



EXPANDING HORIZONS

Issue 1 ~ January 2016 ~ Volume 33



WELCOME 2016!

As we come to the end of one year and the beginning of another, it is not uncommon for people to wonder what is in store in the new year. The implication is that the year itself somehow can plan things out for them. Unity approaches this differently for Unity teaches that the individual is the deciding factor concerning their future. Each individual is responsible for his or her thoughts, feelings, actions and reactions. Nothing outside of us makes our choices for us and nothing outside of us can determine our future.

We can choose the attitude we will have about our short term or long term future. The attitude we will have will be based on whether we believe are one with God or we believe we are separate from God. Trepidation concerning the future can be traced back to a belief in separation from God. An attitude of fear comes from a belief that we are separated from the Source of our peace and security.

An attitude of positive expectancy is based on a belief that we are one with God, one with the Source of all that we are. Knowing our oneness with God produces a growing awareness that we are in the flow of all good - peace, wisdom, wholeness, abundance love. It produces an attitude that things always work out for us, we are always in our right place at the right time.

Knowing our oneness with God is knowing that we have a very real connection with the power of love within. We can consciously tap in to it and respond from love even if others around us are not making that choice. We have a very real connection with the power of wisdom within. We can consciously draw upon it for guidance prior to any meeting or appointment. We have a very real connection with the power of strength within and we can align with it for the energy to overcome (come up over) any seeming stumbling block we may encounter.

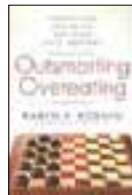
What is God's will for us in 2016? It is what God's will always has been for us... and it is based on unconditional love. We can expect that the will of God for any moment is that we experience our divine inheritance of all good.



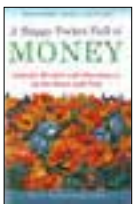
UNITY BOOKSTORE WISHES EVERYONE HAPPY READING



In Resilience from the Heart by Gregg Braden identifies the keys to thrive in life's extremes. Drawing upon his expertise in leading-edge science and wisdom traditions of the past, he shares practical strategies for embracing big change in a healthy way.



With Karen R. Koenig's guidance in *Outsmarting Overeating, Boost Your Life Skills, End Your Food Problems*, you'll learn how to establish and maintain functional relationships, take care of yourself physically and emotionally, think rationally and create a joyful and meaningful life.



True wealth, asserts David Gikandi, is about discovering value within yourself and value within other people. *A Happy Pocket Full of Money, Infinite Wealth and Abundance in the Here and Now* shows readers how to create abundance by saving, giving, offering charity and building happy relationships.



Adult Children of Emotionally Immature Parents, How to Heal from Distant, Rejecting, or Self-Involved Parents, by Lindsay C. Gibson, PsyD, helps to see how some parents create a sense of neglect, and discover ways to heal from the pain and confusion caused by your childhood.



SUNDAY SERVICE: 10 am ~ BOOKSTORE OPEN: 9 am - Noon
Refreshments served before and after the service in Harmony Hall.

UNITY OF TUCSON'S ART EXHIBIT FEATURES PHIL SMITH



PHIL BEGAN to photograph subjects to paint in his spare time. In 1983 he merged the disciplines of photography and painting, constructing three-dimensional mixed-media collage pieces that combined original photographic images with airbrush and traditional painting techniques and found objects.

Mixed-media photo collage presents a new view of familiar things. Each art piece is based on original photographic images of common and ordinary objects... windows, doors, or buildings. Some of the photographs are mounted on foam board to give the final artwork the illusion of having depth, while others are chosen to lay flat on the surface. Completed pieces are titled and framed under glass in canvas-depth molding, assembled in antique boxes or drawers as three-dimensional collage constructions or are mounted on painted canvas supports.

Viewers are asked to look at the initial images in a new context. The familiar is mingled with the out-of-the ordinary, with something of little similarity or with things completely new.

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UNITY PRE-SCHOOL

CHILDREN AGES 1-5
HOURS ~ 7 am - 5:30 pm

with a minimum number of days off for holidays

OUR GOALS

are to provide a positive, caring environment that allows children to experience success and build self-esteem, as well as prepare each child emotionally and developmentally through their play

Please call Marilyn, 577.3300
for more information.

New email...unity@unitytucson.com

EXPANDING HORIZONS is published monthly at: Unity of Tucson
3617 N Camino Blanco, Tucson AZ 85718-7239. 577.3300, Fax: 577.3721,
Prayer Ministry: 577.1460, Dial-A-Prayer: 577.1664.

www.unitytucson.com, e-mail: unity@unitytucson.com

OFFICE HOURS: Monday-Friday: 8:00 am-4:30 pm
Sundays: 8:30 am-12:30 pm. All submissions must be a MS Word attachment received no later than the 15th of the month prior, and are encouraged to be succinct and subject to editing. WITH YOUR SMARTPHONE (iPhone/Droid, etc.) scan the icon and be taken directly to Unity of Tucson's Web page.



A NEW YEAR THOUGHT

Recently a technique for emphasizing the good in our lives went out on the internet. The idea is to take an empty jar, make notes of the good things that happen in one's life and at the end of the year read the notes and see what blessings have unfolded.



I decided to put this uplifting method into action. My first thought was to use a quart-sized transparent jar. My next thought was: what if the jar is too small? I don't want to limit the blessings of 2016.

My next thought was that the messages of our ministers, Larry and Mary Ellen, often remind us that we are the ones who decide on the flow of good into our lives. Taking this to heart, I may have to use my computer which seems to have unlimited space to record the good for the coming year.

Realizing there probably are ways I am unwittingly limiting my good, I intend to open my heart and mind to the ever-renewing consciousness of God in my life and take steps to allow more good. I may need a very large jar to remind me of blessings as they unfold.

I wish ever-expanding good for each of us as we use techniques to unlock the flow of our Divine heritage in the new year.

— Doris Stremel, Vice President,
Unity of Tucson Board of Directors



AS OF THIS MOMENT
9 Promises...9 to go.



THIS 'OPPORTUNITY' ISN'T OFTEN shared in this fashion, but if we could find about 18 people who could, within wisdom, give an *extra* \$1000 we could purchase a small John Deere (or similar) Tractor with attachments that would

allow us to do a multitude of things in-house. If this would be something that would be within the wisdom category for you please let Larry know at 577.3300 or unity@unitytucson.com. If/when the number 18 is reached, you will then be contacted and you can fulfill your willingness with a check, credit card or cash. We are always moving sand, digging holes, grading the service entrance...yes, it would be very handy.

UNITICS ADVENTURES & OTHER ACTIVITIES ~ JANUARY 2016

For more information call 488.8284 or
email: Unitics@q.com
Molly Nelson, Unitics Coordinator.



NEW YEAR BRINGS some welcome changes. The Adult Sunday School will take on *The Five Principles of Unity* to study how to express them in our day to day adventures.

The Wednesday 10:30 am Book study will begin Neale Donald Walsh's *Communion with God*, on JANUARY 6 in the Prayer Room. On SATURDAY, JANUARY 9 we have two workshops. Kelly Valandry at 10 to 10:45 am, in Annex Room 3 will again offer her, *Fellow Sugarholics—How to beat the Sugar Blues* with strategies for managing cravings, eating for energy and finally fitting into you jeans. This will take the holidays off our hips. Free but a donation would be appreciated.

Also on JANUARY 9, Rev. Sandra Hooper from 1 to 4 pm, in Annex Room 3 has a dynamic Vision Workshop to tune into your purpose, pinpoint what's next for you and move into living your dreams. This will propel your New Year's resolutions. \$25.

Barbara Fredricks, author of *Addiction and Family Healing* will present new material on drugs and recovery on SATURDAY, JANUARY 23 from 1 to 3:30 pm. As a Substance Abuse Therapist and Certified Life Coach she will present facts and solutions to these problems facing families, workplaces, towns, and our country. \$5 donation.

Our new Trippers Group met to discuss outings, trips and cruises. As events and dates are set up, I'll send emails. If you're not on my email list, stop by the Unitics table to sign up.

Reiki sessions on TUESDAYS at 1 pm in Annex Room 4 will start JANUARY 19. Call Bernadette to set up an appointment. (215) 630-2967. She gives a full session per person and does not want anyone having to wait too long.

Our final event is on SUNDAY, JANUARY 31 to celebrate our kitchen remodel. We will have a "shower" with items registered at Bed, Bath and Beyond. Go there and ask for the list for Unity of Tucson. A shared Meal will be part of the festivities. Bring what you like to eat at a KITCHEN SHOWER.



FELLOW SUGARHOLICS...

HOW TO BEAT THE SUGAR BLUES WORKSHOP

Facilitated by **KELLY VALANDRY**

SATURDAY, JANUARY 9 ~ 10 am, Annex Room 3.
Suggested Donation: \$5.

THE VISION WORKSHOP IT'S TIME TO AWAKEN AND BE INSPIRED

Facilitated by **REV. SANDRA HOPPER**

SATURDAY, JANUARY 9 ~ 1 pm, Annex Room 1.
Cost: \$25.

PESTILENCE AND THE CASTING OF THE RENNAISSANCE:

The Effect of the Pneumonic Plague of 1348 on Art, Architecture, Literature and Religion with the Rise of Humanism

Facilitated by **ED SAVARD**

SUNDAY, JANUARY 17 ~ 11:30 am, Annex Room 3

SUBSTANCE ABUSE HOW DOES IT AFFECT YOU?

Facilitated by **BARBARA FREDRICKS**

SATURDAY, JANUARY 23, 2016

1 to 3:30 pm, Annex Room 1

Materials provided ~ Suggested donation \$5.

More information at:

Phone (520) 780-7502 ~ Barbarafredricks@gmail.com

JOIN US NEXT YEAR at the **GASLIGHT HOW?** Over the past years, Unity of Tucson has purchased a night at the Gaslight Theater during December. Those who have contributed to the ministry's welfare with gifts of talent, time and/or tithe during the previous year may be considered for an invitation. Past participation is always acknowledged and appreciated, however the list is compiled anew each year.

THE GUIDELINES FOR INVITATIONS MAY INCLUDE:

- Volunteer: No less than 8 shifts in the bookstore, or no less than 8 times as a greeter or usher, performance as a member of the choir, participate in Christmas decorating and undecorating, count Sunday offering (members only) no less than 4 times during the year, or volunteer in other ways for a minimum of 10 hours.
- Tithe: An undisclosed amount for the calendar year.
- Please note: Community service will not be counted toward an invitation to the Gaslight.
- Immediate family is invited, meaning those living under your roof. Single persons may bring a guest. All seats will be filled on a first call basis.
- Invitations are mailed with First Class postage in early December and responses are accepted after the mailing. Unity will not be responsible for a sent invitation being lost either by the individual or by the postal service.

WHEN GASLIGHT IS FULL, IT IS FULL.

When volunteering, please be certain to record your hours...Not a volunteer...want to be? Contact Jackie Fortier, our Volunteer Coordinator, she can explain it all, email: jacks7@hotmail.com or call 546.1967. Volunteers, or as we call them Angels, are greatly appreciated here at Unity of Tucson.

UNITY OF TUCSON'S ANNUAL MEETING
FEBRUARY 21, 2016 ~ 11:30 am ~ SANCTUARY

MONTHLY AFFIRMATIONS ~ from *Silent Unity*, JANUARY 2016

*The presence of God within is my peace.
I follow my inner light and move forward in faith.
Wholeness is my true nature. I am vibrant and strong.
I give and receive with a grateful heart.
I bless the world as I express peace.*

UNITY OF TUCSON
3617 N CAMINO BLANCO
TUCSON AZ 85718-7239

ADDRESS SERVICE REQUESTED

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PERMIT NUMBER 32

Sent with blessings to...



A SELECTION OF SOLERI BELLS

DISPLAYED IN THE BOOKSTORE, are available to be purchased and taken, or can be purchased in memory of a person or event, the bell then placed along the high wall of the Sanctuary. A record of memorial bells is found on the north porch.



BELL 186: In loving memory of Mom, Papa, Doug, Steve and Ted Fortier —Jackie.

BELL 187: In loving memory of my Grandmother, Father and Sister —Seth Southard.

BELL 188: In loving memory of Robert...*heart to heart forever* —Dianne Elton



NOTARY PUBLIC...IF YOU ever require a notary public, **Mary Ellen Swartz** is happy to assist you. Remember, documents must be unsigned prior to being notarized. Please call to make an appointment.
Phone: 577.3300.

SANCTUARY 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 of-fice by Tuesday noon at 577.3300 for the following Sunday or the Sunday of your choice.



Cost: \$75. **Holiday flowers, \$125.**



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has partnered with



This relationship now offers the opportunity of going to Amazon from www.unitytucson.com and clicking on the Amazon logo (amazon.com). This link will take you directly to the Amazon home page. If you choose to make any purchases, Unity of Tucson will now benefit financially...you will not pay a red cent more by purchasing through Amazon.com in this manner.


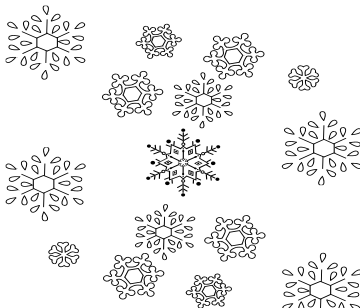




LARRY AND MARY ELLEN ARE AVAILABLE should you have a question or want someone to talk to
577.3300 or unity@unitytucson.com

JANUARY 2016

UNITY OF TUCSON ~ 3617 N CAMINO BLANCO ~ TUCSON AZ 85718-7239 ~ 577.3300

PLEASE REMEMBER...CHANGES OCCUR AFTER PRINTING OF *EXPANDING HORIZONS*...KEEP UP TO DATE: SUNDAY BULLETIN...UNITYTUCSON.COM...ALWAYS UP TO DATE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																								
<p>9 am: Adult Sunday School, Annex Rm 4 10 am: SERVICE Youth Education, Annex Rms 1, 2, 3 11 am: Youth Bake Sale New Art, Foyer 11:30 am: Unitics Games, Annex Rm 4 12 pm: Spiritual Movie & Brown Bag Lunch, Annex Rm 2 4 pm: Heart Rhythm Meditation, Annex Rm 4 Nance McGee Helen Townsend</p> <p style="text-align: right;">3</p>	<p>Pamela Egan Wanda Hein</p> <p style="text-align: right;">4</p>	<p>11:15 am: Yoga, Annex Rm 4 6 pm: A Course In Miracles Annex Rm 1 Larry Swartz</p> <p style="text-align: right;">5</p>	<p>10 am: Silent Unity Prayer Service, Prayer Rm 10:30 am: Book Study Prayer Rm 6 pm: A Course In Miracles, Urtext Version, Annex Rm 1 6:30 pm: Family Constella- tions, Annex Room 3</p> <p style="text-align: right;">6</p>	<p>6 pm: Way of Mastery, Annex Rm 3 Stella Hotchkiss Lenise Smith Stanley Sprei Celeste Stine</p> <p style="text-align: right;">7</p>	<p>HAPPY NEW YEAR  James Patten 6:30 pm: IONS Institute of Noetic Sciences, Monthly Guest Speaker Event, Sanctuary 7 pm: Reiki Circle, Annex Rms 3 & 4</p> <p style="text-align: right;">8</p>	<p style="text-align: right;">2</p> <p>9 am - 1 pm: CHRISTMAS UNDECORATING 10 am: Sugarholics Workshop Kelly Valandry, Annex Rm 3 1 pm: Vision Workshop Sandra Hopper, Annex Rm 3 John Lewis Rashaun Thompson</p> <p style="text-align: right;">9</p>																																																																								
<p>9 am: Adult Sunday School, Annex Rm 4 10 am: SERVICE Youth Education, Annex Rms 1, 2, 3 11:30 am: Author's Series, Annex Rm 3 11:30 am: Unitics Games, Annex Rm 4 3 pm: Helping Parents Heal, Annex Rm 3 4 pm: Heart Rhythm Meditation, Annex Rm 4 6:30 pm: IONS Book Group, Annex Rm 3 Ed Greenwell</p> <p style="text-align: right;">10</p>	<p style="text-align: right;">11</p>	<p>10 am: Elder Circle, Annex Rm 3 11:15 am: Yoga, Annex Rm 4 6 pm: A Course In Miracles Annex Rm 1 7 pm: Psychic Explorers, Annex Rm 3</p> <p style="text-align: right;">12</p>	<p>10 am: Silent Unity Prayer Service, Prayer Rm 10:30 am: Book Study Prayer Rm 6 pm: A Course In Miracles, Urtext Version, Annex Rm 1</p> <p style="text-align: right;">13</p>	<p>6 pm: Way of Mastery, Annex Rm 3 6:30 pm: TIES, Speaker International Association of near Death Studies, Sanctuary</p> <p style="text-align: right;">14</p>	<p style="text-align: right;">15</p>	<p style="text-align: right;">16</p>																																																																								
<p>9 am: Adult Sunday School, Annex Rm 4 10 am: SERVICE Youth Education, Annex Rms 1, 2, 3 11:30 am: Unitic Games, Annex Rm 4 11:30 am: Petulance and the Renaissance Workshop, Annex Rm 3 4 pm: Heart Rhythm Meditation, Annex Rm 4</p> <p style="text-align: right;">17</p>	<p>Jack Offenbach</p> <p style="text-align: right;">18</p>	<p>11:15 am: Yoga, Annex Rm 4 1-3 pm: Reiki Sessions, Call 215.630.2967 for appointment, Annex Rm 4 6 pm: A Course In Miracles Annex Rm 1</p> <p style="text-align: right;">19</p>	<p>10 am: Silent Unity Prayer Service, Prayer Rm 10:30 am: Book Study Prayer Rm 6 pm: A Course In Miracles, Urtext Version, Annex Rm 1 6:30 pm: Family Constella- tions, Annex Room 3</p> <p style="text-align: right;">20</p>	<p>6 pm: Way of Mastery, Annex Rm 3 6:30 pm: TIES International Association of Near Death Studies, Harmony Hall James McKnight Eileen Seaman</p> <p style="text-align: right;">21</p>	<p>7 pm: IONS Institute of Noetic Sciences Energy Circle Harmony Hall Diane Kennedy Karen Wentzel</p> <p style="text-align: right;">22</p>	<p>1 pm: Substance Abuse, How Does it Affect YOU? Workshop Barbara Fredricks, Annex Rm 1 Joseph Collins</p> <p style="text-align: right;">23</p>																																																																								
<p>9 am: Adult Sunday School, Annex Rm 4 10 am: SERVICE Youth Education, Annex Rms 1, 2, 3 11:30 am: Unitics Games, Annex Rm 4 11:30 am: Abraham DVD and Discussion Annex Rm 2 4 pm: Heart Rhythm Meditation, Annex Rm 4 6:30 pm: IONS Book Group, Annex Rm 3 Maxine Harris, Robert Prater</p> <p style="text-align: right;">24</p>	<p style="text-align: right;">25</p>	<p>11:15 am: Yoga, Annex Rm 4 1-3 pm: Reiki Sessions, Call 215.630.2967 for appointment, Annex Rm 4 6 pm: A Course In Miracles Annex Rm 1</p> <p style="text-align: right;">26</p>	<p>10 am: Silent Unity Prayer Service, Prayer Rm 10:30 am: Book Study Prayer Rm 6 pm: A Course In Miracles, Urtext Version, Annex Rm 1</p> <p style="text-align: right;">27</p>	<p>6 pm: Way of Mastery, Annex Rm 3 Alan Katz Gwen Smith</p> <p style="text-align: right;">28</p>	<p>Theresa Bova JoAnn Mesa</p> <p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>																																																																								
<p>9 am: Adult Sunday School, Annex Rm 4 10 am: SERVICE Youth Education, Annex Rms 1, 2, 3 11:30 am: Unitics Games, Annex Rm 4 11:00 am: Shared Meal, New Kitchen Shower, Harmony Hall 4 pm: Heart Rhythm Meditation, Annex Rm 4</p> <p style="text-align: right;">31</p>	<p style="text-align: center;">DECEMBER 2015</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				<p>BIRTHDAYS ARE IN <i>italics</i> Remember to bless this Unity congregant on their special day. If your birthday is not here please call and give us your date.</p> 		<p style="text-align: center;">FEBRUARY 2016</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td></td><td></td><td></td><td></td><td></td></tr> </table>			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29						<p style="text-align: center;">Unitic Events: Contact Molly Nelson, 488.8284 or unitics@q.com for more information</p>
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