

Creating Connections

“Come As You Will Be” Party

A Transformational Activity

When: Friday January 22, 2010
Time, Location: 7:00 pm - 9:00 pm in the bar at Allium
(at the corner of Main & 5th St.)
Facilitators: Michelle Williams
& Jevon Plunkett,
michelle@firstchurchunity.org,
www.creatingconnectionsonline.com



This is a fun and exciting way to manifest your dreams. We all know in order to bring about our desires we have to first think and feel its way into being. What better than a night of “acting as if!” This process goes way beyond visualizing! In all outward appearances this is like any other cocktail party – except for one little thing... we’re going to act as if it’s 2015, and we haven’t seen each other in 5 years! All night long you get to act and speak as if all of your dreams have already taken place. Talk the part, act the part, dress the part! With each person you bump into you’ll get to tell them how amazing it feels now that... (you fill in the blanks).

People pay thousands of dollars to attend seminars with Jack Canfield and Marc Victor Hansen. And guess what? They both end their advanced seminars with this event!

It’s an amazing activity because when you maintain a future persona and act as if you have achieved all of your wildest aspirations and dreams, your subconscious mind becomes flooded with powerful images of your personal achievements. These vivid experiences, infused with the positive emotions generated by the events of the evening, will deeply strengthen the positive neural pathways in your brain that forges and deepens your new self-image of becoming super-successful. In other words, an activity like this actually changes your subconscious mind’s way of thinking so that it will later support you in more easily perceiving opportunities, creating powerful solutions, attracting the right people, and taking the necessary actions to achieve your dreams and goals. - Jack Canfield

www.CreatingConnectionsOnline.com

Fun, Friends & Fellowship: A Social Network for Unity

Creating Connections is a fun, relaxed way of getting to know your fellow Unity members. We plan the events, you show up and join in! Events will vary (times, themes, locations, age ranges) but there will be something for everyone. Our goal is to create connections that exist beyond Sunday services, and strengthen the love and ties within our community.

Please visit our website www.creatingconnectionsonline.com for all the current and upcoming events. In order to best plan upcoming events we would like to have an idea of how many to plan for. Please e-mail us through the “contact us” page on our website. And of course, if you have any questions, suggestions, or just want to help out, please let us know that as well.



January - March 2010

UNITY-VERSITY

Spiritually enriching and enlightening classes and workshops at First Church Unity

Be Happy

Release the Power of Happiness in YOU!

Are you happy? Are your relationships flourishing? Do you love your work?
Do you feel abundant? Would you like to be happier?

- Happiness is a spiritual path. The more you learn about true happiness, the more you discover the truth of who you are, what is sacred, and what your life is really for.
- How you define happiness is vital because your definition of happiness influences every other significant decision in your life.
- If you think something is missing in your life, it is probably you. Happiness requires you to be present in your life, to be authentic, and to really show up.

Join Rev Cherie and Jackie Glynn as they facilitate Dr. Robert Holden’s happiness course. Dr. Holden is one of the worlds most sought after expert in the field of positive psychology and well-being. “Your happiness is your GIFT to the world,” says Robert. “Happiness is the one life-goal that makes every other goal – like love, abundance, and success – more possible and more meaningful. The more you learn about TRUE happiness, the more you discover who YOU are, what you really want, and what your life is really for.”

Come and make a real break through in your life in this New Year. We will go step-by-step through the proven principles and exercises that psychologists have hailed as “a genuine fast track to happiness.” Text required: *Be Happy* by Robert Holden, PhD. , available in the Bookstore.

with Rev Cherie Larkin and Jackie Glynn
Wednesday’s 7 pm Sanctuary
Feb 3, 24, Mar 10, 17, 24, April 7, 14 & 21
Cost: Love Offering



First Church Unity, 5125 Franklin Pike, Nashville, TN 37220
www.firstchurchunity.org 615-333-1323

Special Author Event

Do Greater Things: Following in Jesus' Footsteps

When: Wednesday, March 3
Where: Sanctuary
Time: 6:30 pm - 8:30 pm
Facilitator: Rev. Felicia Searcy
Cost: Love Offering



In John 14:12 Jesus tells us, "Those of you who believe in me will do what I do and greater." Rev. Felicia Blanco-Searcy author of *Do Greater Things: Following in Jesus' Footsteps* published by Unity House believes it is time for us to take this line seriously. Join Rev. Felicia as together we discover the works Jesus wants us to repeat and the path he gave us in order to achieve this mighty endeavor. The world needs each one of us to step into our Christed Selves in order to bring about the Kingdom of Heaven here on earth. Join Rev. Felicia as she presents what Jesus modeled and taught in order for each of us to repeat his works and together to do greater things. Books will be available for sale.
www.feliciablancosearcy.com

New Classes

Keys to the Kingdom

Discover How to Attract What You Really Want And Create Your Dream Life in Only 7 Weeks... Guaranteed!



Keys to the Kingdom has two purposes vital to a life of true abundance...

First, it is designed to help you identify and **change your limiting beliefs** about abundance, happiness, and success. This is not a course about simply getting more money or material things (although it will help you receive plenty of both!)



It is actually a guide to developing a higher level of spiritual awareness. This program will help you discover a much better understanding of the spiritual foundation of true wealth, and gives you the skills needed to create a life of greater harmony with spiritual law and to help you create **wealth in all areas of your life.**

Second, *Keys to the Kingdom* is designed to demonstrate the relationship between your spiritual growth and your participation in a spiritual community. It will help you realize that the full value of spiritual community can *only* be attained when you treat your church as a place to **contribute your support, participation, and talents.**

When: Mondays, March 1 - April 12
Time: 7:00 to 8:30pm
Where: House Classroom
Facilitator: Jeff Barrie, jeff@kilowattours.org & Bill Carlson, inspectionpro@comcast.net
Cost: Requirements and sign up sheets are located in the Bookstore

Radical Recovery Workshop from Powerlessness to Joy

When: Wednesdays, March 10 - April 7
Time: 6:00 - 8:00 pm
Where: House Classroom
Facilitator: Dr. Gala Gorman & Charlie Frangos, 615-498-4858, GGCF@RadicalRecoveryNow.com
Cost: Love Offering



Radical Recovery workshops are for anyone who feels like they have lost control of their lives due to some form of addiction (alcohol, drugs, sex, smoking, relationships, money, TV, gambling, religion, food, work, exercise, or even surfing the internet). Whether it is from our own actions or the actions of others, most of us have been touched in a personal way by addiction. Using "radical" concepts and tools, we will learn how to recognize our core issues in order to manage, and ultimately eliminate, the obsessive behavior that keeps us from living a joy-filled life.

Participants will learn about:

- *Radical concepts that change how we think about recovery*
- *How to recognize when an old emotional wound is being triggered*
- *Intimacy building techniques*
- *Tools that will help you benefit from your emotional responses*
- *What to do when the discontent or pain becomes unmanageable*

Over a five week period, we will explore recovery in ways that shed new light and bring a pioneering spirit to the process. Each week will cover a single concept...come for only one evening or all five. It's up to you. If you get one new idea that improves your life and relationships from this workshop, your time will be well spent. You might even have an awakening!

Dr. Gala Gorman and Charlie Frangos share a passion for recovery from addiction. They have developed Radical Recovery coaching to help like-minded souls remove obstacles and resistance on the path to wholeness. The goal being to live a fulfilling & empowered life. They draw on their life experiences along with their advanced education and training in Human Development and Psychology.

Counseling

Addictions Counseling

Counselor: Cal Kauppila, calkauppila@att.net, 615-904-9272
Cost: Love Offering



Cal is available to assess anyone's concern over their own use of alcohol, street drugs or pharmaceuticals. The counseling can be for yourself or anyone in your social network that concerns you. He will explain the various options available. All discussions will be confidential and not disclosed to anyone. Inaction only assures the situation will get worse as time goes by.

Cal is a former Therapist, DUI Instructor/Evaluator, a Patient Care Aide for a Chemical Dependency Unit, a Senior Probation and Parole Officer and has prior Military service.

On-Going Classes

Jyoti Inner Light Meditation

When: Every Sunday, starting January 10
Where: The Barn
Time: 1:30 - 2:30 pm
Facilitator: Laima Dickens, laimadickens@comcast.net
Cost: Love Offering



Learn ways to invert your attention from what is, as taught by the Holiness Sant Rajinder Singh Ji Maharaj in his book 'Inner & Outer Peace Through Meditation'. You will learn how to focus your attention while keeping your mind from having distracting thoughts and start to realize who you really are and ultimately realize God. We will be including a 30 minute silent meditation within each class.

Recommending material: 'Inner & Outer Peace Through Meditation' by Holiness Sant Rajinder Singh Ji Maharaj & Laima Dickens's CD on Jyoti Inner Light meditation, available in the Bookstore.

NVC/Compassionate Communication Practice Group

When: Every 1st & 3rd Tuesday of the month
Time: 5:30 to 8:00 pm
Where: Y.O.U Room, upstairs in the House
Facilitator: Libby Dayani, bepresent28@gmail.com
Cost: Love Offering

Nonviolent Communication, or Compassionate Communication, is a process developed by Marshall B. Rosenberg, Ph.D., that is simple yet powerful. It is a powerful tool of peace and partnership. It shows us how to listen empathically and also communicate our authentic feelings and needs. By using NVC, you will start to resolve conflicts with ease, present what you want without using demands, hear the needs of others with less struggle, strengthen your personal and professional relationships, and start living to your fullest potential. Join the FCU NVC Practice Group to explore NVC principles, practice NVC exercises so you can put NVC to work in your life, & meet people who care about authentic communication like you do!

Journey through the Bible

When: Thursdays, January 7 - March 25
Time: 6:00 - 7:30 pm
Where: House Classroom
Facilitator: Jay Tyler, jaytyler@comcast.net
Cost: Love Offering



This class will cover the entire Bible from Genesis through Revelation. This class is perfect for anyone who has always wanted to know what the Bible says, but has always found it too tedious to read.
Source Material: Bring any version of the Bible. The more varied, the better.

Prosperity

When: Sundays, 10:00 am starting January 10
Where: House Classroom
Instructor: Wanda Lynch, LUT/Counselor, wandallynch@bellsouth.net
Cost: Love Offering



Charles Fillmore's book *Prosperity* is a Classic of the Unity Library.

Mr. Fillmore says, "True riches and real prosperity are in the understanding that there is an omnipresent substance from which all things come and that by the action of our mind we can unify ourselves with that substance so that the manifestations that come from it will be in line with our desires and needs."

Words are seeds, they grow and bring forth after their kind. "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap" (Galatians 6:7). In this class we will be learning how to sow (plant) good seeds so we will manifest (reap) prosperity in all areas of our life and affairs.

This class can be taken for credit (SEE). The book is available in the Bookstore.

This class is an excellent beginning in learning the Truth about prosperity through Unity principles. You can listen, ask questions, or share an "ah ha" moment & know this is a safe, loving place to grow spiritually.

A Course in Miracles

When/Where: Tuesdays, 7:00 - 9:00 pm in the House Classroom
Sundays, 10:00 am in the Barn
Facilitator: Gene Skaggs, OneMiracle@comcast.net
Cost: Love Offering



A Course in Miracles is a unique philosophy combining modern psychology, Christian words (but with different meanings), and the Twelve Step Program, as well as New Thought. Its main doctrine is based on forgiveness. Newcomers are always welcome. Recommended text: *A Course in Miracles*, by Helen Schucman, available in the Bookstore.

GENE SKAGGS has a BA in psychology and has published four books based on *A Course in Miracles*. He has taught classes and workshops on the Course for over fifteen years.

God is Spirit, and Spirit pours its quickening life into mind and body when we turn our attention to it and make ourselves receptive by trusting Spirit to restore us to harmony and health – Charles Fillmore

New Classes

Meditation Practices

When: Wednesdays, January 13, 20, 27, February 3 & 10
Time: 6:00 - 8:00 pm
Where: House Classroom
Instructor: Theresa Flanery, LUT, kookie111@juno.com
Cost: Love Offering



Practicing the Silence as part of the prayer and meditation process is fundamental to Unity teachings. It is also essential for the development of spiritual understanding. During this course the main focus will be placed on the meditation process. Meditation will be defined and practiced in various ways. Benefits of this process will be explained and different methods to deal with resistance to it as well as initiating a regular practice of it will be approached. Students will experience a variety of meditation techniques, which everyone will have the opportunity to journal about. In addition, after reading about and discussing meditation practices, each student will create a personally designed meditation program for themselves. Whether you are a long time meditator or just beginning to practice it, join us as we support each other in developing a deeper connection with Spirit.

Recommended material: "Meditation for Dummies" Book and CD Edition, available in the Bookstore.

First Church Unity Energy Savings Challenge

Kilowatt Ours Challenge

When: Sunday, February 21
Time: 1:30 pm - 3:30 pm
Where: Sanctuary
Facilitator: Jeff Barrie, jeff@kilowattours.org
Cost: Love Offering



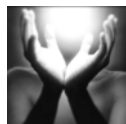
Finding greater prosperity by saving your energy. Chances are your home has an abundance of opportunities to save energy. At this workshop, you will discover many of the hidden treasures of energy savings available in most homes, and how the steps you take in your home make for a more prosperous, safe and greener world. Participants will learn simple, easy, affordable energy saving steps, make a commitment to take action, then go home and get started. This workshop is highly recommended, but not required, for participants of the Kilowatt Ours Challenge energy savings campaign. Jeff Barrie is the award-winning Producer of the influential documentary film Kilowatt Ours. He founded the non-profit initiative by the same name whose mission is to foster a culture of energy conservation.

To sign up for a class, please connect with the teacher/facilitator, directly, or through their email!

Monthly Gatherings

Monthly Reiki Healing Circle

When: 3rd Tuesday of each month, January 19, February 16 & March 16
Where: Sanctuary
Time: 6:45 - 8:00 pm
Facilitator: Karen Szabo, karen.szabo@comcast.net with Theresa Flanery, Sela Pearson, Kathryn Crawford, Janet Mason & Benita Chunchin Lee
Cost: Love Offering



Reiki is a Japanese word meaning "universal life energy." It is a gentle healing practice. The practitioner is a channel for this energy, through the use of the hands, through either light touch or placing hands in one's energy field which surrounds the body.

Various factors, such as illness, stress, trauma, and grief, can contribute to imbalances within us and our energy. Reiki helps balance and realign this energy within us for optimum health and wellness. It can also provide relaxation and a renewed sense of being grounded. There will be six practitioners who will form a circle of healing energy for anyone who is interested or in need.

Nashville IONS* Community Gatherings

When: 1st Sunday of every month
Where: Sanctuary
Time: 4:00 - 6:00 pm
Facilitator: Jan Hulme Shepard, Nashville IONS Coordinator, 615-599-5587, TalkToUs@NashvilleIONS.net, www.nashvilleions.net
Cost: Love Offering

Join us at our monthly gatherings to hear thought provoking speakers & to network with an inclusive, learning community who shares your commitment to exploring consciousness & to manifesting our highest potential to advance individual & social transformation.

Jan. 3 - *How Thoughts Become Reality* - MaAnna Stephenson

Feb. 7 - *Stepping Out of the Shadows: In Celebration of Black History Month* - Sela Pearson, Karen Roberts, Thandiwe Shiphrah, Montanez Wade & Diana MorningStar (Ault)

Mar. 7 - "Heart Art" - Anke Nowicki

* *Institute of Noetic Sciences*, a nonprofit founded by Apollo 14 astronaut Edgar Mitchell, is committed to exploring human experience, education & research to serve individual & collective transformation. For more information & to sign up for our newsletter go to <http://www.NashvilleIONS.net>

How to Become a New Member

Unity 101

These courses are required for membership. Unity history, its basic teachings and principles, and a closer look at First Church Unity's mission and vision make up the core of this class. These courses are open to anyone desiring to know more about Unity or simply as a refresher course. Unity 101 is offered in three parts. First: a weekend orientation Friday eve 7-9pm and Saturday 9am-2pm. Second: Two classes on two consecutive Wednesday evenings, using the book *Unity a Quest for Truth* by Rev Eric Butterworth. Third: New Members are received into Spiritual Baptism This course is offered twice a year in spring and fall.



PT 1: New Member Orientation

When: February 5, 6 & 7
Facilitator: Rev. Cherie Larkin

Join Rev. Cherie as she teaches of Unity's beginnings, the current movement, as well as more about First Church Unity. This is a required class for those wanting to become New Members of First Church Unity. This is a weekend commitment which begins on Friday and continues through Sunday. The next scheduled orientation will be on February 5 at 7:00 - 8:30 pm in the House Classroom, February 6, 9:00 am - 2:00 pm in the Sanctuary (lunch will be provided), and February 7, 11 am - 2 pm in the Sanctuary (lunch will be provided.)

**Childcare is NOT available on Friday, February 5 or Saturday, February 6.

PT 2: Unity; A Quest for Truth New Member Class

When: Wednesdays, February 10 & 17
Time: 7:00 - 8:30 pm
Where: House Classroom
Facilitator: Rev. Cherie Larkin
Cost: Love Offering

We invite you to join Rev. Cherie Larkin as we explore the principles of the Unity movement that distinguish us from other Christian philosophies. We will be studying from the book, *Unity: A Quest For Truth* by Eric Butterworth.

This class will be an enlightening experience that will provide you with tools for an abundant life. This class is also a required course for those desiring to become a member of First Church Unity. Application for new membership is not required and the class is open to everyone.

PT 3: New Member Spiritual Baptism

When: Sunday February 28

Join Rev. Cherie as she blesses and affirms those wanting to become New Members at First Church Unity. They will receive a Spiritual Baptism during the 11am service.

On-Going Classes

Women of Unity

When: 1st Saturday of every month, January 2, February 6 & March 6
Where: House Classroom
Time: 10:00 am - 12:00 Noon
Facilitator: Julie Rust, julie@julierust.com
Cost: Love Offering



The Women of Unity meet once a month to share in their spiritual, emotional, and experiential journeys through lessons from books, music, meditation, and sharing. Your presence would be an honor and blessing to this powerful group. Come and meet great women and have fun!

NAAM Yoga for Healing

When: Every Thursday*
Time: 5:30 - 6:30 pm
Where: The Barn
Facilitator: Bethany Hard, naamnashville@gmail.com
Cost: Love Offering



NAAM Yoga is the science of moving from your Head to your Heart. NAAM teaches us how to heal our body and spirit so that we can be the embodiment of Love and Light.

Each class delivers a harmonizing, energizing and healing experience and starts with an extensive series of warm-ups designed to gently stretch and wake up the entire body, followed by specific Pranayama (breathing) and Asanas (postures) to strengthen the immune system and physical body. We also use chanting meditation during the class to raise the body's vibratory rate so that self healing can take place, both on physical and spiritual level. ALL LEVELS.

This practice is Complete and Powerful. To learn more about Naam Yoga, visit: www.NaamNashville.blogspot.com

* Class will not be meeting on March 25.

Noon Prayer

Tuesdays
House Classroom



God doesn't heal! God is life. Consciousness heals as it accepts the flow of life - Eric Butterworth