

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-hearted people to meet and establish a greater connection and to 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.

A Course in Miracles Discussion Group

Every Tuesday • 7 to 8:30 p.m. • Room 3

Drawing on the teachings of *A Course in Miracles*, this study group focuses on learning and living the spiritual principles of Christ love, joy, freedom, forgiveness and inner peace.

A Course in Miracles expresses non-sectarian, non-denominational spirituality which can be experienced by all. The curriculum combines spiritual wisdom, psychological insight and daily lessons to bring practical answers that allow students to open to the awareness of God that lies deep within each of us. The book's guiding principles follow a way to see the world in a different light: through universal love and truth, the curriculum focuses on awareness, healing, growth and forgiveness to remember that we are all one with God and each other.

For more information, contact Alarra Ashanaya at 480.473.0565.

Edgar Cayce Study Group

1st and 3rd Thursdays of each month
7 to 9 p.m. • Room 7

Edgar Cayce is perhaps one of the best known clairvoyants of the last century. While most of his psychic readings were dedicated to healing people, his readings also covered a wide range of spiritual and metaphysical topics.

This group will study the Edgar Cayce Readings (ECRs) by using the textbook, *A Search for God*, a book of affirmations and discourses based on the readings. Through study of the book, the group will discuss how to practically apply loving Christian aspects such as cooperation, self knowledge, faith, virtue and patience into their daily lives.

For more information, please contact John Schroeder at schroedj@cox.net or 602.373.4638.

GLBT Group

1st and 3rd Thursdays of each month
6:30 to 8:30 p.m. • Room 11 and

2nd Sunday of each month • 12:30 to 1:45 p.m. • Room 11

This group provides support for gay and lesbian congregants on their spiritual path with God.

The group primarily consists of sharing personal experiences of being gay and spiritual, and includes discussions that facilitate a deeper connection with God and others who are on a similar path. Group discussions also affirm love and acceptance of sexuality and spirituality as part of our own unique expression of God.

For more information, please contact Brandon Moore at postmodnik@gmail.com.

Please Attend Our GLBT Group Picnic!

Saturday, May 5 • 11 a.m. to 4 p.m.
Moon Valley Park (7th Avenue & Coral Gables)

We warmly invite you to join us for a day of fun at the park! This is a wonderful opportunity to meet new people in a fun, relaxed social setting, and to connect with other Unity of Phoenix congregants who are part of the GLBT community.

Bring your own sack lunch and any sports or game items to facilitate fun park activities (such as footballs, frisbees, volleyballs, hula hoops, and horse-shoes). Be sure to bring water balloons and super soakers for the culminating water fight ... and dress appropriately!

Come socialize and provide our group with your ideas and support regarding more events like this. Our picnic is family-friendly and open to everyone. Join us!

Golf Group:

Every Monday Morning • Offsite

The Unity golf group — which includes both men and women — plays nine holes every Monday morning at the Palo Verde Golf Course, located at 15th Avenue and Maryland. Scores on the nine-hole, par-30 executive course range from 30 to the mid 40's ... but the group is much more interested in fellowship than in pars or birdies. Most of the golfers are walkers, but electric riding cars are available.

After completing nine holes, many players enjoy breakfast or an early lunch at a nearby restaurant.

For more information, contact Bob Snair at rsnair1@cox.net or 623.444.4669.

Health Rhythms Drumming Group

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

Relax, have fun, and discover your unique rhythm with this newly forming drumming group! Health Rhythms has been proven to reduce stress and boost immunity. Robin Haney, trained Health Rhythms facilitator, will lead these invigorating sessions, which are absolutely transcendent ... empowering you to more effectively express yourself, while enabling you to move beyond your perceived limitations and put back into your life what is missing. No prior musical experience is necessary, and all instruments will be provided!

Visit www.remo.com/portal/hr/index.html to learn more.

Hiking Group:

MOONLIGHT HIKES:
Friday, May 4 • 6:30 p.m.

Note: Moonlight Hikes will be on hiatus in June/July/August

FITNESS FOR FUN HIKES

Saturday, May 19 • 7 a.m.

Fossil Springs Falls Trail - East of Strawberry

Saturday, June 16 • 7 a.m.

Groom Creek Trail - Prescott

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

During May and June we will be venturing out of the Phoenix area to begin enjoying trails at higher altitudes. Please refer to our *Trail Mix* newsletter for full details on all of our events. 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 Journey Toward Spiritual Enlightenment

2nd and 4th Thursday of each month
7 to 8:30 p.m. • Room 1

Psychic life coach Joseph Bortniak will help you make practical sense of your life and expand your personal and spiritual empowerment through this insightful, informative and enjoyable small group.

Drawing on a variety of sources, including his book, *Standing in Truth: A Journey of Spiritual Empowerment While Having a Human Experience*, Joseph will lead you on a quest to discover, embrace and maintain your personal spiritual Truth in every area of your life: including self, family, friends, service, career and intimate partnerships.

For more information, contact Joseph at 602.992.5707 or joseph@journeywithjoseph.com.

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.

'Personal Peace' Meditation Group

NO MEETINGS IN MAY

Resumes in June on the 4th Thursday of each month
7 to 8:30 p.m. • Chapel

Facilitated by Doina Marie Barkhaus, this is a guided group meditation that helps you experience deep inner peace, quiet your mind, relax your body, and calm your emotions. You may receive answers to your questions as you tap into your inner wisdom and higher levels of consciousness. Some people also have experienced the loving presence of Our Creator.

For more information, contact Doina Barkhaus at compheal57@gmail.com or 602.978.5640.

The Prosperity Group

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

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 schroedj@cox.net or 602.373.4638.

Real Love Group (Open to All!)

Every Thursday • 6 to 8 p.m. • Room 5

Join this co-ed group where friends gather to practice giving and receiving unconditional love while learning practical ways to improve all of our relationships. The group's focus is to learn and practice the principles of Real Love as developed by *Real Love* author Dr. Greg Baer.

In order for us to feel seen, accepted and loved, we must first tell the truth about ourselves and create opportunities for other people to accept and love us as we really are ... that's the definition of Real Love (or unconditional love). We can experience moments of Real Love as we share who we are with one person at a time ... and when we meet with many people who are interested in telling the truth

Newly Forming Groups

Unity Motorcycle Club

We are starting a motorcycle group that will be open to individuals who would love to share their love and interest in motorcycles and riding.

For more information, or to express interest in the group, contact Tim Hall at 602.574.5720.

Cancer Support Group

We are starting a support group is for cancer patients who are newly diagnosed or currently undergoing treatment. Caregivers of current cancer patients can benefit from this group, as well, and are welcome to attend.

The group is chaired by a UOP member and her caregiver who conquered a difficult cancer within the last year. They have discovered some unique ways that may help you to cope with your own situation. Come love and support one another, and share your own techniques that you have found to help your situation.

For more information, contact Donna Moore at moorecpa@aol.com or 602.400.4560.

about themselves and learning how to love others, we can significantly accelerate the process of feeling Real Love.

For more information, contact facilitator Sharon Winningham at swinningham@reallove.com or 602.405.0144.

SMART Recovery Group

Every Thursday • 6 to 7:30 p.m. • Room 6

This Self-Management and Recovery Training (SMART) is a free, not-for-profit peer support group for overcoming addictive substances and behavior -- from alcohol to eating to gambling and anything in between. It is an open group for those who wish to overcome their own challenges and for those with a loved one with addictive challenges.

The group is facilitated by Brad Stacey who, in addition to having used the principles to overcome his own issues, has completed intensive SMART training certification for facilitation and has also completed an undergraduate internship.

Contact Brad at Brad@SMARTinPhoenix.org for more information. For information about the SMART program, find worksheets, recovery tools, message boards, and 24 hour online chat-rooms at www.smartrecovery.org

Unity Music & Coffee Cantina

3rd Thursday of each month
6 to 8 p.m. • Gathering Room

Minimum \$3 Love Offering per Group Meeting

Want to sing your favorite songs or play your favorite instrument in front of a supportive and nurturing audience? Join us for an acoustic (no microphone or PA system) family-oriented two-hour musical event on the third Thursday of each month! All ages are welcome.

If you don't play an instrument, bring an extra copy of your music (chords and lyrics), and we'll find someone to accompany you. You'll also meet other folks here who can back you up with vocals or instruments. Just show up at 6 p.m. to get your name on the list.

We're requesting a small love offering, and will offer coffee and bottled water for a donation of \$1.

For more information, contact Steve Decker at s9ndog@yahoo.com or Sandy Van Slyke at renew448@gmail.com.

Unity Singles:

Expand your social life! Unity Singles is a social activity group that offers a wide variety of exciting events for single adults. Our active group enjoys holiday parties, pool parties, Friday night Happy Hours, dancing, movies, road trips, hikes, and cultural, spiritual and community service events.

For more information, visit the Singles Table in the Courtyard on Sunday mornings or go to www.unityphx.org/connecting/singles.html.

If you have questions, please contact Steve Decker at unitysingles@q.com.

VIP Luncheon:

Wednesday, May 16 • Noon to 2 p.m. • Rooms 6&7

Note: After the May luncheon, our VIPs will be on hiatus for the summer, and will resume in October.

Our VIP Luncheon — held on the third Wednesday of each month from October through May — is for those Very Important People who are 55 or older. Seniors attend this monthly luncheon to enjoy fun and fellowship and a special guest speaker or activity. This is a great way to stay connected, share your spirit and enjoy wonderful food, company and speakers.

In May we'll be entertained by the amazing magician, Jolly Roger. The church will provide fried chicken; please bring your favorite side dish, salad or dessert to share.

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