

# UNITY CHURCH OF PALMYRA

*A Positive Path for Spiritual Living*

*July/August 2014*

## **Thoughts From Our Minister** **“Connecting Heart to Heart”**

Dear Unity Family,

I have just returned from a wonderful week at the Unity Worldwide Ministries Conference in Kansas City. The theme for the week was “Connecting Heart to Heart.” Through inspiring speakers which included Gary Zukav (Seat of the Soul) and Mark Nepo (Book of Awakening); beautiful heartfelt music provided by Richard Mekdeci, Michael Gott and others; connecting with friends old and new; and a decision making process which truly created a feeling of harmony and oneness, it was obvious that when we connect heart to heart in love, all things are possible.

We have opportunities every day to connect heart to heart if we are willing. I invite you to think about situations or relationships in your life that are in need of healing and ask how you can open your heart to seeing and being loving in those situations or relationships. Willingness to do so can bring amazing results for you and for all concerned.

With an open heart,

*Rev. Julie*



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**For a message of peace, call Unity Church’s Dial-A-Prayer daily 24 hours a day at 717-520-9710. Messages are changed each day by Rev. Julie.**

**www.unityofpalmyra.org**

## Unity Church Welcomes Dr. Vernon Sylvest, M.D. Sunday, July 13th

**Sunday Service: 10:30am**

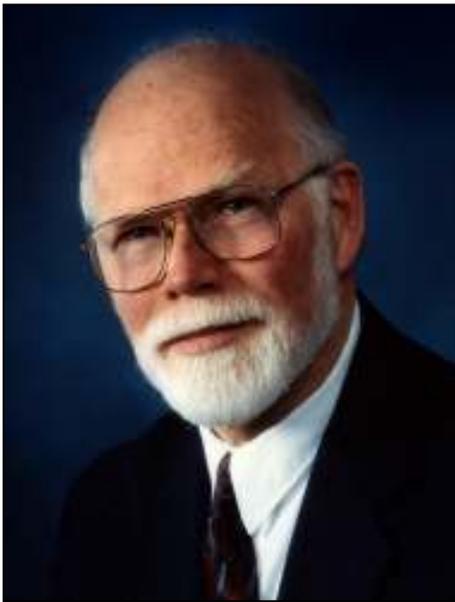
**Message by Dr. Sylvest**

**“Going Through the Veil: From Depression into Bliss”**

**Workshop: 1 - 4pm**

**The Science and Psychology of Miracles**

**How to Become Miracle Ready**



Over thirty-five years ago, Dr. Sylvest, a pathologist and physician, developed a painful, debilitating disease that conventional medicine could not cure. However, just as Myrtle and Charles Fillmore discovered that physical illness is an opportunity for self-discovery and a path to the Truth, he discovered that his illness is an opportunity for healing and spiritual reawakening. He realized that all illnesses have mental and emotional components that need to be brought to light and can be healed through prayer, meditation, and forgiveness. Within nine months of beginning his spiritual journey he was completely free of the disease. He applied what he learned in his medical practice when he was director of the Institute for Higher Healing. He shared his experiences and discoveries with the world in his book - *The*

*Formula: Who Gets Sick, Who Gets Well, Who IS Happy, Who Is Unhappy, and Why* (1996).

The information Dr. Sylvest will share with you is practical and can be immediately applied. The positive results will affect all aspects of one's experiences for a joyous, long, healthy life-a life that will have a positive empowering influence on others.

**Call (717) 838-7808 or email [unityofpalmyra@verizon.net](mailto:unityofpalmyra@verizon.net) for reservations.**

**Suggested Donation: \$25**



**Reminder:** Newsletter information and articles must be sent to [unityofpalmyra@verizon.net](mailto:unityofpalmyra@verizon.net) by the first Sunday of each even-numbered month. The next deadline is **Sunday, August 3, 2014** for the September/October 2014 newsletter. Articles not received by this date will be included in the following newsletter, if appropriate.

## Unity Summer Sampler Classes

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Join Rev. Julie for a summer sampling of Unity Basics.

Wednesday evenings, 6:30 - 8pm

Love Offering Requested

### **July 2: Affirmative Prayer/Meditation**

Discover the power of Unity's unique approach to prayer and meditation for bringing peace, harmony, and balance into your lives.

### **July 9: Health and Healing: The Unity Way**

What is health? What is healing? How can we maximize our ability to heal in body, mind, and spirit?

### **July 16: Following Divine Guidance**

How to recognize, tune in, & follow Inner Guidance for a more Spirit-filled, harmonious life.

### **July 23: Metaphysical Bible Interpretation**

Overview of how Unity views the Bible and its relevance to our lives.

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Coming this month to Unity: Christmas in July!

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Saturday, July 26th

9am - 2pm



Tired of rushing around with the crowds at Christmas time?  
Get an early start on your Christmas shopping!

Items to be sold include: artificial floral arrangements, knit items, jewelry, oils, teas, and much more!

Contact Sue Mitchell at [sj.mitchell9@verizon.net](mailto:sj.mitchell9@verizon.net)  
for more information or to volunteer.

Goddess Workshops  
with  
Elaine Torrance-Gingrich  
Law of Attraction Life Coach  
Love Offering Requested

Worthy Goddess Workshop

Saturday, July 19th, 10am - Noon

Increase your feelings of worthiness through healing and forgiveness.

Goddess Vision Workshop

Saturday, August 23rd, 10am - Noon

Create a vision for your 5 main life houses.

Discover your blocks and create your aligned action plan.

Contact Elaine at (717) 641-3311 or email her at [elaine@avalonianmoon.com](mailto:elaine@avalonianmoon.com)  
to register or for more information.

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Kayak Float Planned: Saturday, July 26th from 10am ~ Noon

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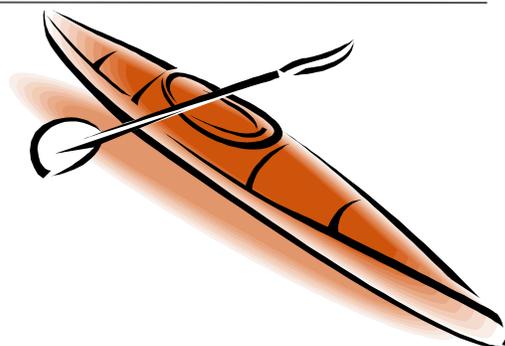
For me, there is no better place to connect with God than in a natural setting. Add to that a slow rhythmic paddle down a gentle stream, and I am practically in nirvana! In literature, streams are often metaphors for the spiritual journey. They teach us to let go and allow; to read the waters and find the right path; to settle the mind as we concentrate on the dip of the paddle side to side.

We are lucky in Pennsylvania to have streams, creeks, and rivers within easy reach of most of us. The Swatara is the perfect kayaking creek. As soon as we enter the water, we enter a different world.

On my last trip, which lasted about an hour and 15 min, I saw an eagle parent teaching her fledglings to fly, a mink, numerous ducks and geese as well as the verdant bursting forth of green that characterizes spring in these parts.

Come join me Saturday morning July 26 for a 2 hour easy float down the "Swatty." This trip is suitable for beginners and families. Pick up a flyer in the information room, or contact me at 717-533-8899 or [lauriep58@comcast.net](mailto:lauriep58@comcast.net).

---Laurie Plank



Presentations by Bud McClure,  
Professor of Psychology at University of Minnesota Duluth  
to be offered at Unity Church

Sunday, Aug. 17th service: "Synchronicity: God's Way of Remaining Anonymous"

An exploration of how meaningful coincidences nudge us in the direction of the path that is intended for us.

Tuesday, Aug. 19th, 6 - 8pm: "Wounding and the Spiritual Search for the True Self" presentation.

Drawing on object relations theory, Bud will explore the sources of psychological and spiritual wounding in our lives and how we might recover our sense of true self.

Love Offering Requested

Bud McClure completed his doctoral work at the University of Southern California. He teaches courses on personal development and transpersonal psychology. He is a member of the faculty at Yoga North International Yoga Soma Institute in Duluth. He is author of *Divine Daisy: A Transpersonal Tale* and *Putting a New Spin on Groups: The Science of Chaos*.

Unity Community Gathering

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Sunday, July 27th following service.

\*\* (Note date change from July 20th) \*\*

An opportunity for fellowship and sharing ideas for the growth and unfoldment of Unity Church.

Please bring a light lunch item, finger food, dessert, or beverage.

Unity 101 Class (Introduction to Unity)

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You have experienced Unity's peace, joy, love, and a feeling of "coming home," but do you really know what Unity is? Its basic teachings? How it began?

Take this opportunity to learn about or rediscover Unity as a way of life, our connection with Unity School, Unity Worldwide Ministries, and our Unity Church here in Palmyra, PA.

Required for those desiring membership at Unity Church, this class is for all who want to know more about Unity and its teachings.

Sunday, August 17th, 12:30 - 3:00pm  
Please sign-up in the information room.

Hello Parents and Teachers,

During June, July and August there are no Sunday school lessons, but we do have Sunday school for the Uni-kids during most of the services this summer. The kids will have a book read to them and then they can just have fun with their friends. Not all Sunday services are covered with an adult downstairs with the kids unfortunately, but Rev. Julie plans to inform parents at the beginning of each service whether the kids go downstairs or not. I do have schedules hanging on the Youth Ed. bulletin board in the info room if you want to know ahead of time what Sundays are covered. If there is no adult downstairs with the kids, the kids stay upstairs with their parents. And if anyone wants to help out with Sunday school this summer, just call or email me.



Have a great summer!

Bridget Grieve-Carlson, Youth Ed. Director (867-4573) or ([bqcarlson3@gmail.com](mailto:bqcarlson3@gmail.com))

Youth Ed. Events:

Sept. 7<sup>th</sup> – Sunday school lessons start again for the Uni-kids.

Sept. 21<sup>st</sup> – Tentative date for monthly Uni-teen/YOU Sunday school lesson.

## Co-Creation Council

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### Opportunity to Serve: Unity Co-Creation Council

In October, we will have two positions opening on our Council. We are now accepting applications from our members to serve on council.

It is an honor to serve on this governing body for our ministry and opportunity to realize our oneness, practice spiritual principles, discover and develop our spiritual gifts, and grow in love for one another. We invite you to prayerfully consider serving Unity Church in this way. If interested, please pick up a copy of the Qualifications to Serve in the information room and see Rev. Julie for an application or additional information.

A Council/Board Training session will be held for Council members and prospective members.

## What's that ringing!!

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Congratulations to Mary Hartman and Laurie Nelson  
who will be married at Unity Church on July 13th,  
2014!

## Birthdays

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### July

6	Shirley Putt	11	Bobbi Gouch
7	Kelly Zaiser	16	Charles Lee
7	Helene Heisey	17	Steve Millard
8	Natalie Keil	23	Vicki Smith
8	Rosalie Massar	25	Jan Glatfelter
9	Mary Witmer	27	Robin Wengert



### August

19	Jake Meyer
19	Valerie Henry
21	Chris Dolan
23	Linda Gettle
27	Karl Gettle

*If your birthday is not currently listed, please let us know so that we can add you to the list.*

## Groups, Classes, Etc.

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**Women's Spirituality Group:** The Women's Spirituality Group meets every Wednesday morning from 10:00-11:30am in the Rose Room. Please join us for lively and challenging discussions! We currently support the Women's Shelter in Lebanon with prayers and weekly food donations. Contact Linda Gettle at 717-964-2292 for further information.

**Course in Miracles:** Meets 2nd Sunday of every month from 1-3pm in the Rose room from September - June. Contact Frank Yeager at 717-867-2148 or email [ffyeager@comcast.net](mailto:ffyeager@comcast.net) for more information.

**Spiritual Book Club:** Meets 2nd Thursday of the month at 6:30pm from September - June. For more information, please e-mail Bridget at [bgcarlson@verizon.net](mailto:bgcarlson@verizon.net).

**Yoga Classes:** Monday evenings from 6:30-8pm  
Kimberly Joy Hitchcock, Facilitator.

First Class is FREE; Individual Class Rate - \$7.00; Class Card for 8 Classes - \$40.00  
(Detailed information at <http://yogajoystudio.com>)

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**PODCASTS** of our Sunday Services are available to listen to or download from our website or **CD'S** may be purchased for \$5.00 each by signing up in the Rose room.

**SPIRITUAL COUNSELING** is available on a love offering basis with Rev. Julie Vance. Please call the church office at 838-7808 to schedule an appointment.

**MINISTERIAL SERVICES** - Rev. Julie is also available for weddings, baptisms and memorial services.

Unity Church  
37 E. Main Street  
Palmyra, PA 17078



### **OUR PURPOSE STATEMENT**

Our purpose is to know and  
express God's peace, joy and love!

### **OUR VISION STATEMENT**

Open to Spirit  
Connected with Spirit  
Transformed by Spirit

## **Unity Church**

Reverend Julie A. Vance  
Jake Meyer, Admin. Assistant  
**Sunday Service, Youth Education,  
& Nursery Care**  
**10:30 am**

Tel/Fax: 717-838-7808

Email: [unityofpalmyra@verizon.net](mailto:unityofpalmyra@verizon.net)

[www.unityofpalmyra.org](http://www.unityofpalmyra.org)

### **Co-Creation Council:**

Reverend Julie Vance  
Sue Mitchell - President  
Dan Christopher - Vice President  
Linda Gettle - Treasurer      Peggy Marsicano - Secretary  
Lori Spence - Member      Jan Glatfelter - Member

### **Chairpersons:**

Building & Maintenance: Dan Christopher  
Caring Friends: Helene Heisey  
Hospitality: Kendra Siemers  
Newsletter/Website Editor: Jake Meyer  
Prayer Ministry: Bobbi Gouch  
Sound Techs: Dan Christopher  
Welcoming Ministry: Sue Mitchell  
Youth Education: Bridget Grieve-Carlson