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YOU CAN RECEIVE an inspirational message weekly when you share your e-mail address with us. Just send a blank e-mail with the word "Add" on the subject line along with your name to unitytus@qwest.net. If your address changes we would appreciate the old address as well. E-mail is also an easy way to contact Unity of Tucson or our ministers with questions or conversation about our ministry and Unity principles. Unity of Tucson now has a presence on Facebook and we invite your participation. <http://www.facebook.com/pages/Tucson-AZ/Unity-of-Tucson/163597140101>

UNITY OF TUCSON
3617 N Camino Blanco
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Sent with blessings to...

PRAYER IS THE HEART of Unity of Tucson and is expressed within our **Prayer Chaplain Ministry** as well as our **Prayer Tree**. Prayer Chaplains are introduced each Sunday during services and are available to anyone who seeks a moment of supportive prayer. Contact Alan Katz our Prayer Chaplain Coordinator, email: unitytucsonpc@gmail.com or call 270.2262. **The Prayer Box** is available in the Foyer. Our Prayer Tree is accessed by calling 577.1460. Anyone wishing to be part of either activity is welcomed. Call 577.3300 for more information. **Note: Wednesday Prayer Service** is at 10 am. Annex Room 3.

PRAYER CHAPLAIN MONTHLY WELLNESS PHONE CALLS

- A 3-5 minute monthly phone call from a Prayer Chaplain for uplifting, positive, prayerful support with any request, great or small, celebratory or needful.
- A service that provides yet another connection between Unity of Tucson and its congregants.
- An on-going affirmation that you are appreciated and loved.

If you would like a monthly call from a Prayer Chaplain, please complete the following and put it in the collection bag or hand it to a Prayer Chaplain at the end of the service. Alan Katz, our Prayer Chaplain Coordinator is available, email unitytucsonpc@gmail.com, or phone 270.2262.

Name: _____

Phone Number: _____

MONTHLY AFFIRMATIONS

from the Daily Word

JULY

- Inner Peace...**Centered in Spirit, I am at peace.
- Guidance...**The wisdom of God is revealed through me.
- Healing...**God renews every cell of my body.
- Prosperity...**I have all the time, energy and money needed to do what is mine to do.
- World Peace...**The world is awakening to the truth that divine love prevails.

AUGUST

- Inner Peace...**The peace of God is now expressing in me.
- Guidance...**Divinely guided, I move forward with confidence.
- Healing...**I claim my innate health and wholeness.
- Prosperity...**I live in an abundant universe.
- World Peace...**I see peace; I speak peace; I live from a peaceful heart.



A VIEW OF CHRISTIANITY

by Mary Ellen Swartz

IN THIS SERIES WE HAVE been doing an overview of each of the seven major councils of the Church which were ultimately responsible for the defining of Christianity. Previously we touched on: the Council of Jerusalem, the Nicean Council, the Council of Constantinople, the Council of Ephesus, the Council of Chalcedon and the Second Council of Constantinople.

The next referred to as the Council of Constantinople III, was called in 680 CE by Emperor Constantine IV. From the beginning councils were bureaucratic and political. Some have said that heresy seemed to be the game of the day for the councils, if that be so, then this one was no exception. The heresy involved Monothelism (from the Greek, referring to "one will") and the outcome of the council was to put an end to it and to anathematize anyone who taught or accepted it.

The dispute actually began years earlier when the emperor decided it was time for Christianity to be defined and have a theology. The emperor accepted Monothelism or one will, human/divine will. Therefore this was being taught within the Eastern Catholic Churches (Constantinople) at the same time, the Western Catholic Church (Rome) was teaching the two wills of Jesus – human and divine – that were operating in union.

Two years prior to this council, the previous emperor (as head of the Eastern Church) had asked the pope (as bishop of the Western Church) for an assembly of eastern and western theologians. This synod met in Rome to assess the replies that had come in from the regional synods on this subject.

The Monothelite position had been supported previously by several emperors as well as some of the leading patriarchs of the time. Emperor Heraclius (from the east) had supported it and Pope Honorius I (from the west) had either endorsed or tolerated it. While this issue may not seem to be important to the reader or we may be neutral about it, at that time it was not a small issue. In fact, the debate on it had caused years of

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IMPLEMENTING OUR PURPOSE

by Larry Swartz

LAST EXPANDING HORIZONS I spoke to the purpose of our Church... Unity of Tucson...and said it is to be found within the words sharing a message that empowers, enlightens and provides a new vision of life and living. Great words, yet for it to be implemented it needs to be

shared by everyone who claims this ministry as their ministry and steps up to a level of ownership without which a necessary point of connectivity isn't established. It is like the saying we only get back to the level of what we put in.

We live in busy times, arguably because the increase in technology somehow translates into more irons in the fire and more that we feel we must do. Yet our busyness has the ability to be translated at the end of our week as a sense of something missing that is important and our not knowing what it is.

Unity teaches we are spiritual beings, the very essence of Spirit just presently exploring physicality, and go in and out of this physical adventure each time building upon the previous as we bring a new set of intentions with us. It is presented within Unity that this adventure of life is predicated upon many principles or laws such as self responsibility, a basic objective of fulfillment and joy, and the underlying principle that based on the law of consciousness we are the creators of our own realities.

Do we need a place like Unity of Tucson within which to explore and enhance who we are? Of course not. What happens if we do nothing whatsoever to consciously enhance our spirituality? In the long run, nothing. Why? We are who we are and nothing can change that. We are spiritual beings, living in a spiritual universe, and governed by spiritual law, but the caveat that might be understood is that doing something that enhances conscious awareness of our spirituality allows life to be the experience of joy, abundance, peace, love and light that it is supposed to be.

I'm sure we could each make the choice to give little if any thought to the God or Source activity within us and go

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 www.unitytucson.com.
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OFFICE HOURS: Monday-Friday: 8:00 am-4:30 pm Sunday:
 8:30 am-12:30 pm

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Eva Buzzard

STORYTELLER: Donnie Schweiger

UNITY OF TUCSON is financially supported through your tithes and offerings. This ministry does not get subsidies from a central office or headquarters. We know that God is the Source of this Church. We see all required financial resources rushing to us through God's many channels of abundance.

When remembering this ministry in a will, please designate it as Unity of Tucson, of which Larry and Mary Ellen Swartz are ministers with headquarters in Tucson Arizona, No Unity Church shares in the gifts, income, or legacies received by Unity School of Christianity, or the overall Unity Movement. Each Unity Church is a separate legal and financial organization. So please be specific when giving to, or endowing, Unity of Tucson.

Mary Ellen, Continued from Page 1

infighting within and much bitterness between the popes and the patriarchs, of the Western and Eastern Churches (most of Egypt was Monophysite) and this had led to violence. The deaths of Pope Martin I from the West and Saint Maximus the Confessor from the East resulted from that violence.

The outcome from the Third Council of Constantinople was a determination that there were two wills in Jesus, divine/human, and two distinct principles of operation. Further, it was not allowed that anyone produce another faith, write or compose, consider or teach others anything other than this council's definition of those wills, whether it was from Hellenism or Judaism or any opposing view. No novelty of speech nor invention of terms in opposition to the council's statement was to be allowed. If any one did, if they were bishops or clerics they would be deprived of clerical rank, and if they were a monk or a lay person they would be excommunicated.

If the Council hoped that their settling the issue of Jesus' will would result in peace between the West and the East, then they were not correct. History shows that there was continued struggle between the two branches of Christianity and eventually there was a split. If the council thought that they would stamp out Monophysite Christianity, they were incorrect on that as well. It's roots went deep and it lives on in Egypt, Ethiopia and other areas of the world today.

To be continued...



WEDDINGS

Erasmus A. Ramirez and Mary Carolyn Ball, December 26, 2009

Frederick Wilfred Farnam and Marsha Frances O'Neil
 December 31, 2009

Mark Knickerbocker and Emma Fry, January 24, 2010

Mario Martin Polanco and Melinda Ann Catalan, February 5, 2010

Robert Asaro and Lynne Carlen, March 6, 2010

Jason Saline and Lauren Haglund, April 14, 2010

Allen Hoeflinger and Michelle L. Shaffer, May 8, 2010

Donald Hammond and Rose P. Iannuzzi, May 15, 2010

William L. Sykes, Jr. to Brenda Faye Croft, June 12, 2010

MEMORIAL

Marjorie Schulthels Medford, February 13, 2010

Jackalyn Dawn Grabill, February 27, 2010

Thomas Edward Rogers (Tommy) March 7, 2010

Ruth Marie Adams, April 17, 2010



Larry, Continued from Page 1

through our lives relatively happy and fulfilled, but to feed and nourish on an ongoing basis the platform of who we truly are allows things to flow the quicker into all aspects of our lives. What things? More rendezvousing with the dreams, desires and plans we have put in consciousness, more harmony within the cells of our bodies that translates into wellness, more acceptance of the abundant universe which translates into more spendable dollars, and more acceptance of ourselves right as we are that translates into fulfilling relationships. This is why many make the choice to allow Unity to be a cornerstone of their lives. Things flow more easily and the other part of their lives is buffered with more peace.

Am I preaching to the choir? Let me then bring into focus what was in my last article when I said sharing a message that empowers, enlightens and provides a new vision of life and living.

Unity's message comes in a variety of ways. It is found within the books that would be considered as having a Unity origin, however truth is truth wherever it is found. It is found within lessons presented from within a Unity Church, usually from ministers who have graduated from Unity's ministerial training program. It is found within the often intangible atmosphere that over the years has "collected" the consciousness of the many who have gathered to pray, listen and share. It is found within an atmosphere of acceptance as within Unity everyone is accepted just as they are. Our message can be said to be presented in such a way that once heard, enables the hearer to leave and go into their week feeling better about themselves for it is often said that without this pick-me-up I wouldn't have any tools with which to engage life.

This leads us to empowerment as a part of our purpose. Unity's message isn't ever delivered from an attitude of superior to inferior...always from a knowing that we are all in this together. Hence our messages are a sharing of ideas that if good enough for the one who is sharing, just possibly might be something someone else might also find helpful.

Typically by the time someone finds Unity, or the people who comprise the large percentage of our congregations as compared with those who were born into Unity or New Thought, the more traditional teachings of unworthiness, sinfulness, guilt and shame have been, if not eradicated completely, at least not emotions experienced everyday. So, Unity's teaching of empowerment is a breath of fresh air, if not initially fully understood, is at the very least a welcome departure from predestination and similar teachings/beliefs.

What does conscious awareness of empowerment do? It at last reveals to someone, who in their seeking is probably now more open minded than they have previously been, the understanding that they are the creators of their own reality. While this is always the case, for just finding Unity doesn't turn on an inner switch that activates empowerment that creates one's reality, it like gravity is always on, always operable.

But now, within one's more open awareness they find within Unity the tools that all are using anyway, and now learn how to use these tools consciously, hence being more at the helm

and working within a greater understanding of the law behind how all things work. Within Unity is found the understanding of the Law of Mind-Action, a.k.a. The Law of Consciousness, a.k.a. The Law of Attraction and thought is the tool.

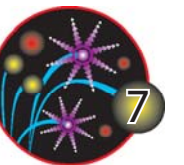
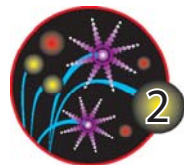
At this point in the understanding of the workings of life we are led to the understanding of the absolute accuracy of the workings of the Universe. Thought is the tool with which we input into consciousness, and our life is an accurate expression of consciousness, hence we are always creating our own reality. The thing we want to do is do this task purposefully and consciously.

Thought is modulated frequency that we are always sending, and through the Law of Mind Action, sometimes called the Law of Consciousness, sometimes called The Law of Attraction it will bring into the focus of our lives events, personalities, things and circumstances whose frequencies hang out in the same general area as the vibratory signature we are sending.

The key is awareness. The learned process is centering thought upon what gives us an emotional feed-back response of anything that is pleasant...hopefully joyful...but at least something pleasant. This is our pro-active input that is now purposeful that begins the process of shaping our experience...our reality. Centering our focused thought on the ever-changing now, or upon things we really do not want to drag into our consciousness, is perhaps what we all did before the understanding of the process of how to use empowerment to create our own realities. The clue might should have been that in place of feeling a pleasant emotion, it was anything but.

Then our purpose used the words enlightens and provides a new vision of life and living. Unity's understanding of spiritual principle brings light or awareness that offers a new vision of life and living. We offer this in so many ways. We share the realization that the basic code of life includes living within healthy bodies, enjoying financial supply that fulfills our desires and goals and so much more. Life is supposed to be fun, rewarding, fulfilling and secure, unless through our implementation of empowerment to create our own realities we get focused on something other than this.

This is why many make the choice to be consistent in their exposure to these Unity ideas for they certainly understand the presence of other facets of their lives that throughout their week do not reinforce the principles of joy, abundance and peace. Consistency...some exposure to input that helps keep one on the positive side of life is important. Enjoying the company of others who are also seeking to consciously identify themselves with the God-Source Self that they are is reinforcement and things generally go better than if we make another choice. Remember, we are not only spiritual beings, but we are the expression of the God-Source Energy that is in and of Itself expanding. And, to feed this awareness is Unity's purpose for all who will choose to be part of us.



BOOKSTORIES by Sammie Alijagic Greetings!

THREE YEARS AGO Doris Stremel retired from the bookstore. Now I get to watch the documentation of spiritual evolution. Spiritual Beings are coming out of the closet of woo-woo, and authors are working with researchers and scientists to shine lights in those dark corners. Books, CDs and DVDs are revealing findings and recording what we've known all along. Spirituality is consciousness. Now we can tell our black-and-white thinking relatives, See??? It's scientifically proven... read this!

Light waves and particles co-exist, understanding string theory can enable us to alter the course of our own lives. Re-altering our thoughts can produce physiological change at the cellular level. Computer software has become so sophisticated that the brain is being imaged and is proving it.

Plants grow faster, people can calm down and turn swords into plowshares, the unspoken complexities in historical role models like Jesus the Christ and Moses are revealed in literature.

Research labs now work in concert with, instead of against leading edge thinkers like author Lynne McTaggart. (One of her research labs is at the University of Arizona, headed by Dr. Gary Schwartz). Periodically she places calls to action through the internet, to the world.. During a scheduled time participants send healing energy to a location, and changes in hostile activities are documented. Evidence points to YES... people's good vibes are contagious. Her books, and others' describe and explain the processes.

You can read about this in her two books, *Intention Experiment* and *The Field*. Her work is mentioned, by name, in Dan Brown's *The Lost Symbol*.

A useful approach to TM is typified in *Catching the Big Fish*, by Hollywood writer, director (Eraserhead, Elephant Man, etc) and visual artist, David Lynch. Its 1-2 page chapters are of his creative explorations through decades-long daily TM meditation. TM has been proven to reduce crime in large

cities surrounded by active meditators. So, The David Lynch Foundation awards bazillions of dollars yearly to schools for youth to learn life-improvement through meditation.

Spiritual Technologist and spokesperson Gregg Braden is bridging time, space, miracle and beliefs, "shattering the paradigm of false beliefs." He's a prolific author. *The Spontaneous Healing of Belief*, *The God Code*, the *Divine Matrix* and *Speaking the Lost Language of God* are but a very few of his titles that we carry.

In the Noetic Sciences Section, you'll also find books by Dr. Master Sha, Drunvalo Melchizadek, and movies like *One*, and *Oh My God*.

Healthy mind healthy body? Nutrition and exercise are mainstream wisdom for maintaining the body so now we're hungry for harnessing energy, manufacturing it, controlling it and using it to help ourselves and others. The bookstore has expanded the health section to include a broad selection of energy healing modalities. Learn more about chakras, meridians, tapping, tuning, even Reiki and massage. We are also including "kits," usually a book, CD, wisdom cards and study guides. My two favorites are *Color Intuition* and *Shamanic Drumming*.

A section unto itself houses books and CDs of Dr. Steven Gurgevich. He's the director of the Mind-Body Clinic at [Dr. Andrew Weil's] Arizona Center for Integrative Studies and renowned in medical hypnosis, the body-mind connection. He guides you to your own source of healing power through this trance-work. He's authored over 70 audio programs and books. *Relieve Stress with Medical Hypnosis*, *Relieving Guilt and Shame*, *Brain Injury*, *Back Pain*, *Healing Island*, *Erectile Function*, *Surgery* are but some. He and his wife, Joy Gurgevich are Unity members (she sits on our Board as a member representative). He donates many of his CDs, so we are double blessed. As my teenage grandson will tell you, Dr. G is the most awesome dude on the planet.

Thank you for *Being at The Secret [metaphysical] Bookstore at Unity of Tucson*. Tell a friend, okay?!

PRESIDENT'S MESSAGE

by Lon Robbins

HOW MANY TIMES have we heard someone say something similar to: when we get to Unity of Tucson's property and buildings, we begin to get a feeling of tranquility, presence of spirit, calmness, or something closely akin? There are, no doubt, many reasons for this, but high on the list are the beauty of the mountains, desert, landscaping, comfortable and welcoming spaces, and a general feeling that here is a place that is being taken care of by loving and skilful hands and hearts.

Things don't just happen around here. Many dedicated volunteers create and maintain a lot of this good stuff. These volunteers provide a great deal of comfort for the rest of us and they also receive a blessing that leaves them feeling a big part of our spiritual community. We know that feeling like a part of what is going on keeps our people coming back and joyful. If you would like to jump right in just contact Jackie Fortier, (546 1967 or email unityvolunteers@gmail.com) and find out about all the opportunities for service here at Unity of Tucson.

A lot of our accomplishments come from ideas and suggestions filtering to our Board of Directors from committee work. A couple of very effective efforts recently have come from our Building and Grounds Committee lead by Norma Roland and our focus groups lead by Mark Rasdorf and Doris Stremel. Thank you cards have gone to those of you participating in focus groups expressing thanks for the many Ideas and suggestions as a result of in depth studies by these focus groups.



Here are just a few of the accomplishments resulting from the combined efforts of these two committees.

- Meeting and greeting has been given greater energy.
- Order of service has been simplified for ease of reading.
- Updating and freshening of the website has been done.
- Refurbishing of Harmony Hall is in progress.
- Accessibility to our property has been improved.
- More parking for those using walkers and wheelchairs has been provided.
- A new sidewalk has been added without harming the beauty of our grounds.
- Chairs have been removed to allow for wheelchairs and walkers in the sanctuary.
- Guests now receive a welcoming flower.
- We have Facebook in progress
- Wi-Fi has been added for general use.
- IONS and Dowsers are large groups meeting here providing community exposure.
- Front landscape and safety lights and timers have been repaired.
- Parking lot lights have been upgraded.
- Our parking lot and driveway investment has been protected by resurfacing prior to the rainy season.

As you can see, we've got a good thing going. In general, people in the congregation are happy, and want to do more and be more involved. We just want to step it up a little bit with more fresh ideas and commitment.

THANKS AGAIN TO MARK, DORIS, NORMA, AND MEMBERS OF THE FOCUS GROUPS FOR ALL OF THEIR VERY EFFECTIVE WORK. WE LOVE AND VALUE YOU GUYS.

PLEASE TAKE NOTICE

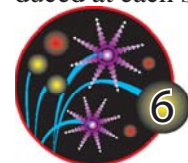
CURRENT EVENT changes may occur (and generally do) after the printing of *Expanding Horizons*. Keep up to date by reading about these changes in our **Sunday Bulletin**. Unity of Tucson does not necessarily endorse all of the workshops/seminars offered through our facility. **Editors note...**Articles for the next issue of *Expanding Horizons*, are due in the office by the **15th of August, 2010**. They may be submitted by email to office@unitytucson.com. The office will respond when submitted by email. Typed copy mailed or dropped off in the office. **Please call the office, 577.3300, if you have any questions.**

HEALTH MINISTRY SERVICES

REGISTERED NURSE PRACTITIONER, MARY KELLEY provides professional diagnosis and treatment, including prescriptions, by appointment at Unity (490.2035). Medicare is accepted. Mary is also available for Biofeedback treatments for headaches, high blood pressure, anxiety and muscle pain. Suggested love offering, \$30.

PRAYER CHAPLAINS

ARE AVAILABLE for everyone interested in prayerful support, every Sunday morning to *Hold Spiritual Space, Lovingly Listen, Speak from the Heart and Hold in Confidence all that is Heard*. They are identified by their name tags and are introduced at each service. Monthly wellness calls will be made upon your request to Alan Katz, our Prayer Chaplain Coordinator is available, phone 270.2262 or email unitytucsonpc@gmail.com.



Notary Public...If you have need of a notary public, *Mary Ellen Swartz* is happy to perform this service for you. Remember, documents **must be unsigned** prior to her notarizing them. Please call to make sure she will be here before you bring your papers to be notarized. Phone: **577.3300**

UNITY SCHOOL OF CREATIVE LIVING TODDLERS-PRESCHOOL

Full or part-time available for **children ages 1-5 years**, throughout the year with a minimum of days off for holidays.

Preschool: 3 - 5 years old
Toddlers: 1 and 2 years old
Hours: 9:00 am — 3:30 pm

Before and after school care available:
7:00-9:00 am & 3:30-5:30 pm

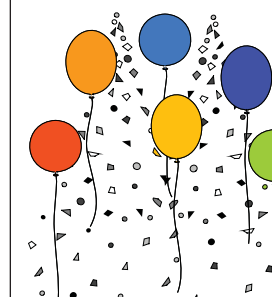
Please call Marilyn Raw, 577.3300 for more information.

CD OF SUNDAY LESSONS

PAST SUNDAY LESSONS may be ordered for \$5 each through the bookstore or call the office, 577.3300. *An additional charge of \$1.50 ea or \$2 for 2, if mailing is desired. CD's are held in the bookstore for 30 days.*

SOLERI BELLS

A SELECTION OF SOLERI BELLS is available for purchase in the Bookstore. Larger bells may be purchased in memory of a person or an event, and placed along the high wall to the south or may be purchased as a gift.



PARTY FOR US!
ON THE FOURTH SUNDAY OF THE MONTH, between services, we will have a party with cake to celebrate all the events of the month: birthdays, anniversaries, successes, graduations, completions, beginnings, failures (for the lessons we learned), triumphs and general partiness. Please come and share whatever you have to celebrate.



UNITY OF TUCSON'S VOLUNTEER PROGRAM

VOLUNTEERS ARE IMPORTANT
VALUABLE AND APPRECIATED!

ANGEL ON THE WING... "On Call" Angels help occasionally with special tasks or when our regular volunteers are on vacation or away for the summer.

E-Z GO CAR DRIVER... Transports people from the parking lot to the North porch before and after both services, especially when there is special need or the weather is unfriendly.

USHERS... Lovingly welcome people, ensure each has a morning program and assist in receiving the offerings.

GREETERS... Warmly greet all of our congregants to help them feel welcome to our spiritual home.

KITCHEN ANGELS... Teams of 2 prepare and serve refreshments along with bagels during our fellowship hour between 10:00 and 11:00 am.

SUNSHINE ANGEL... (New Position) Sunday mornings only, duties include Coffee Making and setting up Unity Signs. Training available.

BOOKSTORE ANGELS... Show their love of books, meet new people and are part of a wonderful team on Sundays and during the week.

SOUND BOARD... Training available. *One Service, One Sunday A Month.*

CHOIR... Rehearsals...Sundays: 12:15 pm. Have a chat with Linda Ackermann on Sundays.

YOUTH EDUCATION... Teachers serve one Sunday a month, during the 9:00 am Service. Y.O.U. or Uniteens, contact Mark Ruhl, mruhl10@gmail.com. Children's Church, contact Najah Swartz, najahsw@hotmail.com.

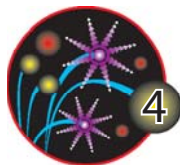
SUNDAYS, Jackie is available with more details on any of the above positions or you can contact her at 546.1967 or email: unityvolunteers@gmail.com.

SANCTUARY FLOWERS



SHARE THE BEAUTY OF FLOWERS.

The fresh flowers in our Sanctuary on Sundays lend a welcoming glow to our Church. If you would like to donate flowers in memory of a loved one, or just because... please notify the Church office by Tuesday noon at 577.3300 for the following Sunday or the Sunday of your choice. The cost of the flowers is \$75.



LARRY AND MARY ELLEN

are available should you have a question or want to talk...

577.3300 or unitytus@qwest.com

UNITICS' ADVENTURES

by Molly Nelson, Unitics Coordinator, 303.6042, 488-8284 or
Unitics@q.com

PROJECT CONNECTION is finally up and running. This is the program to generate a list of folks with the same interest and provide each of them with contact information—name, phone, zip code, and email. Because of the privacy issue, permission is required. To sign up contact me at the Unitics table on Sunday morning or send an email for the form to Unitics@q.com.

For those on the email list I have four distribution lists. The first is Bulletin Board that includes: Unitics, Unity, and IONS* programs, homes for animals and people, jobs needed etc. The second is News Only that includes just the Unitics, Unity and IONS events. The third is Jokes and the last is Spiritual thoughts that also include pictures of plants and animals. Let me know at Unitics@q.com if you want on or off any of these lists. In addition I send out a weekly schedule called *What's Happening* and a monthly calendar. Because of the separation of Church and State, I don't distribute anything political.

A new event is **Third Friday Dinner** which will move from area to area. The first is in the Northwest on **Friday, July 16** at Michelangelo's on Magee and Oracle, 420 W. Magee. The second will be in the North Central part of town on **Friday, August 20**. Be thinking of where you'd want us to go. Traditionally we have gone to Casa Vicente in September. And, of course, we do O'Shaughnessy's near St. Patrick's Day. Jazz-on-the-Run is changing to Second Saturday Jazz. Letty will pick a spot, give her a call, 743.3624. We'll still be at Ric's on the fourth Saturday.

The **Fourth of July BBQ** is upon us. We will meet at 6 pm on the Ramada. I'll bring hot dogs and hamburgers. I need to know how many and whether you need the veggie version or the gluten free rolls. Email me or sign up at the Unitics' table. Let me know what you'll bring. We have a great view of the fireworks; bring folding chairs.

On **July 18**, our after-the-potluck program will be presented by Sandra Wright who is very excited about the new *Reconnective Healing Program* that uses and expands all the known forms of energy healing. This ties in with the vibratory work we've been studying.

On **July 25**, the fourth Sunday, between services we will have the first ever **Party for Us**. This is to celebrate all the events of the month that we want to celebrate. Join us, it's a piece of cake.

On the **Sunday, August 15** Trish Silay will bring us a program of *Choices for Self Discovery*. As a ONE-BRAIN™ Facilitator she can identify and release the underlying and root causes for dyslexia, physical pain, fears, allergies, stress, and depression, etc.

On **Sunday, August 22** we'll have our second **Party for Us**. We'll do this on the fourth Sunday each month.

By unpopular demand, Tuesday and Wednesday movies have been cancelled.

*IONS: Institute Of Noetic Sciences explores the relationship between science and spirituality. This is supported by Unity International as well.

SOFIA (Sisters of Faith in Action)



WELCOMES ALL WOMEN who are interested to join in the fun to participate in any of the upcoming events discussed below. Our mission states "Within the principles of Unity, we learn, grow, empower, and connect with each other through spiritual community."

SOFIA's purpose is to provide opportunities for like-minded women to make a difference in church and community, share spiritual wisdom, create unlimited possibilities and foster joyful connections through the sisterhood of SOFIA. If that resonates with you, please join us: new faces are ALWAYS welcome and familiar faces, too – it is ALL good!!

Since March, we've been meeting monthly at the labyrinth to share a meditation and enjoy an evening walk beneath the full moon. In May, the full moon actually began to rise as our meditation began. It was truly breathtaking as all could attest to. Upcoming full moon labyrinth walks will be held **Monday, July 24 and Tuesday, August 24**. We meet at the Labyrinth at 7:30 pm and share refreshments afterwards in the gazebo. Please feel free to invite a friend and enjoy a relaxing, energizing walk under the light of the full moon and the warm companionship of others afterwards.

A special note of thanks to Marilyn Brodhurst who was instrumental in coordinating a group event to create handmade fleece blankets for the Linus Project. The Linus Project is a national group whose mission is to "provide love, a sense of security, warmth and comfort to children from birth to age 18 who are seriously ill, traumatized, or otherwise in need." Altogether, some 15 blankets were created by several women who gathered for a few hours on April 24th (as well as others who could not be there). Thank you, Marilyn, for giving us a chance to spread our love in Tucson. If you enjoyed participat-

UNITY OF TUCSON'S MONTHLY ART EXHIBITS FEATURED IN OUR FOYER

JULY ARTISTS

**JEAN SHULTZ, MAGGIE DORAN,
BLAKE HIGGINS, JUDY GALLEN,
LINDA HEAD, VERDA HAGGERTY,
MARTHA THOMSON, BONNIE BEDILLION,
TERRY WERTHEIMER, SUSAN LAYTON,
ANNETTE GRANTHAM, KAT MANTON-JONES,
AND JIM STREMEL.**

THIS MONTH we have a painting or two from several artists with divergent styles and subject matter. All are members of Larry Wollam's watercolor classes. Larry is a wild life artist and teaches realistic art, using watercolor, graphite, colored pencils, pastel pen and ink, or oil paints in a photo realistic style. The classes are offered by Pima County Parks and Recreation which include various arts and crafts classes. Most paintings are for sale by just contacting the artist and making arrangements for the purchase. We appreciate their efforts in providing us with a very interesting exhibit.

ing, or would like to contribute more blankets, their website has more information as well as local drop-off locations in Tucson: www.orgsites.com/az/project-linus-tucson.

On Saturday, June 19th, SOFIA got together off-campus for our 3rd annual Ben's Bells' Outing from 10 am to 12:30 pm. We spent time painting the bells at the studio at 816 E. University Blvd. and enjoyed lunch afterwards in one of the restaurants in the adjacent Geronimo Plaza. These bells are distributed to promote kindness in the community. Their website shares the story behind the creation of Ben's Bells if you'd like to learn more about it at: www.bensbells.org

"Sew and Chat" is set for July 17th, from 10 am to 4 pm. (This is where we sew drawstring duffle bags that will be distributed to the children in the foster care system.) Cathi Brandon will be coordinating this event in July. If you would like to donate a small stuffed animal to be placed in these bags for foster children on the move, there is a box in the foyer. These animals are available to snuggle with in the Sanctuary chairs on Sundays and receive your loving energy. Also, if you're able to donate material for this event, that would be greatly appreciated: washable cotton or cotton/poly blend material is easy to work with and makes durable bags; each bag requires one yard of material. Material may be dropped off to the office during weekday hours. Other supplies needed are cording (lighter weight clothesline), scissors, tape measure/yard stick, power strips, safety or straight pins, iron and ironing board. There are other ways to help besides sewing, like cutting fabric, installing cording, ironing, setting up/cleaning up. If you plan to sew, please bring your own sewing machine. For more information, please call Mary Kosies, office, 577.3300.

We're doing our best to keep an updated list of SOFIA events on the SOFIA Bulletin Board in Harmony Hall, so please stop by and check it out when you can...

AUGUST ARTIST

REBECCA OLSON

REBECCA OLSON'S COLORED PENCIL drawings, in a uniquely loose pastel style, are all done from life in sessions of under 3 hours. She coordinates Open Studios and art models at The Drawing Studio in Tucson, promoting the meditative value of drawing and the expressive possibilities of colored pencil in her drawing classes and workshops. She has a BFA in Studio Art from the U of A, did graduate study in artists' books, and trained in digital arts.

She does graphic and web design, illustration, and portrait commissions. She has won 2 ADDY awards (Gold and Silver) from Tucson Advertising Federation.

Website: www.beccart.com

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