

There is only One Power and
One Presence in Life: God the good!

Christ Unity

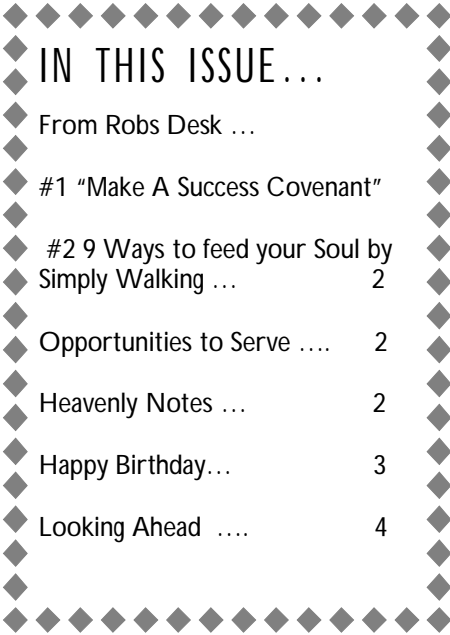
Welcome to a new Life !



540 N. HOLLY ST MEDFORD, OREGON 97501

541-772-6902

JANUARY—FEBRUARY 2010 EDITION



IN THIS ISSUE . . .

| | |
|--|---|
| From Robs Desk ... | |
| #1 "Make A Success Covenant" | |
| #2 9 Ways to feed your Soul by Simply Walking ... | 2 |
| Opportunities to Serve | 2 |
| Heavenly Notes ... | 2 |
| Happy Birthday... | 3 |
| Looking Ahead | 4 |

Board of Trustees

Steve McManus
Alida Montegna
Mary Lucido

Our Beloved Staff

Rev. Rob Wheeler,
Administrative Director
Terrie Pacheco,
Administrative Assistant
Steve McManus
Minister of Music

Office Hours

Mon, Tue & Thurs 9:00 a.m. - 4:00 p.m.
Wednesday 9:00 a.m. - 6:00 p.m.
And Friday 9:00 a.m. - 1:00 p.m.
Sunday Service - 11:00 a.m.

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A formula for a Happy New Year - Make a Success Covenant!

A "Covenant" is a solemn agreement, usually between 2 people, to do a specific thing, to achieve definite results.

Your Success Covenant is based on the story of Jacob found in the book of Genesis
Jacob's SUCCESS COVENANT was in two parts: In the first part, Jacob specified what He wished God to do for him: prosper him, guide him, give him peace of mind, and reconciliation with his family:

"Jacob vowed a vow: If God will be with me, and keep me in the way that I go, and will give me bread to eat, and raiment to put on, so that I come again to my father's house in peace, and Jehovah will be my God..."

In the second part, Jacob specified what He would do for God:
"Of all that thou shall give me, I will surely give the tenth unto thee."
(Genesis 28:20:22)

Jacob then immediately got busy, invoking his part of the covenant, trusting God to do the rest. His method worked. All that he asked for

(Cont page 2)

From Rob's Desk:

If you've been in church, or caught us on the internet on Sunday morning, you may recall hearing "5... 10... 15... 20..." all the way to 100. That's how many of us can comfortably be in the chapel for one service. And that is my vision for this coming year.

Have we reached it yet and are we prepared to bring two services? Yes and No. Yes we are prepared, however, No we haven't reached that number YET.

Why is that important?

With all we see in the outer world, the more of us that are centered on living the Truth the more quickly we collectively will express that Truth in the outer as well.

Let us work together in 2010 to give tools for better living to hundreds of our neighbors here in the Rogue Valley as well as the thousands who could join us each week on the Internet.

In Oneness,
Rob

~~~~~  
We celebrated the Life of our friend and Trustee Ken Lemke following his transition in November. Our thoughts and prayers hold Bernice and the entire family in the Light and Love of God.  
~~~~~

OPPORTUNITIES TO SERVE...

These are some of the areas within the Ministry where your time and talent could be put to use:

Hospitality Team

Help set up for fellowship in Bosworth Hall following the service.

Video/Sound Technician

Prepare the video/sound system for use (No experience necessary... we will teach the ease of use of the system.)

Multi-Media Crew

Work with Power Point, Microsoft Publishing (this newsletter) to support our staff as we grow.

Contact and Communication Team

THANK YOU Pat Dole! Pat has stepped up and is the moving force behind insuring that those who we haven't seen at church receive cards to let them know we think about them.

Ushers & Greeters

You can play an important role! You are the first person new Folks meet. We want folks to be at home here, just as you were the first time you came.

Platform Person

Assists Rev. Rob and our Guest speakers during the Sunday Service

Membership

We are looking for new ideas and your input. Care to Serve?

Did we forget any Ministry Team? If so, let us know and we will find those who are willing to serve in that area.

HEAVENLY NOTES:

Thank you for your support of our Music Ministry in 2009. We look forward to great programs and a "joyful noise" as we move into 2010.

May we ask a question? What would you like to see on the stage during 2010? Please touch bases with Steve, Larissa, any member of the Unity Singers or your Board. So that we may include your ideas into our music ministry.



9 Ways to feed your Soul by Simply Walking

MOST PEOPLE SEE WALKING AS SOMETHING THEY SHOULD DO TO GET IN SHAPE. BUT THE RIGHT WAY OF LOOKING AT IT IS AS A GIFT OF LIFE. BEING ABLE TO WALK IS TRULY A GIFT, A SIGN OF HEALTH, AND AN ACTIVITY THAT LEADS TO YOU TO BETTER HEALTH. HERE ARE A FEW THINGS YOU CAN THINK ABOUT WHILE YOU'RE WALKING.

IF YOU DEVELOP A TOTAL INVOLVEMENT IN THE PROCESS OF WALKING, AND BEGIN TO APPRECIATE WHAT IT TAKES TO WALK, YOU WILL START SEEING THE ACTIVITY IN AN ENTIRELY DIFFERENT LIGHT.

1. AS YOU WALK, BE DEEPLY AWARE OF HOW YOUR BODY FEELS AS IT GOES THROUGH THE ELEGANT MOTION OF WALKING.
2. TRY TO IMAGINE AND EXPERIENCE THE WALKING ACT AS THOUGH YOU HAVE NEVER DONE IT BEFORE. YOU WILL SEE IT AS A WONDERFUL EXPERIENCE.
3. AWARENESS IS THE KEY. FEEL EVERY MOVEMENT AND EVERY MOMENT AS YOU WALK. FEEL YOUR BODY MOVE.
4. OBSERVE HOW YOUR FEET FEEL EACH TIME YOU TRANSFER YOUR WEIGHT ON THEM AND WITH EACH STEP ON THE GROUND.
5. PAY PARTICULAR ATTENTION TO THE POWER AND STRENGTH OF YOUR MUSCLES AS THEY CONTRACT AND EXPAND.

(CONT PAGE 3)

(Success Covenant cont)

was given him: wealth (he became a millionaire), peace of mind, reconciliation with his family, and spiritual understanding. Jehovah finally renamed him "Israel" meaning "prince of God."

Charles and Myrtle Fillmore made a Success Covenant written on December 7, 1892. It also had two parts.

In the first part they stated who they would BE and what they would do, "**We Charles and Myrtle Fillmore, husband and wife, hereby dedicate ourselves, our time, our money, all we have and all we expect to have, to the Spirit of Truth...**" And in second, "**It being understood and agreed that the said Spirit of Truth shall render unto us an equivalent for this dedication, in peace of mind, health of body, wisdom, understanding, love, life and abundant supply of all things necessary to meet every want without our making any of these things the object of our existence.**" (Cont page 3)

(Success Covenant cont)

I'm sure we can agree that the result of that covenant has blessed hundreds of thousands of people around the world including me and you.

Catherine Ponder in her book "The Millionaires of Genesis" writes, "The prosperity of any individual, nation, or organization that tithes rests on a firm foundation, as evidenced by many of our modern millionaires. You need not wait until 'things get better' or until you 'get out of debt' to begin living under the prosperity law of tithing. Right now you should begin bringing divine order into your affairs by honoring God with a 'tenth of all' income, AS SOON AS YOU RECEIVE IT.

"No matter where you are on the ladder of success, why not follow the example of Jacob, who made a definite prosperity covenant. With the Lord, thereby becoming a millionaire?

"Try making your covenant for a definite period - a month, six months, or a year. Place your written covenant in a safe place where no one will see it. Begin tithing immediately and regularly, BEFORE



paying any other bills. At regular intervals, check your written covenant to see what listed results have been obtained, marking them off your list and giving thanks. At the conclusion of your first covenant period, you will be ready to venture forth and make another covenant concerning your prosperity plans, hopes, and desires for another stipulated period, continuing to tithe and give thanks to God for each result. Like Jacob, your success will amaze you!"

Here's how to take action: **WRITE YOUR SUCCESS COVENANT!**

Part One: (List and state what you wish God to help you achieve):

Part Two: (List and state what you will immediately get busy doing for God):

And then add these affirmations to your prayer and meditation practice

"I AM PUTTING MY TRUST IN GOD FOR MY SUPPLY. I AM NOT DEPENDING UPON PERSONS OR CONDITIONS FOR MY PROSPERITY."

"GOD IS THE SOURCE OF MY SUPPLY AND MY UNLIMITED ABUNDANCE OF EVERYTHING NOW!"

"I PUT GOD FIRST FINANCIALLY. I TITHE MY WAY TO PROSPERITY."

9 WAYS—CONTINUED FROM PAGE 2

- 6. FEEL THE EXPERIENCE OF MOVING FORWARD, OF COVERING DISTANCE.
 - 7. FEEL THE WIND GENTLY BRUSHING AGAINST YOUR SKIN, AND THE COLDNESS/WARMTH OF THE AIR AS IT SURROUNDS YOU.
 - 8. FEAST ON ALL THE BEAUTY AROUND YOU. NOTICE THE WAY THE SUN'S RAYS BEAM THROUGH THE LEAVES, PAY ATTENTION TO THE BEAUTY AND DELICACY OF THE FLOWERS OR JUST ABOUT ANYTHING OF BEAUTY.
 - 9. BRING OUT THE CHILD FROM WITHIN YOU. FEEL THE WONDER OF THE WORLD, AND TAKE A FRESH VIEW OF THE WORLD AROUND YOU. LOOK AT THE PEOPLE AROUND YOU AS IF YOU HAVE NEVER SEEN HUMAN BEING BEFORE.
- GET BACK TO THE BASICS. TRY EXPERIMENTING WITH YOUR MIND AND THOUGHTS. LOOK AT IT IN A WAY YOU HAVE NEVER DONE BEFORE. ALLOW THE HEALTHY HABIT OF WALKING TO GROW INTO AN ENRICHING AND CHERISHED PART OF LIFE.

CELEBRATE JANUARY BIRTHDAY'S WITH:

- | | |
|-----------------|-----------------|
| Krista Bolf | Ed Robinson |
| Sue Christensen | Mary Haviland |
| Steve McManus | Bill Hunt |
| Linda Wheeler | Cornelia Warner |

ON SUNDAY JANUARY 3RD FOLLOWING THE 11:00 AM CELEBRATION



CELEBRATE FEBRUARY BIRTHDAY'S WITH: MAUREEN HENDERSON AND MAYBE YOU?

ON SUNDAY FEBRUARY 7TH FOLLOWING THE 11:00 AM CELEBRATION

CHRIST UNITY CHURCH
540 N. HOLLLY ST
MEDFORD, OR 97501

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here

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E-mail: newsletter@unitymedford.org

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Looking Ahead

January's Theme:

**"Our Essence is of God;
therefore we are
inherently good."**

Jan 3 Burning Bowl Celebration

Jan 10 Open Channel

Jan 17 Real or Counterfeit?

Jan 24 Copycat

Jan 31 My Own Will Come To Me

*Special Guest Musician:
Paul Gerardi*

February's Theme:

**"We form our reality through
thoughts held in Mind."**

Feb 7 Living Above The Fog

Feb 14 Smiling At Life

Feb 21 Standing Firm

Feb 28 Happy Today,
Happy Tomorrow

Board of Trustee's Meeting

Sun Jan 10th - Feb 14th 1 PM

Platter Chatters – Fri 11:30 am

Jan 8 - Feb 12

Movie & Desert Sat 6:30 PM

Jan 9 "The Gift" - We earthlings have still not discovered the true purpose of the mysterious gift that was given to us long ago. We are visited by the culture that gave us the "gift" as they investigate what we have done with the "gift." And then we ask the question "Is it possible that the camera holds the creative healing power of The Gift?"

Feb 13 "The Shift" – Starring Wayne Dyer, Portia de Rossi and Michael DeLuise this delightful, inspiring film shows us how to find the path to our spiritual purpose and therefore our greatest Joy

Sacred Healing Meditation

Sat - Jan 9th and Feb 13th Noon

Karaoke with Jim Montegna

Sat 7 PM

Jan 2nd and 16th

Feb 6th and 20th

Silent Unity Prayer Service

Wednesday 11:00 AM You can join us by getting your copy online at:

[January Service—PDF](#)

[February Service—PDF](#)

or asking Terrie for a copy and reading along wherever you may be on that day and time.

Metaphysical Bible Discussion

Wednesday 11:30 AM

Re-discover how the stories and lessons in the Bible can be applied to living today. Learn Practical Christianity at its very best!

Course in Miracles Group

Monday 7:00 PM