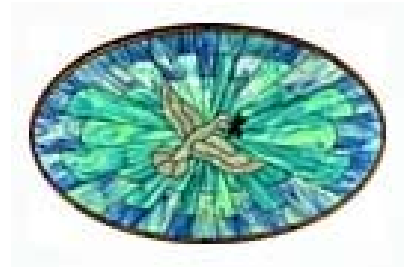


## Unity Spiritual Center

453 Bellwood Avenue  
Asbury, NJ 088-2

908-730-8792  
[www.unityspiritualcenter.org](http://www.unityspiritualcenter.org)



### Keeping in Touch

When we think of May, thoughts of motherhood, new growth, and outdoor activities come to mind. 2009 marks our 20<sup>th</sup> Anniversary as a fully functioning Unity Center. So this seems to be a perfect time to take a look back at our beginnings—the birth of our Unity Center.

In truth, it really began way back in 1985. In this Newsletter is a reprint of an article written by Walter Chauncey, the man who, with his wife, Kathryn, breathed life into the dream of having a Unity ministry in this part of New Jersey. Both Walter and Kathryn died within forty-eight hours of each other in January, 1997. They had been married for more than 60 years.

My first day as the minister of our Unity Center was August 1, 1989. I was fresh out of Ministerial School, full of enthusiasm, vision and gratitude. This was the place that had played such an important role in my becoming a minister in the first place. I arrived the last week of July to move into a little efficiency apartment in Lebanon Township that Faith Frankel had found for me. I'd approved it over the phone, sight unseen, based upon her lovely description. The \$350 rent was perfect for a new minister's wages, and my landlord and his family were just wonderful.

In Ministerial School, almost every single one of my classmates either played a musical instrument, had a great singing voice, or both. I had neither. Whatever would I do? My second day in town, I went to the bank in Hampton to open an account. As I turned to leave, the teller thanked me, using my name. From across the room, a man's voice said, "Audrey Palmer, the Unity Minister?" I couldn't believe my ears. Who on *earth* could know who I was? I'd just moved there!! It was John Beavin.

Talking to Faith on the phone one day, I'd mentioned my musical dilemma. She'd apparently spoken to John about Unity. He played the guitar and sang (and, to my never-ending delight and gratitude, writes songs, tweaks lyrics, and is just now having his first book published). On top of that, his wife, Lainie is the hostess with the mostest, a master gardener, poet, teacher, painter and creator of beauty. The Beavins' were at the very first Unity Service, and have been here ever since. It didn't take long; others who loved to make music soon joined John. Over the years some extremely talented and committed people have blessed us with music.

I mention these three people by name because they epitomize so well all the others, too numerous to list here, whose undying support and presence have blessed our Unity Center over the years. Together, we've celebrated, mourned, prayed, made amends, played, forgiven, laughed, cried, and been willing to see beyond our human frailties to holiness and innocence. On any given Sunday, we have old-timers, new-timers, first-timers, last-timers, and everyone in-between.

Many who were there from the beginning have moved away, passed away, or found other paths. There are those who've left, only to return, and those who moved away but continue to stay in touch with their spiritual home, visiting whenever they are in town, or via email. Mary Sigmann is one of those who moved away but never left our hearts, and is flying in from Iowa to be here to celebrate with us. Some have left due to unmet expectations or misunderstandings. There is sadness in a community when this happens, but also a trust that Spirit is at work and that all will work out in the end.

There is a depth and richness to serving the same ministry for this long. Children that I've christened are now in college. Many of the friendships forged over the years have been tested, deepened, stretched, and nurtured. Forgiveness, spaciousness, compassion, understanding and love have pulled us through some pretty dicey experiences.

August 1, 2009 marks 20 years to the day. Falling on a Saturday, it just begs for some sort of celebration of our spiritual journey together. We are in the process of drawing together a little 'Anniversary Celebration Team. By next month the plans will be better formulated and a postcard will go out to the entire mailing list with details of time, place, and cost. We hope you will join us.

*Blessings, Audrey*

## May 2009 Talk Titles

May 3: Carpe Diem! -Seize the Day-Fear of the future drops away. Guilt over the past is let go as we turn our full attention on this day, hour, and moment. How would your life change if you knew this was your last day? Who would you call? What would you say? What would you do?

May 10: A Heart Act to Follow - No matter what our own personal experience of motherhood has been (having one or being one), there is a dimension of mind where love abides that speaks to our hearts. It calls us higher.

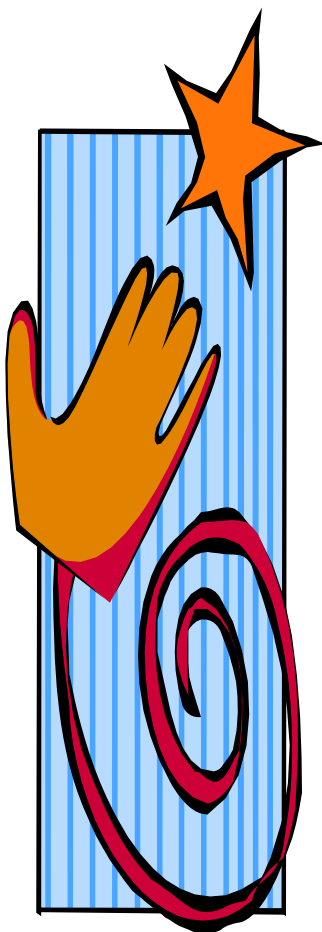
May 17: Spiritual Law # 3: Forgiveness. We have been given an antidote for the misery of the world. The practice of forgiveness helps us remember our true Identity as children of God.

May 24: Spiritual Law # 4: Divine Purpose -"The greatest thing is, at any moment, to be willing to give up who we are in order to become all that we can be." -Max De Pree

May 31: Spiritual Law #2: The Goal is God - Setting our goal up front keeps our thoughts aimed in the right direction-inward to where the strength, power, and Guidance of Spirit abide.



## CONNIE'S CORNER



It's hard to believe that I've been back at Unity for over six months now, after a much longer-than-expected absence. It's so nice to be seeing my spiritual family on a regular basis again. And I'm happy to say we have a new labyrinth team comprised of terrific people with great attitudes; and we are doing our best to restore our lovely Circle of Grace labyrinth, so that you and the community-at-large can enjoy it as a peaceful place to commune with the Divine Within and the Divine Without. If you would like to join our labyrinth team, please let me know by phone: 908-735-6715; email: [conniewilson99@hotmail.com](mailto:conniewilson99@hotmail.com); or use the sign-up sheet on the back table in the sanctuary.

May 2 is World Labyrinth Day where we will "Walk as One at 1." We invite you to come and walk with us as we join other labyrinth walkers all around the planet who will walk at 1 pm in their respective time zones. If you can't physically be at Unity at 1 pm, you can walk a finger labyrinth, which you can quickly find online, e.g. [http://www.lessons4living.com/finger\\_labyrinth.htm](http://www.lessons4living.com/finger_labyrinth.htm)

Since January I have stepped into a newly formed position as Coordinator of our Mind, Body, Spirit Program. Unity wants to offer courses, classes, workshops, etc., that our membership is truly interested in and that feeds your souls and inspires you; so we are working on developing new programs, and you will hear much more about that in the near future.

For now, I would like to ask that any person that is interested in becoming a Licensed Unity Teacher (LUT), please contact me by phone, email, or in person after the service. We are in the beginning stages of discussing a possible two year program to be held at our facility, and perhaps in conjunction with surrounding Unity churches, to make the process of becoming a LUT much easier and less expensive. It would be very helpful to know how many people from our church would be interested in attending. Even if you are only at the "maybe" stage, it would be helpful to know.

That's all for now. Please feel free to contact me with any questions/suggestions/etc. about our Mind, Body, Spirit Program.

In Love and Oneness,  
Connie Wilson

In recognition of our 20<sup>th</sup> Anniversary, below is a reprint of an article written by the man who first got and acted upon the idea of having a Unity Center in this part of New Jersey.

***“Born of the Spirit”, by Walter Chauncey***  
*A Brief History*

The angel of the Lord spoke to the prophet Zechariah these words: “. . .Not by might, nor by power, but by my spirit, said the Lord of hosts” (Zech. 4:6). Thus it was that Unity of Lebanon was born. These are the events that led up to the creation of this Unity Center. . .

Kathryn, my wife and constant companion, and I had been attending Sunday Services at Unity of Lehigh Valley in Allentown, Pennsylvania for a few years when we realized that because of the distance involved (along with other circumstances), we were missing much that Unity had to offer. We were unable to attend any classes or events taking place during the week.

One Sunday in August of 1985, Audrey Palmer, a dedicated teacher and worker at the Allentown Unity Center, was invited to present the morning Lesson. When the Service was over I approached her, saying, “You can be my minister anytime.” This statement turned out to be prophetic.

Shortly after this experience, there came to me a deep conviction that there should be a Unity Center in this part of New Jersey. The movement of Spirit continued to impress upon me not only that it was possible, but that it should be done. At this time, I began to share my vision with Kathryn. She added her support and immediately said, “We could have study classes in our living room.” I was reminded of the prophet Isaiah who, in response to the Lord’s question, “*Whom shall I send?*” said, “*Here am I, send me*” (Isaiah 6:8).

We decided to ask Audrey if she would be willing to come to Lebanon to teach a weekly class. After a Sunday Service in November, we approached her with the proposition. Her response was an enthusiastic “Yes. Oh, yes!” From then on she became our counselor and guide. She placed the idea before Rev. Yves Lafontant (the minister of Unity of Lehigh Valley at the time), and he immediately put the facilities of his Unity Center and his own expertise to work for us. A letter was sent to all the New Jersey addresses within a five-County area that were on his Center’s mailing list. The letter announced the ‘formation of a Unity Study Group, the first meeting to be held on December 4, 1985 at 7:30 PM, in the home of Walter and Kathryn Chauncey, 12 High Street, Lebanon, New Jersey.’

Sixteen people came to that first meeting, and Audrey inspired all present with her enthusiasm. Some people who came were actively engaged in Unity of Lehigh Valley at the time. They supported us with their prayers and came to classes when they could. The rest, along with others, became regular students, participating in the study of the following books: *Lessons In Truth* by H. Emilie Cady; *The Twelve Powers of Man* by Charles Fillmore; *How I Used Truth* by H. Emilie Cady; and *The Planetary Commission* by John Randolph Price. We received a love-offering at the end of each class and agreed to pay the teacher one-half of the sum collected. Special meetings were held on December 31, 1986 and 1987 at 7:00 AM to observe the “World Peace Day” prayer vigil being held around the world.

The name *Unity of Lebanon* was agreed upon following the reading of the *Metaphysical Bible Dictionary’s* interpretation of “Lebanon” as being ‘clean, pure, brilliant thoughts.’

By April, 1987, the group had grown too large to continue meeting in a home, so beginning on April 22<sup>nd</sup>, the Lebanon Fire Department’s meeting room was obtained for a donation of \$15 a week.

During her tenure as teacher, Audrey had made application to Unity School’s Ministerial Program at Unity Village, Missouri. She learned of her acceptance into that Program at the end of March, 1987. After teaching her last class in the second week of June, Audrey left for the Village in early July amid love, prayers, best wishes and tears.

Until this time Unity of Lebanon had operated as an independent Study Group, with no official affiliation with the larger body of Unity. When Audrey left, Rev. Claudell Hefner, co-minister of Unity of Lehigh Valley, agreed to become teacher of the Group. In preparation for these changes, a Steering Committee was formed in May, 1987 just prior to Audrey’s leaving. Unity of Lebanon then became an official ‘Outreach Group’ of Unity of Lehigh Valley in Allentown, Pennsylvania. The members of that original Steering Committee were:

President - Mary Sigmann	Vice-President - Vi Cobb
Secretary - Pam Elliott	*Assistant Secretary - Linda Susca
Treasurer - Virginia (Ginny) Cole	Publicity - Faith Frankel
Meeting Place Liaison - Walter Chauncey	

\*Linda Susca became the correspondence Secretary, and John Robbins replaced Vi Cobb when she moved to Florida.

### ***Born of the Spirit*** (continued)

With Claudell as leader, the group studied *Open Your Mind to Prosperity*, by Catherine Ponder; *Love Is Letting Go Of Fear*, by Gerald Jampolsky; and *Dynamics for Living* by Charles Fillmore (given for credit towards Licensing as a Unity Teacher for anyone interested), and *You Can Heal Your Life*, by Louise Hay. In July, 1988, the Study Group reached an average attendance of 32.

Claudell also taught an eight week course on prayer and meditation, and introduced us to the "MASTER MIND" Prayer technique. On April 9, 1988 Claudell presented a workshop entitled *Healing the Memories* in Clinton, New Jersey. Claudell was an inspiring teacher, utilizing many different techniques. She would often bring her guitar to class, enriching us with her music and dancing.

In July, 1988, changes were taking place in Claudell's life and she announced her acceptance of the Unity ministry in Harrisburg, Pennsylvania. Yves Lafontant agreed to lead our Study Group and offered to also lead a Worship service one evening a month.

The Reverend Yves Lafontant became to us a great and inspiring teacher of Truth, and we came to love him in the deepest spiritual sense. Our experience with him whetted our appetite for more, since exposure to Truth through Unity teachings is never completely satisfied.

With Spirit guiding, changes continued to take place... We learned of the Fire Company's plans to renovate and improve the room which we were using. We knew that some time soon we would have to vacate the premises so they could make the proposed changes. Divine Order again became manifest, and beginning in September 1988, the Group moved to the Hunterdon County Parks Department Arboretum on Route 31, Clinton Township. The meeting time also changed to Sunday from 7:30 - 9:00 PM, with a Worship Service on the first Sunday of every month from 7:30- 8:30 PM. Each Service was followed by a Steering Committee Meeting.

The first topic of study with Yves was the *Metaphysical Interpretation of the New Testament*, which continued on through January of 1989. This class could also be taken for credit toward becoming a Licensed Unity Teacher.

During this time the Steering Committee had established certain policies concerning the Teachers and Ministers coming to share their time and talents. From the free-will love offering received each Sunday, it was decided that we share one-half or \$50.00(whichever was more) with the Group leader. All the expenses of the Group, along with a monthly gift to Unity of Lehigh Valley, were also paid from the offering.

### ***Spirit Moves: Miracles Happen***

Up to this time it was very plain to see that Spirit had guided us in every decision. The right teachers, the right places to meet at the right times, and the right books studied, seemed all to be Divinely appointed. During the early Spring of 1989, Yves informed the Group that his busy schedule would cause him to be absent on several occasions during the rest of the Spring and Summer of that year. Spirit moved again, and class members Mary Sigmann, John Robbins, JoAnn Garay, Barbara Briant, Faith Frankel and myself took turns leading those meetings during Yves absence.

Hundreds of miles away in Unity Village, Missouri, Spirit was moving in and through the minds of others. These people were responding in ways and times that can only be explained by the Truth. "*There is one God, Omnipotent, Omnipresent and Omniscient.*" The harmony within God's creation was made manifest by a phone call which Audrey placed to Kathryn and me. Audrey told us that she was getting ready to graduate in June and would soon be allowed to make appointments for "Tryout" talks at Unity Centers seeking ministers. The earliest date that any student could accept an invitation to these ministries was April 1, 1989. Since Yves would be away on Sunday, April 2, and we were in the process of arranging the facilitator for that meeting, I asked Audrey if she could come to Lebanon on that date. She explained that even though she would be thrilled to do so, School Policy demanded that any Center or Group requesting a minister for a "Tryout" had to be listed via applications and much paperwork with the Association of Unity Churches in Missouri. The process took up to three months to complete. April 2<sup>nd</sup> was less than two weeks away.

Not seeing this as a closed door, I asked Audrey who in the Association would be in charge of those papers. Her name was Joann Landreth, and I immediately called her, explaining how we wanted Audrey as our minister. In what I later discovered was nearly unprecedented, she told me that the Association would make an exception at that time, and we would be allowed to bypass the required paperwork. Joann stated that my description of our readiness was enough, and we were approved.

I found out later from Audrey that Joann had immediately phoned her with the news of the approval, which in itself was a miracle. Again, Spirit had moved through the situation and prepared the way. I then contacted several people on the Steering Committee, including Faith Frankel, Virginia Cole, Mary Sigmann, and John Robbins. All were excited and approved of the plan. They helped finalize the details such as air fare, Order

### ***Born of the Spirit*** (continued)

of Service, and place for Audrey to stay during her time here. Faith did an excellent job of publicizing the event and forty-five people came the evening of the service.

Needless to say, Audrey arrived and cornered our hearts. She was greatly pleased with the way the Group had grown, and saw the potential for a fully functioning Unity Center. We voted to hire her and agreed to the general terms of a contract, to be drawn up by the Steering Committee. We assured her that we had about \$10,000.00 in our Growth Fund guaranteeing financial stability. She in turn, assured us that with a full-time minister, the growth for the Group would double in a very short time. As it turned out, Audrey was the first one in her Centennial Class to "Tryout" and be placed in a ministry. She graduated on June 9<sup>th</sup> and was licensed on June 11, 1989. After spending some time with her family in Vermont, she arrived in Lebanon the last week of July in order to be settled and ready to start her ministry on August 1, 1989. At that time *Unity of Lebanon* became a regular Unity Center with a full-time minister, thus fulfilling the prophecy of nearly four years earlier, when I stated to her: "*You can be my minister anytime.*"

Thus it was that *Unity of Lebanon* was born, "Not by might, nor by power, but by my Spirit, says the Lord..."(Zach 4:6)

(After purchasing the property on Bellwood Avenue, it quickly became apparent that the name, *Unity of Lebanon*, was causing confusion and making it difficult for people to find us. Within a year, the Voting Membership officially changed our name to *Unity Spiritual Center*.



### **Unity Principles**

1. There is one power in the Universe and in my life, God the Good, Omnipotent.
2. Our essence is of God; therefore, we are inherently good. This God essence was fully expressed in Jesus, the Christ.
3. We are co-creators with God, creating reality through thoughts held in mind.
4. Through prayer and meditation, we align our heart-mind with god. Denials and affirmations are tools we use.
5. Through thoughts, words and actions, we live with the Truth we know.

## Classes & Workshops

### Unity 101

Sunday May 3<sup>rd</sup> 11:30am – 1PM

Whether you are new to Unity, or have been coming for a while--this informative class provides the history of Unity, teachings, and overview of principles.

This is a required class for anyone wishing to become a Voting Member of Unity Spiritual Center.

### Non-Violent Communication Sub-Regional Training

May 16<sup>th</sup> 10am-5pm,  
Unity Spiritual Center

About the Workshop: NVC is a transformational life practice, connecting us to what is important to us and others. NVC strengthens our ability to inspire compassion in others and to respond compassionately to others. It helps us reframe how we express ourselves, how we hear others, and how we resolve conflicts.

Imagine connecting with the human spirit in each person in any situation and interacting with others in a way that allows everyone's needs to be equally valued. We will practice the skills learned throughout the day.

In a world governed by a thought system designed to keep a sense of separation and chaos in place, this workshop helps participants develop and hone a set of skills that promotes healthy communication and relationships.

Cost:  
Sliding fee scale from \$60 - \$130

Registration deadline:  
May 8, 2009

Continuing education credits  
available for Unity ministers &  
LUT's

Susan Hoff is coordinating this event. Should you have questions, please contact her at: [peaceofmindnow@msn.com](mailto:peaceofmindnow@msn.com) or 732-299-9672



### Miracle Journaling

Sundays, 12 - 1 PM.  
Beginning May 17th, this class will meet weekly and eventually monthly.

Jackie Kaufman facilitates.

The goal of this class is to become more aware of the Presence of God in ourselves and in others ("others" including all of God's creatures).

The "how" is by writing down all of the miracles that come our way each day, so we become more aware of the miraculous workings of Spirit in our everyday lives.

And, as what we tend to focus on **expands**, the dynamic sharing in this group will greatly increase our openness to becoming miracle-minded and in seeing God's loving Presence in and through all.

## Fundraisers and Fun Events

### **Affordable Art Auction** Saturday, May 9<sup>th</sup> 6-9pm

\$10 admission includes dessert buffet, a diverse collection of artwork, photos and prints all being sold through a Silent Auction.

NO MINIMUM BIDS  
Get artwork at a bargain price!

Unity Spiritual Center, 453  
Bellwood Ave., Asbury, NJ  
(physically located in Pattenburg,  
NJ).

For more info call 908-730-8792 or  
go to [www.unityspiritualcenter.org](http://www.unityspiritualcenter.org)



### **FUNDRAISER\$\$\$**

Gold & Platinum Jewelry Collection

Lost an earring lately? How about that broken chain or necklace that lies around in your jewelry box. Old rings, little broken bits of things?

It doesn't matter how small or in what kind of shape it's in. If it's made of gold or platinum, bring it in to Unity. We will take it and have it converted into funds for our Center!

Deb Coscia is coordinating this fund-raiser, but feel free to give your donations-toward-the-cause to any board member. They'll make sure Deb gets them.

## Classes & Workshops (continued)

### Chaplaincy Training Program

October 15, 16, 17th

Where? - Carmel Retreat Center,  
Mahwah, NJ

Call 201-836-6333  
www.unityteaneck.org

Hosted by Dr. Bessie Duncan,  
Spiritual Leader of Unity Church of  
Christ in Teaneck, NJ

Cost: will be around \$400 or so  
per person

### A Course in Miracles

2 Weekly classes  
Monday or Wednesday evening

Mondays:  
Hosted by Bob Beers  
Clinton, NJ

Wednesdays 7:30-9pm:  
Hosted by John & Lainie Beavin  
Lebanon Township (Glen Gardner)

Call 908-730-0201 for directions

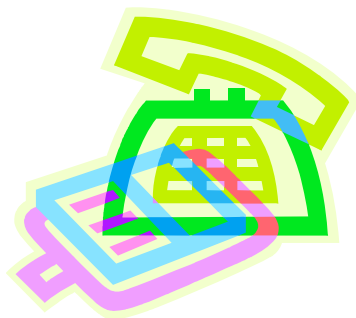
Call 908-537-4448 for directions

### Stay in Touch...

Do we have your email address??



Don't miss our weekly **What's Up at  
Unity** email



### Office Hours

Tuesdays, Wednesdays and  
Thursdays from 8am to 3pm.

If you call on a Monday or Friday,  
please leave a message, and  
Eileen or Audrey will get back to  
you as soon as they can.

In case of emergency, call Audrey  
at home: 610-294-2999 or her  
cell: 908-507-6524.

NOTE: Audrey's cell does not  
have a signal at her house, so ,  
call the home phone first. in an  
emergency

### Statement of Truth

"There is but One Presence and  
One Power in the Universe and in  
my life, God the Good,  
Omnipotent."

### Mission Statement

"Unity Spiritual Center is an  
inclusive community that provides  
an atmosphere of loving fellowship  
for spiritual awakening, awareness,  
growth and education. Recognizing  
the oneness of Spirit, humanity,  
and the environment, we seek  
opportunities for service within our  
congregation and the global  
community. With faith in the power  
of affirmative prayer, we open  
ourselves to experience and share  
peace, joy, and prosperity."

### Board of Trustees

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### Audrey P. Bickford, Minister

### Office Telephone

908-730-8792 or 908-730-8642

Office Fax - 908-730-8546

Dial-A-Prayer- 908-730-6302

Visit us on the web at:

[www.unityspiritualcenter.org](http://www.unityspiritualcenter.org)