



Tune In, Turn On, Tap Into The Loving Presence of the Divine

Minister's Message

SO BE IT!

Weekly Scheduled Classes are Listed
on Inside of Back Cover

Birthday Sunday—Cupcakes Needed
Nov. 6 and Dec. 5 at 9:00 and 11:00 am

Healing Night
Monday, Nov. 1 and Dec. 6 at 7:00 pm

Quantum Energetics
Thursday, Nov. 4 at 6:30 pm

Food Physics Workshop
Saturday, Nov. 5, 10-1:00 p.m.

Mary Manin Morrissey Video (3)
Monday, Nov. 8, 15 and 22 at 7:00 pm

Women's Dinner Out—Black Sea Grill
Tuesday, Nov 9 at 6:00 pm.

Garden Ministry Pot Luck Dinner
Friday, Nov. 12 at 6:30 pm

'Souper' Sunday
Sunday, Nov. 14 and Dec. 19

Stop Hunger Now Project—UNCW
Saturday, Nov. 13, noon - 3:00 pm

Transzenders
Sunday, Nov. 14—both services

Maya 12-21-2012 Movie
Sunday, Nov. 14 at 1:00 pm

Cape Fear Jazz Band
Thursday, Nov. 16 at 7:00 pm
Pot Luck Dinner at 6:00 pm

Benny Hill Band
Sunday, Nov. 21 at both services

Thanksgiving Feast at noon

Gratitude Night
Wednesday, Nov. 24 at 7:00 pm

Holiday Cheer Community Auction
Saturday, Dec. 4, 3:00-7:00 pm

High Tea
Sunday, Dec. 12 at 3:00 pm

Women's Dinner Out—Dockside
Tuesday, Dec. 14 at 6:00 pm

Children's Christmas Celebration
Friday, Dec. 17, 4:30-8:30 pm

Newsletter Deadline
Friday, Dec. 17

Lasagna Project
Friday, Dec. 24, 8:30-10:30 am

Candlelight Service
Friday, Dec. 24, 7:00 pm

Burning Bowl
Sunday, Dec. 26, both services

World Peace Meditation/Party
Friday, Dec. 31, 8:00 pm-midnight

I was thirsty after a recent workout at the gym and noticed a full lineup of drinks that were on sale that day. The drinks were called SoBi (ie, So Be) after the spiritual principle of SO BE IT. They came in many powers...Sexual Prowess, Physical Power, Heart Cleanser, Mind Awakening, Wisdom Facilitator, and finally one that guaranteed complete Illumination! What a trip our spiritual market place has become. Wherever we place our focus, the market has a product to sell that guarantees us instant success. Indeed, it would be nice if it were all that easy.

As we consider what we have to be thankful for in this year just passing and prepare ourselves for the birth of Christ Consciousness in December, we realize once again that nothing is for free and that instant answers are not the ones that produce lasting transformation. As much as we want and desire it, there are no special drinks or magic tricks that can deliver instant illumination.

What can bring about the birth of the Christ Consciousness within us is a regular daily meditation practice. Meditation is at the heart of every spiritual tradition and particularly within our own Unity Movement. At some point each of us has to face one's own self directly and get on with the deeper inner work.

Unity teaches us the five steps of a contemplative practice. These are:

1. Relaxation: Sit with your spine straight, not stiff, relax you shoulders and affirm, "I am relaxed, I am at peace with my body."
2. Concentration: Consciously breathe in and out. Watch the breath rise and fall. Watch the thoughts and feelings come and go. Witness it all while allowing the breath to be your anchor back into the moment.
3. Meditation: Listen...Be Still and Know that you are part of God. This is a time to develop your inner ear, to be in a state of listening to the space between the breaths, between your thoughts and feelings and the ten mental tunes that play in our heads all day long.
4. Realization: "I am in God and God is in me." I AM THAT I AM. God is and I am. Sit in the bliss of knowing, even for one millisecond, who it is that you are and Who It Is that sent you.
5. Thanksgiving: Take time to be grateful for all that you are and for all that you have been given. Send all the grateful thoughts and feelings you have generated in your sitting to all other beings on the planet.

May the time you spend in the silence of your own being this holiday season awaken within you the gift that is the birth of the Christ Within.

In love and gratitude for each of you,

Richard and Maureen





Holiday Cheer Community AUCTION

Saturday, December 4th



Auction will feature:
*Live music, Hors d'oeuvres
Wine and beer tasting*

*A Silent Auction from 3 pm to 4:45 pm
And a Live Auction from 5 pm to 7 pm*

To make this a successful fund raiser
We need **DONATIONS** and **VOLUNTEERS**

We are seeking both items and services of value such as:

A Beach House Weekend * Permanent Eyeliner * Gift Baskets * Massages * Facials
Hand Crafted Jewelry * Hypnotherapy Sessions * Healing Sessions * Original Art * Pottery
Antiques * Tanning sessions * Restaurant Gift Certificates * Antiques * Life Coach Sessions

Advertise Your Business, Support the Community!

*Your tax deductible business donation will be featured
In Unity Bulletins, Weekly Email Announcements, and the Unity Website*

Areas where we need Volunteers include:

Publicity * People to Seek Donations of Goods and Services * Refreshments
Decorations and Set up * Registration * Check out * and Clean up

Sign up sheets for Donations and Volunteers are in the Entryway.
SIGN UP TODAY or Call Nancy Klase at 910-232-2238

Great Opportunity for Networking & Holiday Shopping!

QUANTUM ENERGETICS PLAYGROUND

Thursday, Nov. 4
Beginners at 6:30 p.m.
All others: 7:00 p.m.

Matrix Energetics utilizes the concepts of quantum physics where change can be instantaneous and unlimited.

Practice with Christine Bennett and Beth Ventre to experience the playfulness of Matrix and see how it can open doors into unlimited thinking and possibilities.

Introductory Class for Beginners: 6:30 p.m.
Intermediate Class for those who've been to previous classes and want to practice, join us at 7:00 p.m.

Christine Bennett is a certified Matrix Energetics Practitioner and a Craniosacral Therapist. Beth Ventre is a Physical Therapist who also utilizes Matrix Energetics with her clients.

Come and play!!!

A love offering will be taken.

Oh Citizens of Genera City

It's time to open the doors of our hearts and minds and use our own two hands to make our Holiday Auction the best ever! We are in need of your active participation!

Suggestions of what to share: cars, jewelry, paintings, stained glass, massages, haircuts, grooming, healing session of all kinds, car services, lawn services, boat cruises, bed and breakfast, airline mileage, timeshares, surfing lessons, voice lessons, gift cards to your favorite stores and restaurants, You name your passion and there will be someone who would love to offer money for it!

If you have friends or family who are store owners or have special talents, ask them for a donation. We will advertise their goods!

We need many hands to setup/cleanup and work during the auction. How can you participate?

We are setting a goal of raising \$5,000. Invite your friends and family to attend the auction and together let's make this an amazing success! (Call Nancy Klase at 232-2238 for more info.)

Music Notes!

Sunday, Nov. 14—The Transzenders

The Transzenders will be back from Raleigh to play during our Sunday morning worship service. Their inspirational message comes in many styles from soft rock to country western. Join us for soup after service and maybe even stay to watch the movie "Maya 12-21-2012" too!



Tuesday, Nov. 16—Cape Fear Jazz Ensemble

We will have a treat on Tuesday evening as various performers from Cape Fear Community College join together (led by Marc Siegel) to present a special concert just for us! Join us for a Pot Luck prior to the concert at 6:00 p.m. and bring a dish to share or just come to the concert. A love offering will be taken.

Sunday, Nov. 21—Benny Hill Band

We are excited to have the Benny Hill Band perform at Unity again during our worship service! This Sunday we will also be recognizing our many Volunteers and after the 11:00 a.m. worship service are asking everyone to bring their favorite Thanksgiving finger foods to share. We have so much to be grateful for in our lives!

Sunday, Nov 28-Dec. 19—Advent Season

This is the season where we sing favorite carols and old and new! Join us as we celebrate the season!

Christmas Choir Now Forming Practices, Thursdays at 7:00 p.m.

We are inviting you to join us for the next few months to participate in our Christmas Choir. We need singers and musicians of all kinds. If you haven't played in awhile, dust off your instrument and join us!! Contact Eileen Argenbright at 350-8056 if you have any questions.



Christmas High Tea
An Elegant Occasion
Sunday, December 12th, 3:00pm

As the holidays approach it's a time for celebration, ritual, enjoying the company of friends. This year we are hosting a High Tea here at Unity. Shiny silver, crisp white linens, ornately decorated tea cups, delicate sandwiches and home baked cookies will define the hour.



Please bring your most beautiful cup and saucer and any Christmas cookies you especially love.
 Suits and Dresses are suggested.
 Hats and gloves are optional

World Peace Meditation
Friday, December 31

8:00 p.m.

Followed by a New Year's Eve Party!

Let there be peace on earth and let it begin with us. Join us as we set the intention for peace in our own lives and in the world through singing, meditation and candle-lighting.



Burning Bowl Service

Sunday, December 26

(at both 9:00 and 11:00 a.m. services)

Join us as we bring the light of awareness to the past so we can release all that no longer serves us and move forward free and unencumbered into the New Year.

Alicia Alexander will also explain the meaning of the seven days of Kwanza during this service.



**Christmas
 Eve
 Candlelight
 Service
 7:00 p.m.**



**Lasagna Luncheon
 for Meals on Wheels**

Christmas Eve Morning 8:00–10:30 a.m.

Everyone is encouraged to participate in Unity's holiday tradition of providing lasagna lunch for over 300 homebound seniors. Sign-ups for lasagna makers, "packers," and set-up/clean up helpers are available in Fellowship Hall. The lasagna recipe will be available in the bulletin and at unitywil.com. Call Camille Hinrichs at 392-2943 or the church office if you have any questions.



Poinsettias!

Flowers add beauty to any occasion, and this year you are invited to purchase a poinsettia in honor or memory of a loved one to decorate our Sanctuary for the holiday season. You may take your poinsettia home after the Christmas Eve Service.

Forms are available in the Fellowship Hall and in each Sunday's bulletin or simply mail a check for \$10 and indicate whom you wish to honor or memorialize.



2012

THE ONLINE MOVIE FINAL UPDATE

AN in5d.com PRODUCTION

VIEW IT ONLINE

www.Maya12-21-2012.com

Featuring (in alphabetical order): Alan - Bridging Heaven & Earth, Alex Ansary, José Arguelles, Gregg Braden, Dannon Brinkley, Dolores Cannon, Kerry Cassidy, Sonia Choquette, David Flynn, Cliff High, Richard C. Hoagland, Dr. Len Horowitz, David Icke, Maxwell Jgan, John Major Jenkins, Ian Xel Lungold, Terrence McKenna, Daniel Pinchbeck, Bill Ryan, Ben Stewart, Geoff Stray, Michael Tsarion, David Wilcock.

Come to a
Free Showing of
Maya 12-21-2012
Sunday, Nov. 14
1:00—4:00 p.m.
at
Unity of Wilmington

November 14 is 'Souper' Sunday where we gather at noon for fellowship and delicious soup and snacks..
Join us for soup (suggested donation of \$1.00) and stay for the Show!

Healing Night

**Mondays, November 1
And December 6**
7:00-9:00 p.m.

This evening of healing is open to all wishing to receive healing touch. Contact Sis Tyler at 452-0415 if you have any questions or wish to participate as a facilitator. Love offerings accepted.



Garden Ministry Pot Luck Dinner

Friday, November 12 at 6:30 p.m.

Mission Statement: To express love by growing and nurturing a garden where we can experience God in nature.

Jody Marecek is inviting everyone who assisted with the garden in any way or is interested in learning more about the Garden Ministry to attend this Pot Luck Dinner. Please bring a dish to share and join us as we celebrate our successes and discuss possible future plans.

If you are interested in assisting with the Garden Ministry please contact me at 254-0390.

Jody Marecek




DIRECT DEPOSIT NOW AVAILABLE

We've had a few requests for people to give their donations via bank draft and direct deposit. We have the forms available in the office if you would like one.

Don't miss a Sunday Lesson!

We offer audio and video presentations of Sunday's lessons on our website at Unitywil.com. If you are out of town or unable to make it to service on Sunday, you can still hear Richard's message. Thank you Brad Brown, for filming the lesson each Sunday! And thanks to Jeff May for uploading and maintaining our website. We couldn't do it without your dedicated support!

Hanging of the Greens (Decorating the church for Christmas)

Saturday, November 27 at 3:00 p.m.

(Time subject to change—call Annette at 392-1242 to verify time during the week on November 21st)

Fellowship Circles

Fellowship Circles are a great way to meet new people or get to know others better. Some of the hosts were unable to hold their group during the month assigned; however, please think about hosting during the months of November and December. You can do holiday related things like having a cookie exchange, go out caroling, have a tree decorating party, or come to Unity and put up the holiday decorations, etc. Or just meet at a restaurant for lunch, dinner or just dessert!



We will have sign ups for the 2011 Fellowship Circles in January. Thanks to everyone who participated this year!

Daylight Savings Time

Ends

Nov. 6 at 2:00 a.m.

Move your clocks back one hour and enjoy extra sleep!



The Wednesday Night

**Oasis
7:00 p.m.**

Need a midweek transfusion of inspirational energy?

Feeling like your spiritual arteries are clogged

with forgetfulness and fear?

We have the cure!

Come and join us for a powerful, inspired, uplifting, and practical message delivered by our own Reverend Richard. We will chant and pray together and Richard and Maureen will share the Oneness Blessing with any and all who would like that experience.

Reverend Richard writes, "At this critical time in our planet's story, we are being given opportunities to receive Divine Grace from all of our spiritual traditions and their teachers, an opportunity to shift our consciousness from separation to oneness, from fear to love. This shift is happening to thousands and thousands of people across the planet and it literally has the power to change the world's direction in our lifetimes."

Join us as Reverend Richard and Maureen help us open the doors to joy, compassion, and a profound sense of connection.

Make the shift!

'Souper' Sundays November 14 and December 19

'Souper' Sundays are a great way to fellowship while enjoying a delicious cup of soup. Please sign up if you will prepare a soup. Finger foods and desserts are also welcome, too!

Thanks to the soup makers for September and October!



Attention All Unity Young Adults!!!
(Our 18-35ish Joyful Spirits)

Come join us on our new Next Generation Unity (NGU) Facebook Group—Unity of Wilmington NGU. This is a virtual meeting place for our young adults. Feel free to join, post prayer requests, and discussion threads. Our group is designed to keep young adults connected to our community in a meaningful way through technology—even if you are away at college...LOL

If you are interested in assisting with chairing this group or if you have any questions, please contact Jennifer Brier (604-3324). See you on Facebook.

CUPCAKES NEEDED

Sundays

November 7 and December 5



The Hospitality Team is looking for folks to bake cupcakes for our monthly birthday celebration. You can make any flavor, with or without sugar, regular size or minis, box mix, scratch or even store bought! We appreciate your generosity and willingness to help us celebrate our congregants special day!

Thanks to those who brought in cupcakes in September and October!

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 resist these ideas because of our attachment to our separate bodies.

One group meets on Sundays 7:00-8:30 p.m. in the parlor. A second group meets on Fridays 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 information, contact Penelope Morningstar at 791-7200 (Sunday group) and John Geiger 686-2091 (Friday group).

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

Bring your drum and join others and learn cool rhythms. A love offering will be accepted. For more information, contact Jess Watson at 328-2528.

GREEN ENERGY!

Monthly budget for Aug. & Sept.	\$42,626
Total Income Aug. & Sept.	\$35,847
Total Expenses Aug. & Sept.	\$38,995
Profit/(Loss) for Aug. & Sept.	(-\$ 3,148)
Total Year to Date	(-\$7,305)

SAVE THE DATE!
Saturday, December 4th
HOLIDAY CHEER
COMMUNITY AUCTION

Men’s Group
Tuesdays at 7:00 p.m.

All men of Unity are invited to participate in the men's gathering. Together we are exploring life as men in the 21st century. 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.

FRIDAY MORNING BOOK STUDY
10:00—11:45 a.m.

This Book Study Group meets every Friday in the Parlor where they discuss books with a spiritual genre. They are currently reading “Frequency” by Penney Peirce. Join us in the Parlor as often as you can. Questions? Call 799-8639.



Newsletter Deadline
for January/February issue
Friday, December 17
Please submit your newsletter articles for publication.

**AGAIN BY POPULAR DEMAND!
JUST WHAT YOU HAVE BEEN LOOKING FOR!
COME LEARN TO ASSESS and IMPROVE YOUR OWN HEALTH
FOOD PHYSICS & BODY DYNAMICS classes**

[3 one hour classes]

Saturday, November 6th, 10:00 a.m. - 1:30 p.m.

Determine patterns on your tongue and interpret them into meaningful language. That language can then be used to make food choices necessary to regain balance in the body and restore health.

Educated food choices can be used to:

- Aid and enhance sleep
- Improve memory
- Increase energy
- Alleviate PMS symptoms
- Manage menopausal symptoms
- Lessen mood swings
- Reduce body aches and pains

Address low grade and/or chronic syndromes

Laura Dawson, Master in Acupuncture and Oriental Medicine, became enthralled with nutrition and its influence on health.

"Teaching the people use of food to affect a healing of sickness and disease is my passion. As my skills developed, I was asked to create an educational program for nurses and physicians designed to enlighten them in the ways of understanding patterns on the tongue and what foods could be used to generate desired health changes. It is with power of informed choice in the foods consumed that long-term health may be attained."

Gain an awareness of your unique constitution

Learn to take a responsible role in choosing foods

Enhance your health and spark vitality

Take home tools to help menu planning

Nutritional information that is understandable and personal. Now you can begin to make wise and educated decisions when you go to the market, eat out, prepare a meal at home, or reach for a snack.

Come out on Saturday, November 6th, 2010 for one of our eye-opening, interactive educational presentations. "Tongue Fu!"

Time: 10:00 a.m.—1:30 p.m.

Advance reservation suggested (910) 777-7307. Seating limited.

Suggested offering \$10.00 ea class(seating limited) includes a gift to all attendees at end of the program.

Welcome New Members

Joined October 17, 2010

Nancy Andrews
Brenda Boyette
Nancy Braman
Debby Creasy
Stephanie Ellis

Joseph Ludlum
Sarah Macey
Laurie Mastrangelo-Simmons
Cary and Carrie Schultz
Michael Thompson
Beth Ullmer

Kanuga—UMMAS Annual Retreat

Keynote Speaker:

**Mary Manin Morrissey DVD Showings
Mondays, Nov. 8, 15 and 22 at 7:00 p.m.**

This year's UMMAS (Unity Ministers of the Mid-Atlantic States) Retreat was held September 14-17th at the Kanuga Retreat Center in Hendersonville. The keynote speaker was Mary Manin Morrissey, Best-Selling Author, CEO Consultant, Visionary, and Empowerment Specialist.

Mary Manin Morrissey spoke three times at the retreat and allowed UMMAS to produce three DVDs with her lectures. We will be showing the lectures here at Unity of Wilmington, on Mondays, Nov. 8, 15, and 22. Each talk builds upon the one before it, so it would be best if you could see all three.

Mary invites you to journey with her to find the dreams of your own heart—things you may have never thought were possible for you. Whether it's work, family, relationships, or health; whatever it is that you decide will be content of your dream building. Learn how to discover and then harness the power so you really can deliver the dreams of your heart. This works if you work it. So come along, try it on, test is out and see for yourself.

A love offering will be taken.

WE ARE LOOKING FOR A FEW WILLING MEMBERS...

...to serve on the Board of Unity of Wilmington. Applicants must have been a member of Unity of Wilmington for at least one year and be willing to commit approximately 10-12 hours per month in Board service in addition to your regular attendance at church services. Additionally, Board service requires attendance at two weekend Board Retreats during the year.

If you are interested in a position on the Board, please contact a member of the Nominating Team to receive an Applicant Profile. The current members of the Nominating Team are noted below. You may address any question about Board service to any member.

Ed Corbin—452-1933—

ecordin_msdcw@hotmail.com

Nancy Klase—232-2238—nancyklase@aol.com

Richard Levy—763-5155—ohanahrt@me.com

Children's Corner

Our Youth Ministry has been blessed with five new volunteer Sunday School Teachers. Please welcome and show your appreciation for: Eryn DeFoort, Sophia DiTanna, Diana Jordan, Holly Kenney, and Sarah Macey. These lovely people have answered the call to be a way shower to the children of our church. Thank you so much!

On October 31st we had our Halloweenie Roast where we prayed, played, and ate hot dogs with the children. I find that having an event where we allow all the children to be together helps to develop new friendships and camaraderie between the kids.

Children's Christmas Celebration Friday, December 17, 4:30–7:30 p.m.

This year we will be making gifts for our family. Mark your calendars and join in this family fun event! Please join us for pizza and hot chocolate, Christmas carols, crafts and FUN!

If you are interested in becoming involved in Youth Education, please contact Christy Stegman at christystegman@yahoo.com or 352-8639.

Love and Light,

Christy



Yoga Classes at Unity Tuesdays and Saturdays 5:00 p.m.

Two Kunga Yoga Classes will be offered at Unity. Kunga means to serve, help, reconcile. Yoga mean to unite. These classes are about coming back to our center, brining stillness and awareness back into our life and uniting all while getting into the poses and breathing. It is based on Hatha Yoga and will be an all level class.

Two one-hour classes will be offered in the Parlor on a love offering basis:

Tuesdays: 5:00–6:00 p.m.

Saturdays: 5:00–6:00 p.m.

Please contact the instructor, Sage at 540-539-4066 for more information.



News From the Prayer Team

We are so bless to have an eclectic and loving team of individuals who have offered to share their talent for compassion and prayer service to the Unity of Wilmington members and their families. I thought that you might like to know more about us, so we decided to spotlight a Prayer Team Member in each of the upcoming newsletters.

Our Prayer Ministry would like to introduce you to Alicia Alexander, a lovely vibrant spirit. When asked what three things about herself that perhaps most people would not know, Alicia shared;

1. Whenever I pass by or encounter others, I try to silently send them, through eye or soul contact, love and the greeting "Namaste" ("I salute the divine in you"). This is my way of spreading love and unity to all.
2. Being open to and studying many different religions and philosophies over the last 30 years has helped me to grow in wisdom and connect with my higher self.
- 3: I will turn 60 in six months but in my mind I feel like I'm still 29!

The Prayer Team thought that each member of our precious congregation might like to be aware they are being held in prayer at times when they may not even imagine; our hearts are joining to support and nurture their spiritual wellbeing.

Here's an example of how much we care about you!

After multiple delays, the wheels of the jet bounced on the runway of the New Jersey airport. "It is now safe to use your portable communication devices and cell phones" came the voice of the Flight Attendant. Expecting to hear from my children first in concern over my late arrival, I quickly press the activation button on the cell phone. Annette, Unity's Administrator, had forwarded a prayer request to me for our Prayer Team. I placed the call to one of our team back in Wilmington and shared the name of the person and need. Immediately, Prayer had begun and these prayers are continuing.

So even on your darkest night, or your most high pinnacle of success, when you are in need of a loving heart to share with, please remember that is why we are here.

May you...Know Peace, Joy, Happiness, Prosperity and Wellbeing.
Your Unity Prayer Team Members

New Oneness Blessing Givers!

During the Weekend of Sept. 17-19, 17 Unity of Wilmington congregants became Oneness Blessing Givers. It was a wonderful weekend of breaking free and accepting this gift of Grace into our lives and learning how to share it with others. Participants included: Eileen Argenbright, Annette Cook, Jeannie Corbin, Elizabeth Dawsey, Sophia DiTanna, Jim Downer, Beth Elliott, Stephanie Ellis, Sherron Herdtner, Lisa Keating, Erika Lawrence, Laurie Mastrangelo-Simmons, Betty McKenzie, Christine Moughamian, David Smith, Sis Tyler, and Paula Zabkar. We are BLESSED!!!

Sunday Worship Teams

	Nov. 6 and Dec. 5	Nov. 13 and Dec. 12	Nov. 20 and Dec. 19	Nov. 27 and Dec. 26	Christmas Eve
Usher/Greeters 9:00	Jennifer Beddoe, Lead Theo Haenn	Sandy Hulberg Mickie Ricoszi Rick Ricoszi	Champion King, Lead Evelyn Bradley Bill Braman Nancy Braman	Jennifer Allen, Lead Ed Marecek Jody Marecek Dotti O'Flaherty	
Sound Tech 9:00					
Powerpoint 9:00					
Nursery Worker 9:00	Rebecca Winebar	Rebecca Winebar	Rebecca Winebar	Rebecca Winebar	
Hospitality Set Up 9:00	Lori and Casey George	Beverly Perry	Bill & Nancy Braman	Evelyn Bradley	
Prayer Minister 9:00	Loretta Grady	Paula Zabkar	Laura Dawson	Jill Lahnstein	
Usher/Greeters 11:00	Sis Tyler, Lead Raydell Bailey Elaine Bitto Jim Bitto Mary Golob	Gloria Wright, Lead Evelyn Bradley Laura LaBadie Donna May Laurie Mastrangelo-Simmons	CJ Spear, Lead Ed Corbin Jeanne Corbin Joan Lopez Richard Rooks	Lainie Mauge, Lead Gail O'Brien Zahara Oshnchild Judy Wright-Calloway Cindy Yates	
Sound Tech 11:00					
Powerpoint 11:00					
Prayer Ministers 11:00	Joan Lamm	Alicia Alexander	Laura Dawson	Gail O'Brien Erika Lawrence	
Tellers	Bea Haik Lainie Mauger	Sherron Herdtner Gail O'Brien	Judy Calloway Champion King	Emily Cox Terri Downs	
Sunday School 3-4 year olds	Phyllis Millette Cindy Yates	Phyllis Millette Cindy Yates	John Caprell Gena McKinley	John Caprell Gena McKinley	
Sunday School 5, 6, and 7 year olds	Volunteers needed	Volunteers needed	Bill and Yvonne Pardo	Alan and Kaete Held Holly Kennedy	
Sunday School 8, 9 and 10 year olds	Liz Freeman Dee Seidle	Liz Freeman Dee Seidle	Liz Freeman Dee Seidle Sarah Macey	Liz Freeman Dee Seidle Sarah Macey	
Uniteen Sponsors	Connie Cox Volunteer needed	Connie Cox Volunteer needed	Connie Cox Volunteer needed	Connie Cox Volunteer needed	
Y.O.U Sponsor	Connie Cox	Connie Cox	Connie Cox	Connie Cox	
Hospitality Clean Up	A light breakfast will be provided for those who are working at both services.				

Wednesday Worship Teams

	Nov. 3 and Dec. 1	Nov. 10 and Dec. 8	Nov. 17 and Dec. 15	Nov. 24 and Dec. 22	Dec. 29
Usher/Greeters 7:00	Sidney Nykanen	Christine Lyons	Nancy Braman	Nancy Klase	Scottie Maddox
Sound Tech 7:00	Jim Downer	Paula Zabkar	Jim Downer	Paula Zabkar	May

Community and Worldwide Service

Mission: To bond together in love to engage in meaningful service to ourselves, our local community and the world.

Stop Hunger Now Project November 13—Three Shifts

9:00 a.m.—Noon, Noon-3:00, 3:00-6:00 pm

This past summer we collected ‘pennies’ for Stop Hunger Now and made a \$400 donation to the NC State University Challenge of packaging one million meals. Now we can participate in the actual packaging of the meals. We will meet at Trask Coliseum to measure, weigh, sort and box these meals. It is a lot of fun and really takes about 1-1/2 hours per shift. We were able to package up 100,000 meals last year—quite an accomplishment! Sign up by Sunday, November 7th if you would like to be a part of our team! Or contact Annette at 763-5155.

Stop Hunger Now is an international hunger relief organization that coordinates the distribution of food and other life-saving aid around the world. The organization is driven by a vision to end world hunger in our lifetime and a mission to provide food and life-saving aid to the world’s most destitute and hungry in the most sustainable, efficient and effective manner.

Stop Hunger Now’s meal packaging program provides volunteers the opportunity to package dehydrated, high protein, and highly nutritious meals that are used in crisis situations and in school feeding programs for schools and orphanages in developing countries around the world.



We Can Use Your Support

There are so many ways in which you can support your spiritual home. You can fill out a *Volunteer Opportunities Booklet* located in the Fellowship Hall or on our website and let us know where you wish to assist. You can hold this ministry and our congregants in prayer for their highest good. You can extend a warm welcome to a new visitor or to someone whom you don't know very well. You can invite a family member or a friend to join you on a Sunday. One of our biggest needs is in the Sound Booth, especially for special services. It's not too hard to learn and Jeff May will be happy to train you until you feel comfortable. Or you can just shadow the sound tech until you feel at ease. Some of the special events are just showing a movie, and that is easy to do. And of course, your financial support is so important! In all these ways you support our community. Thank you!

Unity's Women's Group

Dinner Out

Black Sea Grill, November 9, 6:00 pm—Downtown
The Dockside, December 14, 6:00 pm —Airlie Road

On the second Tuesday of the month, Unity's Women's Group will have a dinner out at a restaurant. All women are welcome to attend, but please RSVP to Elaine Bitto by noon on Monday before the dinner everyone can sit together.

A Women's Gathering,

A Women's Gathering meets on the 2nd and 4th Thursdays of each month from 7:00-8:30 p.m. in the Parlor.

Gloria Wright, LCSW, will facilitate the meetings which will be discussion of personal issues. All women are welcome to attend. The group will not meet on Thanksgiving Day nor Christmas Eve.



Other Groups

A survey was handed out at the initial Women's Group meeting and there was a lot of interest in the following: evening book club, theater/movie group, gardening, dancing, arts and crafts, and game nights. If you would be willing to coordinate any one of these groups (or a group not listed), please contact Elaine Bitto at 200-5093.

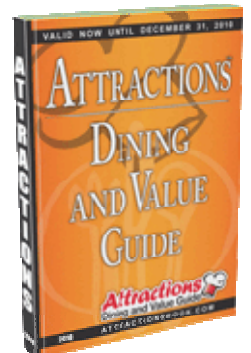
News from the Welcome Team

If you missed the last Welcome Team meeting, please check your email for updates. If you do not have email, copies of the Sunday protocol for ushering and greeting are located in the dresser at the back of the Sanctuary. Thank you for your service! And thanks to CJ Spears and Carol Jenkins for keeping us all up to date! We appreciate you both!

WELCOME

ATTRACTION 'COUPON' BOOKS Great Gift Idea!

The 2011 Attraction book is one of the best deals in town. There are many buy one get one free lunches and dinners for many local restaurants as well as discounts on activities such as golf, bowling, etc. and local retailers: Best Buy, CVS, Dicks, Ace Hardware, and much, much more! You can purchase them on Sunday mornings or stop by the office during the day beginning in early August. The books cost \$25 and Unity receives \$10 for each book purchased.



November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Healing Night</i> 7:00 pm	2 Men's Group 7:00 pm	3 Prayer Circle 6:00 pm Oasis 7:00 pm	4 N.A. 5:30 pm <i>Quantum Energetics</i> 6:30 pm Choir Practice 7:00 pm	5 Book Group 10:00 a.m. ACIM 11:00 am Al-Anon Noon	6 Drum Circle 10:00 am Food Physics Workshops 10 am—1:00 pm Yoga 5:00 pm
7 Sunday Service 9:00 & 11:00 am <i>Birthday Cupcakes / Cape Fear Jazz</i> Youth Ed. 11:00 am ACIM 7:00 pm	8 <i>Mary Manin Morrissey Video</i> 1 of 3 7:00 pm	9 Yoga 5:00 pm <i>Women's Dinner at Black Sea Grill</i> 6:00 pm Men's Group 7:00 pm	10 <i>Oasis</i> 7:00 pm	11 N.A. 5:30 pm Choir Practice 7:00 pm A Women's Gathering 7:00 pm	12 Book Group 10:00 a.m. ACIM 11:00 am Al-Anon Noon <i>Garden Ministry Pot Luck Dinner</i> 6:30 pm	13 Meals on Wheels 9:00 am <i>Stop Hunger Now—UNCW</i> Various times Drum Circle 10:00 am—4:00 pm Yoga 5:00 pm
14 Sunday Service 9:00 & 11:00 am <i>Transenders</i> Youth Ed. 11:00 am <i>'Souper' Sunday</i> Noon <i>Maya Movie</i> 1:00 pm ACIM 7:00 pm	15 <i>Mary Manin Morrissey Video</i> 2 of 3 7:00 pm	16 Yoga 5:00 pm <i>Pot Luck Meal</i> 6:00 pm <i>Cape Fear Jazz Band</i> 7:00 pm Men's Group 7:00 pm	17 Oasis 7:00 pm	18 N.A. 5:30 pm Power Club 5:30 pm Choir Practice 7:00 pm	19 Book Group 10:00 a.m. ACIM 11:00 am Al-Anon Noon	20 Drum Circle 10:00 am Yoga 5:00 pm
21 Sunday Service 9:00 & 11:00 am <i>Benny Hill Band</i> Youth Ed. 11:00 am <i>Volunteer Appreciation Thanksgiving Feast</i> Noon ACIM 7:00 pm	22 <i>Mary Manin Morrissey Video</i> 3 of 3 7:00 pm	23 Yoga 5:00 pm Men's Group 7:00 pm	24 Gratitude Night 7:00 pm	25—office closed <i>Happy Thanksgiving</i> N.A. 5:30 pm	26— office closed Book Group 10:00 a.m. ACIM 11:00 am Al-Anon Noon	27 Drum Circle 10:00 am <i>Decorate Church</i> Yoga 5:00 pm
28— Advent Sunday Service 9:00 & 11:00 am Paula Zabkar Youth Ed. 11:00 am ACIM 7:00 pm	29 <i>Reiki Practitioners</i> 7:00 pm	30 Yoga 5:00 pm Men's Group 7:00 pm				

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Oasis Cancelled	2 N.A. 5:30 pm Choir Practice 7:00 pm	3 Book Group 10:00 a.m. ACIM 11:00 am Al-Anon Noon	4 Drum Circle 10:00 am Holiday Cheer Auction 3:00-7:00 pm Yoga 5:00 pm
5—Advent Sunday Services 9:00 & 11:00 am <i>Birthday Cupcakes</i> Youth Ed. 11:00 am ACIM 7:00 pm	6 Healing Night 7:00 pm	7 Yoga 5:00 pm Men's Group 7:00 pm	8 Oasis 7:00 pm	9 N.A. 5:30 pm Choir Practice 7:00 pm A Women's Gathering 7:00 pm	10 Book Group 10:00 a.m. ACIM 11:00 am Al-Anon Noon	11 Meals on Wheels 9:00 am Drum Circle 10:00 am Yoga 5:00 pm
12—Advent Sunday Services 9:00 & 11:00 am Youth Ed. 11:00 am High Tea 3-5:00 pm ACIM 7:00 pm	13	14 Yoga 5:00 pm Women's Dinner Out—The Dockside 6:00 pm Men's Group 7:00 pm	15 Oasis 7:00 pm	16 N.A. 5:30 pm Power Club 5:30 pm Choir Practice 7:00 pm	17 Book Group 10:00 a.m. ACIM 11:00 am Al-Anon Noon Newsletter Deadline Children's Christmas Celebrationi 4:30-8:30 pm	18 Drum Circle 10:00 am Yoga 5:00 pm
19—Advent Sunday Services 9:00 & 11:00 am Youth Ed. 11:00 am Souper' Sunday Noon ACIM 7:00 pm	20	21 Yoga 5:00 pm Men's Group 7:00 pm	22 Oasis 7:00 pm	23 N.A. 5:30 pm A Women's Gathering 7:00 pm Choir Practice 7:00 pm	24-office closed Lasagna Project 8:30-10:30 pm Book Group 10:00 a.m. ACIM 11:00 am Al-Anon Noon Candlelight Service 7:00 pm	25- office closed Merry Christmas
26 Sunday Services 9:00 & 11:00 am Burning Bowl Youth Ed. 11:00 am ACIM 7:00 pm	27	28—office closed Music Rehearsal 3:30 pm Yoga 5:30 pm Men's Group 7:00 pm	29-office closed Oasis 7:00 pm	30 N.A. 5:30 pm Choir Practice 7:00 pm	31 Book Group 10:00 a.m. ACIM 11:00 am Al-Anon Noon World Peace Meditation/Party 8:00-midnight	

Membership Re-Commitment

According to our bylaws, a member shall retain status as an active member through his/her participation in prayer, services, classes and/or giving during a fiscal year. We are asking each member who is planning to be an active member in 2011 to re-commit by emailing us at admin@unitywil.com, calling the church office at 763-5155 or sign up in the entryway. If you have not yet become a member, a membership class will be held in late winter/early spring. Thank you!

(Annual Membership Meeting—Sunday, February 6 at 12:30 p.m.)



**Join us for a
Traditional
Peas and Greens
Luncheon
After Worship
Sunday, January
2nd at 11:00 a.m.**

The eating of peas (symbol of coins) and greens (symbol of cash) is a wonderful Southern tradition that sets an intention of prosperity for the New Year. Let's celebrate together the potential we have to experience the greater life in 2011! Please bring your traditional New Year dish to share!

White Stone Ceremony Sunday, January 2 Both Services

Join us for this special ceremony where we will set our intentions for the new year in 'stone.'



Heart Centered Metaphysics Class Begins Monday, January 10

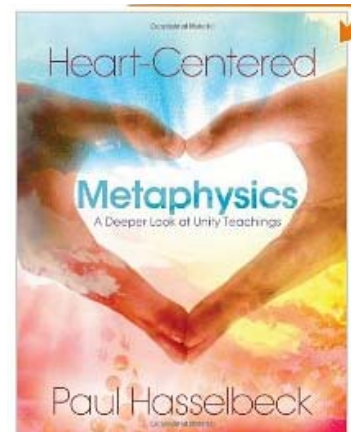
Paula Zabkar will be starting a four part series in January using the text Heart Centered Metaphysics, by Paul Hasselbeck.

The first five week session will be on Mondays, January 10, 17, 24, 31 and February 7, from 7:00-9:00 p.m.

Heart-centered metaphysics is a large and comprehensive subject consisting of powerful Divine Ideas, Principles and Laws that can be used to improve everyday life. In Unity, *metaphysics* is considered synonymous with *theology*; thus the study of metaphysics is the study of Unity theology! This text is focused on beliefs about the nature of Ultimate Reality or Oneness, from a Unity perspective. We will explore this idea through the 'lens of the heart' with the goal of embodying and expressing these spiritual concepts.

Expand your understanding of God and learn to live a holy and joyous life. Join us Mondays, January 10, 17, 24, 31 and February 7, from 7:00-9:00 p.m.

The book is available at the church office for \$24.



Planned Giving

Giving is a way to express our greatest blessings, as well as our values. It demonstrates the principle of flow in our lives because we know that as we give, we also receive. There are many ways you can share God's abundance with your church. There are a variety of ways to make a planned gift: a bequest in your will, giving cash, specific property, or a share of the remainder; a gift of real estate; a beneficiary of a life insurance policy or a charitable gift annuity.

Planned gifts may have positive financial impact on your estate! Ask your professional financial advisors about the methods of giving most advantageous for you.

Office (910) 763-5155
E-mail: admin@unitywil.com
Website: unitywil.com
Office Hours:
Tuesday–Friday
9:00 a.m.–4:00 p.m.

Minister
Rev. Richard Levy

Director of Youth Ministry
Christy Stegman

IT and Sound
Jeff May

Licensed Unity Teacher
Paula Zabkar

**Minister of Music and
Worship Arts**
Eileen Argenbright

Music Team
Aaron Annis, Jim Downer, Beth
Elliott, Will Grady, Benny Hill,
Mike Jordon, Lisa Keating, Elea-
nor Rimassa, Elaine Sigmon

Newsletter
Annette Cook

Office Angels
Jennifer Allen, Scottie Maddox,
Ed Marecek

Office Administrator
Annette Cook

Sexton
Gordon McLaughlin

Uniteens Sponsor Needed
Connie Cox (Temp.)

Youth of Unity Sponsor
Connie Cox



Sunday Morning

Worship Services—9:00 and 11:00 a.m.
Nursery—9:00 and 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.



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 or contact the church office to place your order. Orders will be ready for you to pick up the following Sunday.



Birthdays for November

5	Connie Cox
8	Mary Schackner
11	Ed Corbin
15	Patti Howell
16	Eileen Argenbright
21	Peg Jolls, Anna Mann
22	George Dolan
23	Christine Lyons
24	Brad Brown
27	Suzyn Walsh, Gloria Wright
28	Eryn DeFoort, Brenda Dempsey, Joyce Santiago

Birthdays for December

3	Amy Brown, Bill Calloway
5	Erin Wenzig
6	Orion Brown
11	Gena McKinley, Day Miner
14	Sis Tyler
18	Kathryn Peterson
19	Linda Grattafiori
25	Emily Coxe
30	David Lorenz, Darlene Richter



Church Board Members

Jim Bitto
Jennifer Brier
Bea Haik
Nancy Klase
Lainie Mauger
Gail O’Brien



Refreshments for September and October

If your last name begins with the letter S-Z, we are asking you to bring in after service refreshments during the month of September. Last names beginning in A-H, you get the month of October. You can bring fruit, cheese and crackers, raw veggies, cookies, or whatever **finger foods** you would like to bring. (Finger foods are a greener option so we do not have to use forks and plates—which save water, paper, and clean up time too!) Many thanks!



Ink Jet Cartridge Recycling

Unity is collecting used ink cartridges of all kinds to recycle. A box is located in the lobby for these cartridges. We have raised \$266 while being good stewards! Thanks to Liz Freeman for delivering these cartridges to the store for us.

Regularly Scheduled Classes

A Course in Miracles

Every Sunday at 7:00 p.m.
Every Friday at 11:00 a.m.

Yoga

Every Tuesday at 5:00 p.m.
Every Saturday at 5:00 p.m.

Men’s Group

Tuesdays at 7:00 p.m.

Wednesday Night Oasis

7:00 p.m.

Music Rehearsal

Every Thursday at 7:00 p.m.

Women’s Gathering

Every 2nd and 4th Tuesday

Friday Book Group

10:00 a.m.



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PERMIT NO. 263

717 Orchard Avenue
Wilmington, NC 28403

Rev. Richard Levy
Rev. René N. Paré,
Minister Emeritus

Return Service Requested

We're Here for You!

You are a very important part of our world and we want you to know the various ways we can reach out to you. Information about Unity Christ Church of Wilmington is available at our web site at unitywil.com. By clicking on various buttons you have access to:

Sunday Services - Each week a recording and video of the Sunday lesson is available (usually by Monday evening). Most of the lessons from 2010 are listed on our website.

Newsletter—The current newsletter is available, as well as archives of the previous two or more years. You can print out a hard copy in the comfort of your home.

Contact Us—You may contact us at admin@unitywil.com or call us at 763-5155.

Prayer—Please let us know if you are in need of prayer support by filling out a Prayer Request form located in the entryway and in the Sanctuary on the table by the piano. You can send an email which will be forwarded to the Prayer Ministry Team. You can also contact Silent Unity at 1-800-NOW-PRAY (1-800-669-7729).

Email Updates—Each week an email is sent out listing the events and classes for the current week. If you would like to receive these weekly emails, just send your request to admin@unitywil.com.