



VISIONS

DECEMBER 2008 – JANUARY 2009

UNITY CHURCH OF OVERLAND PARK

WWW.UCOP.ORG

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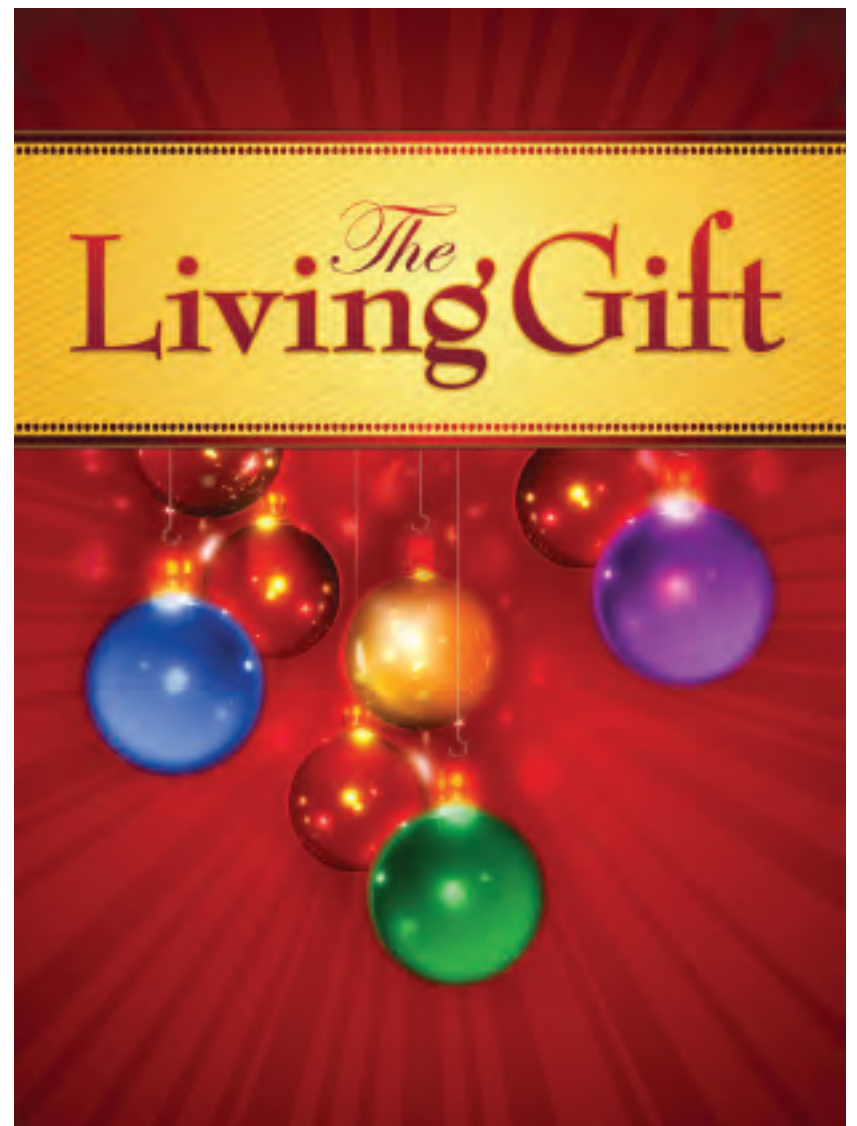
*You are the
living gift!*

I want to do Christmas differently this year!” How many times have I heard those words said by my friends and even spoken them myself? I really mean it this year—I want a different experience of Christmas. An experience that goes beyond the shopping malls and lasts long after the wrapping paper has been tossed aside. This year, more than ever, the commercialism of the holidays has lost whatever charm it may have had. In the face of volatile markets and uncertain economic indicators, my heart is searching for something deeper. Maybe yours is, too.

Two-thousand years ago, the birth of Jesus Christ heralded in an awakening consciousness that continues today. Jesus was and is the true gift of Christmas. The Christ in us is the “living gift.” When we express our Christ Nature, then we become the living gift.

What might a new experience of Christmas look like? It might mean giving gifts because you want to, not because you feel you have to. It might mean giving gifts you can afford and not building credit card balances. It might mean donating to Harvesters Food Pantry on behalf of a friend rather than purchasing a last minute gift that will be discarded. It might mean offering the gift of your presence or time or service to someone rather than purchasing something less personal. Think about how much time you spend planning and shopping for gifts—what if you gave your time to your loved ones instead?

Well, these are just thoughts of course and not meant to eliminate the joy of giving that “perfect” gift. I just can’t help thinking about what Mary did when she learned she was pregnant. She ran off to share her good news with her cousin Elizabeth. Elizabeth didn’t throw her a baby shower and Mary didn’t register at Macy’s. The two celebrated the good news with their presence and their love for one another.



The Living Gift © 2008 Jerry Hirt

And, after all, isn’t that what Christmas is all about? Sharing time and love with one another? That is the true living gift.

I invite you into a different experience of Christmas this year. One in which the spirit of the season carries into the New Year and beyond. May you and your loved ones experience a deeper knowing of the Christ in you, and may you come to understand the truth that you are the living gift.

In the Christ Spirit,
Patricia

Join us for “*The Living Gift*” Holiday series and experience a new way of living Christmas this year. See pages 5 for details.



Rev. Patricia Bass
Senior Minister

Staff Members at Unity Church of Overland Park

- Karen Adinolfi
Bookstore Manager
- Fred Albers
Music Director
- Rev. Bob Barth
Associate Minister/Administration
- Rev. Patricia Bass
Senior Minister
- Megan Clark
Assistant to the Senior Minister
- Rev. Nancy Jerome
Assoc. Minister/Prayer & Pastoral Care
- David Lucas
Maintenance Coordinator
- Glenna Menard
Wedding Coordinator
- Tamie Mills
Director of Communications
- Brandon Nagel
Adult Education Coordinator
& Pastoral Care Assistant
YFM Director, Interim
- Debra Powell
Bookstore Assistant Manager
- Alfred Ring
Facilities Assistant
- Jane Sauvé
Business Manager
- Eileen Stulak
Director of Sacred Service
- Patty Williams
Data Processing Coordinator

Board of Directors

- Rev. Patricia Bass
Member/Senior Minister
- Randy Gerard, Treasurer
- Tom Hadley, Secretary
- Paul Heath, Alternate
- Danielle Keith, Vice-President
- Debra King, Member
- Ellis Megee, President
- Carla Wakefield, Alternate
- Shawn Wegner, Member



Rev. Nancy Jerome Retires

Our beloved Rev. Nancy Jerome is retiring after 16 years of ministry at Unity Church of Overland Park. While serving on staff beginning in September, 1992, Rev. Nancy has worn many hats including serving as Assistant to Senior Minister, Adult Education Director, Ministry of Administration (Facilities Maintenance), Volunteer Director (two different times) and Special Services Coordinator. For the last ten years, and with her greatest joy, Nancy has served as Associate Minister of Prayer and Pastoral Care.

Nancy is perhaps best known for her deep and profound prayer consciousness. In 2002, she established our thriving Prayer Chaplain program, which has built a foundation of prayer for our congregation and leadership.

Rev. Nancy shares in her last few months, "It has been a joy to serve God here in support of everyone in this community while on their journey. And what a privilege and honor it has been to share my journey with each of you. I love my spiritual family."

She has answered God's nudge to retire from her role at our church and is now open to other opportunities to serve God in new ways. She plans to spend more time with family, including 4 great-grandchildren, travel with her husband Bill and generally enjoy a more relaxing daily routine.

Words cannot express how deeply our sweet Rev. Nancy has touched our hearts and helped us grow in prayer consciousness. We are blessed by her presence and expression of her Christ Nature.

We love and bless you Rev. Nancy. You are so appreciated for fulfilling God's work here with us.

Rev. Nancy's last Sunday will be December 28. A special reception is planned for Sunday, January 4 following both services.



It's Time to Shine in 2009

Our Vision, Mission and Core Values are now complete, and we are ready to dive into the first six goals of our long-term action plan. Action Teams are forming to complete our wave one goals and we invite you to shine your light.

If you have a passion for:

- Children and making a difference in their lives
- The music, message and meditation on Sunday mornings
- Programs for adults between 18 - 35 years of age
- Working with people as they move through the changes in life
- Developing organizations
- Construction, buildings, grounds and landscaping

Then we invite you to join one of the teams below. Sign up beginning Sunday, January 18 or contact rev. Bob Barth @ rbarth@ucop.org.

Transformational Celebration Services
Our inspirational celebration services awaken the Christ Nature and transform lives by December 31, 2009 (Champion – Rev. Patricia Bass)

This will support the creation of energetic and vital celebration services

Compassionate Caregiving
Congregants are actively supported through life challenges and celebrations by March 31, 2009 (Champion - Pastoral Care Director)

This team focuses on congregants who are going through transitions.

Vibrant Youth & Family Ministry
Our children live from a fundamental awareness of God's in-dwelling presence and unending love by December 31, 2010 (Champion - YFM Director)

This team focuses on YFM.

Organizational Excellence
We demonstrate organizational excellence through smooth and efficient operations of all the organization's elements by June 30, 2009 (Champion – Rev. Bob Barth)

This team will look at our organizational policies, procedures and practices.

Vibrant Young Adults Program
Young adults (ages 18-35) lead thriving lives as they participate in our well-known and vibrant young adults program by December 31, 2009 (Champion – Open)

This team will look at ways to reach out to those age 18 – 35.

Outstanding Building and Grounds
Our beautiful building and grounds are structurally sound, well maintained and environmentally friendly by December 31, 2012 (Champion - Jane Sauvé)

This team will look at the building and grounds to make them inviting to all.

SUNDAY at UNITY

Celebration Services

9 am & 11 am

Nursery childcare is available.

Children Pre-K through 8th grade.

Youth (9th—12th grades) 11 am **only**

See page 5 for our holiday schedule of special services.

2008 Pet Blessing



Left to Right: Melissa and her father, Lyndell Caldwell, and Jim Bany wait for their pets to receive their personal pet blessing from a Prayer Chaplain.

On October 4, our Prayer Chaplain Team honored the animal friends of our community by holding the Second Annual Unity Church of Overland Park Pet Blessing. This year we had over 35 humans arrive with close to 80 dogs, cats and even a rabbit! As our animals peacefully gathered in the parking lot, their owners were invited to join in a traditional Navajo ceremony to bless all of the Earth's creatures. The animals were then brought forward where each animal received a personal blessing and prayer scarf from a Prayer Team Member. Seeing how many of us have been blessed by the unconditional love of our animals, it was a great honor for our Prayer Chaplain Team to have the opportunity to bless those animals in return.



Cover: *The Living Gift*
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AFFINITY GROUPS

Couples Connection

4th Friday • 6:30 pm
Usually meets each month at someone's home for potluck. All couples are invited.

To join the e-vite list or get more information about Couples Connection, contact Jackie Megee at 913-592-2303, or jackieam@kc.rr.com

Green Team

2nd Tuesday • 7:00 pm
We are committed to promoting stewardship of the environment. For more information on Green initiatives and activities see page 5. Contact Mike McCord at 913-829-3854.

Recycled Teens

2nd Wednesday
This is a group of men and women of all ages who feel like recycled teens and wish to celebrate life with style. Many are retired but not all. They meet for breakfast or lunch. For more information, contact Doris Milliken at dlmilliken@aol.com.

Men's Group

1st Saturday • 8 am to 10 am
This group meets monthly for breakfast followed by a special program. December's meeting will be held on Saturday, December 6. The Men's Group is sponsoring a Drumming Circle, open to the entire church community on Sunday, Dec. 7, from 7-9 p.m. in the Peace Chapel. Bring a drum if you have one, if not, one will be provided. Facilitated by Mark Gossman. Love offering

January's meeting will be held on Saturday, January 10. Come at 7:00 a.m. to be part of cooking breakfast.

For more details see the church bulletin or contact Peter Jarosewycz at 816-941-3575 or Curt Straub at 913-362-3393.

Peace in Action

2nd Tuesday • 7:00-9:00 pm
Our mission is "We are ripples of peace connecting and communicating peace, raising awareness of peace and proving the possibility of peace." The group continues to bring forward peace activities, events and also sponsors classes and workshops. For more information about the Peace in Action Group and how you can become involved, contact Heidi Darrow at gg_53@yahoo.com or 913.794.8982.

Singles Group

1st Monday • 7:00 pm
You're invited to join in monthly planning meetings at the church starting at 7 pm with prayer, sharing and planning for fellowship and fun. No singles brunch in December.

Third Sunday at 12:15 pm, starting in 2009. We will not be having planning meetings on Monday nights.

January 18 – Join us for a combined monthly planning meeting and brunch following the 11 a.m. service at Waid's Restaurant at 1130 West 103rd Street east of Stateline.

Single's activities around town:
December 5, 8:00 pm to midnight - Church of the Resurrection Christmas

Dance, \$15 advance ticket purchase required. Visit www.cor.org or email anagela.lavallie@cor.org for more info.

December 31, 8:00 pm to 12:30 a.m. - New Year's Eve Dance at Holy Trinity Catholic Church with music by the Zepster. Watch for more information to follow.

For more information on any of these events, or the Singles Group, please contact Lona Davis at 913.661.4770 or lona-davis2002@yahoo.com or Linda Riggs at 913.634.5359 or lindas_angels@hotmail.com.

Women's Group

3rd Sunday • 12:30 pm
The Women's Group will not meet in December. We will be continuously decorating our "Giving Tree" in Harmony Hall with hats, mittens, gloves, scarves, underwear and pajamas for the women and children of Safehome. Everyone at UCOP is encouraged to bring a "decoration" gift to add to the tree! The items will be taken to Safehome on or before Christmas Eve.

Please join us for our January 18 meeting at 12:30 pm in Harmony 3, for a presentation by Kelly Sturgeon and Brenda Brock, who are developing a Community Supported Agriculture (CSA) alliance at The Light Center. Families and individuals who join the CSA receive a share of produce directly from the growers every week during the growing season. If you are interested in learning more, knowing where your food comes from and improving your nutrition, please join us in January.

Message from the BOARD



Ellis Megee

Our congregation and staff are so amazing and are such a blessing to each other and especially to me. Talk about heaven on earth; heaven is right here and right now.

God empowers us to minister to one another; we are the eyes, ears, hands, feet and love of God and that is what stands out at UCOP – God shows up in you all, all the time!

We often say God is good, all the time. Well, God is good because God shows up in each of you in countless ways and you can be humbly proud of how you minister to others.

This evening Jackie and I went to the Youth and Family fun night and farewell for Rev. Jennifer. Talk about energy and excitement! Wow! We have been so abundantly blessed to have Jennifer and Brandon Nagel serve as interim YFM directors. I look forward to the beautiful things we will see in the YFM programs going forward.

In her message of October 12, Rev. Patricia said that when we realize the present moment is all we have, we can then understand that the present moment is good. When she said that I scanned over my life and can honestly say that in the worst moments of my life, at that exact moment, and even though it didn't feel good, that moment was good. Even if a single moment feels bad for one of us, that same moment is abundantly good for millions of others. I now realize that those moments of anxiety and fear were just my reaction and it was what I thought about that made me feel anxious or afraid. So what value was there in my fear?

The key is: what am I feeling and how am I reacting? Being aware of my feelings and noticing that I am aware allows a clear choice. I can feel bad or I can move forward on Spirit's path of feeling good.

I loved the concepts in Chapter Eight of Eckhart's Tolle's book *A New Earth* when he asked: "is that so," in order to be totally without any judgments; or "this too will pass": or how about "I look forward to whatever happens."

I hope all who studied or read *A New Earth* received wonderful blessings and joy, and that your life is better for it.

Blessings and Peace forever,
Ellis Megee

ON-GOING CLASSES

ALL CLASSES ARE SUPPORTED BY LOVE OFFERINGS & CHILDCARE.

Make plans to join one of Unity Church of Overland Park's on-going classes that are offered to provide you support and stepping stones on your spiritual journey. For the most up-to-date class information, please go to www.ucop.org.

A Course in Miracles

Thursdays • 6:30 pm to 8:30 pm
with Bill Frock
Learn to live from a place of wisdom and love in life rather than guilt and fear. Materials can be purchased at CommUnity Books and Gifts.

Boundary Busters

Sundays • 10 am to 11 am
This adult class examines and discusses books of the highest universal principals of love, peace and oneness.

Experiencing the Bible

Sundays • 10:10 am to 10:55 am
with Barbara Hadley and Eric Page
What does the Bible have to do with you? Make the Bible relevant to your conversations, your studies and your prayer time. December's topic is *The True Meaning of Christmas* and January's topic is *The Metaphysics of Prosperity*. We also include the 12 Powers in our discussion. Newcomers are always welcome. Join us in Harmony Hall 3.

Joel Goldsmith—Infinite Way Study Group

Wednesdays • 7 pm to 9 pm
with Dwight Briggs
Explore how the belief in two powers can inhibit our demonstration of God Realization.

Kansas City Cancer Healing Project

1st and 3rd Tuesday • 6 pm to 9 pm
with John Hofer
Kansas City Cancer Healing Project provides hands-on healing for cancer patients in the Kansas City area. Our clients have experienced a reduction of side effects from their treatments and a greater sense of peace during the course of their disease treatment process. Contact John Hofer at 816-718-6358 to schedule an appointment on the 1st and 3rd Tuesdays of each month.

Reiki Circle

2nd and 4th Monday • 7 pm to 9 pm
with Karen Harrison
Reiki is the universal life force energy expressed through laying of hands. It heals on physical, mental, emotional and spiritual levels. The class is open to practitioners as well as those who want to experience a 10-minute Reiki treatment.

Speak Peace

The Peace in Action Group is sponsoring this activity. Practice Compassionate Communication in a sacred circle of trust and respect.

Dec. 4 • 7-9 pm with Heidi Darrow
January 8 • 7-9 pm with Jan Stanley

Spiritual Counselors

In the midst of the holiday season, many of us forget the importance of taking good care of ourselves. Our Spiritual Counselors are available to assist and guide you to finding the peace that lives within you. To schedule an appointment, please call the church 913-649-1750 ext. 3018. Give yourself the gift of Spiritual Counseling this season.

Youth & Family Ministry

These are exciting times in our Youth and Family Ministry, with so much growth happening in our Sunday classrooms and beyond.

On Tuesday, January 20, YFM is hosting a Family Meditation Night. Craig McAndrew will be teaching "Beginning Meditation" for adults and Karen Harrison and Ricky Yutuc will be leading the children in Silly to Serious Meditation for Kids. This is an opportunity for the entire family to come and learn meditation together and begin a new spiritual practice. Both classes begin at 7:00 pm. For more details visit www.ucop.org.

On November 7, our Youth of Unity (YOU) teens participated in Synergy Services One Homeless Night. Close to 12 teens from several area Unity Churches spent the night out doors with the goal of raising awareness and funds for Synergy Service's planned teen homeless shelter. Our community raised over \$3,000 in pledges during this event.

In mid-November, our YOU'ers sent 10 participants to the Fall YOU Rally in Junction City, Kansas. The teens that participated in the rally completed at least ten hours of Community Service to be eligible to attend.



Brandon Nagel,
YFM Director Interim



Repairs to the portico are completed.
Thanks to everyone involved in this project!

Unity Church of Overland Park

OUR VISION Centered in God, we celebrate a world of peace, harmony and abundance for all.

OUR MISSION We are here to awaken and express the Christ Nature in ourselves, our families, our community and the world.

OUR CORE VALUES

| <i>SPIRIT-LED</i> | <i>LOVE</i> | <i>INCLUSIVENESS</i> | <i>JOY</i> | <i>ABUNDANCE</i> |
|---|--|--|---|---|
| We turn within to Spirit for guidance and active communication. | We express unconditional love, an inner quality that sees good everywhere and in everyone. | We embrace all people as expressions of God. | We live from a positive view of the world and celebrate life. | We know that God is our Source and celebrate the unlimited possibilities present in every moment. |

From the PIT

Hello everyone! As we continue with this series, we turn our attention to Greg Whitfield, who shares duties with James Albright as bass guitarist in our band. Greg has been playing regularly at UCOP since October 2007, giving James a chance to spend time with his family.

Greg began his musical training playing oboe at age 9, and then switched to bass at 14. He has been playing professionally since the age of 15. Greg has studied at KU and UMKC, and also studied with jazz master John Elliott. He has played with many local jazz groups, including the John Elliott Trio, Rob Whitsett, Gary Sivils – Paul Smith, Vince Bilardo, Franck Smith – Richard Ross, Mike Metheny, Carmel Jones, Russ Long and Ida Macbeth.



Dianne Reeves and Paquita Rivera and

has performed at the Berlin Jazz Festival, the 1992 Worlds Fair in Seville, Spain and Club Med.

Greg is currently playing with Sons of Brasil, Greg Meise, Millie Edwards, Joe Cartwright, Scott McDonald, Rob Whitsitt, Kathleen Holeman and others. You can hear him live every Thursday at Jardine's with Sons of Brasil and every Sunday at the Bristol with the Scott McDonald Trio.

He has been a part of many recordings, including a newly released CD by Sons Of Brasil, *While You Were Out*.

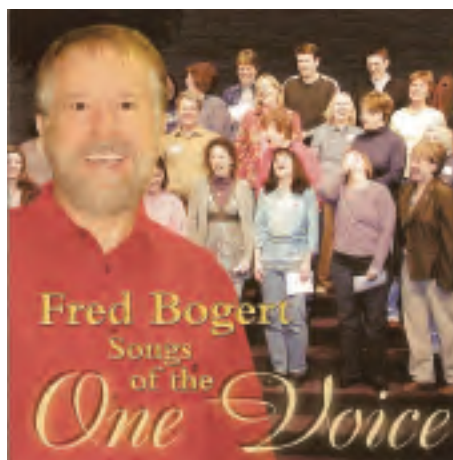
Greg teaches bass guitar at the Music House School of Music, is an avid reader and a film fan, and also loves Formula 1 racing and the Boston Red Sox.

Greg enjoys playing as a member of our Music Team, and says, "All of the people at UCOP have always been so nice to me. That means a lot. So, I always look forward to the next gig there. Playing music with and for people I care about is a spiritual experience."

Namasté
Fred Albers



Fred Albers
Music Director



The weekend will continue with the "One Voice" Workshop, beginning at 9 a.m. on Saturday. During the morning session, "Awakening Awareness," Fred will lead us to an awareness of our sense of self as a unique aspect of the One Voice. Through music, singing and meditation, we will touch our own Spirit of Peace and Non Violence, creating groups of song lyrics.

In the afternoon session, "Exploring Expression," we'll sing together with the intent of focusing the power of the One Voice and maintaining spiritual awareness as we express. We'll start with single tones, then phrases and then build into two-part rounds and dynamic contrasts of several types. We will then develop a chant or song, perform and record it. Everyone will be encouraged to freely contribute to the unfolding of the composition. Fred will complete the creative process by producing a recording of workshop participants performing the song.

The experience will conclude with a live performance by workshop participants, led by Fred Bogert during our Sunday Celebration Services at 9 and 11 a.m.

For more information about this event, contact Fred Albers at 913-649-1750 ext. 3015 or albers@ucop.org.

Concert 7 pm, Friday, Jan. 23
Workshop 9 am–4 pm, Saturday, Jan. 24
Performance at Sunday Celebration Services 9 & 11 am, Sunday, Jan. 25

Are you ready to express yourself in song and explore your innate creativity? If so, you won't want to miss Fred Bogert's "One Voice" concert and workshop.

The magic begins with Fred Bogert in concert on Friday night. We will enjoy his special brand of music and mischief, while experiencing his message of harmony and oneness.

Green Team NEWS

Easy Ways to Make a Greener World

Awakening the Dreamer, Changing the Dream

Saturday, January 17 at UCOP

The Symposium is a powerful exploration of the current state of our planet from a new perspective—environmental sustainability, spiritual fulfillment and social justice—which connects with a powerful global movement to reclaim our future.

On December 7, take the “**Do Five Green Things New Year’s Resolution**” pledge by signing the Green Team’s giant pledge card in Harmony Hall and take a green button to announce your commitment to the world.

Submit recipes for a “**green**” cook book to be published by Unity International Earth Care (UIEC), originated by Ron Habin of Christ Unity Church of Orlando, Florida. Send your “Green Recipes” to Mike McCord at mike_mccord@sbcglobal.net.

A few suggested guidelines include:

1. Choose organic foods whenever possible.
2. Shop for locally grown fresh fruits and vegetables.

3. Whole grains, beans, lentils and live enzyme foods support life so they would be considered green.
4. If one consumes red meat, then “grass-fed” is highly preferable to “grain-fed.”
5. Select free-range chicken that is not injected with hormones or antibiotics.
6. Season food with fresh or dried herbs without a lot of fat and salt.
7. Food for thought: Everything is energy and likes to be appreciated—thus the “blessing of the food.” The attitude of the food preparer reflects in the dish that is served.

Nominate someone you know (or yourself) for the **Green Star Award for Environmental Excellence** who has demonstrated their covenant with God to honor their spiritual commitment to the care and support of the balance between our individual needs and those of nature. Nomination categories include: transportation, at home, at work or other. Nomination forms are available on the Green Team’s Information rack in Harmony Hall. The next recipients will be announced January, 2009.

FALL FAITH CELEBRATION THANK YOU

After weeks of behind the scenes planning by a countless number of individuals, Fall Faith 2008: *Awakening! A Practical Guide to Expressing Your Christ Nature* drew to a close. On Friday, November 14, UCOP celebrated our Awakening in consciousness and the end of our seven week series with a live auction, dinner and concert. We enjoyed a meal prepared by executive

chef Gary Hild, with the assistance of several congregants.

All the activities and prayer consciousness was possible through the loving contributions of many. We are grateful to the dozens of volunteers who dedicated their time and energy toward a successful Fall Series.

Prosperity Corner

“When your mind comes around again to the subject of prosperity, realize most strongly that your prosperity comes from God. It came with you from God, from your contact with God-Mind in your silence, and your prosperity is right with you wherever you are.” Charles Fillmore, *Prosperity*, p. 54

Prosperity Coffee

Thursdays 7:00 a.m. to 8:00 a.m.
Harmony Hall 1
facilitated by former Board President, Tom Anderson

Weekly Hour of Prosperity Power! Here is your chance to meet regularly for support and study of prosperity living with others who are committed to living life abundantly. Stop in for coffee and bagels on your way to work every Thursday morning for what promises to be a community of support during these volatile economic times. We’ll study rotating prosperity books and support one another in prayer. Our first book is *The Four Spiritual Laws of Prosperity* by Edwene Gaines, available in the Community bookstore. Love Offering

**Dave Ramsey’s
“Financial Peace University”**
13 Tuesdays, beginning January 13
facilitated by Jim Bany & Teri Baugh

Jim Bany and Teri Baugh are bringing this prosperity class to UCOP this winter. This is a wonderful way to honor ourselves by learning, praying and studying how to manage our money and get out of debt. This 13 week class will be exploring such areas as investments, insurance, retirement, real estate, college planning, careers and the importance of practicing the spiritual principles of prosperity. For further information please contact Teri Baugh at terribaugh@sbcglobal.net or Jim Bany at jimbany@aol.com. \$90 materials fee per person or couple.

Staff Member Changes at UCOP

Debra Powell Bookstore Assistant Manager

Debra is the new Bookstore Assistant Manager. She has been a member of UCOP for 16 years and has served as an usher for 8 years and has also taught our youth for 5 years. Most recently, Debra served on the Fall Faith Celebration Circles and CORE planning committee. Debra has a BA in Business Administration and Computer Science, and is also a real estate agent for Reece & Nichols.



Minister in June 2009. For the past year she has served as an intern and then as Spiritual Leader at Unity Church of Lawrence, where she led the weekly Sunday services, managed the church offices, taught classes and supported the congregation.

Eileen has served at Unity Church of Christianity in Houston, Texas and also here at UCOP in numerous volunteer and staff positions, including Prayer Chaplaincy, Adult Education, Youth & Family Ministry and Pastoral Care. She has also authored and implemented Team Leadership Training programs.

Before answering her call to ministry, Eileen had a successful 28-year career in Commercial Insurance and Risk Management. She was born and raised in Pittsburgh, Pennsylvania and lived in Houston, Texas for 23 years. She has two adult sons, Nick and Chris.

See Eileen’s article on page 7.

Eileen Stulak Director of Sacred Service

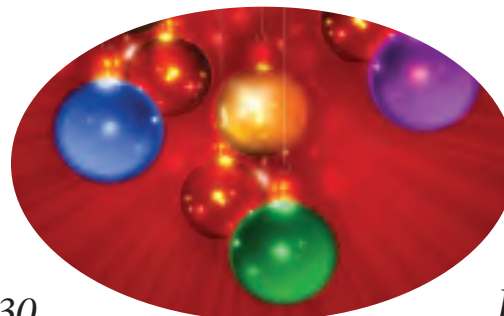
Many of you already know Eileen as she has been active in our ministry since she moved to the area in 2006. She is currently completing her final coursework in the Ministry and Religious Studies program at Unity Institute and expects to graduate and be ordained as a Unity

Brandon Nagel See page 4.
YFM Director (Interim)



November 30, 2008 to January 4, 2009 with Rev. Patricia Bass

“The Living Gift” is the birth and the expression of the Christ in you. Join us this Holiday season as we journey through Christmas and beyond. Learn why you are the true living gift and how you can live an authentic Christmas holiday season this year.



**November 30,
The Gift of Love,**
Rev. Bob Barth, soloist Kelly Schell

**December 28
The Gift of Arrival**
guest speaker Greg Coles,
soloist Bukeka Newby Shoals

**December 7,
The Gift of Community**
soloist Teri Wilder

**December 31
The Gift of Peace:
World Peace Meditation**
at 6 am

**December 14,
The Gift of Courage,**
soloist Kelley Hunt

**The Gift of Letting Go:
New Year’s Eve
Burning Bowl**
at 5 & 7 pm, soloist Kelly Schell

**December 21,
The Gift of Surrender,**
soloist James Wright

**December 24,
The Living Gift**
Christmas Eve Candlelight Services at 5,
7 & 11 pm, soloist Teri Wilder

**January 4,
The Gift of “Yes!”**
White Stone Sunday,
soloist Bukeka Newby Shoals

CALENDAR OF CLASSES

Establish meaningful connections, while deepening your understanding of life.

*Important Note:
All classes are taught on a
Love Offering basis. Your
offerings support both
UCOP and our teachers for
their time and dedication.
Pre-registration is also
greatly appreciated!
Thank you.*

Call the Church
913- 649-1750
to register—state your name,
phone no., address and
indicate the class(es) you
desire to attend.
Enjoy!

Registration
is now available
online!
www.ucop.org

Child Care
For all classes, childcare is available
Monday – Thursday evenings. A \$5
love offering per child is appreciated.



BIBLE OVERVIEW: CHRISTIAN SCRIPTURES | *Barbara Hadley*
Wednesdays, Through December 18 Last class held Thursday • 7–9 pm

This core Unity class explores the Gospels, Letters, History and Apocryphal literature that comprises the New Testament. We will develop an understanding of the Christian Scriptures' meaning for the people to whom they were written. Understanding these writings as a Testament about Jesus Christ rather than a Testament of Jesus Christ frees us to appreciate the powerful faith of these first followers of The Way.



LIVING A JOY-FILLED LIFE | *Teri Wilder*
Tuesday, December 2 • 7–9 pm

We can count on one thing in our lives - change! It is always our choice as to how we move through change, and how we're feeling about things reveals our connection to Source/Spirit/God. Come learn and create different ways in which you can make choices with wisdom and clarity, and move in the direction of a joy-filled life.



THE EXPRESSION OF SOUL THROUGH FLOWERS | *Kevin Kelly*
Saturday, December 6 • 9 am–12:30 pm

Flower arranging is an elegant art deeply rooted in soul. This class is a meditation on the relationship of soul and creativity; craft and art. Each person will complete a flower arrangement and no previous experience is necessary. Kevin will provide all necessary materials; you just need to bring a pair of scissors. Class size is limited and pre-registration is required. Registration and materials fee of \$25.00 is due no later than Sunday, Nov. 30.



WHAT IS UNITY? | *Rev. Bob Barth*
Sunday, December 7 • 12:30–1:15 pm

If you would like to know more about Unity and your ministry, you are invited to attend "What Is Unity?" This is great for newcomers because you may ask your questions about Unity in general and our church in particular. All are welcome.



ALL IS CALM; ALL IS BRIGHT | *Debra Baker*
Thursday, December 11 • 7–9 pm

This meditation will be the gift you give yourself this Christmas season. Imagine the holy moment, pregnant with possibility, when one person, Jesus, was born fully ready to Be in the Presence throughout his human journey. As if the world stood still in awe and wonder at what was possible, what could happen? We'll take this evening to be in the Stillness, allowing Spirit to reveal to us what is possible—the same possibility that was present that first Christmas.



"GET OVER IT" & MOVE ON: HOW TO LET GO OF THE PAST | *Jeannine Fox*
Offered twice: Thursday, December 11 and Thursday, January 22 • 7–9 pm

Deep within each person is the power to heal; that place where understanding, acceptance, forgiveness and peace reside. However, the disappointments and trauma in our lives sometimes seem insurmountable. No matter what your life experiences, this workshop will guide you through the steps to release past hurts and help you discover your own inner strength and power to heal.



WHAT IS UNITY? | *Rev. Patricia Bass*
Sunday, January 4 • 12:30–1:15 pm

If you would like to know more about Unity and your ministry, you are invited to attend "What Is Unity?" This is great for newcomers because you may ask your questions about Unity in general and our church in particular. All are welcome.



ARE YOU PRESENT YET? | *Karen Harrison and Ricky Yutuc*
Tuesday, January 6 • 7–9 pm

Would you like to further your experience of being present? Now that you have read about Being Present, experience it using movement, breath, sound, meditation, being the witness, music and more to move you into a state of peace, bliss and love. Karen Harrison has served on the Spiritual Counseling Team at UCOP since 1994 and leads the Reiki Circle at church. Ricky Yutuc is a musician, sound healer and has many years of meditation experience.



THE 12 POWERS: YOUR TOOLKIT FOR DEVELOPING THE CHRIST WITHIN | *Barbara Hadley*
Class begins January 14 (meets for 5 sessions over a 7 week period) • 7–9 pm

Start the New Year with 12 divine ideas that make up Christ Consciousness. Are they borrowed from eastern religions or born out of the mind of Charles Fillmore? This metaphysical teaching is central to Unity teachings. By the end of the class you'll have a meditation toolkit to use for prosperity and healing. This class is practical and will move you higher in consciousness. 10 Core SEE credits.



AWAKENING THE DREAMER, CHANGING THE DREAM | *UCOP Green Team, sponsors*
Saturday, January 17 • 9 am to 2 pm

The modern world is one rooted in consumption and acquisition without any regard to the consequences of the natural world or even our own future. The biggest challenges and opportunities of our time are environmental sustainability, spiritual fulfillment and social justice. This Symposium explores the current state of our planet from a new perspective and connects participants with a powerful global movement to reclaim our future.



YOGANETICS: ONE BREATH AT A TIME | *Wyatt Townley, E-RYT 500*

12 weeks/24 Mon. & Thurs., Jan. 19—April 16 • Mornings: 9:30–10:30 am/Evenings: 6:30–7:30 pm

Recommit to caring for your body in 2009. A kinder, gentler yoga, the *Yoganetics* program is a breath-based system of yoga done on the floor in slow motion with the eyes closed. It tends body, mind and spirit and moves beyond the mat to affect all areas of life. Beginners are welcome; people of all ages, sizes and levels fill the classes. Call (913) 381-1984, or visit the website at www.yoganetics.com.



FAMILY MEDITATION NIGHT | *Craig McAndrew, Karen Harrison and Ricky Yutuc*
Tuesday, January 20 • 7–9 pm

Bring the entire family to these special classes. Craig will be offering his Beginning Meditation workshop for adults at the same time that Karen and Ricky are offering Silly to Serious Meditation for Kids (ages 7 to 13). Kids will explore several modes of meditation—breath, music, movement, mudras, chanting and laughing. Bring your whole family and learn together the wonderful effects meditation can have on your lives.



2008—2009 Prayer Chaplains

Sacred Service



Eileen Stulak, Director of Sacred Service
photo courtesy of Nick Krug, Lawrence Journal World

As I sit down to write this article, I do so as a 'veteran' of two weeks as the Director of Sacred Service here at Unity Church of Overland Park. As you may know, I have been away from our ministry for the past year in order to serve our sister church in Lawrence, Kansas. Since my return, I have been welcomed with such love and support. I thank you for that and want you to know that it is wonderful to be 'home' again.

What an exciting time to be here! As we move toward the end of this year and prepare to enter into 2009, we do so with an intention of answering the question, "Who am I called to be?" As described on page 2 under "It's Time to Shine in 2009," we will be creating teams early next year that will begin to focus on bringing the goals of our ministry into manifestation. I encourage each of you to prayerfully consider where it is that you may be called to serve and how it is that you are being guided to support the Vision, Mission and Values of our church.

I believe that each person has a calling that is uniquely theirs to bring forth. A calling that may begin as a small seed, but one that will always grow into a magnificent bloom when we partner with Spirit in its co-creation.

If you have not yet begun to do so, I encourage you to begin asking yourself these questions: "What unique seeds has God planted within me?" "What wonderful blooms am I being called to bring forth into my community and the world?"

It is time to listen to Spirit's voice, to answer the call and to be all that we have come here to be.

SUPPORT GROUPS

For the most up-to-date support group information, please go to www.ucop.org.

Al-Anon

Tuesdays and Thursdays • 7–8 pm
 For families & friends of alcoholics

Alcoholics Anonymous

Mon, Wed or Thurs • 7:30–8:30 pm
 Tues. • noon

Last Monday of the month is the open meeting.

Codependents Anonymous

Tuesdays • 7–8 pm

A 12-step program that will help you face and work through your codependency issues. Come and join us; then start a wonderful new journey of deeper self-understanding.

Narcotics Anonymous

Mondays • 7–8 pm

This 12-step program is for those for whom drugs had become a major problem. By meeting regularly we help each other stay clean.

Overeaters Anonymous

Wednesdays 6–7 pm

Thursdays 11:30 am–12:30 pm

A 12-step program for support in turning over your food issues to a higher power.

Stand-Up Parenting

Tuesdays • 7 pm

Tough Love is a support organization for parents and family members of persons struggling with unacceptable behaviors. Come join this circle of people who can help you understand and meet the challenges of your current situation.

Wednesday Winners:

Debtors Anonymous

Wednesdays • 7–8 pm

A 12-step program for those who overspend and under-earn. The goal is to live financially solvent one day at a time.

SILENT UNITY EXPANDS TO UCOP

We are delighted to announce that Silent Unity is ready to expand their Telephone Prayer Ministry and has invited Unity Church of Overland Park to be part of this new expansion. We will become a Host Facility providing a sacred space where volunteers can come and take prayer calls.

Silent Unity will place volunteers on our premises during peak calling times in order to serve more prayer requests with the wonderful prayer support people have come to expect for more than 100 years. They will interview, train, schedule, coach and monitor all volunteers and provide all the necessary equipment. It is a service that will enrich and bless us all.

What a wonderful partnership! We anticipate this beginning in early 2009.

SACRED SERVICE

Extended Care Team

We are excited to share with you an addition to our Prayer Chaplains sacred service—a new team for extended care to the members of our spiritual community/family. We have ten Prayer Chaplains who have stepped into this compassionate role, have undergone extensive training and made a one year commitment to this team.

Their focus is on the visitation of those in our spiritual family who are no longer able to attend church. They make monthly visits to offer connection, prayer and unconditional love to those who no longer can enjoy sharing our Sunday celebration services with us.

Christmas Outreach

There are over 250 foster children, AIDS patients, adults with mental disabilities and individuals from our own spiritual family who will have a more delightful, joy-filled Christmas because of your generosity and compassionate giving. In mid-December we will deliver these beautiful gifts to those expectant recipients as we share from our hearts to theirs.

Thank you for your most generous love in giving to those less fortunate than ourselves.

C.O.P.P. Care of Poor People

Thank you to all in our spiritual family who stepped into service in support of COPP "Survival 8" event.

Our service in helping set up the event, providing and serving food, providing and sorting clothes and much more supports those less fortunate in our area.





Unity Church of Overland Park
10300 Antioch Rd.
Overland Park, KS 66212

Office: 913-649-1750
Fax: 913-649-0429
Church office hours:
9 am to 5 pm Monday-Thursday
Bookstore: 913-649-3875
Heartline: 913-649-3214
Website: www.ucop.org
Celebration Services:
Sunday at 9 am and 11 am
Nursery Care and
Sunday School is available.

PRAYER CHAPLAINS



Dawna Adams-Davis



Ed Brown



Paul Irvin



Kathy Jones

PRAYER CHAPLAINS

Our Prayer Chaplains are dedicated to be in service to our spiritual family for one-on-one prayer after our many services. Individually they call almost 30 people each month to offer prayer support - they listen from the heart and keep absolutely confidential all they hear. The group individually and collectively constitutes a powerful prayer consciousness.

If you are not receiving a monthly prayer support call from your own Prayer Chaplain and would appreciate that support, please call the church office, 913-649-1750 and request to be placed on the list of one of our loving Prayer Chaplains.

SPECIAL EVENTS

Holiday Series: THE LIVING GIFT
November 30–January 4

Christmas Eve Candlelight Services
December 24 • 5, 7 and 11 pm

December 31
World Peace Meditation 6 am
Burning Bowl Ceremony 7 pm

White Stone Sunday • January 4 • 9 & 11

Rev. Nancy Jerome Retires
Special Reception, Sunday, January 11 following both services

Martin Luther King, Jr. Celebration
January 18 • 9 & 11 am

Fred Bogert • Songs of the One Voice
Concert: Fri, Jan 23 • 7 pm • Workshop: Sat, Jan. 24
Performance Sunday, Jan. 25 • 9 & 11 am

The church offices and bookstore will be closed
from Dec. 25—Jan. 4



Hummingbird & Red Zinnia by xxxxx

The beautiful photography from the Johnson County Camera Club will continue through January 2009. The Club has agreed to rotate many new pieces through the display. What great gifts for the holidays!



Hours: M-Th 10-8, Sunday 8:30-1



Lest We Forget by xxxxx

PRAYER & Meditation

As a spiritual community we offer many opportunities to be involved in activities that allow us as individuals and groups to be guided and led by Spirit.

- We are supported by a strong silent prayer team that prays daily with each name placed on a prayer request.
- Escape the busyness of our work-day activities for a time of quiet prayer and meditation. Monday through Thursday at noon, one of our staff holds the space, who holds the space of all possibilities for those who come to share this quiet time.
- Our Sunday Celebration Services are preceded by guided meditations in our Peace Chapel at 8:30 and 10:30 am each week. Join us for a sacred experience and time of quiet before service begins.
- One-on-one prayer support is open to all and available from any one of our trained Prayer Chaplains. You will find them throughout the church on Sunday mornings wearing silver name badges. They will hold a sacred space for you, listen and pray with you from the heart and hold what is shared in absolute confidence right there “on the spot.”

COMMUNITY Books & Gifts

Christmas sale Dec 7— Dec 24
20% off gift items and jewelry
(excluding Windstone)

Bookstore hours: 913-649-3875
(closed during services)
M–Th 11–5:30
Sun 8:30–1



Unity Church of Overland Park
10300 Antioch Road
Overland Park, Kansas 66212

For Someone Special:

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