



Light On The Path

Unity—The foundation for a love strong enough to lift up the entire world

Generation to Generation

Humanity has always sought to tell a story. It began humbly with pictures on the walls of caves to express the excitement and adventure of the hunt. Slowly a written language of pictures, symbols and signs developed to keep records of transactions and property. Dating the actual shifts from paintings to characters to alphabet is contested but generally agreed that writing developed out of the need for human expression and creativity around the Bronze Age. Perhaps the shift came as early as 3000 BCE though most claim the middle Bronze Age, 2500 BCE, to be the true benchmark. The growth of tribal family units, agricultural innovation, government legislation and the development of settlements accounted for part of the demand for a structured, a more uniform alphabet. Yet behind the scenes of necessity were also the evolution of the brain that was becoming slowly conscious of itself and the power of creative thought. Writing was no longer simply a form of transaction; it was emerging as the medium of a life of expression, of thought, of heritage.

The Bible itself is a composite book, written over long periods of time; a collection of stories of various types interwoven with poetry and snippets of ancient folklore and wisdom. There are pages upon chapters of tiresome genealogies, boring to the modern reader, yet each served a much greater purpose. The chronicles tell of belonging, tell of inheritance, and hold the key to the ancient belief of immortality. For all ancient peoples understood that, as long as there were children, a part of them would live on. But what if an individual had no children, would the soul consciousness simply vanish? Enter the narrative, the biography, the journals left behind to continue the legacy of one's own life. It is from these simple yet powerful, personal stories that modern readers know much about the life, times, beliefs and practices of ancient peoples.

The importance of this communication has never truly been extinguished, although today the written word is more often than not a text, a message on an electronic medium, as opposed to carefully handwritten words on scraps of reeds or animal skins. Many books are written to encourage one to begin to hear the stories of ancestors and to leave behind one's own experience as a gift to the future generations.

In a world that is forward thinking, youthful and future oriented, there is something precious lost by not telling the stories of the past. It is both a history and a wisdom that cries out from the grave. These are the stories untold, the mystery of families and courage and life. There is a regret of not having asked or listened to the days gone by musings of grandparents, elders, next door neighbors.

The drive to recapture these narratives is gaining momentum in the current era if recent bestsellers are any indication of this trend. Television programs have highlighted various aspects of the twentieth century generations through individuals and groups who lived to tell the tale.



As the world morphs faster and faster, the touch and depth of today's connection and understanding of the past is getting slimmer and slimmer. Many seniors have lived through the transition from farm to city, war to peace, the dust bowl and depression to unprecedented prosperity, rapid innovation and technology making the barrier higher and more impenetrable than any generation in the past.

And yet what about one's own life story? What is the legacy each individual leaves to the world, if not the journey of a life well-lived, a life reflected upon, a life that stumbled and fell and rose again? Each person has lived through a unique era in history and therefore each story is an heirloom to set in the hands of those who come after, it is an inheritance of priceless value.

SUNDAYS

10:30 AM

Worship Service

Reach us online at
tulsaunity@gmail.com
www.tulsaunity.com

Inside this issue:

Minister's Message	2
Board News	3
Ministry News	4
Events	5
Events	6
Calendar	7

Dearly Beloved of God,

On Saturday, October 24 we are holding our first all day retreat at the Osage Forest of Peace Retreat Center in Sand Springs. ([See page 6 for details.](#)) The retreat center is open to anyone for personal use except during the month of August when they close for needed maintenance and to escape the summer heat. The place contains a meditation room, an art building, trails to walk and small cottages if staying overnight, the fees are quite modest too.



I had heard of the Center on various occasions and just never made the journey out there until several weeks ago. What a wonderful place! So I contacted the Center and booked us a date on their calendar. We got the one and only open weekend in October!

What is a daylong retreat? It is a time to come apart, to be in nature, in community and yet in silence. It is a time to listen to one another and Spirit within. This particular weekend was chosen because it is the end of a season. It is a time of dancing brightly colored leaves, crisp morning temperatures and warm halcyon days. And as it is an end, it is also the bridge to the beginning of the season of darkness and quiet and new birth.

We will gather at the church and carpool to Sand Springs to arrive a little before 9am. Gathering in the chapel we will have an opening ceremony that centers us, invites us to step away from cell phones and the normal-ness of our lives to listen to our hearts and the movement of Spirit within. We will alternate between times of reflective silence and directed activity. Sharing a communal meal with the small staff there at the retreat center, and finally heading home around 4pm after our closing prayer ceremony rounds out our day. It is not my intention to make lots of things to "do," rather the goal is about making space in the doing-ness for inner reflection.

The history of this Center is an interesting one and we will be in the flow of the intention for which it was created. Established in 1979 by Sister Pascaline Coff, OSB, a Catholic Nun of the Benedictine Order, as a Catholic retreat. Yet, when you walk on the grounds you will notice a very eastern flair; a Zen garden, sitting cushions in the chapel rather than pews. Something about this place was vaguely familiar and when I read the brochure I finally filled in the missing puzzle piece. Sr. Pascaline had spent time with Fr. Bede Griffiths, a Benedictine monk who lived for many years in India.

I first encountered Bede and his works when studying with Matthew Fox, author, teacher, and priest many years ago in Oakland, CA. Bede was a 20th Century mystic who Matthew saw as a great contemporary teacher of the mystical contemplative tradition. Born and raised in England, Bede took his priestly vows in 1940. After the war he went to India with the task of being a parish priest. But upon his arrival, Bede soon came into dialogue with the rich Hindu faith and traditions. He established an ashram, wrote 12 books on the Hindu-Christian dialogue and Bede's ashram became the center for Hindu-Christian conversations known around the world for over 35 years. He died in 1993 at the age of 86. There are several clips of him speaking on YouTube if you are interested in learning more.

It was this tradition and background Sr. Pascaline sought to bring forth in the "Ashram of the West" here in Sand Springs. The five original Benedictine nuns agreed on four goals, which they reviewed annually; contemplative prayer and its atmosphere with a special focus on silence, stillness and inwardness; the continuation of a small monastic ashram; the Adoration of the Divine and the realistic pursuit of peace and justice.

The Sisters were blessed with guests and visitors from many parts of the USA and other countries, religious traditions and cultures; Buddhist monks and nuns, Islamic teachers, Hindus, and Zen Buddhists found themselves in communion here. The Forest of Peace grew in name recognition and became well known in the monastic interfaith world. Yet, changing economic times and the decline of the monastic orders brought financial hardship to the Center, and in 2008 the community was sold to a private individual, Robert Doenges. Mr. Doenges created a nonprofit corporation for the Forest and led the spiritual community for two years. In 2010, he gave the property to the Board of Directors and the Forest of Peace was re-founded. The Forest of Peace has once again become an interfaith, interspiritual retreat center with a contemplative staff community that seeks to create an atmosphere of warmth and hospitality for individuals and groups. I hope you will join me for this enriching experience. ([See page 6 for details.](#))

Rev. Mary Anne Harris

Board of Directors

President: Carol Horacek
 Vice President: Suzy Jones
 Secretary: Kim Wiley
 Treasurer: Maggie Cunningham
 Director: Linda Lusk
 Director: Connally Perry

Spiritual Connections Newsletter

Office Assistant: Sherry Setters
 Editor & Writer: Rev. Mary Anne Harris
 Bookkeeper: Mary Portwood
 Contributing writers: Maggie Cunningham, Suzy Jones
 Weekly Helpers: Betty Sharp
 Teachers: John Bowdle, RScP, Renny Berry, Diane Pinsart
 Dr. Jack and Linda Rowe, Christina Roberson

Board Report



Suzy Jones, Vice President

Summer is sizzling to a close, and I am reminded of how many of us gathered last summer one Saturday a month struggling to write a mission statement for our church. It was somewhat like giving birth. It was exciting and it was painful at times. Looking back, like childbirth, we forget the pain. Every Sunday we recite our mission during worship:

Unity Church of Christianity welcomes, encourages and nurtures spiritual seekers by offering a dynamic and life changing faith community for discovering and expressing the divine within.

Okay, so it may be a bit long, but as Mark Twain said, "If I had more time, I would have written you a shorter letter". Being concise can be difficult.

The task now is to craft a vision statement. While a mission statement describes what our church wants to do *now*, a vision statement outlines what we want to be in the *future*. Put another way, when we "do" our mission statement, what will we be and have in the future, five years from now, ten years from now?

Fall is the time of kids returning to school to take the next step in expanding their education. A learning that is based on the foundation of study and experience from the past. Thus, as we put our mission into place, we found some strengths and some weaknesses. Now we are in a better position to say let's build on what we have learned and what we know.

In the next few weeks, I invite you to give me your ideas on how our vision statement should look. Stay tuned for "pop up" workshops.

Treasurer Report



Recently, I have been reading "The Power of Habit" by Charles Duhigg. In the book, he talks about 'keystone' habits; the habits that have the power to make a significant difference in our lives. It is quite an interesting book and I would recommend it as both fascinating information into the power of habits in marketing and organizations, as well as changing personal habits from those that don't serve our greater good to ones that empower our choices.

Meditation, prayer, journaling are all quiet time habits we are encouraged to develop in Unity. When I'm in the routine (habit) of reading the Daily Word in the morning and contemplating how I will apply it to my day, my whole day goes better. There is something that is centering and steadying when I am in the flow of my habit, or as Duhigg would say, in the reward. I find that I have more patience with people; I don't "take" offense. I remember to look to what I do want, not what I don't want. If I don't like what I see, I can turn my eyes in a direction where I do like what I see and give thanks.

It is fascinating to me how our Unity teachings are always applicable in life outside of church. I suppose that is why from the beginning we have always called it Practical Christianity. It is the practice of daily, positive habits that enrich our lives. The habit of quiet time helps to put it all things in perspective.

Maggie Cunningham, Treasurer

P& L Actuals	June 2015	July 2015
Income	\$13,329	\$15,446
Expense	\$14,791	\$17,707

Our Sunday Team

Volunteer Coordinator

Worship Assistants

Renny Berry
Louise Rose
Cheryl Phelps
Colleen Kirkpatrick

Sound Technician

Don Rush,
Colleen Kirkpatrick
Keith Purtell

Greeters

Lorry Dean,
Chuck Lange, Cathy Martin,
John Raney, Louise Rose
Marleen Reddaway,
Lee Lowder

Ushers

VC Garrett, Suzy Jones
Colleen Kirkpatrick,
Danny Baker, Lori Hollowell
Renee Anthony, Dee Cole
Louise Rose

Youth Education

Jessica Robb
Kourtney Cushman
Sarah Stansell

Hospitality

John Raney, Patrick Harris
Betty Sharp, Gayle Iadevaia
Chris Myers-Baker

Altar Decorations

Colleen Kirkpatrick
Kim Wiley

Roving Ambassador

Alice Bates

Music Ministry

Special Guests in September

Sunday, Sept. 6

Ashlee Elmore



Sunday, Sept. 13

Andre Martin



Sunday, Sept. 27

Chaz Wesley



Fall Evenings at Unity

Tai Chi for Better Balance

Wednesday Evenings beginning Sept. 9~ 6:00 - 7:00pm

Taught by certified instructor Christina Roberson. This is a type of Tai Chi that focuses on gentle movement that helps to improve concentration, flexibility and balance.

Please wear loose clothing. Suggested offering \$10.00 per class.



Wednesday Adult Color Book Club

Wednesday Evenings beginning Sept. 9~ 7:00-8:30pm

Following Tai Chi is time for fun. Bring a coloring book, pens and crayons.

Tapping Class (Emotional Freedom Technique)

Thursday evenings beginning Sept. 10 ~ 6:30 - 8:00pm

"The cause of all negative emotions is a disruption in the body's energy system. Tapping stimulates the energy pathways thereby balancing the resulting energy disruptions." Easy to learn, easy to use.

Class is on a love offering basis.



September Highlights



World Day Of Prayer

Celebrating 125 Years of the work of Silent Unity

Thursday ~ September 10
8:30am & Noon

Half hour of quiet reflection
 here in our sanctuary.

Many events are happening at Unity Village and are
 open for you to attend.

Visit: <http://www.unity.org/wdop>

Do you have the free Unity Prayer App on your phone?
 Download from the apps store - [uPray](#).



Movie Night

Saturday, September 12 ~ 6:00-8:00pm

WOMAN IN GOLD

Based on the true story of Maria Altmann (Helen Mirren), an elderly Jewish woman living in Los Angeles, who enlists the help of a young lawyer (Ryan Reynolds) to fight for a painting that the Nazis had stolen from her family some sixty years earlier and was hanging in the Belvedere Gallery in Vienna.

Movie is free, invite a friend
 Popcorn a' plenty



Memories

Writing your life stories
 Your life IS worth remembering!

11:00am - 1:00pm

The first Thursday of every month ~ 12 sessions

Rev. Mary Anne is leading this year long program of
 writing our memories, sharing our stories.

Building on topics that range from the very concrete to
 more reflective musings, the end product will be a slice of
 personal history, a legacy to family and friends.

September 3 - Why Remember?

October 1 - The Old Homestead

No writing experience necessary!

Class is on a love offering basis, bring notebook and
 a brown bag lunch/snack if you choose.



Wednesday Morning Class

September 9 - October 28
 9:30-11:30am

Laudato Si:
On Care for Our Common Home
 by Pope Francis

A new appeal from Pope Francis addressed to *every person living on this planet* for an inclusive dialogue about how we are shaping the future of our planet. Pope Francis calls world to acknowledge the urgency of our environmental challenges

Please purchase the book before class.
 Class is on a love offering basis.
 John Bowdle is our facilitator.

October Highlights



Autumn Retreat Saturday, October 24

9:00am - 4:00pm

One River, Many Wells

Carpool from church at 8am will return by 5pm.
Osage Retreat Center is located in Sand Springs.

Rev. Mary Anne will lead this day of renewal. There will be both silent personal time as well as directed activities throughout the day.

Cost \$15.00 to cover Center usage and lunch.

Please reserve your spot by signing up in foyer or call the church office 918-749-8833.

The deadline for reservations is Sunday, October 18.

Creating the Holidays

Saturday - September 19

9am - Noon



Put on your creative hat and let's explore a new kind of celebration of Gratitude for our November calendar.

This service will take the place of the annual Soup Supper and Gratitude service that had been traditionally held on Thanksgiving Eve.



MEMBERSHIP ORIENTATION

Saturday, October 3
9am—Noon

Join Rev. Mary Anne as we explore together journey of the soul, basic Unity teachings and its history, as well as the story of Unity Church of Christianity.

Membership is a symbol of a desire to deepen your commitment to living from a spiritual point of view. You are not obligated by attending to become a member.

However, in order to become a member you are required to attend this session and complete the application.

Membership Sunday—October 25

IN THE GARDEN

Fall clean up & planting

October 10 ~ 9am - noon



Ending the season well is the best insurance we can have for our garden to survive the winter and to make a strong showing in the spring.

Bring your gloves and a spirit of fun!



Center For the Heart

(Formerly known as the Annex)

Progress Report

Over the summer we finally completed the interior work for the Center.

New lights, electrical outlets, new flooring and new paint. The groups that meet there are very pleased with the new, more welcoming environment.

Thanks to all who came to lend a hand to paint and to clean.

Exterior work will hopefully begin in late September when the heat begins to break.

September 2015

Sunday Worship Service 10:30 a.m.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Memories Class 11:00-1:00	4	5
6 Sunday Celebration 10:30 am	7	8	9 Wed. Discussion 9:30-11:30am Tai Chi Coloring Club 6:00 - 8:30pm	10 World Day of Prayer 8:30 & Noon Tapping Solution 6:30-8:00pm	11	12 Movie Night 6:00-8:00pm
13 Sunday Celebration 10:30 am	14 Labyrinth Walk 6:15pm	15	16 Wed. Discussion 9:30-11:30am Tai Chi Coloring Club 6:00 - 8:30pm	17 Tapping Solution 6:30-8:00pm	18	19 Creating Holidays 9am - noon
20 Sunday Celebration 10:30 am	21	22	23 Wed. Discussion 9:30-11:30am Tai Chi Coloring Club 6:00 - 8:30pm	24 Tapping Solution 6:30-8:00pm	25	26
27 Sunday Celebration 10:30 am	28 Labyrinth Walk 6:15pm	29	30 Wed. Discussion 9:30-11:30am Tai Chi Coloring Club 6:00 - 8:30pm			



Memories are the key not to the past, but to the future.

Corrie Ten Boom



October 2015

Sunday Worship Service 10:30 a.m.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Memories Class 11:00-1:00 Tapping Solution 6:30-8:00pm	2	3 Membership 9:00-Noon
4 Sunday Celebration 10:30 am	5	6	7 Wed. Discussion 9:30-11:30am Tai Chi Coloring Club 6:00 - 8:30pm	8 Tapping Solution 6:30-8:00pm	9	10 In the Garden 9am - Noon
11 Sunday Celebration 10:30 am	12 Labyrinth Walk 6:15pm	13	14 Wed. Discussion 9:30-11:30am Tai Chi Coloring Club 6:00 - 8:30pm	15 Tapping Solution 6:30-8:00pm	16	17
18 Sunday Celebration 10:30 am	19	20	21 Wed. Discussion 9:30-11:30am Tai Chi Coloring Club 6:00 - 8:30pm	22 Tapping Solution 6:30-8:00pm	23	24 Osage Retreat 9am - 4pm
25 Sunday Celebration 10:30 am	26 Labyrinth Walk 6:15pm	27	28 Wed. Discussion 9:30-11:30am Tai Chi Coloring Club 6:00 - 8:30pm	29 Tapping Solution 6:30-8:00pm	30	31



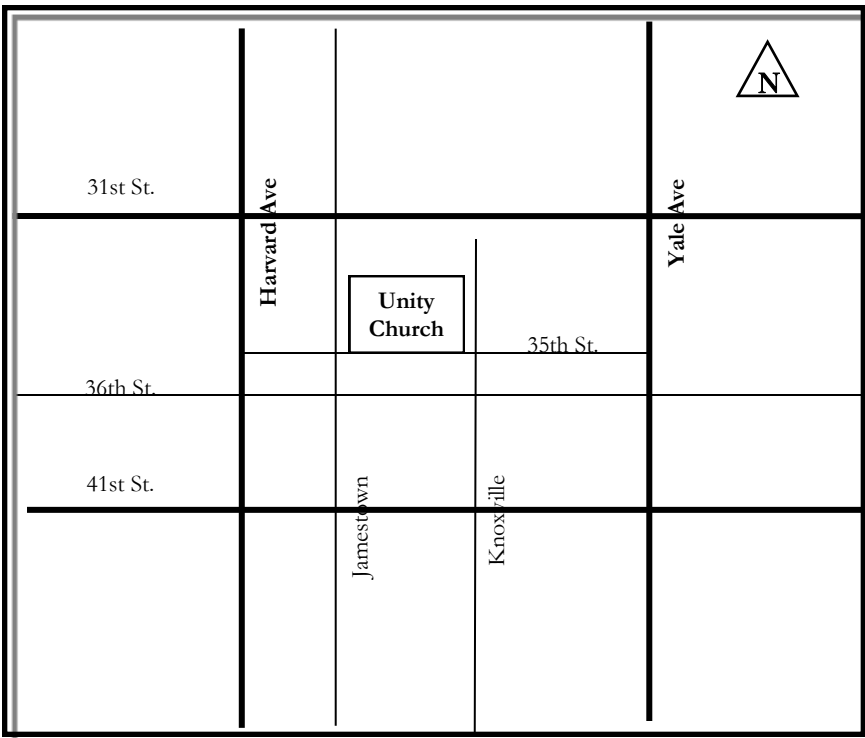
NON PROFIT ORG.
 U.S. POSTAGE
 PAID
 Tulsa, OK.
 PERMIT NO. 2168

Returned Service Requested

Unity Church of Christianity
 3355 S. Jamestown Ave.
 Tulsa, OK 74135



<i>Unity Church of Christianity</i>	Church: 3355 S. Jamestown Ave. - Tulsa, OK. 74135 (918) 749-8833 E-mail: tulsaunity@gmail.com - Web-site: www.tulsaunity.com Sunday Service 10:30AM
---------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



September Theme: The Transcendent Life

- Sept. 6** - Humble Beginnings
- Sept. 13** - The Myth of Personal Power
- Sept. 20** - God is Enough
- Sept. 27** - Mystery Walks with Me

October Theme: The Eternal Now

- Oct. 4** - This Moment
- Oct. 11** - An Ancient Discovery
- Oct. 18** - Strength Rests in Spirit
- Oct. 25** - The Present of Presence