

Our Vision and Mission:

Unity of Appleton is a welcoming, inclusive, loving spiritual community where we practice and demonstrate a positive metaphysical approach to spirituality through affirmative prayer, healing, inspiration, education, fellowship, and service.



Hello Friends,

Unity's theme for October is "Let Go and Let God." That's a familiar phrase, isn't it? Sometimes the "let go" part is easy enough—for about 15 seconds, until

we take "it" back again. Have you ever had that experience?

The monolog might be like this, "OK, I'm going to let go of this preoccupation. I'm done thinking about it. I'm waiting for Spirit to move in the situation. Yep, I'm going to wait. I'm waiting..." 10 seconds later, "Hullo....?" 15 seconds later, "Well, I guess that didn't work, because I'm still thinking and waiting..."

Or perhaps we've had a different experience. We're OK with letting go, but when the situation starts to shift in a direction we didn't plan, we feel like an airplane pilot learning to trust his or her instruments. Now that's letting go and letting something else be in charge! It can literally mean taking our hands off the wheel! I mean, if the plane turns without me, can that be good? I don't think I want to go that way! Maybe I should take back control?!"

Yes, letting go and letting God is a wonderful spiritual practice—and it DOES take practice. I wish you wonderful moments, hours, and days of practice this month.

I behold the Christ in you!

Blessings of a colorful autumn,



April Kain-Breese, L.U.T.
Spiritual Leader

WE BELIEVE IN THE POWER OF PRAYER

Write or call us about any prayer need and we will pray with you. All prayer requests are treated with reverence and confidentiality.

Or for prayer 24/7, you may also contact Silent Unity at 1-800-669-7729 or go online at www.silentunity.org

SERVICES

*Sunday 8:30 & 10 am
Sunday School 10 am
Youth of Unity 10 am*

OFFICE HOURS

*9am—3 pm
Tue-Wed-Thu
Hours subject to change—
please phone ahead.
920-739-4823*

ADDRESS OR EMAIL CHANGE?

*To continue to receive the news, please email us at:
[unitychurch@
unityofappleton.org](mailto:unitychurch@unityofappleton.org)
Or call us at (920) 739-4823*

Birthdays—October

10—Gail Lewin
11—Tom Duesterhoeft
16—Bert Jansen
16—Janice Wanek
27—Karen Schnese
28—Marilyn Mader
30—Jerry Adams
30—Alan Cousineau



Wish them Happy Birthday!

Treasurer's Report:

August net income was : \$ 297

Year to Date net income: \$ 480

THANK YOU, GOD!

Opportunities for Unitots Caregiving

Do you like to play blocks, read stories, and laugh? We have immediate openings for caregivers for our youngest congregants, the Unitots, ages infant to 3-4 years, during the 10 AM service. If you are a member of this church and can contribute one hour a month (or more) to serving these little ones, please contact April as soon as possible.

Please note that you need not miss your Sunday morning service; it is possible to attend the 8:30 service and the move into childcare during the 10 service. Are you called to serve our youth and families in this way? Thanks for giving this your prayerful consideration.

Hello Facebookers!

If you use Facebook, please go to Unity of Appleton and "like" our page. Also, please visit us at Meetup.com and "join" us there. Help us spread the word about the "best kept secret in the Valley!"

Women's Group Postponed

The monthly women's group originally slated to begin on Oct. 4 has been postponed. It may be rescheduled in 2012.

9:20 Sunday, October 2nd

Between the Services "Meet and Greet" will be held. Join us for food and friends!

What's Happening?

Gently Used Older Color TV Sought

Do you have a gently-used traditional TV that needs a new home? We need one for our media cart. An older model (with a cathode ray tube, not a flat screen is preferred because it will be more stable on our rolling cart than a flat screen would be. If you have updated your television at home and have an older TV that still has a good picture and 3 receptacles on the back for red, yellow, white input cables, please let April or Cindi know.

October 1st Retreat for Adults *Navigating Uncharted Waters*

This fundraiser event will be led by our very own Youth of Unity and Y.O.U. adult sponsors. The retreat will be a spiritual experience involving group interaction and spirit-led activities based on their Rally materials. Do you remember how excited our teens are when coming back from Rally? Come experience some of that!

Location: Unity of Appleton

Time: 9:00 a.m. to 1:30 p.m.

For further information please ask for Cindi at 739-4823 or Linda at 733-2511.

Thank You, Bev Matheys!

Bev recently made a generous special contribution to Unity of Appleton, which enabled the purchase of our beautiful handcrafted prayer table and eased the purchase of the new media cart. Thank you so much, Bev! Your thoughtful gift is deeply appreciated!



Proposed Earthcare Covenant

The Great Lakes Region Y.O.U. has expanded upon the Earthcare initiative started by Unity as a whole, and our Y.O.U.rs—Anja and Sara—together with Shelby DePas, Tom and Linda Duesterhoeft have written the following as Unity of Appleton's proposed Earthcare Covenant.



"Our consciousness reveals that all of creation is connected as one and we are to be good caregivers of the creation. We commit to a renewed reverence for life and respect for the interdependent web of all existence. We

honor our spiritual commitment to the care, support and protection of the balance between our individual needs and those of nature. We envision a world in which everything has intrinsic value and where all beings are assured a secure and meaningful life that is ecologically responsible and sustainable. We agree to transform our individual and congregational lives into acts which reflect our spiritual commitment, transforming harmful habits into new behaviors that demonstrate our respect for this harmony and interconnectedness. We declare our covenant with Spirit to walk lightly upon the Earth for the greatest good of all creation."

Speaker from The Monroe Institute at Unity on Sunday, October 9



Paul Rademacher, Executive Director of The Monroe Institute in Faber, Virginia will present the Sunday message at Unity of Appleton on Oct. 9th, 10 AM. He will also present a workshop that afternoon, 1-4 PM. Suggested love offering for the workshop is \$30.

He has spoken at many Unity Churches and was an active Presbyterian minister for 15 years. Paul has studied extensively in the fields of consciousness and spirituality, seeking to bring together traditional meditation techniques with contemporary expressions of spiritual exploration. In 2001, he became a Residential Facilitator at The Monroe Institute before assuming the role of Executive Director in 2007.

Paul also will be speaking in Harper Hall at Lawrence University on Saturday, the 8th, 6:30 to 8:00 p.m. His topic will be: "**Ordinary People, Extraordinary Perceptions.**" Suggested love offering \$5.00

"In the twilight zone between sleep and wakefulness live vistas of breathtaking wonder. These are the realms of wisdom, dreams, visions, and divine encounter. We visit these regions nightly in sleep, occasionally in trauma, and sometimes during intense creativity. Yet, we have been taught that awareness of nonphysical worlds is reserved for saints, shamans, and gurus at best and the mentally unbalanced at worst. As a result, our contemporary world is sadly impoverished as we deny ranges of perception that are our common birthright. The pace of life and the ceaseless demands of western society all but insure our distraction from the spiritual quest."

"Is it possible for ordinary people to experience inner realms of breathtaking wonder? For over 30 years The Monroe Institute has been doing just that. Using a unique audio process, thousands have discovered, in just a few days, perceptions that would otherwise take decades of disciplined practice by more traditional means. In this presentation, Paul Rademacher will discuss his own journey of self-discovery while explaining The Monroe Institute's methods, history and effectiveness."

Upcoming Significant Events:

Sat Nov. 12 Rev. Sharon Allmond, April's Field Licensing Program Mentor meets with Board

Sun Nov. 13 Rev. Allmond attends Sunday morning services and meets community members

Sun Dec. 18 Youth Christmas Pageant Sunday

Sat Dec. 24 Christmas Eve Candle lighting Service with Carols 7 p.m.

Sun Dec. 25 Christmas Morning "Joyful Meditation" 11 a.m. (note, 1 service only and special start time)

Sun. Jan. 1 Burning Bowl/White Stone Ceremony 8:30 and 10 a.m.

Sat. Jan. 28 Winter Community Retreat at Pilgrim Center on Green Lake 9 a.m. to 3 p.m.

Sun. Feb. 12 Annual Meeting 11:15 a.m.

Great Food and Great Company

The Sept. 25 potluck and "Town hall meeting" was well-attended and enjoyable. As always, there was lots of wonderful food; thanks to all of the chefs among us, and to all those who helped with setup, take down, and cleanup. It was a perfect example of a community endeavor. A guest remarked to me how organized it all was; I told him we are well practiced!

The "town hall meeting" (an informational, unofficial meeting of the community) was informative, entertaining, and inspiring. The meeting opened with President Celeste Holly reading our vision and mission statement. April read "Blessing for a Church." Anja Cousineau, representing the YOU Earth Care team (Anja; Sara, Linda and Tom Duesterhoeft; and Shelby Depas) shared their draft of an Earth Care covenant which was eloquent and inspiring. They will be distributing this for everyone to read.

Volunteer Coordinator Janet Stratton distributed a list of opportunities to serve as volunteers in this ministry, and then came the "twist!" She invited us to estimate how many volunteer hours went into the average month here at Unity of Appleton. Calculations were fast and furious, and then all were invited to share their guess. The answer was 201 hours. Three members came within one point of the correct answer, and by statesperson-like negotiation, Tom Duesterhoeft took home the prize, a homemade lattice top cherry pie made by Janet. It was an enjoyable and illuminating activity. Two hundred volunteer hours per month is a lot of volunteering! Thanks to all of you who do so much!

The tabulated results of the congregant survey from spring 2011 were distributed and considered. Generally the results were very favorable. The Board has carefully considered both the numbers and all comments received. Thanks to all who completed the survey.

There were a few follow-up questions, and the meeting adjourned with prayer at 1:00 p.m.

April Kain-Breese, note taker *pro tem*



The more I want to get something done, the less I call it work.

~Richard Bach

October 2011

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

1 9 AM Adult Retreat
 “Navigating Uncharted Waters”

8

8:30 & 10 AM
 “Ask Yourself This”

6

6:30 PM Class—
 Develop. of Unity
 Movement

7

10 AM Class—
 Develop. of Unity
 Movement

15

8:30 AM Men’s Group
 10:10 AM Prayer Ministry

14

10 AM Class—
 Develop. of Unity
 Movement

13

6:30 PM Class—
 Develop. of Unity
 Movement

22

21

20

19

18

17

8:30 & 10AM
 “Grounded in Love”

29

28

27

26

25

6:30 PM Board
 Meeting

24

8:30 & 10 AM
 “Healing the Paralytic”
 Laura Roy

31

8:30 & 10 AM
 “God Abundance in
 Louisville”

OCTOBER AFFIRMATIONS:

Inner Peace: The stillness is my sanctuary of peace.

Guidance: The answers I seek are found within.

Healing: Divine Life flows through me, healing my mind and body.

Prosperity: I expect my good and claim it now.

World Peace: I live in peace with all of humankind.

FIVE BASIC PRINCIPLES OF UNITY

1. God is good and everywhere present.
2. The spirit of God lives within each person; therefore, all people are inherently good.
3. We create our life experience through our way of thinking.
4. There is power in affirmative prayer, which we believe increases our connection to God.
5. Knowledge of these principles is not enough. We must live them.



A Community for Spiritual Growth
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Appleton, WI 54915
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Sent with love to:

WELCOMING YOU!

**Think Positive, Live Positive,
Enjoy Life!
God Loves You!**