



Thriving in Unity

Special Events

January

**10th - Potluck
Dinner/Open House**

15th - Pioneer

Intenders Group

17th - Sunday School

**18th - Martin Luther
King Day**

February

**7th - Jonas Magram
Workshop**

7th - Winter

Potluck Dinner

**13th - Mary Freel
Workshop**

14th - Valentine's Day

21st - Sunday School

28th - Sharon

**Bousquet/ Heather
Love Workshop**

March

5th & 6th -

**Compassionate
Communication**

Workshop

**10th - CFUM Supper
Club**

Love

THE LIGHT CONNECTION

UNITY CHURCH OF DES MOINES 2010 January-February

Dear Unity Family and Friends,

As we finished off the last of our Christmas feasts, or completed opening all of our gifts to one another, our thoughts quickly move onto the new year facing us. For many of us, it means that dreaded time of setting goals and resolutions for bettering ourselves, or more commonly, trying to shed those habits that we find less agreeable to us.

Winter is a wonderful season of the year for us to experience. While many can consider it a time of boredom driven by the cold (and unpredictable!) weather we can sometimes experience in Iowa, it is a season to truly know and see Spirit working in our lives.

Can you imagine what the ground would be like if we continuously moved straight from harvesting to planting again with no time between? The ground needs time to recover and prepare itself for the production that will be expected of it next season.

And so if it with us and our spiritual "production". We commonly call this part of our spiritual journey the act or demonstration of our faith. Since each of us have a mission to demonstrate the Christ nature to our world, there are times that we need to take a step back from the hustle and bustle that becomes our daily life and make time to be still and let God reveal our true nature and purpose anew to us.

For several years, I've started each new year by reading books that I find have helped me "set the tone" for the new year. Each year it seems I can't avoid re-reading Spiritual Economics by Eric Butterworth. It always seems to speak to me when he says, "the universe conspires to bring you the best and highest that you need". I imagine that if you mentioned a conspiracy, they wouldn't expect to understand that God's conspiracy is all for your benefit.

That's right! Health, Wisdom, Abundance, Joy and Peace are working together in a conspiracy to find a way into your life and be demonstrated to the world around you. So you need to ask yourself, "If not you, then who? And if now, when?"

I invite you to go into "hibernation" with God as you start your new year, and allow Spirit to expand your spiritual capacity to experience and demonstrate more of that which you truly are for 2010.

I bless you with an incredible and wonderfully exceptional 2010!

In Love and Service, Brian Bertness

BACK BY POPULAR DEMAND!

JONAS MAGRAM

Sunday, February 7th

Those of you who missed hearing Jonas last time will not want to miss him again! He is coming back to provide us with Special music during our Worship Service. The title will be "How Love Will Save the World." He will also be selling his CDs.

After the potluck Jonas will be providing a workshop, "Nine Powerful Tools for Living in the Lightenment Now," at 12:30 pm, lasting approximately 90 minutes.

Jonas' music is "inspiring, energizing, and spiritually uplifting." His music is "in the tradition of Cat Stevens and Richie Havens." If you like feeling good, you'll love Jonas."

WINTER POTLUCK DINNER

Sunday, February 7th

Put on your boots and mittens and join us for our monthly potluck!

We will all either bring some of our favorite dishes or decide to order out for Pizza, as our time will be limited to 1 hour. See you there!



A COURSE IN MIRACLES

This class continues to meet every Tuesday night at 7:00 pm in the upper classroom. All are welcome.

"COMPASSIONATE COMMUNICATION" WORKSHOP AND NEW CLASS STARTING IN MARCH

Mark your calendars now for a wonderful opportunity!

Deb-Hill Davis has arranged for Rev. Lori Woodley, an educator from Unity Village, to come give us a personal workshop on the book "Nonviolent Communication: A Language of Life" by Marshall Rosenberg.



This information has been described as a whole new way of thinking that can change people's lives. We are very excited that we are also going to make this workshop available to the public.

Deb will be facilitating a weekly support group at church for the weeks following the workshop. We are so very grateful to Deb for all the blessings she brings us. Mark your calendars now!

WORKSHOP

1ST PART:

Friday, March 5th, 7:00 pm to 9:00 pm

2ND PART:

Saturday, March 6th, 9:00 am to 5:00 pm

\$25.00 fee to attend

Lori Woodley will also be giving the talk at Sunday Service on March 7th.

Books will be available at the Bookstore by Jan. 20th.

LADIES' LUNCH BUNCH

Due to inclement weather, we will be starting up again in the Spring.

UNITY-VERSITY

This Sunday morning class is currently studying Wayne Dyer's book, "Change Your Thoughts, Change Your Life". It meets from 9:30 to 10:20 AM in the Upper Room. Feel free to join us at any time.

SUNDAY SCHOOL

We will continue to meet every 3rd Sunday of the month.

Every child is welcome.

Thank you so much Naima and Bridgett!

We also provide Nursery services every Sunday and our YOU group meets each week.

PIONEERS INTENDERS GROUP

Come and learn more about this spiritual practice, which is designed to help us bring our goals to fulfillment.

We meet every 3rd Friday in the month from 9:30 to 11:00 am. in the Upper Classroom.

FROM OUR BOOKSTORE

We need another volunteer to run the bookstore when someone needs to be gone. Please contact Marilyne Hanson or Marilyn Peercy if you can help. Thanks.



REVIEW OF "COURAGEOUS SOULS," BY ROBERT SCHWARTZ

"All my life, I had viewed my challenges as nothing more than meaningless suffering and their occurrences as random and arbitrary. Had I known that I'd planned my challenges, I would have seen them rich with purpose. That knowledge alone would have greatly eased my suffering."

Robert Schwartz

The author selected volunteers who wanted to discuss the underlying spiritual meaning of the difficulties they had faced. By using channels and mediums, he and his subjects discovered that we choose our parents, where we will live, the people we will meet, and the relationships we will have through pre-birth planning.

The ten individuals interviewed for this book chose such challenges as AIDS, breast cancer, parenting a handicapped child, drug addiction, alcoholism, and others.

This powerful book is the most meaningful I have read. Knowing that I chose my own challenges has given me peace and taken away blame. Knowing that others have chosen their particular life paths has given me acceptance and empathy. Courageous Souls is now available in the bookstore.

Kristy Patterson

FROM OUR BOOKSTORE, CONTINUED

The best-kept secret in our Unity Bookstore is the Unity Magazine. Unless you subscribe at home, you are missing out on condensed views by your favorite Unity and other new-thought authors. I like the book reviews, and I particularly like Rev. Thomas Shepherd's question-and-answer column. The following advertisements are from Unity Magazine, and the products will be available in our bookstore. Stop on in!

A one-year subscription (six issues) is yours for just **\$19.95** - a savings of 26% off the cover price.

Grow Your Life

Unity Magazine supports your quest for meaning with insights from leading spiritual teachers. Discover practical advice and tools for abundant living in every issue.

To order, go to www.unitymagazine.org or call 1-800-669-0282. You may also use one of the subscription order cards in this issue.

unity
MAGAZINE

Dr. Tom Answers the Questions You Always Wanted To Ask

No topic is off limits for the wise and witty Rev. Dr. Thomas Shepherd as he takes on some of faith's thorniest issues.

In his Q&A column for *Unity Magazine*, "That's a Good Question," Dr. Tom is known for getting to the heart of the matter with a surgical command of the facts, a disarming dose of humor, and an unbridled passion for truth. This book—a collection of more than 15 years of letters and e-mails to the column—is bound to make you smile and think.

\$14.95, softcover, 300 pp., #B0060

GOOD Questions
Answering Letters From the Edge of Faith
THOMAS W. SHEPHERD, D. MIN.

GRATITUDE

We want to thank Deb Jennings for sharing her wonderful talents with us and for providing us with such a rich tapestry of music.

We are so grateful for the wonderful sounds of Brazilian Sunset, Fred Leonard, Judy Olsen, Sharon Bousquet and Heather Love, Naima Nicholson, Alfredo Jimenez and Dennis Kain. How blessed we are!

AFFIRMATIONS FOR JANUARY AND FEBRUARY

- Inner Peace: In the quiet of this moment,
I am at peace. All is well.
- Guidance: I am divinely inspired
To right action.
- Healing: I am an ever-renewing
expression of divine light.
- Prosperity: I am successful and fulfilled,
Realizing the power of God in me.
- World Peace: Let there be peace on earth
And let it begin with me.

Five Universal Truths for Living a Purposeful Life

Discover tools for daily living as well as answers to the tough questions you may be asking. The *Five Principles* explains the core teachings of the Unity movement—laws of the universe that apply to everyone and appear in every major religion, including the teachings of Jesus. Debenport challenges you to "work with these principles, test them, apply them to your life, and watch what happens."

\$12.95, softcover, 125 pp., #B0054

Navigate Life's Turning Points

Changes in life are inevitable. As difficult as they may be, times of transition offer a rare gift—the opportunity to grow! Learn how to find your way through change to achieve your full potential and break through into a new dimension of living.

\$12.95, softcover, 167 pp., #B0050

Finding Yourself IN TRANSITION

Using Life's Changes for Spiritual Awakening
ROBERT BRUMET

Notes from the Board:

October Board Meeting - October , 2009

- We will have a new board member in place to be confirmed at our annual meeting. It was suggested that we consider bringing back the alternate board member position.
- The roof had the repairs made to it before the winter gets here.
- It was determined that we are at a point of financial growth to begin the process of attracting a new minister.
- We purchased Daily Words for the next year to be distributed to the local hospitals.
- There was a discussion of people who have expressed an interest in being on the ministerial search team. We will work to have these confirmed and finalize the team members.
- We will work at promoting and communicating the progress of the New Beginnings Fund.

November Board meeting - November 19, 2009

- Kristy Patterson was welcomed as a new member of the board. She replaces Jerry Rogers, and confirmed at the annual membership meeting.
- Board workshop with Barry Vennard was viewed as a success. He presented some unique and interesting thoughts for us to consider as we move forward.
- Election of officers was held: President – Brian Bertness;
Vice-President – Lynn Staunton; Secretary – Dee Willemsen; Treasurer – Dan Svec
- We think we have the members for the search team. We will need to find someone on the team to be the team leader.
- We are trying to finalize someone to handle the snow removal for us.
- There was a discussion of short and long term goals for ministry. There will be additional discussions to review those that we have and add to them.
- November fundraiser brought \$1569 in addition to our New Beginnings Fund. We will update the chart and communicate this to the congregation.
- It was approved to pay to have the atrium bathroom remodeling finished.
- We are researching options for a different copier/printer.

*We wish to honor with God's blessings those who have birthdays in January and February.
A very happy birthday to you all!!*

JANUARY —

Bridget Hill	1/5
Eleanor Hopkins	1/7
Elaine Rogers	1/09
Vickie Reihe	1/18
Dennis Adams	1/19
Kathy Morrison	1/21

FEBRUARY —

Phyllis Johansen	2/2
Martha Jane Morgan	2/10
Michelle Herring	2/14
Cindy Chicoine	2/16
Dave Love	2/18
James Gambrall	2/21
Deb Hill-Davis	2/22
Jaxon Gambrall	2/26
Kesho Scott	2/27



If we have omitted you from this birthday list and you would like this occasion recognized, we apologize for the error. Please contact Editor Dan Heck to be included. Thanks!

NEW BOARD MEMBER!

Our newest board member is Kristy Patterson.

Kristy graduated from Iowa State University in 1973 and worked at Younkers for several years as an assistant buyer.

She "grew up" Methodist but dropped out upon attending college.

Kristy was married for 28 years with no children. About five years ago, she began looking for a church, but none appealed to her until her significant other introduced her to Unity.

She says, "As soon as I walked into the bookstore and saw the titles of the books, I knew that I was home. My spiritual journey had begun."

Kristy is also a Reiki Master and has experience with Healing Touch, meditation, and crystal healing. She is also an ordained minister, which allows her to legally do bodywork. At home in Beaverdale, she enjoys the beauty of her yard and the love of her two cats, two chinchillas, and one dog.

Kristy is adding her board responsibilities to her other main volunteer activities of working in the bookstore and on the fresh flower committee. Welcome, Kristy, and thank you!

TREASURER'S REPORT

1.) October 2009 income and expense:	
Income	\$6,777.48
Expense	<u>\$6,208.97</u>
Difference	\$588.51
Principal on Mortgage	<u>\$381.15</u>
Cash Flow	\$207.36

2.) October 2009 YTD income and expense:	
YTD Income	\$6,777.48
YTD Expense	<u>\$6,208.97</u>
Difference	\$588.51
Principal YTD on Mortgage	<u>\$381.15</u>
YTD Cash Flow	\$207.36

Preliminary income for November is \$8,601.13. Based on average expenses of the last twelve months (\$7,495.00) and on the mortgage (approx. \$380.00), approximate excess over expenses is \$725.79.

Cash on hand as of October 30th was \$24,907.80, with designated funds of \$17,689.86. We show \$7217.94 as being unrestricted, as of October 30th.

Win as if you were used to it. Lose as if you enjoyed it for a change.

A BIG THANKS!

Unity Church would like to thank the following companies for providing their services to us:

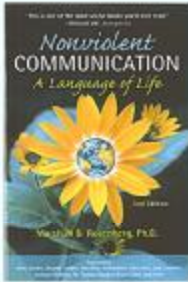
Metro Lawn Care — snow removal
Sean, 515-321-3210 (landline), 515-201-5000 (cell)

Roberts Heating, Cooling, and Plumbing
Andy Roberts, 515-202-0851, or for emergencies,
515-202-7462

Bob's Sewerooter Service, 480-5494

Compassionate Communication Workshop

Learn to connect with others in a deeper and more satisfying way



This workshop is based on the work of Marshall Rosenberg and his book *Nonviolent Communication; A Language of Life*.



Nonviolent Communication (NVC or Compassionate Communication) is a language of compassion, a spiritual practice, and a tool for positive social change. This workshop will explore the basic model of Nonviolent Communication and its applications to real life situations. The practice of Compassionate Communication supports the creation of a world that works for everyone through a heightened awareness of what gets in the way of natural giving and receiving.

This workshop will help you:

- ✳ Improve communication and connection in your relationships
- ✳ Identify and understand your feelings and needs in a deeper way
- ✳ Communicate in a way that offers greater possibility of others actually hearing what you are trying to say

Deepak Chopra, M.D.,
Perfect Health

"Nonviolent Communication connects soul to soul, creating a lot of healing. NVC provides us with the most effective tools to foster health & relationships."

Jack Canfield,
Chicken Soup for the Soul

"The principles and techniques of NVC can literally change the world, but more important, they can change the quality of your life with your spouse, children, neighbors, coworkers and everyone else you interact with. I cannot recommend it highly enough."



Workshop Facilitator: Reverend Lori Woodley, M.Div.
Unity Minister & Peacemaking Consultant

Lori was introduced to NVC early in her ministerial studies and found the practice to be an answer to the disappointment and frustration she experienced in her relationships. Lori has trained with several certified NVC trainers and actively continues her studies. Lori teaches NVC as an adjunct faculty member at Unity Institute, in churches, and organizes workshops.

Lori@peacematters.com

Workshop Times

1ST Session - Friday, March 5th, 7:00 pm to 9:00 pm

2ND Session - Saturday, March 6th, 9:00 am to 5:00 pm
(Potluck/bring your own food for lunch)

\$25.00 at the door

SPIRITUAL SOCIAL ACTION

We continue to find ways to put feet to our faith. Here are several actions that we have participated in or are planning on in the near future.

DMARC Food Pantry

We recently donated 34 food items and \$210 cash to the DMARC Food Pantry as one of our Spiritual Social Actions.

You can contribute to the Food Bank at any time you'd like by putting your items or cash in the shopping cart in the atrium. And keep in mind that cash has **four** times the purchasing power for the Food Pantry.

Christmas Adopt-a-Family

For Christmas, we adopted a family through Children & Families of Iowa. We adopted four children from a family in need.

Within a week, we mobilized and were able to provide 38 gift items and 7 gift certificates for our adopted family.

Through your gifts, a family was able to enjoy the generosity that represents the true idea of Christmas.

COMING! CFUM Supper Club

On March 10, 2010, we will be sponsoring the Supper Club for the Children and Family Urban Ministries (CFUM).

The Supper Club provides an evening meal six days a week for 80-120 adults and children. Many of the guests at the meal, served Monday-Saturday, are members of the working poor. The meal primarily is provided by local congregations and faithful volunteers. Volunteers are needed from 4:15-6:00 pm.

We will need many hands to make this a successful endeavor. We will be sharing more of the specifics with you in the coming weeks so you will have an opportunity to participate.



Children and Family
Urban Ministries

In Memoriam

We had several longtime and loyal members of Unity Church of Des Moines make their transition in 2009.

We honor their commitment to our spiritual community and the Unity principles we share.

Frankie Bruner - October 6, 2009

Margaret Schultz - September 8, 2009

Erv Jaspersen - October 25, 2009

MAGGIE FREEL WORKSHOP

**Saturday, February 13th
1:00 pm to 4:00 pm**

Topic of Enlightenment

We are so grateful to Jo Adams and Mary Freel for sharing their

Maggie will continue her workshops, with Enlightenment being her emphasis this time.

The workshop is free of charge, on a Love Offering Basis, with the money going back to our church.

**Sharon Bousquet
& Heather Love**

We welcome back Sharon and Heather as they share music with us at our Sunday service on March 28th.

They will also be presenting a workshop following the service.

Joint Statement for Peace

Association of Unity Churches International

Unity stands for peace in the presence of conflict; for love in the presence of hatred; for forgiveness in the presence of injury. Unity honors the many names for God, the many paths to God, the many ways to worship God; for there is only one power and presence of God and that God loves each one of us equally. It is therefore the position of The International Association of Unity Churches and Unity to urge all nations, their leaders, and their people to turn to God, by whatever the name, for guidance during these challenging times and pursue peace, not war, for this is what honors the God of all our faith traditions.
Unity stands for peace in our lifetime.

Honoring Diversity Within the Unity Movement

We believe that all people are created with sacred worth. Therefore, we recognize the importance of serving all people within the Unity family in spiritually and emotionally and caring ways. We strive for our ministries, publications and programs to reach out to all who seek Unity support and spiritual growth. It is imperative that our ministries and outreaches be free of discrimination on the basis of race, color, gender, age, creed, religion, national origin, ethnicity, physical disability or sexual orientation. Our sincere desire is to ensure that all Unity organizations are nondiscriminatory and support diversity.

In our effort to reach out to all people as did our Way-Shower, Jesus Christ, we support the modification of our facilities to make them accessible to all people, regardless of physical challenges; the translation of our materials into Braille and other languages; and respect for the wonderful variety of human commitments and relationships.

We encourage ministers, teachers and others within Unity to honor the strength of diversity within their spiritual communities. It is with love and in celebration of our unity, in the midst of our wondrous diversity, that we affirm this position.

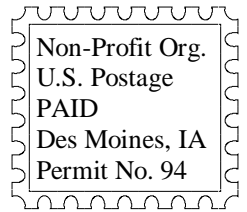
**Adopted by the Association of Unity Churches and Unity School of Christianity
January 23, 1995**

“UNITY CARES”

The members of the “Unity Cares” team are available to give comfort and support in cases of illness or loss, or to share your joys and triumphs. If you or someone you know could benefit from the services of these angels, please call Mary Brandenburg at 252-1459.



Unity Church of Des Moines
414 - 31st Street
Des Moines, IA 50312-4318



RETURN SERVICE REQUESTED

Our Mission Statement

Unity Church of Des Moines
is a welcoming, diverse community offering
an opportunity for all to grow spiritually
as we affirm our oneness in God.
We are dedicated to teaching, loving
and empowering everyone to realize
their own Christ potential.

To Someone special:

If you no longer wish to receive this
 newsletter please check this box and
 mark: "Return to Sender"

January/February 2010

Church Hours

Sunday

Unity - Versity: 9:30 am - Upper Room

Worship Hour: 10:30 am - Sanctuary

Youth Education: 10:30 am - Harmony Hall

Nursery Provided for those 3 1/2 and under
during the 10:30 am service.

O.A. H.O.W. Meeting - Harmony Hall - 4 pm (weekly)

Tuesday

A Course in Miracles - Upper Room - 7 pm (weekly)

Common Thread Prayer Group - 5 pm (weekly)

Wednesday

Al-Anon (Adult Children) - Upper Room - 7 pm (weekly)

Ladies' Lunch Bunch - various locations -11:30 am

2nd Wednesday monthly

Bookstore/Office Hours

Monday - Friday, 10 am - 3 pm

MUSIC MINISTER

Deb Jennings

BOARD OF TRUSTEES

Brian Bertness, President	964-7221
Lynn Staunton, Vice President	457-8758
Dan Svec, Treasurer	246-8274
Dee Willemsen, Secretary	255-3679
Craig Campbell	265-5082
Kristy Patterson	255-6659
Dan Heck, Newsletter Editor	277-5434
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