

March - April
2011

My Dear Unity Family,

This morning I put in an emergency phone call to my beauty shop. It wasn't that I'd set my hair on fire or anything. But I did have an urgent and compelling need to find my scissors – the scissors my hairdresser made me promise to hide. Within a couple of hours, I was being snipped and trimmed. I realized that I am Master of my Fate and Captain of my Ship, but my hair must be taken out of my control.

We often think of “letting go” with regard to the big things in life, but clearly, it's equally as hard letting go of the little things. The daily news reminds us of all the things we can't control in the world. Our family reminds us that we can't control them either. Our pets, no matter how well-trained, let us know that they cooperate because they choose to.

There is much that is beyond our abilities, and as we move through life, we let go, and we let go and we let go.

The small space that we occupy on this earth, however, is all ours. And taking care of that is more than a full-time job. In taking care of our inner life, we're on duty 24/7. Seeking to deepen my experience and expression of God is so central to why I am here on this earth, why would I ever invest emotional time and energy in my hair?! I haven't done so in the past as I always operated under the premise that *if it offends thee, cut it off*. But this letting go of the scissors has been eye-opening as I surrender my control to that of another.

If I can't release something as inconsequential as my hair into someone else's keeping, how do I imagine I can surrender any other aspect of my life to my highest good? *Aye, there's the rub*. Let go and let God. This simple phrase (that we use oh, so often) presupposes that God knows better than we do what kind of good we should have. But God isn't out there, and we are called to embrace our own divinity. We don't abdicate our control. On a recent Sunday I talked about paradoxes, and this is one of them. How do we surrender without relinquishing our power and control?

The answer is that the only thing we need to release is our ego. We must let Oneness, the Christ, be in control. We must pry our fearful egos out of our lives and pray our divinity into the forefront of our conscious awareness. Our True Nature must guide our human personality, rather than letting our personality think it rules our consciousness. Yes. Part of that 24/7 commitment. Enough to keep me busy for . . . probably the rest of my life.

It's not an easy job, but it's mine to do. And I can work on it in small increments. A little snip here and a little snip there. . . .

Blessings,

Karen



**FINANCIAL NEWS
2010 & 2011**

	Income	Tithes (-)	Expenses (-)	Net	Avg. Attend
December	\$ 6,402	\$ 642	\$ 6,633	\$ -233	54
January	\$ 6,183	\$ 610	\$ 8,070	\$ -1,226	58

"You don't always get what you ask for, but you always get what you need."

CONTACT INFORMATION

BOARD OF TRUSTEES 2011

- Lorna PearsonPresident
Message. Ph: 541-751-1633
- Nancy YonkerVice President
Ph: 541-066-0165
- Betty WetzelSecretary
Ph: 541-297-7338
- April Miller-LePageTreasurer
Ph: 541-756-4748
- Patty Wood-Miner.....Member
Ph: 541-888-3856
- Molly PearsonMember
Ph: 1-541-271-2073
- Patti DavisAlternate
Ph: 541-888-0262

MINISTER:

*Rev. Karen Lowe, LUT
* ENTC

MUSIC MINISTRY:

Patty Becker, Ph: 541-756-7609

OFFICE HOURS

M-W-F

10:00 am - 2:00 pm

Ph: 541-751-1633

Fax: 541-751-1324

Office Mgr: Pam Bate

Ph: 541-267-5360

CONNECTIONS

BOOKSTORE HOURS

Sunday 10 am-12 pm

M-W-F

10:00 am - 2:00 pm

Manager, Patricia Worth

Ph: 541-297-1625

YOUTH EDUCATION

Pam Bate, Ph: 541-267-5360

MARCH - APRIL UPCOMING DATES TO REMEMBER:

- March 6 - "Get Healthy"
- March 13 - "Lessons & Misattribution," Daylight Savings Time begins
- March 20 - "Oh, No! Cause & Effect"
Board Meeting
- March 27 - "In The Beginning" Potluck-Town Hall
Anton Mizerek Concert
- April 3 - "Step Out In Faith" and Labyrinth walks
- April 9 - New SEE Adult Ed class begins "Creative Process"
- April 10 - "Clarity Form & Intent"
- April 17 - "Enthusiasm & Determination," Board Meeting
- April 24 - Easter Sunday & Christening, Potluck-Town Hall
Remember Sunday Prayer at 9:30 am & Sunday Jam at 9:45 am!



**NEW SATURDAY SEE CLASS
THE CREATIVE PROCESS**

Our new ten-week SEE class begins on April 9th at 10 am. Join us as we study the biblical account of the seven days of creation and learn about the seven steps of the creative process as metaphysically interpreted by Unity's co-founder, Charles Fillmore.

You will learn the seven important steps in the creative process, their orderly progression and how to use the process to strengthen your creative, spiritual self and bring the good you seek into your life. The workbook is available in our Unity Connections Bookstore.

YOU ARE THE HANDS OF GOD!

Thank you to all who make Unity By The Bay possible.
Special blessings to:

- Harry Park and Bill Bate for rerouting and repairing our bell pull.
- Nancy Yonker and Meadowlark Molyneux for reorganizing our downstairs storage room.
- Kym Kennedy for doing a complete inventory of our Unity Connections Bookstore.
- Patty Becker for all her work on the Music Retreat.





A MESSAGE FROM THE BOARD PRESIDENT

I want to take this opportunity to thank each and everyone of you for allowing me to be your President on the Board for these last 6 month. It has been a challenging, sometimes frustrating but always rewarding experience. I have so appreciated your words of support and encouragement. I will remain on the Board at this time. Thank you for your love and blessings.

Patty Wood-Miner



GALLERY BY THE BAY

Gallery by the Bay and the ORCO Arts teen group will not be participating in March Artwalk. Their Grand Opening for the 2011 season will be Thursday, April 14, from 5 to 7 pm. Come enjoy a fantastic art show, music and refreshments.

STAY CONNECTED WITH TECHNOLOGY

- We are now creating an e-mail database for members and friends of UBB. Please fill out an email information slip and turn it in to Pam or Rev. Karen, or slip it into the black box next to the office door. The information you provide will be kept confidential and will not be shared with others, including those on the list.
- You can receive periodic event updates and reminders.
- In lieu of this paper copy of the newsletter, receive it via e-mail. It is also always available at our website at www.unitybythebay.net. This will provide savings for the church and is better for our environment—or you can continue to receive your newsletter as you have.
- Receive prayer requests and be part of the consciousness holding others in prayer. Our prayer chain is still alive and well, but you may participate too. If you would like, advise the prayer chain of your request for congregation support and those on our list will be included. You may opt for one or all of the above. If you have any questions, see Rev. Karen.



Who's Your MONKEY?!!?

"Waz Up with the Children"

By Pam Bate

A few weeks ago, I read a story to the children about a water buffalo and a pesky monkey. The buffalo patiently put up with all the monkey's mischievous tricks. The story ended with the buffalo stating how blessed he was by the monkey, for the opportunity to practice patience. The monkey who had exhausted himself trying to entice the buffalo into anger, found instead of alienating the buffalo, he had acquired a new friend.

We spoke a lot about what it means to practice patience. As children and as adults we tend to want what we want and we want it now! With class help we came up with the definition of patience:

PEACEFUL WAITING

Isn't that what we strive to do as adults? An expectant mother practices peaceful waiting for her child to develop before giving birth. Teenagers can be like pesky monkeys in their parents lives before they are ready to take flight into the adult world.

Robert Service wrote in his poem, *The Quitter*:

"And your sore as a boil, it's according to Hoyle, to cock your revolver and . . . die.
. . . Just have one more try- it's dead easy to die. It's the keeping-on-living that's hard."

Unity encourages us not just to be patient, but to practice peaceful waiting.

Our children will reach adulthood one day and become our best friends, thanks to peaceful waiting.



UNITY BY THE BAY

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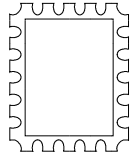
E-mail: unity@unitybythebay.net

Website: www.unitybythebay.net

UNITY BY THE BAY'S VISION STATEMENT

**Unity by the Bay is a joyful, dynamic,
spiritual family,
thriving in love and gratitude,
thus making a difference.**

Created by the Board of Trustees — Jan. 2011



To Someone Special at:

INFINITY

Friday, March 25, at 6:30 pm

"BEYOND ZERO POINT"

Gregg Braden leads an enthralling tour
of the lost teachings of the ancient
Essenes, authors of the Dead Sea
Scrolls.

Let's go to the movies?



Spiritual Cinema

Friday, April 22, at 6:30 pm

"The Blue Butterfly"

A dramatic adventure about courage,
redemption and love, filmed in the rain
forests of Costa Rica and in Montreal.

True story

Connections Bookstore

Connections Bookstore and The Guild
are proud to present the First Annual
"Poets Dead & Alive"
A poetry slam.

Friday, March 4, 2011

6:00 pm

At the Unity Stage

2100 Union Ave.

North Bend

For more information call:

Patricia Worth 541-297-1625

Suzanne 541-404-0797

Or

Cody 541-260-3208

Brightest Blessings, Patricia Worth, mgr.

Reflections Mailing List

If you have a change of address or phone
number, or want to be added or removed
from our mailing list, please check the appro-
priate box below and either mail, fax or de-
liver this page to the church office at Unity
by the Bay.

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

- Change of Address, Address Correction or Phone Number
- Please add to Mailing List
- Please remove from Mailing List

WISHES & HORSES

Hospital Bed: Free - includes delivery. Good condition.
Call Nita Maxwell 541-3171

Need Keyboards and Guitars: Donate them to ORCO Guild.
We have many teens who want to take piano or guitar lessons
but do not have an instrument to play.
Call Patty Becker 541-290-1562

Free Caregiver Class: Begins on March 2 and runs for 6 consecutive
Wednesdays.

Call Char Luther 541-266-0806

Have Tools Will Travel: Experienced handyman.
Call Rhett Carr 541-270-5152.

Plant and Treasure Sale: Unity's annual sale will be in June, probably the 25th.
We have room to store boxes and bags in the unused area
downstairs. New or Gently used items, please.
Volunteers needed. No pricing this year.
Call Pam at work 541-751-1633 or home 541-267-5360

Hot Shotz Coffee: 875 N. Bayshore, Coos Bay.
New owners "D" and Charlie 541-252-1733.

Home Repair & Maintenance: "Why buy new when you can re-do?"
Call Harry Park 541-266-0443.

Let's trade Puzzles: I like jig-saw puzzles, 500 pieces are my favorite.
Call Pam Bate 541-267-5360.

Reiki Treatments: Loving hands facilitate healing and well-being.
Call Joi Lortie 541-266-0590.

Watkins Products: Why not try the best vanilla ever? Many Products.
Call Patricia Worth 541-297-1625

I Luv Dirt: Curb appeal, weeding, pruning, planting, and soil
amending. Call Kim Penski 541-982-2459 .

Maid Service: I am a maid. I will clean your house for minimum wage.
Call Cassidy Clore 756-2057.

Wanted -VCR/DVD Player: Our VCR/DVD player died! We do not have cable
and truly enjoy our movies (free from Library and friends).
Call "D" and Charlie 541-252-1733.

Wanted - Microwave, Apartment size Washer & Dryer:
Call Patricia Heilbron 541-294-1705



**ANTON MIZERAK
CONCERT**

AT
UNITY BY THE BAY

Sunday, March 27th
At 11:45 A.M.

Love Offering

Anton will also play
during Sunday
Service

Anton Mizerak is a composer and multi-instrumentalist who plays tabla, harmonica, synthesizers and piano. He is literate in Sanskrit, with an M.A. in the History of Religions. He has an intimate understanding of Asian spiritual and musical traditions which he utilizes to create music that enriches and enlivens the listener.

Anton lives and records in Mount Shasta, California, in a house and studio that he built himself. Anton's many recordings reflect his extensive travels, his love of the natural world, and his desire to impact the world in a positive way through music.

We welcome him back.