



# November—December Newsletter

Helping you to live more fully  
and abundantly through greater  
Spiritual Awareness

Sunday Services – 11:00 a.m.

Rev. Joanne Rowden  
814-450-6090

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Rev. John Brown-Pastor Emeritus

Unity on the web at [www.unityinedinboro.com](http://www.unityinedinboro.com)



# Embracing the Spiritual Process of Transformation Reveals Gifts of the Spirit

## Joanne's Perspective

By REV. JOANNE ROWDEN

In September I discovered what it means to surrender totally to God. For me, it meant entering in a place of total forgiveness. As I discovered, I needed to forgive myself, forgive God, forgive everyone and everything for not meeting my expectations. As soon as that understanding filled my mind, I felt a sense of relief and release that signified to me that I had, at least in that moment, totally surrendered to the sacred possibility that exists all the time.

Since that moment, I have remembered that forgiveness is rarely a one time deal. I imagine this is why Jesus told us that we needed to forgive 70 x 7 times. In other words, just keep on forgiving as long as the unforgiving thoughts arise.

And so, I continue to forgive over and over again. Each time that I do, I surrender once more to that place of total acceptance for what this moments holds. Let me tell you, it takes great awareness and commit-

ment to living life in a state of forgiveness!

What I know for sure, however, is that once you embrace this spiritual process and way of life, it is impossible to go backwards. It is impossible to play the victim. It is impossible to believe in unworthiness, lack and limitation. It is impossible to remain stuck in fear.

*A deep commitment to spiritual growth and transformation reveals the deep peace, joy, love, inspiration and wisdom that is at the heart of what we all are in Truth.*

What I also know for sure is that a deep commitment to this spiritual growth and transformation reveals the deep peace, joy, love,

inspiration and wisdom that is at the heart of what we all are in Truth. Life challenges us all to reveal the true nature of our being.

During these next two months, we move into the holiday season. We get to participate in the celebration of Thanksgiving, Christmas and New Years. It can be a time of great expectation. It can be a time of forgiveness and healing. It can be a time to uncover the true gifts of the spirit. Will it be such a time for you and for me?

During these next 8 weeks, we will be considering 8 ways of being, our be-attitudes. Together these ways of being allow God's Spirit to move through us, as us. This is truly what the holiday season is about. It is truly what every moment is about.

Join with me. Let go of your expectations. Embrace forgiveness and healing. Let us learn together how we create the sacred space of possibility in each moment of our lives. Feel yourself releasing into the experience!



# Study Opportunities and Activities Abound

## View From the Board

By JOSEPH BRIGGS

Opportunities abound for people who are interested in participating in the life of Unity in Edinboro. Of course there is the Sunday morning worship service every week, but some other programs have also begun.

We have ongoing classes on Wednesdays from 7 to 8:15 p.m. Jim Bickel recently facilitated a class on the Five Unity Principles. The class was very enriching for those who took part. Jim's classes were followed by a series of classes on other religions and how their beliefs compared to Unity ideas. Those classes were facilitated by Gordon Abernathy.

At the present time we are doing classes on Heart Felt Metaphysics using the book written by Paul Hasselback. I have the privilege of facilitating this series. It is our intention to keep classes going on Wednesdays in the future. If you have ideas on topics that you would like to see developed, please bring them to the attention of Joanne or a Board member.

There are also classes and groups meeting at the church on Sundays – either before or

after the regular service. There are many opportunities for people to be involved in the church beyond coming to the service at 11 a.m. on Sunday.

In fact, Joanne has thrown out the challenge to us to think of ways the church can serve the needs of the congregation outside of the traditional Sunday service. There are already things happening that interested people can tap into:

- The MasterMind Prayer group, which meets at Jerry Britton's house almost every Thursday. (Jerry writes a column on the MaterMind group for every newsletter.)
- Becca Lesik is organizing the choir again for participating in Thanksgiving and Christmas services.
- Shelly Ropp has set up a bulletin board in Fellowship Hall where people can post notices about items that they would like to donate. Be sure to check this board just inside the downstairs door to see what items are posted. If you have something

that you would like to donate, please post a description on the board.

- The group of church members who put on the Blarney Fest last March – and also spearheaded the planning for Joanne's ordination ceremony this past June – is planning to work in October at the Second Harvest Food Bank of Northwestern Pennsylvania, located in Erie.

If you can think of other interesting classes or programs, please bring them to the attention of one of the Board members.

There is great spiritual value to being involved in a community that shares your beliefs. That is the purpose of our church. The church is to be a place where you can explore and expand your faith. A place where you can contribute to the lives of others ... and in so doing have your life enriched.

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*We welcome Barry  
Hardman to the Board*

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# Changes Planned and Not!

## A Report from the Core Vision Team

BY RICK CAUFMAN

When we started our church-wide visioning process last fall, Joanne likely had an idea of what the outcome might be. Those of us who participated had our own concepts. At every meeting we collectively meditated, contemplated, planned, and interacted, seeking a better explanation of what our church means to us. The visible results of multiple sheets of brainstorming, the creation of a visioning council, and the plans for a community event to build more "sense of community" were all easily understood results.

Now, we are embarking again on a community-wide effort to further develop the focus and vision of our spiritual community. We're asking ourselves to further develop the ways we seek to become more "God in ourselves" aware and "God in ourselves" in action. This might be a good time to acknowledge that we don't only get the changes we plan for.....

Planning for change often means aiming for things,

attitudes, or results that please us. We embrace opportunities, invest our time, thoughts, and emotions in making the changes happen and be successful; which is natural, right? What about the unplanned ones? How do we react to those? Unity in Edinboro has seen some unanticipated changes in the last year; how have we worked with them?

Could you make a list of the changes you've seen in our church family, church activities, church attitudes, and church structure? Here are a few from my perspective, with an opportunity for you to rate them in three categories (see chart on page 5)

Since this chart is for you to use and reflect upon, what do your answers say about what you want to see happen in your spiritual community? What changes did you like most, and which would you change back, and why? Is your like based on what leads us to growth, or what is comfortable? There have been times when our visioning council sessions have been less

than comfortable, perhaps because each of us came to this point from widely varying experiences. Our spiritual growth as individuals has included many and varied opportunities for growth, with some taken and others passed by. This makes our efforts to find consensual paths, first within the council, and secondly to present to the whole church family, not always easily completed.

The larger part of our focus has been to incorporate opportunities for us to move past our perceptions of current limitations. This can be seen in asking the chaplains to use their stated desires to be prayer-full to lead the healing prayer segment of our service. It can be seen in the opportunities to share how the weekly spiritual practice has been part of someone's life. It can be seen in making the participation of worship assistants, social presentations, and chaplains a voluntary sign-up, rather than a recruitment. This focus brought a change we didn't consciously account for: There are

some people who just want an enjoyable, comforting service, and we need to see that our church meets that need as well.

A comforting service need not be the same every week. An uplifting service need not be filled with hallelujahs. A service filled with growth opportunities need not be intimidating to those not seeking that specific type of growth.

To be part of Unity, however, is to be aware of the portion of God within the people around us, and to honor their efforts to bring that portion of themselves into daily action, even when that effort is not what we would do. Are they doing what they do for narrow, egoistic gratification? Are they just being themselves? Are the scales on which we weigh the activities of others pre loaded with

our prejudices such that we never see a truly balanced evaluation? Questions such as these were often part of how we evaluated our work within the visioning council.

On the eve of All Saints Day we are starting the fall program, which will be an effort to develop attitudes of being (thus the name "Be-attitudes). Our discussions about this program  
**(Continued on page 14)**

Change	Keep/ revert	Growth opportunity	In harmony with Unity
Revised Worship Service			
St. Patrick's Day Event			
Choir			
New Chaplain's Duties			
Replacement of barn			
New Members			
Members Leaving			
Rev. Joanne's ordination			
Online participation reaches 1000			
Members sharing in church			
Wake Up Its Wednesday events			
Financial Developments			
Visioning Council Created			
Pulpit moved to side			
Other Changes			
Changes I wanted that didn't occur			

(Rate change on a scale of 1-10 with 10 being the highest rating)



## Awaken in Oneness Retreat Friday, October 29 7 p.m.

- Music
- Meditation
- Prayer
- Communion
- Contemplation
- Renewal

Join us as we begin our fall Together we Thrive Program with an evening retreat designed to awaken an experience of Oneness in you. There will be music, special readings, and an opportunity to sit in



## Collecting Items For the Seneca Nation

Our current project is to collect much needed winter items for the Seneca Nation. We will be accepting GENTLY USED or NEW:

- Coats
- Hats
- Mittens
- Scarves

Please be considerate and only donate items of any size that are new or gently used. We will be collecting items at the church through the month of November.

Together We THRIVE  
Fall Program  
Exploring our Be-attitudes  
Together!

- **Friday-Oct 29**  
7:00 p.m.  
Awaken in Oneness Retreat
- **Sunday-Oct 31 (You are invited to wear your costume)**  
Sunday service focusing on each be-attitude for 8 weeks
- **Sunday-Oct 31**  
Weekly small groups meet after service to discuss each be-attitude for 8 weeks

It's time to take it to the next level. Join us each Sunday, beginning October 31, as together we explore our be-attitudes. You will have an opportunity for small group discussion and brainstorming ways to practice our beatitudes.

Join us for the opening retreat on Friday October 29!

## Our Be-attitudes

Allowing The Sacred Space of Possibility to be revealed!

Acceptance—Oct 31

Love—Nov 7

Learning—Nov 14

Oneness—Nov 21

Wisdom—Nov 28

Inspiration—Dec 5

Now Here—Dec 12

Grateful—Dec 19

# November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Wake up its Wed!	4	5	6
7	8	9	10 Wake up its Wed!	11	12	13
14	15	16	17 Wake up its Wed!	18	19	20
21 Board Meeting	22	23	24 Wake up its Wed!	25	26	27
28	29	30				

## In 2010 We Live Our

### Together We Thrive!

**Oct 29-Awakening in Oneness Retreat-see pg 6**

**Nov 7-Be Love**

Speaker: Joseph Briggs  
Worship Asst.: Joanne  
Chaplain: Jerry Britton  
Daily Word: Cheryl Wenslow  
Ushers: TBA  
 Praise and Worship-10:30 a.m.

**Nov 14-Be Learning**

Speaker: Rev. Joanne Rowden  
Worship Asst.: Joseph Briggs  
Chaplain: Becca Lesik  
Daily Word: Leona Bickel  
Ushers: TBA  
 Praise and Worship-10:30 a.m.

**Nov 21-Be Oneness**

Speaker: Rev. Joanne Rowden  
Worship Asst.: TBA  
Chaplain: Gordon Abernathy  
Daily Word: Becca Lesik  
Ushers: TBA  
 Praise & Worship -10:30 am

**Nov 28-Be Wisdom**

Speaker: Rev. Joanne Rowden  
Worship Asst.: TBA  
Chaplain: Priscilla Hardman  
Daily Word: Donna Cook  
Ushers: TBA  
 Praise and Worship-10:30 a.m.

.There is a sign-up book in the hallway outside of the sanctuary to indicate your willingness to serve at our Sunday service as Worship Assistant, Usher, Daily Word Reader, and Chaplain.

# December 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Wake up its Wed!	2	3	4
5	6	7	8 Wake up its Wed!	9	10	11
12	13	14	15 Wake up its Wed!	16	17	18
19	20	21	22 Wake up its Wed!	23	24	25
26	27	28	29 Wake up its Wed!	30	31	

## Lives with INTENTION!

### Dec 5-Be Inspired

Speaker: Rev. Joanne Rowden

Worship Asst.: TBA

Chaplain: TBA

Daily Word: Jim Bickel

Ushers: TBA

Praise and Worship-10:30 a.m.

### Dec 19-Be Grateful

Speaker: Rev. Joanne Rowden

Worship Asst.: TBA

Chaplain: Becca Lesik

Daily Word: Garry Hardman

Ushers: TBA

Praise and Worship-10:30 a.m.

### Dec 12- Be Now Here

Speaker: Rev. Joanne Rowden

Worship Asst.: TBA

Chaplain: Cindy Walk

Daily Word: Becca Lesik

Ushers: : TBA

Praise and Worship-10:30 a.m.

### Dec 26-What Now?

Speaker: Rev. Joanne Rowden

Worship Asst.: TBA

Chaplain: Julie Uhlman

Daily Word: Barry Hardman

Ushers: TBA

Praise and Worship-10:30 a.m.

# Wake Up...It's Wednesday at Unity

Seva...an opportunity for Sacred Service  
Each Wednesday from 11a.m.—12:00 p.m.

Come join Joanne before Conversation Café for sacred service as we do what needs to be done to take care of our church building and grounds.

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Conversation Cafe  
You're invited to Pull Up A Chair...  
Meeting in Fellowship Hall at 12 p.m.

Join Joanne each week as we discuss basic Unity Principles relating to our Sunday morning message. Bring a brown bag lunch and come join us.

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Exploring the Awakening Mind  
With Jim Bickel  
Meeting in Fellowship Hall  
each Wednesday at 7 p.m.

Everyone is welcome!

Christmas Service  
Be Grateful—Sunday, December 18

Burning Bowl and White Stone Service  
Sunday, January 2

Rev. Joanne Rowden, Board members and congregants:

Over the past year or so, my wife and I have been on a journey, which leads us in a different direction from that of unity. As such, we have been unable to attend the services on a regular basis. Since I have been unable to be a regular participant at Sunday services and my one-year term as president is ending I feel that now is the time to tender my resignation for continued service as a member of the board. I can truly say that it has been a rewarding experience and I wish you peace and fulfillment in the future. Although Jackie and I will not be regular service attendees we do intend to be occasional visitors. Thanks for the opportunity to serve. Peace.

Ray Sammartino

I am officially submitting my resignation from the Board of Directors of Unity in Edinboro. My attendance, participation, and dedication to the overall vision of the Church are simply not present. I was hoping that I would be able to participate with greater commitment, but that is not the case. I apologize for any inconvenience this may cause.

Keeping you all in my prayers'

Marty

In October we received the resignations from two of our Board members. So where do we go from here?

The first thing that we remember is that Divine Order is unfolding as we remember the Truth, we are One in Divine Mind and open to the vision and inspiration received from God.

With that, we bless Ray and Marty and share our gratefulness for all that they have contributed to our spiritual

community. We know, with them, that their own unique spiritual path is unfolding before them.

Participation on the Board of Directors requires a deep commitment to our spiritual community. The four remaining board members include Joseph Briggs, Shelly Ropp, Cheryl Wenslow and newly elected board member Barry Hardman. All four have voiced their deep commitment to our community.

In February we will all participate in board training which will be led by Pat Bessey, Unity World Wide Ministries Eastern Region Church Consultant. Pat has assured us that our community can operate with four deeply committed board members.

Your prayer support is welcome as we continue to hold the sacred space of possibility for Unity in Edinboro.

## 6. Holding Clear Boundaries

As we begin to heal our lives, we may become aware that a crucial aspect of successful living—setting healthy and helpful boundaries— has eluded us. Perhaps we work too much, or eat too often, or go on rejuvenating excursions way too infrequently. Maybe we need to be clear on how we will allow others to treat us. If healthy and helpful boundaries are not prevalent, we start to set them. Careful, though: the mistaken assumption is that once we set a boundary, all those around us will follow it. After all, we have communicated it. They, in turn, have heard it. But here's the truth: it's up to *us* to ensure our boundaries are followed. It isn't up to them to comply.

A few decades ago, I was married to an alcoholic wife abuser. It was a horrible experience. Awful as it was, it blessed me in one huge way: I completely learned from that experience that abuse in any form is totally unacceptable.

Shortly after leaving that relationship, I was home visiting my family ... and one of my family members hit me. I couldn't believe it! Didn't they know they couldn't treat me that way? No, based on their behavior, I'd have to say they didn't. And whether they *should* have known better isn't the point, because we can't address what we wish life *would* be. We have to address life as it *is*. In that moment, it wasn't mine to help that person see the error of their ways. It was mine simply to hold my boundary. I decided that the best way for *me* to honor my boundary was to remove myself from the presence of that individual. And so I did. For two years.

During that hiatus, I had to reflect on my side of the street in that situation. In so doing, I discovered that *I* had been argumentative. *I* had insisted on my way. *I* had closed my heart to that member of my family. Those behaviors I had to change. I didn't return home until I could trust myself to avoid those behaviors *of mine* which, in all honesty, contributed to that violent event.



So it is that I came to understand boundaries ... what a healthy boundary is, why I needed to set them, and how I was to honor them *myself*. In so fully owning my side of that street, I freed myself to walk down a different one.

Peace, Love, Joy,

*Diana*

Diana Repko *Personal Transformation Specialist*



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# We Believe in The Power of Prayer

## Chaplain's Corner

By JULIE UHLMAN

Unity in Edinboro believes in the power of prayer!

As one of your prayer chaplains, I would like to share with you the affirmative prayer process that we use when we pray with you.

First, we invite you to center in the awareness of God's presence with a moment of silence. We might also

draw your attention to taking a few deep breaths, as this has a calming and centering effect on the mind and body.

Second, we affirm the Truth, which is that God is the Source of all that is good, and we pray for your specific need. There are several affirmations Unity uses to affirm this Truth in our

lives.

Some of my favorites are: peace fills my heart and mind knowing that God is present in every person and every situation; the wisdom of God guides me to right action - I know just what to do; and mighty currents of God's healing love flow through me now.

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## Unity in Edinboro Volunteers at Second Harvest in Erie

Thank you to our volunteers:

Ray Sammartino  
Jackie Sammartino  
Norbert Dennis  
Shelly Ropp

Joseph Briggs  
Connie Walker  
Caroll Boyer  
Joanne Rowden

Thank you to Ray and Jackie Sammartino for making arrangements for this service opportunity!



Would you like to help with our current service project? See page 6 for information!



# Love & Laughter Are Also A Prayer to God!

## MasterMind Column

By REV. JERRY BRITTON

People think praying is asking God for assistance when they are afraid, or when something bad is happening in life and they need help *now*.

I believe prayer is also enjoying life with friends – laughing together and sharing in things going on in our lives each and every day. I am talking about laughing so hard that it hurts your stomach!

Recently, I did just this. I was with my friends in prayer group and we laughed at things that had happened to us in the past. At the time, we did not see those things clearly. But now – when God has cleared our eyes – we saw these things as nothing at all,

and that allowed us to look back and laugh at ourselves.

We had blown this particular situation up to a mountain when it was just a little old ant hill. We asked ourselves why we did that, and someone replied it was because we stepped out of God's space.

That is so right. You step out of that peaceful place with yourself and with God, and that is not something you want to do. If you have things in the past you are still worried about, look at them anew – through God – and see the truth of it all.

God is always waiting for us to come back so we can see

things in the clear light. He is there for us. And we are there for each other, too! Our MasterMind prayer group, which meets regularly, means a lot to me because I have somebody else to talk with through prayer.

So let's pray that prayer not just for us, but for Unity in Edinboro. And let's also pray for the whole world so it, too, will find that peaceful place. Love and laughter together in prayer makes us stronger in our everyday life.

Thank you God.

Join us at 9:30 a.m.  
Every Thursday  
814-450-6090 for more information.

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### Continued from page 5

started with looking at how the changes in the service highlighted our attitudes toward changes, both as the visioning team and what we saw from the congregation. Starting with a concept developed at another Unity Church, we have developed a program we

anticipate will lead those who choose to participate into another phase of growing in Unity.

The members of your visioning council see this as another way we can understand the doors that open to us when we choose to seek them.

The people of the church are its pillars. Are you a pillar that

supports the church, or one that holds it up? (In Aramaic, Hebrew, and Greek, our holy texts are filled with wordplays that were not easily translated, just like some things you've heard from one worship assistant on some Sundays.)



# Heartfelt Thanks To Rick Cauffman



“Heartfelt” is a sincere, honest and deep feeling. That is what we at Unity in Edinboro believe about those we honor each month with our “HeartFelt Thanks Award.”

Here is our HeartFelt thanks to Rick Cauffman

### **How long have you been attending Unity in Edinboro?**

A little over a year. We found the church to be a good compromise between Becca’s belief system and my understanding of how the universe operates. I had already read (Charles Fillmore’s) *Metaphysical Bible Dictionary* and was studying Unity, among other spiritual studies. Becca and I decided we wanted to attend Unity in Edinboro.

### **What keeps you coming back?**

I can tell you, it’s not the after-church snacks – we need better snacks! Unity in Edinboro is, as I said, a good compromise between our (Becca and I) belief systems and it also enables us to

worship with people of similar interests in spiritual growth.

### **Please share some of the activities you have been involved with during that time?**

I’m a worship assistant and, when we have a choir, I sing in it. I sometimes help with the sound system and I am part of our Core Vision Council. I got involved because I felt I could aid in the development and functioning of the church. I’ve done that in the past, in other churches and places. I’m an ordained Spiritualist minister and for more than 10 years I helped operate an organization called Circle of the Soul Fellowship, which is a metaphysical organization in Warren County. Before that, I was an administrator, lay leader, and held several other posts at a Methodist church, also in Warren County.

### **What would like to say about our church to fellow members and friends of Unity?**

Congratulations for coming to our church because you are all

making a choice for spiritual development rather than sitting in a cookie-cutter church. That’s a pretty bold step.

### **Tell us about yourself: hobbies and interests, community activities, etc.?**

Becca and I lost our house to a fire and building it pretty much takes all my time outside of the church.

If you know a person you would like to see honored as a HeartFelt Thanks recipient, please call Rev. Joanne at 814-450-6090 or E-mail her at :

[joanne@UnityInEdinboro.com](mailto:joanne@UnityInEdinboro.com)

This spiritual community is solely supported by your tithes and love offerings. We appreciate your continued financial support which makes it possible for us to support your spiritual growth in discovering, experiencing, expressing and celebrating God’s good. **Consider making a tax deductible donation today!**

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