

Small Group Ministry

Newly Forming Small Groups

Creating Radiant Health

Every Thursday
7 p.m. • Room 8

First Meeting: Thursday, January 13

This small group, facilitated by Certified Holistic Health Coach Lynn Janson, is designed to attract individuals interested in supporting and nurturing one another to explore a healthy food program and gain insight into their dietary habits.

The group could also serve as support for anyone who wishes to stop smoking or rid themselves of other habits destructive to their health. For more information, contact Lynn Janson at 602.300.0797 or ljanson_11@hotmail.com.

Healing through Heart-Felt Sharing and Compassionate Listening

Life Coach Russell Groen will be holding an introductory session for people interested in forming a small group in the area of Heart-Felt Sharing and Compassionate Listening. In order to progress towards maturity, happiness, peace, joy and abundance, we must quiet our mental activity and allow healing beyond our emotional hurt and spiritual blockages.

This group will provide an opportunity to practice and improve in sharing and listening at a deeper level than usual. You will practice being totally present as you listen to another, as well as listening with wonder, honor, admiration, sensitivity, compassion and love.

If you're interested in participating in this small group, please contact Russell at 602.722.7628 or groenrussell@gmail.com.

A Course in Miracles Discussion Group

Every Tuesday • 6:30 to 8 p.m. • Room 3

Based on the teachings of *A Course In Miracles*, this study group focuses on learning and living the spiritual principles of Christ love, forgiveness and inner peace. For more information, contact Alarra Ashanaya at 480.473.0565.

'Band of Brothers' Men's Group:

The intention of this men's group is to gather in friendship and community, spending time together doing fun activities like fishing, retreats and sports, and also performing service activities that benefit both the church and our greater community. Group members will help determine the direction the group will take! If you are interested, please contact Victor Peyton at vicarman@yahoo.com or 480.433.5611.

Divine Revelation Meditation:

4th Thursday of each month
7 to 8:30 p.m. • Chapel

Divine Revelation Meditation® — as taught by Dr. Susan Shumsky and facilitated by Doina Marie Barkhaus — is a guided group meditation that takes you into deep inner peace, stops the mind chatter, and helps connect you to the divine presence within. This meditation includes prayers and exercises deepening this spiritually uplifting experience of connecting with the presence of God.

This group follows *How to Hear the Voice of God* and *Divine Revelation* books and workshops offered by Dr. Susan Shumsky or the personal peace meditation workshop offered by Doina Marie Barkhaus. Anyone who sincerely desires to make the connection to inner divinity/God is welcome to attend.

For more information, call Doina Barkhaus at compheal@cox.net or 602.978.5640.

Eckhart Tolle New Earth Discussion Group:

1st and 3rd Tuesday of each month
7 to 8:30 p.m. • Room 2

Join with others to discuss this inspirational book and how we can each awaken to our own life's purpose! For more information, contact Jane Norde at elnorday@cox.net.

EventsLink

Formerly "SinglesLink"

The Small Group formerly organized as "SinglesLink" has transformed from a singles group into an events group. It is now known as "EventsLink." The purpose of the group is

to allow families and individuals of all ages, relationships and marital status to participate in a broad range of activities.

If you are interested in finding out more about this fun-loving group, please email your name to eventslink@hotmail.com and let them know you'd like to be added to their email distribution list.

Please also include any other information you feel is appropriate, such as what service you attend, your interests, if you have children, your birthday, and the type of events you might be interested in hosting or attending.

Gay~Straight Alliance:

1st and 3rd Thursday of each month
6:30 to 8 p.m. • Rooms 6&7

Please join us to help facilitate the formation of this social/community service group. All are welcome!!! Some initial thoughts are to host at least one social event each month, and also to support the gay and lesbian community through outreach and volunteer work.

For more information, please contact Andie Joachim at andiej1@cox.net or 602.561.0937.

Golf Group:

Every Monday Morning • Offsite

Please contact Bob Snair at rsnair1@cox.net or 623.444.4669 for the location and time of the next Monday morning golf game.

Hiking Group:

MOONLIGHT HIKES:

Friday, January 14 • 6:30 p.m. - Shaw Butte

Friday, February 18 • 6:30 p.m. - North Mountain

FITNESS FOR FUN HIKES

Saturday, January 15 • 8 a.m. (note winter time!)

Ford Canyon Trail - White Tank Regional Park

Saturday, February 10 • 7 a.m. (note regular time)

Desert Classic (or Alta Trail) - South Mountain Park

Meet in the church parking lot at the designated time to carpool to the trailhead. NO advance sign-up required.

January brings us to our traditional White Tank area trails, with February trekking in South Mountain Park. Please refer to our *Trail Mix* newsletter for full details.

All hikes are designed to accommodate a wide range of hiking abilities, and participants are encouraged to hike at their own pace. We recommend sturdy hiking or walking shoes; sunscreen, sunglasses and a hat, and snacks and water for during and after the hike (1-2 quarts of water per person).

If you have further questions, or wish to receive the monthly *Trail Mix* newsletter, please contact Don Clausing at dclausing@unityphx.org or 602.866.0285.

The Law of Attraction Small Group:

2nd and 4th Wednesday of each month
7 to 8:30 p.m. • Room 5

This is an ongoing open group that comes together to learn, study, practice and apply the principles of the Law of Attraction, and celebrate together the transformations in our lives. We have general discussion and sharing time, and often have a guest speaker and/or fun worksheets or activities. For more information, please contact Jane Francis at janeslight@aol.com or 602.978.9783.

The Prosperity Group

2nd Tuesday of each month
7 to 9 p.m. • Room 1

Unity of Phoenix's Executive Director John Schroeder facilitates this group each month to share practical advice on budgeting, credit scores, investment guidelines and how to maintain a strong prosperity consciousness. For more information, please contact John Schroeder at 602.978.3200, Ext. 254, or jschroeder@unityphx.org.

Sisterhood of the Hat:

4th Thursday of the month
7 to 8 p.m. • Room 10

This group will include women who are -- or wish to be inspired -- and who wish to share laughter, prayer and support for one another. We will gather to share inspirational experiences, stories, poems, books and prayer. For more information, please email Mary Dunn at mdunn11@cox.net.

Unity of Phoenix offers a wide variety of small groups through which it is easy to make friends, deeper connections and loving relationships in our spiritual community. Our Pastoral Care Minister, Rev. Jimmie Scott, oversees these small group activities.

Our small groups are created by Unity of Phoenix congregants. These groups invite like-minded people to meet, establish a greater connection, and support the ministry.

For more information, or to express an interest in forming your own group, contact Rev. Jimmie Scott at 602.978.3200, Ext. 234, or jscott@unityphx.org.

Unity Homeschoolers Support Group:

1st and 3rd Tuesday of each month
2:30 to 4 p.m. • Room 1

This group serves as a support group for moms who are homeschooling their children, as well as a connection place for the kids. For more information, please contact Briana Beveridge at 602.992.0336.

Unity Singles:

Our Unity Singles events provide a safe, supportive and loving environment for fun, fellowship and spiritual enrichment. If you're single, please make plans to join us for the wide variety of activities in which we participate, including Sunday lunch outings, dancing on Tuesdays and Thursdays, "happy hours" and much more!

For information, go to www.unityphx.org/connecting/singles.html. If you have questions, please contact Earl Rondeau at uop_singles_liaison@yahoo.com.

VIP Luncheon:

Wednesday, January 19

Wednesday, February 16

(and the 3rd Wed. of each month)

Noon to 1:30 p.m. • Rooms 6&7

Our VIP Luncheon is for our Very Important People who are 55 or older. We invite all of our seniors to attend this monthly luncheon to enjoy fun and fellowship; we always have a special guest speaker or activity planned for each luncheon. Please join us for this great way to stay connected, share your spirit and enjoy wonderful food, company and speakers. The church will provide the main dish; please bring a side dish or dessert to share.

In January, Warren Hatfield will entertain the group with his musical skills on the alto saxophone.

In February, get geared up for "Guyz 'n Dollz"! The popular song-and-dance troupe (with our own DC Black) is back by popular demand!

Questions? Contact Rev. Jimmie Scott at 602.978.3200, Ext. 234, or jscott@unityphx.org.

Young Adults of Unity Group:

1st Wednesday of each month

6 to 8:30 p.m. • Room 5

2nd and 4th Sunday of each month

11:15 a.m. to 12:15 p.m. • Chapel

This group enables young adults — whether in college or already working — to come together, stay connected, provide support for one another's spiritual paths, and create opportunities for service and personal growth.

The Wednesday evening meetings will include discussions about meditation practices and the spiritual message/meaning of select movie clips, book excerpts, current event news articles and other cultural media, while the Sunday meetings (which follows the 9:30 a.m. worship service) will discuss that day's worship message, taking it to a deeper level. For more information, please contact Pam Petersen at pampetersen@cox.net or Christy Brogan at balance@cox.net.

Music Ministry

Unity Adult Choir

Every Tuesday • 7 to 8:30 p.m. • Chapel

Music is an important part of our ministry; come join the fun! The next session begins Tuesday, January 18, and runs for only about two months ... the only commitment you need make! For more information, contact Music Director Jerry Wayne Harkey at jharkey@unityphx.org.