

# LIVING TODAY

| Where Positive Minded People Come Together |

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## **TRANSFORMATION: A Compilation of Spiritual Exercises for the Initiated Student of Truth by Donald Gates II**

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Life can be more experiential, so plan on expanding your spiritual practices with Donald Gates II on Sundays from Feb. 10th through Mar 31st.

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## **TIME CHANGE**



## **Sunday, March 10**

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No one wants to miss even one of our wonderful services. So here's just a reminder. Let's be sure and set our clocks forward one hour on March 9.



## **The Truth Is...**

Ahh, the business of the holidays can be a good start to the New Year however, for some of us the advent of the holidays may have been difficult. Feelings we have recently or long ago experienced are brought to our mind and body with feelings of sadness, depression, or even just unwanted feelings. Joining in or seeing others in a good mood, singing carols at the top of their lungs, or enjoying themselves just doesn't fit for someone that wants to shut out the situation as too painful. The choice to shut out or shut down is usually a result of fear-we're afraid that "feeling it" will be worse than not feeling it. Needless to say, preparing for the New Year and holding it in affirmation to bring greater good will seem so remote as to be impossible. So Why TRY?



**Rev. Paula Skiles**

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**Need Prayer?** A Prayer Box is located at back of Sanctuary. Our Prayer Friends pray on your request for 30 days and then forward to Silent Unity, who also pray on the request for 30 days.

**24/7 Silent Unity Prayer  
Partner Line 800-669-7729**

## The Truth Is...cont.

The author, Raphael Cushnir in his book, “Setting Your Heart on Fire”, speaks to how the choices of closing our emotions down and not wanting to feel life fully results in the inability to feel love as well. “...love calls you to experience your emotions fully. To do so requires learning when and why you deny them, and developing the capacity for reconnection.”

When we open to love then the sense of separation vanishes effortlessly, just as the illusion it is. The love I speak of is that which lies behind familial, romantic, or platonic love. Love is a primal force that is the universe’s urge for inclusion, for union, for the dissolution of separation. God is Love. Love connects.

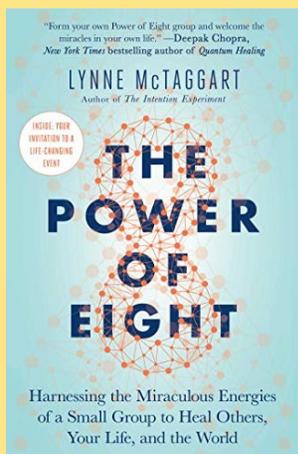
In a consciousness of love we experience the Presence of Spirit, ourselves and others as wonderful, whole, and there is a joyful intent to all of our thinking, actions and choices. So this New Year, I encourage you to regain the capacity to be open to feeling fully, to love. Let this year be one that you allow yourself to reconnect. Nothing can keep us from reconnecting. May this winter bring to you a life of passion, presence, and infinite possibility as your heart is set on fire.

Think on this...blessings, Rev P



## THE POWER OF EIGHT

### Harnessing the Miraculous Energies of a Small Group to Heal Others, Your Life, and the World SAT. 9:30 am - 2:30 pm Mar. 4-24



Would you like to learn how to manifest your dreams and needs? A new class on just that will be held every Saturday in March in the church Friendship Hall from 9:30am to 2:30pm. We will be using Lynne McTaggart's book, THE POWER OF EIGHT, but you do not need to buy the book . We will be using a workbook of the book instead. Please feel free to buy the book on Amazon as it has many stories to share with you. The workbook will be \$5.00.

Who is Lynne McTaggart? She has been called an expert on the science of spirituality. She has remarkable findings from ten years of experiments designed to discover how group intention can change your life as well as the world for the better. You will learn to harness and unleash the power

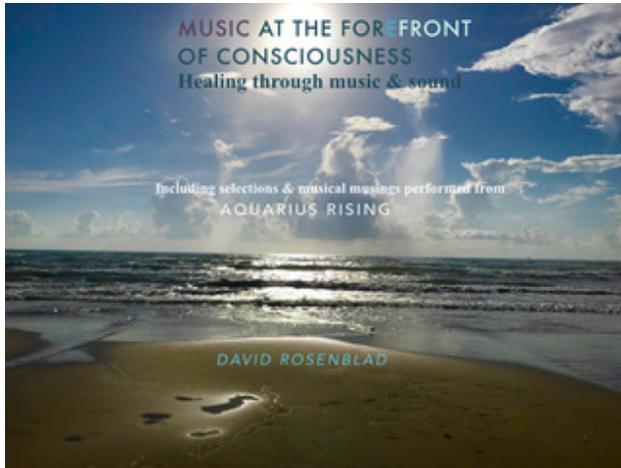
within you to heal others as well as yourself and the world around you. Along with Deepak Chopra and Marianne Williamson, Unity WorldWorldMinistries says "A powerfully convincing account of scientific study of the power of human intention. It invites all who are questioning, all who are gasping for clarity around their place in this grand universe, to find a scientific home for their spiritual quest."

Chere Pinskston will be your leader for this study.

## WEDNESDAY NIGHT BOOK STUDY

6:30 pm - 8 pm

Keep in mind that every Wednesday evening there is a wonderful book study held in our Friendship Hall . This ongoing group will be meeting again after the first of the year.



## Music At The Forefront of Consciousness

Sunday, Jan. 6 @ 12:30 p.m.

### Healing Through Music and Sound....

Music and Sound can provide many bridges to higher awareness and consciousness whether you are immediately aware of it or not! One can also tap in and tune in to deep physical, emotional and spiritual healing through music and sound. Referencing my own experience as a musician, composer and sound healer, this will be a fun & informative sound journey that will involve your participation as well.

**Just  
to  
Keep  
It  
Real!**



## Transformation

*A Compilation of Spiritual Exercises for the Initiated Student of Truth*

Sundays, Feb. 10-Mar. 31  
12:30-2p.m.

Join author, Donald Gates II as he facilitates this 8 week course in a journey of self discovery.

Please sign up so books can be ordered. This book is meant to challenge you to broaden your horizons, discover innate abilities, and learn how to keep your life in perspective objectively.

