

Spiritual Education



'Appreciation Moments' Keep Up the Momentum

By Chris Kennedy,
Ministerial Associate

Being a bit passionate and driven in life, I used to be so focused on the next thing to do, or how to perfect what was before me, that I failed to appreciate the successes along the way. Thankfully, I'm no longer like that. I am far better able to enjoy what each day brings and the infinite successes along the way. In fact, I think continuing to celebrate each new success is one of the best ways to keep strong momentum going.

Years ago a Unity Minister shared with me her practice of taking "Appreciation Moments" ... and I'd like to pass it on to you in the hope that it will bring you as much joy as it has me. Here's how it works: in the midst of a big project or a busy week, step back just a short time to take an Appreciation Moment. Stop, breathe and appreciate—not only the current moment, but all that has led up to it, and each and every accomplishment along the way! It sounds insanely simple, and it is ... and it is also powerful! It takes attention off what *isn't* and what still needs to be done, and puts the focus back on all that we have to be grateful for *right now* ...

So as I sit here writing this article, I take a moment

to stop ... breathe ... smile (because I can't help it!) ... and appreciate:

- ▶ This very special, unique "now" moment in time;
- ▶ The opportunity to share this appreciation practice with you;
- ▶ The sun shining outside and the leaves blowing in the breeze, which provide a moving shadow and light show around me;
- ▶ The computer on which I type and the fact that I can read, write and express in this way;
- ▶ That my children are in school learning to do the same;
- ▶ That this spiritual community exists to love and support one another on this journey we call life.

I believe taking Appreciation Moments is just one small way to keep engaged in our projects and processes by taking time to celebrate all of the special moments and successes along the way.

Speaking of which, let's not forget to celebrate:

- ▶ All the worship and special services we have available to help those in our spiritual community to discover their power and transform their lives;
- ▶ The inspirational line-up of classes and workshops we have been able to host this year, and the incredible turn-out we have had for them;
- ▶ Each and every one of our amazing 600+ volunteers who contribute in large and small ways and bless each one of us;
- ▶ Our Strategic Plan Committees which — though barely a year old — have attracted incredible

individuals and accomplished unbelievable things;

- ▶ Our Youth and Family Ministry, which serves close to 200 + children every Sunday and provides an astounding array of meaningful programs, activities and family events;
- ▶ Our Outreach projects which, in the past year, alone, have:
 - Served over 1,000 homeless individuals a hot meal during two "Feed the Multitudes" events;
 - Held Saturday events throughout the year to serve others in our greater Phoenix community who have a particular need;
 - Provided gifts for more than 200 Palomino School children and food certificates for both Palomino and Echo Mountain communities;
 - Helped build and complete another Habitat for Humanity home; and
 - Collected blood and organ donor donations that have helped save lives throughout the year.

Moreover, our appreciation and celebration should not just be limited to what we've *done* (as I've just done above) ... I'd also like to invite each of you to celebrate *who you are* and *how you express* in the subtler — yet no less important — ways. Celebrate each act of kindness, each smile, and each and every choice you have made to tell the truth, take a risk, love and be loved, and express greater Truth. These, too, are worthy of celebration!

Don't forget to take a few Appreciation Moments today!

CHECK OUT THIS AMAZING ARRAY OF SPIRITUAL EDUCATION CLASSES WE HAVE LINED UP ... FACILITATED BY QUALIFIED EXPERTS FROM THROUGHOUT THE NATION!!!

Classes are open to everyone; you need not be a member to attend.

We ask that you register in advance so that we can plan accordingly and ensure optimal order and efficiency. You can register for classes a number of ways:

- At the Spiritual Education table in the court yard on Sundays;
- On our website at www.unityphx.org; or
- By contacting Ken Akers at 602.978.3200, Ext. 226, kakers@unityphx.org.

TUESDAY CLASSES



Reiki Share
Tuesday, July 6 and
Tuesday, August 3
(and the 1st Tuesday of each month)
6:30 to 8:30 p.m.
Facilitator: Kathy Flanigan
Suggested Love Offering:
\$10 minimum per session

This monthly gathering is an opportunity for Reiki practitioners and Reiki I graduates to practice giving and receiving Reiki treatments. Students of this healing art use this ongoing forum to ask questions, practice and gain experience.

About the facilitator: Kathy is a Reiki Master/Teacher.



Meditation Practices
5-Week Class
Tuesdays, July 6-August 3
7 to 9 p.m.
Facilitator: Rev. Kim O'Connor
Eligible for SEE Credit
Suggested Love Offering:
\$10 minimum per session

This class explores several different meditation practices. You will have an opportunity to experience each and discover the one(s) that work best for you. **Required texts:** *Meditation for Dummies* by Stephan Bodian and Dean Ornish, Second Book and CD edition.

About the facilitator: Rev. Kim O'Connor is an ordained Unity Minister and graduate of the Ministerial Education Program at the Unity Institute. She has worked as a Hospice Chaplain, Minister of Pastoral Care Minister at Unity of Sun City, and Director of Pastoral Care Services at Unity Center of Hope. Currently she serves as guest speaker, teacher, and workshop presenter at various Unity Churches throughout the region.

Radical Honesty

Tuesday, July 6 • 7 to 9 p.m.
Facilitator: Chris Kennedy

Suggested Love Offering: \$10 minimum

Come explore more deeply what Radical Honesty is all about as discussed in Brad Banton's well-known book by the same title.



This class will provide an opportunity to both investigate and apply the powerful practices that Rev. Richard will speak about in his July 4 Sunday worship message, which will focus on Blanton's book. Don't miss this chance to come together in a more intimate setting and practice being

"radically honest" with yourself and others. In doing so, you will be able to experience the freedom it brings and establish deeper, more life-enriching relationships with yourself and others.

About the facilitator: Chris currently serves as Ministerial Associate at Unity of Phoenix. She is ordained as a New Thought Minister, but her passion for Unity has led her to pursue becoming a licensed and ordained Unity Minister, as well. Chris is passionate about her children and helping others realize greater Truth and freedom.

Intuition, Empathy and Insight: Let Your Spiritual Intelligence Be Your Guide

2-Week Class
Two Tuesdays: July 13 and July 27 • 7 to 8:30 p.m.
Facilitator: Mary Delaney

Suggested Love Offering: \$10 minimum per session



Have you ever felt led or guided during a difficult time? Have you ever *known* something, trusted and acted on it, and wondered how you knew? Do you listen with your heart? Would you like to learn to be more in tune with your inner knowing? Mary will share how

Spiritual Intelligence (intuition, empathy and insight) can facilitate healing and growing by utilizing your spiritual gifts in your daily life.

About the facilitator: Mary is a Psychotherapist with over 26 years in private practice. She is a practical intuitive who specializes in teaching clients how to listen to and apply their intuition and inner guidance. Mary conducts workshops on such topics as spiritual intelligence, and has taught classes at ASU.

'The Hidden Messages in Water'

Tuesday, July 20 • 7 to 9 p.m.

Facilitator: Jeff Pudwill

Suggested Love Offering: \$10 minimum



Come explore more deeply "The Hidden Messages in Water" based upon Masuro Emoto's famous book by the same title. This class will provide an opportunity to both investigate and apply the powerful practices that Rev. Richard will speak about in his July 18 Sunday worship message, which will focus on Emoto's book. Don't miss this opportunity to come together in a smaller setting and put into action the spiritual practices we learn!

About the facilitator: Jeff is a long-time Unity member,

volunteer and, most recently, teacher of the 4T Prosperity Program at Unity of Phoenix. As a professional leadership development trainer, Jeff creates a powerful, fun and informational atmosphere for anyone to enjoy.

Health and Healing: 5-Week Series

Tuesdays, August 3-31

Come to *all* of the classes in this five-week series, or pick and choose which one(s) you want to attend! Each class will focus on a specific way to improve your health and lead a more vibrant, energized and peaceful life!



Week #1: Rebuilding the Four Pillars of Health

Tuesday, August 3 • 7 to 8:45 p.m.
Facilitator: Noelle Stanley
Suggested Love Offering: \$10 min.

This class will focus on how to implement the proper use of the four fundamentals of health: healthy oils in the diet; increased fiber in the diet; creating good bacteria in the body and intestinal tract; and increased enzymes in the diet. Nicole will discuss the food sources of each pillar, and how having proper amounts of each in your daily diet will create a healthier body.

About the Facilitator: Noelle is a holistic nutrition educator and raw chef who is an expert in corporate wellness and health coaching. She was awarded the Wellness Corporate Coach of the Year for 2009.

Week #2: Stress Management/Healing Exercises to Refresh Your Body, Mind and Spirit

Tuesday, August 10 • 7 to 8:45 p.m.

Facilitator: Mary Delaney

Suggested Love Offering: \$10 minimum

Learn the effects of shallow breathing and how the body responds to stress by initiating the "fight or flight" response. Experience a simple breathing exercise to break the "stress breathing habit" and help your body return to its natural breathing rhythm, as well as a guided muscle-by-muscle relaxation method designed to de-stress and relax the body, mind and spirit.

About the facilitator: See Mary's biography under the "Intuition, Empathy and Insight" class in the second column of this page.

Week #3: How to Gently Cleanse the Body

Tuesday, August 17 • 7 to 8:30 p.m.

Facilitator: Noelle Stanley

Suggested Love Offering: \$10 minimum

Learn to understand the benefits of a gentle cleanse and the proper way to implement it safely to effect greater energy and better health. You'll explore the three elements of cleansing: minimizing exposure to environmental toxins; building and replenishing the body's supply of nutrients; and opening the body's elimination

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channels to clear existing pollutions and toxins in the body.

About the facilitator: See Noelle's biography under the "Rebuilding the Four Pillars of Health" class on the previous page.

Week #4: Basic Diet Guidelines for a Healthier, Trimmer You

Tuesday, August 24 • 7 to 8:45 p.m.

Facilitator: Noelle Stanley

Suggested Love Offering: \$10 minimum

You'll learn how to implement a healthier, well-balanced, nutrient-filled diet into your busy lifestyle. You will also explore the obstacles that might get in the way of healthy eating, and how to overcome them.

About the facilitator: See Noelle's biography under the "Rebuilding the Four Pillars of Health" class on the previous page.

Week #5: Shopping and Meal Planning Made Easy

Tuesday, August 31 • 7 to 8:45 p.m.

Facilitator: Noelle Stanley

Suggested Love Offering: \$10 minimum

Learn how to create a shopping list for healthy staples that will make multiple meals! You'll receive shopping lists, meal plans and recipes for a week of healthy, low fat planned eating ... on a budget!

About the facilitator: See Noelle's biography under the "Rebuilding the Four Pillars of Health" class on the previous page.

Creative Process of the Bible

5-Week Class

Tuesdays, August 10-September 14
7 to 9 p.m.

(No class August 31)

Facilitator: Rev. Mark Fisk

Eligible for SEE Credit

Suggested Love Offering:
\$10 minimum per session



Explore Unity's unique interpretation of the seven days of creation from the first chapter of Genesis in the Bible. Unity metaphysically interprets and uses the seven days of creation as a model for the creative process; learn to use these seven steps to create your own life.

Required texts: *The New Interpreter's Study Bible*, New Revised Standard Version with the Apocrypha; a journal for writing private responses to reflective questions; the *Metaphysical Bible Dictionary* and *The Revealing Word* by Charles Fillmore;

About the facilitator: Rev. Mark Fisk is an ordained Unity teen minister, long-time Licensed Unity Teacher and spiritual coach. He has served as a Family Ministry consultant for Southwest Unity Region since 1996. He began volunteering at Unity of Phoenix in 1995 and has been mentoring our teens ever since. As a licensed Unity Teacher, he has also facilitated many classes and workshops.

SATURDAY CLASSES

Trust Your Vibes!

Saturday, July 10 • 10 a.m. to 3 p.m.

Facilitator: Sunny Dawn Johnston

Suggested Love Offering: \$30 minimum



Everyone has an inner vibe. Most people ignore it, but it has a purpose! Your body is your best oracle. When you listen to your intuition and guidance, you can release negativity and fear. You will learn that developing your intuition gives you the opportunity to create a life of love that you may have only dreamed of ... all you need to do is listen!

About the facilitator: Sunny has become widely known and respected spiritual teacher. As a national speaker, Sunny's dynamic methods effectively reach out to help people to help themselves, and she has been featured on many local and national television and radio shows, including Coast to Coast with George Noory and Good Morning Arizona.

Pre-Requisite for Membership!

Prayer Basics

Saturday, July 17 • 9 a.m. to 1 p.m.

Facilitator: Unity Ministerial Staff

Suggested Love Offering: \$20 minimum

Find out what Unity is all about! Explore the history of Unity, and how the Unity spiritual movement began. You'll also learn the five foundational beliefs that are unique to Unity, and how using these five spiritual principles can transform your life, and open your heart and soul to a fuller, richer experience of God and life.

TRAVEL ALERT: Cynthia Williams is traveling here from Dewey to offer this special one-time class!



What Animals Teach Us

Saturday, July 24 • 9 to Noon

Facilitator: Cynthia Williams

Suggested Love Offering: \$20 minimum

Explore animal communication and how you can better relate with your pets, other animals and yourself by connecting the dots between humans and animals. Learn how to transform your life by opening your heart and letting the light of love "overshadow" any fears you may have.

About the facilitator: Cynthia's love of animals began 20 years ago as her experiences and trust in animals created positive effects in her life. She is the author of *The Eye of the Dolphin* and currently swims with dolphins through Wild Dolphin Tours in the Sea of Cortez.

TRAVEL ALERT: James Twyman is traveling here from Oregon for this one-time event!

A Special Opportunity to Meet Best-Selling Author James Twyman, and Discuss His Upcoming Release, *The Barn Dance*

Saturday, July 31 • 10 a.m. to Noon

Facilitator: James Twyman

Suggested Love Offering: \$10 minimum



On November 27, 2005, two men broke into Linda Twyman's apartment in Evanston, Illinois, and brutally ended her young life. More than three years later, guided by a series of visions and dreams, James Twyman was mystically drawn to a barn deep in the Nevada wilderness where Heaven and Earth collide and magic changes lives. His book, *The Barn Dance*, tells about his experience. Amazon.com says, "If you've ever wondered if we really can communicate with our loved ones who have passed to the other side, this book is your answer. Once you pick it up, you won't want to put it down, and your life will never be the same."

Get a FREE advance copy of *The Barn Dance* ... Here's How!!!!

James is generously offering 100 advance copies of this book FREE to Unity of Phoenix. To get one, all you have to do is **promise to read it before July 30** and then **attend his July 31 event**.

The books will be available mid-June. The July 31 session will be videotaped, so be sure to read the book so you can be an active participant in this morning of music, inspiration and conversation.

About the author: James has written 12 books, including *Emissary of Light*, *Emissary of Love*, *The Art of Spiritual Peacemaking* and, more recently, *The Moses Code*, *The Kabbalah Code* and *The Proof*. He has also produced or directed four films, including the award winning *Indigo*, and the film version of *The Moses Code*.

TRAVEL ALERT: The renowned Dr. Susan Shumsky is traveling here all the way from New York City to teach the following two classes!



Spiritual Healing and Self-Protection

Saturday, August 7 • 10 a.m. to 2 p.m.

Facilitator: Dr. Susan Shumsky

Suggested Love Offering: \$20 minimum

You'll explore proven methods of spiritual healing that you can use to heal your mind, body, and emotions by learning and practicing:

- The Prayer of Protection (develop spiritual self-defense and experience the divine presence);
- Thought-form healing (release negative thoughts and emotions); and
- Golden substance healing (fill your energy field with divine light).

About the facilitator: Dr. Susan Shumsky is a best-selling author, spirituality expert, self-development pioneer, professional speaker, New Thought minister, and Doctor of Divinity. She has authored *Divine Revelation*, in continuous print with Simon & Schuster for 14 years, as well as the award-winning *Miracle Prayer*, *Exploring Chakras* and *How to Hear the Voice of God*, plus *Exploring Meditation* and *Exploring Auras*. Her latest book, *Ascension*, was a #1 Amazon.com bestseller.

How to Hear the Voice of God

Saturday, August 14 • 10 a.m. to 2 p.m.

Facilitator: Dr. Susan Shumsky

Suggested Love Offering: \$20 minimum

Deep within the heart of every soul is the desire to experience and communicate directly with God. In fact, the divine presence is not the exclusive property of great saints, sages, and holy men ... *everyone* is a child of God and worthy to receive the blessings of Spirit. In this profound workshop, Dr. Susan will introduce proven techniques for opening your heart, mind and spirit to riches of inner divine contact. She will lead you in a guided meditation which will open the pipeline to Spirit and begin the flow of divine guidance, love, healing, wisdom, and inspiration from the center of being within.

About the facilitator: See Dr. Shumsky's biography under the "Spiritual Healing and Self-Protection" class in the previous column.

TRAVEL ALERT: Marita Gale is traveling here from Sedona to offer this special one-time class!



Promoting Peace Through Art

Saturday, August 21

10 a.m. to Noon

Facilitator: Marita Gale

Suggested Love Offering: \$10 minimum

Using chalk pastels to connect to the Divine within us, this class provides an opportunity to see yourself in brilliant, shining colors. Come learn to resolve conflicts through art, or to simply have fun in a peaceful and calming atmosphere.

About the facilitator: As a single mother, Marita raised two daughters while running her own business as a temporary legal secretary. During that time, she discovered art as a way to release fears too painful for words. Marita says she felt guided by her inner voice and began to understand that she was more than just the 'fears' she felt and that, beneath her fears, were true colors of love and joy.

TRAVEL ALERT: Dean Van Leuven is traveling here from Oregon to teach this one-time class!



Emotional Intelligence-Taking Control of Your Life

Saturday, August 28

11:30 a.m. to 5 p.m.

Facilitator: Dean Van Leuven

Suggested Love Offering: \$30 minimum

Without inner peace, it isn't possible to fully experience genuine love, joy, calmness and happiness. Learn to understand and take control of your own emotions so that you can create the life experience you desire. It is possible to live without anger and stress at home, school, in the workplace and within all your relationships. Learn how to use this process for incorporating the principles of New Thought into your life and take control of your own health and happiness.

About the facilitator: Dr. Dean Van Leuven is an award-winning author of *Life Without Anger* and founder of *World Emotional Literacy League*. As a retired City Judge and former Air Force Captain and Aircraft Commander, Dean developed a keen interest in anger issues and began his passion for personal growth.

Beginning/Intermediate Yoga

Ongoing Class

Saturdays, 9:30 to 11 a.m.

Facilitator: Sally Jo Bannow

Suggested Love Offering:

\$10 minimum per session



Each class begins with a teaching to illustrate a different yogic principal, which is then applied to the yoga postures for the day. We will practice yogic principles to find greater stillness and contentment ... and use our postures as a metaphor for finding stillness in all of life's day-to-day situations. (Please bring your own mat.)

About the facilitator: Sally Jo is a certified Yoga Instructor and well-known congregant and musical guest artist at Unity of Phoenix.

Healing Grief Workshop-The Journey of Grief; the Path of Healing

Saturdays, Sept. 11-October 23
1 to 3 p.m.

Facilitator: Joan Bacchus



This seven-week class offers spiritual support and bereavement education for people who are experiencing grief from personal loss. Reservations are required, and only 12 participants will be accepted. For more information, please contact Regina Best in the Pastoral Care Department at 602.978.3200, Ext. 255, or rbest@unityphx.org.