

# Messenger

## Annual Gandhi/King Season for Nonviolence

transforming lives  
experiencing love



**A** *Season for Nonviolence*, January 30 - April 4, is a national 64-day educational, media, and grass roots campaign dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and

empower our lives and our communities. Inspired by the 50th and 30th memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr., this international event honors their vision for an empowered, nonviolent world.

*A Season for Nonviolence* was co founded by Arun and Sunanda Gandhi of the M.K. Gandhi Institute for Nonviolence and a group of ten ministers forming the Leadership Council of The Association for Global New Thought, of which New Thought Unity is a charter member. This is the organization that

convenes *A Season for Nonviolence* on an annual basis. Its purpose: to focus educational and media attention on the philosophy of



Rev. Doris Hoskins

Rev. Pat Williamson

attaining peace through nonviolent action as demonstrated by Gandhi and Martin Luther King, Jr. This grass roots campaign is now in its seventh year.

We are committed to making this *Season* one of change in New Thought Unity and in Cincinnati. We are coordinating city-wide activities to focus the attention of our city on peace. Our Sunday services will be focused on ways to create peace in our lives right now. We will be offering special classes and workshops throughout the *Season*. Please watch for information in our *Weekly Messenger* at church. We are taking to heart Gandhi's charge, "You must be the change you wish to see in this world." Please join us in this pledge.

## Fun Fridays

### Offering everything from Salsa to Cinema, Massage to Mask Making

**C**ome to NTUC for a whole host of activities on Friday evenings in 2005. First up is Fun Fridays Spiritual Cinema in a reinvigorated format. On the first (Fun) Friday of every month, watch new video/DVD releases or classics of "movies with a message" while munching real theatre popcorn. Want to talk about what you just saw or hear what others have to say? Feel free to share your insights during the lively discussions led by Greg Loomis, Paul Darwish, or Jay Williams. See pages 11 and 12 for the film listing.

Do you love to dance or want to learn? Come sizzle with Salsa, the hot-and-saucy Latin dance that makes you burn for more. (And if this is a hit, we will offer more!) In this two-hour class, Diana Hoffman of Step-N-Out Studio will teach you the salsa basics and help you build a foundation that will have you shining on the dance floor in no time.

Have you admired Tango dancers from afar, secretly wishing that was you on the dance floor? Here's your chance to learn the Argentine Tango. Our instructor, Michael Wizer, has taught hundreds of students in Pittsburgh, Cincinnati, Montreal, and Lexington. See page 11 for specifics on both dance classes.

(See Fun Fridays on page 4)

## Board News

Dear Friends:



Carol Wehmann

This is the time of year we reflect on the year that has passed, assess our contributions and plan ahead with new intentions. Many positive and powerful visions were held for the Center this past year and great strides have been made in some areas. In others, we are still seeking your support and guidance to make them become a reality. The 2005

Budget holds the key to the realization of most of these goals. We will increase our direct communication with the congregation regarding these areas in the coming months.

The Members of the Board have welcomed and appreciated the continued support you have given New Thought Unity Center. The fellowship and love we have shared through our planned programs have made our Center what we hoped it to be...a place where all are welcome regardless of where they are on their particular journey. We hope to continue to grow in the number of "seekers" who have found The Center a comfortable stopping place. We have welcomed 55 new members in 2004.

As we move ahead, be mindful that we all are the Center, with our own gifts to contribute to its growth and development. Become involved, stay involved, and we as a Board are always appreciative of your support in any manner in which you wish to participate.

Love and Blessings,  
Carol Wehmann  
Board President

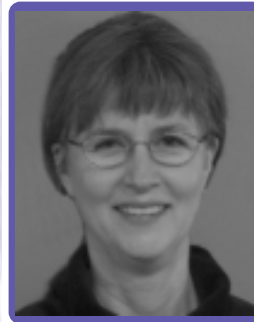
## Thinking Of Becoming A Member?

Unity  
Way of  
Life

For those who are curious about becoming a member of the Center OR just have a desire to learn more about Unity, we offer the Unity Way of Life class. Beyond learning about basic Unity principles, attendees also will learn who's who and what's what at the Center during this five-week class. It is the perfect class to attend whether you're contemplating membership, just want to find out more about the Unity Movement or perhaps to know how the Center determines who serves on the Board of Trustees. The series of classes is offered three times a year with the next session beginning Sunday, January 27, and ending February 27. A reminder for those joining: New Member Sunday is March 6.

## New Roles & New Faces

### Lou Freeman Joins ntuc as Director of Adult Education



Lou Freeman

We are pleased to announce Lou Freeman as the newest addition to the New Thought Unity Center staff. Lou serves as Director of Adult Education, overseeing classes and events. George Whitton, Licensed Unity Teacher, who had previously included this amongst his many duties, will now focus on expanding NTUC's radio programming and assumes the newly created position of Assistant to the Ministers.

Lou Freeman, while studying A Course in Miracles, became aware of NTUC. Since attending, she has become an aspiring and potential ministerial candidate. She attended Unity Village and started taking classes in the Personal Development Program. She presently has 170 credits through Unity Institute.

A retired senior national account executive with a Fortune 500 company, Lou brings to the position her extensive business skills including management, sales, training, counseling, and event planning. A pharmacist by training, she believes in the balancing of mind, body, and spirit. According to Lou, being part of the NTUC team is part of her growth experience, and she is loving it! Welcome, Lou!

### Arlene Meyer Assumes Volunteer Coordinator Position

Arlene Meyer, who has directed her share of successful events at NTUC, takes on the responsibilities of Volunteer Coordinator. Team leaders and special event chairpersons will report directly to Arlene. We welcome Arlene's smiling face and her warm, energetic personality!

### Deepening Your Involvement

Have you heard of Unity's Personal Development Program and wondered what it actually was? Have you questioned what CEP credit is and why it is offered for some classes at NTUC? Have you dreamed of going to Unity Village and taking classes? Has the thought of becoming a Licensed Unity Teacher or Minister ever crossed your mind? Come join George Whitton, Licensed Unity Teacher, and Lou Freeman, Director of Adult Education, as they discuss the latest information from Unity's Spiritual Education and Enrichment (SEE) Department and answer as many of your questions as possible. *Sunday, January 9, at 12:30 PM in Classroom B.*

# Ministry Support Services

## Personal Consultations

You don't have to handle life's challenges alone. You can call on our ministers and Licensed Unity Teachers for support in dealing with difficult changes, events and decisions or to explore questions of a spiritual nature. We offer three visits on a love-offering basis. Call Peggy at 513.961.2527, ext. 100, if you would like an appointment.

## Prayer Ministry

Unity is with you at all times – in person, by telephone, or on a recorded message – to pray with you, to give you support, to be your friend. You may inform us of your prayer request by calling 513.961.1119, 24 hours a day.

## PRAYER REQUEST BOX

Fill out your prayer request slip and drop it in the Prayer Request Box located in the Sanctuary or Chapel. After a time of prayer, this list is sent to Silent Unity where your request is held in prayer for 30 days. You can also phone the Center office at 513.961.2527 to make your request known.

## MEDITATION SERVICE

Noon meditations are conducted in the Chapel Monday through Friday from 12:00 to 12:30 PM and Sunday mornings at 8:30 and 10:30. The Chapel is open during the week from 10:00 AM to 4:00 PM for your private meditations.

## Helping Hands With heart

The Helping Hands Team can assist you when you're unable to physically help yourself. This might be following a hospitalization, accident, emergency, or if your family is out of town. You may need to have errands run or some household tasks performed. Helping Hands is not for long-term care. It has no monetary budget and therefore cannot provide assistance for financial problems. The team is, however, ready to help you out in your time of need as we also have information about other agencies in the greater Cincinnati community. If you need assistance, don't hesitate to call either Gladys (513-731-0877) or Arlene (513-751-7249) or the church office for contact with our spiritual community's loving benefits.

## Chaplaincy Program

Our Chaplains are here to support you on your spiritual journey. A Chaplain is someone who can listen to you and will hold what they hear in confidence. A Chaplain is someone who can pray with you. If you would like to speak with a Chaplain, just call the Center at 513.961.2527 and your request will be forwarded.

# Ministry Team Senior Ministry Team

Rev. Doris Hoskins  
Rev. Pat Williamson

### Assistant to the Ministers

George Whitton

### Licensed Unity Teachers:

George Whitton  
Nancy Whitton

## Staff

### Accountant

Debbie Zitnik

### Administrative Assistant

Theresa Kleintank

### Adult Education

Lou Freeman

### Bookstore/Library Manager

Bob Hesford

### Custodian

Carl Detzel  
Sherman Bell

### Director of Ministry Services

John Carsman

### Executive Housekeeping

Barb Burkart

### General Maintenance

Craig McCoy

### Music Director

David Kisor

### Radio Programming

George Whitton

### Receptionist/Office Assistant

Peggy Weyand

### Sound Technicians

Scott Brooks, Mark Glorius & Steve Land

### Unity Art Gallery

Suzanne Lambert

### Wedding Coordinators

Peggy Weyand and  
Theresa Kleintank

### Youth & Family Team

Regina Steimle  
Lisa Dove

### Youth of Unity

John Phelps  
Bernadene Zennie

### Uniteens

Theresa Beckman  
Stephanie Royers

### Volunteer Coordinators

Arlene Meyer

## Board of Trustees

**President:** Carol Wehmann

**Vice President:** Linda Naylor

**Secretary:** Kay Leeds

**Treasurer:** Stephanie Royers

**Assistant Treasurer:** Bill Eagan

### Members:

Arnetta Barnes  
Bill Eagan Lee Meyer  
Roger Evans Linda Thomas  
William Walters Gary Wenck

## KAREN TAYLOR GOOD SET TO CONDUCT SONGWRITERS WORKSHOP AND CONCERT

Do you have dreams of becoming a songwriter? Are you following your dreams? This is your opportunity! Come meet Grammy-nominated songwriter Karen Taylor Good and refine your songwriting skills. Karen has written numerous radio hits recorded by such artists as Laura Branigan, Melissa Manchester, Al Jarreau and Patty Loveless. She is also a professional singer and has recorded jingles for McDonald's, Taco Bell and United Airlines. On Monday, March 7, from 5 to 7PM she will be at NTUC to conduct a **songwriter's workshop** where she will explain the songwriting process step-by-step.

Immediately following the workshop, Karen will present a **concert** in our Sanctuary. If you are unfamiliar with her music you are in for an unparalleled musical experience.

In addition, Karen will be presenting the **Sunday Lesson** at both services on March 6<sup>th</sup>.

For details, see Mondays on page 8. Don't miss meeting this accomplished woman and let her help you make your dreams come true!

## "SAY CHEESE"

### New Thought Unity Center Family Photo Album & Professional Directory

There is NO SITTING FEE....that's right, NO SITTING FEE!!!!

Sign up dates are January 2, 9, 16, 23, and 30th

Photo Shoot will be held on February 26 and 27 at our Center

FREE copy of this Family Album Directory for merely filling out a directory information form!

Consider advertising your professional service for a nominal fee to help fund this project.

Contacts for this event are: Dianne Bomar, Roger Evans, Tracy Mazzone and Arlene Meyer.....

## Fun Fridays

*cont. from page 1*

Dawn and David Kisor lend their voices to their own heart-opening original songs during their concert, *Songs for New Thought Unity*. Come hear your soul-stirring favorites as well as some brand new releases. See page 12 for details.

Do your floral arrangements lack pizzazz? Learn basic floral techniques and complete a fresh spring arrangement. Palea Cedar, who has owned and operated several flower shops, will show us how. See page 12 for more information.

Join artist and mask-maker, C. Pic Michel, for an excursion into the dream of self in *Getting to Know You*. During Week One you will work with others to cast plaster models of everyone's face. Week Two begins with a guided meditation to find the message of your own personal face cast. With paints, you will artistically transform that message onto your face cast. See page 12 for details.

For costs and more details, please see our Fun Friday flyer. Pre-registration is required for some classes; for others, you may pre-register and save! Pre-registration ends the Sunday before the event.

## WONDERFUL WEDNESDAYS

Let Rev. Pat, David Kisor and the NTUC Music Team Help Ease Your Work-Week Stress  
Join Us Every Wednesday Night!  
*(why wait until Sunday?)*  
6:30-7:15PM Friendship Hall  
Childcare available

Our Theme for the Upcoming Weeks is...

**God: Your Companion on the Journey of Self-Discovery.**  
**Go with God!**

January 5:  
Beginning Again in a New Way.

January 12:  
It Is All About You.

January 19:  
Shake the Pebble Out of Your Shoe.

January 26:  
Working with the Workable Law.

February 2:  
The Perfect Circle.

February 9:  
And Still I Rise - Celebrate Ash Wednesday the Unity Way.

February 16:  
Abundant Living.

## Check Out the New Class Pre-Registration Form!

Look for the new **blue Class Pre-Registration** form and literally check off the class (or classes!) you would like to take. Complete the form on the backside along with your payment information and return it to the Happenings Table on Sunday or to the receptionist during the week. **Pre-registration ends the Sunday before the event.** Childcare is also available for designated classes as listed on the form.

Sign up now!

The Keys  
to the  
Kingdom  
Class Starts  
Jan 12

Are you experiencing limitation in your life? **Keys to the Kingdom** is an advanced course in prosperity led by Rev. Pat and Mackey McNeill. Come and learn how to fill your life with abundance, happiness and success. This seven-week course uses a workbook and

tapes to teach you the spiritual tools of affirmative prayer, vision, forgiveness, proactive gratitude, affirmations and journaling that will strengthen your creative partnership with Spirit.

This class requires a tithe of 10% of time, 10% of talent and 10% of income for the entire seven weeks. Participants must attend all seven weeks and complete weekly assignments. Pre-registration is required and a registration form must be signed and completed. Ten CEP credits are available for this class.

See Wednesdays on page 9 for time and location.

and immediately following  
*The Keys to the Kingdom series....*

Prosperity  
In  
Action:

Six Lessons for  
Mastering JOY and  
Money

Whether you're already wealthy or a millionaire wannabe, this class is for you! Starting **March 2**, facilitator Mackey McNeill will show you how to become empowered and more in control of your finances.

See page 10 for details.

Prosperity In Action

The Diamond  
Approach

*A contemporary spiritual path that has arisen in response to the needs of today's humanity.*

**2 New Workshop Dates!**

**Friday, January 14 thru  
Sunday, January 16**

&

**Friday, March 18 thru  
Sunday, March 20**

Dates are mutually exclusive. You may attend one or the other or both.

Fridays: 7:00-10:00PM

Saturdays: 9:00AM-9:00PM

Sundays: 12:30PM-6:00PM

See page 13 for additional details or pick up a brochure at the Happenings Table or call Rev. Doris at 513-961-2527.

1st Annual Rummage Sale  
HUGE GIGANTIC 2-DAY EVENT  
April 30 and May 1

Clean out, sort through, give away, old and new, borrowed and blue.....wonderful opportunity to "lighten up" and support our Center! You know you have gifts to recycle, books read and those you will never read, clothes that don't fit, closets jammed with treasures someone else would drool over.....how could you hoard these when this opportunity awaits???????? SOOOOO.....mark your calendar for this fun event and begin boxing up all that "stuff"!

**10 LUCKY people** will get a chance to rent a table to sell their creative crafts/art/antiques for the rental fee of only \$20.....do you want to be one of those people? Sign up quickly as our limit is 10 and those tables will have a special shopping area and you will want to be there!

There will be BARGAINS GALORE for shoppers.....tax write-offs for donations.....a real party time for all with music and food!

This is where it is happening.....New Thought Unity Center.....earlybird shoppers always welcome!

## Passport to Transformation

Reverend Doris will be our guide in a new series, Passport to Transformation. This series was developed because of requests for an in-depth study of our five Unity Principles. Each three-week segment of the series explores one theme followed by a Heart Awakening Meditation experience on the fourth week.

This meditation experience connects us with the grace energy of God that can be found by getting in contact with our Awakened Heart Center and manifesting the Grace of the Heart in our lives.

See page 10 for more information.

## Your Prayer Team

The Prayer Team is a silent prayer ministry. We work behind the scenes with God to answer your prayer requests. No matter what the challenge in your life, we are there to pray with you for your highest good. With prayer all things are possible. Continue to make your prayer requests known by leaving them in the prayer request boxes or on our prayer request line at 513.961.1119.



Bookstore Bob Hesford

## Smart Giving

by Mackey M. McNeill, CPA/PFS

Perhaps you often considered taking the 4T Prosperity class or Keys to the Kingdom, but backed away when you discovered tithing was involved.

And why is tithing so scary? Because you fear there will not be enough if you tithe. Unity teaches that what you give out, returns to you. So if you are in the fear of “*there is not enough*,” what is going to return to you? The reality that there is not enough!

This January you again have an opportunity to walk through your fear and along with a group of like-minded individuals, create a new reality. One that releases the fear, so you can begin to live in true abundance.

Imagine the possibility of your life if you began to treat your money like air. You never worry that there will be enough. You don't consider that in the next breath you will be in lack. And it never occurs to you to get someone else's air so you and your family will have enough.

Come and experiment with Rev Pat and me in creating a new reality in the New Year. All you need to do is join us beginning January 12, 2005 for Keys to the Kingdom.

## Bookstore News

So many new books are released every week and there are three that are selling well in the bookstore. You might like to call in and order or stop by and take a look.

The first title is *A Heart Full of Peace, Life Affirming Prayers*. It is co-authored by Rev. Pat Barker, who co-ministered the Center for almost 30 years until retiring, Lin Heald, a truth student and former Center Business Director, and Nancy Whitton, who is a member, a Licensed Unity Teacher and a Unity Chaplain.

The book is filled with prayers for every situation, event or circumstance and should be in everyone's home. There are prayers for health, for family and friends, for daily living, for feelings and emotions and wonderful prayers to be used for ourselves as a personal communion with God.

The prayers are so universal in their content that anyone you know, no matter what their belief system might be, will be blessed by this book. It is spiral-bound to lie flat on your nightstand or coffee table.

Bestselling author Caroline Myss has a new release called *Invisible Acts of Power: Personal Choices that Create Miracles*. Her own experience with two small acts of kindness inspired her to muse, “What really takes place when you respond to someone in need?” She found that no matter how small the act may seem to be, the energy that is channeled through that action is the high-voltage current of grace.

In this book, Myss explores the seven stages of the practice of compassion and generosity and shows that the choice to do good, to act in the service of others, is as essential to our physical and emotional health as it is to our intuitive development. In fact, she reveals, generosity is a biological *and* a spiritual necessity.

The book includes many first-hand, personal stories from more than twelve hundred letters sent to her Web site. These simple, but profound ways that people connect to create small miracles, gain a greater sense of spirituality, and transform their own—and other's—lives in an instant will inspire you to your own invisible acts of power...and attract them to you. Don't miss this one, it is a treasure!

*The Disappearance of the Universe* by Gary R. Renard is based on the principles found in *A Course In Miracles*. It is written in conversational style with two representatives of a higher realm who visit the author and share their teachings.

# Dates <sup>TO</sup> Remember

Wednesday, January 12	Keys to the Kingdom class starts
Friday, January 14	Diamond Approach Weekend starts
Sunday, January 16	Neal Carbon, guest speaker
Monday, January 17	Center closed for Martin Luther King Day
Sunday, January 30	Unity Way of Life class starts
Sunday, January 30	Season for Non-Violence begins
Wednesday, February 9	Phoenix Rising/Ash Wednesday Service at 6:30PM
Saturday, February 12	<i>Talk About Love</i> Prayer Breakfast
Sunday, March 6	New Member Sunday/See page 2 for details
Sunday, March 6	Annual Membership Meeting
Monday, March 7	Karen Taylor Good Workshop & Concert
Friday, March 18	Diamond Approach Weekend starts
Sunday, March 27	Easter Sunday
Sunday, April 3	Turn your clocks ahead one hour

## Interested in Becoming A Chaplain?

A wonderful opportunity awaits anyone interested in becoming a New Thought Unity Center Chaplain. To hold Sacred Space, to listen in confidence and to pray in affirmation of our highest and best good, gives each Chaplain a fantastic feeling of serving and loving. If this is a calling for you, please note the following dates for the new Chaplain class:

### **Informational/Orientation Sessions**

-Sundays, March 13 & 20  
after each service

### **First Interviews for Prospective Chaplains**

-Week of March 27

### **Chaplain Retreat**

-April 14 thru 17 (Moye Spiritual Center)

### **Recognition Dinner**

-Wednesday, June 1 at 6PM

### **Dedication Sunday**

-Sunday, June 5

7

# Monday

**For more details on all classes you may:**

- Pick up a class flier at the Happenings Table in Friendship Hall
- Visit [www.ntunity.org](http://www.ntunity.org)
- Grab the current Adult Education Brochure, or
- Call the office at 513.961.2527
- You may register during the week by calling the office, or on Sundays at the Happenings Table.

## Yoga Movement and Meditation Class with Diana Noyes Guy

Relax anytime, anywhere, improve your concentration, and stimulate your creativity! Join Diana Noyes Guy on Monday evenings and experience what millions have enjoyed for centuries...Yoga!

**Date:** Every Monday

**Time & Location:** 7:00-8:30PM in Friendship Hall.

**Fee:** \$48 for series of six or \$10 per class

**Facilitator:** Diana Noyes Guy

## AA Meeting

Open to anyone with the desire to stop drinking.

**Date:** Every Monday

**Time & Location:** 7:00-8:00PM in Classroom A

**Fee:** Love Offering

## Spiral Dynamics

Dr. Deborah Ooten will teach a six-week class on Spiral Dynamics, a revolutionary system that explains the evolution of Human Consciousness: HOW people think about things; WHY people make decisions in different ways; WHY people respond to different motivators; WHY and HOW values arise and spread; and the nature of CHANGE.

**Date:** Mondays, January 24 through February 28

**Time & Location:** 7:00-8:30PM in Classroom B

**Materials:** *Death of the Mythic God* by Jim Marion is recommended. Receive a 10% discount on this book at the Unity Bookstore by pre-registering!

**Fee:** \$105 for the series with pre-registration or \$20 per class. (Partial scholarship available for special situation. See facilitator for information.)

**Facilitator:** Dr. Deborah Ooten

## Songwriters' Workshop with Karen Taylor Good

Karen Taylor Good returns to conduct a songwriters workshop. Karen will explain the songwriting process, step-by-step. In addition, she will critique participants' songs as time allows. Karen is Grammy-nominated songwriter who has garnered several "Songwriter of the Year" awards. She's had numerous international radio hits, with songs recorded by such artists as Laura Branigan, Melissa Manchester, Al Jarreau, Nana Mouskouri & Patty Loveless.

**Date:** Monday, March 7

**Time & Location:** 5:00-7:00PM; a concert will follow from 7:30-9:00PM in the Sanctuary.

**Fee:** \$30 all inclusive; Concert admission only is \$15 for adults/\$7.50 for children.

**Facilitator:** Karen Taylor Good

# Tuesday

## Tuesday Morning Ministers' Class

Join us for an open and lively book discussion facilitated by our Senior Ministry Team. Current book: *Introduction to the Diamond Approach* by John Davis. All are welcome to attend.

**Date:** Every Tuesday

**Time & Location:** 10:30AM-12:00PM in Classroom B

**Fee:** Love Offering

**Facilitators:** Rev. Doris Hoskins and Rev. Pat Williamson

## Unity Chanting Group

If you want to chant or to find out more about chanting, meet with the Unity Chanting Group. Come feel the peacefulness and oneness of chanting.

**Date:** The third Tuesday of each month.

**Time & Location:** 7:00-8:30PM in Classroom B

**Fee:** Love Offering

**Facilitators:** Frieda Hughes and Gary Pennington

# Tuesdays (cont.)

## For more details on all classes you may:

- Pick up a class flier at the Happenings Table in Friendship Hall
- Visit [www.ntunity.org](http://www.ntunity.org)
- Grab the current Adult Education Brochure, or
- Call the office at 513.961.2527
- You may register during the week by calling the office, or on Sundays at the Happenings Table.

### Discover the Power Within You

Explore the depths within you through inspiring discussion of *Discover the Power Within You* by Eric Butterworth. Experience why Oprah wrote in *O Magazine*: "This book changed my perspective on life and religion. Eric Butterworth teaches that God isn't 'up there.' He exists inside each one of us, and it's up to us to seek the divine within."

**Dates:** Tuesdays, January 11 through February 8

**Time and Location:** 7:00-9:00PM in Classroom B

**Materials:** *Discover the Power Within You*. Pre-register and receive a 10% discount at Unity Bookstore on this book.

**Fee:** \$10 per class or \$40 for the series with pre-registration; 10 hours CEP credit offered. This is a required class for completion of Unity's Personal Development Program.

**Facilitators:** George and Nancy Whitton, Licensed Unity Teachers

### Embracing the Practice of Peace

Now, during the Season for Nonviolence, take this five-week class to more deeply explore the practice of peace in your daily life. Using Louise Diamond's *Principles of Peace* (community, cooperation, non-violence and witness), participants will explore how to become instruments of peace from the inside out. The class will address the practice of inner peace, peace in our relationships, peace in our communities and peace in our world.

**Dates:** Tuesdays, March 1 through March 29

**Time & Location:** 7:00-9:00PM in Friendship Hall

**Materials:** *The Peace Book* by Louise Diamond. Pre-register and receive a 10% discount at Unity Bookstore on this book.

**Fee:** Love Offering

**Facilitator:** Eileen Cooper-Reed

# Wednesdays

### Living Miracles – A Course in Miracles as a Practical Experience

The purpose of this Course is to remind us that we are agents of inner healing, to diagnose humankind's problems and then combine wisdom, beauty, logic and compassion into a remedy that is simple, practical and extremely effective. Class participants willingly make a commitment to complete the course, a "journey without distance." Open to all.

**Date:** Every Wednesday

**Time & Location:** 7:30-8:30PM in the Library

**Materials:** *A Course In Miracles* (the second edition is recommended)

**Fee:** Love Offering

**Facilitator:** Bob Hesford

### Keys to the Kingdom

Reverend Pat kicks off 2005 with *Keys to the Kingdom*. This seven-week class is an extraordinary commitment to your spiritual growth. Gain a new vision of your highest potential and a greater sense of personal power as well as a new understanding of spiritual law and your partnership with Spirit. A greater appreciation for the goodness of life and freedom from the past awaits you!

**Date:** Wednesdays, January 12 through February 23

**Time & Location:** 7:30-9:15PM in Friendship Hall. This class follows Wonderful Wednesday service. Come join us for both!

**Fee:** \$40.00 for class workbook and tapes upon required pre-registration. This is a tithing class of time, talent, and income. 10 hours of CEP credit is available through Unity Institute.

**Facilitator:** Mackey McNeill and Reverend Pat Williamson

## Phoenix Rising

## Ash Wednesday Service

February 9<sup>th</sup> AT 6:30 PM

The Egyptians believed that the mythological bird, the Phoenix, arose from the flames with a renewed sense of freedom. This symbolized greater freedom in the life of each Egyptian and for that very reason we use it today. Join us for this special Ash Wednesday service, a service designed to help shed anything limiting or unproductive and the ideal way to begin the Lenten Season.

Classes, Workshops & Events 6

# Wednesday (cont.)

**For more details on all classes you may:**

- Pick up a class flier at the Happenings Table in Friendship Hall
- Visit [www.ntunity.org](http://www.ntunity.org)
- Grab the current Adult Education Brochure, or
- Call the office at 513.961.2527
- You may register during the week by calling the office, or on Sundays at the Happenings Table.

## **Prosperity in Action: Six Lessons for Mastering JOY and Money**

Boldly create your money life! Find the lessons and support you need to move forward in a whole new paradigm of money. This class is for anyone - whether wealthy, just hanging in there or somewhere in between - who wants to feel more confident and empowered in his or her financial life.

**Dates:** Wednesdays, March 2 through April 6

**Time & Location:** 7:30-9:15 PM in Friendship Hall following the Wednesday evening 6:30PM service. Come join us for both!

**Fee:** \$35 for materials upon pre-registration; tithed.

**Facilitator:** Mackey McNeill

## Wednesday Evening Service

Every Wednesday evening at 6:30PM we offer a spiritual respite from your busy week. The mid-week service is contemplative in nature featuring Music, Message and Meditation. The service is approximately 45 minutes long and is the perfect way to maintain your spiritual balance throughout the week. Childcare is provided.

# Thursdays

## **Passport to Transformation**

Reverend Doris will be our guide in a new series, *Passport to Transformation*. This series was developed because of requests for an in-depth study of our five Unity Principles. Each three-week segment of the series explores one theme followed by a Heart Awakening Meditation experience on the fourth week.

This meditation experience connects us with the grace energy of God that can be found by getting in contact with our Awakened Heart Center and manifesting the Grace of the Heart in our lives.

<b>Dates:</b> Jan. 6, 13, 20	Passport to Transformation: The God Concept
Jan 27	Awakening Heart Meditation (open to all)
Feb. 3, 10, 17	Passport to Transformation: Finding God
Feb. 24	Awakening Heart Meditation (open to all)
Mar. 3, 10, 17	Passport to Transformation: Quantum God
Mar. 24	No Class – Maundy Thursday
Mar. 31	Awakening Heart Meditation (open to all)

**Time & Location:** 7:00-9:00PM in Friendship Hall

**Fee:** \$10 material fee upon registration for each monthly segment plus love offering. 5 hours of CEP credit are available for each month's segment. *This class is limited to the first 40 registrants. Sign up now!*

**Facilitator:** Reverend Doris Hoskins

## **4T Support Group**

On-going support open to all 4T graduates

**Date:** The first Thursday of each month

**Time/Location:** 7:00PM in the Library

**Fee:** Love Offering

**Facilitator:** Jane Pugliano

# Fridays

## For more details on all classes you may

- Pick up a class flyer at the Happenings Table in Friendship Hall
- Visit [www.ntunity.org](http://www.ntunity.org)
- Grab the current Adult Education Brochure, or
- Call the office at 513.961.2527
- You may register during the week by calling the office, or on Sundays at the Happenings Table.

### Fun Friday Spiritual Cinema

Spiritual Cinema joins the First Friday of every month in a reinvigorated format! Come to Fun Friday Spiritual Cinema for new video/DVD releases and some classics of "movies with a message." Watch a movie with your friends, old and new, while munching real theatre popcorn. Want to talk about what you just saw or hear what others have to say? Feel free to share your insights during the lively discussions led by Greg Loomis, Paul Darwish, or Jay Williams.

### Fun Friday Spiritual Cinema

#### January 7, 7:00-10:00 PM in Friendship Hall

*Sliding Doors* (directed by Peter Howitt)

Discussion leader: Greg Loomis

An intriguing "what if" story of parallel realities. Arriving at work one morning, Helen (Gwyneth Paltrow) discovers that she had been unjustifiably fired from her PR job. She is returning home when an amazing thing happens: time reverses itself for a few seconds and a second version of herself is created. Watch as the two outcomes of her life move forward in tandem.

**Fee:** Love Offering.

### Fun Friday: Salsa Dance Class

#### January 21, 7:30-9:00 PM (with a half-hour dance party afterwards)

##### Friendship Hall

Want to stay warm this winter? Learn to *sizzle with Salsa*, the hot-and-saucy Latin dance that makes you burn for more. In this two-hour class, Diana Hoffman will step you through the salsa basics and helps you build a foundation that will have you shining on the dance floor in no time.

Diana Hoffman teaches at Step N Out Studio in Covington, Ky., and brings her years of ballet, yoga and Latin dance experience with her unique teaching techniques to the floor. As the creator of Kamasalsa, her dance/philosophy helps build life-changing experiences. For more information, contact Diana at 513-324-1648,

**Fee:** \$10 with pre-registration; \$15 at the door.

### Fun Friday: An Introduction to Argentine Tango

#### January 28, 7:30-9:00 PM (with a half-hour dance party afterwards)

##### Friendship Hall

For those of you who love to move, appreciate beautiful music, and take pleasure in relationships with others, you'll want to learn this most elegant and sensual dance from Buenos Aires. This introduction is for all and if you find yourself a tango dancer then you can find others who love this dance anywhere you travel – Paris, Istanbul, San Francisco, Buenos Aires or Tokyo.

Michael Wizer has been teaching tango for 12 years and to hundreds of students in Pittsburgh, Cincinnati, Montreal, and Lexington.

**Fee:** \$10 with pre-registration; \$15 at the door.

### Fun Friday Spiritual Cinema

#### February 4, 7:00-10:00 PM in Friendship Hall

*Mystic River* (directed by Clint Eastwood)

Discussion leader: Paul Darwish

Endorsed as the "Best Reviewed Movie" of 2003, *Mystic River* received two Academy Awards (Sean Penn, Best Actor; Tim Robbins, Best Supporting Actor). *Mystic River* tells the story of three childhood friends, Sean (Kevin Bacon), Dave (Tim Robbins), and Jimmy (Sean Penn), who are reunited after 25 years by a police investigation into the murder of Jimmy's oldest daughter. Roger Ebert describes *Mystic River* as a story "about pain spiraling down through the decades, about unspoken secrets and unvoiced suspicions. And it is very much about the private loyalties of husbands and wives..."

**Fee:** Love Offering

Classes, Workshops & Events

# Fridays (cont.)

**For more details on all classes you may:**

- Pick up a class flier at the Happenings Table in Friendship Hall
- Visit [www.ntunity.org](http://www.ntunity.org)
- Grab the current Adult Education Brochure, or
- Call the office at 513.961.2527
- You may register during the week by calling the office, or on Sundays at the Happenings Table.

## Fun Friday: Songs for New Thought Unity

**February 11, 7:30– 9:00PM in the Sanctuary**

Finally, the songs written especially for the New Thought Unity Center, Cincinnati, Ohio, will be available on CD. Dawn and David Kisor lend their voices to their own heart-opening original songs. Come hear your soul-stirring favorites as well as some brand new releases and be the first to own the complete collection. A reception will follow in Friendship Hall.

**Fee:** Adults - \$10; Students - \$5

## Fun Friday: Partner Massage

**February 18, 7:00-9:00PM in Friendship Hall**

In this class couples will learn simple, effective massage techniques based on the practice of Thai Yoga Massage. This type of massage blends hands-on techniques with passive stretching for a relaxing and rejuvenating massage. Wear loose-fitting comfortable clothing and bring two large bed pillows per couple. Jenny Mueller is an experienced yoga teacher and Thai Yoga Massage practitioner in the Greater Cincinnati area. She is certified in Thai Yoga Massage through the Lotus Palm School in Montreal, Quebec.

**Fee:** \$40

## Fun Friday Spiritual Cinema

**March 4, 7:00-10:00PM in Friendship Hall**

*Far From Heaven* (directed by Todd Haynes)

Discussion leader: Greg Loomis

Cathy (Julianne Moore) is the perfect 1950s housewife, living the perfect 1950s suburban life: healthy kids, successful sales executive husband, social prominence. Then one night she catches her husband, Frank (Dennis Quaid), with another man. With her world spinning out of control, Cathy finds consolation in the friendship of their African-American gardener, Raymond (Dennis Haysbert) – a socially taboo relationship. Despite Frank's and Cathy's struggle to keep their marriage afloat, the reality of his homosexuality and her feelings for Raymond open a painful, if more honest, chapter in their lives.

**Fee:** Love Offering.

## Fun Friday: Spring Floral Design Class

**March 11, 6:15-8:15PM in Friendship Hall**

Welcome the spring with your own unique arrangement of fresh-cut flowers. Learn basic floral techniques to design and complete a fresh spring arrangement.

Palea Cedar has owned and operated flower shops in the Cincinnati area since 1983, and has received training from the Midwest School of Floral design. For more information, call Palea at 859-384-8596.

**Materials:** Bring your own container or vase and ribbon. Flowers will be provided.

**Fee:** \$45. Pre-registration is required.

## Fun Friday: Getting to Know You

**March 18, 7:00-9:00PM (Week One); April 15, 7:00-9:00PM (Week Two)**

**Spiritual Practice Center**

Join artist and mask-maker, C. Pic Michel, for an excursion into the dream of self. Week One begins with an interesting look at the use of masks in a variety of cultures and includes working with others to cast plaster models of everyone's face. Week Two begins with a guided meditation to find the message of your personal face cast followed by a visit to The HeArtStudio in the Spiritual Practice Center. Here you will work with paints and outpicture the mask of your meditation onto the surface of your face cast.

**Fee:** \$7 materials fee payable upon pre-registration; love offerings for the experience. *This class is limited to 8 participants. Sign up now!*

# Fridays (cont.)

## For more details on all classes you may:

- Pick up a class flyer at the Happenings Table in Friendship Hall
- Visit [www.ntunity.org](http://www.ntunity.org)
- Grab the current Adult Education Brochure, or
- Call the office at 513.961.2527
- You may register during the week by calling the office, or on Sundays at the Happenings Table.

### Diamond Approach Weekend

A new Diamond Approach group is forming in Cincinnati. An introductory weekend program will take place in January, 2005. All individuals interested in spiritual development are invited to participate. Our weekend program will include the fundamentals of the Diamond Approach which include lectures, meditation practices and inquiry.

The Diamond Approach is a method of self-realization developed by Hameed Ali, who has become well known through books written under his pen name, A. H. Almaas. It is characterized by sincere inquiry into one's experience, fueled by the love of truth. The immediate contact with the truth of our experience allows the unfolding of our soul to reach increasingly deeper levels of truth, each level a valid expression and display of the deepest Truth. The fruition of this path is not simply the realization of this depth but the actualization of True Nature in all its various dimensions and aspects.

**Date:** Friday, January 14 through Sunday, January 16

**Time & Location:** Friday, 7:00-10:00PM; Saturday, 9:00 AM-9:00PM; Sunday, 12:30-6:00PM; Friendship Hall

**Fee:** See brochure.

**Facilitator:** Neal Carbon

### Diamond Approach Weekend

Diamond Approach is a cumulative experience for participants. It also can be joined at any time.

**Date:** Friday, March 18 through Sunday, March 20

**Time & Location:** Friday, 7:00-10:00PM; Saturday, 9:00 AM-9:00PM; Sunday, 12:30-6:00PM; Friendship Hall

**Fee:** See brochure.

**Facilitator:** Neal Carbon

### Sacred Selfishness: The Path of Love and Authenticity

Most of us are taught to be generous and to meet the needs of others, but often we don't know how to give to ourselves. Sacred Selfishness can help us examine assumptions about ourselves and uncover our hidden potential. The lecture on Friday will show us how the world's spiritual and psychological abundance engages us fully in life, strengthens and helps us to love life and others. During Saturday's workshop participants will explore the path of Sacred Selfishness, concluding with a plan on how we can all cultivate relationships and lives that are filled with gold. The facilitator is Bud Harris, Ph.D., a Zurich-trained Jungian analyst practicing in Asheville, NC.

**Date:** Friday, February 25 and Saturday, February 26

**Time & Location:** Friday, 7:30-9:30PM; Saturday, 9:30AM-1:00PM; Friendship Hall

**Fee:** \$45 for both events upon pre-registration (\$35\*); \$50 at the door (\$40\*);

\$10 for lecture only on Friday (\$8\*); \$45 for workshop only on Saturday (\$35\*).

**Facilitator:** Bud Harris, Ph.D.

\*For 'Friends of Jung' members

# Saturdays

### Women of Wisdom Discussion Group (WOW)

The Women of Wisdom meet on the first Saturday of each month to generate "spirit, friendship, and support among the women of Unity." We share from our hearts, thoughts and minds...to open ourselves to all that Spirit has to offer. This is the true mission of our group!

**Date:** The first Saturday of every month

**Time & Location:** 10:00AM-12:00PM in the Spiritual Practice Center.

**Fee:** Love Offering

**Coordinator:** Jodi Robinson at 859-342-4482 or write to [jodi.robinson@fuse.net](mailto:jodi.robinson@fuse.net)

### Men's Discussion Group

The Men's Discussion Group meets on the second Saturday of each month for a light breakfast, followed by an interesting and enthusiastic discussion of a timely topic. All are welcome.

**Date:** The second Saturday of each month

**Time & Location:** 9:00-11:00AM in Friendship Hall.

**Fee:** Love Offering

**Coordinator:** Jerry Stricker at 859-431-5554 or [jerrys501@hotmail.com](mailto:jerrys501@hotmail.com)

Classes, Workshops & Events

# Saturdays (cont.)

## Crimson Circle

Discuss how to use the Tools for the New Millennium from the Wisdom of Tobias in our everyday life. All are welcome!

**Date:** The third Saturday of each month

**Time & Location:** 1:00PM in the Spiritual Practice Center

**Fee:** Love Offering

**Coordinator:** Mili Roberts at 859-525-9169

## Healing Hands

This energy work promotes health, healing, and well being. You can receive its benefits, or if you are a practitioner, administer the Healing Touch Technique. Bring a blanket and pillow.

**Date:** The last Saturday of each month

**Time & Location:** 10:30AM-12:30PM in the Spiritual Practice Center

**Fee:** \$10 or an affordable donation

**Facilitator:** Daniel Snyder

## Debtors Anonymous

This 12-Step Program is intended to help those whose lives have become unmanageable because of credit card debt or overspending.

**Date:** Every Saturday

**Time & Location:** 10:00-11:30AM in the Library

**Fee:** Love Offering

## Meditative Movement through Anusara Yoga

Moving slowly and mindfully through a variety of yoga postures, this class is designed to help beginners learn the basics of intelligent movement - biomechanics - and give them valuable information they can take into any activity, from the board room to the gym. Classes will build strength, flexibility, and endurance, but are most importantly designed to teach mindfulness and awareness. Classes are planned sequentially, so regular attendance is invaluable.

Rosanna Juncos is an Anusara Certified teacher, and has thousands of hours of training in functional anatomy, yoga therapeutics and yoga philosophy, as well as the yoga postures. She has studied with some of the finest instructors in the nation and has been teaching in the Cincinnati area since 1997.

**Dates:** Saturdays, January 15 through February 19 (First Series)

Saturdays, March 19 through April 30 (Second Series)

**Time & Location:** 11:00AM-12:30PM in Classroom B

**Fee:** \$60 for First Series upon pre-registration or \$12 per class at the door.

\$70 for Second Series upon pre-registration or \$12 per class at the door.

## Talk About Love Prayer Breakfast

Sponsored by Unity Men's Saturday Morning Discussion Group. Come and bring your friends. All are welcomed in love.

**Date:** February 12

**Time/Location:** Prayer Service at 9:00 in the Sanctuary; Breakfast follows at 9:45

**Fee:** Love Offering

**Coordinator:** Jerry Stricker at 859-581-7122 or jerrys501@hotmail.com



Special thanks go out to Betty Finney, who along with Kathy Atkinson, Marian Dotson, Sue and John Eidemiller, Lisa Hellrung, & Barb Widmer, beautifully decorated our Sanctuary for the Holidays.

*An eye for an eye makes the whole world blind.*

**Mahatma Gandhi**



*Lincoln Crawford resident welcomes her new roommate.*



*To everyone who donated Christmas gifts, we give a special "thanks." "Your contributions made a big difference!"*



*Rev. Pat opens an elephant at the "white elephant" gift exchange during the staff Christmas party.*

# Sundays

## **Deepening Your Involvement with Unity Principles**

Are you interested in becoming a Licensed Unity Teacher or Minister? Do you want to learn more about completing Unity's Personal Development Program? Come join George Whitton, Licensed Unity Teacher, and Lou Freeman, Director of Adult Education, as they discuss the latest information from Unity's Spiritual Education and Enrichment (SEE) Department and answer your questions.

**Date:** Sunday, January 9

**Time & Location:** 12:30PM in Classroom B

**Facilitators:** George Whitton and Lou Freeman

## **Unity Way of Life Class: A Required Class for New Members**

What does Unity believe and teach? This is an introductory course that focuses on the core principles of Unity. A required class for all those contemplating membership, it provides an introduction to Unity's approach to God and Life. In addition to spiritual principles, this course will explore the function of the governing body of our Center and its numerous departments.

**Date:** Sundays, January 30 through February 27

**Time & Location:** 2:00-3:30PM in Classroom B

**Fee:** Love Offering

**Facilitator:** Revs. Doris Hoskins and Pat Williamson, and George Whitton, Licensed Unity Teacher

## **Radical Forgiveness Ceremony**

If you are ready to let go of the past then join us for this special ceremony. Based on a native American Healing Circle Ceremony, this largely non-verbal process preserves privacy and anonymity, yet has proven itself to be extremely powerful and effective in allowing people to forgive themselves and others, and to find peace and happiness.

We walk the circle once to silently honor and witness our "story" of what happened. As we see others walk too, we realize we are not alone, and we honor their pain. After a special Radical Forgiveness story, we walk the circle again and affirm that we have come to a new perspective of forgiveness and peace. There is a powerful energy shift and people leave with tears of joy. This is entirely non-threatening and can change your life forever!

**Date:** Sunday, February 13

**Time and Location:** 1:30-4:30 PM in Friendship Hall

**Fee:** \$25

**Facilitator:** Alice Ryan

Classes, Workshops & Events



1401 East McMillan Street  
Cincinnati, Ohio 45206-2224

AFFILIATED WITH THE ASSOCIATION OF UNITY CHURCHES  
AND UNITY SCHOOL OF CHRISTIANITY

**ADDRESS SERVICE REQUESTED**

Main Office: 513-961-2527

Fax: 513-961-0213

Prayer Request: 513-961-1119

Dial-A-Prayer: 513-961-1272

Other Communication Sites

Web site address: <http://www.ntunity.org>

E-mail address: [ntunity@ntunity.org](mailto:ntunity@ntunity.org)

Sunday Services.....9:00 AM/11:00 AM

Wednesday's Mid-Week Service.....6:30 PM

Center Office Hours.....M-F 9:00 AM-5:00 PM

Bookstore/Library.....M-F 10:00 AM-4:00 PM

Wednesday.....4:00 PM-6:30 PM

Saturday.....10:00 AM-3:00 PM

Sunday.....8:30 AM-1:00 PM

**Sunday Radio Programs**

*Life is Meant to be Good:* 6:00-6:30 PM- WVXU/91.7

*Spiritually Speaking:* 10:00-11:00 AM - WAIF/88.3

**Subscribe to Sunday Service Tapes**

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**Also, visit our Library on the lower level.**