

# Small Group Ministry

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. If you are interested in starting a small group, the five steps are included in the box below.

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](mailto:jscott@unityphx.org).

## '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.

## The Craft Connection:

ON HIATUS FOR THE SUMMER - WILL RESUME IN SEPTEMBER

2nd Saturday of the month • 11 a.m. to 3 p.m. Offsite (near 3rd Street & Thunderbird)

Are you "crafty"? Then this fun-loving group is for you! Bring your crafts and join us; everyone is welcome! We have people who scrapbook, make greeting cards, bead, knit, paint and needlepoint. We love to share ideas and encourage others to try something they haven't done before. For more info, contact Anna Huggup at 602.595.0364.

## Eckhart Tolle New Earth Discussion Group:

ON HIATUS IN JULY - WILL RESUME IN AUGUST  
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! NOW is a great time to join, because the group has just begun the book over again in May. For more information, contact Jane Norde at [elnorday@cox.net](mailto:elnorday@cox.net).

## Golden Light Meditation Group:

Every Tuesday • 5 to 6 p.m. • Chapel

This group's focus is to become and remain centered by self love and empowerment. Unity means "Oneness with Source" and with all people; this group strives to experience unity with Source and to express love for all of life. Each week we use a Golden Light Meditation in addition to sharing time together. For more information, contact Lisa McKenzie at [lmckenzieatpeace@msn.com](mailto:lmckenzieatpeace@msn.com).

## Golf Group:

Every Monday Morning • Offsite

Please contact Bob Snair at [ersnair1@cox.net](mailto:ersnair1@cox.net) or 602.995.3343 for the location and time of the next Monday morning golf game.

## Gratitude Girls Networking Circle

2nd Thursday of each month  
7 to 8:30 p.m. • Room 7

This group comes together each month to center themselves in gratitude, grow, and connect with new, amazing women! Each meeting features a new topic, allowing participants to dig deeper into their own personal growth.

Cost of participation for each meeting is \$15. Meets the 2nd Thursday of the month at Unity of Phoenix at 6:30 p.m. For information, go to [www.gratitude-girls.com](http://www.gratitude-girls.com) or contact Elizabeth Hartigan at [elizabeth@sterlingexpectations.com](mailto:elizabeth@sterlingexpectations.com).

## Hiking Group:

MOONLIGHT HIKES ARE ON HIATUS FOR THE SUMMER - WILL RESUME IN SEPTEMBER

FITNESS FOR FUN HIKES

Saturday, July 17 • 7 a.m.

Rocky Ridge - Flagstaff

Saturday, August 21 • 7 a.m.

Mt. Kendrick - Flagstaff

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

Our July and August hikes lead us back to Flagstaff to above 8,000 feet in elevation. Experience cooler weather this summer by heading north with these two popular trails. 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 and sunglasses or a hat, and snacks and water for both 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 602.866.0285 or [dclausing@unityphx.org](mailto:dclausing@unityphx.org).

## 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 602.978.9783 or [janeslight@aol.com](mailto:janeslight@aol.com).

## Personal Peace Meditation:

Monday Evenings • Offsite

Guided group meditation which includes prayer and exercises that can help you go deeper into meditation. Very spiritually uplifting! Afterward, share experiences and fellowship. For more information, call Rev. Doina Barkhaus at [compheal@cox.net](mailto:compheal@cox.net) or 602.978.5640.

## Singles Link (formerly Singles Ink):

If you enjoy laid-back movie and game nights or picnics in the park to meet and mingle, this Singles Group is for you! Our mission is to create a safe, positive community where like-minded singles can connect for fun, fellowship and spiritual enrichment. For more information, please email [singleslink@hotmail.com](mailto:singleslink@hotmail.com), stop by our table in the Courtyard on Sundays, or contact Cheri at 602.863.9966 or Eric at 480.636.6057.

## Sisterhood of the Hat:

4th Thursday of the month  
6:45 to 8:30 p.m. • Room 7

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](mailto:mdunn11@cox.net).

## Newly Forming Small Groups

### 'Band of Brothers' Men's Group:

A few of our congregants are attempting to form a men's group. The intention of the 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. If you are interested, please contact Victor Peyton at 480.433.5611 or [vicarman@yahoo.com](mailto:vicarman@yahoo.com).

### Unity Homeschoolers Support Group:

ON HIATUS THROUGH AUGUST - WILL RESUME IN SEPTEMBER

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 info, please contact Briana Beveridge at 602.992.0336.

### Unity Singles:

Fridays: Socializing/Dancing • 5:30 p.m. • Offsite  
Sundays: Lunch • 12:45 p.m. • Offsite  
Plus Lots, Lots More!!!

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 every Sunday afternoon and Friday evening.

In addition to these weekly events, our Singles Group sponsors a wide variety of activities, and also gives back to Unity of Phoenix by volunteering for Unity sponsored events and projects. For information about events, times and locations, go to [www.unityphx.org/connecting/singles.html](http://www.unityphx.org/connecting/singles.html).

If you have questions, please contact Jules Wise at [uop\\_singles\\_liaison@yahoo.com](mailto:uop_singles_liaison@yahoo.com) or 602.909.9473.

### VIP Luncheon:

ON HIATUS THROUGH SEPTEMBER - WILL RESUME IN OCTOBER  
3rd Wednesday of the 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. It is a time for 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.

Questions? Contact Regina Best at 602.978.3200, Ext. 255, or [rbest@unityphx.org](mailto:rbest@unityphx.org).

## 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! For more information, contact Music Director Jerry Wayne Harkey at [jharkey@unityphx.org](mailto:jharkey@unityphx.org).

### Unity Chimes Choir

ON HIATUS IN JULY

Every Thursday • 7 to 8:30 p.m. • Room 1

No experience necessary; just come to have fun and express yourself through music. For more info, contact Janice Winscot at 602.843.6637 or [janicewins@gmail.com](mailto:janicewins@gmail.com).

## Want to form a new Small Group? Here's how!

# 1

### Roster

Put together a group of people from the ministry who are interested in participating in your group.

Prepare your roster of participants, including names, email addresses and phone numbers.

# 2

### Intention

As a group, adopt the spiritual intention for the group (which should be in alignment with the vision, mission and values of Unity of Phoenix).

# 3

### Name

Create a name for the group. Designate the day(s) and time(s) the group will meet. (Due to limited space at the church on Tuesday and Wednesday evenings, groups are encouraged to meet offsite, if possible.)

# 4

### Description

Create a description of your group that can be used by Unity of Phoenix in its various communications venues to attract new members.

# 5

### Service

As a group, consider participating in at least one of the many outreach projects sponsored by the Unity of Phoenix Outreach Ministry. Each year, our Outreach program includes both internal and external projects.