

Volume 22, Number 5,

## On The Inside:

Page 3

### “Discover the Power within You”

Page 3

### Dana Cummings New Associate Minister

Page 4

### Drum Circle May 5

Page 5

### The Loving Course Weekend of May 19-21

## From Our Minister. . . Rising Above the Rain

Dear Ones,

Did you notice how early Spring came to Northeast Ohio? We have been blessed with spectacular weather, and what stands out for me is how exuberant and happy most people are. The warmth of the sunshine, clear bright days, and the blooming flowers and budding trees certainly lift people's spirits and allows our souls to soar.

But what about the times when nature seems not to be so joyously smiling upon us? Those times of endless gray skies and rain. That is when we must always remember to turn to the "Sonlight."

There is an old Unity song that goes:

Sonlight where there seemed to be shadows,  
Sonlight where there seemed to be rain,  
Sonlight where there seemed to be sorrow,  
Sonlight where there seemed to be pain.

It is good for us to have many reminders to always support and assist us in remembering the Sonlight. Remembering the Light of the Son of God is in us individually and collectively.

This Sonlight is not changing like the weather, but is unchangeable, constant, fixed, reliable and ever available. It is upon this that we must rely in order to become free of the shadows of life, the sorrows and pain. It is a 24-7, lifelong project.

To rise out of what has long been called "race consciousness," the collective consciousness wrapped in amnesia, takes all of our willingness, desire, dedication and commitment. But when we get it and life comes together with the Spirit, we soar and rejoice in all that we have been created to be.

Loving blessings,



# Clearing the Cloud of Judgment

By David Alexander

"Look at that reckless driver." "What a dumb comment." "Boy, I could teach him a thing or two."

Do you ever find yourself saying or thinking anything like the preceding? If you do, you are getting in the way of your spiritual growth through a cloud of judgment. When we feel we know better than someone, all we are really doing is judging that person by leaping into our own egos.

*A Course in Miracles* says: "The strain of constant judgment is virtually intolerable." So if you go through life judging others (or yourself), you are creating stress in your life you do not need and that will eventually affect you adversely.

Years ago I took my very first spiritual course, Silva Mind Control (now called the Silva Method). They taught a very simple technique for stopping yourself and reversing your thought process when you had a negative (judgmental) thought. It is simply, "Cancel, cancel."

When you say "Cancel, cancel" to yourself, you can then immediately turn that judgment into a blessing. If it is a judgment about someone else's activity or words, say "Cancel, cancel" to yourself and then, "Bless you." I find that diffuses the negative feeling and turns it around almost instantly.

This does take practice and awareness, however. When we walk through life asleep, we may produce hours' worth of judgmental thoughts and words before catching ourselves. In your prayer/meditation time each day remind yourself to immediately become aware of any judgmental thought. Eventually you will, and you will become a more consistently loving person.

As it also says in the *Course*, "Judgment is not an attribute of God." And later on, "You can love as God loves." Know it.



## *The Chorus in Miracles in a Concert Celebration*

By Greg Benedetto, Music Director

The Chorus in Miracles will celebrate another year of exciting and inspiring music with their second annual concert and live CD recording at the Undergrounds on Friday, May 12, 2006. Doors open at 7:00 p.m. The suggested donation for this event is \$ 7.00.



The Chorus in Miracles has been performing in Sunday services for many years. Our numbers have grown, as well as our joy, enthusiasm and diversity. Throughout this concert, you will hear a variety of songs from the music of Rickie Byers and Dr. Michael Beckwith of Agape to contemporary pop and classic favorites. The evening will also showcase our Unity Band.

To make the concert even more enticing, it will be recorded for a live CD project, so you'll want to make sure to come, bring your friends, and be a part of this event.

Get your tickets early for the Undergrounds on Friday, May 12. Refreshments and light snacks are available, and childcare is provided.

\* \* \*

*Don't forget, the Chorus in Miracles has been invited back for their second annual singing of the National Anthem at Jacobs Field on Friday Night, June 23, in front on a nearly sold-out crowd. Get your ticket forms at church now!*

# “Discover the Power within You” on Five Tuesdays with Gloria Ross

**Gloria Ross**, Licensed Unity Teacher presents “Discover the Power within You,” based on the classic Unity book of the same name by Eric Butterworth for five Tuesdays, May 2-28, at 7:00 p.m. This series may be taken for credit through Unity Institute.

Using Eric’s techniques, Gloria will show you how to uncover the Divine within us all, which is an untapped resource of unlimited abundance. When you explore this “depth potential” you will be able to release the power locked within and let your light shine.

You will learn how to succeed, how to pray, how to overcome personal problems, how to find healing. Eric learned that Jesus’ message had simple but profound answers to the questions and problems that we all grapple with in order to live fuller, richer lives.

The cost of the series is \$65, or \$15 per class. An extra \$25 is required for registration if you are taking the class for credit. For further information, call the church at 216 751-1198.

## Dana Cummings New Associate Minister at Unity of Greater Cleveland

Dana Cummings has been retained as Associate Minister of Unity of Greater Cleveland, the Board of Advisors is pleased to announce. He will be starting his new position on October 1.

Dana is in his second year of seminary at Unity Institute, Unity Village, with graduation and ordination scheduled for June 8 of this year. Dana was raised in the United Church of Christ, later became a member of the First Baptist Church (American Baptist Conference), and then the Presbyterian Church, prior to joining Unity in 1994.



During the last 20-plus years of his working career, Dana was a founding partner in a law firm in which he practiced Estate Planning and Business Law. He was simultaneously sole owner and principal officer of a condominium management company, as well as being a group fitness and yoga instructor.

He enjoys exercise, film, theater, down hill skiing, international travel, and most significantly, relationship and community building—all guided by Spirit and Principle. His parents, sister and niece, as well as step siblings, nieces and nephews, all reside in Ohio, most of them in Cleveland.

***Dana’s Vision of Ministry:*** *To promote, nurture and deepen authentic relationships within a sacred congregant community, and to expand the consciousness of that community into the world; to celebrate our common humanity, our unique diversity, and our shared vision of love and respect as the core values in all of life; to foster team based ministries involving each individual’s spiritual gifts and abilities as an active reflection of the Living God; to create a culture in which all are free to realize and manifest their bliss.*

*Let it Be.*

## On a Personal Note

By Greg Benedetto

Congregant and Practitioner  
**Shirley Nelson** has completed a year-long training as a participant in the Faith-Based Leadership Institute (FBLI) in December '05, and was commissioned as a "Diakonal Minister". These are senior staff leaders who have completed theologically-grounded management and governance education. It is an ecumenical program that is comprised of seven denominations from the Center for Faith-Based Leadership (CFBL), which works in partnership with the Council for Health and Human Service Ministries of the United Church of Christ (CHHSM - UCC). The majority of the program, however, is spiritually-oriented and non-denominational, with much emphasis placed on reflective readings, prayer, meditation, and incorporating honesty, integrity, and compassion into our daily leadership skills.

Congratulations Shirley!

## From Children's Church

### April Showers Bring May Flowers of Love

This month Children's Church will be learning lessons on loving: "What Is Love?", "Communication from the Heart," and "Expressing My God-Love."



The *Metaphysical Bible* describes love as a "Divine attribute that is broad and unlimited, a universal and harmonizing power." Human love is based on personality and is selfish and fickle. From the *Revealing Word*: "Divine love is love for the sake of loving and does not concern itself with what or who it

loves. It is the great harmonizer and healer. Thus, God, as Divine love, is all good. God loves us forever."

Thank you for your generous support with the Uniteen 2006 retreat. We received sponsorships and donations that totaled more than \$900. WOW! Now that's something to celebrate!

Yours in Unity of Greater Cleveland

A handwritten signature in cursive script that reads "Wendy Johns".

Wendy Johns  
Youth Education Director

## Drum Circle with Baba Jubal Returns May 5

The drum circle led by **Baba Jubal Harris** returns on Friday, May 5, at 7:00 p.m.

This drum circle offers you the opportunity to learn to drum in the spirit of peace, love and unity. Says Baba, "I express my love and devotion to God through the music of the drum. I have studied with master drummers in West Africa and America for over 25 years."

Baba Jubal is a Raj Yoga initiate and has a broad background in the field of music. He has performed on stage from the Apollo theater in New York City, the National Black Arts Festival in Atlanta, Georgia, to Muskingham College in Zanesville, Ohio. He is currently a traditional and ethnic artist in the Ohio Arts Council's Artist in Education program. Bring a drum with you. If you do not have one, there will be instruments available.

# The Loving Course Returns May 19-21

Powerful, nurturing and life-changing, The Loving Course is scheduled for the weekend of May 19-21. Have you asked these questions of yourself: Why don't I get more joy from my life? Why do I keep doing things I don't want to do? Why do I sabotage my success? Why do I keep choosing relationships where I feel neglected, abused or unsatisfied? Why aren't I loved? Why can't I express my love to others? Why am I so angry and scared?

The Loving Course will assist you in discovering your own answers to these questions through self-examination in an atmosphere of unconditional love. We truly believe that understanding ourselves brings us a better understanding of others and is the first step to loving and accepting ourselves and others—our ultimate goal.

This impressive weekend, with facilitators **Greg Liber** and **Jan Liber**, uses the psycho-logical principles taught by psychologists Alfred Adler and Rudolph Dreiders, along with the spiritual principles from *A Course in Miracles* and **Rev. Joan Gattuso's** *A Course in Love*.

The cost of the course is \$395 (all major credit cards accepted). Class size is limited, so be sure to register early. Please call the church office at 216 751-1198 for more information or to register. Your call will be returned by either Greg or Jan.

## ***Yoga Introduction May 3, Followed by Eight-Week Series***

**Gerri Maynor**, a practitioner and student of the healing arts for 20 years, presents an introduction to yoga on Wednesday, May 3, followed by an eight-week series.

We will be practicing Hatha Yoga designed to support both beginners and seasoned students alike. The class will consist of breathing, stretching, asanas (postures), meditation and chanting. Anyone can practice yoga, no matter the age, level of fitness, health, body weight or religion. People take yoga for stress reduction, mental serenity, to tone and slim the body, for healing and prevention of injuries, increased strength and stamina, increased circulation and flexibility, enhancing athletic performance and all-around self-development.

## ***The Easter Bunny Visits Our Unity Kids***



## 4T Lunch Reunion Set for May 21

Join **Hank Roth** on Sunday, May 21, for a 4T reunion luncheon following the 11:00 a.m. service at church. Hank will lead us in prayer as we connect and remember the powerful lessons learned in the 4T Prosperity Program.

Please sign up to bring a covered dish for six to share, and let us know what you will be bringing.

We are prosperous!

## Rev. Joan Presents Lessons on How to Live the Noble Life

**Rev. Joan Gattuso** presents four powerful lessons in May to help you on your quest to live the Noble Life. In a month filled with new Spring growth, here is your opportunity to grow yourself. The lineup:

**May 7:** "Your Great Non-Support Group." What folks make up your group, and are you willing to release them?

**May 14:** "Standing for Peace." Here is a remarkable Mother's Day lesson on grandmothers around the world standing for peace.

**May 21:** "How to Get Oatmeal and Cinnamon Toast." Here's how to get what you want and deserve in your life.

**May 28:** "Blessings Wrapped in Sandpaper." Sometimes these blessings are not what you expected, and you don't want to miss them.

*From the Bookstore*

## ***Eat, Pray, Love***

## **Honest, Sincere, Funny**

**By Mindy Barholomae, Bookstore Volunteer**

In a world of seemingly limitless "how to" books on attaining enlightenment and self-discovery, Elizabeth Gilbert's *Eat, Pray, Love: One Woman's Search for Everything Across Italy, India and Indonesia* takes you humbly on a personal journey in



**Rita O. Jackson**  
Bookstore Manager

search of "everything," which essentially boils down to peace, love and joy.

Prior to her quest, she "had it all:" a husband, house in the country, a successful writing career. But, surprise, surprise, she was not happy! She suffered from

depression, ended her marriage, found and failed at another relationship. Instead of wallowing in her despair and casting blame, she took responsibility for her life.

She started to pray (not something she did routinely), and low and behold, she heard God's voice! This listening took her on an amazingly courageous quest, spending a year eating her way through Italy, to an ashram in India where she practiced extreme devotion and meditation, and to the island of Bali where she learned to forgive and trust and love.

Gilbert's writing is honest and sincere and oftentimes hysterically funny, especially her inner dialogues during meditation at the ashram when she tries desperately to still her "monkey mind." The peaceful lake in her mind's eye suddenly becomes overrun with jet skis that morph into leaf blowers!

Experiencing this journey with Gilbert, for me, was like being with a best friend. She bares her heart and soul and personally draws you in.

# Helping versus Serving in the Service of Life

By Wendy Johns, Volunteer Coordinator

Volunteers often think, How can I help? According to writer Dr. Rachel Naomi Remen, an early pioneer of mind/body health, "Helping infers inequality; it is *not* a relationship between equals. When we use the 'helping concept,' its origin comes from using your own strengths to help those of lesser strengths." Helping infers debt. When you help someone, they owe you.

In Unity we are taught that *servi*ng—like healing—is mutual. It infers two strengths coming together from equality. I am served, as is the person I am serving. When you serve, there is a feeling of gratitude—an entirely different perspective from "I.O.U." or debt. When we serve, we affirm life as a whole, and from the perspective of service, we are all connected.

Thank you to those who recommitted their relationship to serving. To find out ways you can serve, please phone or see me for a detailed list of Unity of Greater Cleveland opportunities.

## Prayer Helps Medical Student Pass Course

By Gloria Ross, Licensed Unity Teacher

A member of our Board, **Minnie Bowers**, remembers that she had failed a course in medical school just before summer. She talked about it with her aunt who assured her that everything would be all right; she would pray for Minnie and call Silent Unity to get prayer support. Minnie hadn't thought much about it. Minnie was close to the end of her class work and was looking forward to her clinical training. However, unless she could make up the failed course, she would have to wait longer to start her clinical training.

The professor who taught the course notified several people who had failed the class that since there were several of them in this group that he would offer them a make up course during the summer. Minnie was in that group and was able to pass the course and move successfully to her clinical training without waiting for the course during the regular school sessions.

It was this incident that brought Minnie to an awareness that prayer could affect outcomes and challenges that she encountered. Since coming to Unity, Minnie has been a serious truth student and metaphysician. She believes firmly in the power of prayer. Prayers and thoughts are things. They are real and that's what makes them so effective.

## Unity of Greater Cleveland Volunteer & Staff Directory

**Founding Minister:** Joan M. Gattuso

**Board of Advisors:**

**Chair:** Hank Roth

**Vice Chair:** Liz Parks

**Treasurer:** Mary Ann Davis

**Secretary:** Sandy Deck

**Prosperity Partners:** Minnie Bowers and Ed Erbach

**Alternates:** Katie Augustine, Linda Julian

**Practitioners -** Cynthia Bowers,

Pamela Ellison, Jeanne Hood, Georgia

Hyde, Bob Javorsky, Nona Oriti, Milly

Owens, Zita Farrell-Andrews, Karen

Shepherd

**Fund Development Committee Chair:**

Mary Ann Davis

**Projects Manager:** David Alexander

**Executive Director:** Felicia Martinez

**Secretary:** Rudi Barnes

**Volunteer Coordinator:** Wendy Johns

**Accountant:** Kim Heiman

**Minister's Sunday Assistant -** Paul Landis, Gloria Ross

**Youth Education Director -** Wendy Johns

**Youth Education Assistant:**

**0-3 years old -** (Head Teacher)

**4-5 years old -** Evelyn Canton (Head

Teacher)

**6-10 years old - (Head Teachers)**

**Uniteens (11-13 years old) -** Frank Kenner

(Head Teacher)

**Y.O.U. (14-18 years old) Co-Sponsors -**

Linda Julian

**Bookstore Manager -** Rita O. Jackson

**Volunteers -** Mary Jo Nigro, Margaret Miller,

Shirley Nelson, Ranonda Jones, Vivian

Miller, Kathy Sullivan, Margo Viragh, Katie

Augustine, George Miljevich, Mindy

Bartholomae, Michael Powers, Loretta

Williams

**Newsletter -** David Alexander

**Greeter Coordinators -** Dianne Harris and

Elizabeth Parks

**Music Director & Soloist -** Greg Benedetto

**Pianists -** Lisa Bell Benedetto, Jan Patetta

**Percussion -** Roy King, Baba Jubal Harris

**Bass -** Ed Lemmers

**Sound System -** Bob Jones, Bob Patetta,

**Florist -** Blooms

**Hospitality -** Carl Kornicks, Paul Landis, Clare

Randolph, Frank Rupsic, Dennis Walker

**Meals on Wheels -** Andrea Gidycz

**Web Site Manager:** Scott Dockus

**Sunday Service Times -** 9:00 a.m. and 11:00

a.m. (nursery at both services) Children's

Church, Lightstreamers, Uniteens, and Y.O.U. -

11:00 a.m.

**Church Location and Telephone:**

3350 Warrensville Center Road

Shaker Heights, OH 44122

216 751-1198 or 800 468-8012

**Dial-a-Prayer -** 216 751-1199

**FAX -** 216 751-1460

**E-mail:** unity@unitygreatercleveland.com

**Web site:** www.unitygreatercleveland.com

# May 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7 pm - A Chorus in Miracles rehearsal	2 12:30 Silent Unity Prayer Service 7 pm - "Discover the Power within You" (Gloria Ross)	3 6:30 pm - Introduction to Yoga (Gerri Maynor)	4 7 pm - "Wisdom of Gandhi" (Rev. Joan Gattuso)	5 7 pm - Drum Circle (Baba Jubal)	6
7 10 am - ACIM 9 & 11 am Service: "Your Great Non-Support Group" (Rev. Joan Gattuso)	8 7 pm - A Chorus in Miracles rehearsal	9 12:30 Silent Unity Prayer Service 7 pm - "Discover the Power within You" (Gloria Ross)	10 6:30 pm - Yoga (Gerri Maynor)	11 7 pm - "Wisdom of Gandhi" (Rev. Joan Gattuso)	12 7 pm - Undergrounds Coffeeshouse (The Chorus in Miracles)	13 All day - Prayer Vigil Continues through 6 am Easter Sunday morning
14 10 am - ACIM 9 & 11 am Service: "Standing for Peace" (Rev. Joan Gattuso)  [Mothers Day]	15	16 12:30 Silent Unity Prayer Service 7 pm - "Discover the Power within You" (Gloria Ross)	17 6:30 pm - Yoga (Gerri Maynor)	18 7 pm - "Wisdom of Gandhi" (Rev. Joan Gattuso)	19 7 pm - The Loving Course	20 9 am - The Loving Course
21 9 am - TLC 10 am - ACIM 9 & 11 am Service: "How to Get Oatmeal and Cinnamon Toast" (Rev. Joan Gattuso)	22 7 pm - The Loving Course Graduation	23 12:30 Silent Unity Prayer Service 7 pm - "Discover the Power within You" (Gloria Ross)	24 6:30 pm - Yoga (Gerri Maynor)	25 7 pm - "Wisdom of Gandhi" (Rev. Joan Gattuso)	26 6:30 pm - Spiritual Cinema	27
28 10 am - ACIM 9 & 11 am Service: "Blessings Wrapped in Sandpaper" (Rev. Joan Gattuso)	29 (Office Closed Memorial Day)	30 12:30 Silent Unity Prayer Service 7 pm - "Discover the Power within You" (Gloria Ross)	31 6:30 pm - Yoga (Gerri Maynor)			



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