April
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Newsletter

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A Spiritually Empowered Way of Life • Positive, Practical Christianity

UNITY OF DELRAY BEACH CHURCH
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Your Holy Week Process

by Greg Barrette

Your Lenten season is a gathering light that has been expanding into the spiritual powerhouse of Holy Week. Holy Week has three stages, representing the three-step process of fulfilling your every dream.



1) What do you want?
2) What is in the way?
and
3) What are you going to do with it?

What Do You Want?

Palm Sunday is your first step. The people of Jerusalem all shouted out their support for the possibility that Jesus represented to them. Every prayer needs its initial shout! Enthusiastically affirm what you would like to see happen and initiate the course of its fulfillment.

What Is In The Way?

The releasing process of Good Friday allowed Jesus to throw off all that prevented his resurrection. Now, you too can face and overcome the false beliefs that are keeping you from your answered prayer. Write these down and burn them! Or shred or flush or tear them up!

What Are You Going To Do With It?

Resurrection means the fulfillment of your heart's desire, once you have released all that is in the way. It is the synthesis of these first two steps that leads to your answered prayer, which you must accept with an open heart and then let it outform.

Faith is your willingness to go through these three stages, and especially the last. When you hold your heart open for a new possibility to emerge, it moves out from the realm of imagination and takes shape in the formed world.

Happy Holy Week!

WEEKLY EVENTS

SUNDAYS

Family Worship Service
9:25 a.m. Sanctuary

Worship Service
11 a.m. Sanctuary

Sunday School
Uniteens/Unitots
9:25 a.m. Various classrooms

Infant Care
9:25 & 11 a.m.
Prayer Room

Youth of Unity
11 a.m. N. of church office

Fellowship
Following the 11 a.m. service
Mary Kupferle
Fellowship Hall

TUESDAYS

Prayer Service
10 a.m. in the Prayer Room
with Greg Barrette

Classes with Greg Barrette
Some Tuesdays
7-8:15 p.m. Sanctuary

WEDNESDAYS

Evening Meditation Service
6:30 p.m.
with Laurie Durgan

THURSDAYS

Prosperity Coffee
7 to 8 a.m. in Mary Kupferle

Fellowship Hall. Lessons in well-being and prosperity. Goodies, coffee, and tea with Charlene Wilkinson

Prosperity Lunch
12:15 to 1:15 p.m. in Mary Kupferle Fellowship Hall. Bring your own lunch; tea, coffee, desserts served with Dymin Dyer

SATURDAYS

Chair Yoga
1 p.m. with Marge Smith
Fellowship Hall

SUNDAY TALKS for APRIL

April 7
Finding the Promised Land Within You

April 14
Palm Sunday
Come Up Higher!

April 19
Good Friday
What's Good Got To Do With It?

April 21
Easter
Resurrection is Within You

April 28
Guest Speaker, Jane Elizabeth Hart
Licensed Unity Teacher
Moving Into Christ Consciousness



Easter Weekend at Unity of Delray Beach

GOOD FRIDAY, APRIL 19

"What's Good Got To Do With It?"
Service with Greg Barrette 7 p.m.
Child Care in Prayer Room

The seven last words of Jesus will be shared and experienced in this service. "Good Friday is the second part of the three-step process of Holy Week, beginning with the vision of Palm Sunday and ending with the power of Easter. Releasing our blocks to inner awareness is the crucial second step that Good Friday represents for us. We will explore the seven last words of Jesus to find clues on how to release this awesome power into our lives."

EASTER SUNDAY, APRIL 21

"Resurrection is Within You"
9:25 & 11 a.m. Services with Greg Barrette
Music with Shawn Berry and Daniel Cochran.
Easter Egg Hunt and a visit from the Easter Bunny after 9:25 Sunday School.

"Your Evolving Consciousness"
Workshop with Greg Barrette
TUESDAY, APRIL 23
7:00 pm to 8:15 pm

"What is your consciousness and how has your soul led you to this point in your evolution? The Easter experience leads each one of us to a realization of our own evolving consciousness."
A free-will love offering will be taken.



Jane Elizabeth Hart is Guest Speaker Sunday, April 28

Jane Elizabeth will speak at the 9:25 and 11 a.m. services about ***Moving Into Christ Consciousness.*** She is the founder and spiritual leader of the Center for Enlightenment www.cfenlightenment.org. She has authored many books on soul evolution, including *Spiritual Power Tools: Support for Your Soul.* She also created the powerful forgiveness and release process, *Seven Steps for Successful Life Transitions*. Formerly an executive at Unity World Headquarters, she was the lead Licensed Unity Teacher for Unity's largest churches—Unity Village; Orlando; Warren, Michigan and Overland Park, Kansas. Jane Elizabeth's deepest desire is to support others on their spiritual journey. She is dedicated to educating this and future generations, so they have a road map to God-Realization, to becoming souls infused with infinite knowledge. The Center for Enlightenment provides a platform for this world service. Jane has been Greg's meditation teacher for twenty-five years.



NEW MEMBER CLASS!

Tuesday, April 9, 7 to 9 p.m.
Facilitated by Greg Barrette

Come join Unity of Delray Beach Church! This class features a fun, powerful small group process that is designed to bring us closer to our own spiritual journey and to that of others in the group.
All potential new members are welcome to attend.
No offering will be taken.

Signature Quartet Concert Palm Sunday April 14 at 4:00 p.m.

Our beloved soloist Daniel Cochran is also a part of an award-winning barbershop quartet. These talented gentlemen will be serenading us on Palm Sunday with a melodious and very entertaining concert.
The quartet members include Dan Walz, our Daniel, Will Rodriguez, and Paul Saca.
We will also be treated to some special solos by Daniel.

Free will love offering.

USEFUL LINKS

CHURCH WEBSITE https://unityofdelraybeach.org

PHONE PRAYER LINE 561-900-2559

FACEBOOK https://www.facebook.com/unityofdelray

TWITTER https://twitter.com/DelrayUnity

YOUTUBE https://bit.ly/2TQA2nm

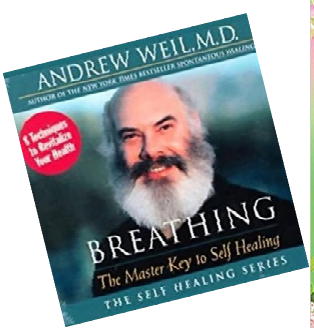
INSTAGRAM
https://www.instagram.com/unitydelray/

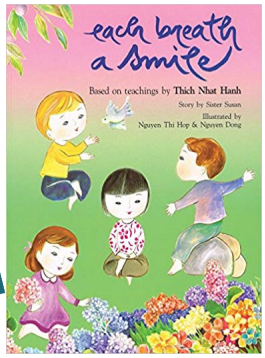
Bookstore Gems By Julie Candia

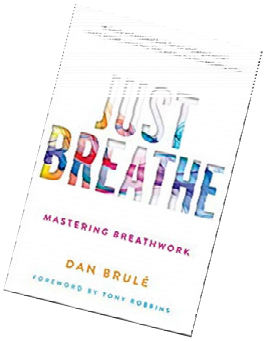
This month I'd like to highlight a function that we do all day every day and almost never think about: breathing. This is something I've been working on in my own spiritual practice, as I find that observing my breath when I meditate helps me focus and relax. However, once I started focusing on my breath while meditating, I began to notice my breath as I moved through my day, as well. I would catch myself holding my breath, or breathing short sporadic breaths, especially when I felt stressed or anxious. Breathing was something I did on autopilot - which seems like a good thing, right?

It turns out, yes, we are all breathing and receiving the oxygen we need to survive without thought or effort, but nearly 90% of us are not receiving the levels of oxygen we need for our bodies to *thrive*. Oxygen is the most essential natural resource required by our cells: we can go 40 days without food, 3 days without water, but we cannot survive more than 3 minutes without oxygen. Dr. Andrew Weil says, "If I had to limit my advice on healthier living to just one tip, it would be simply to learn how to breathe correctly."

I invite you to start to notice your breath with the affirmation, "I AM the balanced breath" and see what opens up for you. Plus, to dig deeper (or should I say breathe deeper!), feel free stop by the bookstore to take a peek at our featured titles on breathing.









Amazing!

By Laurie Durgan

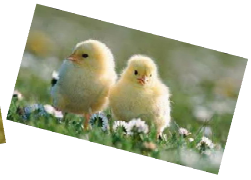
I love to read about the miracles of Jesus. He healed the sick, fed thousands of people with just a few loaves of bread and a few fish, He stopped a terrible storm with just a few words, and He forgave people right away when they angered or hurt him. **Amazing**. Jesus always saw good and beautiful and love because Jesus always thought good, beautiful and love in his thoughts and prayers. He was teaching us that when we want to "see" something on the outside we must begin by changing our thoughts about it; we must "see" from the Christ within us. When you are very quiet in prayer, you can hear and feel this power within you. It is the PEACE in you that tells you that you are never alone. It is the LIGHT in you that guides you to your best. It is the LOVE in you that hears every prayer you pray. It is the STRENGTH in you that reminds you that nothing is impossible for you…this is the Christ in you. The same Christ in Jesus is the same Christ in you. This is the most important message of Easter! **Amazing.**

The greatest way to celebrate Jesus on Easter and every day is to be like Him and use the miracle powers that you have within you.

So…what you want to see in your life begins with your thoughts of it. EVERY MINUTE fill your thoughts and prayers with God the good and you will hear and see and feel and share miracles; just like Jesus**. Amazing!**

If you'd like to read about the miracles of Jesus you will find them in the Books of Matthew, Mark, Luke and John in the Bible.

Join us after Sunday School on Easter for our Great Party and a Visit from the Easter Bunny!





Hippity Hoppity Easter Cake



Here's a yummy cake to make for your family's Easter celebration

You will need: White cake mix, 1 can Cocoa Lopez creamed coconut or sweetened condensed milk, 12 oz Cool Whip, shredded coconut.

Directions: Bake the cake according to the directions on the box in a 13x9x2 pan. When cool, poke holes in the cake. (I use the end of a wooden spoon…something not too small or too big) Pour cream of coconut (or milk) over cake and let sit, so cake can soak up the liquid. Spread with whipped topping and cover with coconut. **Extra Easter fun:** If you want to make your cake look like an Easter basket…mix a few drops of green food coloring into the coconut before you put on the cake. (like Easter grass) Then, top the grass with jelly beans, marshmallow chicks or bunnies, or chocolate eggs.