



THE UNITY MESSENGER

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Your Primary Intention for 2010

Another new year brings a sense of new beginning—new opportunity. We all long to do and be our best and to improve certain aspects of our selves. We know this is true by the way we feel when we tend to fall short of our own hopes or expectations. We may tend to criticize ourselves, in subtle or sometimes very overt ways.

It seems easy to do our best when we are excited about something or when we are in a good frame of mind. But we all have our challenges that are both universal, and also uniquely ours: money, job problems, or perhaps relationship difficulties. We may not be feeling well physically, or we are wrestling with ourselves in one way or another. In those circumstances we do our best through heart-based intention.



I love what Gary Zukav teaches about intention. He said, "Every experience, and every change in your experience, reflects an intention. An intention is not only a desire. It is the use of your will. It is a determination to act in a certain way." He goes on to say, "Every intention sets energy into motion whether we are conscious of it or not. We create in each moment. Each word that we speak, each act—carries intelligence—and therefore is an intention that shapes light." That is exactly what the Fillmore's, the co-founders of Unity taught. Our intention and attention or faith shape our experiences. What we intend becomes our reality.

A mission statement is a statement of intention. Jesus had a mission, a statement of intention. He said that it was "to give life, and give it more abundantly." All of his activities flowed from that intention: Turning water into wine, healing the sick, raising the dead. teaching others, throwing or attending parties, challenging the "enslaving" religious system of that time. Every action flowed from or related back to his intention for "abundant life."

If we are not conscious, we will desire to release a painful pattern from our experience and see it reappear again and again. In fact, the world in which we live has been created by unconscious intentions. So it is time to become conscious. Let us set an intention to wake up to make our own lives and the world a better place!

The realization of heaven takes place when we bring the consciousness of our heart and soul to our intention-setting process. Rather than letting our personality direct the show, we bring God into the experience. In other words we ask, "What is God's will?" "What is my heart telling me?" "What do I really want?"--not "What do I think I should want?" Then we create a reality that reflects God's Will; it reflects our heart and soul rather than our ego.

There are times when we need to strengthen our will and stick with our commitment. Some steps to remind us are:

- 1) Intention--We first set our intention from the heart—making a commitment to accomplish something.
- 2) Attention—We focus our attention on what we want rather than what we don't want.
- 3) Action—We determine the necessary steps and we take them.
- 4) Repetition--We practice through repetition.

I invite you to determine your primary intention for the year—a personal mission for 2010. Ask that it be given to you. Write it down. Then do your best. Remember, **Intention, Attention, Action, and Repetition.**

Happy New Year!
Rev Kathy

Dream Power



5-Week Series on the Transformational Power of Our Dreams

Facilitated by Rev. Kathy McCall

With special guest Dr. Jeremy Taylor appearing in the 3rd week!

Sunday, January 24 - Wednesday, February 24, 2010

Sundays at 10:30am and Wednesdays at 6:30pm

This fascinating workshop on dream interpretation will be facilitated by Rev. Kathy, our minister and certified Dream Worker through the Marin Institute for Projective Dreamwork. Wednesday night classes will be held at 6:30pm at the church. Classes are open to all and drop-ins are welcome. Fee: Love offering

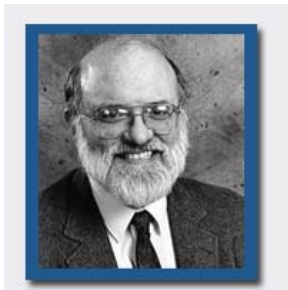
The series will explore how to:

- Understand the hidden messages of dreams in order to transform our lives and our world
- See universal themes and archetypes
- Remember and interpret our own dreams
- Interpret the dreams of others
- Access and work with our dreams for greater creativity and spiritual renewal

Topics of Exploration	Sundays, 10:30am	Wednesdays, 6:30pm
Dream Stories Dreams are stories that come to guide us, to wake us up, to heal us, and to transform our lives.	Jan 24	Jan 27
Dream Wisdom Every night we contact a deeper, wiser part of our Self, urging us to discover our Soul's purpose.	Jan 31	Feb 3
Dreams: Magic Mirror that Never Lies Sunday Service and Dream Workshop	Feb 7 (Dr. Jeremy Taylor) Workshop: 1-4:00pm	Feb 10 (Rev. Kathy)
Dream Lover Each of us has a spiritual Lover, the Divine Beloved, calling us to expand our gifts and abilities.	Feb 14	Feb 17
Dream Journey The Medicine Person or Shaman has traditionally been the main dreamer and healer for the entire community. Whatever our calling, we have the potential to access dream teachers and power animals through dream journeys.	Feb 21	Feb 24

Rev Kathy McCall has found her dreams to be a most profound form of guidance. She is a certified Dream Worker through the Marin Institute for Projective Dreamwork, founded by Jeremy Taylor, with whom she has studied for the past 11 years. In her work Rev Kathy integrates various approaches to the exploration of dreams.

Please let us know if you will attend the classes by signing up at church or calling the office.



SPECIAL DREAM WORKSHOP

A Day of Dream Exploration

Jeremy Taylor, D. Min.
World Renowned Dream Worker

Sunday, February 7, 2010

Sunday Service, 10:30-11:30am

Dreams: The Magic Mirror That Never Lies

Workshop, 1:00 – 4:00 pm

Dreams: A Way to Self Knowledge and Spiritual Awakening
\$39 (early bird special by Sunday, January 24), \$45 thereafter

Extensive research demonstrates or suggests that the symbolic language of the dream is universal and that all dreams, even nightmares, come in the service of health and wholeness. This is a self-empowerment process and every participant will receive the basic Dream Work Tool Kit.

In this workshop you will:

- Learn how to remember your dreams
- Explore basic dream interpretation
- Discover some of the hidden messages of dreams
- Receive instruction in dream work with groups

For more information about his work, visit www.JeremyTaylor.com.

Jeremy Taylor, an ordained Unitarian Universalist minister, has worked with dreams for over thirty years; he blends the values of spirituality with an active social conscience and a Jungian perspective.

Founding member and past president of the Association for the Study of Dreams, he has written three books integrating dream symbolism, mythology, and archetypal energy. The latest is: *The Living Labyrinth: Universal Themes in Myths, Dreams and the Symbolism of Waking Life*. His earlier books, *Where People Fly* and *Water Runs Uphill*, and *Dream Work*, have been translated into many languages.

Jeremy appears regularly on local, regional, and national radio and TV, and pioneered on-line dream work as host of AOL's innovative dream work show. He has taught in the schools and seminaries of the Graduate Theological Union in Berkeley, CA for 30 years and teaches at a wide variety of colleges and universities in the Bay Area and in South Korea. He has led workshops (most recently) in Canada, Mexico, South Korea, England, and Peru as well as all over the United States.

"Jeremy Taylor and his teachings have had a profound influence on my life." -Rev Kathy McCall

Unity Women of Wisdom...

The Unity Women of Wisdom (UWOW) consists of members and friends of Unity Church of Santa Rosa. It is a spiritual, social, and service group dedicated to the Truth Principles of Unity. UWOW meets the 4th Saturday of each month at the church. Our next meeting is on **February 27th**. There is no meeting in January.

UWOW Zodiac Bash with Rev. Kathy Feb. 27th, 11am-1:30pm

Join us as we reconvene our Unity Women of Wisdom Group with a potluck lunch and some fun with the stars. Rev. Kathy has been a professional astrologer for over 40 years. She will guide us as we test our knowledge of sun signs and the planets and have light-hearted gathering.

For more information and to see our recent projects, visit: www.unityofsantarosa.org/uwow.php

Easy Fundraising

- 1. Buy gift cards at the church.** You get the full value of what you pay for and the church gets a percentage from the gift card companies.
- 2. Register your cards** for Safeway, Raley's, Macy's, and credit/debit cards with eScrip.
- 3. Recycle** all of your used printer cartridges right here at church.



Contact Liz during the week for more information. 542-7729



OPEN HOUSE
Sunday, January 24, 2010
11:45 am – 2:00 pm

We have an exciting opportunity to grow in our new building! The chairs are finally comfortable, the acoustics are great, we have space for our children, a compact kitchen, a small bookstore, and even a separate Social Hall! We have managed to squeeze quite a bit into our 4,000 square feet.

On Sunday, January 24th, we begin a new 5 week series called "Dream Power." Immediately following the Sunday Service that day, please join us for our Open House. This will be an opportunity for people to visit our new church and for those regulars to have some extra fun. There will be food, music, a silent auction, and games. You can even try your hand at Arts & Crafts in our Youth Education room. This is a great day to invite your friends!

Auction Items Needed!

We are collecting items and services to auction at our Open House. We have a promise of some glass art, a massage certificate, an Astrological Reading, and others. If you have a talent you are willing to give away for a good cause or a gift to share, please call the office at 707-542-7729, and let us know as soon as possible. Help us make this a fabulous auction!

4857 Old Redwood Hwy, Santa Rosa | 707-542-PRAY | www.UnityofSantaRosa.org | info@unityofsantarosa.org

Upcoming Sunday Services:

January 3:

Creating New Wine Skins

"Be transformed by the renewing of your mind." This quote from Paul is a perfect intention for the New Year. We create a new consciousness by changing our minds and seeing with new eyes.

January 10:

Renew Your Life Through Alternation, Guest Speaker Andrew Oser

The secrets of a healthy, balanced life.

January 17:

Peace Prophet

Martin Luther King, Jr. was prophet of peace inspiring all of us to this day.

January 24:

5-Week Dream Power Series begins

Dream Stories

Dreams are stories that come to guide us, to wake us up, to heal us, and to transform our lives.

January 31:

Dream Wisdom

Every night we contact a deeper, wiser part of our Self, urging us to discover our Soul's purpose.

February 7:

Guest Speaker & World-Renowned Dream Worker Jeremy Taylor

Dreams: The Magic Mirror that Never Lies

February 14:

Dream Lover

Each of us has a spiritual Lover, the Divine Beloved, calling us to expand our gifts and abilities.

February 21:

Dream Journey

The Medicine Person or Shaman has traditionally been the main dreamer and healer for the entire community. Whatever our calling, we have the potential to access dream teachers and power animals through dream journeys.



Unity Church of Santa Rosa January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Happy New Year!	2
3 10:30am Sunday Service, Rev. Kathy Lesson: Creating New Wine Skins	4	5	6	7 6:30pm: Prayer Group Meeting	8	9
10 10:30am Andrew Oser, Guest Speaker, Renew Your Life Through Alternation 1-3pm: Special Workshop "Embracing the Challenge of Uncertain Times" \$25/per	11	12	13	14	15	16
17 10:30am Sunday Service, Rev. Kathy Lesson: Peace Prophet	18 Martin Luther King, Jr's Day	19	20	21 6:30pm: Prayer Group Meeting	22	23 Postponed: UWOW meeting
24 10:30am Sunday Service, Rev. Kathy Dream Power Series, Dream Stories Wk. 1 of 5 11:45am: OPEN HOUSE	25	26	27 6:30pm: Dream Power Class Week 1 of 5 	28	29	30
31 10:30am Sunday Service, Rev. Kathy Dream Power Series, Dream Wisdom, Wk 2 of 5						



Unity Church of Santa Rosa February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 6:30pm: Dream Power Class Week 2 of 5 Drop-ins welcome!	4 6:30pm: Prayer Group Meeting	5	6
7 10:30am Jeremy Taylor, Guest Speaker "Dreams: The Magic Mirror for that Never Lies" 1-4pm: "A Day of Dream Exploration" \$39 (by Jan 24) after \$45	8	9	10 6:30pm: Dream Power Class Week 3 of 5 Drop-ins welcome!	11	12	13
14 10:30am Sunday Service, Rev. Kathy Dream Power Series: Dream Lover, Wk 4 of 5 Valentine's Day	15 President's Day	16	17 6:30pm: Dream Power Class Week 4 of 5 Drop-ins welcome!	18 6:30pm: Prayer Group Meeting	19	20
21 10:30am Sunday Service, Rev. Kathy Dream Power Series: Dream Journey, Wk 5 of 5 Noon: Annual Meeting	22	23	24 6:30pm: Dream Power Class Week 5 of 5 Drop-ins welcome!	25	26	27 11am: UWOW meeting Zodiac Bash Potluck and fun
28 10:30am Sunday Service, Rev. Kathy 12:30pm Board Meeting						

About The Church

2009-2010 Board of Trustees	
Minister	Rev. Kathy McCall
President	Barbara Robbins
Secretary	Lew Meyers
Treasurer	Wayne Wong
Trustee	Jeanette Brizee
Trustee	Consuelo LaBonte
Here to Serve You At Unity	
Youth Education Director	Merrie Rivera
Executive Assistant	Liz Lockett
Bookkeeper	Sue Dyslin
Chaplains	Chapman/Hicks
Music Director	Jeanette Brizee
Pianist	Guy Richards
Newsletter/Bulletin	Liz Lockett
Social Hour	Volunteers
Sound Team	Meyers/Hicks/Jones
Special Events/UWOW	Rev. Kathy McCall
TLC - Welcome	Barbara Robbins
Tithe Team	Rev. Kathy and Daphne Tanner
Ushers and Greeters	Jeannette Chapman

BOARD BUSINESS:

The Board of Trustees welcomes Consuelo LaBonte who has been appointed to fill the position vacated by Nancy Pechenino. Welcome Consuelo!
Barbara Robbins is our new Board President.

PRAYER MINISTRY:

Prayer Ministry is the name for the greater umbrella that includes all prayer activities in the church. Chaplains are those who have received special training to pray with individuals after Sunday Services or as needed, and to assist in various ways such as bringing the prayer box forward on Sundays, conducting home or hospital visitations, participating in special services, and all aspects of Prayer Ministry.

Other participants in the Prayer Ministry may be involved in various ways: Praying for others quietly from home, praying with others in a Prayer Circle, leading meditations, writing prayer letters, etc. Prayer is the most important activity we can engage in for our spiritual growth. If you are interested in being involved in the Prayer Ministry, please e-mail Rev. Kathy at: revkathy@unityofsantarosa.org.

YOUTH EDUCATION:

Our youth meet every Sunday at 10:30am under the loving direction of Merrie Rivera. She is an experienced educator who has worked with students of all ages from preschool through high school. Currently we are in transition, but we are looking forward to setting up their new space in the new building. In the meantime, we encourage you to bring your children and grandchildren.

MUSIC:

Unity Church of Santa Rosa has a talented choir called Heartsounds. We also have a dedicated and oh-so-talented pianist Guy Richards. In the coming months we will have special musical guests such as Katie Ketchum Carroll, Terre Haute, Aurora Borealis, Star Tom, and Dean Davis.

ANNUAL MEETING

Sunday, February 21, 2009, 12 noon

Please join us for this important meeting.

We will be electing a new board member and updating you on the business of the church. All are welcome; only members can vote.

Finger foods will be available right after service. Please bring some to share.

Volunteer Opportunities

- Worship Assistants
- Greeters
- Bring Treats & Coffee on Sundays
- Plan Special Events
- Newsletter Assembly
- Bookstore Help

If you have any questions about these opportunities, talk to Rev. Kathy on Sunday or call the office.

WISH LIST:

- Silk plants
- LCD projector
- Artwork
- Projector screen
- Pack n' play
- Stage backdrop screens
- Foyer table
- Folding tables

MANY THANKS to all of you who helped with the move and getting the new church ready for the December 6th service. We couldn't have had such a harmonious transition without you!

Unity Church of Santa Rosa – Come Join Us

UNITY CHURCH OF SANTA ROSA

(across from Molsberry Market)

4857 Old Redwood Hwy
Santa Rosa, CA 95403

Phone: (707) 542-PRAY (7729)

Fax: (707) 542-7732

Rev. Kathy McCall

E-Mail: revkathy@unityofsantarosa.org

Office E-Mail: info@unityofsantarosa.org

We're on the Web!

www.UnityofSantaRosa.org

Office Hours: Tue-Thu 10am to 4pm

Sunday Service: 10:30am



We are in our new church!

Our new 4000 square foot space is in the Larkfield Business Park, Building C at 4857 Old Redwood Highway, Santa Rosa. The building is located just north of Larkfield Shopping Center (Molsberry Market) across from the Valero gas station.

We have already held Sunday Services throughout December in the new church. What a great way to start the new year!

Do you have newsletter suggestions?

Please contact Liz at

info@unityofsantarosa.org



THE UNITY MESSENGER

UNITY CHURCH OF SANTA ROSA
4857 OLD REDWOOD HWY
SANTA ROSA, CA 95403



RETURN SERVICE REQUESTED

Sent with love to someone special: