



Newsletter October 2016
Volume 4, Issue 9



Rev. Karen Epps
Senior Minister
minister@unityofpasadena.org

Unity of Pasadena

Church Office:

3053 E. Del Mar Blvd.
Pasadena, CA 91107
www.unityofpasadena.org

Office Hours:

Tues/Weds/Thurs 10:00am–4:00pm

Andrea Sheridan

Administrative Assistant

Office: (626) 577.4207

admin@unityofpasadena.org

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

Grace LaFranchi, Treasurer

Greg Stanton, Secretary

Gary Clason, Trustee-at-Large

Donna Whelan, Trustee-at-Large

Traces of Consciousness Newsletter

Showing Up

While I was pouring the morning coffee, a heavy sigh escaped my lips. There is a troubling situation that weighs on my mind. I don't know what to do about it. I go into one of those "mental conversations." You know the kind: where you play out what both sides of the conversation say. In this case, doing so gave me the spark of today's message: Showing Up.

Relationships, actually all of life, are about showing up. We have to show up for ourselves and equally important, for others. When discord appears in our relationships, it can be difficult to remain present. All sorts of old tapes and behavior hijack us. Maybe having been chastised for being too loud, too smart, too smirky, too quiet, too something, we shut down and disappear. I understand, it happens to us all.

To break that grip requires an important question: How do I want to show up NOW? (Now being the operative word). Now is the only point in time where we can make a choice. Yesterday has already passed and tomorrow isn't here. In fact, even that next moment is yet to arise. There is only NOW. We can inquire within, "What am I experiencing now?" Connecting to the NOW moment connects us to our higher Self. And therein is the freedom to choose how we are showing up for the situation and for everyone involved.

Sunday, October 9th starts our fall Faith In Action study program. This year I am working with a book called *The Soul of a New Self* by Jeff Carreira. It's a book that presents a vision for what is possible in the evolution of human consciousness, which is to say, *your* consciousness. Working with Jeff's material, admittedly, is a stretch for me. I'm wrestling with bringing the ideas to life that show the connection with our core Unity beliefs, points forward and engages us in both mind and heart. But it's a worthy struggle because Jeff's writing touches the essence of this new awakening of humanity in a way that pierces straight to the core of BEing and brings us into our own, shared experience of how we are showing up for life.

Jeff Carreira writes about this awakening: "Something bigger than us is attempting to be born and given the opportunity it will animate our being and open us to a new world...Together we will embody a new way of being human. The seed of a new self will grow between us and we will start to organize into a culture that holds and supports it."

I invite you to show up and join me as we venture into The Soul of [Your] New Self.

Love & Blessings,

Rev. Karen

Page 2 Traces of Consciousness

October Newsletter

A WORD FROM THE BOARD *by Paul Smith*

I started attending Unity Christ Church of Pasadena when I was six years old. My mother, Rosa, and her close friend Eugenia had vacillated between Religious Science (Science of Mind) and Unity. My mother decided on Unity and thus began our adventurous journey in the Unity experience. We became members of Unity under Dr. Max Flickinger, and Mom became a Sunday school teacher. During the ensuing years, Unity moved to various locations. Finally, the church congregation purchased some property and, with their own hands, built a beautiful church. For the youth movement, a junior church was created. On occasion, I was asked to usher during the main service.

In college (Pasadena Nazarene, now renamed Point Loma Nazarene University), students were required to attend chapel every weekday. The Nazarene church was completely different from the beliefs held by Unity. While I felt their sincerity, I had very little commonality with their church position. I started skipping chapel, and walked down the street to Unity. The minister at that time was Rev. Tom, and we enjoyed a close relationship. I would sweep around the church facility and do whatever chores needed to be done. I transferred to Woodbury College because Pasadena Nazarene did not possess an extensive business curriculum. Within a year of my transfer, Rev. Tom was removed from his position as minister due to a financial dispute. I decided it was time for me to leave Unity as well.

I became involved with a group entitled the Movement of Spiritual Inner Awareness. It was a high-energy, spiritually advanced group. Unfortunately, this organization was plagued by a major scandal, and a mass exodus of congregants ensued. About six months later, a close friend of mine, Rev. Henry Conyers, started to develop and facilitate classes of his own. After 14 years at MSIA, I left to join Rev. Conyers' group. We travelled through some highly advanced, eye-opening experiences throughout our spiritual journey. After about eight years, I felt it was time for me to leave the group and find spirituality for myself.

In 2009, I received a card from Unity of Pasadena, enticing me to return. The services offered caught my attention. I was captivated by the early 9:30 service. I returned to Unity of Pasadena and, within a month, I became a member. I was familiar with the minister at that time, Rev. Marilyn Roth (I drove my mother to Unity in the mid-nineties, and Rev. Roth had been kind enough to visit our home several times to spend time with my mother before her passing in March of 1997. Her services were held here, at Unity of Pasadena).

Since my return, I have participated in many of the classes offered, and I worked in the book store for several years. In 2012, I was invited to serve on the selection committee for a new minister to replace Rev. Roth in the wake of her retirement. In 2013, I was invited to serve as an associate member of the Board of Trustees. Within a few weeks, I became a full-time member. Serving on the Board has enabled me to overcome some hurdles and fears. I abhorred speaking in front of groups of people. Happily, I can admit that I have been able to overcome that obstacle, and I now speak in front of congregants and facilitate classes as well. In some ways, it has been challenging, but it has been a lot of fun as well.

And thus, my spiritual journey continues onward.

Erwin Paul Smith, JD

Board of Trustees Vice President



Page 3 Traces of Consciousness October Newsletter

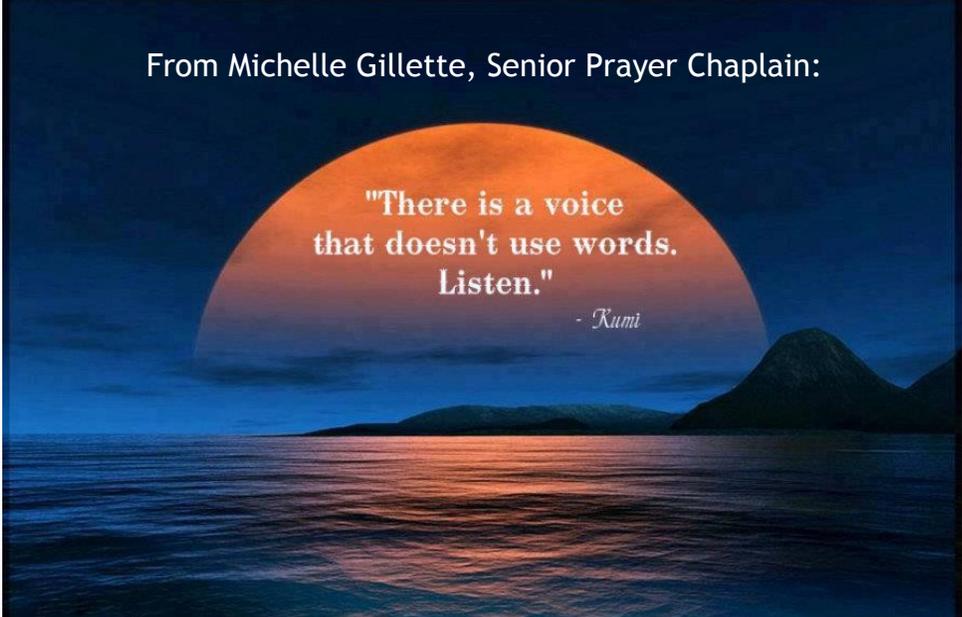
INSPIRATIONAL AFFIRMATIONS FROM YOUR PRAYER CHAPLAINS

From Helen Dersjant:

"Just close your eyes. Breathe. Stop whatever you're doing for ten seconds and find the Silence. Visit the Quiet. Go ahead. Do it now. Whatever you are, wherever you are, wherever you go, you are always connected to Divine Wisdom, Divine Intelligence, and Divine Love."

~ Neil Donald Walsch

From Michelle Gillette, Senior Prayer Chaplain:



*"There is a voice
that doesn't use words.
Listen."*

- Kumi

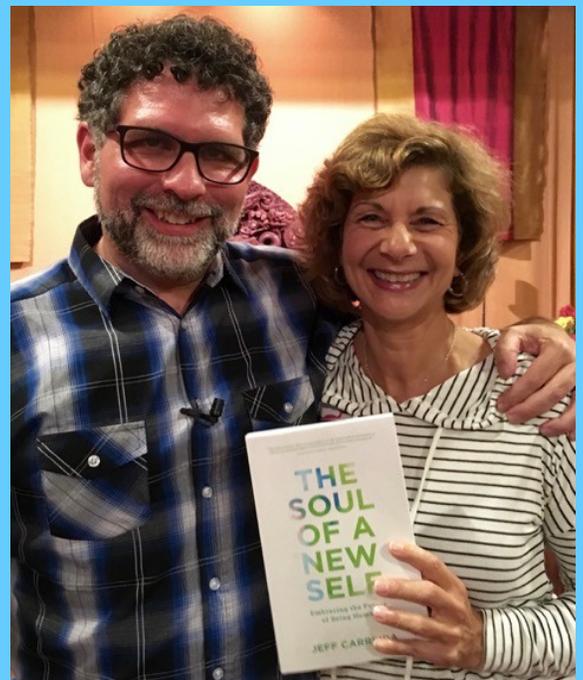
From Donna Gannon:

"I now choose to free myself from all destructive fears and doubts. I accept myself and create peace in my mind and heart. I am loved and safe." ~Louise Hay

FAITH IN ACTION

"The Soul of a New Self"

Start the fall season by looking towards the future and exploring your personal evolution and spiritual growth. We will delve into this book by Jeff Carreira during the Sunday services in October and November, and will discuss the ideas with each other in small study groups held at the church on different days. Sign-up sheets are available now for study sessions on **Sunday, Monday, Tuesday, and Wednesday**. Pick the time that works best for you! *The Soul of a New Self* is available at the bookstore.



Page 4 Traces of Consciousness October Newsletter

Regular Monthly Happenings:

PRAYER & MEDITATION SERVICE **October 6, 13, 20, 27**

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 SERVICE **October 9th**

Every month, we offer a Prayer Service on the 2nd Sunday led by our Prayer Chaplains. This takes place after the regular Sunday service and focuses on affirmative prayer

Individual prayer sessions with a Prayer Chaplain are also available for 15-minutes after all Sunday services.

12-Step Meetings at Unity of Pasadena:

Narcotics Anonymous:	Wednesday evenings 5:30pm–6:30pm
Cocaine Anonymous:	Saturday evenings 7:30pm–9:00pm (Please note: C.A. will not meet on October 15th due to a conflict)
Al Anon for youth and young adults:	Sunday evenings 7:45pm–9:00pm

Sunday Service Titles:

Oct 2nd OMG! **Holiday Time** Already?! 🤔

“Faith in Action: The Soul of a New Self”
By Jeff Carreira

Oct 9th **A Different WE** (Foreword & Introduction)

Oct 16th **Erasing the Lines** (Chpts 1 & 2)

Oct 23rd **The Implications of Being a Being** (Chpt 3)

Oct 30th **Out of the Madness** (Chpts 4 & 5)

Sunday Celebration Service starts at **10:30am**



Welcome Andrea Sheridan!

Our bookkeeper, Andrea Sheridan, is expanding her role at Unity of Pasadena to include administrative duties. Andrea has been managing the finances for about six months, and has previously worked in church administration as well. We are excited to bring her on as Administrative Assistant!



October 2nd 12:30pm–2:00pm

Self Care for the Holidays

Learn how to practice mindful self care to prepare for joyous, stress-free holidays.

- Overcome negative self-talk
- Focus on self-appreciation
- Practice spontaneous merriment

Discover how to be your best happy self all during the holidays and into the New Year!
Led by Marguerite Dastoor, Licensed Clinical Social Worker and Certified Life Coach.



Page 5 Traces of Consciousness October Newsletter

\$10.00 Reiki Sessions

Every Thursday
7:00pm–9:00pm



Writing Group

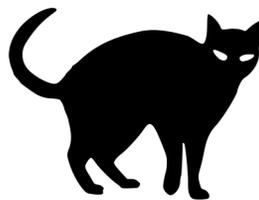
Meets Saturday, Oct. 15th
10:00am–12:30pm

\$15 suggested love offering



October 31st
6:00–7:30pm

TRUNK OR
TREAT



Town Hall/Wisdom Circle

Sunday, October 30th 12:00pm–1:00pm

Join us after the service for delicious Halloween treats, important updates, holiday plans and a time to connect with each other.

November At-A-Glance

FAITH IN ACTION continues with
THE SOUL OF A NEW SELF by Jeff Carreira

Sunday Talk titles for the remaining chapters
in the Faith In Action series are:

- ◆ Nov 6th: The Human Flow (Chapter 6)
- ◆ Nov 13th: Where am I? (Chapters 7 & 8)
- ◆ Nov 20th: Embracing a New Self (Chapter 9)

Tuesday, November 8th is election day! Unity of Pasadena will host the election board all day long for the Presidential election. This should be a fascinating and historic day!

Sunday, November 13th we will have Jamie Ford joining us for a special “Gong Alchemy Soundbath” that you won’t want to miss! 12:30pm–1:45pm \$25.00



Daylight

Savings Time
starts on

November 6th:

FALL BACK!