

“Let us therefore Follow after the things which make for Peace.”

Romans 14:19

Walking the Path of Peace

Responding to God's Good Will

Did you feel it? It was that distinct shift in consciousness as we left behind the exhausted energy of 2008 and began to take on an entirely new and hopeful energy of 2009. With the Presidential Inauguration in mid-January, we witnessed not only another peaceful transfer of political power but also the first black American to accept service in America's highest office. I believe this event may possibly be remembered throughout history as a turning point for the human race. No time in history has the diversity of ideas been greater or the need more urgent for Peace and Unity.

As part of our church family, each one of us has taken bold steps toward Peace and Unity. We recently conducted a Town Meeting and have made additional positive steps toward Peace-making on our calendar. In a few weeks, we will begin our Lenten journey toward Eastertide by first creating Peace and Unity in our consciousness.

A valuable way of observing the Lenten season is to fast from (mentally let go of) the belief that anyone, individual, institution or government, can stand in the way of God's good will for us. This is the right time to affirm the power of God-Consciousness in all people

With The Help of God

I Can, You Can, We Can

CHANGE and GROWTH seem to be the theme these days. As we change leadership in our country, financial situations change, technology continues to advance, our personal lives change and we age, our families grow and move on and Unity of San Marcos also follows this movement of growth.

We have learned that nothing is ever constant or without change. Every day is an opportunity to experience these transformations; to learn and to grow from them. A positive attitude toward change is always helpful, but how do we achieve this?

How do we maintain a sense of peace and poise in the midst of challenges? One of the best ways is through prayer. A quiet moment with God calms us and assures us that we are not alone. This assurance fills our minds and hearts with peace and enables us to focus on the positive aspects of the changes we are facing.

everywhere and It's transformative influence on their thoughts, words, and actions to work for the good of the whole.

Each one of us has some influence in establishing world peace. To influence peace, we must be proactive. **"Let us therefore follow after the things which make for peace"** Paul tells us in Romans 14:19. Each one of us must be concerned with improving our own life. We must learn to deny the impulses of the egoic self and come into alignment with impulses of brotherly love.

When we remove our energy and attention from false and petty ideas, this becomes metaphysical fasting. If we then give that same energy and attention to what is true and good, we are feasting on the fruits of the Spirit, and living from a consciousness of True Prayer. When we "Keep a True Lent", Unity co-founder Charles Fillmore says we have "increased our ability to respond to God's good will."

Unlimited Blessings from Your Spiritual Leader, Barry Cravens, LUT

Knowing God is with us, we can move forward with a renewed sense of faith and courage. We can expect the best.

I have found that the well known and simple Serenity Prayer helps to give me the positive attitude that I need to accept and grow with change. Peace seems to fill my heart as I pray: "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." If the situation seems painful or difficult to me, I use this prayer as a mantra and soon find a new sense of peace and calmness.

With that peace and calmness, solutions and answers come. I am grateful for all the challenges and changes and the opportunity to grow and to learn.

Thank you, God.

Mary Hull, Administrative Assistant



Diana Kern and spiritual leader Barry Cravens at the City Wide Garage Sale

FUN-Raiser Success City-Wide Garage Sale

No, it's not a typo! "FUN-Raiser" is the new and improved name for "Fundraiser". In the past several years, fundraisers have become a successful way of interacting with each other and our community, cooperating, raising money and having fun. With those goals in mind, Unity Church of San Marcos rented a booth to participate in the City Wide Garage Sale on January 10-11, 2009. The event was held in Austin at the Palmer Exhibition Center.

Unity Church Congregants donated many items to be sold. Those donating were Angie and Marcus Yelverton, Tom & Jeanne Vincent, Carl Schreiber, Wanda Purifoy, Carol Johnson, Diana Kern, Barry Cravens, Linda MacLachlan, Mary Hull, Sandy Lyman, Elizabeth Wills and Nickla and Jean Pierre Heudier.

We are grateful for the hard working committee chaired by Carol Johnson. So many tasks must be completed behind the scenes in order for a successful event. Our group loaded and unloaded all of the items; hauled them in trucks, trailers and cars; and fought the famous, or, rather, infamous traffic in I-35! Our super salespeople also cleaned and priced every item!

The helping "angels" include: *Larry Stock, Carl Schreiber, Wanda Purifoy, Barry Cravens, Marcus Yelverton, Carol Johnson, Ernie Mauer, Nickla Heudier, Jeannie and Tom Vincent, Diana Kern and Mary Hull.*

Besides all the FUN we had, we made over \$500 for the Church! Stay tuned for more FUN-raisers!



Carl Schreiber and Jean Pierre Heudier, right, laughed along with everyone else at the Christmas Service!

A Special Christmas at Unity of San Marcos!

On December 21, 2008, Unity of San Marcos celebrated a unique and entertaining Christmas service as only a Unity Church can!

The sanctuary was decorated in a comfy and relaxing family style as we sat around candlelit tables and listened to outstanding music. Melissa Lewis Connelly and her daughter, Marilyn, charmed us with a few special harmonies; Allegro Brass members: Rhonda Westerfield, Carol Johnson and Lynette Stirl, played brass melodies adding to the talent and skills of our small church; and India Taylor was accompanied by Julius Coyle, a Texas State Senior, as she sang her own beautiful creation and other Christmas tunes!

Melissa and Marilyn complemented the fun with an activity where we cut out and colored Christmas angels! We topped off the morning with the crowd performing "The Twelve Days of Christmas!"

We're all looking forward to the 2009 Christmas Service!

Treasurer's Report

	Nov 2008	Dec 2008
Revenues	\$3779	\$4202
Expenses	\$4084	\$4417
Net Income	\$-305	\$-214

Judge Not...

Over this lifetime, the bible has become alive for me, and I realize it is a prescription for living.

Take for example Matthew 7:1-5, "Judge not, that you be not judged. For with what judgment you judge, you will be judged, and with the same measure you use, it will be measured back to you. "...Ye o hypocrite..." why do you look at the speck in your brother's eye, but do not consider the plank in your own eye."

It has taken a lifetime of pain to understand this particular excerpt from the bible. Job after job, I busily criticized others and constantly observed the speck in someone else's eye, rather than observing the plank in my own. It wasn't until my last job that my mind was finally opened to the truth. I was being criticized on a daily basis. I did not understand why.

Until one day, I climbed out of the hole and observed myself constantly criticizing this individual. ".....for with what judgment you judge, you will be judged....." Becoming aware of the above, I stopped criticizing this person and miracles of miracles, this individual stopped criticizing me. At least, almost.

I became aware that this person was my teacher. The above realization has increased the joy and peace in my life. I continue to struggle with judging others critically, but it is with a different perspective, ".....and with the same measure you use, it will be measured back to you."

Linda MacLachlan



Chris and Martha Lynn Saville, with Sebastian McNilley between them, at our Christmas celebration

Calendar

At A Glance

**Sundays: Worship Service 11AM
Into the Silence 10-10:30AM**

**Wednesdays: 12:30-1PM
Silent Unity Prayer**

Important Dates for February

- ⇒ **2/1:** Guest Musician: Melissa Connelly; Pot Luck **Noon**; Compassionate Communicator **12:30-4:30PM**
- ⇒ **2/2:** Four Agreements at the Toltec Center in Wimberley **7-8:30 PM**
- ⇒ **2/4:** Four Agreements **6-8 PM**
- ⇒ **Thursdays** Yoga Class **6-8 PM**
- ⇒ **2/6, 7, 8** Prayer Chaplain Training
- ⇒ **2/8** Guest Musician India Taylor Healing Service **12-12:30PM**
- ⇒ **2/10** Trustee Meeting **1 PM**
- ⇒ **2/11** Four Agreements **6-8 PM**
- ⇒ **2/15** Guest Musician: Melissa Connelly; Pot Luck **Noon**
- ⇒ **2/18, 2/25** EFT Manual Class **6-8 PM, Wednesdays**
- ⇒ **2/22** Healing Service **12-12:30**
- ⇒ **2/26-3/1** Awakening Conference www.theawakeningconference.com

Important Dates for March

- ⇒ **3/1** Guest Musician: Michael Bradford; Pot Luck **Noon**
- ⇒ **Wednesdays** EFT Manual Class **6-8 PM**
- ⇒ **Thursdays** Yoga Class **6-8 PM**
- ⇒ **3/8** Healing Service: 12-12:30PM; Mutt Strut Info Meeting **Noon**
- ⇒ **3/15** Pot Luck **Noon**
- ⇒ **3/10** Trustee Meeting **1:00 PM**
- ⇒ **3/21** Treasure Mapping Workshop **10:30 AM to Noon**
- ⇒ **3/22** Guest Musicians India Taylor and Julius Coyle; Healing Service **12-12:30PM**
- ⇒ **3/29** Friendship/New member Sunday; Guest Musicians Barbara and Abraham; Bobcat Build 2009 Info meeting **Noon**

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Unity Church of San Marcos is a member of the Association of Unity Churches and is affiliated with the Unity Institute, publishers of the *Daily Word*.

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SERVICES WE PROVIDE:

Weddings, Christenings/Baptisms, Memorial Services, Home Blessings, Hospital Visitations, Personal Healing/Prayers, Spiritual Counseling

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Treasurer: Linda MacLachlan (512) 757-8813

Keeper of the Candle: David Sladek (512) 353-1160

Member At Large: Paula Baldwin (512) 216-9006

Address Service Requested

The EFT Manual: Feb 18-April 8 6-8pm, Wednesdays

Join the study group of The Official Manual for Emotional Freedom Techniques or EFT. It is one of the most successful psychology self-help manuals ever published. EFT is a remarkable new technique which uses the body's natural stress-reduction points. When organized into the EFT "basic recipe," self-stimulation of these points by touching or tapping has been demonstrated to rapidly reduce anxiety, depression, phobias and other conditions. *Love Offering Basis*

The Compassionate Communicator Workshop: Feb 1

This three hour workshop teaches the fundamentals of effective communication. Facilitated by **Paula Baldwin**, the workshop will include group work and many fun exercises that will develop your ability to communicate powerfully. **12:30pm-4:30pm**, Love Offering Basis

Feb 6-8 Prayer Chaplain Training

Feb 18 The EFT Manual 6pm

Feb 26-Mar 1 The Awakening Conference

Mar 1 Friendship/New Member Sunday 11AM

Mar 15 Mutt Strut Info Meeting noon

Mar 21 Treasure Mapping Workshop 10:30AM-2 PM

Mar 29 Bobcat Build 2009 Info Meeting noon

Yoga for Mental, Physical & Spiritual Growth

Rita Karydas and **Larry Stock** will teach Kundalini and Yoga Flow Classes every Thursday at 6:00 PM "Yoga has the extraordinary capacity to overhaul, rejuvenate, and bring the entire system into a state of balance." (from Rita's web site www.yogarita.com) Class fees are: **Six weeks for \$48** or **\$10 per class**. There is a sign up sheet in the Friendship Hall at Church or email or telephone the Church to register.

Prayer Chaplain Training : Feb 6-8

There is no higher calling than to serve our church family as a Prayer Chaplain. A special training will be conducted for those interested in this work beginning Feb. 6 from 6:30-8:30 PM, Feb. 7 from 10 AM-6 PM & Feb. 8 from 12:30-2 PM. See Mary Hull or Carol Johnson.

Treasure Mapping Workshop: Feb 21 10:30 AM-2 PM

Come explore the principles of creative visualization taught in the movie THE SECRET. Treasure Mapping is a fun, creative way to build a vision board that will help you manifest your deepest desire. A suggested Love Offering of \$25 covers lunch and all craft supplies.