace and awareness of abundance in your life, this class is for you!

spiritual growth

keys to the kingdom—an advanced course in prosperity consciousness

Class facilitated by Rev. Karyn Bradley
Sundays, February 5 – March 25 (skipping March 18), 1:00-2:30pm
Materials Fee: \$40

Register in the office or online at www.eventbrite.com/event/2611631460

“In your quest for Truth, don’t stop short with simply being entertained or pacified by peace-of-mind platitudes. Truth should disturb you, challenge you deeply. It should ignite sparks within you, set fires under you, stir up your enthusiasm.” -Unity minister and author Eric Butterworth.

The Keys to the Kingdom, a seven week prosperity course, aligns perfectly with Eric Butterworth’s quote. This is a powerful, transformational journey for all who participate. This class requires dedication and commitment to your spiritual growth. For the duration of the class you will be required to tithe 10% of your gross income for the seven weeks, attend services, volunteer in some capacity and do your spiritual work. It is an opportunity to live the mission of UPA: we are a welcoming community that inspires personal and spiritual growth.

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. If you attend all classes and participate in all assignments and you do not have this experience, your tithe will be returned to you at the conclusion of the course without question.

unity basics

Class facilitated by Rev. Karyn Bradley
Sundays, April 15 – May 13, 1:30-3:00
Cost: love offering

Register in the office or online at www.eventbrite.com/event/2611816012

This class will provide an in-depth exploration into the foundations of Unity, our five basic principles, how Unity interprets the Bible and the teachings of Jesus, and our emphasis on prayer and prosperity. Materials for the class: *The Principles: A Guide to Practical Spirituality* by Rev. Ellen Debenport.

Keys to the Kingdom & Unity Basics are part of the Unity Palo Alto New Member curriculum. For more information, see Becoming a Voting Member on page 8.

holy week

celebrate someone special this easter

Honor someone special this Easter with a \$10 donation for a lily plant to decorate the sanctuary. Your personalized heart-felt dedication will be included in the Easter Sunday bulletin. A sign-up sheet is at the front desk in the church office.

easter party

Saturday, March 31 from 10:00am to noon

Join us in the YES Hall for egg dying and two egg hunts, one for children and another for adults. Live bunnies will be visiting!

palm sunday

Sunday, April 1, 10:00am ONLY
Music by Sharon Henderson
Brunch to follow!

Celebrate our welcoming and vibrant community and Palm Sunday! It is the beginning of a journey for us to Jerusalem. Metaphysically, Jerusalem represents a Habitation of Peace.

good friday

Friday, April 6, Noon in the Sanctuary

Join us on Good Friday as we explore the deeper meaning of the Crucifixion.

easter flower blessing & brunch

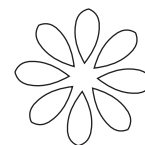
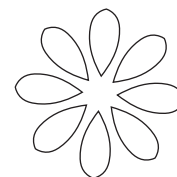
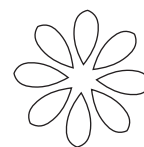
Saturday April 7, 10:30am, YES Hall

Everyone is cordially invited to be a part of assembling the flowers for our Easter Sunday flowered cross ceremony. Afterwards we’ll enjoy an light brunch together. RSVP to Michael Clemons at 650-494-7222 or email info@UnityPaloAlto.org

easter sunday

April 8, 8:45am & 11:00am

Celebrate with Rev. Karyn Bradley. See the magnificent flowered cross that we create and erect together as a symbol of our eternal shared Christ Spirit. Reception with light refreshments between services.



calendar

fellowship

unity palo alto auxiliary luncheon

Wednesday, March 14, 11:45am in the YES Hall
Featuring The Jewel Tones
Tickets on sale after services on February 26,
March 4 and 11.
Cost: \$15

When we had The Jewel Tones perform last year for the Auxiliary, we couldn't wait for them to return. As an added bonus, our own Feeta Bishop is a member of the group. They are a versatile group of women who perform songs from the turn of the 20th century through the 1950's. They have a variety of period costumes and if their program consists of songs mainly from the 40s, they'll be dressed in clothes from the 40s. We might hear "Blue Moon", "Accentuate the Positive" or "Embraceable You". We don't hear those wonderful songs any more, except on rare occasions and this is one of them. You'll leave smiling and humming. Come, bring a friend or two, join the fun and enjoy a delicious lunch, prepared by those wonderful chefs, Gerry Franzen and Gerry Jennings.

special auxiliary event – quilt raffle

Tickets available on February 26, March 4 and 11. Winner announced at Auxiliary Luncheon – Wednesday, March 14

Lois Perry has joined with Wilma Milligan to donate a quilt that they've made which will be raffled off on March 14 at our Auxiliary luncheon. Tickets will be available at the Auxiliary Table in the breezeway after services on February 26, March 4 and 11. The quilt will be on display at those times on the wall behind the table. All proceeds will go to the Auxiliary's "Pay-Down-The-Mortgage Fund". Tickets will be priced as follows: one ticket for \$1.00, six tickets for \$5.00 and twelve tickets for \$10. This is such a gift of love on Lois and Wilma's part. Let's all support their generous offer to help pay down our mortgage. Come to our luncheon on March 14. You might be the lucky winner of the quilt!

harmony rock unity choir

Come sing with us! For more information about the choir, please contact Valerie at 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 or 415-462-0476.

ongoing

wednesday night meditation

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

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.

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.

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 for more information on the process. Contact Jane Reeder, jane@janereeder.com.

youth ministry

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

quarterly meeting – youth volunteers

Sunday, January 12, 12:30-2:00pm YES Hall Lunch included.

Volunteers with the Wonder Bears and UniKids will discuss how our programs and curriculum are going as we share insights and ideas over lunch.

dr. martin luther king, jr. sunday

Sunday, January 15

The youth will have a special lesson on the life, beliefs and impact of this unique American.

conscious discipline classes for parents and educators

Dates and Times TBA

Join us as we learn to give our children better life coping skills by learning and modeling them ourselves. We will use the DVD series presented by Dr. Becky Bailey and based on her book, *Easy to Love; Difficult to Discipline*. (Childcare is available on advance request.)

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

5th sunday game day

January 29

Every 5th Sunday is Game Day. All youth 1st grade – high school meet in the YES Hall for a story and games and crafts led by our Y.O.U. teens and Uniteens. Our Wonder Bears also have special games for this day.

ye/you leadership workshop

Camp Monte Toyon, Aptos

Friday-Sunday, Feb. 3-5

Teens will attend this powerful weekend regional retreat learning how to “take the lead,” while YE volunteers share and learn new skills.

easter party

Saturday, March 31, 10:00am-12noon, YES Hall

Egg dying and hunting, crafts, games and fun for all. Live bunnies will come for a visit and love to be petted.

palm sunday – ONE service at 10:00am

April 1

Youth go directly to classes in the Fireside Room to prepare for “triumphant entry” into the sanctuary at end of service – waving our palm branches.

easter sunday

April 8

All youth will go directly to class for a special lesson.

ongoing youth programs

Wonder Bears: age 3 through kindergarten: will use the Unity lessons from “It’s a Wonderful World” for our focus.

UniKids (grades 1 through 5): will have a special series of lessons around learning resiliency, personal empowerment and self-esteem through the book, “Simon’s Hook.” We will then learn how to “fill a bucket” with the books on this theme of guiding kids to daily happiness.

Middle School Uniteens (grades 6 through 8): will be looking at self-esteem and personal empowerment as we discuss teasing and put-downs in the upper grades.

High School Youth Of Unity (grades 9 through 12): will have teen led/adult guided activities and lessons, as well as planning and participating in volunteer projects in this area. We will lead our special Games Day on January 29th, and some teens will attend the regional leadership retreat in February.

the reading corner

Nursery: *Rhymes Round the World*, compiled by Kay Choraos and *Shades of People* by Shelley Rotner and Sheila M. Kelly

Wonder Bears: *Up, Down, and Around* by Katherine Ayres and *Dog and Bear: Two Friends, Three Stories* by Laura Vaccaro Seeger

Uni-Kid (grades 1-5): *A Sick Day for Amos* by Philip C. Stead and *Dave the Potter: Artist, Poet, Slave* by Laban Carrick Hill

Uniteen (Middle School): *The Magician’s Elephant* by Kate DiCamillo and *Heart of a Samurai* by Margi Preus

Y.O.U. (High School): *Shark Girl* by Kelly Bingham and *Paper Towns* by John Green

Parenting: *Peace from Broken Pieces* by Iyanla Vanzant

caring for unity palo alto

letter from the president of the board of trustees

Dear Friends,

Happy Holidays, and best wishes for the New Year and beyond!

First of all a big thank you for making our congregation such a dynamic and inspired group. This year has really zipped by. And as I write this letter my thoughts go to the friends who have made their transition, Nancy and George come to mind. And as the year ends I am reminded how fast time goes by. My personal goal for the near and long term is increasingly to be more in the moment and reduce putting off things. I open myself to draw courage by building on the Unity principle if God put the thought of something in my mind, He also provided me the means of realizing it.

And as the year comes to a close I also draw your attention to the possibility of making a tax deductible contribution to build on our financial strength. Any and all contributions are always welcome.

Once again, with a big thank you , best wishes for the New Year and beyond.

Namaste,
Praveen Khilnani

becoming a voting 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 voting member.

Voting members are a key component to our ministry's leadership. They receive regular wellness calls from a Prayer Chaplain, can run as a candidate for the Board of Trustees and Nominating Committee, and are eligible to vote at all membership meetings.

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. To learn more about these classes, see the calendar on page 5 or visit our website.

You may take either class any time it is offered; however, to become a voting member of Unity Palo Alto you must complete both classes and apply for membership during one of the classes. Upon successful completion, applicants are presented to the Board of Trustees and to the Congregation during a Sunday Service.

board of trustee positions

Each year at our annual meeting we elect one-third of our Board of Trustees. The Nominating Committee is looking for candidates who are called to serve our church in a leadership position, who endeavor to live according to the Truth principles taught by Unity, and who are committed to furthering the work of our ministry. If you are interested or would like more information, please contact Nominating Committee members Alice Simpson at 650-269-8331 or Sherri Verducci at 408-271-8341.

2012 annual meeting

Sunday, March 18, 12:30pm

Come experience the vision of our ministry as we celebrate our successes and look forward with a confident expectation for our good. Everyone is welcome to attend and members will be invited to vote for new Board of Trustee members.

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.

& our community

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 \$259,840! With your generous donations to SAM, we have:

- Reduced our mortgage by \$96,500
- Upgraded our Sanctuary sound system
- Established a \$55,000 operating reserve account
- 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 and Project Outlet, serving LGBTQQ Bay Area youth.
- Presented the Conscious Discipline® program to Bay Area parents and educators
- Established a monthly contribution to our Facilities Improvement & Maintenance Reserve.

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! •

giving made easy

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

Amazon.com

The Amazon.com associate program is back in California! When you shop at Amazon.com by clicking on the link from our website, Amazon will donate a percentage of your purchase to Unity Palo Alto.

Visit <http://www.unitypaloalto.org/fundraising>, click on the Amazon logo, and start shopping!

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 and enroll; Unity Palo Alto's ID number is 500001197.

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!

Pick up a Change Box from the office and drop your spare change into over the next few months. When we change our clocks on Sunday March 11, bring in your change box!

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 palo alto online

Join the discussion on our **blog** at 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.

caring for unity palo alto

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 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

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)

frequently asked questions about prayer chaplain support at unity palo alto

Q: How can a Prayer Chaplain support me?

A: Your Prayer Chaplains are here to support you on your spiritual journey in several ways – whether it's to celebrate a joy, or pray about concern.

- We will create and hold sacred space with you; that is, we will hold the highest good, and right and perfect outcome for you.
- We will lovingly listen to you and hold what is heard in the strictest confidence.
- We will pray with you.

Q: What should I do if I want a Prayer Chaplain to pray with me?

A: Feel free to come to us before or after Sunday services. We usually stand or sit by the pews near the piano, or you can call the Prayer Line 650-849-1111, where 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.

Q: My friend receives Wellness Calls. Why am I not receiving a Wellness Call?

A: Only voting members of Unity Palo Alto will receive a regular Wellness Call from a Prayer Chaplain at least once every two months. Each church member is assigned a Prayer Chaplain. Please contact Michael Clemons if you are a Unity Palo Alto member, and you have never received a Wellness Call from a Prayer Chaplain. If you are not a member, please know that you can always request a prayer by calling the Prayer Line at 650-849-1111.

Q: I am scheduled for surgery, and would like to keep in touch with my church family. Can I ask a Prayer Chaplain or Minister to visit me in the hospital and at home while I am recuperating?

A: Yes, the Prayer Chaplains would be happy to schedule a hospital and/or a home visit. 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.

Q: Can I approach a Prayer Chaplain for prayer if he/she is not wearing their stole?

A: Yes. Prayer Chaplains love to pray with you. If a Prayer Chaplain is not wearing their stole, please ask him/her if they are available for prayer. It is highly likely that the Prayer Chaplain will pray with you.

Q: I have the telephone number of one of the Prayer Chaplains. Can I call him/her directly when I need prayer?

A: No, please do not call the Prayer Chaplains directly. In order to respect everyone's privacy, we ask that you call the Prayer Line at 650-849-1111.



& our community

thank you for serving your spiritual community

One of the core values of Unity Palo Alto is **service** and as I reflect on the past year, I am reminded of the quote on our web site from Mother Teresa:

“Love cannot remain by itself – it has no meaning. Love must be put into action, and that action is service.”

Being a volunteer is putting love into action and that is exactly what our volunteers did in 2011: lovingly served our spiritual community.

Your loving service makes our Youth Ministry program sing, our bookstore sparkle and Sunday Services welcoming and vibrant. Your loving service and warm smile creates joy in the hearts of new guests on Sunday. Your loving service creates a sacred, safe space for us to grow personally and spiritually.

With deep gratitude and joy in our hearts, we say ‘thank you’ to everyone who served our spiritual community in 2011!

opportunities to put your love into action

There are many ways to give to your spiritual community. By putting your love into action through service, you are creating an opportunity for you and others to grow personally and spiritually, to deepen your connection within our congregation, and to create a safe, welcoming environment for everyone here. There are many ways to put your love into action:

- Ushers
- Greeters
- Hospitality
- Special Services
- Front office
- Setup & take down
- Service Outreach
- Cleaning windows
- Video team
- Changing light bulbs
- Cleaning the pond
- Fixing sprinklers
- Ambassadors
- Bookstore
- Youth Ministry
- ...and many more

Whether you would like to make a long term commitment to serve or just help now and then, we have a place for you to make a difference. To discuss the opportunities and learn more about our greatest needs, contact John Riley at 650-849-1105 or email jriley@UnityPaloAlto.org.

serving during holy week

Each year around Easter, Unity Palo Alto offers wonderful opportunities to come together as a community and celebrate the re-awakening of the Christ consciousness with us. From the fun and festive Easter party, to a new, noon-time Good Friday service, to the magnificent flowered cross Sunday Service. It is a time of celebration and sacred silence. A time when many people will visit Unity Palo Alto for the first time. A time to join together and bless our community.

Holy week also provide us with a unique opportunity to express our core value of serving others. There are many ways to serve during Holy week: we need extra ushers, greeters, ambassadors, hospitality, parking attendants and people to help with setup and take down for various events.

In March, you will find a sign up sheet for specific volunteer positions needed during Holy week. We invite you to complete the form and turn it in, and with your service, we can provide welcoming, transformative experience for us all.

If you would like more information about serving during Holy week, contact John Riley at 650-849-1105 or email jriley@UnityPaloAlto.org.

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.

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

unity palo alto

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Prayer Line

650-849-1111

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

Ministerial Assistant, John Riley

650-849-1105

JRiley@UnityPaloAlto.org

Youth Ministry Director, Bethany Hannon

650-849-1101

Bethany@UnityPaloAlto.org

Office Manager, Michael Clemons

650-849-1109

MClemons@UnityPaloAlto.org

Volunteer Coordinator, John E. Riley

650-849-1105

JRiley@UnityPaloAlto.org

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BOT@UnityPaloAlto.org

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Office

650-494-7222 / Fax 650-494-1007

email info@UnityPaloAlto.org

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

Rentals

650-849-1109

rentals@UnityPaloAlto.org

within the circle is harmony

By Silent Unity

In the light of God's love, I speak words of love, think thoughts of love, and experience love fully and completely.

Much of the joy—and—pain in life is found in relating to other people, and each relationship can have a unique effect on your quality of life. The way you interact with your bank teller, a passing acquaintance, your best friend, or your life partner affects how he or she will relate to you. There is no climate more rewarding than on in which each person gives the best of himself or herself. You can learn to do this and to encourage others to do the same.

A relationship is much like a living organism; it must be fed with love and understanding in order to grow strong and healthy. When misunderstanding or hurt feelings are given

free rein, relationships can grow weak and be lost or damaged. When love is given and received openly, relationships bloom.

God's love is all-powerful. Every circumstance, no matter how seemingly complicated, can be harmonized and transformed by this magnificent love into a situation that is mutually satisfying and rewarding.

As you pray for a special bond with a spouse or partner, for accord in the workplace, or for greater understanding among a group of people, realize the outcome to God and feel God's harmonizing love directing and guiding you. Allow yourself to feel God's gentle love within you and to sense this love in those around you. •

There is a light that shines in Silent Unity 24 hours a day. This light represents a spiritual light generated by more than 100 years of constant prayer. Whatever your prayer need, Silent Unity is here to support you in affirmative, confidential prayer.

Call 1-800-NOW-PRAY (669-7729) or visit www.Unity.org/Prayer.

Keep up-to-date with our e-newsletter, UnityAnnounce. To subscribe, visit www.UnityPaloAlto.org/newsletters