



Upward Venture

February 2006
Transforming Our World Through Love

Special Points of Interest

- Maureen Moss headlines a powerful group of speakers, sound healers and musicians February 3-4, and Byron Katie and Cris Williamson follow with events in late February and March. They're all part of an inspiring offering of guest speakers and musicians who will be featured at Unity of Phoenix. See page 2 for details and ticket information.
- Check out who Unity of Phoenix members elected to fill the three open seats on the Board of Trustees. See page 9.
- We have a wide variety of classes and workshops offered in February that are sure to pique every interest! For a summary of classes and activities, check out pages 4 and 5!
- Would you be willing to receive Church communications via email? Let us know! Read the notice on this page.
- Want a way to introduce your products and services to the Unity community? Then reserve your display space for the Unity of Phoenix Business Fair 2006. See details on page 7.
- Mark your calendars today for our Valentine's Sock Hop and Friendship Sunday, two FREE fun family events. See page 12 for more information.

Inside:

- Upcoming Events 2
- Living Love 3
- Adult Education 4-5
- Activity Groups 5
- Spiritual Gifts 6
- 'Help Wanted' Ads 6
- Newsletter Advertising 6
- Healing Service 7
- Meditation Break 7
- Heart Month at Unity 7
- Business Fair 7
- Calendar of Events 8
- Newly Elected Board Members 9
- News from the Board 9
- Title Report 9
- Divine Idea Bookstore 10
- Youth Ministry 11
- 1st Sundays 12
- Our Unity Community 12

Board of Trustees

- Bruce Baird
- Ronda R. Fisk
- Tom Gebler
- Penni Honey
- Susan King
- Georgia McGraw-Ball
- Linda Pond
- Richard Rogers
- Judy Schwiebert
- Robert Vest, III

Season of Love...

We are celebrating February as a "Season of Love" ... but when *isn't* it a season of love? Love is the essence of every season. Love is the very nature of who we are! We are here to experience it, express it, and manifest it in every area of our lives.

We believe that love is everywhere present, but there are times when it seems nowhere to be found. How do we access the love that is within us during those times, when we feel separate and alone?

Just as there are many paths to God, there are many paths to experience love. Some of the paths that have worked for us are: prayer and meditation, appreciating a beautiful sunset, listening to music, being in service to others, reaching out to those who support us, practicing yoga, riding horses, and watching children laugh and play.

Why do these different paths work? Each path creates a deeper connection to God, to life, ourselves, and others. As we move forward in this season of love we encourage you to join us in finding as many paths as possible to the connecting power of love.

With love and abundant blessings,

Rev. Richard Maraj
Minister
of Education

Rev. Alice Anderson
Minister
of Pastoral Care

Rev. Shannon Olesen
Minister
of Worship



February Worship Topics and Musical Artists

February 5
The Songs of Life:
"The Circle of Life"
Rev. Richard Maraj
Minister of Education
Musical Artist:
Renee Morgan Brooks

February 19
The Songs of Life:
"Heart of the Matter"
Rev. Richard Maraj
Minister of Education
Musical Artist:
Orgena Rose

February 12
The Songs of Life:
"Have I Told You Lately
That I Love You?"
Rev. Richard Maraj
Minister of Education
Musical Artist:
Ramon Pratt

February 26
The Songs of Life:
"Let It Be"
Rev. Richard Maraj
Minister of Education
Musical Artist:
Rusty Ferracane

Look Who's Advertising In Our Newsletter!

This month, you'll notice something new in our newsletter: advertising! In an effort to offset the costs of producing this newsletter, we have begun accepting a limited number of advertisements each month. If you are interested in finding out more, please see Page 6!

We extend sincere and gracious thanks to all of the inaugural advertisers who are supporting this newsletter. While we cannot guarantee or endorse any of their products or services, we do urge you to research and consider these businesses whenever you have a purchasing decision to make.



Preparation for Transformation

Join a Circle Group: Make Friends, Explore Spiritual Principles, and Transform Your Life!

During the seven weeks before Easter, Rev. Richard Maraj will kick off a powerful Circle Group program called, "Preparation for Transformation."

The circle groups are part of a new beginning in bringing our large congregation together in smaller ministry groups to effect change in our own lives, as well as those around us. Each group will include six to 12 people who will come together once a week for seven weeks (beginning the week of March 5).

Small groups such as these provide a wonderful opportunity to meet new people and make life-long friends, gain a sense of belonging within our Unity community, and explore spiritual concepts and principles with like-minded people who can support one another in realizing our oneness with God.

Join us in this powerful experience!

Host and facilitator sign ups will begin January 29, followed by **facilitator/host training** on February 6 or 11. Sign-ups to participate in a group will begin February 19.

For more information, stop by the Adult Education Table in the Courtyard or contact Jessica Wilson at jjwilson@unityphx.org or 602.978.3200, Ext. 226.

Would You Mind Receiving This Newsletter via Email?

Wouldn't it be easier to receive this newsletter via email? Think about it: less clutter, more convenience! We could simply email you a file link each month, and then you could read as much or as little as you liked whenever you felt like it or had the time.

If you have not signed up to receive email because you really don't want to receive email rather than printed publications, that's fine. But if you have been meaning to sign up for email, and have simply been busy or procrastinating doing so, we ask that you consider signing up for email *today*.

Printing and mailing this Upward Venture newsletter, alone, costs \$21,000 a year. Obviously, it will save our Church a great deal of money if we are able to email the newsletter, rather than mailing them to homes. We will email your reports and notices, and also alert you by email each month when the *Upward Venture* is posted on our website for you to print and read.

If you are willing to receive your newsletter in this way, you must provide us with your email address (even if you are already on our Spirit Online email distribution list) by going to www.unityphx.org and filling out the pop up form you will find there asking for your name, email address and telephone number.

Discover Your Soul Greatness

Attend These Inspiring Upcoming Events!



Byron Katie

Loving What Is: Four Questions That Can Change Your Life

Friday, February 24, 7 to 9 p.m. and
Saturday, Feb. 25, 9 a.m. to 5:30 p.m.

I need more money. I need to lose weight. My partner doesn't understand me. Thoughts like these run through our minds dozens of times a day, creating fear, anger, stress or depression. In this workshop, Byron Katie -- bestselling author of *Loving What Is* and *I Need Your Love-Is That True?* -- will introduce you to *The Work*, a revolutionary way to question the thoughts that keep you from living in peace and joy.

The Work of Byron Katie is a deeply transformative process of inquiry that is helping people around the world approach their problems from a perspective of clarity and inner peace. In 1986, Byron Katie experienced the profound realization that without any story about how life is supposed to be, we are left with peace far beyond what we hoped to find through wish fulfillment. On the other side of our myths about reality is reality itself, indescribably joyful and unknowable as long as we keep trying to change it. Only when we give up "what should be" can we experience the perfection of "what is."

Time magazine calls Byron Katie "A visionary for the new millenium." *The Power of Now* author Eckhart Tolle calls *The Work* "a razor-sharp sword that cuts through illusion and enables you to know for yourself the timeless essence of your being." Katie will show how self-inquiry can bring you a happier life!

Tickets: \$25 for the Friday workshop; \$55 for Saturday's workshop. Buy tickets online at www.unityphx.org or call 602.978.3337.

Maureen Moss and The New World Puja Network Present the Inaugural National Tour of: Love and Beyond: Sound, Sensuality, and Sacred



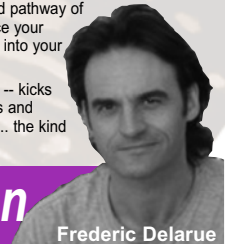
A conference that is being touted as one of the freshest, most innovative and life changing in the United States!

Concert: Friday, Feb. 3, 2006 • 7 p.m. to 9 p.m.

Conference: Saturday, Feb. 4, 2006 • 10 a.m. to 6 p.m.

Maureen Moss, acclaimed motivational speaker and author of *Commitment to Love* and *The Nature of Bliss*, has assembled a powerful group of world-renowned speakers, sound healers and musicians who have dedicated their lives to the preparation and pathway of humanity's divinity and sacred relationships. Each are powerful wayshowers who will raise your vibration, balance your emotional body and expand your heart. Through the power of the spoken word, sound and music, you will be lifted into your Higher Self, where you will be fully prepared to consciously manifest, savor and honor sacred love.

World-renowned musician Frederic Delarue -- whose *Dolphins: A Message of Love* won Album of the Year 2004 -- kicks off this incredible experience with a concert on Friday night. Maureen and a blockbuster line-up of speakers and performers follow on Saturday with transformational presentations that will take you to love and beyond ... the kind of love that God always intended for you.



Prepare for Your Evolution

Maureen Moss

Frederic Delarue

Renee Morgan Brooks

Barry Goldstein

Patricia Cota-Robles

Lee Hanks



Tickets for this two-day event are on sale now for \$65 per person!

Purchase tickets online at www.unityphx.org or call the Divine Idea Bookstore at 602.978.3337

For more information on the presenters, please go to www.maureenmoss.com and click on Calendar of Events



Cris Williamson in Concert

Friday, March 24, 2006 • 7 p.m. to 9 p.m.

Bonnie Raitt: "The first time I heard Cris' music, it was like hearing honey dripped on a cello. Cris has been a whole lot of women's heroes, including mine."

Women's music pioneer Cris Williamson has been heralded as "a brilliant lyricist and composer," and her stellar vocals and compelling persona are legendary for good reason. During a Washington D.C. interview, she conceived of a national all-women's record company, which subsequently issued her celebrated classic, *The Changer and the Changed*, one of the best-selling independent releases of all time. Cris writes and performs music that defies categorization, traversing the musical and lyrical map. A dynamic performer, she electrifies, empowers and enlightens audiences across the generational and musical spectrum.

"I'm a poet who wants to live in a society of poets," Cris says. "The first thing is, figure out what you want to say. It's about constructing the story. Then make sure the music fits hand in hand. And for me, it must be memorable."

Tickets to this memorable performance can be purchased online at www.unityphx.org or by calling 602.978.3337.

Living Love

I commit to living love, to the best of my ability, with my thoughts, words and actions.
I am excited to share this commitment with others.

1 I go to my heart, and I ask you to go to your heart, because I believe in the connecting power of love.

2 I see the greatness in myself and I see the greatness in you. Your life and my life have infinite possibilities.

3 I love and accept you just the way you are, and I respect your right to be different and think differently than I do.

4 I love you and myself enough to tell you what's going on with me and to listen deeply to what's going on with you.

5 I forgive myself, and I ask for your forgiveness, when I am not living love.

6 I use words of kindness, encouragement, appreciation and gratitude to build up you, myself and others.

7 I care for you. How can I support you?

At any time, I have the right to ask others who have made this commitment to read and reflect on it. We agree to do so.

Visit www.CTLL.org and be among the first to make your Commitment to Living Love online! You will be able to print out a specially designed certificate that records your personal Commitment to Living Love!

Life Is for Loving



By Kelly Isola
Living Love Coordinator

February seems a natural time to think about love. After all, when you say the words, "love" and "February" you naturally think, Valentine's Day! Which then leads my thinking into greeting cards, presents, flowers and romantic dinners.

These things are love, aren't they? As someone navigating the waters of romance singly, perhaps I have become a little jaded, but I sometimes wonder if these tokens are *objects* of love instead of the *activity* of loving.

We are conditioned to view life through an exterior lens, meaning "it's out there somewhere." Many of us believe we came into this world with little, we grew up, went to school and moved out into the world to

get filled by education, money, relationships and, of course, love. We seek people to love us, particularly that "special someone." For years I believed that love would come naturally if I found the right person to love or the right person to love me.

And yet we know that love is not out there. Within each of us is that desire to be love, to express that Infinite Power of love that flows through us. We know that love is not a commodity but, rather, that process that moves through us in our attitudes, our words and our actions.

So this Valentine's Day, I invite you into the activity of loving. I intend to "fall in love" with loving. I am renewing my commitment. I do this by taking the principles of loving, our Commitment to Living Love, and rolling up my sleeves and creating a laboratory of loving. I learned to walk by walking, I learned to write by writing, and I have learned to love by loving. I practice being vulnerable, seeing with the eyes of God, accepting you as you are, telling the truth about

myself, expressing forgiveness between us and by being "in love" with everyone.

No matter how many times I may look to the outer world for love, or how far I may stray from the principles of loving, every day I need to just get on with the business of life, because life is for loving.

On a personal note, we would like to share with you that, after several years of serving our ministry as the Living Love Coordinator, Eric Pllum has decided to step down. We have Eric to thank for the way Living Love is being shared with the world. We hold Eric in our thoughts and prayers as he steps into his greatness on his next journey in life.

I look forward to the infinite possibilities ahead as your new Living Love Coordinator, and I thank you for allowing me to be of service. Let's enjoy this season of love!

Advertisement

North Phoenix



Lovely

3 and 4 bedroom homes

Quiet Streets

\$200,000 to \$350,000

Zero Down Payment

Free Recorded Message

1-888-702-1998, ext. 9000



Liberty Properties & Associates, Inc.



"Sometimes I Am Overwhelmed!"



"The teaching at Unity of Phoenix is world class. The ministers are fantastic! The music is awesome. The energy in the worship service, the prayer support and the connection with God are all amazing."

"...but sometimes I just want a friend to sit with."

"I go to church, thoroughly enjoy the service, have a cup of coffee after the service, smile at a few people, maybe even have a brief conversation. Then I go home alone."

"It's been hard for me to get to know people."

If this is your story – you love Unity, but are having trouble making friends, deeper connections or loving relationships in our Unity community, please know that there are people all around who want to get to know you! Check out the many Unity activities, attend a class, join the choir, volunteer, go to a Singles lunch OR check out a **Living Love Connection Group**.

Making friends and connections at Unity of Phoenix is easy!!! You can find a listing of Living Love Connection groups at the Living Love table in the courtyard or at www.CTLL.com. Living Love Groups meet regularly and are open and growing.

Find REAL LOVE at Unity of Phoenix through a Living Love Connection Group!

Advertisement

Does your
Credit Score
reflect your hard work?

We help you get to
where you want to go.

Free Recorded Message
1-888-702-1998, ext 90011

Adult Education

CLASS/ACTIVITY LEGEND

- **Core Spiritual Development.** Provides foundational spiritual principles.
- ▲ **Advanced Spiritual Development.** Takes you into a deeper experience of God and supports the integration of spiritual principles.
- ♥ **Personal Development.** Designed to exercise your mind, body, and soul.

Don't forget to pre-register for classes. This helps us to serve you in the best possible way.

You can register in a number of ways: at the Adult Education table in the courtyard on Sundays; on our website at www.unityphx.org; or by contacting Jessica Wilson at 602.978.3200, Ext. 226 or jwilson@unityphx.org. No one will be turned away from any class for lack of pre-registration, but it is more than appreciated. Thank you!

SUNDAY CLASSES

■ Welcome to Unity

Sunday, February 12

12:30 to 1:30 p.m.; Room 11

Facilitators: Unity Ministers

This class will provide direction for your individual path, as well as answer questions about Unity. We will discuss the history of the Unity movement, as well as our own Unity of Phoenix history. Plan on attending this class to get acquainted with and become more aware of our spiritual family.

▲ Expansive Christianity

Sunday, February 5-March 5

9:30 to 10:45 p.m.; Room 7

Facilitated by Mark Fisk

Fee: \$10 Suggested Love Offering

This course can be taken for SEE elective credit.

Join Mark Fisk, Licensed Unity Teacher, for an exploration of expansive Christianity as we bring back the intimacy of adult education on Sundays. Discover what some might call the Fillmore approach to the study or practice of Christianity.

You will examine works by Charles Fillmore and John Shelby Spong, as well as the gifts of your own path in (and out of) Christianity. To maximize class time and give you opportunities to connect with like-minded seekers, optional check-in groups will start at 9:30 a.m. each morning, with class starting promptly at 9:45 a.m. Come ready to learn and explore in a deeply intimate and honest way.

MONDAY CLASSES

♥ Viniyoga

Mondays, February 6-13

Moving to Wednesdays beginning February 22

9 to 10:30 a.m.; Rooms 9&10

Instructor: Sandy Sue Rector, Certified Yoga Instructor

Fee: \$10 Suggested Love Offering

Viniyoga style focuses on creating sequences and modifying postures to meet the individual needs of the student. (Viniyoga means to start at the appropriate place for each individual, and proceed with appropriate steps in the desired direction.) Methodologies include asana, pranayama, meditation, mantra and prayer for protecting and maintaining our health, promoting our ability to be productive in this world, and inspiring the deeper quest for self-realization.

♥ Introduction to 'A Course in Miracles'

Monday, February 6

6:30 to 7:30 p.m.; Room 8

Facilitator: DiAnne Kolacki,

ACIM Facilitator

Fee: \$10 Suggested Love Offering

If you have wondered what this group study is about, this is the class for you. This is an opportunity to begin your study of the course, which is a pathway to peace of mind and teaches that we need to awaken from the dream that we are anything other than holy children of God.

♥ A Course in Miracles (ACIM)

Mondays, February 6-27

7:30 to 9 p.m.; Room 8

Facilitator: DiAnne Kolacki,

ACIM Facilitator

Fee: \$10 Suggested Love Offering

This is an ongoing study group, designed to develop a pathway to peace of mind and teach us that we are holy children of God. ACIM helps

change perceptions that bring us pain. DiAnne has many years of experience as a facilitator. A Course In Miracles and other reference materials are available in the Divine Idea Bookstore.

▲ Interpretation of the Ancient Hebrew Scriptures



Mondays, February 6-27

7 to 9 p.m.; Rooms 6&7

Facilitator: Rev. Shannon Olesen

Fee: \$10 Suggested Love Offering

10 SEE Credits

This Spiritual Education and Enrichment (SEE) class has a new name! It was formerly called "Bible Interpretation of the Old Testament." You are invited to join us as we explore the deeper metaphysical teachings that lie within these ancient scriptures. The key to actually discovering these teachings lies within you ... so bring yourself and your Bible.

TUESDAY CLASSES

♥ Spirit Song Circles

Tuesdays, February 7-28



6:30 to 9 p.m.; Chapel

Instructor: Lyndsey Watson,

Certified Spirit Song

Teacher

Fee: \$10 Suggested Love Offering

CLOSED CLASS!

♥ Tai Chi

Tuesdays, February 7-March 28

7 to 8:30 p.m.; Room 10

Instructor: Jake Zinn

Fee: \$10 Suggested Love Offering

Join Jake Zinn as he helps you to learn and practice the art of Tai Chi. Pre-registration is required.

▲ Mystical Experience



Tuesdays, Feb. 28-March 28

6:45 to 8:45 p.m.; Rooms 6&7

Instructors: Mark Fisk, LUT,

and Frank Rhodes

Fee: \$10 Suggested Love Offering

This course can be taken for SEE elective credit.

Join Mark Fisk and Frank Rhodes as they explore diverse perspectives on Mystical Experience based on the literature and research of mysticism and the personal experiences of all who attend the class.

The class will include discussion, meditation, journaling, and other experiential activities. Texts on the mystical experience as well as examples from the Bible will be used as references for the class.

Optional check-in groups start at 6:45 p.m., with class content beginning at 7 p.m. Class will be closed after the first session.

WEDNESDAY CLASSES

♥ Viniyoga

Wednesdays, February 22-March 29

9 to 10:30 a.m.; Rooms 9&10

Instructor: Sandy Sue Rector, Certified Yoga Instructor

Fee: \$10 Suggested Love Offering

See description under Monday classes.

♥ Ai Chi - Moving Meditation

Wednesdays, February 1-22

1 to 2 p.m.; Room 5

Instructor: Jackqueline Moriz

Fee: \$10 Suggested Love Offering

This class is modified from the traditional Tai Chi Class, an ancient Chinese art form that originated in the martial arts. It is moving meditation, an excellent low impact exercise. During the class, participants will perform 16 to 20 postural exercises, which facilitate improved relaxation. In addition, exercise sessions geared toward older adults will help participants deal positively with the conflicts and stress they encounter in their everyday lives. This type of exercise is especially good for relieving fatigue, stiffness and muscle tightness. The

class will meet for approximately one hour and will begin and end with a meditative, silent prayer session.



▲ How to Let God Help You

Wednesdays: Feb. 1-March 8

6:45 to 8:45 p.m.; Room 8

Facilitator: Mark Fisk, LUT

Fee: \$10 Suggested Love Offering

This course can be taken for SEE elective credit.

Join Mark Fisk and Frank Rhodes to explore how we integrate our spiritual beliefs and study with everyday practices, and where they disconnect. Myrtle Fillmore's *How to Let God Help You* will be used as a reference text. Reading the book is required for SEE credit, but optional if not taking for credit.

Frank Rhodes, a group facilitator with 30-years' study and experience in related areas, will join Mark as co-facilitator.

Optional check-in groups start at 6:45 p.m., with class content beginning at 7 p.m. Class will be closed to newcomers after the first session.

■ Practical Meditation

Wednesdays: February 8-15

10 to 11 a.m.; Rooms 9&10

Facilitator: Rev. Alice Anderson

Fee: \$10 Sugg. Love Offering



Join Rev. Alice as she continues the soul's journey in meditation experience.

Rev. Alice's recorded meditations and 'Ins and Outs of Meditation' class have moved people in unexplainable ways. Please join her in this meaningful and sustainable practice that your soul cannot miss!

▲ 4T's

Wednesdays: January 11-March 29

7 to 9 p.m.; Family Life Center

Facilitator: Rev. Richard Maraj

Fee: \$10 Suggested Love Offering CLOSED CLASS

THURSDAY CLASSES

■ Unity Basics I

Thursdays, Jan. 26 and Feb. 2

7 to 9 p.m.; Rooms 6&7

Facilitator: Rev. Richard Maraj

Fee: \$10 Suggested Love Offering



This class is a foundational piece to "Doing Your Soul Work" and "Making a Soul Difference" in the world. You will

explore basic spiritual principles that are the building blocks for your spiritual journey. You will also learn how the Unity Movement began and how it has changed and transformed lives. (Please note: *Unity Basics I* is a prerequisite for becoming a teen sponsor, chaplain, member or board trustee.)

♥ Spiritual Solution to Weight Loss



Thursdays, Feb. 9-March 16

9:30 to 11:30 a.m., Rooms 6&7

Facilitator: Bronwyn Marmo

Fee: \$20 Materials Fee and \$15 Suggested Love Offering

This six-week workshop provides an intimate, loving and nurturing environment where participants

feel safe to share their own personal challenges with food, weight, body image and self-esteem. If you are looking for encouragement, inspiration and hope along your journey to balanced health, this is one of the greatest gifts you can give yourself. Don't miss this amazing opportunity to bring balanced health into your life! Sign up with a friend!

♥ What Are You?

Thursdays, February 9-March 9

6:30 to 8:30 p.m., Room 5

Facilitator: Cynthia Ragsdale

Fee: \$10 Suggested Love Offering

What if you knew yourself well enough to "trust yourself, to be happy, to be assured of continued safety and well-being?" Come join Cynthia Ragsdale as she uncovers this question and

(continued on next page)

Activity Groups/Adult Education

Unity of Phoenix Activity Groups



Golf

Unity Golfers meet each Monday. Please contact Robert Snair at 602.995.3343 or rsnair1@cox.net for the location and time of the next Monday morning golf meeting.

OWLS Luncheon (formerly V.I.P.)



Featuring Julia Kellogg
Wednesday, February 8
11:30 a.m.; Rooms 6/7

Please join us for this month's **Older, Wiser, Loving Seniors** Luncheon. Julia Kellogg, our Bookstore Manager, will join us to share Valentine fun and games.

If you are 55 or older, and enjoy fun and fellowship, we invite you to attend this monthly luncheon, which is a great way to gather with like-minded individuals for fun and fellowship. The church provides the entrée and beverages for the luncheon; please bring your favorite side dish to share.

If you have any questions, please contact Dorothy Moore at dmoore@unityphx.org or 602.978.3200, Ext. 255.

Unity Biz Net

Unity Business Network -- Unity Biz Net -- is a group of spiritual-minded business professionals who come together to network and support each other. Unlike other network groups, who push products and business cards at one another, we work to get to know each other on a more personal level by building relationships and community. We

have about 60 people attend each event. If you would like to grow your business relationships with a group of high energy people, you've found the right group!



Unity Biz Net Mixer

Monday, February 13
6 p.m.

The February Unity Biz Net Mixer will be hosted by Anna Banana at 13211 N. 12th Avenue in Phoenix (Thunderbird/Coral Gables). RSVP to Anna Banana at anna@annabananahomes.com or 602.896.8074 by Monday, February 6.

Unity Singles Activities

Join the Unity Singles for another month of exciting weekly activities including:

- Sunday Luncheon: 12:45 p.m.
- Friday Social Hour: 4 to 8 p.m.

See our weekly emailed newsletter for details on location and times. If you would like to be included on the newsletter distribution list, please contact Alyce at alycee1@msn.com.

Hiking Group

Moonlight Hike - Shaw Butte
Friday, February 10
6:30 p.m. (Meet in the Church Parking Lot)
NO Sign-up Required

Fitness for Fun Hikes

NO Sign-Up Required
7 a.m. (Meet in Church Parking Lot)
Saturday, February 18
Hobart Trail - South Mountain Park

February is the fourth month of winter Saturday hikes that are being planned as "Family Outings" for all ages from 8 to 80+. We are heading to the South Mountain Regional Park and hiking the Hobart Trail. This trail is rated moderate and will be an out and back hike.

Come enjoy nature with your family and friends!

We recommend sturdy hiking or walking shoes, sun screen and sunglasses or a hat, and snacks and water for both during and after the hike (1-2 quarts of water per person). Just come to the church on hiking day at 7 a.m. to carpool to the trailhead. (Please note the 7 a.m. meeting time; we are now back to our spring/summer starting time!)

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



Adult Education

(continued from page 4 left)

others as she reviews Imelda Shanklin's book that has asked readers nation wide, *What Are You?*

Take time out to discover your true nature, your oneness with God. Reshape what you think, what you choose to think about and what you consider real and worthy of your time and energy. Discover what it means to live a life of nonresistance and how to tap into true resources to live a fulfilling life.

Cynthia is studying to be a LUT.

♥ Power Breathwork

Thursday, February 16

6 to 8 p.m.; Chapel

Facilitator: Hazel Dowling

Fee: \$20 Suggested Love Offering

Through a 60-minute power breathwork exercise, Ms. Dowling will help participants open up to living a better life without stress, anxiety and fear. Participants will work on more ways to love more fully, forgive self and others, and expand their spiritual wisdom through connecting with the Christ consciousness within. If you have been seeking a more fulfilling spiritual life, this is an experience you will not want to miss.

♥ Spiritual Gifts Workshop

Thursday, February 16, AND

Friday, February 17

6:30 to 9:30 p.m., Rooms 6&7

Instructor: Dorothy Moore

Fee: \$25 Suggested Love Offering



This two-day class (which will be held on consecutive evenings) will awaken you to your God-given gifts and how to exercise them in your daily life. We are programmed by God with certain Spiritual Gifts at birth. Identifying and using our gifts is what our souls desire, and is necessary to achieve spiritual growth and maturity.

If you have ever wondered why some things are easy for you, while others are more difficult or hold no interest for you, the answers will be found in the discovery of your giftedness! You will also learn how all of our Gifts work together, and how to recognize the giftedness of others. You will also discover the areas of service most suited to your Gifts.

Pick up a Spiritual Gifts Survey to fill out before class at the Adult Education Table when you pre-register for the class.

FRIDAY CLASSES

♥ Line Dancing for Mature Adults

Fridays, February 3-March 24

1 to 2 p.m., Rooms 9&10

Instructor: Dee Lloyd

Fee: \$10 Suggested Love Offering

Feed your health and spirit with this fun and easy way to exercise and build self-confidence!

Learn step-by-step line dancing with Dee Lloyd. This class is recommended for those who can participate in light to medium movement.

SATURDAY CLASSES

▲ Discover a New Relationship with the Bible

Saturday, February 4

9 to 10:30 p.m.; Rooms 9&10

Instructor: Kelly Isola

Fee: \$10 Suggested Love Offering



Kelly Isola, Living Love Coordinator, Unity Chaplain and long-time

Unity student, leads this explorative course that helps students of metaphysics develop a new relationship with the Bible. Kelly will discuss how to interpret metaphysically and how that changes our understanding of the Bible. She will review women and men of the Bible and their representation in our own life. She will show us how to bring the power of our new understandings into our present life through meditation and study. Join Kelly for this intimate journey that will change lives.

♥ The Secrets of the Fountain of Youth

Saturday, Feb. 11

9 a.m. to 3 p.m.; Room 5

Instructor: Norm Shealy

Fee: \$10 Suggested Love Offering

Explore your passion for health and longevity in an experiential "youth" shop. Those with the essential healthy lifestyle will live an average of 100 years. If you add safe techniques to maintain optimal levels of DHEA and calcitonin while minimizing free radicals, you have the potential of living an average of 140 years!

■ Unity Basics I

Saturday, February 18

9 a.m. to 1 p.m.; Rooms 6&7

Facilitators: Revs. Alice

Anderson and Shannon

Olesen Fee: \$10 Suggested

Love Offering

This class is a foundational piece to "Doing Your Soul Work" and "Making a Soul Difference" in the world. You will explore basic spiritual principles that are the building blocks for your spiritual journey. You will also learn how the Unity Movement began and how it has changed and transformed lives. (Please note: *Unity Basics I* is a prerequisite for becoming a teen sponsor, chaplain, member or board trustee.)



Advertisement



This Valentine's Day,
buy your Sweetheart the
Chocolate
"Drink of the Gods"

A mixture of natural exotic European cocoa powder & tantalizing acai berry from the Amazon Rain forest.

Also available in solid dark chocolate nuggets!!

Find out more information at:

www.HopeYouLoveChocolate.com

602-541-4450

Make a Soul Difference Service

Gain Fulfillment by Identifying and Using Your Gifts



By Dorothy Moore
Spiritual Gifts/Chaplain Coordinator

Are you giving your Spiritual Gifts away in your work and service life? If you have difficulty answering this question because you're not even sure what your Spiritual Gifts are, we are hosting a February workshop that will provide you with new insight into this area!

The two-day workshop will be held on successive evenings: Thursday, February 16 and Friday, February 17, both from 6:30 to 9:30 p.m.

If you are interested in attending this workshop, please register and pick up a survey from the Adult Education Table in the Courtyard. Be sure to complete the survey and bring it with you to the first evening of class. (We will be working with the survey on both evenings.)

This workshop provides the time and place to take ownership of your gifts and, by doing so, learn how to have a more fulfilling life. Serving from your area of giftedness changes how you feel about yourself and others. You begin to understand what is yours to give, and also accept what others have to contribute to every task and aspect of your life. It is an honor to recognize the gifts of others, and to have your own gifts recognized, as well.

Has anyone ever told you how good you are at certain things, like organizing a project? You may think that *anyone* could do the same thing as easily as you ... and, in reality, it is your gift of administration that makes planning and organizing such as breeze. It is probably how you have lived your whole life; in fact, you have most likely used your particular gifts in all aspects of your life without even recognizing that what you were actually doing was using the spiritual gifts that God gave you when you were born.

We invite you to come discover your gifts! And if you already know what your gifts are, come and receive validation for how you are using them! This workshop is all about *you*: the unique way in which you were created to express God in this world.

Our volunteer coordinator, Jessica Wilson, has included on this page a "Help Wanted" list of volunteer positions that we are currently in need of filling. If you have already attended a Spiritual Gifts class, take a look and see where an opportunity exists to develop and exercise your gifts. If you haven't attended a class, come to this workshop and explore what gifts you have to give!

Many blessings on this great journey of celebrating your giftedness. Please know that I am here to support you in achieving an awareness of your spiritual gifts. If you have any questions, you may reach me at 602-978-3200, Ext. 255, or dmoore@unityphx.org.

02/01-28/06

VOLUNTEER HELP WANTED Put Your Spiritual Gifts To Work!

RECEPTION DESK: Friday or Saturday hours available. This person will possess administration, hospitality and service spiritual gifts.

FACILITIES HELP: These truly gifted souls will help with money-saving efforts in the Community. The spiritual gifts necessary are service and helps. You will be doing varied grounds/upkeep tasks.

TEEN SPONSORS: If you hear the calling to support and love teens at Unity, this is the place for you! Spiritual gifts perfect for this job include teaching, encouragement, service, hospitality, leadership and an open heart.

ADMINISTRATIVE HELP: In these truly rewarding positions, varied hours are available. These persons will possess the spiritual gifts of administration, helps and service. Help is needed in every area of the church.

USHERS/GREETERS: Through these jobs, you get to experience it all: hospitality, service and encouragement. Come be the first angels our visitors meet when they come on campus!

YOUTH MINISTRY TEACHERS AND CO-TEACHERS: Children need your spiritual gifts of teaching, encouragement, service, hospitality and leadership. In addition, you will be richly blessed by the gifts only children can bestow!

SOCIAL EVENT VOLUNTEERS: Have fun while you serve! Staff our fun-filled social events, and you'll know what it means to love your job!

TAKING LOVE TO THE COMMUNITY (TLC) VOLUNTEERS: Do you have a passion for serving your community? We are looking for like-minded individuals with the spiritual gifts of service and hospitality to help us serve our greater community. We complete monthly projects (for example, sorting clothes for a homeless shelter or visiting homebound elders or disabled adults).

ADULT EDUCATION CLASS ATTENDANTS: Learn while you serve! These administrative-helps and service-rich special people will work in the evenings or on the weekends as teacher assistants.

To apply for these or other interesting volunteer positions, contact Jessica Wilson at jwilson@unityphx.org or 602.978.3200, Ext. 226.

Reach Unity Congregants by Advertising in This Newsletter!

You have probably noticed by now that we have begun accepting advertisements in our newsletter! Join the savvy organizations that are taking advantage of this wonderful opportunity to reach an important market niche: Unity of Phoenix congregants!!!

This newsletter reaches thousands of congregants and others each month, most of whom read it from cover to cover. It is also posted on our Web site, which receives many, many visitors.

Our rates are (one time insertion per edition):

Full Page (9.75" x 15.75"): \$1,500 *Only \$750!*

Half Page (9.75" x 7.75"): \$900 *Only \$450!*

Quarter Page (4.65" x 7.75"): \$550 *Only \$275!*

Eighth Page (4.65" x 3.625"): \$330 *Only \$165!*

This pricing is for grayscale (black-and-white) camera-ready advertisements only (in EPS, TIFF, JPEG or PDF format). If you don't have a camera-ready advertisement, we can also create one for you for an additional fee.

Artwork and payment are due the 1st of the month preceding the month in which the advertisement will run. (For example, if you want to run an advertisement in the March issue, artwork and payment are due by February 1.)

For more information, please contact *Upward Venture* Editor Sue Thompson at 602.494.9708 or sue_thompson@qwest.net.

Introductory Offer:
1/2 price on all ads!
Take advantage of
this great value!



The story of the
Power Shields™
created by
Master Jeweler/Shaman
Lance Heard

Each pendant is created to assist the wearer in their spiritual evolutionary process. Encased in the back of the pendant is a rose quartz stone. Rose quartz is called the "stone of love." The energy of the stone in the front of the shield connects and combines with the rose quartz in the back of the shield. In doing so, the quartz enhances the healing qualities of the stone in the front by ten times with the essence of love. The cabed stone in the back will be touching you at all times. This was intentional, so that you would always be receiving the purest contact of energy.

Live in Love & Light!!!!

602-628-1536

www.Summitjewelry.com

lheard4@cox.net

HEALTH AND BEAUTY

10 Year Old Company

In 73 Countries

600 Million Annual Sales

Choose from 5 Product Lines

- Weight Management

- Beauty

- Wellness

- Equine Nutritional Products

- Coming March 2006—

Nutritional Products For Dogs And Cats

WWW.TNI.COM/PSEAB

PAT SEABERT

602-304-1674 • ID# 2209106

Advertisement

Pastoral Care

PASTORAL CARE / HEALING SERVICE / MEDITATION BREAK / BUSINESS FAIR / AED PROGRAM



Feel Your Soul Being Healed! Wednesday Evening Healing Service 6:15 p.m. in the Chapel Concludes in time for all 7 p.m. classes

Come feel the energy of our healing service. An amazing energy of support and healing is present at each service. We have a new feel to the service and have added music to make this experience a time of meditation, healing, and profound experience of God.

Join us as we individually and collectively raise our own consciousness and the consciousness of the entire planet. After the service, if you would like one-on-one prayer, chaplains are available to pray with you. Come feel the healing power of this special service!



Take a Meditation Break

Get a meditation break anytime! Go on-line to www.unityphx.org and click on "Prayer," and you will find a guided two-minute relaxation meditation in the left-hand corner of the screen. The candle is the symbol for our meditation. Remember to center yourself in God as you participate in this relaxation meditation. God is right here!

(You will also be able to download the meditation for listening at a later time, if you wish.)



Prayer Team Training

If you have the spiritual gift of intercession, which means you like to pray for others and it is a practice you enjoy -- we invite you to join our amazing Prayer Team. During their private prayer time each day, our anonymous prayer team holds in prayer each and every prayer request that we receive before sending them on to Silent Unity.

The next scheduled training is Monday, February 20, at 6:30 p.m. in the Chapel. If you're interested in attending, please contact Dorothy Moore at 602.978.3200, Ext. 255, or dmoore@unityphx.org.



Unity Business Fair 2006 Sunday, March 12 • 8:15 a.m.-1:15 p.m

Want a way to introduce your business to the Unity community? If so, reserve your display space for the Unity Business Fair 2006!

Once-a-Year Opportunity

Unity of Phoenix has a policy that prohibits business solicitation on campus. This event is the one time that business solicitation is not only allowed, but encouraged! The Business Fair allows businesses to display their company information and products.

Why Participate?

The Fair will be held in the gravel area just south of the Petersen Grove next to the courtyard on Sunday, March 12, from 8:15 a.m. to 1:15 p.m. That means you'll be able to reach the 1600+ congregants who attend worship services, and more!

Open to Unity Business Owners

The Business Fair is open to anyone who is a regular participant in our Unity community (e.g., members, volunteers, and those who attend services regularly).

Table Space Available in February

Businesses can reserve table space for the Business Fair on February 19, 26 and March 5. There will be a table in the courtyard, and reservations are on a first come, first served basis in choosing table size and space.

Cost

The cost of a full (eight-foot) table is \$90, and a half (four-foot) table is \$50. Payment is due at the time of registration. The past few Business Fairs have been sellouts, so don't delay!

During the fair, our teens will sell bottled water and popcorn.

Everyone who participates in or attends the Fair will be eligible for a drawing!

For more information about this marvelous opportunity, contact Liz Bolin at 602.997.0123 or lbolin3@cox.net

It's Heart Month at Unity!



Unity of Phoenix is blessed to have a First Aid Medical Response Team (pictured above). Front row, left to right: Lisa Stipes, Mari Collom, Michael Kouts. Second row, left to right: Alice Anderson, Karla Birkholz, Mary Barksdale, Sara Cuenin, Karen Watts-Edwards. Back row, left to right: Dennis Pena, Bill Edwards.

The team is comprised of health care professionals who volunteer to be available at Sunday and special services in case of a medical emergency. The First Aid team also holds our ministry in prayer for health and wholeness. If an emergent need arises, the team is ready to serve our congregation in a moment's notice. Thank you to all members of this team for their dedicated service, and to Sharon Bates for donating the life-saving AED equipment to our congregation.

Sharon Bates Donates Life-Saving AED to Unity of Phoenix Campus



Sharon Bates founded the non-profit Anthony Bates Foundation (www.AnthonyBates.org) four years ago after the death of her only child, Anthony, at age 20.

The Anthony Bates Foundation is instrumental in building education and awareness among young people about the importance of cardiac screening. Since the inception of her grassroots organization, Sharon has organized 15 cardiac screening events across Arizona, Kansas and Nevada ... seven of them in 2005, alone. Through the events, over 3,000 young people have been offered a free echocardiogram (sonogram) test of their hearts, as well as EKG (electrical) tests. More than 6% of

youth screened were found to have abnormal results that necessitated further cardiac evaluation. Almost 50 were at risk of having HCM (hypertrophic cardiomyopathy), the condition that took Anthony's young life.

The Foundation has also donated many automatic external defibrillators (AEDs) to the schools that hosted its cardiac screening events.

Sharon has also donated an AED to Unity of Phoenix, and our Emergency Medical Response team has been trained in its use. As a result, our on-site medical team can make valuable use of the precious minutes it will take for firefighters and paramedics to arrive on the scene in the event of an emergency.

Rapid defibrillation -- a process through which a normal heart rhythm is re-established through the use of electric shocks -- has proven to be the single most effective intervention in successfully treating patients whose hearts have stopped. Studies by the American Heart Association have shown that, for cardiac arrest patients who receive CPR within two minutes and defibrillation within four minutes, there is a 30% survival rate. Conversely, the survival rate for patients who do not receive CPR and/or delayed defibrillation drops to between zero and 2%.

We are very thankful to Sharon for donating this life-saving equipment!

Advertisement



*Experience
a center where
love flows
freely!*

- ◆ Groups and Workshops
- ◆ Holographic Repatterning
- ◆ Reiki Certification Classes
- ◆ Spiritual Response Therapy

- ◆ Massage/Ear Coning
- ◆ Skin Care/Body Wraps
- ◆ Permanent Make-Up
- ◆ Gel Nails/Spa Pedicures

Online Appointments!
www.premasaloon.com

602-86-PREMA (77362)
14848 N. Cave Creek Rd., #16

February 2006

SUN	MON	TUES	WED	THUR	FRI	SAT
<p>BYRON KATIE</p> <p><i>"Loving What Is: Four Questions That Can Change Your Life"</i></p> <p><i>Friday, February 24, 7 to 9 p.m. and Saturday, February 25, 9 a.m. to 5:30 p.m.</i></p>						
<p>8 AM - Unten Superbowl Bake Sale</p> <p>8:15, 9:45 & 11:15 AM - Worship Services, FLC</p> <p>9 AM - P.O.P. Off Program, R1</p> <p>9:30 AM - Expansive Christianity, R7</p> <p>9:45 AM - Unten Class, R10</p> <p>11:15 AM - Y.O.U. Class, R8</p> <p>12:30 PM - Unten Class, R10</p> <p>3:30 PM - Y.O.U. Superbowl Party, OffSite</p> <p>6 PM - 1st Sundays, FLC</p>	<p>9 AM - Vinyoga-Beginners, R8&10</p> <p>6:30 PM - Introduction to A Course in Miracles, R8</p> <p>7 PM - Scriptures, R8&7</p> <p>7:30 PM - Facilitators Training, R10</p> <p>7:30 PM - A Course in Miracles, R8</p>	<p>6:15 PM - Healing Service, C</p> <p>1 PM - Chi, R5</p> <p>6:45 PM - How to Let God Help You, R8</p> <p>7 PM - 4Ts, FLC (Closed Class)</p> <p>Childcare for Classes, GRR4/Playground</p>	<p>6:15 PM - Healing Service, C</p> <p>1 PM - Chi, R5</p> <p>6:45 PM - How to Let God Help You, R8</p> <p>7 PM - 4Ts, FLC (Closed Class)</p> <p>Childcare for Classes, GRR4/Playground</p>	<p>5:45 PM - Toastmasters, R8&10</p> <p>7 PM - Unity Basics I, R8&7</p> <p>7:30 PM - AA Meeting, R11</p>	<p>1 PM - Line Dancing for Mature Adults, R8&10</p> <p>7 PM - Maureen Moss - Love and Beyond: Sound, Sensuality and Sacred Relationships, FLC</p>	<p>9 AM - Discover a New Relationship with the Bible, R8&10</p> <p>10 AM - Maureen Moss - Love and Beyond: Sound, Sensuality and Sacred Relationships, FLC</p> <p>1 PM - Healing Grief Workshop, R8</p> <p>3 PM - AA Meeting, R10</p>
<p>8:15, 9:45 & 11:15 AM - Worship Services, FLC</p> <p>9 AM - P.O.P. Off Program, R1</p> <p>9:30 AM - Expansive Christianity, R7</p> <p>9:45 AM - Unten Class, R10</p> <p>11:15 AM - Y.O.U. Class, R8</p> <p>NOON - Y.O.U. Love-In @ Mesa, OffSite</p> <p>12:30 PM - Welcome to Unity, R11</p>	<p>9 AM - Vinyoga-Beginners, R8&10</p> <p>7 PM - Interpretation of the Ancient Hebrew Scriptures, R8&7</p> <p>7:30 PM - A Course in Miracles, R8</p>	<p>10 AM - Practical Meditation, R8&10</p> <p>11:30 AM - OWLS Luncheon, R8&7</p> <p>6:15 PM - Healing Service, C</p> <p>6:45 PM - Chikicare for Healing Service, GR</p> <p>7 PM - 4Ts, FLC (Closed Class)</p> <p>Chikicare for Classes, GRR4/Playground</p>	<p>10 AM - Practical Meditation, R8&10</p> <p>1 PM - Chi, R5</p> <p>6:15 PM - Healing Service, C</p> <p>6:45 PM - Leadership Coach Training, R2</p> <p>7 PM - How to Let God Help You, R8</p> <p>7:30 PM - 4Ts, FLC (Closed Class)</p> <p>Chikicare for Classes, GRR4/Playground</p>	<p>9:30 AM - Spiritual Solutions to Weight Loss, R8&7</p> <p>5:45 PM - Toastmasters, R8&10</p> <p>6 PM - Power Breathwork, C</p> <p>6:30 PM - What Are You?, R5</p> <p>7 PM - Spiritual Gifts Workshop, R8&7</p> <p>7:30 PM - Adult Choir Rehearsal, FLC</p>	<p>1 PM - Line Dancing for Mature Adults, R8&10</p> <p>6:30 PM - Valentine Sock Hop, FLC</p> <p>8:30 PM - Moonlight Hike, Meet in Parking Lot</p>	<p>9 AM - Secrets to the Fountain of Youth, R5</p> <p>NOON - Transformation Facilitators Training, R10</p> <p>1 PM - Y.O.U. Love-In @ Mesa, OffSite</p> <p>3 PM - Healing Grief Workshop, R8</p> <p>AA Meeting, R10</p>
<p>8:15, 9:45 & 11:15 AM - Worship Services, FLC</p> <p>9 AM - P.O.P. Off Program, R1</p> <p>9:30 AM - Expansive Christianity, R7</p> <p>9:45 AM - Unten Class, R10</p> <p>11:15 AM - Y.O.U. Class, R8</p> <p>NOON - Y.O.U. Love-In @ Mesa, OffSite</p> <p>12:30 PM - Welcome to Unity, R11</p>	<p>9 AM - Vinyoga-Beginners, R8&10</p> <p>7 PM - Interpretation of the Ancient Hebrew Scriptures, R8&7</p> <p>7:30 PM - A Course in Miracles, R8</p>	<p>9 AM - Vinyoga, R8&10</p> <p>6:15 PM - Healing Service, C</p> <p>6:30 PM - Chikicare for Healing Service, GR</p> <p>6:45 PM - Leadership Coach Training, R2</p> <p>7 PM - How to Let God Help You, R8</p> <p>7:30 PM - 4Ts, FLC (Closed Class)</p> <p>Chikicare for Classes, GRR4/Playground</p>	<p>9 AM - Vinyoga, R8&10</p> <p>6:15 PM - Healing Service, C</p> <p>6:30 PM - Chikicare for Healing Service, GR</p> <p>6:45 PM - Leadership Coach Training, R2</p> <p>7 PM - How to Let God Help You, R8</p> <p>7:30 PM - 4Ts, FLC (Closed Class)</p> <p>Chikicare for Classes, GRR4/Playground</p>	<p>9:30 AM - Spiritual Solutions to Weight Loss, R8&7</p> <p>5:45 PM - Toastmasters, R8&10</p> <p>6 PM - Power Breathwork, C</p> <p>6:30 PM - What Are You?, R5</p> <p>7 PM - Spiritual Gifts Workshop, R8&7</p> <p>7:30 PM - Adult Choir Rehearsal, FLC</p>	<p>1 PM - Line Dancing for Mature Adults, R8&10</p> <p>7 PM - Byron Katie, FLC</p>	<p>9 AM - Byron Katie, FLC</p> <p>9 AM - Teen Mentor Saturday Training, OffSite</p> <p>3 PM - AA Meeting, R10</p>
<p>8 AM - Business Fair Sign Up, Grassy Area</p> <p>8:15, 9:45 & 11:15 AM - Worship Services, FLC</p> <p>9 AM - P.O.P. Off Program, R1</p> <p>9:30 AM - Expansive Christianity, R7</p> <p>9:45 AM - Unten Class, R10</p> <p>11:15 AM - Y.O.U. Class, R8</p>	<p>6 AM - Unten Winter Retreat, OffSite</p> <p>6:30 PM - Player Team Training, C</p> <p>7 PM - Scriptures, R8&7</p> <p>7:30 PM - A Course in Miracles, R8</p>	<p>9 AM - Spirit Song, C (Closed Class)</p> <p>6:30 PM - Spirit Song, C (Closed Class)</p> <p>7 PM - Tai Chi, R10</p>	<p>9 AM - Spirit Song, C (Closed Class)</p> <p>6:30 PM - Spirit Song, C (Closed Class)</p> <p>7 PM - Tai Chi, R10</p>	<p>9:30 AM - Spiritual Solutions to Weight Loss, R8&10</p> <p>5:45 PM - Toastmasters, R8&10</p> <p>6 PM - Power Breathwork, C</p> <p>6:30 PM - What Are You?, R5</p> <p>7 PM - Spiritual Gifts Workshop, R8&7</p> <p>7:30 PM - Adult Choir Rehearsal, FLC</p>	<p>1 PM - Line Dancing for Mature Adults, R8&10</p> <p>7 PM - Byron Katie, FLC</p>	<p>9 AM - Byron Katie, FLC</p> <p>9 AM - Teen Mentor Saturday Training, OffSite</p> <p>3 PM - AA Meeting, R10</p>
<p>8 AM - Business Fair Sign Up, Grassy Area</p> <p>8:15, 9:45 & 11:15 AM - Worship Services, FLC</p> <p>9 AM - P.O.P. Off Program, R1</p> <p>9:30 AM - Expansive Christianity, R7</p> <p>9:45 AM - Unten Class, R10</p> <p>11:15 AM - Y.O.U. Class, R8</p>	<p>7 PM - Interpretation of the Ancient Hebrew Scriptures, R8&7</p> <p>7:30 PM - A Course in Miracles, R8</p>	<p>9 AM - Spirit Song, C (Closed Class)</p> <p>6:30 PM - Spirit Song, C (Closed Class)</p> <p>7 PM - Tai Chi, R10</p>	<p>9 AM - Spirit Song, C (Closed Class)</p> <p>6:30 PM - Spirit Song, C (Closed Class)</p> <p>7 PM - Tai Chi, R10</p>	<p>9:30 AM - Spiritual Solutions to Weight Loss, R8&10</p> <p>5:45 PM - Toastmasters, R8&10</p> <p>6 PM - Power Breathwork, C</p> <p>6:30 PM - What Are You?, R5</p> <p>7 PM - Spiritual Gifts Workshop, R8&7</p> <p>7:30 PM - Adult Choir Rehearsal, FLC</p>	<p>1 PM - Line Dancing for Mature Adults, R8&10</p> <p>7 PM - Byron Katie, FLC</p>	<p>9 AM - Byron Katie, FLC</p> <p>9 AM - Teen Mentor Saturday Training, OffSite</p> <p>3 PM - AA Meeting, R10</p>
<p>Abbreviations:</p> <p>C - Chapel</p> <p>FLC - Family Life Center</p> <p>GR - Gathering Room</p>						

WORSHIP SERVICES Every Sunday, 8:15 AM, 9:45 AM, 11:15 AM
1st Sunday of Each Month: 6 PM

CHILDREN'S MINISTRY/NURSERY Every Sunday, 8:15 AM, 9:45 AM, 11:15 AM

TEEN MINISTRY Every Sunday: Uniteens (6-8) 9:45 and 11:15 AM, R10; Y.O.U. 11:15 AM, R9

News of Note

NEWLY ELECTED BOARD MEMBERS / THOUGHTS FROM THE BOARD / TITHES REPORT

Announcing the New Unity of Phoenix Board of Trustees

Unity of Phoenix is proud to announce the election of the following individuals to new terms on the Board of Trustees:

PENNI HONEY



Penni is a 15-year Unity of Phoenix veteran who has worked as a commercial construction project manager for over 18 years. She brings strong management, coordination and budgeting skills from being a part of multi-million dollar projects.

Penni's ability to see the greater picture while moving large teams of people forward in a positive and affirming way has proven a successful combination in her professional life. These attributes and abilities, coupled with 15 years of Unity teachings and involvement with Unity of Phoenix, will serve this ministry during this amazing time of growth.

Penni has said that her planetary purpose is to behold the divinity in herself and all others all the time.

We thank these loving individuals for their dedication and commitment to give their time and energy on a voluntary basis to serve on the Board of Trustees.

GEORGIA MCGRAW



Georgia has been a Unity of Phoenix member for almost 20 years. During that time, she has seen many changes, and knows from personal experience how uncomfortable change can be. But, she states, she knows it can be beneficial.

As a Board member for the past three years, Georgia has also seen changes. She has seen the Board take a spiritual approach to governance, and say a prayer of gratitude for the time, talent and money gifted by members of the congregation. The Church is still formulating balance between material reality and spiritual vision, and Georgia sees this same challenge in creating balance between the congregation and leadership – empowering the congregation in a way that is beneficial without being overwhelming.

Georgia is a certified public accountant with extensive Board experience in not-for-profit organizations. She is totally committed to Unity of Phoenix. She is thankful for all she has learned, the people she has met, and the love and support from which she has benefited. She seeks only to give back as much as she has received.

LINDA POND



The moment Linda walked through Unity of Phoenix's front door, she knew she had found her spiritual home. She's been an active member for eight years, and has found service to be a very fulfilling portion of her experience. Initially, she served as an usher, and most recently completed a three-year term

on the Board of Trustees. The current challenges our ministry is facing have motivated her to run for another term, and she believes this ministry could benefit from her past experience and stability. She is pleased to have been re-elected and able to continue serving in this capacity.

Linda has 18 years of experience in the financial services industry as a registered representative and certified retirement counselor. She holds numerous securities licenses and is preparing to test for her certified financial planner license.

Her financial background, human relation skills, previous Board experience and sense of humor are what Linda brings to this position. She can think of no greater gift than to give her time and talents to a ministry that has given so much to her.

These three individuals will join the Board members shown below in helping to lead us to the achievement of our Church dream, vision and mission.



Bruce Baird



Ronda Fisk



Tom Gebler



Susan King



Judy Schwiebert



Robert Vest, III

Know That God Is Our Source!!!

Message by Neil Barnes
Outgoing Board Member and
Immediate Past President



This ministry has been blessed with the many, dedicated persons who have been a part of this spiritual community over the years.

Many lives have been changed because of the message of God's UNCONDITIONAL LOVE that is taught, not only by the ministers, but by the licensed teachers and all of the congregants who are living by the tenets of Unity.

So, where have we been and what can we do to further Unity's message of love, understanding, forgiving and caring? We must go within ourselves and be understanding of each others' strengths and weaknesses.

Recognition of the Christ within each of us, regardless of perceived failures, will enable this ministry to

"We rest under the shade of trees we did not plant and drink from wells we did not dig."

-- Author Unknown

move forward into an even greater outreach in our community, our country and, yes, the world.

We must maintain our focus on our vision and dedication to God's unconditional love, His message and His influence in every moment of our lives. There's a good old gospel song, *Count Your Many Blessings*, which counsels, "name them one by one and see what GOD has done."

I encourage you to do this every day, and make sure you include what God has done for you through this ministry.

Our primary focus must be on the spiritual aspect of this ministry and that the best way to accomplish that goal is to make sure that everyone is spiritually fed, with love, every time they come onto our campus.

No matter what the issues, know that GOD IS OUR SOURCE!!!

December Tithe Report

Unity of Phoenix is a tithing ministry. One tenth of all that we receive goes to support the greater Unity movement and our community. Following are organizations to which we tithed during the month of December 2005:

Crisis Nursery/	Assn. of
Home Base Youth \$500	Global New Thought \$1,958
Unity Outreach \$11,099	Assn. of Unity Churches . . . \$2,958
Community Outreach \$1,233	Southwest Unity Region . . . \$2,958
Ministerial Scholarship \$1,000	Silent Unity \$2,958
The Light Center \$1,000	Total December Tithes . . \$25,664

You've Talked; We've Listened!

You've told us, loudly and clearly, that you'd like to receive regular updates from the Board about the financial condition of the Church and other critical ministry issues.

As a result, the Board has made a commitment to communicate to you each month in this newsletter under a new column that will begin in the March 2006 edition.

The "Board Corner" will include an article from the Board of Trustees on a topic of interest, and a Q&A section that provides answers to questions that congregants have posed.

Also included will be a "Prosperity" section that will feature a current Statement of Financial Activity, a graph that shows monthly and year-to-date Net Income figures, an update on Cash Reserves, a Tithe Report, and a summary of monthly and year-to-date attendance levels and average per person giving.

We welcome your input regarding this new newsletter feature, and encourage your ideas about what topics you would like to see featured and what additional information you might like to see. Please email your input to us at board@unityphx.org.

Thank you for working with us to keep the lines of communication open!!!

Divine Idea Bookstore

Classic New Thought Writers Offer Truth, Light, Peace and Hope



By Julia Kellogg
Bookstore Manager
Hello Friends,

Have you ever felt that Mercury was permanently stuck in retrograde?! That's how I felt pretty much all of last year. For whatever reason, last year

was, for me, all about fear.

I'd love to say it was about *conquering* fear, but no ... if I'm going to be honest, I was starring (writing, directing and producing) in my own personal *Fear Factor Virtual Reality Show!* Who needs bugs, snakes and bungee jumping when you have a car, credit cards, high blood pressure and arthritis to freak you out?!!!

The saving grace was that I knew I lived in God's grace and that all my fears were not the truth of who I

was or am. I needed to realign my thoughts with the truth — not with metaphysical frou-frou, not with new age woo-woo, and not with affirmations off an angel card (all of which I could probably find on my bedroom bookcase), but with the foundationally metaphysical big guns: Emilie Cady, Catherine Ponder and Florence Scovel Shinn. There's something extremely reassuring about the non-negotiable beliefs and methodology taught by these three authors.

H. Emilie Cady wrote what would become the Unity 101 textbook, *Lessons in Truth*. This is Unity at its most basic (along with the writings of the Fillmores). She is a strong believer in denials and affirmations. Denials and affirmations are like stun-gunning or macing thoughts of fear, lack and other decidedly non-productive thoughts.

Catherine Ponder has written many books, but as this is February, I'll just mention *The Prospering Power of Love*. Catherine is all about prayer and

affirmations. She also does a lot of work with releasing. She is as classic to New Thought as Louisa May Alcott is to literature.

Florence Scovel Shinn, the goddess of prosperity affirmations, is the author of *The Game of Life and How to Play It*. This is the first book I read when the need for realigning my thoughts with Truth was greater than my fearful thoughts. It did the trick and began restoring peace to my soul.

The stone I drew at New Year's was Independence, and truly this is my year to be free. Last year's fears are fading away and faith is again the flag-bearer for my life. I'm pretty sure that Mercury is going to be in that good place that isn't anywhere near retrograde this year. However, if you find yourself thwarted by planetary pandemonium, I invite you to return to the foundational Truth of the classic New Thought writers.

Love and blessings!

NEW IN THE DIVINE IDEA BOOKSTORE

500 Ways to Change the World
By Global Ideas Bank,
The Institute for Social Inventions



This book celebrates the amazing creativity of people — most of them ordinary people — who've taken on the idea that it's us, people like you and me, who are going to change the world. Their ideas range from the local, like number plates for dogs, to the global —

a plan for a new world order where the poor don't keep getting poorer. (\$14.95)

Peace: Quotations & Aspirations
By Tammy Ruggles

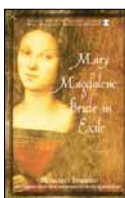


The author put this book together when she started to wonder what the world would be like for her grand-children.

The first chapter, *Visions of Peace*, begins with John Lennon, "Imagine all the people living life in peace..."

The last chapter, *Peaceful Solutions*, ends with Victor Hugo, "To love another person is to see the face of God." Everything in between builds a foundation of hope. Wonderful little book. (\$9.95)

Mary Magdalene, Bride in Exile
By Margaret Starbird



The controversy surrounding Mary Magdalene and her relationship to Jesus has gained widespread international interest since the publication of Dan Brown's novel, *The Da Vinci Code*, which specifically cites Starbird's earlier works as a significant source.

In this book, Starbird examines the many faces of Mary

Magdalene, from the historical woman who walked with Jesus in the villages of Judaea, to the mythic and symbolic Magdalene who is the archetype of the Sacred Feminine. Starbird reveals exciting new information about the woman who was the most intimate companion of Jesus—a woman who, for years, has been conflated with the gospels' other Marys—and offers historical evidence that Mary was indeed Jesus' forgotten bride.

Expanding on the rich discussion of medieval art and lore introduced in her best-selling book, *The Woman with the Alabaster Jar*, Starbird sifts through the layers of misidentification under which the story of the lost bride of Christ has been buried to reveal the slandered woman and the "exiled" feminine principle. She establishes the identity for the female disciple who was the first to witness Jesus' resurrection and provides an interpretation of Mary's true role. (Book with CD: \$20)

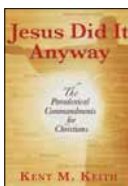
Kids' Korner



Peaceful Piggy Meditation • By Judith E. Snow, MA

Sometimes life seems like it's all about hurrying — so many places to go! And sometimes it's hard when things don't go your way — it can make a piggy angry and sad. How do young piggies find a peaceful place in a busy world? They meditate! The author brings her experience as a children's meditation therapist to this unique storybook guide, and her bright, gently whimsical paintings show how this simple ritual can do so much for children and their families. (\$15.95)

**Jesus Did It Anyway:
The Paradoxical Commandments for
Christians**



By Kent M. Keith

When the author put his 10 timeless principles — first articulated when he was a college student in the 1960's — and their philosophy into book form, his modern credo for doing good anyway became a sensation. In the wake of *Anyway's* success, the author returns to present an important and inspiring new book illustrating the Paradoxical Commandments through Bible stories and verse.

Kent Keith found himself asked by Christians across the country how his Paradoxical Commandments relate to the Christian faith. In *Jesus Did It Anyway*, Keith draws stories from the Old and New Testaments, as well as personal anecdotes, to connect the Paradoxical Commandments with Scripture, paving the way for Christians everywhere to deepen their understanding of his timeless principles.

Each chapter of his book offers inspiring stories that illuminate one of his Commandments by examining how Jesus and other biblical figures lived their faith. Despite tremendous adversity, they flourished and were divinely blessed. In this book, Christians can learn how answering Jesus' call to live a paradoxical life can lead to deep happiness and personal meaning. (\$19.95)

**What the Bleep Do We Know:
Discovering the Endless Possibilities
for Altering Your Everyday Reality**
By William Arntz, Betsy Chasse and Mark Vicente
(Co-Creators of the Movie)



Hundreds of years ago, science and religion split apart; they became antagonists in the great game of explanation and discovery. But science and religion are two sides of the same coin. They both help explain the universe, our place in the great plan and the meaning of our lives. In fact, they can only

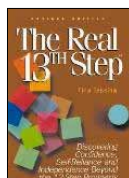
begin to do that adequately when they work together. *What the Bleep Do We Know?!* is a book of amazing science. With the help of more than a dozen

research and theoretical scientists, it takes you through the looking glass of quantum physics into a universe that is more bizarre and alive than ever imagined. Then it takes you beyond, into the outer edges of our scientific knowledge of consciousness, perception, body chemistry and brain structure.

What is a thought made of? What is reality made of? And, most importantly, how does a thought change the nature of reality? This science leads not just to the material world, but deep into the realm of spirituality. If observation affects the outcome, we aren't merely part of the universe, but participants in it. If thoughts are more than random neural firings, than consciousness is more than an anatomical accident. A higher power exists, but is it truly out there? Where is the dividing line between out there and in here?

This is not a book of mind stretching questions. It is a book that shows you not the path, but the endless possibilities. Do you think you have to go to the same job every day, do the same errands, think the same thoughts, feel the same way? Well, think again. (\$26.95)

**The Real 13th Step: Discovering
Confidence, Self-Reliance, and Independence
Beyond the Twelve-Step Programs**
By Tina B. Tessina Ph.D.



This book dispels the bedrock recovery principle that some people are just born with addictive personalities. Instead, the author targets the real problem as learned dependency, and she teaches readers how to develop the three central skills of true independence: risk-taking, problem solving, and

copied with failure.

She then offers practical advice about applying these principles in every aspect of our lives: relationships, work, decision-making, and managing the continuing temptations of addiction. The methods, exercises, and ideas in the book will build on each person's recovery program and are based on proven psychological theory and techniques.

You can honor your accomplishments in your program and move further to normal, functional living. Learn how to heal old dependency, old pain, and become free to enjoy the challenge of life. (\$19.99)

DON'T FORGET TO PICK UP YOUR MASTERMIND JOURNAL FOR 2006!!!

Youth Ministry

Spiritual Education Is Invaluable for Achieving Dreams, Happiness



By Linda Depke
Youth Ministry Coordinator

Spiritual Education is a life journey; in each moment we are defining and re-evaluating "who we are" and "where we belong in the world." This process continues in deeper and deeper levels as we expand that youthful journey to "What is ours to do in this world?" and "What is our connection to the Divine Source?"

Pursuing each successive plane of Spiritual Education is not a journey "up the ladder," which is how our society typically views the route to achievement. Instead, Spiritual Education is a

widening of consciousness, a horizon in which we begin to truly see all possibilities and people.

The journey begins from the minute we are born, and every experience thereafter starts to define us. These experiences can unconsciously create bias unless we are given opportunities to go deeper and critically think through all of the feelings, fears and questions that surface. Communing in small groups allows us to go deeper and experience similar situations from other points of view. Within this safe environment, each person can compare, contrast and find other possibilities to their own experiences.

Though we don't "measure" educational outcomes for our youth, we do have a very clear educational philosophy. We don't teach spirituality to prepare for a "test" or "ditto sheet." Rather, we open a space for our children and teens to have deep experiences. Each week they talk and think deeply about

themselves, their lives, others and God. They experience "Ah Ha!" moments as they explore spiritual lessons of truth. And they feel these truths in every cell of their body, not just as stored facts in their brain. Each spiritual truth is like a diamond in the rough, waiting under a film of muck. Each discovery washes away more of the muck until -- like a diamond -- their souls shine brilliantly, radiating their divinity.

So get involved with our Youth Ministry, and give the gift of spiritual awakening to our children. Spiritual Education is priceless. The awakening of our divine nature, the Christ Consciousness, is the most valuable information or knowledge a human can obtain in this world. It is what enables us to be fully engaged in the ultimate human dream of happiness, oneness and unconditional love.

That's something your children definitely shouldn't miss.

Preview of Upcoming Events

FOR TEENS ...

Uniteen Prep for Bake Sale

Saturday, February 4, 3 to 5 p.m.

Come and help make signs, bake brownies and price items for our bake sale! Also bring along the goodies that you baked at home! The more the merrier (cakes, that is)!

Y.O.U. Superbowl Party

Sunday, February 5, 4 to 8 p.m.

This fun event will be held at Mark and Ronda Fisk's home. Grab a flyer and registration form in the Y.O.U. classroom.

Y.O.U. Love-In at Mesa

Saturday and Sunday, February 11 and 12

For more information, grab a flyer in the Y.O.U. classroom.

Uniteen Winter Retreat (The Big One!)

Saturday, Sunday and Monday, February 18-20

During our annual Uniteen Winter Retreat, we'll explore our spiritual nature while we share time with fellow Uniteens from Arizona, California and southern Nevada.

FOR CHILDREN ...

Children's Choir

Begins February 12

Spots are still available! Pick up a registration form today from the Youth Ministry Office.

Family Lent Project

Available February 26

This year's family project is themed, "Walking our Walk in Faith." Each family is asked to create a collective family footprint with a picture to add to our Family Wall of Faith in the Youth Ministry Gathering Room.

Peace Club Registration

Begins March 5

Only 45 spots will be available at this year's summer day camp, which is themed, "Birds of a Feather Flock Together." During the week-long camp, we will take the children on a fun and funky exploration into the birdbrain ideas about "cliques" and judging others. Using group building, creative arts, games, puppetry and skits, the children will look at the importance of compassion and perceptions. Pick up a flyer from the Youth Ministry Office for more information.

COMING THIS SUMMER ...

Soul Jolt

Give Yourself a Mid-Week Jolt with Our Cafe' and Jam Session

Minister/Minstrel Rev. Alice Anderson and our Wednesday night teen sponsors will create an atmosphere for pure creative expression. All songwriters and poets: bring your words, and we'll make some music! Bring a friend, instrument, poetry, art and a board game, and prepare to be jolted!

Look for details in upcoming newsletters and bulletins.

DRAMA, DRAMA, DRAMA!!!

Enjoy Your Moment of Fame on the Stage During Our Holiday Production for the Easter Family Worship Service!



Do you have a flair for the dramatic? Do you love telling stories? Or are you just looking to have some fun? We're looking for children and teens who would like to perform in our Family Worship Service presentation of *Ima Butterfly* on April 5.

We are also looking for people to help with sets, costumes and props for those who want to be involved but are too shy to act.

Interested youth must be prepared to make a commitment to attend rehearsals.

Please stop by the Youth Ministry table in the Courtyard for further information on how to get involved in this fun production!!!



Find Friends and Advice in Parents Living Love Groups

Join in the commitment and fun of living love in our communities! Our Commitment to Living Love Groups are a powerful way to build bridges of understanding and loving connections.

Check out our family-based "Parents Living Love" group. This is an opportunity to gather with other parents to share experiences and support and encourage each other in living love.

Parents Living Love

1st Wednesday, 6:30 to 8 p.m.

Lisa Bicknell, 602-399-0841

Kelli Demski, 602-999-0138 or

kldinaz@msn.com

Childcare is available!

Children's Arts and Enrichment Preschool Program Registration

Our preschool is holding open enrollment for the 2006-2007 school year for our church congregation beginning February 13. Pick up a brochure in the Youth Ministry Office.

Enrollment will be opened to the greater community on February 20, so don't delay!

For more information, call:
602.978.3200, Ext. 245



Teen Mentor Nominations

Jan. 29 and Feb. 5, 8 a.m.-12:30 p.m.

It is once again time to nominate teens for this year's Teen Mentor Program. Teens who are selected will be trained in listening skills, peacemaking strategies, communication skills and the ability to lead small groups.

If you know a teen who is helpful to others, and demonstrates caring, good listening, acceptance of others and a willingness to take responsibility, please consider nominating him or her! Nomination forms will be available at the Youth Ministry table in the Courtyard. Fill one out and place it in the ballot box. All nominations must be received by February 5.



Uniteen Bake Sale

Sunday, February 5

Make the sweetest catch of the season! Stop by the Uniteen Table on Super Bowl weekend and get your treats for the game. All items will be available on a love offering basis.

Our Mission:

To live our Oneness with God by transforming our lives and the world with love.

Unity Services:

Healing Services:

Wednesday, 6:15 p.m.

Sunday Morning Services:

8:15, 9:45 & 11:15 a.m.

Sunday Evening Service:

1st Sunday/Month, 6 p.m.

Communion:

1st Sunday/Mo., 12:30 p.m.

Sunday Children's Ministry

Multi-age (K-5th Grade):

8:15 a.m.

(Age 3-Grade 5)

9:45 and 11:15 a.m.

Sunday Teen Ministry

Uniteens (Grades 6-8), R10

9:45-10:45 a.m.

Uniteens (Grades 6-8), R10

11:15 a.m.-12:15 p.m.

Y.O.U. (Grades 9-12), R9

11:15 a.m.-12:15 p.m.

Church Office:

Telephone:
602.978.3200

Fax:
602.978.3248

Website:
www.unityphx.org

Staff Email:
First initial, Last name
(rogers@unityphx.org)

Office Hours:
Mon.-Thurs.: 9 a.m.-5 p.m.
Fri.-Sat.: Closed
Sunday: 8 a.m.-2 p.m.

Bookstore:

Telephone:
602.978.3337

Email:
bookstore@unityphx.org

Hours:
Sun.: 8:30 a.m.-1:30 p.m.
Mon.: Closed
Tues.: 10 a.m.-7 p.m.
Wed.: 10 a.m.-9 p.m.
Thurs.: 10 a.m.-7 p.m.
Fri.: Closed
Sat.: 10 a.m.-5 p.m.

Ministry:

Senior Minister:
Rev. Richard Rogers, Ext. 233

Minister of Education:
Rev. Richard Maraj, Ext. 237

Minister of Worship:
Rev. Shannon Olesen,
Ext. 334

Minister of Pastoral Care:
Rev. Alice Anderson, Ext. 234

Adjunct Ministers:
Rev. Lei Lanni Burt
Rev. Flo Dibblee

Chaplain Line: Ext. 256
Dial-A-Prayer: Ext. 260

Staff:

Executive Director:
Bruce Mosby, Ext. 254

Director of Operations:
Charles Brown, Ext. 231

Weddings, Memorials
and Christenings:
Carolyn Holmes, Ext. 280

Counseling/Grief Counseling:
Joan Bacchus

Chaplain Coordinator:
Dorothy Moore, Ext. 255

Youth Ministry Coordinator:
Linda Depke, Ext. 247

Education/Volunteer
Coordinator:
Jessica Wilson, Ext. 226

To contact our Board of
Trustees, email
board@unity.org

Spiritual Community



You're invited to 1st Sundays

"it's about God ..."

Are you looking to be spiritually fed in a completely different way? Join us on the 1st Sunday of every month at 6 p.m., when we create a space for deep soul experiences.

On Sunday, February 5, guest musician Erin McCabe will come sing with us. Erin is a talented singer/songwriter, and also happens to be the youngest ordained Unity minister. Currently Erin travels full time, sharing her gifts with Unity churches around the U.S. She brilliantly weaves secular and sacred music together in her own unique blend.

Our Sunday Night Worship continues every 1st Sunday at 6 p.m. Check it out February 5!

1st Sundays

February 5

6 p.m.

"it's about God ..."

Our Unity Community

Come Dance Your Heart Out at Our FREE Valentine's Day Sock Hop Friday, February 10, 6:30 to 10 p.m.

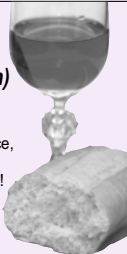


This Valentine's Day, get that heart pumpin' with some good old-fashioned dancing!

Plan to join us for this FREE fun-filled family event that will feature dancing, great music and -- best of all -- lots of community fellowship with our loving spiritual family! Don't miss this wonderful opportunity to celebrate the month of love!



Communion Sunday, February 5 (and the 1st Sunday of Each Month) 12:30 p.m. in the Chapel



Licensed Teachers lead our monthly Communion, which includes prayer, silence, responsive readings and partaking of the elements. Join us for this sacred and holy time!

Our February Communion Service will be facilitated by Licensed Unity Teacher Joan Bacchus.

Friendship Sunday: March 5

Join us for fun, friendship and FREE pancakes!

Bring your appetite and enjoy fun, friendship and all the hotcakes you can eat on Friendship Sunday! We'll serve a complimentary breakfast after all morning worship services. So please **BRING A FRIEND**: after all, what better gift of friendship could you give than to introduce someone to Unity, and show them how much they can be spiritually fed? We just know they'll eat it up!!!

Palomino 'Angel' Project Brings Happiness

Upper left: Administrative Coordinator Barbara Kramer is framed by a TON of presents, which represent only a fraction of the total donated to Palomino families by Unity of Phoenix congregants.

Upper right: A very grateful Palomino family expresses thanks with gifts in hand.

Lower left: Every child got the chance to sit on Santa's lap and have their picture taken.

Lower right: Family Team Lead Hugh Hansen shares his reindeer antlers with a delighted Palomino student.

Save the Date

GOLFest 2006
Unity of Phoenix
Golf Tournament

Ash Wednesday
Service
Wednesday, March 1

The Last Supper
Thursday, April 13

Saturday,
April 29



Unity of Phoenix
1500 East Greenway
Parkway
Phoenix, AZ 85022