



# A Path To Home

A home big enough for all of us.

## RUSSELL'S METAPHYSICAL MESSAGE

### Men's Gathering

Begins April 30 at 7:00 p.m.

### Yard Sale

May 3, 7:00 a.m.—2:00 p.m.

### Meditation Service

Every Sunday, 9:00-9:45 a.m.

### Bowling Bash

May 4, 1:00-3:00 p.m.

### Reiki Practitioners' Meeting

May 5 at 7:00 p.m.

### Noonday Prayer Service

Every Thursday  
12:15—12:45 p.m.

### Memorial Service for Bill Elliott

May 10 at 1:30 p.m.

### Mother's Day

May 11

### Healing Modalities Offered

May 12 at 7:00 p.m.

### Improv

May 15 at 7:00 p.m.

### 'Souper' Sunday

May 18 at 12:15 p.m.

### Movie Night—Because of Winn-Dixie

May 16 at 7:00 p.m.

### Memorial Day Holiday

Office closed May 26 and 27

### Minister's Message—Part I

May is an anomaly – every Sunday is a holiday (even though Memorial Day is actually Monday – close enough); and in fact, one of the Sundays has two holidays. The holiday season is here!

Huh? Ok, everyone knows May plays host to Mother's Day and Memorial Day. It's important to honor those who gave us birth and nurtured us. And it is just as important to remember those who gave their lives in service to the nation. At Unity we will be honoring these holidays in special and meaningful ways. I hope you'll bring you families to celebrate with us.

The three other holidays are liturgical observations from the traditional church calendar: Ascension of the Lord (May 4), Pentecost (May 11) and Trinity Sunday (May 18). Many people are unfamiliar with these commemorations, or if they are, don't realize their relevance to Unity and New Thought. Each one of these conveys deep metaphysical wisdom, and if we understand the powerful symbols associated with each one, we are all the richer for the experience.

I look forward to sharing this month of holidays with you!

*Rev. Russell Heiland*



# YARD SALE

## SATURDAY, MAY 3

### 7:00 A.M.—2:00 P.M.

This is great weather for Spring Cleaning. Be sure to save your treasures for our yard sale on May 3<sup>rd</sup>. You may begin bringing in your items on Sunday April 27<sup>th</sup>. If you would be willing to volunteer, please contact Emma Michaels at 465-0693. We need volunteers

throughout the week to sort and price items as well as on the day of the sale. Volunteers with pick up trucks and clothing racks are also needed. Many thanks!



## Fellowship Circles

Fellowship Circles are similar to a 'Dinners for Eight program' but instead of meeting just to eat, you can go bowling, visit a museum, go on a boat ride, etc. However, most people do enjoy having a pot luck meal (breakfast, lunch or dinner) at someone's home or going out to eat at a restaurant. This is a great way to meet new folks and visit with old friends too!

Hosts for May:

Bill and Judy Calloway  
Jennifer Allen/Pam Reynolds  
Emily Coxe  
CJ Spear and Richard Rooks  
Keith and Dorothy Russell  
Linda and Mac McConatha

If you would like to be added to the Substitute List, please contact Annette at the church office at [admin@unitywil.com](mailto:admin@unitywil.com) or 763-5155.



## Minister's Message Part II

May is an anomaly for another reason – Appreciative Interviews. We are now actively discerning our core values as a faith community and capturing the dream for our future through the process of appreciative interviews. If you are an active member of Unity Christ Church of Wilmington or listed in our most recent directory, you should have been contacted by now by one of our 20 interviewers to schedule your appreciative interview. If you have not, it is **not** because you are being deliberately excluded! Our contact lists were compiled by hand, and it is entirely possible there were accidental omissions.

If you are new to Unity or were not included in our most recent directory, we would like to hear from you so in order to connect you with an interviewer. Please contact the office, soonest!

Our target date for completion of interviews is May 30, so please be sure to connect with your interviewer as soon as possible.

Some of you might be thinking, "Why are we doing this?" Good question. Periodically faith communities, like individuals, must do a self-assessment: What are my values? How am I living my values? What's my purpose? What are my strengths? What do I want my future to be? Through the appreciative interviews, everyone who calls Unity Christ Church of Wilmington home has the opportunity to weigh in on these questions. Once the interviews are completed, we will be able to:

- Define our Core Values
- Clarify our Identity in the Community
- Articulate our Intention (formerly called Mission Statement)
- Identify our Affirmations (formerly called Vision Statement)
- Align our Service Ministry Teams (formerly Ministry Teams) with our Intention
- Positively and powerfully impact our community (inner and outer) based on our Intention

I can't begin to share how excited I am about Appreciative Inquiry. Through this process of discernment, we will not only capture our dream, but manifest it! Hold on! This is going to be awesome!

*Rev. Russell Heiland*

## 'Souper' Sunday!

Sunday, May 18  
12:15 p.m.

The third Sunday of the month is Unity's 'Souper' Sunday. We ask you to sign up to bring soup, bread or goodies to share. Desserts should be cookies or items that you can eat without a spoon or fork so you can wander around and enjoy conversations with friends, old and new. We are always eager to taste a new recipe—all soups are welcome!

Thanks to those who made the delicious soups in April: Sylvia Cantor; Annette Cook, Bea Haik, Emma Elias Michaels and Penelope Morningstar. Thanks also for the egg casseroles and other delicious foods. It was all delicious!

## Meditation Service Sundays at 9:00 a.m.

As the sun begins to rise earlier in the day, please consider joining Rev. Russell Heiland, Paula Zabkar, Jim Downer and Lisa Keating for this truly beautiful and peaceful meditation service. We light candles, contemplate a brief reading, pray, sing and meditate. The service last about 45 minutes and is a wonderful way to begin your day! Join us as often as you are able.



## Refreshments for May

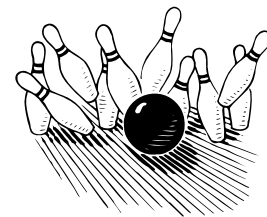
If your last name begins with the letter J-R, we are asking you to bring in after service refreshments during the month of May. You can bring fruit, cheese and crackers, raw veggies, cookies, or whatever you would like. Many thanks!



## Bowling Bash!

Sunday, May 4, 1:00-3:00 p.m.

Join us at Cardinal Lanes for two hours of pizza and bowling on Sunday, May 4th from 1:00—3:00 p.m. The cost is only \$10 per person which includes two hours of bowling, shoe rental, a pizza buffet and birthday cake! Now that's a great deal! If you are a Fellowship Circle host, this may be a fun outing for your group! Please sign up by April 27 so we can reserve enough lanes. Contact Annette Cook at the church office at 763-5155 or [admin@unitywil.com](mailto:admin@unitywil.com).



## Reiki Practitioners' Meeting Monday, May 5 at 7:00 p.m.

We will meet in the Sanctuary to enhance our skills. Contact Sis Tyler at 452-0415 if you have questions.

## Reiki and Other Healing Modalities Monday, May 12 at 7:00 p.m.

This evening of healing is open to all wishing to receive healing touch. Contact Sis Tyler at 452-0415 if you want to participate as a practitioner.



## Drum Circle Saturday Mornings 10:00—11:30 a.m. at Unity

Bring your drum and join Perry Smith, Mitch Duke and others and learn cool Rhythms. A love offering will be accepted. For more information contact Mitch Duke at 256-5867.



## RENE'S WORD



Back when I was active in ministry, it was often my pleasure to meet people who were new to Unity. Usually they would approach me at the church after a service and let me know that they were new and enjoyed the church very much. Then they would ask a question. "What do we call you?" My answer was always the same. "Call me Rene, that's my name."

Today, that's my question for you. "What do I call you?"

Do you really know who you are? How do you identify yourself when asked that question? When people asked me that, they were looking for my official title. Was I called Father, Reverend, Doctor, Pastor, or some other title of respect. I often would joke with them and tell them if calling me Rene made them uncomfortable, they could use "Your Excellency". No, I was never called "Your Excellency". They always knew I was pulling their leg.

But, it's still a good question. How we see ourselves is vital in the ability we have to follow the teaching of the masters who insist that in order to be whole requires a high level of self awareness. Even more than that, we are required to be able to speak the truth with boldness and conviction. Titles, no matter how lofty, are meaningless unless they clearly speak to the truth of our true self. When people address us using only our title, we rarely can tell if they have a deep knowledge of who we are. If we teach them to use our titles, we might wonder about what we think of ourselves. Ask yourself, "Am I only a title?"

Now, I don't care how you identify yourself, as long as it feels right to you. What feels right? It certainly is not a feeling of low esteem or unworthiness. I am amazed very often when I listen to old spiritual music and hear some of the words. Those songs which so many people identify with from their youth contain so many negative words and phrases. The songs often contain beautiful rhythms and melodies, but the words are full of self deprecating ideas. And these songs were taught to children. No wonder we have so much to overcome as adults trying to feel joyful about what is inside of us.

The other thing we often find is that we all have a tendency to think about ourselves the way others do. Or, more accurately, what we think others think of us. Have you ever inadvertently overheard someone discussing you? I remember once hearing myself being discussed by a teacher who had been doing a class on computers. This teacher was amazed by my scoring one hundred on the final series of tests. "I can't figure it out," he said, "I always thought he was rather stupid." No, I didn't cheat. I really knew my stuff. Now, I don't know how I had been able to convince him I was less than brilliant, but notice how wrong he was. That's the point. Nobody knows you like you know yourself.

In case you wonder what the best way is to answer the question, here are a few suggestions. "I am a child of a loving Father." "I am a spiritual person having a human experience." "I am a being filled with the allness of God."

I really like that last one, don't you? So what is your answer?

Rev. René Paré  
Minister Emeritus



## A New Computer Server!

Thanks to a handful of generous folks our office and Sanctuary are now linked to our new computer server. Thanks to John Jensen for setting up the wiring and installing the server. We are moving forward technologically and well as spiritually! Thank you!

*Rev. Russell Heiland*



## Improv

Thursday, May 15  
at 7:00 p.m.

Do you like to have fun? Do you like to laugh? Do you like to make others laugh? If you can simply engage in conversation, you can make other people laugh and have the time of your life doing it!!! Then join us for some improv. No experience necessary and there's really nothing to learn. We meet monthly and choose formats and themes randomly. This opportunity is open to everyone. If you have any questions, please contact Annette at 763-5155 or [admin@unitywil.com](mailto:admin@unitywil.com).

## Men's Gathering

Wednesdays

Beginning April 30

7:00 p.m.

All men of Unity are invited to participate in a six-week men's gathering facilitated by Rev. Russell Heiland. Together we will explore the concepts presented by James Hollis in his book Under Saturn's Shadow, the Wounding and Healing of Men. Hollis says of this book:

In focusing on men's issues, it is not my intention to minimize the wounds of women. We of the male gender owe a deep debt of gratitude to those women who have spoken out, not only to express their own pain within our sexist culture, but also to free men to be more fully themselves. Their *cri de coeur* has helped men look more consciously to their own wounding, and we are all better served as a result. The example of women struggling to free themselves from the shadows of the collective gives courage and makes it necessary for men to do likewise. Unless men can emerge from darkness, we shall continue to wound women and each other, and the world can never be a safe or healthy place. This work we do, then, is not only for ourselves but also for those around us.

If you are a man who desires to know your wholeness and holiness more completely than ever before, make plans to join this gathering of men.

## Treasurer's Report

First Quarter 2008

On March 30, we had nearly 20 people stay after our worship service for the Treasurer's Report. An abundance of prosperous ideas were shared. Ideas included: regular reports in the Sunday bulletin that would include the previous week's Sunday offering and mail-in dollar amount, monthly newsletter reports that would include a prosperity message, prosperity testimonies as part of the Sunday service on a regular basis, and a prosperity report at the semi-annual meeting on July 20. Thank you to all that were there!

For those of you that were not at the meeting, this is the information that was shared:

2008's Financial Creation Plan (budget) is \$245,783. To fulfill this Plan, we need to receive \$4,727 each week. When 100 families ("family" includes singles) give tithes and offerings of \$47.27 weekly, we have the \$4,727 required to manifest UCCW's 2008 Creation Plan. This Plan includes less than 10% for outreach, expansion, renovations, and addition of new programs.

Our average attendance at Sunday services for the first quarter was 120 people, and the average weekly offering (including mail-in gifts and tithes) for the period was \$3,124.

Tithing of your time, talent, and treasures in gratitude to the source of your Spiritual nourishment guarantees to you return beyond measure.

The promise is this:

*"Bring the full tithe into the storehouse, so that there may be food in my house, and thus put me to the test, says the Lord of hosts; see if I will not open the windows of heaven for you and pour down for you an overflowing blessing.*

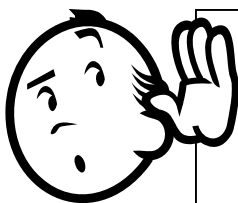
*(Malachi 3:10)*

### Affirmation

Thank you, God, for uniting our minds and hearts as we awaken to your Spirit within us and experience the God Substance all around us!

Bea

UCCW Board Treasurer



## Need a Little Hearing Boost?

Unity Christ Church has four hearing aids for your use during our worship services. Please ask an usher if you would like to use one. They are located at the back of the Sanctuary.

## PRAYER MINISTRY

By Christine Moughamian

**"Beloved, whatever you ask in prayer,  
Believe that you have received it, and you will."**

### ***Do you know where to find this inspiring scripture?***

If you answer Mark 11:24, you are right! And, if you answer 'on the Prayer Request Forms and Envelopes of Unity Christ Church,' you are also right!

To better serve you, Prayer Request Forms are available by the Prayer Boxes in the Foyer and in the Sanctuary. You may request prayers for yourself or your loved ones for Healing, Joy, Divine Order, Celebration, Illumination, Prosperity, Gratitude, Thanksgiving, or any other need.

### ***Do you know what happens to the Prayer Requests?***

All Prayer Requests are collected on Sundays and placed in the Prayer Box in the Sanctuary. They are blessed by our Prayer Ministers during the Service, then again during our NoonDay Prayer Fellowship on Thursdays.

Your requests are held in prayer for thirty days by our Prayer Ministers, then sent to Silent Unity at Unity Village. There, on top of the Silent Unity Tower, day and night, they are held in prayer for another thirty days.

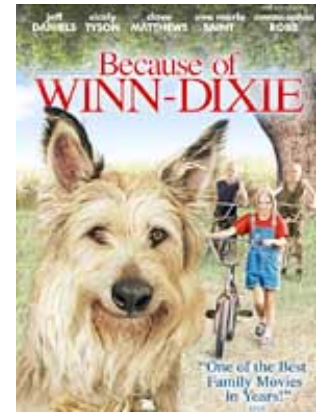
### ***Do you want our Prayer Ministry to hold you in Prayer?***

You are invited to fill in and place your Prayer Requests in one of our Prayer Boxes. Many people report profound experiences of healing, comfort or joyful resolution from being held in prayer. And so can you!

## NOON DAY PRAYER FELLOWSHIP

Thursdays from 12:15–12:45 p.m.

To experience the power of our praying Fellowship, please, join us in the Sanctuary for a half-hour of beautiful readings and responsive prayers.



## MOVIE NIGHT

### Because of Winn-Dixie

Friday, May 16

7:00 p.m.

at Unity Christ Church

Rated PG

Based on the perennial best seller, BECAUSE OF WINN-DIXIE tells the story of a lonely young girl who adopts an orphaned dog she names Winn-Dixie (for the supermarket where she found him). The bond between the girl and her special companion brings together the people in a small Florida town and heals her own troubled relationship with her father. Sleepy Naomi is a place where people have forgotten how to share their sadness and their joy. But Opal and Winn-Dixie might have something to say about that. Jeff Daniels, Cicely Tyson, Dave Matthews and Eva Marie Saint star as the somewhat eccentric adults who benefit from Opal and Winn-Dixie's bumpy summer of discovery. "Opal and Winn-Dixie have something in common," says AnnaSophia. "She doesn't have a mother and he doesn't have a home. They both want somebody to love and somebody to love them. And, as a team, they begin to realize that other people just might want the same things." Winn-Dixie guides Opal into places where magic dozes under a coat of dusty disappointment and awakens the people hiding there. Things begin to change day by day under the summer sun - in a funky pet store, a musty library, a drab mobile home, a ramshackle house and a convenience store-turned temple of worship.

***A Love Offering will be received.***

# May 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Noonday Prayer 12:15-12:45 pm  N.A. 5:30 pm	2 Book Group 10:00 am  ACIM 11:00 am  Al-Anon Noon	3 <i>Yard Sale</i> 7:00am-2:00pm  Drum Circle 10:00 am
4 Meditation Svc 9:00 am Sunday Service 11:00 am Youth Ed. 11:00 a.m.  <i>Bowling Bash</i> 1:00-3:00 pm  ACIM 7:00 pm	5 <i>Reiki Practitioners</i> 7:00 pm  Angelica Prac. 7:00 pm  Codependents Anon 7:00 pm	6 Prosperity Team 7:00 p.m.	7 <i>Men's Gathering</i> 7:00 pm	8 Noonday Prayer 12:15-12:45 pm  N.A. 5:30 pm	9 Book Group 10:00 a.m.  ACIM 11:00 am  Al-Anon Noon	10 Meals on Wheels 9:00 am  Drum Circle 10:00 am  Memorial Service 1:30 pm
11 Meditation Svc 9:00 am Sunday Service 11:00 am Youth Ed. 11:00 am  ACIM 7:00 pm	12 <i>Healing Modalities</i> 7:00 pm  Board Meeting 6:30 pm  Codependents Anon 7:00 pm  Angelica Prac. 7:00 pm	13	14 <i>Men's Gathering</i> 7:00 pm	15 Noonday Prayer 12:15-12:45 pm  N.A. 5:30 pm  Power Club 5:30 pm  <i>Improv</i> 7:00 pm	16 Book Group 10:00 a.m.  ACIM 11:00 am  Al-Anon Noon  <i>Because of Winn-Dixie</i> <i>Movie</i> 7:00 pm	17 Drum Circle 10:00 am
18 Meditation Svc 9:00 am Sunday Service 11:00 am Youth Ed. 11:00 am <i>Souper Sunday</i> 12:15 pm  ACIM 7:00 pm	19 Codependents Anon 7:00 pm  Angelica Prac. 7:00 pm	20	21 <i>Men's Gathering</i> 7:00 pm	22 Noonday Prayer 12:15-12:45 pm  N.A. 5:30 pm	23 Book Group 10:00 a.m.  ACIM 11:00 am  Al-Anon Noon	24 Drum Circle 10:00 am
25 Meditation Svc 9:00 am Sunday Service 11:00am Youth Ed. 11:00 am  ACIM 7:00 pm	26 Memorial Day Office Closed	27 Office Closed	38 <i>Men's Gathering</i> 7:00 pm	29 Noonday Prayer 12:15-12:45 pm  N.A. 5:30 pm	30 Book Group 10:00 a.m.  ACIM 11:00 am  Al-Anon Noon	31 Drum Circle 10:00 am

## Next Generation Unity

### NOW!!

*18-35ish Adults Who Want to Change Their Lives By Changing Their Minds!*

"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."

William James (1842-1910)

For more information contact: Jennifer Brier at (910) 554-9555 or Christy Stegman at (910) 352-8639.



## GREEN ENERGY!

Monthly budget	\$20,482
Total Income March	\$18,580
Total Expenses March	\$15,669
<b>Profit/(Loss) for March</b>	<b>\$3762</b>
<b>Total Year to Date</b>	<b>(-\$ 2,641)</b>

## Learn a New Skill!

If you are interested in sound, video, recording, or any of that other technical stuff, we would love to have on our tech team. We provide training and a fun and exciting way to contribute to your church. Please contact Jeff May (910) 470-5334 for more information.



## Ink Cartridge Recycling

Our church is collecting ink cartridges to raise money for our Youth Education Program. Rapid Refill Ink will pay us for each ink and toner cartridge collected. This is also a great way to recycle! A box is located in the narthex for these cartridges. **To date we have received \$171 for this effort.**

## Missed the Sunday Service?

Would you like a copy of the Sunday service? Digital recordings of our services are available on CD for \$5 per copy. Place your order with one of our wonderful sound operators at the booth at the back of the Sanctuary. Orders will be ready for you to pick up the following Sunday.

A gift was given to Unity's Music Department in memory of Bill Elliott by:  
Waller and Irene Blackwell  
Pat and Peggy Duncan

A gift was given to Unity in memory of Bertha Wright, mother of Gloria Wright by:  
Lucille Venters

## Birthdays for May

- 1 Bill Braman
- 5 George Neumunz
- 7 Connor May
- 10 Louise Miller
- 13 Raydell Bailey
- 14 Keith Russell
- 16 O'Steen
- 21 Beau Lyons
- 22 Helen Neumunz
- 24 Mary Rose Keiffer
- 25 Sherry Lovett
- 28 Jennifer Allen  
Suzanne Cook

If we missed your birthday, please call the church office and we will add your date to our calendar.

# THE WORLD OF FOOD TODAY

Marie Paré

Let me describe that first time.

Rene, and I pulled into a cool, shady spot at Poplar Grove Plantation on a Wednesday, reached into the back seat for our canvas bags and took our first steps into a world of seedlings, shiny bird houses, globes of red tomatoes, lettuces of every color and texture.

And that was just the beginning.

The sight before us was like being at a county fair of long, long ago - a festive atmosphere with blue and white canopy's scattered here and there under large oaks. Each table or booth urging us to "come hither".

Where to look first? What booth to visit first? It was all so tempting. The sweet elixir of honey shone in the jars. Wines, goat cheese, roasted peanuts, breads with no preservatives. Oh, and herbal soaps, their aroma filling our senses with lavender and rose. I could just imagine soaking in a hot bath, enjoying the lather. A freezer stands open, a glass top keeping in the cold. Inside, rabbit meat, grass-fed beef. We talk to the farmer. His enthusiasm for his products is catching and we must buy.

"Free-Range Chickens and Eggs" the sign says. Behind a long, folding table stands a somewhat weathered woman, looking off in the distance. (A brief moment of daydreaming, I suspect.) As we engage her in conversation we find her eager to tell us how her chickens are raised and the soft tone of her voice tells us how much she loves them - loves what she does.

"You're invited to come and visit our farm anytime" many of them say.

The feel of this country place is casual and unhurried. As we stroll from one grower to another we become aware of the plucking of guitar strings, low and pensive. Following the sound to the center of the activity we find an elderly gentleman leaning against an ancient tree, strumming to no one in particular, as if for his own enjoyment.

Shopping at the Farmers Market isn't really shopping - it's an experience. An experience of meeting the growers, intermingling with people who want to put the freshest foods on our table. An experience of sharing resources. An experience of being outdoors in the fresh air. An experience! And I haven't even talked about the market downtown yet.



## ***A Course in Miracles Fridays and Sundays***

A Course In Miracles teaches a thought system – a way of seeing and understanding—based on love and oneness with Spirit and with each other, as contrasted with the thought system the world teaches which is based on fear and separation. The Course shows how our human (or ego) minds resists these ideas because of our attachment to our separate bodies and, therefore, how we are in competition with each other.

One group meets on Sunday evenings 7:00-8:30 in the parlor. A second (new) group meets on Friday mornings from 11:00–Noon in the Uniteen room in the Children's area. We read the text together and discuss the material. We welcome you to visit to see if this is for you. The book also includes a workbook section made up of daily lessons. For more information contact Penelope Morningstar about the Sunday group and John Geiger (686-2091) about the Friday group.

### Deceased

Gene Rouse—March 28

A Memorial Service was held on  
April 12 at 2:00 p.m.

A Memorial Service will be held on  
May 10 at 1:30 p.m. for Bill Elliott

### Lost and Found

Did you lose your glasses, scarf, earring, or other item? Please check the chest of drawers located in the entryway. It now contains many lost items.



NON-PROFIT ORGANIZATION  
US POSTAGE  
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WILMINGTON, NC  
PERMIT NO. 263

Rev. Russell D. Heiland, Jr.  
Senior Minister

Rev. René N. Paré,  
Minister Emeritus

717 Orchard Avenue  
Wilmington, NC 28403

**Return Service Requested**

Office (910) 763-5155

FAX (910) 763-0306

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Website: [www.unitywil.com](http://www.unitywil.com)

Office Hours:

Tuesday–Friday

9:00am–4:00pm

**Office Angels**

Jennifer Allen, Dorothy Russell, and  
Scottie Maddox

**Office Administrator**

Annette Cook

**Sexton**

Gordon McLaughlin

**Children's Ministry**

Christy Stegman

**Uniteens Sponsors**

Jennifer Brier, David Lorenz,  
Keith O'Steen

**Youth of Unity sponsors**

Connie Cox, Michelle Hafey

**Minister of Music and Worship Arts**

Elizabeth Dawsey

**Music Team**

Beth Elliott, Lisa and Galen,  
Jim Downer, Lisa Keating,  
Elaine Sigmon

**Newsletter**

Annette Cook

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**Sunday Morning**

Meditation Service—9:00 a.m.

Worship Service—11:00 a.m.

Children's Ministry Program —11:00 a.m.

Uniteen Program—11:00 a.m.

Youth of Unity Program—11:00 a.m.

**Church Board Members**

Jennifer Brier

Emily Coxé

Bea Haik

Keith O'Steen

C.J. Spear

**Mission Statement:**  
Unity Christ Church of Wilmington is  
an expanding community for personal  
growth and global transformation.