

Newsletter June 2016
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Unity of Pasadena

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Sunday Celebration Service:

10:30am

Silent Unity Prayer Support Line:

1-800-699-7729 (24 hrs)
www.silentunity.org

Leadership Council:

Rev. Karen Epps, Senior Minister
Barbara Sakuma, President
Paul Smith, Vice-President
Trish Bryant, Treasurer
Greg Stanton, Secretary
Grace LaFranchi, Trustee-at-Large
Gary Clason, Trustee-at-Large
Donna Whelan, Alternate

WEspace Emerging

I started to title this article, “Co-creating the WEspace” but then it occurred to me that we couldn’t really co-create that which happens of its own accord. Yeah, so you might be scratching your head right now wondering what I mean by that. WEspace arises simply by virtue of “two or more being gathered in my name.” When people come together, WEspace is immediately present. It can’t be any other way - it just is. Therefore, we aren’t really co-creating the WEspace per se; rather we are participants in the texture and tone of the experience. We curate rather than co-create WEspace. So, to me, the more important question is, “What kind of engagement do we want to experience? We (all of us) get to decide what it looks and feels like.

Let me share a story with you. I went to the movies recently. Parked outside was the solar powered Epicurus101 food truck. The vendor offered a sample, which I declined because I knew theatre policy, didn’t allow outside food. Upon exiting, he was still there. This time I thought, “why not?” Sorbet and gelato were faire of the day, both excellent options given the warm afternoon. He gave me a spoonful of a luscious strawberry sorbet, made solely from strawberries, raw honey and water. It was quite delicious and not overly sweet.

Now mind you, prior to stepping over to the cart, I noticed several people walk by declining his offer for a sample. During our exchange, I asked him about this dynamic of people walking by without stopping. His reply, “I try to be nice but sometimes it’s quite frustrating. When people try our product they generally make a purchase.” His frustration was actually two-fold. First, a great deal of time and love is put into crafting their seasonal selections. And, of course, he’s hoping to make a sale. But secondly, he was frustrated because he is trying to make a connection with the passerby.

How often do we simply walk past when a brief stop could result in a wonderful experience of WEspace? While enjoying those first few spoonfuls of sorbet (yes I made a purchase), I couldn’t help notice two women lingering. Immediately, I commented on the scrumptious sorbet inviting them to receive a sample for themselves. In that moment, the WEspace that emerged during our exchange expanded to embrace the women. A joyful short conversation ensued. I walked away happy to have contributed to the local economy, with satiated taste buds and a shared experience of community.

This newsletter is full of examples of how we connect as a community, as well as opportunities for us to connect even more during the coming weeks.

Every time we join together at Unity of Pasadena, we are invited to curate our experience of the WEspace. The more we connect to do interesting things, the more we invite others to join us in this emergent WEspace.

Love & Blessings,

Rev. Karen

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June Newsletter

A WORD FROM THE BOARD

Hello to all Unity of Pasadena members, families and friends. It's an honor to be representing our members as Trustee, Member at Large. I have been a board member for eight months. It was almost four years ago that I first came to Unity of Pasadena. There was something special about this place the first day I walked in and that feeling has never gone away.

Our church community was blessed with Reverend Karen about six months ago but it seems much longer than that. She immediately stepped in and undoubtedly has taken ownership of her mission as our spiritual leader, creating an atmosphere in our church of love, peace and joy.

As many of you know I am also blessed to be a member of the music team, playing drums with Levi, our new music director, our awesome choir, and our talented guest artists that we are so ever grateful for.

I have been married to the same wonderful, beautiful lady, Earline for 44 years. Most importantly, we have been best friends since high school. We have one Daughter, Kimberly, a grandson, Gavin (Go Army) and a granddaughter, Stefanie. Stefanie is 12 years old and a beautiful red headed fireball "Texan." Kim and Stefanie still reside in Fort Worth, Texas where Earline and I are from. (I know, that's a surprise because I have perfected my California accent...y'all.)

During the week and yes, some weekends, I work at the Burbank Airport as the Director of Maintenance for Avjet Corporation. We manage, maintain and charter a very prestigious fleet of 40 private jets and fly them globally. I have been in the corporate aviation business for 43 years supporting both the maintenance and safety aspects of our industry.

26 years ago New Thought teachings and philosophy became part of my daily life and still is an important component of living today. Learning the techniques and power of positive affirmative prayer and being the recipient of this wonderful way of prayer has been such a powerful blessing. Our church community is just wonderful. Our prayer chaplains...well, there is just so much to be said for this powerful team. Just request a personal prayer; you will understand what I mean.

Sometimes we either forget or we are not aware that fear prevents us from trying new things or doing the simplest of things because of the possibility of failure. For me, prayer used to fall into this category. It's taken time to get through this but once I did, positive affirmative prayer has become a powerful life giving tool in many ways.

The following poem helps me to overcome my fear of failure:

Blessings to you all.

Gary Clason

Board Trustees Member at Large



*Come to the edge," He said.
They said, "We are afraid."
Come to the edge," He said.
They came.
He pushed them...and they flew.
—Guillaume Apollinaire*

Be a part of Sunday Celebration Services!

We need more people to run the [PowerPoint](#) slides during the services. You would help project song lyrics, announcements, and other parts of the service onto the screen. The presentations are ready to go; you just click when it's time to bring up the next visual. We provide a printed guide you can follow as well. It's fun! Each position is on a rotation basis, so you would need to be available about once a month. Contact Gay Freebern in the office at 626.577.4207.

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PRAYER CHAPLAIN'S CORNER



HOW CAN I PRAY AT UNITY? LET ME COUNT THE WAYS...

The foundation of faith is prayer. In Unity, we believe affirmative prayer is the most positive thing we can do to better our lives. Prayer is the channel we use to connect and strengthen our Oneness with God. The more we pray, the more we feel our Divine Spirit.

At Unity of Pasadena there are many ways to pray. All prayers are completely confidential.

* **Pray with a prayer chaplain.**

We are here for you. Whether you are celebrating a blessing or working through a challenge, we want you to leave Sunday Service with an uplifted heart and feeling your natural state of peace. How do you do this? Stay in your pew and we will come to you after the rest of the congregation has left the Sanctuary.

* **Put a prayer request in the prayer box.**

Step inside the front doors of our church & into the Welcome area. On the wall on the right is a prayer box. There are prayer request slips and pens/pencils. Write

your prayer and slip it into the box. We hold your prayer for 30 days and then we send them to Unity Village where they are held in prayer for another 30 days.

* **Call Silent Unity.**

800 NOW PRAY (800.669.7729) Someone will pray with you on the phone.

* **Download UPray on your Apple or Android phone.**

Using this Unity app you can write a prayer that someone at Silent Unity will

respond to, read an affirming message or listen to a short meditation.

* **Download the Mindfulnessbell app.**

A soft bell rings to remind you to say the easiest and most powerful prayer there is...Thank you. It is a wonderful reminder to live in gratitude.

You set when and how often you want it to ring.

* **Call the Unity of Pasadena prayer chaplain line and leave a message.**

626.577.4047. If you need a prayer immediately, please call the Unity office line 626.577.4207 and they'll track us down.

* **Become a member of Unity of Pasadena**

Each month you will receive a phone call from one of our chaplains. If you are home we will pray with you. If we get your voice mail, we will leave a prayer on it. Many times people listen to the prayers we leave, more than once throughout the month.

* **Become a prayer chaplain!**

Praying with people is one of the most rewarding experiences in my life. As prayer chaplains, we are honored & blessed to create a quiet & meditative environment where we join with a congregant to channel Divine Spirit together. It is truly a creation of love.

HOW CAN I PRAY?...THERE ARE LOTS OF WAYS.

Thank you God,

In love & light,

Michelle



Back left: Michelle Gillette; Back right: Kim Laine; Front left: Helen Dersjant; Front right: Donna Gannon

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June Newsletter

What's New in June

Unity of Pasadena continues to bring you classes, services and events to support your spiritual growth and the growth of our community:

- * This month, we're adding two new [twelve-step support groups](#), Cocaine Anonymous (Saturday evenings at 7:30pm) and Al Anon for youth and young adults (Sunday evenings at 7:45pm).
- * We're also offering weekly [Reiki sessions](#) on Thursday evenings with our own [Teresa Morris](#), [Trish Bryant](#) and [Janet Stoner](#). Come anytime between 7:00pm and 9:00pm for a healing and relaxing "laying on of hands" for only \$10.00. Reiki works by balancing the energies of the mind, body and spirit. It's a good complement to traditional medicine, and it can benefit anyone who simply wants to feel more balanced and centered.
- * [Rev. Karen](#) teaches her class on Charles Fillmore's "[Twelve Powers](#)" on Sunday afternoons. This class explores the Twelve Powers in detail, and how they correspond to the chakras (energy centers) in our bodies.
- * After the success of the Creative Writing workshop in May, [Mary Coolman](#) has decided to start a [writing group](#) to meet the third Saturday of every month from 10:00am to 12:30pm, starting June 18th. There is no charge, but love offerings are requested.
- * Also this month, we will be hosting our first annual [Pet Blessing](#) for the animal companions in our lives. This takes place June 4th from 10:00am to noon in the parking lot.



We aim to support your evolving consciousness in all its forms, and be your spiritual home. We welcome your feedback and your personal involvement. There are always opportunities for Sacred Service, if you'd like to play a more active role in the community, and if you'd like to start a group of your own, we offer our sacred space.

Regular Monthly Happenings:

Sunday Service Titles:

June's theme:

"Bible, Hmmm...A Post-Modern View"

- * June 5th Overcoming Adversity: The Lion's Den
- * June 12th Taste of Spirit
- * June 19th He Never Forgot
- * June 26th Who Do YOU Think You Are?

PRAYER & MEDITATION SERVICE [June 2,9,16,23,30](#)

Join us every Thursday at noon for a thirty-minute meditation guided by Suzanne Peters that is sure to rejuvenate and renew your mind, body, and soul. Affirmative prayer statements are followed by periods of silence for personal reflection and connection.

PRAYER CHAPLAINS HEALING SERVICE [June 12th](#)

The second Sunday of every month, we have a Healing Service after the regular Sunday Service for a boost of prayer support. Individual prayer and meditation available for 15-minutes after service.

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Pet Blessing
Saturday, June 4th
10:00am—12:00pm

Pets are family. Pets are friends. At Unity,  we see all life as divine, as unique expressions of God. Whether furred, feathered or scaled,  your special companions are invited to Unity of Pasadena on Saturday, June 4th, between 10:00am and noon, for a personal blessing from Rev. Karen, photo and special certificate! 



Writing Group

Meets 3rd Saturday of every month starting June 18th 10:00am—12:30pm

It's not too late!

Tuesdays 12:00pm—1:30pm
With Marguerite Dastoor

\$150.00
A month

Collaborate with others to create the life of your dreams. Release negative beliefs that keep you from your good.

Twelve Powers

Charles Fillmore's concepts on the 12 Powers are the Western version of the Chakra system of the East. When understood and activated, these twelve energy centers vitalize our life experience. By exploring this topic, we will also indirectly review many of our basic Unity principles. Our working knowledge of our Truth Principles and the Twelve Powers will then be put into practical application in our own lives. Through the use of these Truth Principles and the Twelve Powers you can more fully be the Christ you already are and a new destiny as you so choose.

\$20 per class/\$90 for series

Sunday May 29th—July 3rd

12:30—2:30 pm

Required books: The Twelve Powers by Charles Fillmore

Recommended books: PowerUP by Paul Hasselbeck & Cher Holton

