

Light Tidings

Awakening divine possibilities in every heart

Unity Center of Columbia

Nov./Dec. 2004

Patience and Participation are Key to Moving Forward



by **Matt Bennett**
Board President

With the recent changes at Unity, I find myself and others I talk to experiencing emotions that land

somewhere between feeling energized and overwhelmed. We want the best for Unity short-term. We want the best for Unity long-term. But we live for today. What about today?

Well, I think we are at a defining moment at Unity Center of Columbia. I believe the future is very dynamic and positive. The challenge for me and for your board of trustees, as well as staff and search team, is to keep the dialog going and start a new one, too—to challenge any or all of you to help us think in a new, more dynamic way.

For instance, I see so many people in our congregation who make a big difference in the community and they bring their positive energy with them every time they are at 1600 W. Broadway. I enjoy the knowledge of their experiences.

But, I imagine the reverse is true, too. Our community at Unity energizes individuals to go out each week and make a difference—whether it's enough energy to simply engage and connect with the people in our immediate family, or the enthusiasm

and sense of duty it takes to connect with the friend or neighbor we have not seen in awhile ... it all makes a difference. And what we do at Unity can, and hopefully will, make a difference and impact the lives of others.

The challenge now is patience and participation. Patience, because it's not likely we'll have a new minister in place by the holiday season. Patience, because your board, staff and search team are doing the best they can to communicate. Patience, because some people need more time to internalize the process of changing ministers, not knowing what lies around the corner.

Participation, because your energy helps others at Unity. Really! Keep it going! Participation, because you may have an idea and the energy to spark a current ministry or start a new one. Participation, because Unity Center is worth the effort.

Upcoming Speakers

Nov. 7: Barb Allen

Nov. 14: Matt Bennett (9 A.M.)
Y.O.U. (11 A.M.)

Nov. 21: J.D. Bloom (husband of a K.C.-area Unity minister and "roving" Unity guest speaker)

Nov. 28: Colleen Vollman (first Sunday of Advent: Hope) with lots of music by Steve Meyerhardt

Dec. 5: Jessica Kirchhofer (second Sunday of Advent: Peace)

Dec. 12: Robin Martin (third Sunday of Advent: Love)

Dec. 19: Marlene Bricker (fourth Sunday of Advent: Joy)
Marlene is a freelance speaker; she spoke at this year's women's retreat.

Dec. 26: Matt Bennett

Thanksgiving Eve Service and Simple Supper



Wednesday, November 24

Service 6:30 PM

Supper 7:00 PM

Join our chaplains as they lead us in a 6:30 P.M. service of Thanksgiving in the Sanctuary, which will be followed by a soup and bread supper at 7 P.M. in Friendship Hall. Sign up in the foyer if you can bring soup or bread.

Preparations for Christmas



Adopt-a-family program

Our commitment to the Columbia Voluntary Action Center this year for families in need is \$500. This will purchase at least one new gift for each child in each family and a gift certificate for a Christmas dinner. Here's how you can help depending on your time and resources: (see the sign-up sheets in foyer)

- Donate money (\$5 or more)
- Be a shopper for one of our family members
- Find good used items from each family's wish list and bring those in.

Note: The Voluntary Action Center also needs individual families to adopt other families, too. Please call soon at 874-2273 if you would like to sign up for a family of your own.

Teddy Bears — Starting in November, bring in a teddy bear or other stuffed animal and we will bless them with our love each Sunday until they are given to kids in need at Christmas.



2005 Chaplain Training Schedule

Please prayerfully consider whether you are being called to be a chaplain. Everyone interested in becoming a chaplain must attend the orientation session on January 23.

The requirements for chaplains:

- A member of Unity Center of Columbia
- Previously taken Unity Basics and any class on prayer
- Ability to attend all training sessions
- Ability to fulfill chaplain responsibilities

A Unity Basics and prayer class are scheduled in January for anyone who needs to meet these requirements. People who have taken Unity Basics and any class on prayer do not need to repeat these classes.

- Jan. 23, Chaplain Orientation, 1 P.M.
- Jan. 24-29, first interview with Chaplain Coordinator, Carol Schultz.
- Jan. 29, Unity Basics Workshop, 9 A.M.
- Jan. 30, Prayer Workshop, 1 to 4 P.M.
- Feb. 4-6, Offsite training (session begins at 7 P.M. on the 4th)
- Feb. 19, Chaplain training at Unity Center, 9 A.M. to 5 P.M.
- Feb. 20-26, second interview with Chaplain Coordinator, Carol Schultz
- Chaplain celebration dinner (tba)
- March 20, Chaplain Dedication

Community Blood Bank recruiter, Caroline Garner, was the first to give blood during the Unity Center blood drive. This pint was Garner's eighth, thus fulfilling her first gallon of donated blood. Photo by Ted Sullivan.



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Unity Center of Columbia

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November/December Programs

November 2

- Election Day
- Staff retreat (off-site)

November 18

- RAIN (Regional AIDS Interfaith Network) Wine/Art Auction

The wine-tasting and silent auction begin at 6 P.M. at the Holiday Inn Executive Center. See www.missouri-rain.org for more information.

November 20

- Unity Basics, 9 A.M. to 1 P.M., green room

November 21

- Spiritual Baptism at both services

November 24

- Simple Service/Supper

Join our chaplains as they lead us in a 6:30 P.M. service of Thanksgiving in the Sanctuary, which will be followed by a soup and bread supper at 7 P.M. in Friendship Hall. Sign up in the foyer if you can bring soup or bread.

November 28

- First Sunday of Advent (Hope)

December 4

- Holiday Decorating Party, 1 to 3 P.M.

Come help beautify our home for the holidays.

December 5

- Second Sunday of Advent (Peace)
- Unity Artist Holiday Sale

December 12

- Third Sunday of Advent (Love) and Arts for Income Show, Friendship Hall
- Unity Artist Holiday Sale

This Arts for Income Show is spon-

sored by Patrick and Sola Akinbola. Founded in Columbia in 1998, Arts for Income helps aspiring artists tap their talents by offering supplies and lessons. This sale will feature the program's artists, instructors and staff.

December 19

- Fourth Sunday of Advent (Joy)
- Holiday Concert, 7 P.M., Sanctuary
- Reception, 8 P.M., Solar Gallery

December 24

- Christmas Eve Services, 6 and 8 P.M.

Our Chaplains will lead this service, which will center around the 12 Powers of Unity and their relationship to the holiday season. Childcare available at the 6 P.M. service.

December 28

- First Night Volunteer Training, 5:30 to 7:30 P.M., Friendship Hall

December 31

- World Peace Meditation, 6 A.M., Sanctuary

Join millions around the world as we lift our consciousness of peace on our planet. People all over the world will pray together at noon Greenwich Mean Time (6 A.M. here). Afterward, we'll head out for a group breakfast.

January 2

- Burning Bowl Ceremony, 9 and 11 A.M. services

On this first Sunday of the new year, we'll have our annual Burning Bowl Ceremony. You will have the opportunity to write down anything you'd like to release from your life, then take it to the front of the sanctuary and burn it in a bowl. This metaphysical concept allows us to focus on what we are ready to let go of in preparation for the new year. The burning represents total

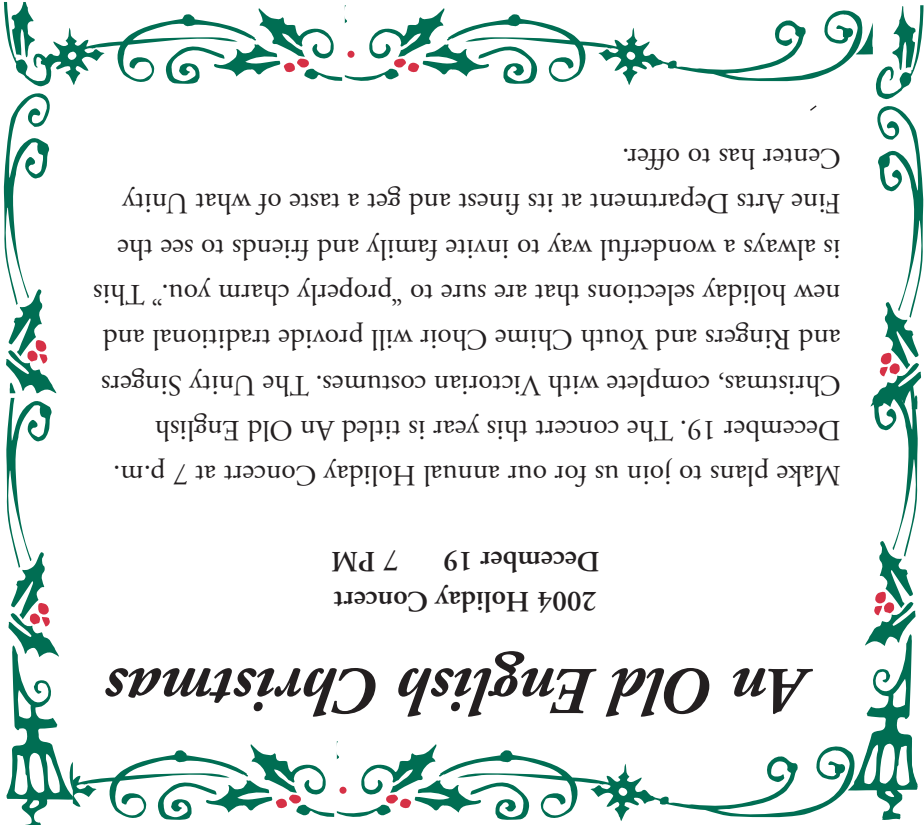
Nov. Birthdays

- Nov. 3: Sarah Perry
- Nov. 4: Emily Browne
- Nov. 6: Donna Cullimore
Stephen Weddle
- Nov. 10: Neemah Weems
- Nov. 12: Sheryl Zimmerman
- Nov. 13: Jessica Giles
- Nov. 14: Matty Bennett
- Nov. 15: Barbara Larkin
- Nov. 19: Glenda Blessman
- Nov. 24: Mattie Tate DeHaven
- Nov. 25: Rebecca Wagner
- Nov. 26: Cynthia Lauer
- Nov. 28: Grace Weddle

Dec. Birthdays

- Dec. 4: Joe Ebert
- Dec. 6: Don Asbee
Kathleen Wesselmann
- Dec. 11: Harold Eastman
- Dec. 13: Michele Porter
- Dec. 14: Jackie Pagni
- Dec. 15: Rick McGavock
- Dec. 16: Lori Thombs
- Dec. 18: Savannah Matheny
- Dec. 19: Michelle Gadbois
- Dec. 20: Steve Meyerhardt
- Dec. 21: Crystal Plagman
- Dec. 22: Fay Downey
- Dec. 23: Stephanie Brooks
- Dec. 27: Loree Monroe
- Dec. 30: Robert Johnson

release through consumption of fire. This is a wonderful way to truly experience "letting go and letting God."



Make plans to join us for our annual Holiday Concert at 7 p.m. December 19. The concert this year is titled *An Old English Christmas* and Ringers and Youth Chime Choir will provide traditional and new holiday selections that are sure to "properly charm you." This is always a wonderful way to invite family and friends to see the Fine Arts Department at its finest and get a taste of what Unity Center has to offer.

2004 Holiday Concert
December 19 7 PM

An Old English Christmas

EDITORIAL STAFF
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Lisa Frick — Editor
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Pam Roe — Layout editor

Do you have a prayer need for yourself or for someone else?

Notify our office for your prayer needs.



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Holiday Blessings to ...

Gifts of Spirit

by Christine Cloutier-Weddle

God has sent more teachers for Youth Ministry and I find myself joy-filled and grateful. Lynda Kraxberger is now teaching in our four- and five-year-old class, which her daughter, Lily, attends. Lynda taught in the past in both this class and in our Unicean class.

Also, Pam Roe is now a teacher in our third- to fifth-grade class. She has a daughter, Austin, in the first- and second-grade class and a daughter, Mattie, in the two- and three-year-old class.

Welcome and thank you to Lynda and Pam! In other staff changes, Gregory Kirchofer has moved from teaching an elementary class to being a Y.O.U. (Youth of Unity) co-sponsor with Beth Perrin.

As we work our way into the holidays and the coming of winter (read: cold and flu season), I'd like to gently remind parents of our Youth Ministry health policy. It is printed below and will be posted in the Solar Wing. We want to ensure an environment that is safe for our children in all ways.

Please do not bring children to church who:

- 1) Have had a fever of 100 degrees or higher in the past 24 hours.
- 2) Have vomited or had diarrhea in the past 24 hours.
- 3) Have nasal discharge that is green in color.
- 4) Are unable to contain their coughs.
- 5) Have communicable diseases like pinworm or communicable, exposed skin rashes like ringworm.

If your child has any of these symptoms at church, Youth Ministry staff will bring your child to you to care for. Thank you for your cooperation in keeping our children healthy, or in facilitating their healing through rest when needed. Our "gifts of Spirit" shine ever more brightly when they are healthy and well! ■

In the Solar Gallery

November

During the month of November, Don Kitz will share their artwork in the Solar Gallery.

Kitz, of Newton County, Arkansas, enjoys painting primarily in egg-tempera and watercolor. For Kitz, painting is an act of meditation and reflection. He says he developed his style over 50 years of studying people, nature and the world we inhabit. Kitz teaches art at North Arkansas College and spends his summers painting outdoors. His primary subjects include the Upper Buffalo Wilderness area of Newton County.

December

During the month of November, Michael Wessel will exhibit his work in the Solar Gallery. Michael is a graduate of Columbia College with a bachelor of fine arts in photography. He is also a talented singer and shares his soul-stirring voice with Unity many Sunday mornings.

"My main interest is photography, but God has blessed me with many talents--except the talent to jump tall buildings in a single bound," he says, jokingly. "I just can't get the landing!"

Currently, Michael works for Columbia Photo as a photo restorationist and graphic designer. He also teaches Photoshop courses to individuals. His show includes photography as well as some drawings. ■



PEACE MEDITATION

Every year for the past 11 years, Unity Center of Columbia has joined in the annual World Peace Meditation on December 31. At 1200 Greenwich Mean Time (6 A.M. our time), people around the globe will join their hearts and minds in sending love and healing to the world. It is believed that when enough people on earth are attuned to peace and higher consciousness at the same time, it will trigger a shift in consciousness for everyone on the planet.

This belief relates to the story of the "hundredth monkey," which goes like this: On a remote island near Japan lived a group of monkeys who were fed by researchers studying them. The researchers scattered rice on the beach. Naturally, the rice they picked up from the beach to eat was sandy. One day, a female monkey picked up some rice, went to the water's edge and washed the sand out of the rice before she ate it. Soon, the younger monkeys learned to do this and even some of the adults. When the 100th monkey on this island began to wash food in the ocean, researchers on other nearby islands reported that their monkeys spontaneously started to also wash their rice in the ocean before eating it.

The theory is that the collective consciousness of the monkeys on one island spread to all monkeys everywhere. The idea of collective consciousness is used to explain why great inventions and discoveries seem to be made at the same time. At Unity, we sometimes call this collective consciousness the "race consciousness." Come join us for this great adventure in changing the consciousness of the world from fear and war to love and peace.

The World Peace Meditation will be facilitated by Randy Fletcher. If you wish to offer music or poetry to add to the service, please contact the church office.

Sunday mornings at Unity Center

9 AM Contemplation Service
11 AM Celebration Service
Child care from 9 AM — Noon
Youth Ministry at 11 AM service

Unity Center office information

Monday - Friday
8 AM - 4 PM
Closed for lunch: 1:30 - 2:30 PM

Phone (573) 447-0414
Fax (573) 447-0413
David's e-mail RevDavidElliott@aol.com

Web Site unitycolmo.org

The Bookstore is open for self-service while activities are going on at the Center. Check the calendar, which you can pick up in Friendship Hall.

Ongoing activities

Yoga

Mondays, DH Parsons
2-3 PM and 4-5 PM, Solar Wing
Tuesdays, Carolyn Mathews
5:30-6:30 PM, Friendship Hall
Tuesdays, Doug Henley
7-8 PM, Friendship Hall
Wednesdays, DH Parsons
2-3 PM, Solar Wing
Thursdays, Carolyn Mathews
5:30-6:30 PM, Friendship Hall
Thursdays, Doug Henley
7-8 PM, Friendship Hall
Fridays, DH Parsons
8:30-9:30 AM, Solar Wing
Saturdays, Doug Henley
12:30-1:30 PM, Friendship Hall

A Course in Miracles — a topical approach

Wednesdays, Chris Teeter
7:00 PM, Solar Wing Orange Room

Imagine if ...

Third Wednesday of the month
7:00 PM, Solar Wing Green Room
Support for gays, lesbians, bisexuals,
their friends and families.

Transmission Meditation

Sundays
7:00 PM, Unity Center Prayer Chapel

Thursdays
7:00 PM — study group
8:00 PM — meditation
Unity Center Prayer Chapel

The Dad's Group

Fourth Sunday of the month
4:00 PM, Solar Wing Orange Room
Support for gay/bisexuals fathers.

12-step groups:

Unity Center supports personal responsibility, rigorous self-honesty and recovery from addictions as vital to one's spiritual journey.

Alcoholics Anonymous (AA)
Wednesdays, "As Bill Sees It"
7:00 PM, Solar Wing Green Room
Open AA meeting

Saturday, "Gratitude Group"
11:00 AM, Friendship Hall
Closed AA meeting
Sunday, "Big Book" — Closed AA meeting
8:00 PM, Friendship Hall

Spiritual strength and hope for recovery from alcohol abuse.

Narcotics Anonymous (NA)
Wednesdays, Friendship Hall, 8:00 PM
Fridays, Friendship Hall, 10:00 PM
Saturdays, Friendship Hall, 9:00 PM

Open to all those seeking recovery from chemical addiction.

Greysheters Anonymous (GSA)
Mondays
6:30 PM, Solar Wing Blue Room
Open to all those seeking recovery from compulsive overeating.

Overeaters Anonymous (OA)
Tuesdays
5:30 PM, Solar Wing Blue Room
Sundays
4:30 PM, Solar Wing Blue Room