

Unity Worldwide Ministries Contact

Vol. 45, Issue 1

Spring 2012

Getting Where We Want to Go



Minister as Coach PAGE 6

How We Changed
Our Church Name PAGE 13

Partners in Prayer Are
Partners in Power PAGE 18

Spiral Dynamics: A Tool
to Help PAGE 20

PLUS: Coaching
Partnership

AND Meet Your L&O
Ministry Team

Contact

PUBLISHED BY



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EDITORIAL PURPOSE

To support thriving Unity leaders and ministries by providing timely, practical information.

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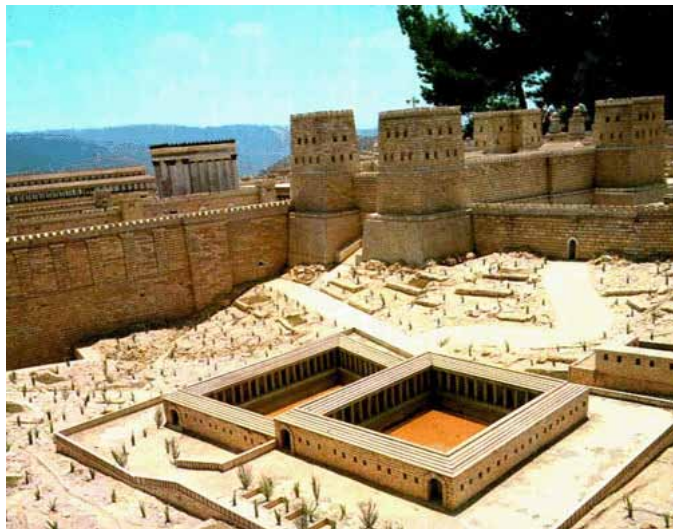
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Letter From the Editor

Have you ever wanted to get somewhere but just didn't quite know how? I imagine what the man at the pool of Bethesda must have thought for the 38 years he waited by the pool: *The ever-present pain pulses within me as I lie by the pool waiting, hoping next time to be the first in the pool.*



Pool of Bethesda—A spring-fed pool with five porches where invalids waited their turn to step into the mysteriously troubled waters that were believed to possess healing virtue. Here Jesus healed the man who was lame for 38 years.

Scripture tells us, “When Jesus saw him lying there and knew that he had been there a long time, he said to him, ‘Do you want to be made well?’ The sick man answered him, ‘Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me.’ Jesus said to him, ‘Stand up, take your mat and walk.’ At once the man was made well, and he took up his mat and began to walk. (John 5:5-9, NRSV)

What does it feel like to want something, to need healing, to feel the pain of present conditions and desire life to be different—yet feel as if it lies beyond our ability to achieve? Sometimes we see this pain as caused by someone, something, or some system “out there,” and lie waiting for a cure. Where are the places in our lives where we wait by the pool of Bethesda and, more importantly, how do we get where we want to go?

Throughout the pages ahead, you will find ideas that we hope will help you and your community members get where you want to go. Picking up our “bed” often requires support and courage. Ahead you will read about: coaching for leaders and ministers as coaches, finding the power of a prayer partner, healing through the use of Truth, overcoming chemicalization, and methods to help look deeply into the unconscious shadow.

We can overcome that which paralyzes our movement if we are not afraid of the dark and believe we can take up our bed and walk. It all begins by being real with where we are. From this place we either lie here and eventually die, or the awareness of the Christ comes and reminds us that we can take up our bed and walk breath-by-breath, step-by-step, conversation-by-conversation, and hopefully hand-in-hand to the life we desire.

A handwritten signature in blue ink that reads "Kristen".

Rev. Kristen Preud'homme is the Director of Communications at Unity Worldwide Ministries. Kris@unity.org



Letter From the Board

by Donna Johnson, First Vice Chair

“Sit, listen, and be still, for you are drunk and we are at the edge of the roof.” This quote from Rumi is one of my favorites. It calls me back when I get too wound around my own perceptions. It reminds me that if I drink too much of my own elixir, I will not be present to the rooftop view. Drunk on myself, I will thrash about, creating my destiny from that drunken state, and that is a dangerous proposition.

Why is it that “the edge” is always our waking point? It seems we always wake up on the edge of something. We have daily awakenings, but now the world is waking up and realizing we’re on the edge of a new way of being, potentially perilous or profoundly prosperous. What can Unity offer to the world? We have many wonderful teachings that affirm our rightful place on the edge of the roof—the point of expanded vision where we can see below, above, and beyond. But we must be awake to the power of ongoing creativity, and we must create consciously. What is needed is clarity and courage.

It takes courage to come down from the roof, place both feet on the ground, and communicate what can be seen from the roof. It takes courage to lead others to a destination that cannot be seen from the ground. And it takes courage to do what needs to be done, even when others fail to see the necessity.

I believe Unity is on the edge of the roof, and we’ve been here awhile. We have the vision, and now we must implement it consciously, courageously, and tangibly on the ground. That means we must be clear in our intentions so that our creations are reflections of peace, prosperity and generosity, healing, happiness and fulfillment. In short, we must embody our teachings. We must be the enlightened leaders we are called to be.

This year, Unity Worldwide Ministries will continue its transformation, becoming what we must become in order to answer Spirit’s call. There may be changes in the home office, changes in our regions, changes in our churches in the field, changes in us. Let us co-create from our awakened, expanded view, and let us take action on the ground—action that makes a real difference in the lives of people in the world and allows us to joyously step into the new world we’ve seen from on high.

Rev. Donna Johnson is the Senior Minister at Unity of Fairfax in Oakton, Virginia, one of the pilot ministries of the Transformation Experience. donnajohnson@unityoffairfax.org

Why is it that
“the edge” is
always our
waking point?



Letter to the Editor

26 November 2011

Dear Members of the Unity Church,

I write this letter to you as the Director of The Riviersonderend Community Foundation, and the main purpose for this communication is to give thanks and praise to the efforts of all the wonderful people of the Unity Church in our community over the last few years.

We have had the privilege to work with the most amazing people from your church. You can really be proud of the kind of ambassadors they are for the church and your country. I want to single out Robin Goff and Maura Rehfuss for believing in us and continuing to be a beacon of hope for us in our community. They are so kind hearted and sincere and they are very much loved by all of us. They are family and we treasure them. They are so good with the kids and the women and everybody is forever demanding a bit of them on their visits to our community.

Robin continues to bring the most amazing volunteers to our small village. Curtis Rehfuss, Dillon Zivala, Julie Allevato, Brenda Brock, Kelly, Carroll Shultz, Brenda Lighthouse, Bukeka Shoals, Robyn Stalson, Kevin Johns and Jane Simmons all made the trip, some even more than once. We are convinced that most of them will return and we hope others will follow them. The visits of the volunteers, the children sanctuary, Ubuntu youth leadership camps, education development fund, gardening, and needlework and quilting projects supported by them have made a huge impact on our community in general and on our children and youth in particular. In a community where some parents do not properly care for their children, where children do not get enough attention, love and support these volunteers are a breath of fresh air with their positive outlook on life, their humbleness, and caring nature, and our community keep on asking for more. The confidence of our youth grow with every visit, activity, camp and interaction and it empowers them to have their own voices to challenge the issues important to them.

We are deeply touched by the commitment of your organization to the empowerment of our community and the wonderful work done by your volunteers. We thank you all for your investment in time, money, love and for the light you are in our lives.

Blessings to all in the Unity family, we love you and we keep you close to our hearts.

Kind Regards,

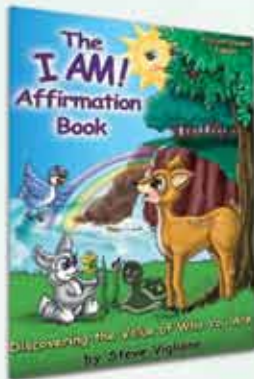
John Jacobs

The Riviersonderend Community Foundation works toward the socioeconomic transformation of the Riviersonderend community in South Africa. They specifically focus on assisting women and youth through entrepreneurial development, job creation, and skills and training development.

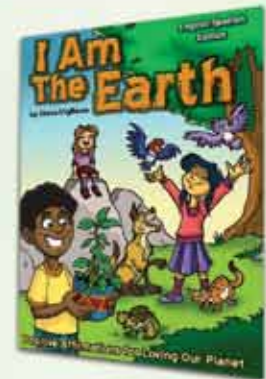
*"Simple expressions of love move us to a higher place.
The I AM Foundation's effect is profound."
— James Redfield, Author, The Twelfth Insight*

The I AM Foundation's Buy One, Gift One Program

"Whenever you purchase a Love~Wisdom Series™ book,
another book is gifted to a child somewhere in the world"



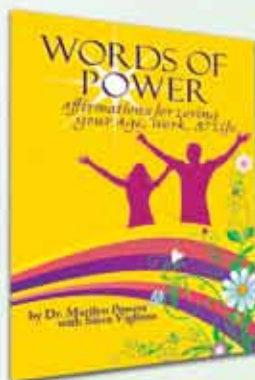
**The I AM! Affirmation
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By Steve Viglione
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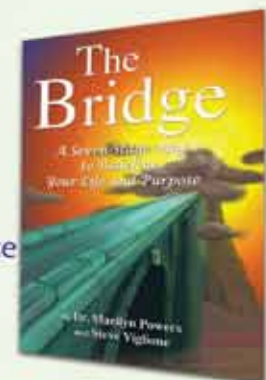
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Minister as Coach, Part 1



by Jackie Woodside

Ministers amaze me. They really do. The breadth of talent and knowledge that ministers must possess to effectively do their work simply astounds me. And yet, the pool of skill sets seems to keep getting larger every year. Think about it: ministers must know organizational finance, facilities management, and volunteer services; they need to have exceptional public speaking skills and be able to research, write, and organize effective talks week after week; they must have exceptional communication and relationship management skills; they must understand technology, maintain a social media presence, and incorporate compelling videos onto the church website. Now there is a whole new skill set that is emerging that seems to be a “must have” for effective leaders of all kinds of organizations. That skill set is coaching.

I have been a professional coach for the past 15 years. Some of the most compelling coaching I have done has been within Unity ministries. Every minister and lay leader that I have worked with has been a passionate, committed, results-oriented, high-consciousness individual. They are eager to learn new skills and quick to adapt to new approaches in their leadership styles. I served on the board of trustees at Unity on the River, Amesbury, Massachusetts, for nearly seven years—six of those as the board president—where I worked closely with the founding minister, Rev. Shipley Allinson. Shipley loved the idea of bringing coaching into ministry. She brought an unending enthusiasm for learning coaching techniques and paradigms that have had a tremendous impact on the ministry. See Shipley’s comments in the sidebar (on the next page) for the benefits of incorporating a coaching model into ministry.

What I love most about coaching is the degree to which it mirrors the spiritual truths within our Unity faith. **Coaching is not only a set of skills and practices; it is first a context or way of seeing things.** Rather than focusing on external circumstances, the coaching paradigm focuses on who you are being, how you are responding, and what you are doing regarding the circumstances at hand. **What makes coaching so different than psychology or recovery work is the questions that it asks.** Coaching does not focus its questions on the past. It does not look at a challenge and ask “Why is this here” or “Where did this come from?” Coaching looks at the challenge and asks, “Who am I being in the matter of this challenge? What am I making this challenge mean about myself, this circumstance and about life? What am I going to do in the face of this challenge?” These questions lead to different outcomes and results. **The quality of the questions you learn to ask determines the quality of your life.**

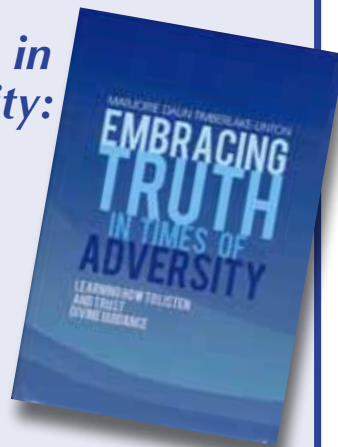
Coaching is an action-oriented discipline that assumes that one is capable of taking full responsibility for the way things are in one’s life. It operates from a high level of consciousness that recognizes that the more you focus on your actions, decisions, and attitudes, the more the energy of Spirit will rise up to meet you and partner in creating your dreams and desires.

In the Fall issue of *Contact*, look for some specific tips in how to incorporate coaching principles and practices in your ministry and your life!

Jackie Woodside is a certified professional coach with expertise in helping individuals and organizations apply spiritual principles to develop mastery of life on the spiritual and physical planes. She is one of the consultant guides for the pilot ministries in the Transformation Experience. For more information, visit www.JackieWoodside.com.
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Embracing Truth in Times of Adversity: Learning How to Listen and Trust Divine Guidance

by Marjorie Daun Timberlake-Linton



The way out of any dilemma is to embrace “Truth” and surrender to the will of God. Using examples found in the Bible as well as her personal experiences, Unity minister Marjorie Daun Timberlake-Linton shows you how to claim your divine inheritance. Order this title through your local bookseller or preferred on-line retailer

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Coaching and Ministry

by Shipley Allinson

I came to ministry without previous training in management (baptism by fire). We have a pioneer ministry that grew to 400 people per Sunday in six years and then imploded, mainly because there was no infrastructure. Fortunately, Jackie Woodside sidled into our ministry one day and saw that this minister could use some help. She and I set up weekly coaching calls which have been a true lifesaver for me and my ministry.

I learned how to manage my own schedule, to not overcrowd it, to be reasonable about what I can accomplish, and to take time off. I learned how to set boundaries around when I am available. I am much better at delegating, and it is easier for me to determine what is mine to do. Because I now schedule *everything* I do in time, I know it will be accomplished. I can take it out of my “worry” head. I accomplish far more with a lot less stress. In my teaching, I had never realized that adult learners need an accountability structure. However, they seem to truly appreciate a managed system where they are held accountable for the work, and from their evaluations I can see their increased spiritual growth.

The coaching I have received and now use with congregants, board, and staff has affected every area of my ministry. In my mind, a coach is a spiritual mentor who understands the principles of organization. Jackie always says that order is a high consciousness principle, and her teachings and results exemplify this truth.

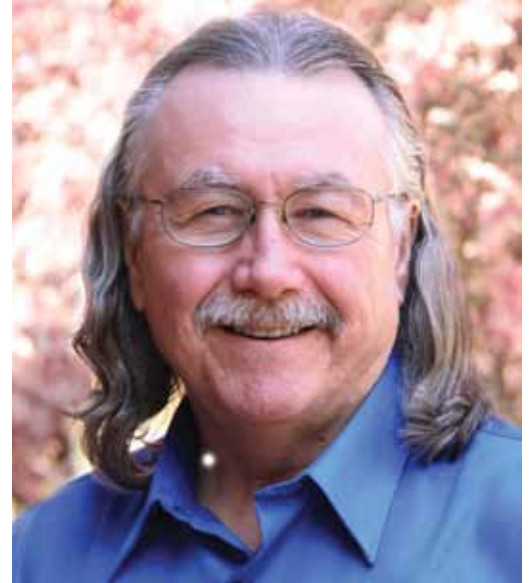
Rev. Shipley Allinson is the founding minister at Unity on the River in Amesbury, Massachusetts.
info@unityontheriver.org

The Q Process for Teams™

Organizational Shadow Work

by Gary Simmons, Th.D.

Church organizations are living systems. They grow and evolve just like the people who make up the community. And like people, the evolutionary process can become challenging, even painful, when change is required. As a living system, it could be said that organizational discomfort and stresses are evolutionary drivers exposing what might be missing, broken, or not working in the broader context of the ministry's movement into greater integrity and maturity. In addition, as these discomforts manifest as symptoms (interpersonal difficulty, dysfunction, challenging circumstances, etc.) there is also an awakening/skill-building element to the evolutionary dynamic that necessitates the presencing, healing, and integration of the organization's shadow—what Eckhart Tolle calls the “pain body.”



Because church organizations are composed of people who are also evolving and experiencing challenges that are connected to deeper personal issues needing healing and integration, those in leadership will inevitably struggle in their attempts to manage the discomforts of the ministry without being triggered themselves. Yet, absent of a practice of shadow work and the ability to differentiate between the organization's discomfort and the discomfort that they personally experience in their ministry role, even the most conscientious and principled of leaders will find themselves managing church issues in the same manner as they would cope with their own challenges.

For instance, if the church is dealing with money issues and is dreading the likelihood of staff layoffs or pay cuts, individual board members will relate to the organizational discomfort and its experience of “not enough” in the same way as they would personally relate to any perceived lack. What's more, if an individual board member is personally struggling with a sense of not enough themselves, they may inadvertently amplify the organizational issue by projecting their own baggage onto the ministry. It will be difficult for someone who is struggling this way to see that their church's discomfort is arising in the context of an evolutionary process. Instead, they will see a problem to fix.

Using the Q Process for Teams,™ leaders can now see that the discomfort is triggering something in them that needs to be healed, as opposed to something “out there” that

needs to be fixed. The next step is to see the same is true for the organization. Leaders must be aware that if they pick up the organization's discomfort and make it their own, they take away (or delay) the organization's evolutionary driver.

The Q Process for Teams™ is an extension of the individual application of The Q Process,™ in which a group of individuals observe and participate in a series of structured inquiries when faced with organizational challenges. The activity takes teams through a powerful five-step experience that allows for organizational tension to be resolved in a way that strengthens the core integrity of the leadership team and the organization.

Step One: Uncovering the Field—Differentiating themselves and their personal shadow work from the shadow work of the organization

Step Two: Clarifying Roles—Noticing how some part of the discomfort comes from their effort to fulfill their role and how it's related to their personal shadow

Step Three: Releasing the Discomfort—Shifting out of viewing it as a “problem to be solved” into viewing it as an “evolutionary driver with which to align”

Step Four: Renaming the Issue and Team Member Roles—Noticing what aspects of the organization's shadow are coming up for healing and what new way(s) of being for the organization are being called forth

Step Five: Taking Authentic Action—Discerning what authentic action each individual can take to facilitate the evolution of the organization

Using the Q Process for Teams™ enables leaders to become skilled at scanning the organizational environment and discovering areas of incoherence and incongruence that indicate a need for evolutionary shift or an aspect of the organizational shadow that needs to be healed and integrated. They also access higher wisdom through heart coherence techniques to keep their personal shadow “quarantined” while opening to the guidance for how to “be with” the tension long enough for the tension itself to reveal a way forward in the context of demonstrating greater integrity and maturity.

A certified Q Coach facilitates these steps when all members of the team are present. It is not a quick conversation. It is a deep and authentic dialogue, and consequently requires from 90 minutes to 2 hours to complete. The experience is deeply transformative.

As an example of how this process works, Cindy Henson, one of our Transformation Experience (TE) consultant guides, shares the following story from her work at Unity of Salem:

Unity of Salem has embraced the Q Process for Teams™ and has used it within their board and the TE leadership group to create clarity about where individual responsibility and organizational responsibility meet, even in the difficult conversations. Creating this clarity and calm

Even the most conscientious and principled of leaders will find themselves managing church issues in the same manner as they would cope with their own challenges.



environment has allowed them to partner with fellow team members and Spirit to take authentic action.

Individual board members acknowledged how their own sense of "not good enough" was being triggered by the ministry's personnel challenges. It was this discomfort that was eclipsing their ability to differentiate between the organization's issue and what they as individuals were dealing with in their personal lives. Once the board members saw that, they were quickly able to create a solution from their leadership responsibility as a board member.

The Q Process for Teams worked because every board member and TE leadership group member had completed the *Art and Practice of Living with Nothing and No One Against You* workshop. At Unity of Salem, this created the fertile foundation and elicited the courage for the board to address a personnel issue in a loving, supportive, and clear manner.

This clarity of organizational responsibility, leadership, and employee responsibility led to the creation of policies and procedures for staff, team leaders, teachers, and volunteers. These included clear expectations in roles, performance development opportunities, and hiring for specific knowledge, skills, and abilities.

The Art and Practice Ambassador also facilitated a community gathering for anyone from the spiritual community to share what was on their heart. At that gathering, the board president described the new Membership/Leadership Agreement, the policy of Organizational Transparency and Personnel Confidentiality and the plan to complete the policies and procedures to establish clarity, expectations and agreements which will allow all involved to show up as their best and highest self.

Unity of Salem continues to wholly embrace their greatness and work with their organizational shadow of avoiding difficult conversations. With the *Art and Practice of Living with Nothing and No One Against You* program and Q Process for Teams™, they have the tools to courageously live their vision of "Centered in God, we celebrate a peaceful world that works for all."

Unity of Salem's experience with the Q Process for Teams™ is but one example among many of organizations that are benefiting from doing both leadership and organizational shadow work. They now have a powerful tool for transforming problems into opportunities that has resulted in less drama and more resourcefulness. They are inspired by their capacity to live more deeply into the evolutionary process that is at the heart of thriving ministry.

Rev. Dr. Gary Simmons is co-founder of the Q Effect, LLC, and serves the New Thought movement as a private consultant. For information on hosting a no-upfront-costs *Art & Practice of Living with Nothing and No One Against You* workshop or how to become a certified Q Coach, visit www.theqeffect.com. drgarysimmons@me.com

How We Changed Our Church Name, Letter by Letter

by April Kaine-Breese

When the results of the identity study commissioned by Unity Worldwide Ministries (UWM) were released in the summer of 2010, our community (then known as Unity Church of Christianity) was excited. We had been considering a name change for a while but had not felt clear direction. With the information from the study, we were ready to move forward. This article addresses the tender experience of changing how we express our identity—not changing “who we are,” but changing how we present ourselves to the broader community.

At the October 2010 board retreat, we viewed the DVD of Chuck Pettis’ presentation given at the 2010 People’s Convention. The results of the study and Chuck’s presentation were compelling, and we decided to take action.

Starting in November 2010, brief articles in our newsletters and bulletins announced a special membership meeting to be held in January 2011. The meeting would be for discussion of a name change, and no vote would be taken. This long lead time and the promise of no vote gave everyone time to consider the idea of a name change without pressure.

At the January 2011 meeting, we showed the Pettis DVD. The congregation was very enthusiastic. Then the board introduced two possible names and two possible tag lines. The names were “Unity of Appleton” and “Unity of the Fox Cities.” The taglines were: “A Center for Positive Spiritual Living” and “A Positive Center for Spiritual Living.”

There was reluctance from a few to release the word “Christianity,” with the concern that we were turning our back on Jesus and his teachings, but it also was recognized that the word “Christian” had been co-opted by conservative evangelicals in the past twenty years, and that our storefront location, coupled with our name, could be conveying an inaccurate message about who we are. The concern was handled with respect and care, and it was gently resolved. The board reworked the recommendations and distributed them to the membership during the next month.

At the annual meeting in February 2011, the membership voted for the new name and tag line: Unity of Appleton—A Community for Spiritual Growth. This was a collaborative effort, with the exact language of the tagline changing during the meeting!



We opted to change our name legally, rather than “doing business as (DBA).” This turned out to be simple and inexpensive. Young Bae and Carl Osier at Unity Worldwide Ministries were very helpful. Since we are incorporated as a 501(c)(3)

nonprofit organization in Wisconsin, we needed to file “Articles of Amendment” to our Articles of Incorporation with the Wisconsin Division of Financial Institutions (\$25 fee) and send a copy of that form along with our FEIN number to the IRS (no charge). Requirements may vary from state to state.

We chose to sign up for the \$190 logo package and ordered stationery, business cards, and a very nice tri-fold brochure that we were able to customize from MiPrintshop.com.

Letter-by-Letter Signage

Signage came next. At a special membership meeting in May, the membership approved funding to replace our old signs. The plan involved a “letter-buying campaign,” in which congregants could “buy” one of the letters that would go onto the large lighted sign and onto our front windows. We put up a large banner in the church, with all of the letters printed in black (photo 1). Each letter had a predetermined value. Then as letters were sold, the black letters were covered over with blue ones. The lettering for our front door was “bargain priced” at only \$25, total and was an invitation for our children to contribute to the project. Over half of the total needed for the signs was raised in this campaign, with the other half coming from existing church funds. The campaign was successful, and the signs were installed in July 2011 (photos 2-5).

We found the perfect piece of art to complete a sanctuary redecorating project. Congregant and artist Tom Duesterhoeft painted what I call the new “lotus blossom” symbol on stretched canvas. It turned out beautifully (photo 6).

What results have we observed? In January 2011, the month before the name change, our average weekly attendance was 36. By June, our average attendance was 51. That’s a 22% increase in just six months, and that held up through the end of the year. We



welcomed 19 new members in 2011. The energy level rose every month, even over the summer, which is historically a time of lower attendance and subdued energy.

What other factors might have contributed to this growth? I think it was a combination of several things, including: our youth education area was cleared out and redecorated in the fall of 2010 (concrete evidence of our desire for growth in youth education); I was admitted to the Field Licensing Program in March (a boost to me and the congregation); and we found that our newcomers brought more newcomers (word-of-mouth growth).

Recently we have remodeled our Facebook page and registered our community on Meetup.com. Our next step will be to redesign our website, perhaps through contract with the vendor, OneEach, chosen by Unity Worldwide Ministries.

If we were to do it again, what might we do differently? We chose *Unity of Appleton—A Center for Spiritual Growth*, which works well for us. However, in retrospect, I think adding Spiritual Center to our name and dropping the tag line might be even more effective, i.e., *Unity of Appleton Spiritual Center*. It's longer, but it makes it clear what we are. Our present name requires the tagline to accomplish that. Also, I might have simply used white vinyl lettering on the glass for clarity and simplicity.

Now that our name change is complete, we are consciously incorporating the new language suggested in the Pettis study into our messaging at all levels, and we look forward to what comes next!

We had outstanding support (documentation, communication, and monthly webinars) from the staff at Unity Worldwide Ministries, especially Debbie Allen, to whom I extend my deepest thanks.

April Kain-Breese is a licensed Unity teacher and spiritual leader at Unity of Appleton, Wisconsin. She is a candidate in the Field Licensing Program. akain@new.rr.com



Don't Be Afraid of the Dark

by Robin Ferguson

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

—Martin Luther King, Jr.

Did you ever have one of those moments as a child, lying in your bed, trying to get to sleep, when suddenly you began to imagine you were not alone? You convinced yourself there must be a monster hiding under your bed or that the shadow in the corner was some scary creature. If you were brave enough to turn on the light, however, you probably discovered there was nothing under the bed except a few discarded toys and that shadow was just your old coat hanging on the hook.

At this point in our movement, I wonder if we aren't creating some of our own monsters. Unity teachings invite us to focus on our light and on maintaining positive thoughts, which are profound, transformative practices. However, we sometimes use these same principles to deny our shadow side. We “spiritualize” what we don't want to face and use positivity to avoid the discomfort of change and conflict. The shadow, as defined by Carl Jung and many others, is that which is hidden, undeveloped, or has been labeled as bad, wrong, or negative, and is out of the light of our conscious awareness.

When its existence is denied, our reactions are survival-oriented and we act out as if threatened. When it is acknowledged, understood, and given compassion, it can be the gateway to deeper understanding and greater integrity. Either way it is here for us to deal with—in our lives, our ministries, our organizations, and our world.

One of Unity Worldwide Ministries' core values is *transformation*. We, as a movement, hold an intention to be on the cutting edge of spiritual evolution. However, transformation doesn't always look pretty. Have you ever been to a birth? As a former Intensive Care Nursery nurse I can tell you: They are messy; they never go as planned; and there is a lot of chaos, fear, and tension as it is happening, not to mention plenty of discomfort. If you ask any woman who's been through the process, I bet she would also tell you that along the way she had doubts and fears, maybe even wanted to turn back, and probably wished there was an easier way. The point is, if you want to create something amazing, it will require your full participation and willingness to experience it all—the good, the bad, and the messy.



We are giving birth to a new way of being in this world and that process is asking us all to go deeper. We must be even more committed to our spiritual practices and to taking responsibility for our actions and reactions. This time is an invitation for each of us to compassionately look at where we have been a part of the problem and discover how we can be part of the solution. Our shadow side can reveal where we need to heal, where we have limited ourselves, and where we have been playing too small. It invites us to find the Presence in the midst of our humanity, not by moving beyond it, but by fully being in it. In her book *The Dark Side of the Light Chasers*, Debbie Ford says, "We live under the impression that in order for something to be Divine, it has to be perfect. We are mistaken. In fact, the exact opposite is true. To be Divine is to be whole and to be whole is to be everything: the positive and the negative, the good and the bad, the holy man and the devil."

A movement that has 100-plus years of intentional prayer behind it does not end up at a point in time by accident. We are at the moment our founders were working toward. We are at the precipice of a new world. To get there we must be willing to stand in our discomfort without trying to "fix" it or pray it away. We must be willing to give up being right in order to be in relationship. We must find a way to express ourselves authentically and honestly, without making others wrong. And when we try and fail and learn and try again, let's be gentle with ourselves and each other, and remember that people are far more important than ideals. I believe we can do it. We were born for this, after all.

So let's look under the bed. You lift the covers and I'll hold the flashlight. Let's see what is waiting for us there. I think the Dave Matthews Band said it best:

*We find love, it's hiding here
In the darkness, in the shadows
Maybe it's up to you and I
To bring it to the light.*

Rev. Robin Ferguson is the Expansion Ministry Consultant for Unity Worldwide Ministries. Robin is also a popular host on Unity Online Radio and will be cohosting a program beginning in March called Radical Spirituality. She is the founder of Dare To Be, a Coaching and Consulting Ministry. expansion@unity.org

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Partners in Prayer Are Partners in Power

by Howard E. Caesar

In this life I welcome all the help that can come my way to empower and bless me in my effectiveness to do what I have been called to do as a spiritual leader. One of the powerful ways I have benefited through the years has been by having a committed prayer partner to connect with weekly at a reasonably consistent specified time. Occasionally one may contact the other at additional unspecified times if challenges or circumstances dictate.

As a minister, it is invaluable to have another person with ministerial experience and with whom there exists or you have cultivated trust, safety, honesty, vulnerability, admiration, confidence, and love. It can be equally powerful and effective with a person who is not a minister but who has developed a spiritual consciousness you respect and with whom you have a free and open rapport.

Obviously, you also seek to open yourself to be in support to the partner as meaningfully as they are to you. Each person shares what is most “up” for them—a focus, issue, challenge, charge, goal, desire—without belaboring it. It is simply stating the facts. Then the other person, being totally non-judgmental, may ask a question or two for clarification, if necessary, and then prayerfully affirms the Truth, and takes the other to a clear, pure, powerfully higher state and perspective about those matters. It is about stepping into the mighty stream of Spirit and Truth through the principle of “where two or more are gathered ...”

One might ask prayer support for things like an upcoming event in the church, a board meeting, staff problem, decision, desire, or issue relating to prosperity, health, or relationships.

Ideally it is good, but not required, to have a person you don't see on a daily or regular basis so as not to become overly dependent, but someone you would surely categorize as a dear friend.

I am so grateful for the two out-of-state dear friends and beautiful souls that I have had as prayer partners for years. I connect with each person weekly, one on an early morning weekday, and the other on Saturday evenings so as to pray for a good lesson and Sunday services, among other things.

I always come away from those calls with appreciation. It serves to give me a lift, shift, or some bliss that is its own fresh new energy. And I even feel somehow invigorated by the ways in which Spirit moves through me with the mutual intention to prayerfully send the other on their way from a higher state. It is true that “as we give, so do we receive.”

Rev. Howard Caesar is Senior Minister at Unity of Houston, Texas, and the board chair of Unity World Headquarters at Unity Village, Missouri. revcaesar@unityhouston.org



A Healing Journey Supported by Truth

by Nichole Fritts

Everyone experiences challenges. I've had mine, as everyone has. And it is my life's work to share my story and encourage others along their own path to transformation and healing.

At age three, I was diagnosed with juvenile rheumatoid arthritis. At 15, I was sexually assaulted by a senior in my high school. I was scared people wouldn't believe me and I blamed myself, thinking I could have done something to change it. So I kept it inside.

As an adult, I moved to Florida, away from family and friends. Within six months, my dog died, I was fired, and my car stolen. Years later, I was in a severe car accident with my spouse and kids. We were hit head-on by a tow truck and I sustained many serious injuries. Three months later, I was rear-ended by a drunk driver and diagnosed with fibromyalgia. I endured surgery and constant back and neck pain.

I was not happy with life and hit rock bottom at 35, going through my second divorce. I had lived 20 years in blame, anger, and fear since the assault and realized how it was affecting me. I wanted to change.

Turning It All Around

My healing began with journaling and meditation. I held onto Romans 12:2: "let God change the way you think" (NLT). I found counseling and support groups at a sexual assault center and studied Unity principles. The most helpful were affirmations and denials. A veil was lifted when I realized that I was not to blame for the assault. My anger is redirected appropriately toward my attacker. I have taken back my power.

For physical healing, I eat healthier and use alternative therapies. Despite constant neck and back pain, I have weaned myself off pain medications. Through Unity studies, I now believe I'm a child of God who does not inherit sickness. My mind is stronger than my body! I am defying physical challenges by training for a triathlon and I listen to my body, resting when needed.

I do not want people feeling sorry for me. My goal is to help people overcome challenges and limitations by recognizing and claiming their innate power. I started an inspirational speaking ministry with my dad, Ron Fritts, a Unity minister in Quincy, Illinois. I am taking classes to become a licensed Unity teacher. I haven't arrived at where I want to be, but through my ministry, I will find continued healing and help others get where they want to go!



Nichole Fritts is cofounder of Flying Eagle Ministries, Quincy, Illinois.
nichollettejael@gmail.com



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Spiral Dynamics: A Tool to Help Get to Where We Want to Go

by EJ Niles

The Spiral Dynamics model describes how societies have evolved throughout history and how consciousness has evolved commensurately. The Spiral is a perfect symbol, seen in galaxies and everywhere in nature. It is a useful model in the exploration of how consciousness evolves in individuals, and is especially useful in exploring evolution within organizations.

Those familiar with the Spiral Dynamics model will recall that colors (not related to chakras, spectrum, etc.) are used to denote various levels of change. They are divided into two tiers. The first tier colors, including but not limited to, *red*, *blue*, *orange* and *green* are related to subsisting in present-life conditions. The second tier, *yellow*, *turquoise* and beyond, is about being and becoming. Society as a whole is experiencing a movement into second tier.

At each level, there are healthy and unhealthy manifestations. The healthy forms all contribute to maintaining the integrity of an organization and assuring its upward movement. Unhealthy forms represent the shadow of the organization and manifest as impasses and overall discontent. This is because when the second-tier consciousness begins to emerge, the unhealthy aspects of all of the previous levels also begin emerging. Underlying this emergence is fear of change.



Individuals and organizations evolve by including and holding to values and beliefs that continue to serve and leaving behind or transcending those that no longer serve. It is characteristic for a belief or value to be thought so significant there is resistance to transcending it. Tensions arise with the fear of losing what served so well at previous levels of consciousness.

Recognition of a strong sense of identity within an organization is a healthy aspect of *red*, a high priority in Unity. In unhealthy *red*, the fear is the loss of that identity resulting in confusion and discontent. It shows up in the “us vs. them” mentality, triangulation, and backbiting, common in organizations seeking to evolve and transform.

In organizations, the *blue* brings structure, order, and respect for tradition. Unity’s teachings about principle come from *blue*. Unhealthy *blue* appears as attempts to enforce “the one and only right way.” All religious organizations have feared the abandonment of traditions. All have undergone periods of time when they resisted healthy change to traditions and teachings. Unity is no exception.

The *orange* brings advances in consciousness with the desire for exploration and vision for the future. Unity's founders recognized this need to plan for the future and the result is the Unity movement and Unity Village. The Law of Mind Action is an *orange* concept, as is prosperity. "I am free, I am unlimited" expresses healthy *orange*. Unhealthy *orange* is seen when the bottom line is perceived as or suspected to be the primary factor driving major decisions. There is fear that an important teaching may be lost, e.g., "we don't raise money, we raise consciousness." Advances in ministerial education seem threatening to traditional educational practices. Emilie Cady's "stop reading many books" is recalled. (*Lessons in Truth*, page 28)

The New Thought movement arose when *green* entered. *Green* brought sensitivity, caring and inclusiveness, the value of the individual, the heart as well as the head. Unity offers a healthy-minded religion. Unhealthy *green* is susceptible to "group think" and is resistant to hierarchy in membership and leadership. One of Unity's biggest challenges is the predominance of *green* in the consciousness, much of it unhealthy.

Second Tier: Tradition *and* Transformation

The first level in second tier, *yellow*, accepts the inevitability of change. Transformation in individuals and organizations depends upon movement upward and forward into second tier. In *yellow* there is an understanding of the value of "both/and" rather than "either/or."

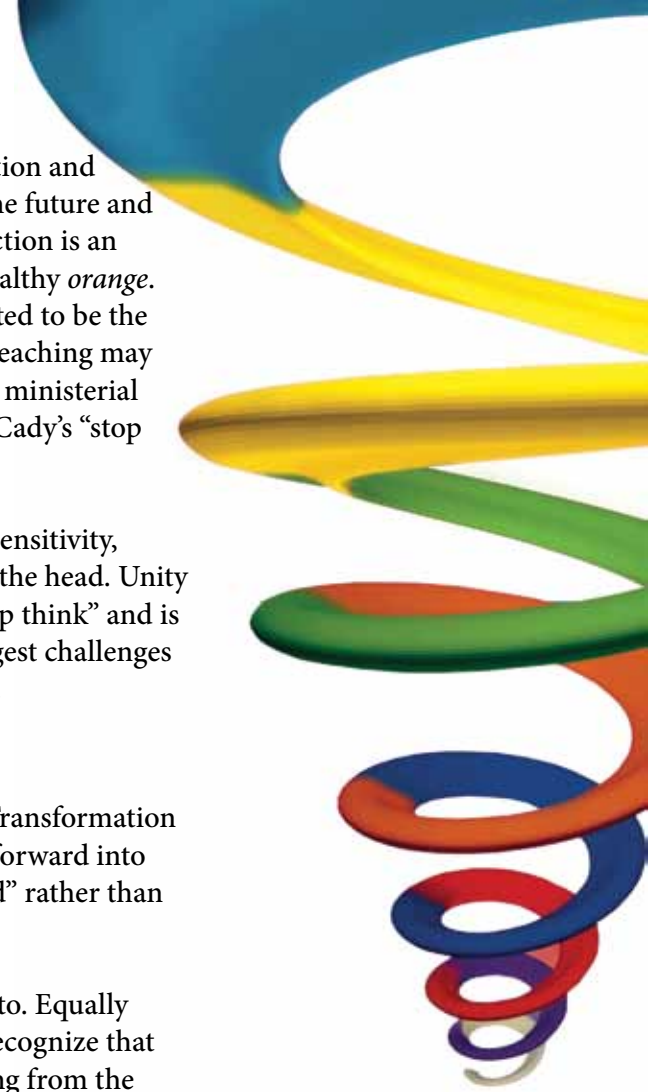
It is important that values to maintain stability and tradition be held on to. Equally important is continuing to be open to new understandings. It is key to recognize that raising of consciousness always precedes the flow of prosperity. Operating from the heart must be acknowledged. However, intellectual understanding is the gift of Spirit, one that must not be neglected. Hierarchy does not mean one individual is better than or more enlightened than another. Individuals are at different places on the spiral in their beliefs and values. They also have different capabilities and talents.

The second level in the second tier is *turquoise*. It has been described as a holistic field theory. It is characterized by spirituality and the blending and harmonizing of a strong collective of individuals. When there is a commitment to work together harmoniously to evolve to the next level of consciousness, there is a shift in an organization.

Acknowledgement of the shadow is a key requirement for psychological advancement and transformation. Our challenge is to be willing to explore, together, areas of resistance to change and to move beyond our fear. At the same time, we need to celebrate the healthy aspects of the spiral that Unity embodies and to nourish and support any initiative that will bring harmony and trust to the organization. Let us honor the call to transcend and include in the upward, forward movement of Spirit.

Rev. EJ Niles serves as faculty at Unity Institute and is director of Spiral Pathways, an alternative ministry. With Rev. Karen Tudor, she co-hosts Biblical Power for Your Life, a Unity Online Radio show. ejniles@spiralpathways.org

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Embracing the **Bu**mPs on the Spiritual Path



by **Paul John Roach**

When I first encountered Unity in the 1970s, the ideas of Oneness, self worth, and the supremacy of Love resonated with what I felt to be true about myself and the world. But what really created a shift in my awareness was Unity's invitation to bring this beautiful concept into everyday reality. I could dare to claim my good, to make it apparent in terms of health, relationships, jobs, and all other aspects of life, right here and right now. It was a truly exciting time and impelled me on the journey to become a Unity minister.



However, those jubilant, almost naïve days, do not last. As we move forward on our spiritual journey, we find it is not as simple as merely claiming our good and then watching everything unfold magnificently from then on. Affirmations, positive thinking, and the application of spiritual principles are all wonderful tools, but they do not guarantee instant enlightenment.

What gets in the way? A good Unity answer would be our sense of separation, our inherent human tendency to live in a finite, conditioned world of them and us, heavily influenced by the subconscious storehouse of past experience.

Some move on from Unity at this point because they feel the principles are ineffective, superficial, and a kind of positive, wishful thinking. Far from being evidence of failure, however, the dissatisfaction and confusion characteristic of this stage of unfoldment is a clear sign that transformation is occurring. The old-time metaphysicians called it “chemicalization,” the stirring up of the unresolved so that new light can shine in. The subconscious, the shadow, the dark messy parts of ourselves, have so much to teach us. Rather than attempting to overrule them with simplistic positivity, we are called to invite them to the party. God is as present in the darkness as in light, in grief as in joy, so “lean into the sharp points,” as Buddhist nun Pema Chodron advises.

Two approaches have helped me in this regard. The first is to *release the desire to know*. Spirit does not need our advice or our anxiety. When I can let go in the silence, spaciousness opens within and around me that is healing and insightful.

The second approach is for me to *be gentle with myself and trust the divine order of the universe*. Cooperating rather than controlling, resting creatively rather than endlessly affirming, allows the deep knowing of body, mind, and Spirit to be present.

When I am a friend to all parts of myself, dark and light, scary and magnificent, I become relaxed, awake, and aware.

And yes, it is then that I claim my good.

Rev. Paul John Roach, serves Unity Church of Fort Worth, Texas, and is president of the Unity South Central Region. pauljohnroach@yahoo.com

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Fish Tales

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Robert Fish, Ph.D. in Speech Communications, has been teaching and coaching public speaking for 45 years. Most recently, he was the communications instructor at Unity Institute and Seminary at Unity Village. He now offers one-on-one coaching services for ministers and spiritual leaders worldwide. As a proven expert and master storyteller, he can coach you via Skype no matter where you live.

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How the Transformation Experience Has Helped Us “C” Better

by **Mary Elita Masters**

Upon first reading the words “Transformation Experience,” I know it doesn’t appear that there are any “C”s in those two words. However, our experience here in Buffalo has found many “C”s in the experience. I’d like to share some examples of how this program is helping us to “see” the possibilities of ministry in a new and expanded way.

First of all, **Change-friendly**. Moving into being a culture that is more change-friendly is, in my opinion, a tremendous strength and asset for our ministry. One thing that is certain in life is change. It is happening in every area of our lives and world. I think of being “change-friendly” as a sign of self-confidence, trust in oneself, and faith in God that as things change, we will be able to grow, be resilient and learn to work with change in a positive and productive way.

I felt that just the fact that our congregation voted “yes” to being part of this pilot program was a sign that the ministry had made great strides in its openness to change. If we never got anything else out of the experience, the fact that people were willing to be part of an “experiment” was to me a sign of the self-confidence of the congregation—that we can try something new, work through the challenges that will inevitably come up, and be all the better for it. I’m proud to be part of a congregation that embraces new ideas and new experiences.

And, of course, we have reaped many more benefits from the experience. The second “C” is for **Commitment**. This has been the first time in the almost nine years that I have been here that our full board has made the commitment to tithe to our ministry. We now have a pool of people willing to model what we teach and set the example for the congregation. The Transformation Experience has also called for us to organize several new teams to lead us through the various processes, including drafting new mission, vision, and core values statements; assessing the present status of our ministry in many areas; and now developing a strategic plan. At each step of the way, we have had excellent leaders step forward to participate. A high level of commitment to our ministry has been demonstrated by our taking on these significant activities over and above all the other regular areas of our ministry.



Creating a Culture of Leadership is another “C” that has blessed our ministry. We have really taken to heart the leadership dimensions of being Enlightened Leaders. I had a wonderful feeling a few weeks ago on a Sunday morning when I walked through the door of our church and saw that one of our Strategic Planning teams had already been meeting for an hour before I got there, under the very capable leadership of our church members—and without my needing to be present.

The “**Community-centric**” model of ministry empowers lay leaders to step into leadership roles that free up the minister’s time and energy to concentrate on the things that they do best. A wonderful example of this happened last fall when we had some congregants who were involved with extended hospitalizations. The way the congregation “self-organized” around providing the pastoral support needed was a great example of being “community-centric.”

Our **Consultant Guide**, Linda Davidson, has been another very important “C.” We have been blessed by the professionalism, spiritual consciousness, and a true love for this work that Linda has brought to our work together. The “C” in her title also stands for coaching, something I can’t imagine doing ministry without.

We’ve also had some other “C”s that have been part of our TE experience—**conflict** and **chemicalization** are two examples. My view is that these are part of life and part of ministry. Our job is to learn to be present when they come up, developing skills and practices that help us grow through the experiences. The *Art and Practice of Living with Nothing and No One Against You* is a tremendous program for helping us work with challenging situations in every area of our lives. I highly recommend it.

These are some of the “C”s that we have found to be part of our Transformation Experience. They are all things that have helped us see ourselves, our ministry and our future in a new light. Along the way, here are some other changes that have occurred with our ministry: An increase in financial giving each year, and a shift to a larger percentage of our congregation providing the 80% of our income.

My prayer is that the learning we have experienced is adding to a body of wisdom about Unity church ministry that will help all of us have an even greater experience of thriving in ministry. I extend my gratitude and appreciation to all those who have contributed to developing and administering this program. I am also most grateful for my fellow “pilot colleagues” who were willing to grab hold of this adventure and said, “I can see the possibilities here. Count me in!”

Rev. Mary Elita Masters serves Unity of Buffalo, New York, which is one of the pilot ministries in the Transformation Experience. She is also on the board of trustees of Unity Worldwide Ministries. revmary@unitybuffalo.org

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I think of being
“change-friendly”
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A Successful Coaching Ministry Partnership

Asking the Right Questions

by Dorianne Cotter-Lockard

The coaching partnership at its best is a mutual giving and receiving relationship. I see it as two hearts, minds, and souls coming together within the context of Spirit. I took this approach even in the corporate business setting, where I first began to mentor and coach colleagues. In the ministry context, I am free to bring specific spiritual principles and prayer into the process, which is a joy for me!

There is a distinction between a coach, mentor, and counselor. A mentor focuses on the “how,” providing guidance and insight from his or her own experience. A counselor or therapist is trained in psychology and therapeutic approaches to help an individual heal aspects of mental processes and behavior that present challenges in everyday life. A coach is distinct from these two roles: she or he helps the client to gain insight by asking open-ended questions. According to Coe, Zehnder and Kinlaw, a coach spends 80% of the time listening and 20% of the time asking questions. The coach challenges and encourages the client to facilitate understanding and insights. Through this process, the client solves his or her own challenges and opens up to new ways of thinking and being.

I recommend that ministers develop relationships with a mentor, a counselor, and a coach, depending on the circumstances. Why is this important? A minister knows that she or he must stay centered in Spirit and be fully available to shine the light for others. Sometimes the light is obscured by shadow issues from the past. A counselor or therapist can be helpful in this situation. Sometimes the minister has a vision for the future of their ministry, but isn't sure how to attain the vision. A mentor who has experience in ministry can guide the minister toward their vision. Other times, a minister seeks clarity in how he or she is BEing and DOing as a minister. This is where a coach can be most helpful.

Coaching Rev. Geraldine Colvin as a component of the Transformation Experience program has been a delightful experience. As a coach, I help her and other ministers in three major ways:

Self-discovery: By using tools such as the *Spiritual Intelligence* (SQ21) assessment and the *Q-Process* in coaching sessions, a minister discovers her growing edges and focus on personal development.

BEing who you have come here to be: By using tools such as Mariah Nemeth's *Card Exercise* as a basis for discussion, a minister explores her essential God-qualities and how those qualities show up in her ministry practices.

Aligning BEing and DOing: In keeping with the spiritual principle “As within, so without,” we explore what is showing up in the church and how that ties to the minister's ways of BEing and DOing.



Dorianne Cotter-Lockard is a certified DeepChange coach with the Spiritual Intelligence SQ21 assessment. She has served as a licensed Religious Science Practitioner since 2000. Dorianne has over 25 years of corporate leadership experience. dorianne@cotterconsulting.net



Geraldine (L) and Dorianne enjoy their coaching partnership



Rev. Geraldine Colvin is the Senior Minister serving at Unity Church of Christ, Hammond, Indiana. unityofhammond@sbcglobal.net

Accepting the Invitation

by Geraldine Colvin

The coaching partnership that is part of the Transformation Experience program is a rich and rewarding opportunity. From the start of our coaching partnership, I felt comfortable talking with Dorianne, our TE Consultant Guide. Her warm and welcoming personality, impressive experience in business and ministry, and her deep spirituality have been the perfect combination to help me see in new ways and make changes towards personal and ministerial goals.

Our coaching sessions always begin and end with prayer and time in the silence. Dorianne then asks questions to clarify what is working well and what areas in which I could use support or guidance. As we discuss various topics, it becomes clear which spiritual principles and practices would be most beneficial to apply. Sometimes it is as simple, but vital, as remembering the qualities on my Q-Card and seeing how an outer situation is inviting me to “be who I came here to be.” When addressing issues within the ministry, we often use the Four Quadrants chart as a framework to see where and how the ministry is changing. We also apply the ideas of Spiral Dynamics to track what is emerging and evolving. Dorianne’s skill in asking questions quickly gets to the heart of the matter, and reveals the opportunity in each experience. Afterwards, I often find myself meditating on a particular question or statement from our coaching sessions, and even greater insights, answers and inspirations emerge. Coaching expands my perception, and thus my world, by revealing insights and viewpoints I had not previously seen.

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Meet Your Licensing and Ordination (L&O) Team

Licensing and Ordination Team Mission

Centered in God, the Licensing and Ordination Ministry Team assumes the responsibility for evaluating ministerial candidates, to assure that the Unity Movement is served by effective, spiritually conscious, committed ministers.



It is a privilege to work with the students and witness their commitment, spiritual growth and enthusiasm. I also enjoy being able to work with the faculty and staff of Unity Institute, who do such an excellent job of preparing our students to successfully step into ministry in our rapidly changing world. —Rev. Mark Schindler, Chair, Unity of Auburn, Calif.

When I was going through the L&O experience, it was a difficult process as I put a great deal of pressure on myself. However, looking back and being on the other side, I realize that my committee, and all the committees, only wanted the best for the candidates. They wanted to send them out with much love, wisdom and appreciation for answering the call. And so do I.

—Rev. Karyn Bradley, Unity of Palo Alto, Redwood City, Calif.



I was invited to serve on the L&O team because I received much of the new curriculum offered at Unity Institute. I would like to help Unity to offer the world well-prepared leadership steeped in practical spirituality, as demonstrated by Jesus and other great masters.

—Rev. Michael Brooks, Unity of the White Mountains, Show Low, Ariz.

Being in our seminarians' presence, feeling their passion, learning their pathway to ministry, witnessing their spiritual insight and growth is inspiration and nourishment for my soul. My L&O experience is an ongoing demonstration of the truth of St. Francis' words, "For it is in giving that we receive."

—Rev. Dana Cummings, Renaissance Unity, Bedford Heights, Ohio



From Myrtle Fillmore: "The success of teachers and healers and leaders lies in their being able and willing to bear witness to the Christ ideas active in the consciousness of those whom the Father draws to them, and not in their telling what they personally can do or have done."

—Rev. Kurt Condra, Unity on the North Shore, Evanston, Ill.

It is an honor to support the spiritual calling of our ministerial candidates, who represent the future of mainstream Unity.

—Rev. Vicky Elder, Unity of Monterey Bay, Monterey, Calif.





I enjoy staying connected with the education program, and I appreciate getting acquainted with and supporting the next generation of Unity leaders.
 —Rev. David Elliott, Unity of Tacoma, Wash.

I have agreed to serve on L&O because my L&O experience was positive, nurturing, and filled with opportunities for growth. I want to help students move into ministry with all the tools they need to succeed.

—Rev. Lori Fleming, Scottsdale, Ariz.



When I was a ministerial student, I had a “knowing” that I was called to do this work. I have a satisfying feeling that I am not only helping the student through this life-changing, sometimes deeply challenging process, but I am also giving back to our Unity movement as well.

—Rev. Janie L. Kelley, Unity of San Angelo, Tex.

Serving on the L&O Committee is an honor and a privilege, as it provides me with an opportunity to give back to Unity. I was blessed with dedicated ministers from all over the United States who supported me on my journey to becoming a Unity minister. They inspired, encouraged, guided, and mentored me. I am eternally grateful to them for serving me—and the movement. Now, I hope to do the same for others.

—Rev. Mary Lacalle, Unity Church of Roseville, Calif.



I’ve chosen to serve on the L&O committee for a variety of reasons: to give back to the Unity movement which has supported me so lovingly, to be a non-anxious presence in the room, to extend love to each minister in training, and to bring kindness, caring, and compassion in support of their journey through seminary. I believe this atmosphere invites both their spiritual and secular knowing to flow more freely.

—Rev. Brad Langdon, Unity Church of Anderson, Ind.

Service on L&O is for me an act of love and support—love for Unity and the freeing truth we model, and support for our new ministers as they step into their call of love and support.

—Rev. David Mosher, Unity of Loudoun County, Leesburg, Va.



L&O was one of the richest experiences in my own education, but now even more so as a minister in the field. My commitment is to witness and honor the healthy sense of Self in every candidate. It is reaffirming work to recognize each one as they truly express creativity, intuition, growth, humility, and grace, all because they/we said, “Yes!” to Spirit.

—Rev. Debbie Taylor, Unity of Beaverton, Ore.

Serving on the L&O team is an opportunity to support and be a part of Unity’s future.

—Rev. Joy Wyler, Unity of Lehigh Valley, Emmaus, Pa.



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Northwest



Success Story from Rev. Nancy Worth

Our church made a commitment to creating a dynamic youth program at **Unity of Bellevue**, Wash. But that added about \$30,000 more to the budget. We asked our community to help support the additional budget that was required to fund the program.

This was the announcement on Palm Sunday: “We have an incredible opportunity! On Easter Sunday, we have the commitment from the board of directors, the minister, and several families of this church to provide a financial match. What that means is *collectively* they will “match” up to \$20,000 received in the offering basket on Easter Sunday.”

I gave the congregation one week to pray about it and come in the following Sunday with their gift. The Easter Sunday basket was over \$33,000, so we had a \$53,000 Easter Sunday!

It was a very easy fundraiser with no expense, no person power to make it happen, and no long preparation time. There was a very compelling vision to give to—the youth program. There was a plan with an amount we needed to balance the budget. We knew what our vision was: We defined our dream, we named it, and then we claimed it. But most important, we asked for what we needed to be successful in accomplishing our vision. The congregation held in prayer that we would meet *and* exceed the Easter match. And lo and behold—we met *and* exceeded our goal! And everyone felt very good and proud about our accomplishment. We did it together.

Great Lakes



from Rev. Sandy McKinney, www.unityeauclaire.org

Unity Christ Center in Eau Claire, Wis., has been honored to be involved with a project that moved our consciousness from local to global. We were invited to be prayer support for the It Can Be Done Africa project beginning in 2008. In 2007 a group from Chicago began efforts to bring clean water to the village of Uru, at the base of Mt Kilimanjaro in Tanzania, Africa. Our connection: the founder conducts workshops at our Unity center annually.

That first call for prayer resulted within days in magical outcomes with more water accessed than ever anticipated. Trenches are being dug and pipe laid to move the water to a reservoir. The first trench was named “Unity Path.” We cried.

We were blessed to have Alphonse and Eva Ngowi visit us in Eau Claire in September 2011 (see photos). A women's initiative has now been formed by Eva and is moving

forward to create fair trade products. We will be carrying four sewing machines to the village, notwithstanding its limited access to electricity.

I am honored to join in fundraising and in our mission trip in January 2012. We are developing marketing for distributing the products produced by the women and children of the village.

The Unity movement continues to evolve globally carrying the message of hope and love into a world hungry for its message. To learn more and how you can support these efforts, go to www.itcanbedoneafrica.org.



West Central Region



Prize for Peace Awarded

In celebration of the Martin Luther King, Jr. holiday, **Rev. Michael Moran** of Spiritual Life Center, Sacramento, Calif., was presented with Morehouse College's prestigious Gandhi, King, Ikeda Award for his "untiring efforts for peace based on interfaith understanding and collaboration." The founder of the Gandhi Institute for Reconciliation, Dr. Lawrence Carter, presented the award to Moran at the opening of the "Gandhi, King, Ikeda: A Legacy of Building Peace" exhibition, Saturday, January 14, 2012.

Carter says Moran has shown, "extraordinary commitment to cross-cultural and interfaith understanding and peace since founding Sacramento's first interfaith ministry in 1998 with his late wife, the Reverend Faith Moran.... He has wonderfully embodied the noble virtues of the individuals for which this award is named."

Spiritual Life Center has, among other activities, sponsored Sacramento's first Interfaith Habitat for Humanity construction involving Muslim, Christian, Hindu, Buddhist and Sikh volunteers who built a home for a migrant Russian Christian family.

[Access the current and past issues of *Contact* magazine.](#)

Financial Statement

For the Period of
10/1/2011 to 12/31/2011

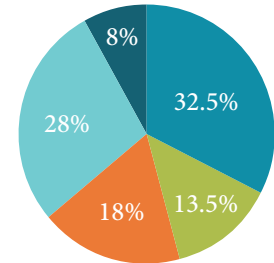
We Are a Tithing Organization

We bless these organizations for the work they do.
10/1/2011 to 12/31/2011

Unity World Headquarters	\$32,644
Urban Ministerial School	\$4,946
International New Thought Alliance	\$1,484
Association for Global New Thought	\$2,473
Academy for Peace of Costa Rica	\$2,968
Unity of Montego Bay	\$4,946
Total	\$49,461

For more information on our tithing policy, visit:
www.unity.org/TithingPolicy

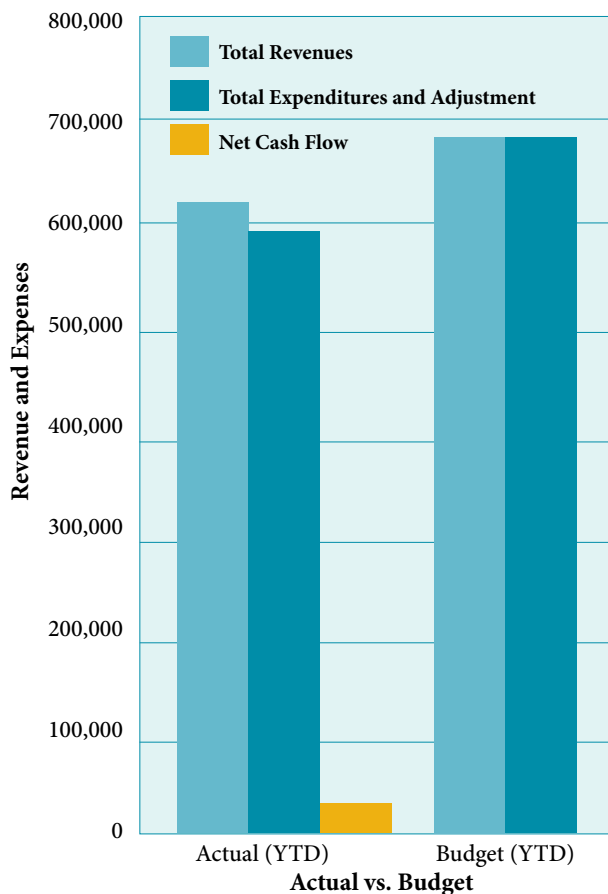
Allocation of Our Revenue Toward Spirit's Work 10/1/2011 to 12/31/2011



32.5% Education, Leadership and Ministry Development (\$192,923)
13.5% Minister & Ministry Services (\$80,090)
18% Communications (\$105,972)
28% Administration/Building (\$164,451)
8% Tithe (\$49,461)

Total: \$592,897

Budget Variance 10/2011 to 12/2011



Cash Flow Statement 10/1/2011 to 12/31/2011

	Actual (YTD)	Budget (YTD)
Revenue		
Love Offerings (Undesignated)	\$ 494,612	\$ 488,410
Love Offerings (Designated)	77,796	16,166
Grant Incomes	0	19,875
Program Incomes	41,241	142,796
Total Revenues	\$ 613,649	\$ 667,246
Expenses		
Less: Tithe Paid (on undesignated donations)	49,461	48,841
Program Expenses	380,405	432,630
Support Expenses	163,031	185,413
Total Expenditures	\$ 592,897	\$ 666,885
Increase from Operation	\$ 20,752	\$ 362
Adj Balance Sheet Items	\$ 4,330	(\$ 362)
Net Cash Flow	\$ 25,082	0

Our cash flow balance (income over expenses) for the three months, from Oct 1, 2011 to Dec 31, 2011, is \$25,082 for consolidated total fund operation. This positive cash flow is mainly due to Restricted Fund Income of \$63,912 (Dissolved Church Fund, reserved for starting new ministries). Once this is excluded, then the general fund's operation shows a negative (\$38,830) cash flow. December was a 3 paycheck month (total of \$44,676). Normally there are two bi-weekly pay periods for each month. Therefore, this also contributed to the negative cash flow of (\$38,830) on general fund. The good news: We had a positive tithe income budget variance for the first three months. The budgeted tithe income is \$488,410, while our actual tithe income is \$494,612 (\$6,202 favorable). As we still have an outstanding line of credit owing of \$211,828, our net general fund's cash balance is \$127,434.

Tithe support from our member ministries, ministers and teachers is significantly important for us to continue the ministry services we provide. We appreciate your ongoing financial support. Regular monthly contributions can be made by calling Myra Moore at 816.434.6813 or email Myra@unity.org.

Digital Outreach: Email Marketing in Ministry – Part 1 of 3

by Ogun Holder and Jessica Best

Across all digital outreach, a ministry's bread and butter is email marketing. It's immediate and extremely cost-effective to maintain. Over the next three installments, we'll take a look at best practices and how to take your email marketing to the next level.

First things first: Let's make sure you've already got the basics covered.

Get permission. This means asking your community members to join your list and not just automatically adding them. Ask them at every opportunity; people are more likely to share their email address with you than any other contact information. At events where congregants gather, be sure they can sign up for information on future events before they leave. It's a key to bringing them back.

Be relevant. We all already have too much email in our inbox, and not all of it is wanted. Make your emails ones that people want to read. Set a precedent of including relevant, timely, valuable information for your email subscribers. Highlight upcoming events, ways they can get involved or volunteer, the featured music schedule or articles from Unity that may help them midweek on their spiritual path. Share great content, both from your own spiritual community and others.

Send regularly. No matter how large your list of subscribers, start sending right away and send consistently, at least once a month—or if you have enough great content, once a week. This helps your readers stay connected and also, in a technical way, helps you get through to your readers' inboxes instead of their junk folder.

Make it easy to maintain. If you're using Gmail or Outlook to send your community newsletters, you're not only making it more difficult on yourself, you're also missing some legal basics (like an opt-out link for easy removal) and some automated management (for no longer sending to invalid addresses). Check out MailChimp or other email service providers (ESPs) that will let you send up to a few thousand emails per month for free. The bonus of using an ESP is that you can monitor who opens the email and which content gets the most clicks. You can use these metrics to learn what your readers want most and, in turn, stay relevant and interesting.

Your homework: If you haven't yet, start your email marketing list and create a free ESP account.

[Access the current and past issues of *Contact* magazine.](#)



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Jessica Best, www.bestofjess.com, is community director at Emfluence Interactive Marketing. jess@bestofjess.com

Intentions Lead to Visible Results

Unity's intention to restore the Unity Village campus has attracted generous donations and an opportunity to bring three strategic goals into manifestation: repairing the central courtyard fountains, renovating the historic tower, and creating a world-class Holistic Healing Center.

Tower Restoration & Holistic Healing Center

Last April, Unity received a private \$3 million donation to restore the Unity Village Tower. With exterior restoration plans underway, in August the Unity Board of Directors approved plans for a Holistic Healing Center that will occupy the seven floors of the tower interior.

"The Holistic Healing Center is a natural extension of the Fillmores' vision," said Rev. Tom Lee, facilities administration manager at Unity. "It will align Unity's 120-year-old focus on prayer and healing with state-of-the-art integrative medical practices."

The Holistic Healing Center will house practitioners who offer customized services in the areas of prayer; spiritual counseling; meditation; nutritional counseling; creative self-expression through art, dance, music, and yoga; and other holistically focused medical treatments, such as acupuncture.

Unity launched a capital campaign last fall to raise \$800,000 to develop the Holistic Healing Center. "We received a financial commitment from 100 percent of our Unity Board of Directors," said Scott Klann, director of development at Unity. "With additional donations, we've reached 56 percent of our goal five months into the campaign."

Tower renovation is scheduled to begin in early spring 2012. The project, including the interior Holistic Healing Center space, is targeted for completion in spring 2013.

Unity Village De-Annexation

Plans are progressing for the de-annexation of 300 acres of land within the Unity Village city limits to Lee's Summit, Missouri, Unity's neighboring municipality. The 300 acres under discussion are not part of Unity's central campus; therefore, the boundary move has no impact on Unity's ability to fulfill its spiritual mission or deliver current or future programs.

"Unity World Headquarters at Unity Village will continue to own this land," said Charlotte Shelton, Unity president and CEO. "De-annexation simply moves the boundary between municipalities."

After the property becomes part of Lee's Summit, the City of Lee's Summit will invest about \$3.8 million in infrastructure improvements to pave the way for potential future development. The infrastructure improvements (roads and utilities) will greatly enhance the value of this property. Work on infrastructure improvements could begin as early as this spring.

Save the Date: April 10 is Fountain Day

Unity Village will celebrate Fountain Day, along with the Greater Kansas City area, on April 10, 2012. All are invited to celebrate as Unity Village turns on the stunning central courtyard fountains—symbols of the flow of life, renewal and abundance—for the first time this year. Visit www.unityvillage.org for details, to plan your visit, or to watch the event live via web cam.

Partnering With Nature

by Catriona McGregor

Reviewed by Kym Farmer

"Our spirits need engagement with the natural world; without this, our souls wither."

In moving forward from this core belief, Catriona MacGregor takes on the task of illuminating for the uninitiated the inextricable interweaving of humans with the rest of the cosmic world—not just with animals but with the internal sacred essence of plants, mountains, elements, molecules, energy forms, and even stars. Her premise is one familiar to New Thought students: The Divine presence interpenetrates all of existence.

She reflects many beliefs that will resonate with those in New Thought: the power of thoughts, co-creation, meditation, affirmation, limitless inner potential, communication on a soul level, alternative ways of knowing, and mystical connections. Her intent is to indicate how these spiritual realities are revealed in nature, and that our own soul growth is enhanced by consciously partnering with these expressions of the divine.

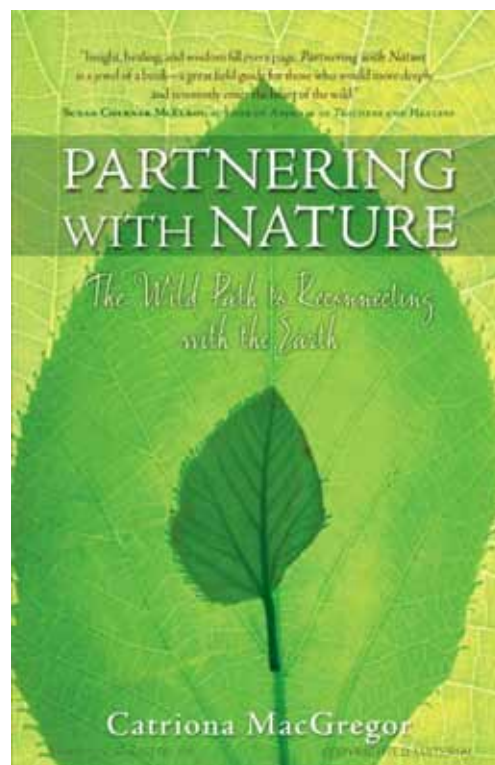
She refers throughout to scientific studies that support these convictions: the implications of oxygen; the measurable vibration (song) of the Earth; the pervasiveness of spiral patterns in nature; the zero-point field of quantum reality.

However, it is clear her beliefs are formed by direct experience and mystical revelation. Therefore, to be informed and transformed by her teachings, one must come to her as a teacher who will reveal truths. Then one will follow practices which will make those truths real in one's own life, and will lead to the transformations toward deeper spiritual reality which she hopes for us.

Indeed, she *is* a leader into these more mystical ways of knowing. She describes herself as "a visionary bridge builder between nature and humankind." In that capacity, she leads vision quests, nature quests, shamanic journeys, and spirit animal discoveries. Much of her knowledge comes from the insight found in direct experiences with nature. She speaks as one sure of her turf, and if you haven't had those experiences yourself, you must come to her with the faith that she has a piece of the truth that you would like to know and that she would like to expose you to. You have to be willing to follow her into the wilderness (both physically and metaphysically) and trust her as a scout, who has been there before and can be trusted to lead you to a new land.

In that guise as wise and learned leader, she provides many specific activities in this book that can be used to move toward the type of learning from nature that she advocates. These can be of great use to those who might like to lead a class based on the teachings in this book.

To learn more about Unity EarthCare, or to gain support for EarthCare in your center, contact Unity Worldwide Ministries' EarthCare Team at earthcare@unity.org. Unity Worldwide Ministries has a recognized goal of having 75% of U.S. centers active in EarthCare by December 2012.



Kym Farmer is a licensed Unity teacher and co-chair of Unity Worldwide Ministries' EarthCare Team. sycamorehlw@frontiernet.net

[Access the current and past issues of Contact magazine.](#)

Clinical Pastoral Education: Is It for You?



by John Connor

Clinical Pastoral Education (CPE) is professional training in pastoral care, geared to the healthcare setting. CPE is provided through teaching hospitals—sites accredited by the Association for Clinical Pastoral Education (ACPE)—at locations across the United States.

Many seminaries and denominations require one unit of CPE in order to graduate with a master of divinity degree. (Unity Institute and Seminary does not.) Graduating from a year-long residency, which confers 4 certified units of CPE, is considered the professional level of training for a healthcare chaplain.

I was accepted into the residency program in the fall of 2004 at the Seton Hospital Network in Austin, Texas. The application process is extensive, covering education and work history, as well as essays on beliefs, your religious history, and spiritual outlook. Then there is an interview with a panel of professional chaplains and CPE educators.

Application and admission requirements, as well as a listing of ACPE-accredited teaching hospital programs, are available at acpe.edu. If the chaplain field is attractive to you, it's worth exploring. Even though many CPE residents have an M.Div. when they apply, or are in seminary, that's not always the case. I had a non-traditional educational background, and was still accepted into the program. Chances of acceptance depend in part on how many applications a given CPE program gets in a given year for their slots.

Most people who do CPE go for just the one unit. Students looking for one unit have two options at most sites: a summer internship, and an extended unit. Summer internships are what they sound like—a three-month term geared to be completed between a spring and fall college semester.

The extended unit, which is an option most attractive to a working licensed Unity teacher (LUT) or minister, is geared to the working person. Class time and patient-care time is provided in weekly sessions that are completed in a six-month period. Just in Austin, we have had three Unity students do the one year residency, and one who did the extended unit.

So, what is it like? CPE brings the student into the experience of ministering to patients and families who are in crisis. These crisis experiences range from sitting with and talking to patients during a brief, non-emergency hospital stay, to providing compassionate support to the family of a patient who has died suddenly in the emergency room.



CPE students, through such encounters, are confronted with their own fears, discomforts, and questions about life and death. A big part of the class time in CPE is discussing and assimilating, with instructors and other students, the insights which spring from this direct patient care.

The student goes through the CPE unit with a cohort of seven or eight other students and their CPE supervisor/instructor. It is in this crucible that tremendous growth and change occur. A deep level of expanded capacity of heart and understanding takes place. It is challenging, fearsome, rewarding, humbling, and uplifting. And I can't imagine anything that would help a minister or LUT improve their pastoral ministry more than at least one unit of CPE.

Resources

Association for Clinical Pastoral Education—www.acpe.edu

Association for Professional Chaplains (APC)—www.professionalchaplains.org

Note: APC has stringent educational prerequisites for membership, including an M.Div., 4 Units of CPE, extensive writing examples, and stages of application and interview. I work in a hospice which does not require APC membership/board certification of its chaplains, but virtually all hospitals do require APC certification.

Chaplain John Connor graduated from the CPE Residency in 2005, and became a licensed Unity teacher specializing in pastoral care in 2009. For the last six years, he has been a chaplain at Odyssey Hospice in Austin, Texas.

Access the current and past issues of [Contact magazine](#).

[Clinical pastoral Education] is challenging, fearsome, rewarding, humbling, & uplifting.

Make It A Year for Getting into Possibility Thinking: Pray

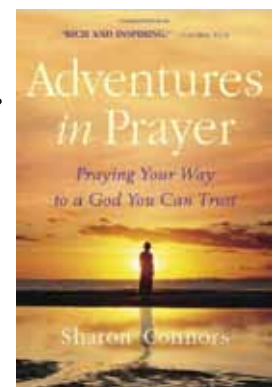
Rev. Sharon Connors has written two classic books on prayer—
one for adults and one for kids



Both books are excellent resources for ministers, educators, congregants and parents.

Study Guides and Affirmation Cards available for both books.

Order books through Amazon Study Guides at www.unityofelcajon.org.



Unity's New Unified Identity Continues to Spread Across North America

"A Positive Path for Spiritual Living"



Our new Unity logo is now represented in 32 different states by local ministries. It is globally represented through the work of Unity Worldwide Ministries, Unity World Headquarters at Unity Village, Unity Canada, and local regions including the Eastern and South Central. It is being mailed nationally through *Unity Magazine* and *Daily Word* and distributed through the work of Silent Unity and presented on our website: www.unity.org. In addition, the unified identity is showing up on individual ministries websites, Facebook, blogs, newsletters, and emails throughout the world.

Twenty-two (22) percent of our Unity movement (121 ministries, 2 regions and 3 national organizations) have joined together into a unified identity. With the completion of our first year, the test period has now officially ended. With the help of our test group ministries, we are now confident to continue to encourage all ministries interested in creating one cohesive identity with recognizable logos, colors, images, language, and message.

Together we are unifying our presence and making Unity more recognized in our world. Is your ministry ready? The next group will be launching on July 26, with all paperwork due to Unity Worldwide Ministries by July 13. It is an exciting time for our ministries and our Unity movement.

For more information, visit www.unity.org/branding or email Debbie Allen at Debbie@unity.org.

Join us at the
2012 Unity People's Convention

P U L L E D B Y A
VISION

June 11-15, 2012

Detroit Marriott at
the Renaissance Center

Detroit, MI



To register and for more information,
go to www.unity.org/convention