



Unity Of Ames

Release The Past-Live Your Greatness NOW!

AUGUST 2011

If You Build It They Will Come



By Jo Self

“If you build it, they will come.” That memorable line, whispered to Kevin Costner from

the ether of his eastern Iowa cornfield in one of my favorite movies, *Field of Dreams*, is the thought that we have held to as we have approached the revival of our youth education programs at Unity of Ames. And just as Kevin Costner’s and James Earl Jones’s vision came to amazing fruition, so too, ours is beginning to manifest in a big way too!

A year ago Owen McKelvey and

Bailey Self were the only two children regularly attending our Sunday School. Now we have a total of 6

children in regular attendance! That’s 200% growth! In addition, we have been (see “build” page 2)

Su Nagel has stepped up to lead our Youth program. Jo Self blows bubbles with the kids during the Sunday School Picnic on the lawn after service.



LIFE GOES ON

By Clark Ford



I am extremely grateful for and feel blessed by Chris Foster’s time as Spiritual Leader at Unity of Ames. Chris brought unmatched enthusiasm, heart, loyalty, and talent to our congregation, working tirelessly to inspire us and to light a fire in our church. Thank-you Chris! We are still in the afterglow of his ministry here, but each week I come to appreciate more and more of the things that he brought to us. Of course, life goes on. We all wish him well wherever life takes him, and know that

those that he connects with will be blessed.

Now it’s time for us to keep that fire going that he worked so hard to get started. It’s really just little things that each of us need to do. Each of us working together using the talents we have will get the job done. Mostly it’s a matter of stepping up and being fully engaged. If we enjoyed seeing Chris on a Sunday morning and feeling that positive energy from him, now we need to be the ones to bring that positive energy to others. We need to be the ones who come regularly, volunteer, sing joyfully, and greet others warmly. As a group we need to keep the fire going by sharing

our Christ spirit with others.

Some may wish for the church to be bigger, more prosperous, and more vital. It will be! It already is when we are fully present as a group. That energy of positive spirituality and love that only the congregation can create is what makes a successful church. That energy is infectious! A spiritual leader doesn’t create that energy, he or she just nurtures it and fans the flames. Well, we are going to have to fan our own flames for a while. Life goes on. We can do it! SO BE IT!



(“build cont.)
 blessed with invigorated leadership for the program in the form of Su Podraza-Nagle, who has come to us from Illinois. Su has a long rich history and experience with Unity and with Unity Youth Programs, having served as the Youth Director and YOU Sponsor at Unity Church of Crystal Lake between the years of 1987 and 2000. Su also served as a prayer chaplain and sang in the choir at Fox Valley Unity from 2001 until moving to Ames earlier this year to join her husband Harold. Su is a Unity Truth Student and plans to enter the Licensed Unity Teacher training program in the spring. We are so grateful to have the gift of her vision and experience.

Our children’s church and sunday school programs are currently “on vacation” for the month of August and will resume with new vitality and organization beginning Sunday

September 11th. One change in store in the program delivery is that we will invite the children to join us at the beginning of each Sunday’s service instead of the end. After introductory greetings, songs, announcements, and prayer we will bless the children and sing them out to their classes. We feel this will provide more continuity and smooth transition in both the church service and the sunday school programs. Because our volunteer instructors are responsible to clean up their areas each week, we ask that parents pick their children up promptly after the conclusion of the church service.

We have plans to house children’s church and nursery in the fellowship area upstairs and to hold Uniteens and YOUs downstairs. Su and Barb have been working to make sure those areas are ready for kids when they come, as they most certainly will do.

We also would like to encourage parent involvement in the youth programs. We will be asking each parent to volunteer at least one Sunday every two months to aid our regular volunteers. State law and Unity guidelines require that each class be supervised by at least 2 adults and we will need parent volunteers to meet those requirements. Julianne Murphy is especially excited to take the helm and lead the Uniteens and YOUs as we set an intention to build those programs as well.

We will continue, no doubt, to experience growing pains associated with taking on any project like this, but we will be grateful for each pain, as it is proof that we are growing! We are building it, and they are coming! SO BE IT!



WEB STATS

by Chris Foster



One of the most popular items I brought to the board meetings were the web stats. It was always interesting to see how far and wide our website reaches. Stats are gathered using Google Analytics from July 1st—July 31st

Iowa Stats

Des Moines	57
Ames	34
Huxley	4
Manilla	2
Story City	1
Nevada	1
Cedar Rapids	1
Harlan	1
Iowa City	1
Carroll	1

US Stats

Iowa	106
Missouri	28
Washington	10
Illinois	2
Oregon	2
Texas	2
California	2
Arizona	1
New Jersey	1

“Lennon Remembered”

By Tim Connelly

In December of 1971, I read the Rolling Stone interview with John Lennon. It was a major turning point in my life. I was a very nice guy suffering from an unknown illness (bipolar disorder) and my whole personality had changed. I had no clue what was going on with me and had even less ability to do anything about it. I had already become difficult to be around because of the super quick mood changes I was experiencing, and had no sense of self awareness.

The interview with Lennon caught him during a bad time. The Beatles had broken up earlier in the year. (the interview actually took place in December 1970). He was angry at Paul and George. He was angry at the society that had put him on a pedestal. He was angry at his parents for deserting him. He was angry at the Maharishi for being a fraud. John's anger was pointed everywhere. I've read reviews of the interview that say that Lennon was being self-righteous. Some people have said he was unwilling to accept any blame on himself. I agree with both points. But for a 15 year old boy who was drowning and had no natural sense of anger at anything, reading that interview and taking it to heart probably saved my life.

Before reading Lennon Remembered, when someone criticized me, I thought every as-



pect of what they said must be true. When someone didn't want to be my friend, I thought there was something terribly wrong with me. I had become unable to get outside of my thoughts about myself and every criticism. Every failure was devastating. Reading the interview changed everything. From that point forward, if you didn't want to be my friend, there was something wrong with you. If someone did something mean or insensitive to me, I expressed anger toward them. John's words and cynicism burned in my soul. Society was screwed up. People were jerks and you couldn't trust anyone. In retrospect, you can't live your life with that kind of philosophy and attain very much happiness. Over time I began finding some middle ground and my perspective became more balanced.

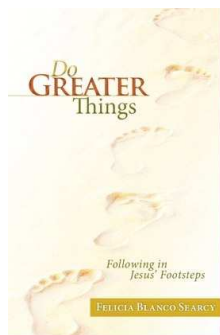
Bipolar disorder exaggerates personality characteristics. For

instance, for me, being nice turned me into being weak. I couldn't stand up for myself. I worried all the time about what others thought. Lennon expressed the need to act as individuals without worrying about how others responded. He realized that we must find a way out through individual initiative, through genius or through insanity, by fighting our way through the tough times. He passed that on to a very impressionable kid at a vital time. I'm sure I would have gotten hooked on drugs without that interview. But I caught the bug of telling people no when I didn't want to do something.

That was the beginning of my developing a sense of self-awareness that's been my friend through some very rough patches. It's funny because even though John's interview had a profound effect on my life, George Harrison has long been my favorite Beatle for I tend to identify more closely with his spiritual outlook and his calmer view of things. But even still, I always play John's song "Love" on October 9th (his birthday) and December 8th (the day he was killed) to keep John's memory sharp in my mind.

Bahkta Tim Connolly is a writer, philosopher and is the founder of Hosanna Interfaith Catholic Ministries home based in Wilmington NC

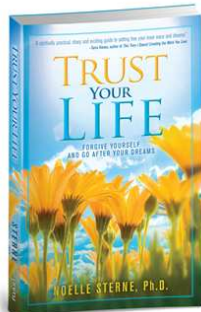
What's In The Bookstore



Do Greater Things / Following in Jesus' Footsteps by Felicia Blanco Searcy

This book puts in clear and compelling terms exactly who Jesus was and what it means to follow his example. The author offers nine key spiritual practices – vision, faith, prayer, gratitude, forgiveness, humility, community, death, and service. For all of us at Unity Church of Ames, this is a book we will want to read to help us follow our vision and other statements we read together each Sunday.

August sales include 15% off any Unity Publication, \$1.00 off CDs by Chris Foster and others, continued sale of Self Help, Parenting, Spiritually, and Miscellaneous titles which are great bargains for just \$2.00 each



Trust Your Life / Forgive Yourself and go After Your Dreams by Noelle Sterne, Ph.D.

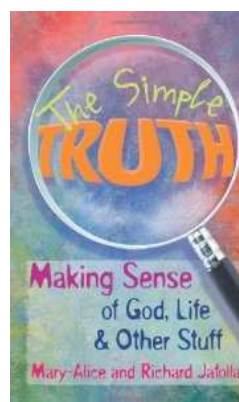
This book is a spiritually practical, sharp, and exciting guide to setting free your inner voice and dreams” says author Tama Kieves. You may have always dreamed doing something big in your life when you were younger. But consider this: it's not too late, no matter what your age or circumstances. Every life experience has perfectly prepared you for where you are now. So forgive yourself for any of your “mistakes” and begin to create a new life for yourself.



One Thought Can Change Your Life / Inspirational Words for Daily Living by Rev. Sandra Rae Hymel

This book is a great tool for helping us to focus our thoughts on the positive and real aspects of our lives. It is not only a thought for the day, but it is a valuable teaching tool.

It is filled with new ways of looking at old concepts and is often done with wonderful humor.” say Phillip & Dorothy Pierson. And Rev. Dr. Ken Murdock, Dean of Unity Institute, Unity Village, Missouri says it “is the first book that I look at before beginning my day at Unity Institute. I am amazed at how appropriate it always is for whatever is before me.” This book is based on the Unity Teachings of the 12 Powers of the Christ.



The Simple Truth / Making Sense of God, Life & Other Stuff by Mary-Alice and Richard Jafolla.

The Jafollas are former directors of Silent Unity and authors of the popular *Quest* books. This fourth edition of *The Simple Truth* is based on the original but is actually a whole new book! The twenty-four short but stimulating chapters offer explanations of fundamental spiritual subjects such as the nature of God, Spirit, soul, and body, God's laws of cause and effect, love and prosperity, heaven and hell, Jesus the Christ, and the creating power of thoughts and words. Perfect for teens and New Truth Students.

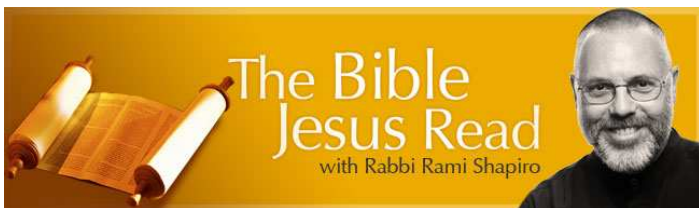
RETREATS



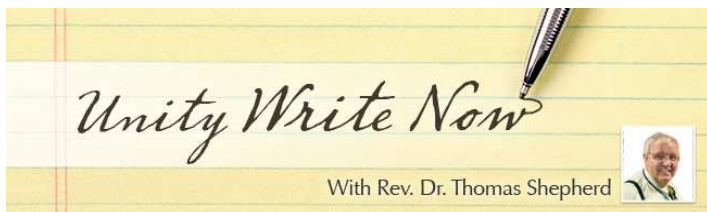
September 3rd through the 9th - Unity Village



September 16th—18th - Unity Village



September 22-25 - Unity Village



September 29 to October 1- Unity Village



October 13-16 - Unity Village



October 23-28 - Unity Village

Unity Of Ames Financial Report

August 2011 Year To Date

Ordinary Income	\$5,034	\$33,645
Other Income	\$20	\$3,398
Total Income	\$5,054	\$37,043
Administrative Expenses	\$1,396	\$6,037
Building Expenses	\$2,497	\$11,159
Bookstore	\$50	\$680
Music & Programming Expenses	\$337	\$2,354
Spiritual Leader	\$1,200	\$9,495
Donation Tithes*	\$605	\$4,278
Building Improvements	\$0	\$1,250
Guest Speakers	\$450	\$1,700
Audio Visual Expense	\$0	\$1,448
Total Expenditures	\$6,535	\$38,401
Operating Net Surplus/Deficit	-\$42	\$823

August Outgoing Tithes and Donations sent to : Unity Worldwide Ministries, Silent Unity, Chris Foster and Unity Of Joplin

September

Sept. 4 - Joslyn Mason



Sept. 11 - Diana Kennedy



Sept 18 - Joslyn Mason



Sept 25 - Deb Hill Davis.





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*Release the past
live your greatness now!*

LOCATED AT
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in historic Olde Town
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The Five Basic Principles of Unity

1. **God is Good** everywhere present
2. **We are spiritual beings** created in **God's image** therefore we are inherently good
3. **We create our life** by our thinking. Thoughts held in mind produce after their kind
4. Through affirmative prayer we connect to **God** and bring out the good in our lives
5. Through thoughts words and actions we live the truth we know.

Unity is a positive, practical, progressive approach to Christianity based on the teachings of Jesus and the power of prayer. Unity honors the universal truths in all religions and respects each individual's right to choose a spiritual path. For more information about Unity and our community visit our website at www.unityofames.com

Unity of Ames
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Lovingly Sent To: