



Upward Venture

January/February 2009

Unity of Phoenix: Building Unity Together

Special Points of Interest

- Join us for a presentation of our new Vision, Mission and Values statements, a look at our new Strategic Plan and a discussion of other vital issues regarding our church and its future at our January 18 Annual Meeting. We'll also be voting on who will fill three open seats on the Board of Trustees; turn to page 11 to review the biographies of the eight individuals who are running.
- Beginning in February, we'll be offering congregants an opportunity to share a "Brown Bag Lunch with the Ministers" several times throughout the year. Read more on the bottom of this page.
- Our Volunteer Fair will be held on January 18. Check out page 3 for more information about this event, as well as the many ways that you can contribute to our ministry and the greater community through a variety of volunteer roles.
- Mark your calendars for Friendship Sunday on March 1! Turn to page 2 for more information about this and other upcoming special services and events.
- Enjoy the images of our Unity Community on pages 14-15.

Inside:

Upcoming Events	2
Worship Services and Special Events	2
Volunteer/Outreach Ministry	3
Pastoral Care Services	4
Prayer Team Training	4
Youth & Family Ministry	5
Membership Orientation and Classes	6
Spiritual Education	6-7
Calendars of Events	8-9
News from the Board	10
Financial Update	10
Nominees for the Board	11
Divine Idea Bookstore	12
Small Groups Ministry	13
Unity Community	14-15
Vision, Mission, Values	16
Annual Meeting	16

Board of Trustees

Pam Petersen
President

Joe Palermo
Vice President

Hugh Hansen
Treasurer

Linda Pond
Secretary

Mike Jesberger
Deb Twillman
Robert Vest, III
Katie O. Williams
Rev. Richard Maraj
Lead Minister

To contact the Board of Trustees, please email board@unityphx.org.

Enjoy the Journey!



Do you ever find yourself postponing (your) joy? Have you ever waited for some specific condition to change/improve before giving yourself permission to feel good? Many of us can be very conditional with our joy, not allowing ourselves to feel peace and happiness unless our lives are going as well as we think it should. Unfortunately, we have developed a belief that, "I won't feel happy until I find a better job ... until I have a relationship ... until I lose 20 pounds ... until I finish school ... until the children leave the house ... until my finances improve ... until my life slows down ..."

But if we wait until life is perfect, or wait until everything is going the way we want, we will be waiting a long time before we feel joy. Postponing our joy is postponing peace and happiness; it's postponing life. Jesus told us to remain in his love so that his joy would be in us, and that our joy would be complete. A complete joy is not conditional upon our current circumstances but, rather, is a deep feeling of peace and

fulfillment that comes from being centered in the awareness of God's holy presence in and all around us.

The current recession is causing a lot of stress and anxiety, because our economic circumstances are not as favorable as we would like them to be. This situation is difficult, and can even be overwhelming at times. This, too, shall pass ... but let's not wait until the hard times are over to see the blessings, and to feel prosperous, peaceful and fulfilled. Even in the midst of these challenging times, there are still blessings. God is present, and there is still an abundance of joy to experience.

Jesus was referring to this in John 4:35 when he said, "Do you not say, 'Four months more and then the harvest?' I tell you, open your eyes and look at the fields! They are ripe for harvest!"

We don't have to wait to harvest joy, love, peace or abundance. Our lives are ripe for harvest now!

The theme for our ministry this year is, "Enjoy the Journey." This may seem

simple, but it is a powerful concept. It may sound easy to do, but it takes discipline to allow ourselves to feel and express joy from within, regardless of what is going on or not going on in our lives.

Greg Anderson said, "Focus on the journey, not the destination. Joy is found not in finishing an activity, but in doing it."

We are all on a spiritual journey, an evolutionary path of spiritual unfoldment. Each step on the journey is an important and necessary part of our growth, even when it feels uncomfortable. The only way to get the most of life and our spiritual evolution is to accept, embrace and enjoy every step of the process, and not wait until it is over or ideal to appreciate the experience.

Whatever lies before us now is exactly what we need to deal with and move through in order to ultimately experience greater peace and fulfillment. If we resist what is going on in our lives -- however unpleasant -- we are resisting the blessing in it that is meant for us. That means we are resisting our well-being.

Abraham-Hicks teaches us that, if you're not feeling good, if you're not having fun, if you're not enjoying the journey, then you're really missing the point of being here. So from this moment on, make a strong intention to **Enjoy the Journey!**

This year let us make the commitment to face whatever circumstances are before us, and not wait for them to be over to allow ourselves to feel peace, joy and fulfillment. Let's accept and embrace all of life's experiences. Let's be present to every situation so that we can get the most out of them. Let's enjoy every step of the journey!

With blessings ...

Rev. Richard Maraj, Lead Minister
Rev. Jimmie Scott, Pastoral Care Minister
Chris Kennedy, Ministerial Associate

Let's Do Lunch!

Meet • Eat • Make a Connection through Our 'Brown Bag Lunches' with the Ministers

If you're hungry to spend a little more time with our ministers, then be sure to sign up for one of our new "Brown Bag Lunch with the Ministers" events. Four times a year, all three of our ministers will sit down to a Sunday afternoon lunch with a small group of congregants in order to get to know one another a little better.

The lunches, which will run from 12:45 to 2 p.m., will give each person the opportunity to share a little bit about themselves, ask questions, and form a stronger connection with our ministers and one another. Everyone will bring their own "brown bag" lunch; the church will provide drinks.

Each lunch session will be limited to the first 20 congregants to sign up, so be sure to note these dates and sign up early!

- **Sunday, February 15**
(Sign ups begin Sunday, February 1)
 - **Sunday, May 17**
(Sign ups begin Sunday, May 3)
 - **Sunday, September 20**
(Sign ups begin Sunday, September 6)
 - **Sunday, October 25**
(Sign ups begin Sunday, October 11)
- So, come on! Let's do lunch!



The Love Train Bounces Back!

Saturday, February 14 • 7 to 9 p.m. • Sanctuary

The Agape International Choir, in town to perform with Grammy Award-winning recording artist, John Legend, at the February 15 NBA All-Star Game, will make its first stop for a special "Love Train Bounces Back" concert at Unity of Phoenix.

Under the direction of Dr. Rickie Byars Beckwith, and returning to Unity of Phoenix by popular demand after a two-year absence, the multi-cultural choir offers upbeat, rhythmic renditions of original compositions, congregational and contemporary chants and traditional and sacred songs of praise and worship. Signature harmonies, vibrant ethnic costumes and breathtaking coloratura create the perfect instrument to spread the word that there is unity in diversity, and harmony in global community.



The performance will feature a special appearance by Agape Spiritual Director, Rev. Michael Bernard Beckwith. Rev. Beckwith, author of the newly released *Spiritual Liberation- Fulfilling Your Soul's Potential*, has recently been a guest on *Oprah* and *Larry King Live!*

Tickets: \$20 each or two for \$35 in advance • \$25 at the door
No one will be turned away

Worship & Special Events

Join us Sunday mornings for worship services that will increase your awareness and encourage your practice of God, abundance, love, diversity, service and community!

Special Service

January 4
"White Stone Ceremony"
 with Rev. Richard Maraj
 Musical Artist:
 Rusty Ferracane

Kick-Off of New Five-Week Series: "Ministry Values"

January 11
"God First"
 with Rev. Richard Maraj
 Musical Artist:
 Daniel Nahmod

January 18
"Service"
 with Rev. Richard Maraj
 Musical Artist:
 Teri Wilder

January 25
"Diversity"
 with Rev. Jimmie Scott
 Musical Artist:
 Kathryn Williams-Ivie

February 1
"Community"
 with Rev. Richard Maraj
 Musical Artist:
 Sally Jo Bannow

February 8
"Love"
 with Chris Kennedy
 Musical Artist:
 Rusty Ferracane and
 the Unity of Phoenix Children's Choir

Kick-Off of New Two-Week Series: "Prosperity"

February 15
"The Bread of Life"
 with Rev. Richard Maraj
 Musical Artist:
 Todd Herzog

February 22
"Feeling Prosperous"
 with Rev. Richard Maraj
 Musical Artist:
 Unity of Phoenix Choir

Tithe \$5 on Behalf of Unity of Phoenix! Sunday, February 22

Ministry Tithe. Unity of Phoenix is a tithing ministry as a demonstration of the Abundance of God. Unity of Phoenix is a tithing ministry. The Church shall tithe 10% of its gross income to organizations through which it is Spiritually Fed with one exception: the amount tithed from the



Join us as we increase our prosperity consciousness! Unity of Phoenix will give \$5 to every congregant on this day, and ask them to tithe it to a place where they are spiritually fed.

WORSHIP AND SPECIAL EVENTS

Be Like Water:

Finding Faith and Peace of Mind in Complicated Times

A Workshop with Daniel Nahmod

Saturday, January 10 • 10 a.m. to 1 p.m. Sanctuary

In this three-hour workshop and musical experience, Daniel will share the spiritual awakening he experienced during a three-month sabbatical in Moab, Utah. During that time, Daniel discovered a deeper level of faith and surrender than he'd ever felt before. That new awareness of God, that new trust in life itself, has led him to ever-greater artistic and professional heights -- and his "struggle" and "stress" have declined dramatically.

In these chaotic days filled with uncertainty and fear, Daniel's "Water" consciousness -- or, as he calls it, his "Moab State of Mind" -- offers a profound and transformative new perspective on the day-to-day experience of living.

Join him as he speaks, sings, and provokes powerful processes by which you can experience the Moab State of Mind for yourself ... breathe a little deeper, trust a little more, laugh a little louder, love a little bigger. Get ready for a heart-stirring, soul-settling experience!

Suggested \$20 Love Offering



White Stone Ceremony

Sunday, January 4
 All Morning Worship Services

"He who has an ear, let him hear what Spirit says: I will also give him a white stone with a new name written on it, known only to him who receives it." Revelation 2:17.

It's the start of a new year and the threshold of unlimited new possibilities for the future. This ceremony symbolizes Scripture's call to claim a new identity for ourselves.

The White Stone represents a new beginning ... the opportunity to live life in a new way by digging within to discover a new quality and essence of who we truly are. Listen to the new name and life that Spirit is calling you to live!



Deepen Your Awareness of Spirit

Guided Meditation

Wednesdays • 6:15 to 6:45 p.m.
 in the Chapel

Doors close exactly at 6:15 p.m. to honor our meditation time.

Please make a note: Beginning in January, there will be one weekly Meditation Service. We will continue to hold our Guided Meditation Service on Wednesdays, but the Tuesday Night Silent Meditation will be discontinued. We wish to express our appreciation to the facilitators and attendees who supported this service!



Save the Date: March 1

Friendship Sunday

Give the gift of love ... introduce a friend to Unity!
 Join us for fun, friendship and FREE ice cream!

Bring your appetite and enjoy fun, friendship and all the ice cream you can eat on Friendship Sunday! We'll serve complimentary ice cream after all morning worship services. Be sure to wear a nametag so that all of our Unity family members can get to know one another better!

And 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!!!



Communion

12:45 p.m. in the Chapel
 January 4 and February 1
 (and the 1st Sunday of each Month)

Our monthly Communion includes prayer, silence, responsive readings and partaking of the elements.

January's service will be facilitated by Joan Bacchus; February's will be facilitated by Cynthia Ragsdale.

Please join us for this sacred and holy time!



Volunteer & Outreach Ministry

Creating a Consciousness of Service



By Ken Akers
Volunteer Ministry Coordinator

I am thoroughly enjoying my new journey into 2009 as Volunteer Ministry Coordinator. I am excited at the many wonderful things that are in store for our spiritual community, and the many ways through which each and every one of us can serve.

Service is one of our core values at Unity of Phoenix, and our Volunteer and Outreach Ministry is creating a "Consciousness of Service" throughout our organization. Service is an important part of everyone's spiritual journey, and one that brings a great deal of soul satisfaction. Having been a Unity of

Phoenix volunteer for over four years, I know very well the personal spiritual fulfillment that volunteering provides. If you've been looking for a way to serve, but haven't been able to find anything that piques your interest, let us match you up with a volunteer position that's absolutely perfect for YOU!

There are hundreds of ways to be involved in our ministry and the greater community. But in order for volunteering to be fulfilling, it's important to find an opportunity that fits your skills, interest, schedule, and especially the special spiritual gifts that are uniquely yours.

When you find that perfect match, there is nothing that gives you more joy; we guarantee that you'll find volunteering rewarding and fun, rather than feeling it is an obligation. You'll also get the satisfaction of making a difference in your world.

A good start is to attend our Volunteer Fair on Sunday, January 18. Plan to spend some time before or after services exploring the many wonderful ways in which you can serve our ministry, ranging from teaching in our Youth & Family Ministry to working in the Divine Idea Bookstore. Whatever your interests, there's something for you! You can assist with worship services; upkeep and beautify our grounds; answer phones; welcome people to our campus; hand out coffee and cookies; or serve as an "angel" in a variety of different capacities. The possibilities are endless!

The box below also highlights a variety of ways in which you can share your gifts and talents with the greater community through our ministry.

If you are interested in any of these activities, please attend the Volunteer Fair, stop by the Volunteer Table on Sunday mornings, or contact me at 602.978.3200, Ext. 226, or kakers@unityphx.org. I would love to help you further enjoy your spiritual journey by sharing your special gifts with our community.

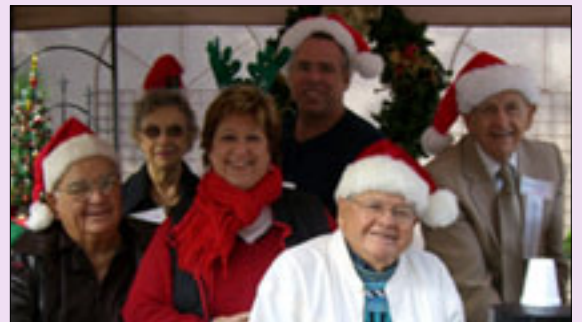
Discover the Satisfaction that Only Volunteering Can Bring

Attend Our Volunteer Fair

Sunday, January 18

8 a.m. to 1 p.m. in the Courtyard

Explore the many wonderful ways in which you can serve our ministry and the greater community!



Add to Our
Consciousness
of Service!



Homeward Bound

Jan. 17

Be a part of a "day spa" event at this transitional shelter for families/victims of domestic violence.

Blood Drive

Feb. 15

This is the first of four blood drives we have scheduled in 2009. Give a pint and save a life!

Habitat for Humanity

Feb. 21

Come assist us as we build a home for a family in need!

Feed the 500

March 20

Prepare and serve a meal to more than 500 homeless individuals!

Palomino/Echo Mtn. Mother's Day Event

Spring 2009

Join us as we give some deserving mothers some special treatment!

Desert Mission Food Bank

May 2009

Fill emergency food bags.

St. Vincent de Paul

June 2009

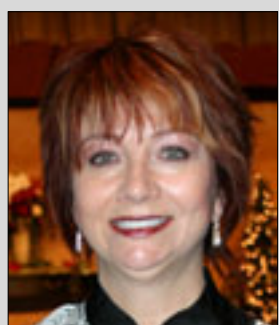
Serve a meal to the homeless.

Andre House

Sept. 2009

Sort and organize clothing and toiletry donations for this shelter.

Wilma Weinreich

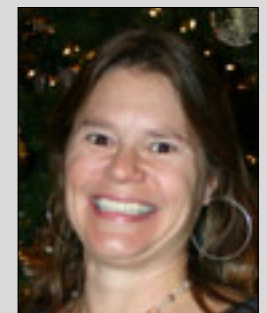
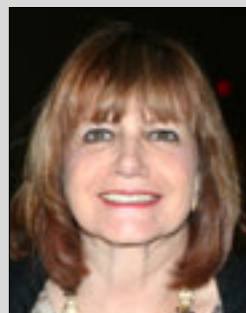


“It makes me feel good to give, and I receive more than I give. Serving others takes my mind off of my own life, my worries and concerns, and gives me an

opportunity to appreciate and focus on others. It works!

Helping and serving others allows me to refocus my life on what is important, and what is not so important can fall away. It makes me a better person because I appreciate others and I appreciate who I am and why I'm here. I love to serve, and I eagerly await for Sunday to come so that I can do it all over again!”

We Love and Appreciate Our Volunteers



Thanks to Our Worship Team!

It requires the love and light of 60 volunteers each Sunday to make our worship services run smoothly and efficiently. We extend love, honor and a HUGE thank you to the amazing volunteers (a few of whom are shown on this page) who make it all happen.

Are you interested in helping to create a loving and sacred space for everyone who comes to worship at Unity of Phoenix? If you'd like to help welcome congregants to our spiritual community, be a real part of the worship service, and help others feel loved, this job is for you!

Pastoral Care

You Can Learn a Lot from Life's Simple Lessons

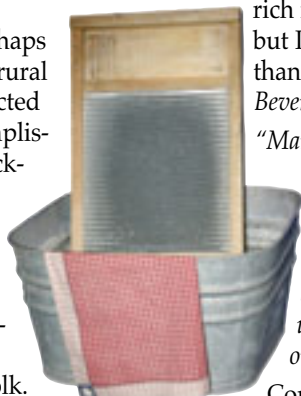


By Rev. Jimmie Scott
Pastoral Care Minister

I spent my entire childhood in a small rural Kentucky community and my entire adult life in several metropolitan cities. Both of those

lifestyles have tested my faith and growth as an individual in profoundly different ways, and both have contributed significantly to my worldview: a worldview I define as "universalism." Reflecting on this reality as I move into the new year, however, I am keenly aware that I value the rural experiences higher than I value the urban experiences. Perhaps it's because of the way rural life has often been depicted in American media: simplistic, unsophisticated, backwards, etc.

In the 1960's, a genius named Paul Henning wrote one of the most successful television series ever about the depiction of rural folk. The show ran for nine years and was titled, *The Beverly Hillbillies*. I loved the show. Some of the many lessons I learned from it were creative



nonconformity, loyalty, sassiness, joyfulness, willingness, the value of standing firm in my own personal truth, and a penchant for using my own perceptions about what is real or unreal for me. I learned the value of honesty and faith. I learned the value of metaphor. All the world's great holy books are rich in metaphor and colloquialism, but I haven't found any I like better than this one by Granny from *The Beverly Hillbillies*:

"Many a time we've been down to our last piece of fatback. And I'd say to Jed, 'Should we eat it, or render it down to soap?' Your Uncle Jed would say, 'Render it down. God will provide food for us poor folks, but we gotta do our own washin'."

Context: at this point in their life, the hillbillies are rich beyond their wildest dreams, but Granny is thrifty to a fault. Then there's her unwavering faith in Jed's faith. Then there's Jed's

faith. A farmer's faith developed through having faith in the land to provide food. Simple? No. Real? Yes. The truth is, we discover life by living it and sometimes living it is easy. Sometimes living it is difficult. That's the way it is. That's the way it will always be.

I know what it feels like to get down to the last piece of "fatback." I know about "rendering fatback down for soap" and I'm still learning about the concept of trusting God while doing my own washing. The things I know and the things I continue to learn are the things that keep life exciting, interesting and challenging for me. They are indeed the things that feed my soul. I'm loving it!

Enjoy the journey!

Unity's Prayer Chaplains are Here to Support You in Your Intentions

By Regina Best
Prayer Chaplain Coordinator



It is natural to take stock of our lives at the beginning of a new year. Metaphorically, we have 12 months of blank calendar pages ahead of us; with what will we fill them?

A new year often inspires us to set new intentions, and your Prayer Chaplains can support you in the realization of those intentions by knowing the Spiritual Truth with you in prayer.

Webster's Dictionary tells us that to set an intention is to determine mentally upon reaching some end result. Often we determine mentally, with a lot of attachment to the end result, as well as to how that result should unfold! When our intentions don't unfold in the manner and timing we've determined they should, we lose momentum—we lose faith—and we let them go.

We lose faith in our intentions because we've fallen under the illusion that we, alone, should be able to fulfill that intention—in our way, in our desired timing. We lose sight of the role that grace plays in the unfolding of our good.

There is an Indian teacher named Sri Bhagavan who teaches a simple method for allowing our good to unfold: Intent, effort, grace.

In setting an intention, we simply tell our personal God, the Divine within, what it is we want. What do you want to experience? What shift in perspective are you seeking? What destructive thought pattern do you want to release? Tell the Divine your intention.

Effort refers to the steps you are willing to take, based on listening to the guidance of the Divine within. What actions are you feeling guided to take? Are you willing to keep taking what seems to be the next step, even when those steps seem disconnected from your intention?

And then there's grace. Grace is that unpredictable, mysterious "right thing at the right time" that not even we seasoned metaphysicians can explain!

Perhaps you've seen the cartoon of the chalkboard completely filled with a complicated mathematical equation. The chalkboard is a mass of numbers and symbols, from left to right. Yet, as your eye travels across the board, right there, almost all the way to the right edge are the words, "And then a miracle occurs." That's grace.

When you're plugging along, making the effort, and a sudden shift in perspective changes everything—when you have a chance conversation with a stranger in a check-out line, and the wheels are set in motion to unfold your good—click—that's grace.

If you are holding an intention, having determined mentally upon reaching some end result, your Prayer Chaplains encourage you not to lose faith. Take your intention to your God. Listen for guidance and put forth the necessary effort. Remember that your Prayer Chaplains will pray with you; they will listen as you speak your intention, and know the Spiritual Truth with you about the right unfolding of that intention. And remember, too, to keep your heart open for the inevitable grace.

Intent, effort, grace.

We are here to support you in the unfolding of your intentions!

Blessings to all of you!



Are You Ready to Serve on the Prayer Team?

Prayer Team Training: January 20


If you are spiritually nourished by praying for others, you are invited to serve as part of our Prayer Team. Modeled after Silent Unity, our Prayer Team members pray for our congregation and ministry daily as part of their personal prayer practice. Each week, these "silent" Prayer Team members receive a list of names (first names only) of those who have submitted prayer requests, to hold in confidential prayer.

If you are feeling called to serve in this way, Prayer Team Training will be facilitated by Rev. Jimmie Scott on Tuesday, January 20, from 7 to 8:30 p.m. If you have questions, please contact Rev. Jimmie at 602.978.3200, Ext. 234, or jscott@unityphx.org.


ADVERTISEMENT

MAVERICK PRODUCTIONS & OFF CAMPUS JAMS
PROUDLY PRESENT...


VEGAS VARIETY LIVE



MAVERICK
AS SEEN ON
World's Greatest Magicians
NBC



CHRIS PENDLETON
AS SEEN ON
An Evening At
The Improv



TODD OLIVER
AS SEEN ON
David Letterman
The Tonight Show

DON'T MISS THE GREATEST SHOW OF THE SEASON!

THE ABSOLUTE HOTTEST ACTS IN VEGAS ARE BRINGING MUSIC, COMEDY & MAGIC TO THE ORPHEUM THEATRE


SUNDAY, FEBRUARY 15, 2009
7:30PM
TICKETS: \$18 - \$25

TICKETS AVAILABLE THROUGH
TICKETMASTER OR ONLINE:
WWW.OFFCAMPUSJAMS.ORG

ALL PROCEEDS WILL BENEFIT OFF CAMPUS JAMS FOR FOSTER CARE CHILDREN & YOUTH LIVING IN GROUP HOMES.



IF YOU HAVE QUESTIONS
CALL PENNY HONEY
602-315-4947



Youth & Family Ministry

Sacred Stories Help Us to Enjoy the Ride



By Linda Depke
Youth Education Director

The Bible is our sacred book; it is a story of a people on a spiritual journey who—through inspirational guidance—began to learn about and experience a deeper relationship with God.

As we retell the stories in our classrooms, children and teens become aware of the fact that they, too, are on a spiritual journey, individually and as a community. These stories represent choices we all have to make as part of life, sometimes easily and sometimes not so easily. Children and teens learn that the tools taught within

each story—prayer, meditation, affirmation, gratitude—help to align them with God's will so they can better navigate their course. They also learn that when the people in sacred stories let their ego or fears take charge, situations became unmanageable.

All of these are valuable. But perhaps the greatest spiritual gift of sacred stories is that—through them—children and teens understand that when they stay firmly in the presence of God, not only does their spiritual journey unfold in the most perfect way, but—even in difficult times—they can enjoy the ride.

CHILDREN'S Activities

Children's Ministry Coordinator:
Melanie Ramirez

'What's Up' Wednesdays

Wednesdays, 7 to 8:30 p.m.

Make plans for your children to attend this regular Wednesday evening celebration where children will develop skills for building healthy relationships. January's theme is "Peace and Peacemaking Tools"; February's is "A Look at Love: Within Self and as God Expressed."

POP and Children's Choir Practice Begins

Wednesday, January 7, 6:15 to 6:50 p.m.

The Spring session of our popular POP (Preschool Orff Program) and Children's Choir begins!

Children's Choir Performance

Sunday, February 8, at the 9:30 and 11:15 a.m. Worship Services



Support Our Youth & Reflect Our Ministry's Core Value of 'Service'

"It takes a village," so please sign up today to support our youth. It takes 75 volunteers each and every week to serve the amazing children and teens of our ministry.

See how you can role model our ministry's Core Value of Service! Call Melanie Ramirez for more information at 602.978.3200, Ext. 224.

What I Love About Sunday Mornings at Unity



Kiana Simon

"I like everything! After we learn in circle, we get to do all sorts of activities like games and puppets. That's so fun!"



Hailey Araza

"I definitely like the (Uniteen) lessons; they are really deep. And I like that I'm allowed to express myself and be totally open, because everything is confidential. I've also made a lot of friends, and I like seeing them."



Patrick Nalley

"Y.O.U. is an amazing experience. It's much different than school. There are no cliques; just a big giant group of caring people. Class is fun; we learn a lot, and there's complete confidentiality for everything we discuss. It's a great way to become spiritually aware and connect with friends. And we have a lot of great outings!"

UNITEEN (Grades 6-8)

Teen Ministry Coordinator:
Lisa Ann McKenzie

New Year's UniTreat

3 p.m. Saturday, January 3 through 10:30 a.m. Sunday, January 4 (Rooms 6&7)

Overnight event followed by Uniteen Sunday morning class. *Pre-registration required.*

Teen Mentor Nominations

Two Sundays: January 11 and 18 • During Teen Classes

Nominate teens for the Teen Mentor Program! Teens who participate receive training to be effective leaders and teachers for summer Peace Camp and children's classes.

Spiritual Gifts Workshop

Saturday, January 24 • 9 a.m. to 3:30 p.m. (Rooms 6&7)

This open workshop for all Uniteens will help you identify your unique spiritual gifts.

Teen Mentor Orientation Meeting (for Parents and Teens)

Sunday, January 25 • 12:30 p.m. (Rooms 9&10)

Uniteen Super Bowl Bake Sale Prep

Saturday, January 31 • 6:30 to 8:30 p.m. (Rooms 9&10)

Help prepare for the upcoming Sunday Bake Sale.

Super Bowl Bake Sale

Sunday, February 1 • 8 a.m. to 1 p.m. (Courtyard)

After each worship service, we will sell baked goods as a fundraiser for the Uniteens.

Winter Retreat

Saturday, February 14 through Monday, February 16

Share and connect at this Uniteen Camp held at Whispering Pines Camp in Prescott.

Meditation Workshop

Saturday, February 28 • 9 a.m. to 3:30 p.m. (Rooms 6&7)

This workshop, which is open to all Uniteens, will help you to understand the types of meditation, and will give you time to practice each of them and connect to Spirit.

Wednesday Uniteen Nights

FUN NIGHT

Wednesday, January 7 • 7 to 8:30 p.m. (Room 10)

Wednesday, February 4 • 7 to 8:30 p.m. (Room 10)

Have fun, play games and check in with teens after our retreats and other events.

CREATION AND PLANNING NIGHT

Wednesday, January 14 • 7 to 8:30 p.m. (Room 8)

Wednesday, February 11 • 7 to 8:30 p.m. (Room 8)

Come and add your own special creativity to our teen spiritual community.

CLOSED RITES OF PASSAGE MEETING

Wednesday, January 14 • 7 to 8:30 p.m. (Room 10)

Wednesday, February 11 • 7 to 8:30 p.m. (Room 10)

This "closed" session is only for those Uniteens who have interviewed with Lana Sassi.

UTES OF PASSAGE CLASS (Open to all 6th, 7th and 8th graders)

Wednesdays, January 21 and 28 • 7 to 8:30 p.m. (Room 10)

Wednesdays, February 18 and 25 • 7 to 8:30 p.m. (Room 10)

A spiritual self-discovery class open to all Uniteens.

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

Peer Ministry

Saturday, January 17 through Monday, January 19 (Unity of Mesa in Mesa, Arizona)

Teen Mentor Nominations

Two Sundays: January 11 and 18 • During Teen Classes

Nominate teens for the Teen Mentor Program! Teens who participate receive training to be effective leaders and teachers for summer Peace Camp and children's classes.

Teen Mentor Orientation Meeting (for Parents and Teens)

Sunday, January 25 • 12:30 p.m. (Rooms 9&10)

Super Bowl Party

Sunday, February 1 • Following 11:15 a.m. Class

Join other Y.O.U.ers to watch the big game, share snacks and connect with one another.

Service Rally and Business Meeting

Friday, February 6 through Sunday, February 8

Y.O.U. Wednesday Nights

FUN NIGHT

Wednesday, January 7 • 7 to 8:30 p.m. (Room 9)

Have fun and check in with other teens following the holidays.

UNITY OF PHOENIX UPDATE FROM THE BOARD

Wednesday, January 14 • 7 to 8:30 p.m. (Room 9)

Learn about tithing, and how to make a tithing request to the Board. We'll also receive a Unity of Phoenix update from Outgoing Board President Pam Petersen.

PROCESS NIGHT

Wednesday, January 21 • 7 to 8:30 p.m. (Room 9)

Share and reflect upon your experiences at Peer Ministry.

TREASURE MAPPING

Wednesday, January 28 • 7 to 8:30 p.m. (Room 9)

Create your destiny! Join with the Y.O.U.ers to have fun, learn, process and connect.

PREP FOR SERVICE RALLY

Wednesday, February 4 • 7 to 8:30 p.m. (Room 9)

We'll get ready for the upcoming February 6-8 Service Rally.

SERVICE RALLY FOLLOW-UP AND GAMES

Wednesday, February 11 • 7 to 8:30 p.m. (Room 9)

Share and reflect on your experiences at Service Rally. Discuss new plans; play games.

SEASON FOR NON-VIOLENCE

Wednesday, February 18 • 7 to 8:30 p.m. (Room 9)

Discover what the Season for Nonviolence is all about!

PREP FOR ANGEL FUNDRAISER

Wednesday, February 25 • 7 to 8:30 p.m. (Room 9)

We'll prepare for our upcoming fundraiser on March 1 and 8.

Spiritual Education

MEMBERSHIP AT UNITY OF PHOENIX

Unity of Phoenix lovingly invites you to become a member of our church. Becoming a member of Unity of Phoenix is easy! You just need to take three simple steps:

STEP 1 Complete our *Unity Basics* and *Prayer Basics* classes. The completion of these two inspirational courses is a prerequisite for becoming a Unity of Phoenix member, prayer chaplain, teen sponsor or board trustee. These classes provide a comprehensive introduction to our Unity principles and emphasize the importance of prayer in deepening our experience of God. (See below for the next offering of these classes.)

STEP 2 Attend our New Member Orientation. Your attendance at this two-hour gathering with our ministers is required, as it will provide a greater understanding of the benefits of becoming a member.

Our next New Member Orientation will be held on Sunday, March 15.

STEP 3 Celebrate with us at our New Member Recognition services. On the Sunday following our New Member Orientation, all new members are collectively and individually recognized at each morning worship service. Our next Recognition Sunday will be held on Sunday, March 22.

MEMBERSHIP CLASSES

If you are interested in becoming a member, please make a note of the next membership classes, as well as upcoming opportunities to complete this required coursework!

UNITY BASICS

Next Classes Offered:
Two Tuesdays, January 20 & 27, 2009
7 to 9 p.m.; Rooms 6&7
\$10 suggested love offering per class
OR

Saturday, February 21, 2009
9 a.m. to 1 p.m.; Rooms 6&7
Facilitator: Ministerial Team
\$20 suggested love offering

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

PRAYER BASICS

Next Classes Offered:
Two Wednesdays, February 11 & 18, 2009
7 to 9 p.m.; Sanctuary
\$10 suggested love offering per class
OR

Saturday, February 28, 2009
9 a.m. to 1 p.m.; Sanctuary
Facilitator: Ministerial Team
\$20 suggested love offering

Prayer is a foundational practice that cultivates our relationship with God. Consistency in our prayer life is the pathway to deepening our awareness of our Oneness with God.

Transform Your New Year by Investing Some Time in Spiritual Education

By Chris Kennedy, Ministerial Associate



If you really want to do your soul growth and enjoy the journey in 2009, you won't want to miss our amazing line-up of classes for the New Year!!! Our spiritual education classes are chosen and designed to support you in doing your soul work and to increase your awareness and experience of God in your life.

This new year holds a great array of classes, including—but not limited to—the following:

- A continuation of our spiritual practices classes offered by our Unity of Phoenix ministers to support you in applying spiritual principles in your life. Our basic beliefs in Unity indicate it is not enough to *understand* spiritual principles, we must *live* them!
- The introduction of four different prayer methods to support you in your prayer life (centering prayer, the art of moving prayer, chanting and meditation).
- Spiritual gifts to help you identify the unique gifts you came to share.
- Bible classes to help you deepen your understanding and comfort with the Bible and its inherent wisdom.

- Lots of spiritual education and enrichment (SEE) classes
- The introduction of the Enneagram, a powerful tool toward self-awareness and discovery.

In January, join Rev. Richard as he leads a two-week class on visioning, followed by a two-week class on faith taught by me, and a two-week class on awareness taught by Rev. Jimmie. Those of you on the path to becoming a licensed Unity teacher or Unity minister, or who are simply desiring to complete the SEE Program, will see quite a few SEE classes on our calendar. These are the same classes offered at Unity Village, Missouri.

Personally, I have found spiritual education classes one of the most powerful transformative agents in my life (along with prayer and meditation). When I started taking spiritual education classes at Unity of Phoenix nine years ago, little did I know the amazing and wonderful places it would lead me. My life is forever transformed, and I am truly grateful for the classes I took, the teachers I had, the willingness I possessed and the transformation I experienced.

Discover how *you* are being called to stretch and grow in this new year, and how our classes may enhance your journey! Consider stepping outside your comfort zone in 2009 to take a new class. As you apply what you learn in these classes in your own life, you will experience your own personal transformation.

Our classes...

- 1 Teach spiritual principles and truths.** When truly integrated and applied in our lives, these principles and truths make a profound difference in the quality of our lives.
- 2 Help us glean greater insight** into those things which act as barriers to greater peace, joy and fulfillment in our lives. As we discover these barriers, we also learn how to transcend and transform them.
- 3 Call us to establish more meaningful connections** with God and one another. As we do so, we gain personal insights that enhance our experience of God and life.

I look forward to seeing you in whatever classes most support you in learning, growing, increasing your awareness of God, and enjoying the journey this year!

Blessings,

Unless otherwise noted, the fee for classes is a love offering. Suggested guidelines are a minimum of \$10 for a one- to two-hour class; \$20 for a four-hour class; and \$30 for a six-hour or longer class. Classes are open to everyone; you needn't be a member to attend! Your love offering may be cash, check, credit or debit card.

You can register for classes a number of ways:

- At the spiritual education table in the courtyard on Sundays;
- On our website at www.unityphx.org; or
- By contacting Maria Martell at 602.978.3200, Ext. 227, or mmartell@unityphx.org.

SUNDAY CLASSES

No classes or workshops.

MONDAY CLASSES

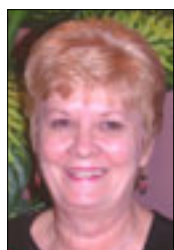
No classes or workshops.

TUESDAY CLASSES

Reiki Share

Tuesday, January 6 and Tuesday, February 3
(and the 1st Tuesday of each month)
6:30 to 8:30 p.m.; Room 5

Facilitator: Kathy Flanigan
\$10 Suggested Love Offering per Session



This monthly gathering is an opportunity for Reiki practitioners and Reiki I graduates to practice giving and receiving Reiki treatments. Students of this healing art have been asking for an ongoing forum in which to ask questions, practice and gain experience. Guided by Reiki Master/Teacher

Kathy Flanigan, this regular gathering will answer that need.

Chanting in the Chapel

Tuesday, January 27 and Tuesday, February 24
(and the 4th Tuesday of each month)
7 to 8:30 p.m.; Chapel

Facilitator: Dr. Lynne Haeseler
\$10 Suggested Love Offering per Class



People have long used singing for contemplation, worship and celebration. Chanting is a simple form of singing that is easily accessible because it requires no musical experience to participate. When chants or prayers are spoken or sung aloud, the vibration of the chant resonates within us. The

repetition of a musical phrase or sacred text keeps the breath constant and pulls the mind and heart toward beauty.

In this session, you will join your voice with others, singing short songs that, when repeated with sincerity, concentration and love will create a resonance within you that will ease your heart and quiet your mind.



4T's
Tuesdays, February 24-May 12
7 to 9 p.m.; Sanctuary
Facilitator: Rev. Richard Maraj
Financial tithing is a requirement
This class can be taken for SEE Elective Credit

This powerful program demonstrates how the Tithing of Time, Talents and Treasure can create prosperity and fullness of life. Based on

Spiritual Education

the work of Stratton Smith, the class draws on the 12-step process popularized by AA. This program is an important instrument for achieving spiritual growth. It transforms lives, and guarantees freedom that comes from living a life that manifests God as your source.

Lessons in Truth

Tuesdays, February 24-March 24
6:30 to 8:30 p.m.; Room 8

Facilitator: Rev. Kim O'Connor

\$10 Suggested Love Offering per Week

This class can be taken for SEE Credit



This course offers a clear, concise overview of the metaphysical Truths that are the foundation of the Unity Movement. In this course you will learn how to use Truth principles to claim your power, overcome lack and limitation, and transform your life for the better. This class is being taught by

Rev. Kim, an ordained Unity minister who supports Unity churches throughout the Valley as a speaker, workshop facilitator, and teacher of SEE classes.

Required Text: *Lessons in Truth* by H. Emilie Cady (available in the Divine Idea Bookstore)

WEDNESDAY CLASSES

Traditional Hatha Yoga

Wednesdays, Ongoing

4:30 to 5:45 p.m.; Rooms 9&10

Facilitator: Gloria Whitaker, Certified Yoga Instructor

\$10 Suggested Love Offering per Week



All levels of experience are welcome in this yoga class, which utilizes the ancient practices and philosophies found in traditional Hatha Yoga. The definition of yoga is to "yoke," or unite, and the definition of hatha is enlightenment through purification.

When we practice the postures, in combination with meditation, breath and sound, we unite our intentions for integration and purification for our individual selves as well as the collective. Come practice with us, and you will discover that yoga is an amazing, comprehensive and holistic approach to overall wellness, and a peaceful state of being. (Please bring your own mat.)

Demystifying Adolescents

Two Wednesdays: January 7 and 14

7 to 8:30 p.m.; Rooms 6&7

Facilitator: Rev. Mark Fisk

\$25 Suggested Love Offering for Two-Day Workshop



During adolescence, teens begin to question the black-and-white rules and assumptions they learned as kids, and try to resolve the tensions, curiosities and mixed messages they are encountering. Unhealthy behaviors, limiting self-talk and suppressed feelings can become detours to seeking Truth.

This workshop will explore a spiritual coaching model that has essential tools which encourage teens and parents alike to embrace this journey.

Spiritual Practices II

Our Spiritual Practices classes are advanced classes designed to truly deepen your spiritual awareness and spiritual practices. They are interactive as well as experiential. Students will be encouraged to apply these practices in their daily life and share what they discover.

Spiritual Practices-Visioning

Two Wednesdays, January 7 and 14

7 to 8:30 p.m.; Sanctuary

Facilitator: Rev. Richard Maraj

\$10 Suggested Love Offering per Week



Learn how to use the powerful practice of visioning to create the life that God is inspiring and has gifted you to create. Rev. Maraj has used this practice throughout his life and shares what he has learned about the power of visioning in creating an amazing life.

Spiritual Practices-Faith

Two Wednesdays, January 21 and 28

7 to 8:30 p.m.; Sanctuary

Facilitator: Rev. Jimmie Scott

\$10 Suggested Love Offering per Week



Following up on the spiritual practice of visioning, we naturally move into exploring the spiritual practice of faith ... for Jesus tells us in Matthew 9:29, "According to your faith it will be done to you." Learn about the faith that Jesus speaks of and how it can have a powerful impact in

your life. Rev. Jimmie shares how faith has carried him through the best of times and the worst of times. As you hold your vision for your life, hold it with faith!

Spiritual Practices-Awareness

Two Wednesdays, February 4 and 11

7 to 8:30 p.m.; Rooms 6&7

Facilitator: Chris Kennedy, Ministerial Associate

\$10 Suggested Love Offering per Week



How can we create a vision for our lives and hold it with faith if we lack awareness? This last class in our Spiritual Practices II series teaches us about the important practice of awareness: awareness of God's presence, awareness from moment to moment, awareness of all that

is occurring with in and around us. Chris has found awareness to be a key practice in her life, and she shares how awareness has helped her to stay centered amidst the tumultuous circumstances life sometimes holds.

Metaphysics I, Part I

Wednesdays, February 18-March 18

6:30 to 8:30 p.m.; Rooms 6&7

Facilitator: Rev. Jimmie Scott

\$10 Suggested Love Offering per Week

This class can be taken for SEE credit



By studying the works of prominent Unity writers, as well as specific metaphysical and theological views, you will be encouraged to awaken your awareness and understanding of spiritual Truth. Through the consistent use of these practical principles, you will realize more of your spiritual potential and find that your life is transformed! Topics

explored in this class are: Metaphysics and Truth; Life Is Consciousness; Self-Knowledge; Spiritual Evolution; Building Consciousness; Our Purpose; Divine Will; Divine Plan; Divine Guidance; The Silence; Meditation; and Prayer.

THURSDAY CLASSES

No classes or workshops.

FRIDAY CLASSES

No classes or workshops.

SATURDAY CLASSES

Twelve Powers of Man

Saturdays, January 17-February 14

6:30 to 8:30 p.m.; Rooms 6&7

Facilitator: Pat Clegg, LUT

\$10 Suggested Love Offering per Week

This class can be taken for SEE Credit



Based on Charles Fillmore's *The Twelve Powers of Man*, this course studies the 12 fundamental attributes of the Divine Mind centralized in us as our spiritual nature. This course explores the powers as divine ideas and as faculties expressed through our minds. Learn how to let these mystical mind

powers work through you!

Reiki I

Three Saturdays, February 7, 14 and 21 with

follow-up class on Saturday, March 21

9 a.m. to Noon; Gathering Room

Facilitator: Kathy Flanigan

\$10 Suggested Love Offering per Class Session

Reiki is a gift of Spirit. You will learn how the practice of Reiki opens the healer, to allow the energy of Spirit to move through them to heal



others. Reiki is a laying-on-of-hands, touch healing system of incomparable ease and power. The power is a part of every one of us. During the class, you will learn how to open yourself up to that power.

Recommended Text: *Essential Reiki* by Diane Stein

Healing Grief Workshop:

The Journey of Grief-The Path of Healing

Saturdays, January 10-February 21

(plus follow-up sessions on March 21 and April 18)

1 to 3 p.m.; Room 8

Facilitated by Joan Bacchus, RN, LUT and

Bereavement Specialist

\$10 Suggested Love Offering per Class Session



This workshop combines bereavement education and spiritual support for people experiencing grief from a great loss. If you are experiencing unresolved grief, this is one way to help resolve it. It is important to have a desire for a greater understanding of your grief and a will-

ingness to personally work and move through the grief-process towards peace and healing.

Together we will create a sacred space for healing, while honoring confidentiality in order to provide a safe environment for sharing personal feelings and concerns. Space will also be provided for questions and guidance toward answers.

You must commit to attend all seven sessions of this closed workshop. Pre-registration is required; sign up early as space is limited to 12 participants. Required texts: *Understanding Your Grief* and the *Understanding Your Grief Journal* by Alan Wolfelt.

Coming in March:

Introduction to the Enneagram

Saturday, March 21

9 a.m. to 5 p.m.; Rooms 9&10

Facilitator: Carole Whitaker, Ph.D.

\$90 Fee (includes lunch, textbook and workbook)



The Enneagram is a powerful and dynamic system that gives insight into how the human personality can serve as a pathway that fulfills our God-given potential, rather than limits us to self-serving or destructive patterns.

The Enneagram describes nine distinct and fundamentally different patterns of thinking, feeling, and acting. It tells what motivates us, what basic coping strategies we adopt to survive and thrive, and what causes our relationships to flourish or flounder. Each of the nine personality types also provides a specific path for personal development and enrichment, for discovering one's own highest qualities and potentials.

Don't miss this opportunity to learn about the Enneagram system, and begin to use it as a powerful tool in your self-discovery. This introductory workshop uses the narrative inquiry method and a variety of exercises and practices designed to help participants develop their capacity for self-observation, better relationships and spiritual freedom.

The Enneagram Discovery Inventory developed by Dr. David Daniels, M.D., will be used to help participants to identify their own Enneagram personality type.

Spiritual Gifts

Saturday, March 28

9 a.m. to 4 p.m.; Rooms 6&7

Facilitator: Chris Kennedy, Ministerial Associate

\$30 suggested love offering



This class 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. You will also learn to recognize the giftedness of others, and how all of our Gifts work together. 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 spiritual education table when you pre-register for the class.

February 2009

SUN	MON	TUES	WED	THUR	FRI	SAT
<p>8 AM - 1 PM (in the Courtyard) Untieen Super Bowl! Bake Sale Blood Drive Sign-Ups Lunch with the Ministers Sign-Ups Habitat for Humanity Sign-Ups Lenten Cir. Grp. Facilitator/Host Sign-Ups 8, 9:30 & 11:15 AM - Worship Services, S Sunday School Classes for Children, Var. 9:30 AM - Untieen Class, R10 11:15 AM - Y.O.U. Class, R9 / Untieen Class, R10 12:30 AM - Y.O.U. Super Bowl Party, Offsite 12:45 PM - Communion, C Singles Luncheon, Offsite</p> <p>1</p>	<p>No Classes or Activities</p> <p>2</p>	<p>5:45 PM - Toastmasters, R9&10 6:30 PM - Reiki Share, R5 New Earth Discussion Group, R8 A Course in Miracles Small Group, R11 7 PM - Prayer Team Meeting, C</p> <p>3</p>	<p><i>Childcare for Wednesday evening activities is available between 6 and 8:30 p.m.</i> 4:30 PM - Hatha Yoga, R9&10 6:15 PM - Guided Meditation Service, C Children's POP Practice, R1 Children's Choir Practice, R5 7 PM - Spiritual Practices-Awareness, R6&7 Adult Choir Rehearsal, S Y.O.U. Prep for Service Rally, R9 Untieen Fun Night, R10 What's Up Wednesday, Various</p> <p>4</p>	<p>10 AM - Service Angels, R9&10</p> <p>5</p>	<p>Church Offices Closed</p> <p>6 PM - Y.O.U. Service Rally and Business Meeting 6:30 PM - Moonlight Hike-North Mountain, Meet in Parking Lot</p> <p>6</p>	<p>8 AM - Y.O.U. Service Rally 9 AM - Reiki I Workshop, GR Twelve Powers of Man, R5 1 PM - Healing Grief Workshop, R8 <i>Closed Class</i> 1:30 PM - AA Meeting, R9&10</p> <p>7</p>
<p>8 AM - 1 PM (in the Courtyard) Blood Drive Biz Fair Table Sign-Ups 8 AM - Untieen Winter Retreat Continues, Offsite 8, 9:30 & 11:15 AM - Worship Services, S Sunday School Classes for Children, Var. 9:30 AM - Untieen Class, R9 11:15 AM - Y.O.U. Class, R10 Untieen Class, R10 12:30 PM - Lenten Cir. Grp. Facilitator/Host Training, C 12:45 PM - 'Brown Bag' Lunch with the Ministers, R6&7 Singles Luncheon, Offsite</p> <p>8</p>	<p>No Classes or Activities</p> <p>6 PM - Unity Business Leaders, Offsite</p> <p>9</p>	<p>5:45 PM - Toastmasters, R9&10 6:30 PM - A Course in Miracles Small Group, R11 7 PM - Prayer Chaplain Meeting, R6&7</p> <p>10</p>	<p><i>Childcare is available between 6 and 8:30 p.m.</i> 4:30 PM - Hatha Yoga, R9&10 6:15 PM - Guided Meditation Service, C Children's POP Practice, R1 Children's Choir Practice, R5 7 PM - Prayer Basics, S Adult Choir Rehearsal, C Spiritual Practices-Awareness, R6&7 Untieen Creation/Planning Night, R8 Y.O.U. Service Rally Follow-Up/Games, R9 Untieen Rites of Passage (Closed), R10 What's Up Wednesday, Various Law of Attraction Group, R11</p> <p>11</p>	<p>10 AM - Service Angels, R9&10</p> <p>12</p>	<p>Church Offices Closed</p> <p>13</p>	<p>9 AM - Reiki I Workshop, GR Twelve Powers of Man, R5 Untieen Winter Retreat, Offsite 10 AM - Craft Connection Small Group, Offsite 1 PM - Healing Grief Workshop, R8 <i>Closed Class</i> 1:30 PM - AA Meeting, R9&10 7 PM - Michael Beckwith and the Agape/Love Train Choir, S</p> <p>14</p>
<p>8 AM - 1 PM (in the Courtyard) Blood Drive Biz Fair Table Sign-Ups 8 AM - Untieen Winter Retreat Continues, Offsite 8, 9:30 & 11:15 AM - Worship Services, S Sunday School Classes for Children, Var. 9:30 AM - Untieen Class, R9 11:15 AM - Y.O.U. Class, R10 Untieen Class, R10 12:30 PM - Lenten Cir. Grp. Facilitator/Host Training, C 12:45 PM - 'Brown Bag' Lunch with the Ministers, R6&7 Singles Luncheon, Offsite</p> <p>15</p>	<p>No Classes or Activities</p> <p>8 AM - Untieen Winter Retreat, Offsite</p> <p>16</p>	<p>5:45 PM - Toastmasters, R9&10 6:30 PM - Singles Planning Meeting, R5 A Course in Miracles Small Group, R11 7 PM - New Earth Discussion Group, R8 7:30 PM - Deeksha Oneness Blessing, C</p> <p>17</p>	<p><i>Childcare is available between 6 and 8:30 p.m.</i> Noon - VIP-OWLS Luncheon, R6&7 4:30 PM - Hatha Yoga, R9&10 6:15 PM - Guided Meditation Service, C Children's POP Practice, R1 Children's Choir Practice, R5 6:30 PM - Metaphysics I-Part I, R6&7 7 PM - Prayer Basics, S Adult Choir Rehearsal, C 12:30 PM - Lenten Cir. Grp. Facilitator/Host Training, C Y.O.U. Season for Non-Violence, R9 Untieen Rites of Passage (Open), R10 What's Up Wednesday, Various</p> <p>18</p>	<p>10 AM - Service Angels, R9&10</p> <p>19</p>	<p>Church Offices Closed</p> <p>20</p>	<p>7 AM - Habitat for Humanity, Offsite Fitness for Fun Hike-Hunter Trail, Meet in Parking Lot 9 AM - Reiki I Workshop, GR Unity Basics, R6&7 1 PM - Healing Grief Workshop, R8 <i>Closed Class</i></p> <p>21</p>
<p>8 AM - 1 PM (in the Courtyard) Lenten Cir. Grp. Participant Sign-Ups Biz Fair Table Sign-Ups 8, 9:30 & 11:15 AM - Worship Services, S Sunday School Classes for Children, Var. 9:30 AM - Untieen Class, R10 11:15 AM - Y.O.U. Class, R9 Untieen Class, R10 12:45 PM - Singles Luncheon, Offsite</p> <p>22</p>	<p>No Classes or Activities</p> <p>23</p>	<p>5:45 PM - Toastmasters, R9&10 6:30 PM - New Member Class Reunion Potluck, GR Lessons in Truth, R8 A Course in Miracles Small Group, R11 4T's, S 7 PM - Chanting in the Chapel, C</p> <p>24</p>	<p><i>Childcare for Wednesday evening activities is available between 6 and 8:30 p.m.</i> 4:30 PM - Hatha Yoga, R9&10 6:15 PM - Guided Meditation Service, C Children's POP Practice, R1 Children's Choir Practice, R5 6:30 PM - Metaphysics I-Part I, R6&7 7 PM - Adult Choir Rehearsal, S Y.O.U. Prep for Angel Fundraiser, R9 Untieen Rites of Passage (Open), R10 What's Up Wednesday, Various Law of Attraction Group, R11</p> <p>25</p>	<p>10 AM - Service Angels, R9&10</p> <p>26</p>	<p>Church Offices Closed</p> <p>27</p>	<p>9 AM - Prayer Basics, S Untieen Meditation Workshop, R6&7 1:30 PM - AA Meeting, R9&10</p> <p>28</p>

Abbreviations:
 C - Chapel
 S - Sanctuary
 GR - Gathering Room

SPiritUAL PRACTICES II

Visioning - January 7 and 14 • Faith - January 21 and 28 • Awareness - February 4 and 11

Wednesday Evenings • 7 to 9 p.m.

WORSHIP SERVICES Every Sunday, 8 AM, 9:30 AM, 11:15 AM

CHILDREN'S MINISTRY/NURSERY Sunday, 8 AM, 9:30 AM, 11:15 AM
 TEEN MINISTRY All Sundays: Untieens (6-8) 9:30 and 11:15 AM, R10; Y.O.U. 11:15 AM, R9

Guided MEDITATION SERVICE Every Wednesday, 6:15 PM
 COMMUNION 1st Sunday of the Month, 12:45 PM

January 2009

SUN	MON	TUES	WED	THUR	FRI	SAT
<p>Abbreviations: C - Chapel S - Sanctuary GR - Gathering Room</p>	<p>DANIEL NAHMUD WORKSHOP 'Be Like Water: Finding Faith and Peace of Mind in Complicated Times' Saturday, January 10 • 10 a.m. to 1 p.m. • Sanctuary</p>					
<p>8 AM - 1 PM (in the Courtyard) Homeward Bound Project Sign-Up , 9:30 & 11:15 AM - Worship Services (White Stone), S Sunday School Classes for Children, Var. 8 AM - New Year's Untreat (Continues) 9:30 AM - Y.O.U. Class, R9 11:15 AM - Y.O.U. Class, R9 12:45 PM - Communion, C Singles Luncheon, Offsite</p>	<p>No Classes or Activities</p>	<p>5:45 PM - 6:30 PM - Toastmasters, R9&10 Worship Team Meeting, Need Location Reli Share, R5 New Earth Discussion Group, R8 A Course in Miracles Small Group, R11</p>	<p><i>Childcare for Wednesday evening activities is available between 6 and 8:30 p.m.</i> 4:30 PM - 6:15 PM - Hatha Yoga, R9&10 Guided Meditation Service, C Children's POP Practice, R1 Children's Choir Practice, R5 Spiritual Practices-Visioning, S Adult Choir Rehearsal, C Meditation Facilitators' Meeting, R5 Demystifying Adolescents, R6&7 Y.O.U. and Unteen Fun Night, R9&10 What's Up Wednesday, Various</p>	<p>Church Offices Closed HAPPY NEW YEAR!</p>	<p>Church Offices Closed Moonlight Hike-Shaw Butte, Meet in Parking Lot</p>	<p>Church Offices and Divine Idea Bookstore Closed 3 PM - New Year's Untreat, R6&7</p>
<p>8 AM - 11 PM Teen Mentor Nominations, Teen Rooms Homeward Bound Project Sign-Up, Ctryrd 8, 9:30 & 11:15 AM - Worship Services, S Sunday School Classes for Children, Var. 9:30 AM - Unteen Class, R10 11:15 AM - Y.O.U. Class, R9 Unteen Class, R10 12:45 PM - Singles Luncheon, Offsite</p>	<p>6 PM - Unity Business Leaders, Offsite</p>	<p>5:45 PM - 6:30 PM - Toastmasters, R9&10 A Course in Miracles Small Group, R11</p>	<p><i>Childcare is available between 6 and 8:30 p.m.</i> 4:30 PM - 6:15 PM - Hatha Yoga, R9&10 Guided Meditation Service, C Children's POP Practice, R1 Children's Choir Practice, R5 Spiritual Practices-Visioning, S Adult Choir Rehearsal, C Demystifying Adolescents, R6&7 Unteen Creation/Planning Night, R8 Y.O.U. Board/Tithing Update, R9 Unteen Rites of Passage (Closed), R10 What's Up Wednesday, Various Law of Attraction Group, R11</p>	<p>10 AM - Service Angels, R9&10</p>	<p>Church Offices Closed</p>	<p>8 AM - Fitness for Fun Hike-Mesquite Trail, Meet in Courtyard Homeward Bound Src Project, Offsite Y.O.U. Peer Ministry Weekend Retreat, Offsite 8:45 AM - Homeward Bound Service Project, Meet in Courtyard 9 AM - 1 PM - Twelve Powers of Man, R5 Healing Grief Workshop, R8 1:30 PM - AA Meeting, R9&10</p>
<p>8 AM - 11 PM Volunteer Fair, Courtyard Teen Mentor Nominations, Teen Rooms 8 AM - Y.O.U. Peer Ministry Retreat Continues 8, 9:30 & 11:15 AM - Worship Services, S Sunday School Classes for Children, Var. 9:30 AM - Unteen Class, R10 11:15 AM - Y.O.U. Class, R9 Unteen Class, R10 12:45 PM - Singles Luncheon, Offsite 1 PM - Annual Meeting, S</p>	<p>Church Offices Closed 8 AM - Y.O.U. Peer Ministry Retreat Continues</p>	<p>5:45 PM - 6:30 PM - 7 PM - 7:30 PM - Toastmasters, R9&10 Singles Planning Meeting, Offsite A Course in Miracles Small Group, R11 New Earth Discussion Group, GR Unity Basics, R6&7 Prayer Team Training, R8 Deeksha Oneness Blessing, C</p>	<p><i>Childcare for Wednesday evening activities is available between 6 and 8:30 p.m.</i> Noon - 4:30 PM - 6:15 PM - VIP-OW15 Luncheon, R6&7 Hatha Yoga, R9&10 Guided Meditation Service, C Children's POP Practice, R1 Children's Choir Practice, R5 Spiritual Practices-Faith, S Adult Choir Rehearsal, C Y.O.U. Process Night, R9 Unteen Rites of Passage (Open), R10 What's Up Wednesday, Various</p>	<p>10 AM - Service Angels, R9&10</p>	<p>Church Offices Closed</p>	<p>9 AM - 1 PM - 1:30 PM - Twelve Powers of Man, R5 Unteen Spiritual Gifts Workshop, R6&7 1 PM - Healing Grief Workshop, R8 1:30 PM - AA Meeting, R9&10</p>
<p>8, 9:30 & 11:15 AM - Worship Services, S Sunday School Classes for Children, Var. 9:30 AM - Unteen Class, R10 11:15 AM - Y.O.U. Class, R9 Unteen Class, R10 12:30 PM - Teen Mentor Orientation Meeting, R9&10 12:45 PM - Singles Luncheon, Offsite</p>	<p>No Classes or Activities</p>	<p>5:45 PM - 6:30 PM - 7 PM - Toastmasters, R9&10 A Course in Miracles Small Group, R11 Chanting in the Chapel, C Unity Basics, 6&7</p>	<p><i>Childcare for Wednesday evening activities is available between 6 and 8:30 p.m.</i> 4:30 PM - 6:15 PM - Hatha Yoga, R9&10 Guided Meditation Service, C Children's POP Practice, R1 Children's Choir Practice, R5 Spiritual Practices-Faith, S Adult Choir Rehearsal, C Y.O.U. Treasure Map Night, R9 Unteen Rites of Passage (Open), R10 What's Up Wednesday, Various Law of Attraction Group, R11</p>	<p>10 AM - Service Angels, R9&10</p>	<p>Church Offices Closed</p>	<p>9 AM - 1 PM - 1:30 PM - Twelve Powers of Man, R5 Healing Grief Workshop, R8 1:30 PM - AA Meeting, R9&10 Unteen Super Bowl Bake Sale Prep</p>

WORSHIP SERVICES Every Sunday, 8 AM, 9:30 AM, 11:15 AM

CHILDREN'S MINISTRY/NURSERY Sunday, 8 AM, 9:30 AM, 11:15 AM
TEEN MINISTRY All Sundays: Unteens (6-8) 9:30 and 11:15 AM, R10; Y.O.U. 11:15 AM, R9

Guided MEDITATION Service Every Wednesday, 6:15 PM
COMMUNION 1st Sunday of the Month, 12:45 PM

News from the Board



By Pam Petersen
Outgoing Board President

In mid-October I stood up in church and made a call to action, to service, to new leadership. As always, you delivered! In last year's Board election, we only had two applicants for three positions and had to go recruit the third. This year we have eight precious souls who have stepped up and stepped forward to serve this ministry in greater ways, and

We are in Good Hands!

to claim a deeper ownership of Unity of Phoenix than ever before.

I can't tell you the chills I got sitting around a long table with all these candidates at an informational meeting the Sunday applications closed. My heart raced and my eyes welled with tears. The talent, dedication and experience in that room was truly astounding. Have you read their bios? We are so blessed! Absolutely any combination of these eight powerful women of God will energize and revitalize the Board of Trustees, and add new levels of wisdom, consciousness, compassion and business savvy to an already amazing group. We are in such good hands!

I'm sensing a new level of optimism and pride on our campus. Anyone who attended our 10th Anniversary Celebration in November could feel it. This is the "House That Love Built!" For those of us who walked the light eight miles from our old church home at 15th Avenue and Northern to our beautiful new facilities, and wrote blessings all over the Sanctuary floor before the carpet was laid down, it was a day of fond memories, satisfaction

and reconnection. For our newer congregants, it was a day filled with fun, fabulous music, community building, and a deeper understanding of just how special Unity of Phoenix really is.

I can't commend the Celebration Committee enough for its tireless efforts and tremendous results. The "We Treasure Unity" theme not only gave our capital campaign a boost, but prompted us to look closely at what we really value about our ministry. The successful raffle and silent auction (an incredible labor of love!) demonstrated the commitment and diversity of our membership, and the multitude of ways we can serve each other. Thanks to all of you who donated products and services to this wonderful event!

But perhaps most important, each member of the Celebration Committee perfectly modeled for us that it is serving one another that makes us family. The Committee's "mantra" is just too good not to share: *Service makes for connection. Connection equals community. Community leads to ownership. Ownership results in prosperity.* It's so true! When you volunteer, when you serve, your Unity

connections expand and you naturally bond and develop a greater sense of community with those with whom you serve. When you are connected, your community can love and support you in greater ways, further deepening your relationship with your church. When you feel loved and supported, you give more freely of your time, talents and treasures, and our entire ministry prospers.

We are rolling out our strategic plan this month (come to the Annual Meeting on January 18 for a great preview!), and its implementation will provide numerous service opportunities. I invite you in this New Year to get involved, join a committee, share your gifts, and continue to treasure Unity. Together, we can raise this ministry to new heights, for with God and you, all things are possible!

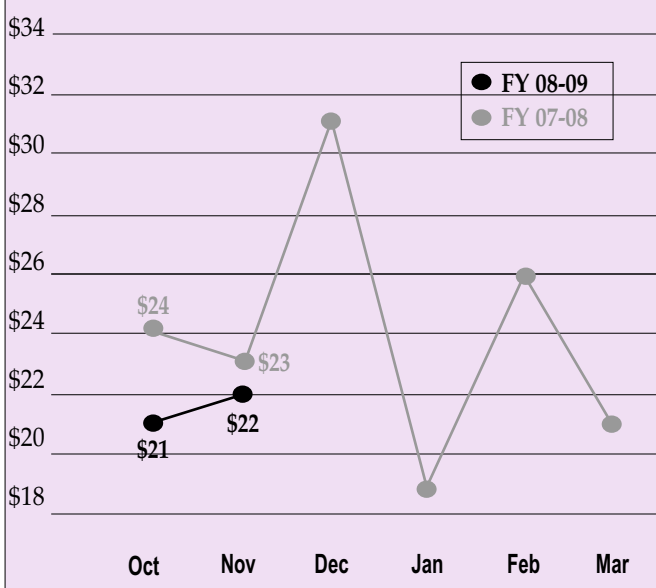
It has indeed been my honor and privilege to serve as President of the Board this year. I joyfully step aside, knowing and trusting that the right and perfect people will step in with grace and ease. Thank you all for this opportunity for me to serve. You are my beloved family.

Unity of Phoenix Statement of Activities Through November 30, 2008

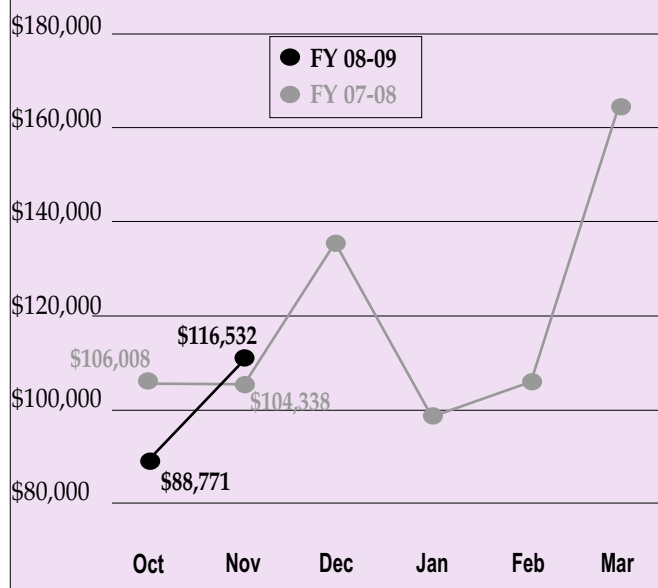
[The Fiscal Year for Unity of Phoenix Started October 1, 2008 and Runs Through September 30, 2009]

	Actual for Nov.	Budget for Nov.	Variance for Nov.	Actual Year-to-Date	Budget YTD	Variance Actual to YTD Budget
INCOME						
Worship/Love Offering Receipts	\$149,172	\$165,187	-\$16,015	\$265,567	\$300,968	-\$35,402
All Other Receipts	\$17,459	\$28,184	-\$10,725	\$29,957	\$50,228	-\$20,271
Total Operating Income	\$166,631	\$193,370	-\$26,740	\$295,524	\$351,197	-\$55,673
EXPENSES						
Total Operating Expenses	\$146,568	\$151,618	-\$5,050	\$288,396	\$297,569	-\$9,173
Net Operating Income Over/Under Exps	\$20,063	\$41,753	-\$21,690	\$7,128	\$53,628	-\$46,500

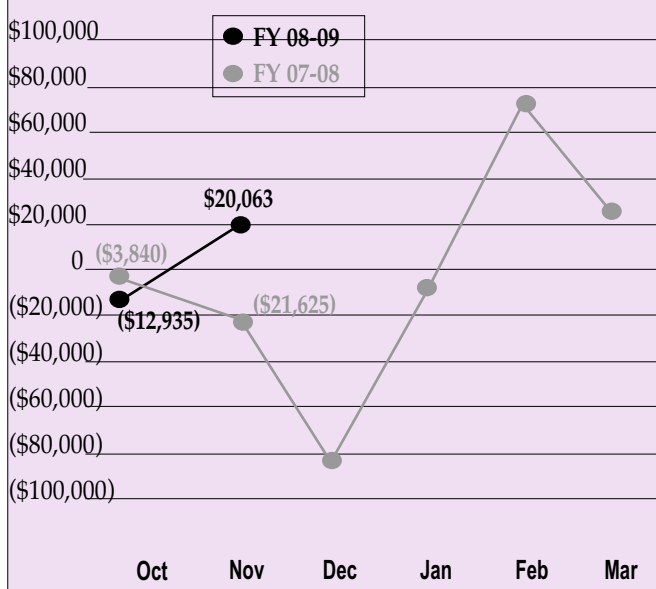
Per Person Giving Trends



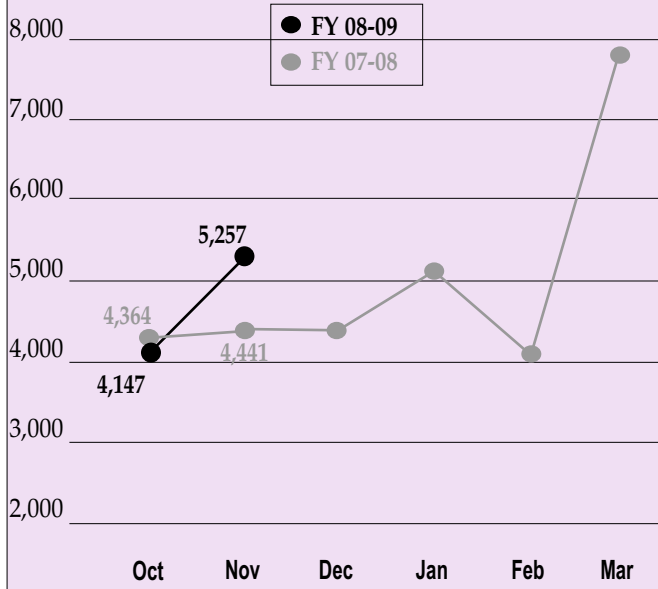
Worship Receipt Trends



Net Income Comparison



Attendance Trends



Unity of Phoenix is a tithing ministry. One-tenth of all we receive is given back to where we are spiritually fed. Fifty percent of our regular monthly tithe goes to support the greater Unity movement, including \$1,500 for ministerial scholarships. The remaining portion of the Unity tithe is divided equally between the Association of Unity Churches International, Silent Unity, the Southwest Unity Region, and Unity Institute.

The other half of our monthly tithe is dedicated to community and global outreach. These tithes change each month based on where the ministry has been spiritually fed, as detailed below:

September 2008 Tithe

- Greater Unity Movement**
(50% of Tithe) \$8,371
- Discretionary Tithe (50% of Tithe)**
- Rasur Foundation (Be Peace Staff Workshop) .. \$3,000
 - Gary Simmons (*I of the Storm*) \$1,000
 - Unity of Houston (Data Process Feedback) ... \$1,871
 - Home of Hope (Outreach) \$2,500
- Total September Tithes \$16,742**

October 2008 Tithe

- Greater Unity Movement**
(50% of Tithe) \$6,516
- Discretionary Tithe (50% of Tithe)**
- Homebase Youth Srvcs (Teen Outreach) \$2,000
 - Unity of Prescott (Hosted Sub-Regional Conference) .. \$1,500
 - Community Church of New Thought (Assoc Mentor) ... \$1,500
 - Beatitudes Center DOAR (Outreach) \$1,516
- Total October Tithes \$13,032**

Church Cash Reserves

Board policy requires that we maintain cash reserves equivalent to three months of church expenses, which currently stands at \$450,000. To be in compliance with this fiscally sound policy, we must increase our present reserves by \$150,000.

Thank you for your support!

Nominees for the Board

In January, Unity of Phoenix members will vote on whom they wish to fill three open seats on the Board of Trustees. Members must vote each year to remain on active status. This can be done by returning an absentee ballot or voting at our January 18 Annual Meeting, which will be held at 1 p.m. in the Sanctuary. Following are the eight candidates running for the open seats on the Board. Each seat will run for a three-year term.



Patricia Clegg

Unity of Phoenix is my home. I have been a member since 1972. I served for eight years with Rev. Richard Rogers, and participated in the process of seeking, finding and signing for the property we are now built upon. I served as president, treasurer and vice president (of the Board of Trustees). I have played in every arena, from fundraising, prayer partnering, planning, visioning and singing in the choir. Emeritus chaplain and licensed Unity teacher (LUT) are my current titles. I would bring some common sense, some business acumen and would hold a consciousness for prosperous activity and action to be realized for us all. Knowing that God Is In Charge, we will be affirmed in wholeness, assurance and grace.



Marie Cunningham

I have always been concerned about making the world a better place. Once I found Unity, I embraced that in my circle of giving, which has included Habitat for Humanity, the Komen Foundation and American Cancer Society. I have given time, energy, resources and leadership to these causes, as well as to Unity. In 2001, I began with the sound and video for Unity in Austin, and am now the leader of the Audio/Visual team here. I want to bring my skills, talents, gifts and spirit to our Unity board and help invigorate the church in reaching its next level of abundance. I live my life to give to those around me, so the spirit of generosity can continue to spread throughout the community. Whether I am working on sound or video, coaching basketball, tutoring or improving systems in my (engineering) career, I always work for the highest good of all and celebrate the affirming outcomes.



Kathy Dorman

I have 40 years of corporate management experience with a graduate degree from Thunderbird in operations management. I thrive on diversity and challenges, which keep my life exciting. I have previous board experience with two local non-profit organizations (Phoenix Theatre and Shoebox Ministry). Upon first attending Unity of Phoenix in 1995, I became a student of Unity principles and its founders, which led to my membership in 2001.

I have served in numerous volunteer positions for special events, grounds maintenance, community outreach and working for five years in the classroom with our youth. I was chairperson of the communications committee for (the church's) fundraising campaign. For two years, I was a paid, part-time staff member on the front desk and in the bookstore. I will bring to the board my depth of business experience, former board experience and love of diversity in all

areas. Unity of Phoenix is my family, and I would be honored to serve on the board and represent all of our members.



Mary Francis Dunn

I am the Study Coordinator for a multi-center study on women's health. I work with a variety of people in seven states. It's my job to make sure we work well together. Hopefully, that gives you a snap shot of what I do. What I am is ever growing and expanding through Spirit. Unity of Phoenix is a blessing in my life. It has allowed me to continue my spiritual growth and to support others in theirs.

Unity of Phoenix is my spiritual home. I started attending services in 1998. I have enjoyed taking classes at Unity, teaching, serving as a Chaplain and volunteering on various projects. Seeking election as a board member is a wonderful opportunity to give back to the community that supports me. It would be an honor to serve on the board of Unity of Phoenix.



Bertie Farrell

I am grateful for the many blessings, lessons, comfort, peace and joy I have received from this ministry over the past 12 years. Being inspired by the weekly messages has blessed me far beyond anything I could give back.

For most of my adult life, I have been climbing the corporate ladder, culminating in a vice president position of a Fortune 500 company, managing over 1,600 employees and a budget of \$130 million. I have tithed over the years, but gave little of myself. With retirement, and becoming a member of Unity in November 2007, I have dedicated myself to service to God and those around me. I have volunteered on the events committee for capital fundraising, hosted a luncheon for Rev. Maraj and congregants, participated in the Palomino outreach project, assisted at the bookstore and have recently become a prayer chaplain.

I welcome the opportunity to be a Board of Trustee member and humbly offer my skills and experience from the business world as well as my commitment to serve God and others in this role.



Penni Honey

Thank you for this opportunity. The 18+ years of service to this community have been my joy. With hope and excitement for the future of our ministry, I humbly submit my intention to serve as a Board member.

My 15+ years as a construction manager and legal consultant bring real world experience and expertise to the organization. Being a prayer chaplain, leading the children's choir, serving on multiple committees and strategic planning groups, supporting outreach

efforts, serving on the Board and working as the operations and facilities manager here at Unity defines my heart's greatest desire: the highest and best for this spiritual community.

We are a strong and powerful community. In this time of forward motion, my ability to serve as a unifying presence can empower and benefit our spiritual home. My commitment is to use my extensive experience with and within this ministry to hold and cultivate with you a prosperity consciousness worthy of our work; to grow our spiritually grounded community; to embrace and empower our divinity as intended by Spirit. Spirit Leads!



Melissa Knecht

I spent eight years in banking, but have always been an entrepreneur. For several years, my husband and I have run a successful international business focusing on Personal and Prosperity Development.

I offered to cut pie on Thanksgiving Eve three years ago and have been volunteering ever since. I'm an usher and member of the choir. I count collections on Monday mornings and have volunteered for many of our special events. I co-chaired our fundraising campaign, additionally serving on the communications and events committees.

We have found another home and family here, so much so that it brought us back from Florida after only a year. We had moved last year after urging from family. I was heartsick leaving Unity, but hoped to find a similar church there. What we have here couldn't be replaced, however, so we joyfully came back this past June. I truly love Unity of Phoenix and will continue to serve wherever I can. If elected, I am committed to taking a stand for our prosperity consciousness and growth as a ministry.



Angela Limb

I came to Unity of Phoenix four years ago from Australia. I have also lived in South Africa and England. Completing advanced studies in London, I was awarded a business degree in Radio Journalism. I have worked in health care, airline and audio-visual industries. While in Australia, I was a volunteer in music ministry at my church and Youth for Christ.

During my time at Unity, I have completed spiritual education & enrichment (SEE) classes. While continuing to deepen my commitment to my soul's journey, I have served in many capacities, including a greeter and co-teacher for children's ministry, a prayer chaplain and as a member of the Unity of Phoenix fundraising campaign.

Currently employed in audiovisual, I daily draw on my strong management and communications skills. My diverse world experience, consciousness and integrity I believe make me the ideal candidate for the Board, and I look forward to serving the congregation in this capacity.

Deborah Twillman Appointed to the Unity of Phoenix Board of Trustees



In February 2008, the Board of Trustees appointed Deborah Twillman to serve the remaining two years of Mary Thomson's term following Mary's resignation from the Board. Under Unity of Phoenix's bylaws, the Board fills such vacancies by majority vote at its next regular meeting, and the appointment is ratified by the active membership at the next Annual Meeting. Deb's biography follows.

Deb has been active in Unity churches since 1989, coming to Unity of Phoenix in 1991 and becoming a member in 1996. She served as a Chaplain for the first five years of the program, and rejoined the Chaplain team last Fall. One of her most moving Chaplain experiences was being on campus September 11-12, 2000

and holding a prayerful presence during the following weeks. "It was one of the most humbling and rewarding experiences of my life," Deb said. "I knew I was standing in the beacon of light that Unity represents for so many."

Deb also has a passion for our Youth and Family Ministry, where she created a youth Chaplain program, served for five years as the 2nd-3rd grade "Power of God" lead teacher, and developed a Family Needs Survey and Family Support Conference. In addition, she has shared her many gifts by facilitating Circles and Healing services, serving as a member of the Capital Fundraising Campaign's Executive Committee, and chairing the Campaign Prayer Committee.

Holding a Masters Degree in Organization Development & Training from Johns Hopkins University, Deb brings to the Board more than 25 years of management,

training and consulting experience in business, government and education. She co-authored "Organizational Enlivenment Through Employee Empowerment," published by the American Society for Training and Development. Currently employed as the Arizona marketing and sales representative for Koch Industries, Deb has been a guest speaker at many events, most recently speaking on "Sustainability and Industry Responsibility."

Describing her first year on the Board, Deb says she has "continually seen God at work through so many people and it has been an honor to be a part of that process." As for 2009, Deb plans to continue "to use my organizational talents and our shared vision to help build Unity of Phoenix as a strong, loving and sustainable spiritually-based community." Deb says, "Building the Dream" was Part I -- now I look forward to Part 2, "Living the Dream."

Divine Idea Bookstore

Jumpstart Your New Year with Old Favorites



By Julia Kellogg
Divine Idea Bookstore Manager
Hello, Friends!

There is so much pressure at this time of year to set goals, start anew, or just jumpstart your life. Mercy! That's a lot to ask of anyone just beginning to recover from the frenzy of the month that hovers between Thanksgiving and Christmas! I mean, in December you stress because you can't live up to the expectations of others, and in January you stress because you can't live up to the expectations of yourself!!!

Well, I have found a solution (or is that "soul-ution"?). I began breaking in the "jumpstarting my life" in November, testing out the routines, practices and/or disciplines that would serve me the best without totally destroying any sense of self-esteem. Now I know it is, indeed, January and it would seem too late to try what I am going to suggest. But the imagination is an amazing thing, and just like they shoot movies in

Canada and you believe it's New Mexico, I'm going to ask you to take action in January, with the expectation and gentleness and the "I've got all the time in the world" feeling you would give yourself if it were November. Here are some easy and kind ideas for the New Year's spiritual resolutions:

- Instead of taping Oprah to find out who's the latest "in" guru, get back to basics and revisit the absolutists—Myrtle and Charles Fillmore, Florence Scovel Shinn (who I have just started rereading), and nobody's better than Eric Butterworth.

- Dust off your Bible, or buy a new translation, and reread the old familiar stories, cross-referencing the names with the Metaphysical Bible Dictionary. The experience becomes very Ralph Edwards-ish as you discover the "It's Your Life" feel when Moses' journey becomes your own soul's journey.

- Find that journal you purchased last year (with the intention of writing every day, but it's now nothing but blank pages after January 17) and write down a daily gratitude (or two!), the best moment of the day, a fear, or how stressful it is having to write something every day!!! The practice of journaling is like catch and release fishing—very cathartic. And don't fret if you can't find that journal ... we have plenty here in the store.

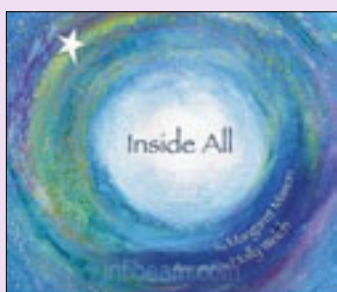
But whatever you do, I invite you to create that space for yourself and God. And remember to be gentle and kind with yourself. I hope you are looking forward to moving forward into a new year of grace and peace.

Blessings,

Julia

NEW IN THE DIVINE IDEA BOOKSTORE

Kids' Korner

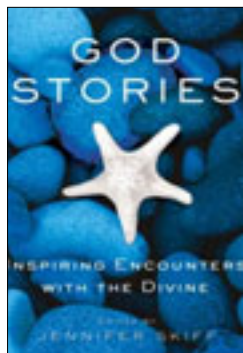


Inside All
By Margaret H. Mason

All over the world, children want the same thing—the comfort of knowing that they belong, that they

are part of something meaningful. *Inside All* takes the reader on a nesting doll-like journey, from the glowing edges of the universe into the warm heart of a sleeping child at bedtime, where we discover, not something small, but something huge. This is a story about how we each have a place in the All, and how the All lives in each of us. (\$8.95)

playful images, moving stories, and solid scholarship to empower you to break free of old habits, and assumptions, whatever your faith tradition. She encourages you to explore new names for God that are not only more consistent with what you believe, but will also deepen and expand your experience of God. (\$16.99)



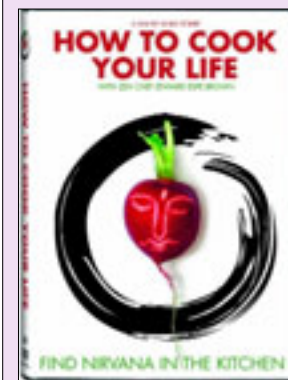
God Stories: Inspiring Encounters with the Divine
Edited by Jennifer Skiff

In this book, the author shares the extraordinary experiences of people who have felt the power of God's presence in their lives and been forever changed. A doctor opens the chest of a dying heart patient to

discover her heart is healed; Marines watch as a fellow soldier in Iraq is hit by a powerful explosion only to discover, when the dust settles, that he is still standing and has no injuries; a struggling couple receive an answer to a prayer and are prevented from making a mistake that could cost them their children; a young woman loses her boyfriend on 9/11 and receives a message that brings her peace. Reassuring, hopeful, and unforgettable, these amazing confirmations of divine intervention will lift your spirit and leave you wondering—and even remembering—when your life was touched by a miracle. (\$21.95)

New on DVD

How to Cook Your Life
With Zen Chef Edward Espe Brown



Move over, *Zen and the Art of Motorcycle Maintenance!* Here comes Zen and the Art of a Good Meal!

Filmmaker Doris Dorrie turns her attention to Buddhism and that age-old saying, "You are what you eat." In *How to Cook Your Life*, Dorrie enlists the help

of the charismatic Zen Master Edward Espe Brown to explain the guiding principles of Zen Buddhism as they apply to the preparation of food as well as life itself.

"How a person goes about dealing with the ingredients for his meals," explains Dorrie, "says a lot about him. *How to Cook Your Life* teaches us to be attentive in our everyday dealing with the most mundane things and also open our eyes to one of the most beautiful occupations: cooking." (\$27.98)

The Miracles of Archangel Michael
By Doreen Virtue

Archangel Michael is a powerful protector who helps everyone who calls upon him. In this enlightening work, Doreen Virtue teaches the many ways in which Michael brings peace to people everywhere.

The book includes fascinating true stories of how the archangel has protected people while driving, guided their careers, and safeguarded their children ... and even reveals his little-known talents for repairing mechanical and electronic machines! You'll learn how to contact Michael and will discover ways to work with him for physical and emotional healing for yourself, your friends and family members, or your clients. The stories in this book will open your heart to the amazingly pure, unconditional love that Michael has for everyone who seeks his help. (\$19.95)

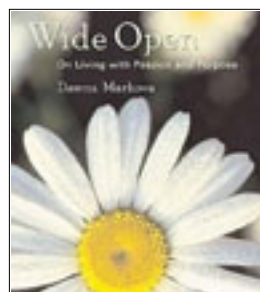


Who Would You Be Without Your Story?
Dialogues with Byron Katie
edited by Carol Williams.

This book is a collection of fifteen dialogues with Byron Katie that occurred throughout the United States and Europe. Some of the people who worked with Katie had painful illnesses, others

were lovelorn or in messy divorces, some were simply irritated with a co-worker or worried about money. What they all had in common was a willingness to question, with Katie's help, the painful thoughts that are the true cause of all suffering. In every case, we see how Katie's acute mind and fierce kindness helped each person dismantle what was felt to be unshakable reality.

Although these dialogues make fascinating reading—some are both hilarious and deeply moving at once—they are intended primarily as teaching tools. Each took place in front of an audience, and Katie never lost connection with that audience, repeatedly reminding each person in the room to follow the dialogues inwardly and ask themselves the questions the participant must ask. The dialogue

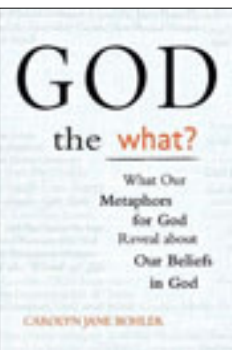


Wide Open: On Living with Passion and Purpose
By Dawna Markova

"This little book is meant to help you be in conversation with what is hidden in you in such a way that you awaken to your life as the blessing it truly is. It is meant to support

you in the exploration of what can bring you more alive and fruitful, and in the consideration of what really matters and how you really matter to the rest of us." (from the book)

Wide Open invites us to explore our lives and make choices to live with purpose and passion. Twenty years ago, faced with a life-threatening illness, Dawna Markova began a journey of rediscovery. This book, with its gorgeous photographs, wise lessons, and evocative questions, is a road map to a bigger, happier, life. (\$16.95)



God the What? What Our Metaphors for God Reveal about Our Beliefs in God
By Carolyn Jane Bohler

This book will inspire you to consider a wide range of images of God in order to refine how you imagine God to have and use power, and how God wills and makes divine will happen ... or not. By tapping into your

God-given ability to re-imagine God, you will have a better understanding of your own beliefs and how you, God and the world relate to each other.

Wonderfully fresh and down to earth, Bohler uses

Shop Online Any Time at www.shopdivineonline.com

Small Groups 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.

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

A Course in Miracles:

Every Tuesday
6:30 to 8 p.m.
Room 11

Come join a study group in learning the principles of the *Course In Miracles*. Students from beginner or regular study are welcome. Learn about living life with love, happiness, forgiveness and inner peace. For more information, contact the church at 602.978.3200.

The Craft Connection:

2nd Saturday of the month
10 a.m. to 3 p.m.

Offsite (near 7th Street & Thunderbird)

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

Eckhart Tolle New Earth Discussion Group:

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

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

Golf Group:

Every Monday Morning
Offsite

Please contact Bill Smith at 623.915.3272 or ellairsmith@cox.net for the location and time of the next Monday morning golf game.

Hiking Group:

MOONLIGHT HIKES

Friday, January 9 - Shaw Butte
6:30 p.m.

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

For each of the above hikes, please meet at the designated time in the church parking lot. NO advance sign-up required.

FITNESS FOR FUN HIKES

Saturday, January 17

Mesquite Trail in the White Tank Regional Park
8 a.m.

Saturday, February 21

Hunter Trail northwest of Tucson on I-10
7 a.m.

For each of the above hikes, please meet in the church parking lot at the designated time to carpool. NO advance sign-up required.

To start the new year on "the right foot," we are heading west for our annual January hike in the White Tank Regional Park and trekking the Mesquite Trail. In February we are taking on the challenge of the Hunter Trail in the Picacho Peak Park north of Tucson.

All of the "Fitness for Fun Hikes" are designed to accommodate a wide range of hiking abilities and participants are encouraged to hike at their own pace. See our *Unity Trail Mix* newsletter for full details. Come join us for the day!

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 the designated time to carpool to the trailhead.

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

The Law of Attraction Connection Group:

2nd and 4th Wednesday of each month
7 to 8:30 p.m.
Room 11

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. For more information, please contact Jane Francis at 602.978.9783 or janeslight@aol.com.

Unity Business Leaders:

2nd Monday of each month
6 to 8 p.m.
Offsite

Unity Business Leaders 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!

Our mixers are typically held on the second Monday of each month from 6 to 8 p.m. A \$25 entrance fee covers food, beverages and all the fun of building relationships and community with a group of like-minded people.

To RSVP or for more information, contact Anna Banana at 602.595.8900 or anna.banana@cox.net or annabananaarealty.com.

Unity Singles:

Every Sunday for Lunch
12:45 p.m.
Offsite

Every Friday for Socializing and Dancing
5:30 p.m.
Offsite

Our Unity Singles events provide a safe, supportive and loving environment for fun, fellowship and spiritual enrichment. If you're single and over the age of 18, please make plans to join us every Sunday afternoon and Friday evening.

In addition to these weekly events, our Singles Group sponsors a wide variety of activities, including movies, plays, comedy clubs, museums, house parties, bowling, bicycle riding, hiking, dance lessons, discussion groups, and game nights.

Our group also supports and gives back to Unity of Phoenix by volunteering for Unity sponsored events and projects on a regular basis.

For a detailed listing of events, times and locations, go to www.unityphx.org/connecting/singles.html on the Unity website. If you have questions, please contact Phoebe Hendrix at 602.841.0235 or email her at liaisonuop@azboss.net.

VIP-OWLS Luncheon:

"Game Day"

Wednesday, January 21

Noon to 1:30 p.m. • Rooms 6&7

"Guyz and Dollz"

Wednesday, February 18

Noon to 1:30 p.m. • Rooms 6&7

Our VIP-OWLS Luncheon is for our Very Important People-Older Wiser Loving Seniors. If you are 55 or older we invite you to attend this monthly luncheon. We come together to share with like-minded individuals. It is a time for fun and fellowship; we always have a special guest speaker or activity planned for each luncheon. It is a great way to stay connected, share your spirit with others and enjoy wonderful food, company and speakers.

In January, we'll host a "Game Day," featuring our own Divine Idea Bookstore manager, Julia Kellogg. You'll laugh your way through Julia's versions of all our favorite TV game shows. Bring your favorite chili or soup; the church will provide side dishes and dessert.

In February, we'll enjoy a song-and-dance performance of "Guyz and Dollz" featuring our own DC Black and his friends. Bring a casserole; the church will provide dessert.

If you have any questions or would like to know more about this group, contact Regina Best at rbest@unityphx.org or 602.978.3200, Ext. 255.

We look forward to seeing you there!

Criteria for Forming a Small Group Ministry

Our Small Groups are created by congregants of Unity of Phoenix, just like yourself! These groups invite like-minded people to meet and establish a greater connection and to support our ministry. If you're interested in starting your own group, please follow this process!

STEP 1 Put together a group of people from the ministry who are interested in your connection group. Prepare your roster of participants, including names, email addresses and phone numbers.

STEP 2 As a group, adopt the Spiritual Intention of the group (which must align with the Vision and Mission statement for Unity of Phoenix). Have all group members sign this document and return it to the Ministry.

STEP 3 Decide upon a name for your group and the day(s) and time(s) you will meet. You are encouraged to meet offsite, due to limited classroom space at the church.

STEP 4 Create a description of your group that can be used in printed publications distributed by Unity of Phoenix to attract new members.

STEP 5 As a group, decide upon two or three Outreach Projects in which you would like to participate each year. There are many projects available through the Unity of Phoenix's Outreach Ministry; you are welcome to find community projects outside of the ministry.

After you have completed this checklist, the leader/main contact for the group should email the information to Rev. Scott at jscott@unityphx.org. Rev. Scott will contact you after he has an opportunity to review all of the information.

Plan On Participating in Our Lenten Circle Groups!

Do you want to experience the season of Lent at a deeper and more transformative level?

If so, plan on joining one of our **Lenten Circle Groups**, which will be meeting during the six weeks leading up to Easter (**March 8-April 12**). These groups provide a great opportunity for congregants to connect in small groups that meet in people's homes throughout the Valley. Participants will have the opportunity to deepen their spiritual experience of Lent as they discuss and apply each week's Lenten Sunday worship message and explore how it can be applied to their own lives.

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 others who can support us on our spiritual path and make the journey more enjoyable!

Sign up to participate in a group near your home or work. Or consider volunteering to serve as a Circle Group Facilitator or Host. Past participants have said they found the experience sacred and meaningful, and wouldn't have wanted to miss it. Join us in this powerful experience, and find out for yourself!

Sign-Up for Circle Group Facilitators/Hosts

Two Sundays: February 1 and 8

Training for Circle Group Facilitators/Hosts

Sunday, February 15 • 12:30 p.m. in the Chapel
Wednesday, February 18 • 7 p.m. in the Chapel

Sign-Up for Participants

Two Sundays: February 22 and March 1

Kick-Off Rally for Hosts

Sunday, March 8 • 12:30 p.m. in the Chapel

Circle Groups

Meet during the weeks of March 8-April 12.

Our Unity Community

Welcome, New Members!

- | | | |
|---------------------|-------------------|------------------------------|
| • Marny Buccola | • Dona Larson | • Charlie Shutt |
| • Trish Buckhardt | • Jo Lockhart | • Heiderose Spang-Martindell |
| • Karen Catalanotte | • David McDaniel | • Jane Stoss |
| • Craig Cox | • Fran Morse | • John Stoss |
| • Larry Derksen | • Sam Morse | • Mike Tiers |
| • Diana Dixon | • Hollie Nelson | • Shanni Tromp |
| • Brian French | • Gayle Nicholson | • Nancy Wakely |
| • Kim French | • Nancy Noto | • Dewey Welsh |
| • Kim Glover | • Cheryl Quinton | • Louise Welsh |
| • Jane Haney | • Margo Ries | • Mary West |
| • Lois Hansen | • Brent Rothwell | • Chris Wieland |
| • Corinne Hernandez | • Tom Ruffin | • Rose Willis |
| • Elfido Hernandez | • Dawn Sadler | |
| • Leslie Johnson | • Steve Sadler | |

A HUGE Thank You to Our Volunteers!

Thank you, thank you, thank you to the many volunteers who have helped with our holiday and service projects over the past months. From our regular Sunday volunteers ... to our Service Angels ... to everyone who donated blood or helped out with our Palomino/Echo Mountain Holiday Project or HomeBase drive ... to the Saturday OutReach participants who assisted at the Crisis Nursery ... to those who cut pie or otherwise helped with our special services ... WE LOVE AND APPRECIATE YOU!!!!

MILESTONES

Christenings

Christian Barnabas was christened on December 28, 2008.

Weddings

Mayra Gonzalez and Jose Sanchez were married on September 6, 2008.

Anne Woods and Steve Jackson were married on October 25, 2008.

Karla Harris and Aaron Smith were married on November 22, 2008.

Elizabeth Magnusson and Col. Jack Ruffing were married on December 6, 2008.

Memorials

Merlin Joy Jacobs made her transition on October 29, 2008. A service was held in her honor on November 19, 2008.

Marilyn Kell made her transition on November 11, 2008. A service was held in her honor on November 20, 2008.

Paula Carmen made her transition on November 20, 2008. A service was held in her honor on December 9, 2008.

Help Us Secure Our 'Wish List'!

We are often asked by congregants if there are items that we have a need for, or how they can contribute to Unity of Phoenix in a meaningful way above and beyond their tithing. Our "Unity Wish List" identifies those services and items highest on our list of priorities.

A list of current "Wish" items is included below. Thank you in advance for holding this list in prayerful consideration!

Grounds Improvements/Maintenance

- Repair of steel posts in the Courtyard. (\$5,000)
- Commercial-grade landscape sprayer. (\$1,400)
- Wood chipper with a 3" minimum diameter. (\$1,200)

Building Improvements/Maintenance

- Kurzweil electric keyboard. (\$2,200 balance)
- Air conditioning repair (compressor) in Youth Ministry building. (\$2,100)
- Tinting counseling room windows: (\$300)
- Seven programmable thermostats. (\$150/each)
- Pest control service. (\$60/month)

Technology

- Firewall upgrade. (\$2,000)
- Two-way radio communication system. (\$1,480)

Outreach

- Food coupons for families in need. (\$500/month)

Worship

- Two plasma TV's for the Sanctuary. (\$1,500 balance)
- Candle lighters. (\$5/each)

Miscellaneous

- Bottled water. (\$5/case)

* Donations received beyond the expense of each Wish List item will be appropriated to other most needed items on the list.



Conceptual Plan for Unity of Phoenix's Next Decade



10th Anniversary Celebration

Hundreds of congregants enjoyed a day of food, fun and music on November 9, Celebration Sunday, which marked the 10th anniversary of our current church home. The raffle and silent auction were a big hit, and clearly re-energized the church's fundraising campaign.



Save the Date!

Unity Biz Fair

Sunday, March 8, 2009

Promote your business to the Unity community!
Table sales begin February 15, 2009!



Advertise to the Unity Community!

This newsletter reaches thousands of people 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:

- Half Page (9.75" x 7.75"): \$450
- Quarter Page (4.65" x 7.75"): \$275
- Eighth Page (4.65" x 3.625"): \$165

Pricing is for camera ready submissions. An additional fee is charged for creating ads for clients. The deadline for receipt of ads is the 1st of the month preceding the month of publication (e.g., Feb. 1 for the March/April 2009 edition.) Contact Sue Thompson at 602.494.9708 or sue_thompson@qwest.net. Thanks!

Our Unity Community



Thanksgiving Eve Service

On Thanksgiving Eve, Unity's Sanctuary was turned into a "living room" in which the congregation came together as a family to express their gratitude for the blessings in their life. Afterward, everyone enjoyed pie!



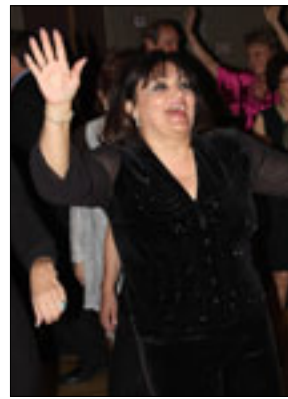
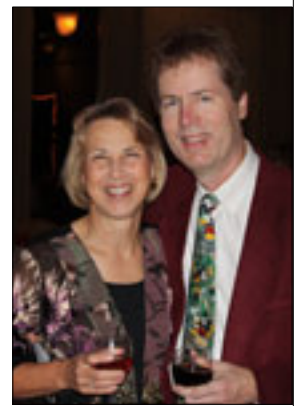
Beauty and the Beast

Our 4th, 5th and 6th graders who participated in this year's Youth Summer Drama Camp shared their gifts, talent for drama -- and, of course, their fabulous costumes -- during an incredible production of *Beauty and the Beast* staged in the Sanctuary on August 24.



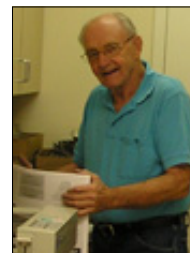
Decorating the Sanctuary and Crafts of Christmas

Families flocked to the church on December 3 to kick off the holiday season with the festive activities of decorating the Sanctuary, wrapping candles for the Christmas Candlelighting Services, and participating in the "Crafts of Christmas," an event designed for children and families to create holiday gifts and decorations.



Christmas Party

Unity's Christmas party is all about the fun!!! Staff and congregants donned their best duds and stepped out to enjoy an evening of dinner, dancing, and lots of fellowship at this fun-loving event held at the Crowne Plaza in Phoenix.



God Bless Our Service Angels

Each week, our dedicated group of "Service Angels" gather together to perform a variety of important functions for the church, such as folding the Sunday bulletins and preparing mailings. Thank God for our Angels!

Vision, Mission & Values

Unity Services:

Guided Meditation Service:
Wednesday, 6:15 p.m.

Sunday Morning Services:
8, 9:30 & 11:15 a.m.

Communion:
1st Sunday/Month
12:45 p.m.

Sunday Children's Ministry
(Age 0-3 years):
8 a.m., 9:30 and 11:15 a.m.
(Age 3-Grade 5)
9:30 and 11:15 a.m.

Sunday Teen Ministry
Uniteens (Grades 6-8), R10
9:30-10:30 a.m.
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
(i.e., rmaraj@unityphx.org)

Hours of Operation:
Mon.-Thurs: 9 a.m.-5 p.m.
Fri.: Closed
Sat.: 9 a.m.-3 p.m.
Sunday: 8 a.m.-2 p.m.

Bookstore:

Telephone:
602.978.3337
or 800.853.1372

Email:
bookstore@unityphx.org

Hours of Operation:
Sun.: 8:30 a.m.-1:30 p.m.
Mon.: Closed
Tues.-Wed.: 10 a.m.-7 p.m.
Thurs.: 10 a.m.-5 p.m.
Fri.: Closed
Sat.: 10 a.m.-3 p.m.

Ministry:

Lead Minister:
Rev. Richard Maraj, X-237

Pastoral Care Minister:
Rev. Jimmie Scott, X-234

Ministerial Associate:
Chris Kennedy, X-299

Chaplain Line: X-256
Dial-A-Prayer: X-260

Staff:

Youth Education Director:
Linda Depke, X-334

Volunteer Coordinator:
Ken Akers, X-226

Counseling/Grief Counseling:
Joan Bacchus, LUT, RN

Weddings, Memorials,
Christenings and Baptisms:
Susie Whiting, X-274

To contact a member of our
Board of Trustees, please
email board@unityphx.org.

Over the past six months the Board of Directors—through various committees—has been developing and refining our **Mission, Vision and Values** and developing **Goals and Objectives** that are all part of a **Strategic Plan**.

The purpose of the Strategic Plan will be to provide more clarity of purpose to the congregation, staff, ministers and Board. Our intention is to develop a living process that allows us to monitor the Goals and Objectives and make refinements as needed (at a minimum on an annual basis).

At the Annual Meeting in January, the Board intends to provide a power point presentation of the Mission, Vision, Values, Goals and Objectives.

Keep a lookout in future church publications for more information on the Strategic Plan!



OUR VISION:

CENTERED IN GOD, WE LIVE IN A WORLD
OF PEACE, LOVE AND ABUNDANCE.

OUR MISSION:

TO INSPIRE A GREATER EXPERIENCE OF GOD
IN OURSELVES AND EACH OTHER.

OUR VALUES:

GOD FIRST
LOVE
DIVERSITY
SERVICE
COMMUNITY

Please Join Us for a Discussion of These and Other Vital Issues
Regarding Our Church and Its Future at Our

ANNUAL MEETING/CELEBRATION OF CHURCH BUSINESS SUNDAY, JANUARY 18 • 1 P.M. • IN THE SANCTUARY

Please keep in mind that all members must vote or notify the church in writing to keep their membership active,
so if you are not planning on attending the meeting, be sure to return the absentee ballot
(sent to all members by mail) before the Annual Meeting.



Unity Church of Practical Christianity
1500 East Greenway Parkway
Phoenix, AZ 85022

NON-PROFIT
U.S. Postage
PAID
Permit No. 731
Phoenix, Arizona

If you have moved, please let us know your new address
so we can update our mailing list!