

“A THOUGHT FOR THE NEW YEAR” by Gail Jones

As a new year begins, it is the custom of many to make a list of resolutions that often focus upon "giving up" certain habits and practices that may prove detrimental to one's health or well being. Often those good intentions fall by the wayside, lasting only a matter of weeks or days, rather than the year for which they were intended. As we celebrate this brand new year, perhaps we might begin to consider ways of "giving" rather than "giving up."

First, let us remember to give love, as we share with those around us, especially those in need throughout the world. In this very act of giving, we will make a difference in the lives of others, as well as our own. Second, let us give hope by offering a shoulder to lean on, an ear to listen, or a voice that will speak words of kindness and compassion to hearts that are hurting. Third, may we remember to offer forgiveness to ourselves and to others alike, for in that very act of forgiveness, we will discover both harmony and peace.



Finally, may we give thanks for the many blessings in our lives. In the attitude of gratitude we will begin to focus upon abundance and realize that with God, all things are possible.

May 2006 be a year of giving love, hope, forgiveness, and thanks to mankind everywhere. In so doing, we will become one, and we will know the Christ spirit of love that unites the nations of the world in peace and harmony.

Happy New Years!

Love and Light,
Gail Jones

Gail Jones serves as music director of Unity in the Southern Tier. She also writes and composes her own music and songs. She has been a member of Unity for years and is a wonderful addition to our Unity family.

This issue went out later than planned but I still feel this article is a great reminder to us all .

Where is God Now? Cashimere

Do you ever wake up , look around and say to yourself "Where Is God Now?"

Well I have been in just that place lately. It seems I have fallen into a pit of despair. Why is it at those times in life it seems as if we seek and seek yet our cries fall silent in the wind.

It is at those times in life that we feel separate not only from God

but from the human expressions of God in each of us.

As I found myself moving deeper and deeper into this pit I began to realize it wasn't that God was not there. It was that I was not really willing to open my eyes and see the face of God in all those around me. It is easy to get caught up in the



by Terrie

drama of life and forget that when we open our hearts in love we open our hearts to love.

For myself I could not understand why others did not see what I saw, so I simply stopped seeing for awhile.

God is here! It is just a matter of opening our heart and seeing with new eyes!

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APRIL COVER DISH

APRIL 1 COVERED DISH

PLEASE BRING A DISH TO PASS.

APRIL SPEAKERS

March 26, Ann Marie Acacio

April 2 TBA

April 9 Gene Federowicz

April 16 Gail Jones "Easter Service"

April 23 TBA

April 30 Rev Ellen Douglas

Music director: Gail Jones

To all our wonderful speakers Thank You !

Thursday workshops:

April 6,13,20,27, The Celestine Prophecy book and movie discussion group

Visit www.unityst.org for more info!



What's Happening On the Board?

Hello Unity Friends,

This is my last letter as President of the Board. As of Jan 22, 2006. I will be taking a break from serving on the board. This was a very difficult choice to make, however, I know it is the best choice for me. I am currently facing some health challenges which need to be addressed, therefore I can not attend services on a weekly basis and feel as a result I can not properly serve the board.

However, as a member of Unity in the Southern Tier I will still be serving in my roles as web-master, and newsletter editor as well as jumping in as needed.

Thanks!

I would like to take a say thank you to all of the wonderful people who keep UST going. Thank you to **Eileen O'Connor** for being there to open up on Sundays. **Jeanne VonWeinstein, Carol Dey, Paul Jones, Martin Griffin, Mary Ann Nemcek & Billy Bado** for always helping out. **Raymeta Chaffee** for her wonderful brownies. **Prudy Georgia and Liana Railsback** for organizing the Sneak Preview of "The Celestine Prophecy Movie" **Rayjean Miller** for all the endless ways she serves. **Dave Nemcek, Mary Bado, and Mickey Judkovics** for serving on the board. **Gail Jones** for her wonderful music. **Gene Federowicz** for serving as Treasurer. **Don Cashimere & Doug Russell** for sharing their music. **Hal Fischbeck** for being a guiding light. **Anna Spettigue** for the weekly email updates. **Carol & Pat Gilligan, Tres Knight, Terry Trepani, Judy Phelps, Trina Schmits and Betty & Don Law** for their on-going support. And all those who take care of all those little things. THANK YOU ALL!!

Also departing at our annual meeting were Vice President, Liana Railsback, and Secretary Raejean Miller, who have served out there three year terms. Treasurer Gene Federowicz who had been filling in since Martha Moulton left in July will also be departing the board. Their service to the board is greatly appreciated and we thank them all for their dedication to UST.

Remaining Board members include Mary Bado, David Nemcek and newly elected board member Mickey Judkovics.

Our new board officers are **President**

David Nemcek, **Secretary** Mary Bado, and **Treasurer** Mickey Judkovics.

There are still three open seats on the board. If you have been a member of Unity in the Southern Tier for six months or longer and would like to serve on the board please contact one of the board members at 607-768-6150.

Please direct all congregational issues, concerns and ideas to Board President David Nemcek Dave@unityst.org. Any financial concerns to Treasurer Mickey Mickey Mickey@unityst.org and any address changes or mailing updates to Secretary Mary Bado Mary@unityst.org.

For website or newsletter issues, concerns, ideas contact Terrie@unityst.org

Pull the String, and it will follow wherever you wish.

Push it, and it will go nowhere at all. –Eisenhower

“Board Meeting”

March 26, 2006
12:00 Following Service
EVC Community Meeting hall.

Current Balance	02/06/2006
Petty cash (book store)	\$40.00
Checking Balance	\$3,744.95
Home Fund Saving	\$1,390.11
CD Account	\$9,590.93
Total Assets	\$14,765.99

Holding the Vision!

While I am taking a break from the board to care for myself and renew my spiritual energy I will be shining light on the vision which first inspired me to join UST and the board.

As many of you know my reasons for serving Unity are based on my strong and passionate belief that Unity in the Southern Tier has an amazing group of people with untapped skills and talents to share with the world.

When I look around the room at Sunday Service I am in awe of the people I see. I was sent to UST to serve as a leader in our community. I do not know why it was I who was sent but no matter how I might try to deny it the message remains clear.

I seem to have reached a pause in this mission but the vision still shines bright within my heart.

I do not know why I still find myself struggling with accepting the path which I am lead to follow but I am certain it is the path through which I can best serve.

While I take this time to renew and restore my energy through Source know my love and prayers are with you all!

The Financial Report will no longer be included in our newsletter. However a copy can be found on our information table at Sunday service. Members may also request a copy of the report from the treasurer.

“The Celestine Prophecy” Movie Sneak Preview

Unity in the Southern Tier is pleased to announce a special “sneak preview” showing of the long-awaited feature film *The Celestine Prophecy*. Based on James Redfield’s worldwide best-selling novel, *The Celestine Prophecy* is a spiritual adventure film chronicling the discovery of ancient scrolls in the

rainforests of Peru. The prophecy and its nine key insights predict a worldwide awakening, arising within all religious traditions, that moves humanity toward a deeper experience of spirituality. The film features an international ensemble cast including Matthew Settle, Thomas Kretschmann, Sarah Wayne Callies,

Annabeth Gish, Hector Elizondo, Joaquim de Almeida and Jurgen Prochnow.

Friday April 7, 7:00PM,

Saturday April 8 3:00PM & 7:00PM

Sunday April 9, 3:00PM

Cinema Saver Movie Theater

19 Madison Ave, Endicott

\$10.00 Reserve seat (607) 768-6130.

For more info visit www.unityst.org.

“Affirm Life” by Hal Fischbeck: reprinted with permission

Many of us spend much of our life affirming problems, sickness, and negativity without realizing we are calling that into our life. Bless things in your life and see the change.

I affirm life, health, and wholeness as mine today. Just to repeat these words brings a feeling of life and renewal. Feel the power of God perfecting you now.

I affirm life, health, and wholeness as mine today. Let every cell of your body respond with joy to these words. The life of God nourishes the cells which so miraculously work together to make up your body. The life of God harmonizes and smoothes the functioning of every organ. The life of God constantly flows through you strengthening muscles and bone and perfecting every part of my body. I affirm life, health, and wholeness as mine today. I respond with joy to this affirmation.

I think more clearly, my memory is sharp and sure, I learn new things quickly and easily and find the doing of it not only a challenge, but fun. I affirm life, health, and wholeness as mine today. Rejoice in your life and give thanks. "With thee is the fountain of life." Psalms 36.9 Affirm: I affirm life, health, and wholeness as mine today.

The above was adapted from the 7/20/82 Daily Word.)

Even if you don't completely believe it at first, a positive statement does have positive effects. There are subtle, but profound effects as the words go out into the universe and more significantly as the thoughts go inward,

giving clues to your subconscious as to what is important, i.e. what to pay attention to. Begin seeing for the first time the little positive things that were hidden to you before.

As you affirm the statement, i.e. state it as a truth, it may help to couple it with a thought of some upbeat event or aspect of your life. "Cancel" a negative statement that slipped out and then turn things around by identifying one or more "good" things, be they major or trivial, joyful or neutral.

Enjoy all you can of the now moments and the life and vitality it represents. Find the lessons, the hidden pluses, and as you make contact, a little light shines out of the darkness. Darkness never put out one light, but one small light ends darkness. Affirm: "I affirm life, health, and wholeness as mine today" and there is a light to guide you. As you seek the light you see, you will encounter more. Affirm Murphy's Law or God's law and determine what you encounter in life.

Call Dial-a-Thought from Unity 24 hours a day (607) 757-0009.

Angels

This month's Angel is our own Raymeta Chaffee.

Raymeta has been with UST from the very beginning.

She is a woman of great wisdom and kindness. She is strong and speaks with great knowledge of whatever she has to share. Her heart is always filled with love and I have never heard her utter an unkind word against anyone.

Every Sunday she blesses us with her



someone to nourish our hearts and souls with her gift of love. The thoughtfulness felt by this one consistent act reminds me of a gentle good night kiss on

Among Us!

amazing brownies and I have never once been at a service when they were not there. Even if she is unable to attend, which is rare, she sends

the check by a loving mother. It is something which is anchored firmly in our hearts and is truly an act of love.

Raymeta also blesses us with her music and closing prayer at the end of every Sunday service. Her strong voice and her loving heart serves to remind us it is in the daily acts of love that true Angels are found.

Thank you Raymeta for reminding us all of what it means to have An Angel Among Us!

Unity in the Southern Tier
607-768-6150

Board Members 2006

President

David Nemcek

Secretary

Mary Bado

Treasurer

Mickey Judkovics

Dial a Thought: 757-0009

*Come out of the Circle of
time/And into the Circle
of love. —Rumi*



COMING IN MAY

*COVERED DISH
FOLLOWING SER-
VICE. PLEASE
BRING A DISH TO
PASS. DATE TO BE
ANNOUNCED.*

MAY SPEAKERS

May 7 Cybie Mauro

*May 14 : Mothers Day,
TBA*

May 21 Gail Jones

May 28 Rev Ellen Douglas

www.unityst.org



Our Mission

The Mission of Unity in the Southern Tier is to provide a loving, supportive environment for discovering and honoring our unique gifts through Fellowship, Prayer and Service.

Unity in the Southern Tier holds the vision of uplifting ourselves and our world, by expressing our Christ Consciousness through love in action.

**Sunday service held at Endicott Visitor Center, 300 Lincoln Ave
Endicott NY, Sunday 11:00 AM. Thursday groups 7:00 PM**

Unity in the Southern Tier
3006 Watson Blvd.
Endwell, NY 13760

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude. —Dennis Waitley