

# UNITY OF TUSTIN VOICE of LIGHT

HEALING LIVES

BUILDING DREAMS

REALIZING GOD

January, February, March 2017

## Our Very Own Surrender Experiment

Rev. Carolyne Mathlin, Senior Minister

**W**hen *The Surrender Experiment* by Michael Singer came out two years ago, many of you read it and told me how much you loved it. I purchased the book fully intending to start reading immediately. After almost two years of it sitting on my shelf, I recently picked it up. I had been searching for a book that would help me (and you) through these times of great change and uncertainty. Whether it is in your personal life or you are sensing into the world events, there is much to hold in prayer. I wanted a teaching and teacher who was deeply committed to consciousness and spiritual practice first, but who also knows how to walk in the world with brilliance. I found what I was looking for in *The Surrender Experiment* and I hope you will too.

The book is a personal story about what it has meant in Singer's life to live with a basic question:

What would happen if we respected the flow of life and used our free will to participate in what's unfolding, instead of fighting it?

That question sparked a life-long surrender experiment that takes him on some fascinating journeys. All through surrender.

Whenever I talk about surrender, and it feels like I have been for quite a while now, I get a familiar objection. The



objection is something to the effect of, if I surrender then I will let people walk all over me and I'll not be able to get anything I want or need. This is like thinking of surrender in military terms. From that perspective, surrender means the weaker side loses a battle. The victor has all the power and the loser has none. From an egoic perspective, this would of course be the last thing you would want to do – surrender.

To think in military terms when it comes to surrender means to think of life in terms of one big battle. It's a perspective rooted in the world with very little Self-awareness. There is a mentality of "you win some, you lose some, who do we play tomorrow?" It's a perpetual game with no ultimate winners. The more Self-awareness dawns, the more you can start to hear the thoughts and see the patterns that bolster up this limited understanding of how the universe works and your interpretations of it. Having a sense of who you are, including your preferences, is important. But it is not the end of our work. It is the beginning. Once you start to see your preferences, what you believe, how you act, etc. shape your world, you can start to question how important those preferences are in light of Reality.

For example, when I was in college I dated someone I liked very much. The relationship ended and I was heartbroken. One night, recently after the

breakup, we ended up at the same party. Also at the party was another guy I had met earlier that summer. We were talking a lot and I'm assuming my ex saw. A friend at the time saw what was happening and made the comment to me that revenge dating is the best. Her statement was a helpful and clear wake up call. I had enough Self-awareness to know that going down that path would not serve anyone. In fact, it would actually create more of a mess.

Awareness is the first step. What we choose to do next is entirely up to our personal will. We must use our personal will to be in alignment with what is real. At the time of my break-up, what was real was that my heart was broken. Jumping into another relationship, especially based on brokenness and revenge would hurt me even more. It would be denying my current state and entangling others in

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it too.

Which brings us back to surrender. In my example, I didn't surrender to the obvious situation unfolding in front of me. I didn't take what was happening as a sign that it was ok to act out unconsciously and enter a new relationship. Instead, I surrendered to my inner resistance to not being in a relationship. The truth was I wasn't ready for another relationship.

Surrender isn't about giving in or conforming to outer conditions. Surrender is about letting go of our inner resistance to outer conditions. My inner resistance could have forced me to deny my broken heart. Instead, in that moment of clarity, I let go of my inner resistance and preference to get back at my ex.

The more we can pay attention to the voice that is constantly commenting on everything the more we can begin to witness the madness it often creates. Believing our thoughts at the expense of experiencing reality is one of the most unloving things we can do to ourselves. Our thoughts are based on half-truths at best that are designed to keep us safe but actually end up keeping us stuck. Releasing our thoughts' hold on our view of reality is one of the forms of liberation the masters talk about.

It also promotes an experience of what one of my favorite spiritual teachers, A.H. Almaas call basic trust. Basic trust is not a trust in something, a person or situation and it cannot be diminished by life circumstances. Basic trust is an unspoken, implicit trust that whatever happens will ultimately be fine. There is a confidence that nature, the universe, and all that exists, are ultimately good and trustworthy. With this basic trust there is a sense of unquestioned safety and

security that is intrinsic to the way you act and live. There is also a capacity to let go, to jump into the unknown.

*Surrender isn't about giving in or conforming to outer conditions. Surrender is about letting go of our inner resistance to outer conditions.*

momentous leap into a new paradigm. For others of us, it sounds more natural. One of the ways Michael Singer looks at this approach to life is to ask the following question:

Am I better off making up an alternate reality in my mind and then fighting with reality to make it be my way, or am I better off letting go of what I want and serving the same forces of reality that managed to create the entire perfection of the universe around me?

The more our own experience of basic trust is present, the more the process of realization and transformation can proceed smoothly. To cultivate basic trust in all areas of our life, I invite you to join me in our very own surrender experiment.

For this quarter I'm going to invite you to go deeper into the material. Not only do I suggest getting your own copy of *The Surrender Experiment* by Michael Singer, but I also invite you to take on your own experiment based on the question "what would happen if I respected the flow of life and used my free will to participate in what's unfolding, instead of fighting it?"

Each week we will explore practices and tools to experiment with surrender in your own life. On Sundays we'll have an opportunity to add a glass stone to our

For many of us, this is a

surrender chalice as an outer sign of our inner work. Please also share your stories of surrender with me via email.

Each new experience of true surrender can deepen the soul's contact with basic trust. It is a profound way to live. While the outer circumstances of Michael Singer's life will not be yours, that isn't the point of his book. His invitation, and mine, is to let the consciousness of devotion to Reality, the Universe, be more powerful than any preference or belief you hold. See what unfolds. It's an experiment. How will you know what surrender is really like if you don't at least experiment?

*Carolyne*

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## NOTES FROM THE BOARD OF DIRECTORS

### Debbie dela Cuesta, Board President

The quote “may you live in interesting times” came to mind as I sat to write this article. It seems to reflect the collective consciousness of today, one of change and transformation. This also includes our beloved Unity of Tustin.



It was recently announced that Jim Tyner, President of our Board of Directors has been guided to resign. Sensing into his own spiritual direction, he understood his work and service was complete. He knew he had finished what he had come to do. He had been a key player of the leadership team that had led us through the transition of ministry, from Dr. Marj Britt into the ministry of Rev. Carolyne Mathlin. Jim has been an excellent leader, providing much stability and vision for not only the ministerial transition but also for many other ministries and projects over the years that have blessed us all. And now, Jim's wisdom is to lean into this time of change and mystery. Though he also added, “we (he and his beloved Sue) are not going anywhere!” We are grateful for his leadership and his mentorship of our board over the years. And our response to this call and change is “Yes and...”

Each of us are invited to find our yes in times of change. My yes has been a willingness to be open to this next call to leadership. My old story of the reluctant leader is no longer serving what I have been called to be and do. I've become aware that this old story is actually turning away from where the rubber meets the spiritual road. Where I am called to act on and from love. Synchronicity and grace brought me a quote from Marianne Williamson's The

Law of Divine Compensation, “Putting Love first means knowing that the universe supports you in creating the good, the holy and the beautiful. It means knowing that you're on the earth for a purpose, and that purpose itself will create opportunities for its accomplishment.” What might be your call into this new Yes?

One of the ways we as your board are being called is to lean into you, our beloved community. In this time of transition we have been guided to hear from you in the form of a survey (something we have talked about for a while now). We want to know your spiritual longings and needs for these times. It is our intention to move ever more deeply into our vision of being a mystical, spiritual community, radiating Light and Love, transforming consciousness. As a holder and beacon of this light of consciousness in these times of uncertainty we especially need you. While this is a call to continue our essential practices of contemplative prayer, meditation, devotion, spiritual study, transformation of Self, conscious giving and selfless service, it is also a call into a collective mysticism, an embodied WE-mysticism. I have been hearing and seeing this call in many of the master teachers of our time. One of my favorites is Richard Rohr, a Franciscan whose teachings embody the mystical, non dual traditions we embrace here at Unity of Tustin. I begin my day with his daily meditation. He too has been speaking of Love in the form of “WE.” He writes “the beginning and end of everything is love. Only inside the mystery of love- mutual self-emptying and infilling- can we know God. This is the greatness [of God], that it asks

of all of us something we -alone, apart, separate- cannot do! Only by living in love, in communion- God in us and we in God- do we find a love flowing through us, toward us and from us that is bigger than our own.” He ends his mediation with Gandhi “Be the change you wish to see in the world.” This wisdom is also reflected in our own Unity fifth principle, “Knowing and understanding the laws of life, of Truth are not enough. A person must also live the Truth he or she knows”.

I am leaning in. Will you join me in this time, in this dance of the mystery? I am grateful to you all.

### Annual General Membership Meeting

**Sunday, March 12  
1:00 pm**

*Join your spiritual community for our annual business meeting. Active members are eligible to vote. Everyone is welcome.*

*Please note: according to our bylaws, all members must renew their membership each year to be considered active. Be sure to complete a membership renewal form prior to the annual meeting.*

### BOARD OF DIRECTORS

**DEBBIE DELA CUESTA**  
President

**JASON HUETT**  
Treasurer

**CHRISTY WHITE**  
Secretary

**TIM TRUITT**  
Board Member

**GARY CONWAY**  
Board Member

# Spiritual Study Workshops & Events

## "A Sound Called Unity: The Twelve Powers"



**Special Screening with Director, James Twyman & Featured Minister, Dr. Marj Britt**

**Friday, January 20**

**7 pm**

Unity of Tustin presents a premiere screening of "The Twelve Powers." James Twyman will be at Unity of Tustin in person to introduce this remarkable new film about The Twelve Powers as described by Unity co-founder Charles Fillmore.

Also joining us is Dr. Marj Britt who is featured in the film. Rev. Carolyne Mathlin is also featured in the film. Come be a part of this very special night.

Do you remember when James traveled to Syria in 2016 and performed music and ceremonies of peace with a group of leaders from the three Abrahamic traditions? Millions of people participated in a worldwide meditation that day, and most of you were part of that. A film crew recorded the event which forms the heart of the movie "The Twelve Powers."

**\$10**

## We-Mysticism: Revelation & Transformation



**With Debbie dela Cuesta & Keren Clark**

**Sunday, January 29**

**1:30 - 4:30 pm**

Our work together in Mutual Awakening feels even more poignant and powerful in light of these complex times. In the wake of the presidential election, we are sensing a growing call within conscious communities to gather.

In fact, to attempt to navigate these times from only the place of our individual practices and processes seems, often, to leave many of us feeling heavy. In addition, so many of us are wondering what is ours to do, and in the face of the growing complexity in the world, end up losing heart.

Please join us for a very special afternoon of We-mystical practices, inspired by our experiences in the Evolutionary Collective Teacher Training.

The shared consciousness of We-mysticism provides a field that both holds and transforms this heaviness into possibility and potential. In addition to the MAP, we will be bringing some of the other transformative practices we have been learning, to our beloved community.

We have found that these practices actually serve to evoke shared consciousness in a way that allows us to experience the actual potentials of these times rather than staying lost in the heaviness of uncertainty and fear. As Einstein so wisely stated, "You can never solve a problem from the level on which it was created."

**Love Offering**

## Workshops & Events continued

### **The Four Pillars of Awakened Mutuality: We-Mysticism**



**with Debbie dela Cuesta and Keren Clark**

**Saturday, February 11  
9:30 am to 1:30 pm**

In this virtual retreat, Patricia Albere will take you into the miraculous space of We-Mysticism. Through a series of dynamic discussions and practices, you will be guided step-by-step into the profound experience of what has become known as the Higher We-Space.

As the assumed limitation and isolation of your more habitual sense of self falls away, you will enter into a realm of experience in which you were never separate. As you share this We-Mystical possibility with others, you will see for yourself how truly magnificent human life can be.

*Debbie dela Cuesta and Keren Clark are Unity of Tustin members and members of Patricia Albere's Evolutionary Collective teaching body.*

**\$40 (received at the door)**

### **Begin Again Embracing Life with a Quiet Mind & Open Heart**



**With Ramananda John E. Welshons**

**Sunday, February 12  
1:30 - 4:30 pm**  
**Monday, February 13  
7 - 9 pm**

Have you ever wished you could just "Begin Again?" ... Re-start your life, or certain aspects of your life? Let go of the burden of history, thought, and emotional tendencies that keep you stuck in the past? In this wonderful 2-part workshop we will explore techniques that open the possibility of seeing life anew in every moment ... every breath ... every day.

#### **Our time together will include the following:**

- Learning how to live in "The Now" and why that is the path to happiness.
- Learning how to let go of resentments, frustrations, and disappointments
- Learning to see yourself as a Soul – rather than as your "roles."
- Learning how to use the breath, the body, and meditation as vehicles of liberation

Ramananda John E. Welshons is a highly respected contemporary spiritual teacher who lectures and leads meditation retreats across North America. He is the author of three critically acclaimed books: *One Soul, One Love, One Heart*, *Awakening From Grief*, and *When Prayers Aren't Answered*.

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# Workshops & Events continued

## **Begin Again continued from page 5**

### **Heart-to-Heart Consultations**

Ramananda will be offering private consultations on Monday, February 13. Please email him directly at johnwelshons@earthlink.net for information and to schedule.

John will also be our guest speaker on February 12 at the 9 & 11 am Sunday services.

**Series: \$45**

**Individual session: Sunday, \$30; Monday, \$30**

## **Psychosynthesis**

### **The Practice and Art of Living and Loving, Part 1 of 4**



**with Debbie dela Cuesta &  
Nicolaas-John Van Nieuwenhuyzen, MD**

**Sunday, February 26**

**1:30 - 4:30 pm**

Please join us for the first of this four part series on Transformation of the Self. Psychosynthesis is a psycho-spiritual practice that incorporates the Eastern and

Western traditions we study here at Unity of Tustin. In a supportive and compassionate group setting, we will offer experiences moving from our Personal self into our Transpersonal Self. This is a process that awakens and empowers you with tools and practices that deepen your spiritual presence with self and others. This class is offered as a part of our transformation of self spiritual practice series.

**Love Offering**

## **Painting Prayer Mandalas**



**with Pardise Amirshahi**

**February 18**

**10:00 am - 1:00 pm**

In this class you will be painting a mandala as spiritual practice of self exploration and communication of intentions. The Prayer Mandala will be your vision board, bringing the unconscious to consciousness and witnessing your own desired outcomes through painting. The class is for all ages.

For children, it is easy to be spontaneous and paint images they love. For adults, it is an opportunity to practice tuning in to the inner self and turning off the thinking, setting an intention on a specific desire or a general themed prayer, through creating a personalized mandala.

Pardise Amirshahi has worked for New Age Publishing and Body & Soul magazine, where she was exposed to many spiritual paths and new age authors. She has been painting and drawing her whole life and has completed many advanced, university level, art courses. She is a self-proclaimed artist, as both a painter and a writer. Pardise has been teaching mandala painting for over 12 years.

**\$30 (Includes a \$15 materials fee)**

# Spiritual Study - Classes

## Introduction to the Enneagram



**With Richard Long, Rev. Carolyne Mathlin & Lisa Morrice**

**Wednesdays, January 11 – March 8**  
**7 - 9 pm**

### **A Path to self-transformation through self-knowledge**

One of the most fundamental spiritual questions is the simple and yet profound and mysterious: Who Am I? The Enneagram, an ancient system of analyzing personality types, is a tool we can use to understand ourselves and others so we may not only recognize our barriers to awakening but also learn to transcend the limitations of our personalities. You may have heard the expression, “if all you have is a hammer, everything is a nail.” Learning the characteristics of the 9 personality types of the Enneagram can give us a toolbox with many strategies so our personal lens is expanded.

Many people have found the Enneagram to be invaluable in their personal growth and in their relationships. The Enneagram has been offered here at Unity of Tustin at the beginning of each year for many years and it is a core class in the curriculum of the spiritual journey.

**Series: \$120, Per Class: \$15**

**SPECIAL: 1/2 PRICE for those who've attended previously (available only by purchasing entire session).**

## Discover the Power Within



**with Rev. Eileen Goor**

**Thursdays, January 19- February 16**  
**10 am - 12 pm**

This course is a spiritual, metaphysical study of the teachings of Jesus as primarily found in Matthew in what we refer to as the Sermon on the Mount. It is based on Eric Butterworth's renowned book, Discover the Power Within You, that declares we can all discover, claim and powerfully express the inherent divinity we are.

Jesus knew his divinity. He also knew and taught that we, too, are divine. In this course, you will learn spiritual principles that will deepen your understanding and knowing of this truth. Along with knowing more deeply your inherent divinity/wholeness, you will also expand your ability to behold the inherent divinity/wholeness that is every person.

As Jesus is quoted as saying in the Gospel of John, “The one who believes... will also do the works that I do and, in fact, will do greater works...” As we know and claim our divine nature, we will answer our inner calling to express all we are here to be and do. This course will support you in releasing any obstacles that have been in the way of boldly saying, “Yes!” to that unfolding.

This is a Unity classic and Spiritual Education & Enrichment class, offered for credit through Unity Worldwide Spiritual Institute.

**Love Offering**

## Classes continued

### **“Come Apart for a While” Exploring Prayer & Meditation**



**With Rev. Carolyne Mathlin**

**Mondays, February 27 – March 27  
7 - 9 pm**

This class is based on the book *Come Apart For Awhile*. We can't experience God in the past, nor can we experience God in the future (God does not work in hypothetical situations), only here and now can we experience God. When we experience God in the present moment we bring the Presence into what we are doing and have access to the spiritual dimension of our Being. This can be accomplished through the practice of prayer and meditation. Unfortunately, the moment we mention the word prayer, we are at the mercy of the thousand and one connotations of the word that are held by people. Prayer is undoubtedly the most misunderstood facet of Christianity.

While prayer is the way that we communicate with God, meditation is how God communicates with us. When we meditate we listen. We listen silently for the inner guidance God has for us. This class will give us some basic steps and components of prayer and meditation that will enable us to distinguish the difference in the two. Each class will be an independent lesson in itself, but they will all build on each other.

This is a Unity classic and Spiritual Education & Enrichment class, offered for credit through Unity Worldwide Spiritual Institute. It is also a great introductory course for those serving or interested in serving as a Prayer Chaplain.

**Love Offering**

### **Applying the Enneagram**



**With Richard Long & Lisa Morrice**

**Wednesdays, March 22- April 26  
7 - 9 pm**

**A path of transformation  
through self-knowledge**



Open to graduates of the Introduction to the Enneagram class or people with Enneagram experience. These six stand-alone classes explore topics such as relationships, Enneagram instincts, spirituality and spiritual gifts, how the MBTI enhances using the Enneagram, and other aspects that can be explored after the basic foundation of your Enneagram style is established.

Richard Long has been teaching the Myers-Briggs Personality Type for 25 years and studying the enneagram since 1994. He is a certified Enneagram teacher through the Riso and Hudson's Enneagram Institute.

Lisa Morrice is an accredited Enneagram expert, coach, and public speaker. Lisa Morrice is founder and director of The Enneagram Institute of Orange County, a network member of Riso and Hudson's Enneagram Institute in New York. Her lively presentations help individuals and groups identify their personality types, understand themselves and others, and develop a customized approach to enhance performance and personal happiness.

# On-Going Classes Spiritual Study

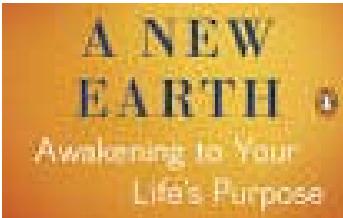


## **Glimpse Practice Group**

**with Pam Pence**

We meet in Victoria House for 20 minutes to engage in Glimpse Practice and discuss the work of Loch Kelly. All are welcome.

**Sundays, 9 - 9:30 am, love offering**

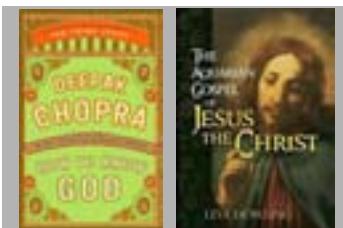


## **Spiritual Discussion Group**

**with Paul Crews and Pam Pence**

Currently studying the work of Eckhart Tolle, using his book, *A New Earth*.

**Sundays, 9:30 - 10:30 am, love offering**



## **Mystical Bible**

**with Paul Crews and Diane Fish**

Each class offers an in-depth reading and discussion of the mystical properties presented in the following books: *The Aquarian Gospel of Jesus the Christ* by Levi Dowling and *How to Know God* by Deepak Chopra.

**Tuesdays, 10 am - 12 pm, love offering**

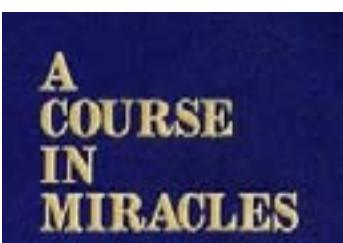


## **OC Meditation Group**

**with Daniel O'Hara**

Join us for meditation and healing. Share in the Twin Hearts Meditation, Meditation on the Soul, Meditation on the Lord's Prayer and Mentalphysics Breathing Exercises designed to bring you to the deepest levels of inner peace. Regenerate your body, transform your life and create peace in the world.

**Thursdays, 7:30 - 9:30 pm, love offering**



## **A Course in Miracles Study Group**

**with William Dexter**

The Course describes a purely non-dualistic approach to spirituality. It uses traditional Judeo-Christian terminology but is not aligned to the doctrines of any religion or denomination.

**Fridays, 7 - 9 pm, love offering**



## **Kirtan Drum Circle**

Join us for drumming and chanting from a variety of traditions. The format will be fluid depending on the participants input but will incorporate chanting, drumming & silent meditation. Participants can bring their own drums or play drums and percussion provided by the facilitator.

**4th Saturday, 7 pm - 8:30 pm, love offering**

**January 28, February 25, March 25**

# Prayer & Meditation

## **“Sound Journey” with Gong & Gemstone Singing Bowls**



**With Lin Marellic**

**Friday, March 3**

**7 - 9 pm**

Join us for an evening of healing and higher consciousness through sound vibration. The unique experience of “Sound Journey” includes the setting of intentions, chanting, chakra clearing and meditation using Tibetan Singing Bowls.

After preparing the field, Lin will lead us to even higher planes through the healing sound vibrations of the Crystal Bowls, then take us to levels beyond our imagination as she incorporates the Gong into her program. It is truly a rare and magnificent experience.

Lin Marellic's given spiritual name 'Erda Arjan Kaur' means Earth Mother devoted to God. She is an accomplished gong, Tibetan, and crystal singing bowl player, and is also a student of West African drumming.

Erda Arjan has always had a deep musical connection but in 2006 had a personal experience with the profound, healing effects of sound vibration. Research proves that sound heals at the cellular level. Since 2006 she has been directed to help raise the vibration of each person and the planet through vibrational healing. Erda Arjan has been sharing high vibrational sounds at festivals, public and private events and ceremonies, yoga studios, and in her sound healing private practice for over 10 years. She earned her Masters of Education at Pepperdine University.

**Advanced Ticket (until February 19): \$20**

**Regular: \$25**

## **Silent Meditation Morning**



**With Rev. Carolyne Mathlin**

**Saturday, March 4**

**9 am - 12 pm**

There is a quiet, sometimes not, joy that comes from deep within when we take time to enter into a period of silent contemplation. It is almost as if our soul breathes a sigh of relief. The stress of having to get here or go there melts away as our body, heart and mind rest into the beauty of the moment.

While going away for an extended retreat is a great gift, there are times when that just isn't feasible. In response, we occasionally offer these mini on-site meditation retreats. They are an opportunity for everyone to take time out of their busy schedule to be immersed in the sacred practice of prayer and meditation.

All forms of silent meditation are welcome. Our morning will include 2 longer Silent sits, time for teaching, asking questions and sharing. The primary focus of our time will be on the practice of Silence. This is a retreat for beginners and advanced meditators.



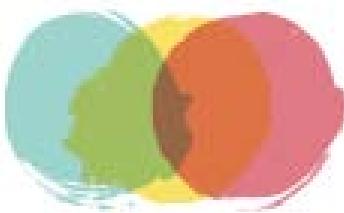
# On-Going Groups, Services & Ministries



## **Sacred Circle of Light Service**

A Taize-Style contemplative service with healing, prayer, music & meditation. Come and receive the beauty and love cultivated in this sacred service.

**3rd Monday, 7 pm, love offering**  
**January 16, February 20, March 20**



## **Monthly Mutual Awakening Practice (MAP), Cultivating We-Mysticism**

with Debbie delaCuesta and Keren Clark

These monthly Monday evening gatherings will provide an opportunity to deepen into the Mutual Awakening Practices introduced in our quarterly 4 Pillars Retreats. As we practice together we will experience increased intimacy with one another and with the emerging Consciousness itself. All are welcome.

**Monday, January 23 & March 13, 7:15 pm to 8:45 pm,  
love offering**



## **Voices of Unity Choir Rehearsal**

with Amy Jahn, Director

Join us in creating music for our community. We sing in services about once a month and everyone is welcome. We sing diverse music, keeping all skill levels challenged and energized! Experience and celebrate the Beloved through music.

For information, call 714 730-3444, ext 307, or e-mail: [choir@unitytustin.org](mailto:choir@unitytustin.org).

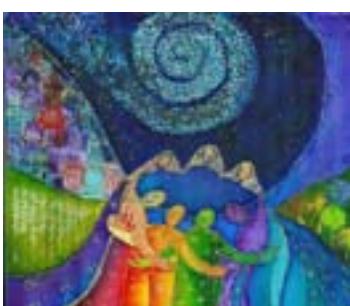
**Mondays, 5:30 – 7 pm**



## **Men of Unity of Tustin (MUTS) Gatherings**

This Men's Ministry offers a sacred circle of confidentiality and trust for men to explore their spirituality and foster intimacy with others on the spiritual journey. They meet in Victoria House, Room 10.

**Every other Tuesday, 7 pm - 9 pm, love offering**  
**January 3, 17 & 31, February 28, March 14 & 28**



## **Women's Spiritual Circle**

All women of Unity of Tustin are invited to join Nevin Valentine in Unity of Tustin Women's Spiritual Circle where women come together monthly for the purpose of spiritual growth and divine sisterhood. This is a monthly meeting where we deepen our bonds and support one another on our spiritual paths.

**4th Saturday, 9:45 am - 12:15 pm, love offering**  
**January 28, February 25, March 25**

# ANSWERING THE CALL TO PRAY

## Lisa Huett, Prayer Chaplain Director

It has been my honor to serve as the Prayer Chaplain Director for two years now. I find with each passing year my faith in the power of prayer only grows. I watch as our Prayer Chaplains serve selflessly every week on Sundays and make monthly prayer calls to our members. When we gather for our meetings the energy of prayer and devotion is evident. I am lifted up by their spoken and unspoken prayers. I hope you are too.

I am also touched by you and your willingness to come to us for prayer. When we rise above fear and doubt, we raise our consciousness and become more readily available to receive the blessing. I often say to myself, "do your best and let God do the rest." Having the support of our Prayer Chaplains during challenging times and joyous times is one of the great gifts we can receive at Unity of Tustin. To know there are committed souls willing to pray with you, that do not judge the situation, but instead hold you in the highest light is a blessing. They hold what is shared in confidence, ensuring that you can share the prayers that

are truly on your heart. If you haven't asked a Prayer Chaplain to pray with you recently, I encourage you to do that. It is their honor to serve you in prayer.

For those of you who are feeling the call to join in that service, it is once again that time of year when we open up our Prayer Chaplain Ministry to new members. If you are interested, even slightly, in participating in this sacred ministry, I invite you to join me and Rev. Carolyne at our orientation on March 19 at 1 pm. At the orientation we will answer questions such as:

- What is a Prayer Chaplain?
- What is the role of a Prayer Chaplain?
- Position Description
- Expectations / Commitment
- Training Schedule

You will also have an opportunity to ask your own questions.

I look forward to serving with our amazing Prayer Chaplains another year as we join together in prayer.

## Serving as a Prayer Chaplain

### Orientation Meeting

Sunday, March 19 at 1 pm  
with Lisa Huett & Rev.  
Carolyne Mathlin

### Save the Dates: Prayer Chaplain Training

March 31 and April 1  
*Please note: to participate in the training you need to first have a conversation with Lisa Huett, either at the orientation or another time.*

### Prayer Chaplain Dedication

April 30 9 & 11 am services  
*Email [prayer@unitytustin.org](mailto:prayer@unitytustin.org) for more information*

## Frequently Asked Questions

### Why, when and how do I renew my membership?

Every year in March we send out an email to our members asking you to renew your membership for another year. This is in accordance with our bylaws that state that to be considered an active member we need a current renewal on file. This ensures that our records are up to date and that you still would like to be considered a member at Unity of Tustin. It also means you are a legal, eligible

member to vote at any membership meeting. Members: please check your email box or the welcome table in the weeks leading up to the Annual Meeting for a renewal form.

### What's the difference between tickets and love offerings for classes and workshops?

A ticket is typically for an event or class that has a set price attached to attendance.

You can purchase a ticket online at [www.unitytustin.org](http://www.unitytustin.org) or at Timeless Wisdom Bookstore during regular business hours.

We offer many classes and programs on a love offering basis. A love offering is an amount you give from your heart that reflects the value you have received in spiritual nurturing. Like tithing, a love offering is participating in the sacred flow that has its Source in God. Your love offerings go specifically to support that class including potentially compensating the presenter.

# Serving Meals and Love to All

## NOTES FROM MEALS MINISTRY

**Sandi Rynerson, Meals Ministry Coordinator**

The Unity of Tustin Meals Ministry Team has been in selfless service since 2006. Our mission is to provide one or two preferably home cooked meals for our Unity of Tustin active participants and members in times of grieving, birth, or medical challenge/recovery. While we provide meals for our members, Love is the most important component of our ministry. We see this ministry as a way to extend our heart and hands to those who are the heart and hands of our church and in need of extra support.

Even though we have worked under the radar, and have not advertised our ministry, recently the need for our ministry has increased. Since we are a small group we see that this is Spirit's way of letting us know that it is now time to expand. Our vision is to enlarge our team so that we can better serve our Unity of

Tustin community.

There are many ways in which to serve on the Meals Ministry Team:

1. Preparing a meal
2. Purchasing a meal
3. Purchasing a gift card for a meal
4. Financially contributing towards a meal
5. Delivering a meal or being a part of the delivery team
6. Holding this ministry and our members in prayer

Our team communicates primarily via email. Please go within and listen if you are being called to serve on this beautiful ministry of love. Please email [meals@unitytustin.org](mailto:meals@unitytustin.org) if you are willing to serve. We would be honored to have you join us.

## Are You Ready to Serve? Outreach Ministry

Our first opportunity to host the Sunday Supper in 2017 is on Sunday, January 29 at St. Paul's Episcopal Church in Tustin. Volunteers are needed to help prepare and serve a warm healthy meal for low income seniors, families and the homeless in our surrounding communities.

There will be a sign up sheet at the Outreach Table on January 15 between both services. You may volunteer by contacting Susan Gilmore via Email, [susan@jongilmoredesigns.com](mailto:susan@jongilmoredesigns.com). if you will not be at church that Sunday.

## SOUPER BOWL SUNDAY FEBRUARY 5

Join in this annual tradition that focuses on feeding the hungry as many focus on the Big Game. Your donations will go to feeding guests at St. Paul's Sunday Supper hosted by Unity of Tustin.

## OC FOOD PROJECT FOOD COLLECTION FEBRUARY 12 8:30 TO 11:30 AM

Please bring your green bags filled with non-perishable items.

Questions? call 714-730-3444 ext 105 or email [ocfoodproject@unitytustin.org](mailto:ocfoodproject@unitytustin.org).

# Devotion During Lent and Easter Season

*The week between Palm Sunday and Easter is known as the week that changed the world. This 2017 Easter season can be the week that changed your world. Our special offerings are designed for support and inspiration as we walk the journey of transformation. We also encourage you to include a daily devotional reading from Keep a True Lent by Charles Fillmore.*

## Palm Sunday

**April 9 at 9 & 11 am**

Begin the Easter Week with your own experience of entry into the unfolding plan of God in your life.

Our Sunday services end with a walk through the Meditation Gardens with palms to commemorate Jesus' arrival into Jerusalem.

## Holy Week Prayer Vigil

In the Gospel of Matthew 26:40 Jesus asks of the disciples "...Could you not stay awake with me one hour?

Stay awake and pray." During Holy Week, especially the time period between Thursday and Sunday morning, our community is invited to make a commitment to stay awake and pray for one hour. A commitment form will be distributed in the weeks leading up to Holy Week so that you can officially participate in this sacred ritual.

## Come, Whoever You Are: A Maundy Thursday Service

**April 13 at 7 pm**

Jesus' life and final days represent a living template for letting the events of the world be in service to God realization. This service offers everyone the inner experience of saying yes to the living teachings of transformation that come

with change. It is a journey in time, bridging the ancient rituals recorded in the Bible of that last supper with your life.

No matter where you are on your spiritual journey or how much you connect with the Bible, this service is deeply meaningful, combining communion, music, meditation, and symbolic washing of feet. You will be transported to the upper room as the Lenten season concludes and we prepare for the crucifixion experience (Dark Night) followed by the celebration of the final transformation on Easter.

## Good Friday

**April 14 at 7 pm**

In the sacred symbology of the crucifixion experience Jesus entered what St. John calls "the choiceless choice...when the soul can do nothing but surrender. This is the beginning of blessedness."

Join us for this very special service that hasn't been offered for over five years. Our service will honor and sit with the deep teachings of the crucifixion experience, or what some refer to as the Dark Night of the Soul. There will be readings from the Bible, ritual and silent meditation.

Learn to enter into and befriend the darkness, not so that you stay there, but so that you can be transformed by it. Just as the caterpillar is turned first into liquid, then reshaped into a butterfly, so too are you.

## A Day to Celebrate: Easter services

**April 16 at 6 & 10 am**

There are moments of significance in our lives when the light of awareness pierces the veils of illusion and we are awake. The Easter story is archetypal, illustrating the ultimate awakening that we all have access to. It is actually our birthright. Easter at Unity of Tustin is a day to celebrate those moments of realization, and to cultivate that realization as a sustained reality. All our services on Sunday (adult and children) will feature lots of music and a joyous atmosphere you will want your whole family to experience.

## Bearing Witness to the Light

**Sunrise Service at 6 am**

This will be our fourth annual opportunity to join in the darkness of pre-dawn Easter morning and bear witness to the light together. Our service will feature scripture, a short message, time in Silence and ritual. It is a truly sacred time of gathering in the garden to drink in the natural experience of Easter.

Join us at Site 8 of Unity of Tustin's Meditation Gardens with your jackets. We will meet in Victoria House if it is raining.

## Easter continued

### Awakening For All, By All

#### Easter Sunday Service at 10 am

For the first time in many years, we'll have one Easter Sunday on the lawn (weather permitting). It's an opportunity for your whole family to worship together and then enjoy the rest of the day.

The message of the resurrection of Christ is as relevant today as it was over 2000 years ago. It is a living story and invitation for us all to awaken to the light of Self and therefore be transformed by any seeming dark night that enters our life. You will leave feeling uplifted and inspired by the power of the Easter message that will be delivered through music, meditation and our message.

### Children's and Teen's Services

#### 10 am

The Unitots will be told a story about the very first Easter eggs and how they remind us of new life. The Unichildren (K-5th grade) will act out the Story of the Tomb and will be discovering the qualities of Christ consciousness. The Uniteens (6-8th grade) will trace Jesus's ministry, beginning with Palm Sunday, through Passover and Easter. The YOUErs (9-12th grade) will be connecting their study of the chakras with the resurrection story. And the entire Youth and Family Ministry will be invited to our beautiful children's garden to participate in a wonderful Easter egg hunt.

## WHAT IS A SABBATICAL?

*In preparation for Rev. Carolyne's sabbatical from June 5 to September 5 we wanted to share with you some information on what a sabbatical is and how it can enhance both the minister and the congregation. There will be more information in the months to come on our plan for this new experience in our church. Below are excerpts taken from Clergy Renewal: The Alban Guide to Sabbatical Planning by A. Richard Bullock and Richard J. Bruesehoff.*

**S**abbatical leave is an important part of maintaining one's focus, commitment, passion, and skill for ministry.

It used to be that pastors changed churches more often and used this opportunity to retool and refocus their skills and spirit in a new congregation. But in mainline congregations today, the average tenure is more than twelve years, which makes sabbaticals vital to the renewing of clerical and lay leadership, strengthening them for another four to six years in the congregation.

Situations differ, but the reality is the same. We all reach points at which we must get off the treadmill for a while and renew vision and hope, nourish the soul and rebuild the body.

A sabbatical encourages us to step off the treadmill long enough to change old habits with "holy hope." We can be renewed in vision and hope and connect with the roots of our soul and God. A sabbatical is more than just a vacation, a chance to recharge our batteries for another year or two. David Ellingson describes sabbatical as "a time to relearn and rehearse that critical capacity to reflect, which transforms dreams of vacation to new visions of vocation." "Just like the soil," he writes, "we humans need a sabbatical, a time to lie fallow. We require a time to receive rather than give, to get input rather than give output, to carefully nurture and cultivate our lives so that the soil of our spirits might be rid of weeds and have an opportunity to receive nourishment." A sabbatical is a life – and soul-changing time – a time

when perspective and the Holy Spirit can come together.

The renewal of the clergy and staff's soul provides opportunity for renewing the congregation, as well. Whether a small, family-sized church with 40 to 50 members in attendance on Sunday or a corporate-sized church with more than 350 in attendance, ministry happens in more ways than those directly involving the clergy and lay leadership. Often sabbaticals expand lay leadership involvement and energy in the congregation's mission, vision, and goals. As a result, new energy arises in the congregation. Lay ministry and leadership are able to emerge in more new and creative ways, for one of the blessings of sabbaticals is that they force clergy and lay leadership to rethink how ministry is done while they are gone.

For clergy and congregations, going on sabbatical means seeing differently, looking within themselves to challenge one another to "go on sabbatical." At first, it may seem as though the experience benefits only the leader who leaves for sabbatical, but the benefits to the congregation should not be overlooked. More and more congregations are being transformed by practicing ministry and doing so with their eyes turned toward the world. This understanding of ministry requires the constant renewal of vision and passion in all those who lead a congregation. Healthy, committed leadership at all levels in a congregation, both lay and clergy, is at the heart of all ministry.

# Coming Later in 2017

## A Summons to Love



with Andrew Harvey  
& Dr. Marj Britt

**Friday, June 9, 7 – 9 pm**  
**Saturday, June 10, 10 am – 4 pm**  
**Sunday, June 11, 1:30 – 4:30 pm**  
**Monday, June 12, 7 – 9 pm**

*Andrew Harvey is the author of over 30 books on various aspects of contemporary mysticism and spirituality. For more information visit [www.andrewharvey.net/andrew-harvey-biography/](http://www.andrewharvey.net/andrew-harvey-biography/).*

*Dr. Marj Britt is a mystic in the world, a master teacher, with consciousness and Love as the living flame of her life. Marj holds a doctoral degree from the University of Massachusetts School of Education with a focus in curriculum, psychological education and counseling. For more information, visit [www.calledbyloveinstitute.com](http://www.calledbyloveinstitute.com).*

## The Power of Intuition and Empathy to Heal: Life Strategies for Empaths and Sensitive People



with Dr. Judith Orloff

**Sunday, July 9, 2017, 1:30 – 4:30 pm**

This workshop, based on Dr. Orloff's new book, *The Empath's Survival Guide: Life Strategies for Sensitive People*, will offer practical skills to help everyone, including, healthcare practitioners, increase their empathy and intuition.

*Dr. Judith Orloff, a UCLA-trained psychiatrist, NY Times best-selling author and an empath herself, will show you how to awaken your intuition and empathy to enhance your health, work, relationships, resilience as a parent, and emotional & physical well-being. Nurturing your sensitivities yet staying grounded, allows you to model for others how to be sensitive, heart-centered, and strong, a way to positively change your life and the planet.*

## Timeless Wisdom Book & Gift Store

### Christian, Eastern, Native American

- Angels, chimes, crystals, bowls
- Statues, icons, bowls
- Candles, incense, sage, oil
- Jewelry, scarves
- Greeting cards
- Music CD/s

**Tuesday, Wednesday, Thursday**

**11 am - 7 pm**

**Sunday 10:30 am - 1:30 pm**

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## Unity of Tustin Quick Reference

### Sunday Services

7 am (contemplative)  
9 and 11 am

### Administration Office

Tues-Thurs 10 am - 6 pm  
Phone: 714 730-3444  
Fax: 714 730-3613

Press "0" during the welcome message for general information. If you know your party's extension, dial it during the welcome message.

### Timeless Wisdom Book & Gift Store

ext 100  
Sun 10:30 am - 1:30 pm  
Tues, Wed, Thurs 11 am - 7 pm  
Closed Mon, Fri & Sat

### Spiritual Counseling

ext 101

### Prayer Chaplain Line

714 730-3444 ext 121

### Inspirational Message

714 730-3444 ext 120

Email: [unity@unitytustin.org](mailto:unity@unitytustin.org)

Website: [www.unitytustin.org](http://www.unitytustin.org)



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Podcasts: itunes under "Inspirations for Living a Mystical Life