



## Volunteer Spotlight on Liz Allen By Kathy Andrews

We caught up with fleet-of-foot Liz Allen who recently stepped up to lead our Sunday Usher Team. Liz joined the team 2 ½ years ago, and finds enjoyment in this way of serving our church . . . particularly the positive energy generated in the initial contact with congregants. Everyone exchanges a smile and a greeting with an usher when handed a Sunday service program. What a great way to start the day!



Part of why she loves what she does is the importance of passing the offering basket since donations keep the church going. She also likes the role of being in a position to greet newcomers with flowers. She appreciates that our church is welcoming without being overbearing.

Liz applies the strong organizational skills that she utilized during 25 years as a computer programmer (specifically as a mainframe COBOL user, which she says was fun!) in organizing the usher team.

When she was ready to transition from being a computer programmer to whatever the next phase of her life was going to be, a neighbor asked her if she could be a caregiver while she sorted things out. Many years later, she's still amazed at how 'in flow' the career change from computer programmer to caregiver was. She savors the people she has gotten to know during this 'selfless service' phase of her life, including the lady she helps who is 104 years old.

Liz also helps with the green bag donation collection, Sunday Suppers, and the silent prayer team. If giving and receiving smiles sounds like something you'd like to be part of, ask any of the ushers, and they'll smile and loop you in.

## What is the Silent Prayer Team All About?

Ask and you shall receive . . ." (Mt.7:7)

On any given Sunday, congregants can be found at the entrance to the Meditation Gardens writing prayer requests for themselves and their loved ones. The Unity of Tustin prayer box located there has held such requests for close to thirty years now. Our Silent Prayer Team members, keepers of the prayer consciousness for our community, faithfully hold these requests in prayer for thirty days. They are then sent to Silent Unity at Unity Village where they are held in continuous prayer for another thirty days. All prayer requests are held in confidence.



Patti Higgins  
requesting a prayer

United in heart, Silent Prayer Team members recognize that prayer is the foundation of Unity of Tustin, and are honored to make this sacred commitment. Once a year, an invitation is extended to our community to join the Silent Prayer Team. One must be a member of Unity of Tustin to be a member of the prayer team. If you are interested, please join us on Sunday, August 4 at 12:45 in the Sanctuary. Information will also be in the Friday E-Blast. For questions, please see Susan Gilmore, Donna Evans, or Linda Cook after the Sunday Service.

By Linda Cook

## Expert Help for Family Caregivers Coming to Unity

By Bev Campbell

Unity of Tustin has the good fortune to partner with the Caregiver Resource Center of Orange County in offering Unity of Tustin congregants and others a support group for caregivers who will benefit from the Center's expertise and experience in this special field of service. The Center will facilitate the group meetings, which are intended for those who are caregiving one or more family members. Meetings will take place on the first and third Thursdays of the month, 10:30 am to 12:00 pm, in Victoria House.

The first meeting will be on July 18th. Come to receive the help and advice you need, and hear tips from others who understand your challenges. The group is not limited to members of Unity of Tustin, and is open to the community. Group size is anticipated to be approximately 12 people in order that personalized service can be provided.

Call or text Bev Campbell to RSVP or to ask questions. 714-473-4297, or e-mail at [bev.campbell444@gmail.com](mailto:bev.campbell444@gmail.com).

### Family Caregiving Support Group



#### Resources

- Referrals for services and assistance
- Information and Assistance
- Respite services may be available to give you a break

#### Expertise

- Education and training

#### Support:

- Discuss issues with your peers
- Individual counseling
- Case Manager for your guidance

Unity of Tustin and The Caregiver Resource Center of OC, the premier Caregiving Service in OC, are partnering to offer a Support Group to meet twice a month at Unity and offer the above assistance and services to you and our neighbors!

## Labyrinth Ministry Celebrated June's Strawberry Moon – A Huge Success!

The Labyrinth Ministry celebrated June's Full Moon or "Strawberry Moon" by organizing a Full Moon Labyrinth Walk for the community on Friday, June 21st. This event was inspired by a full moon walk at the Sacred Garden of Maliko on Maui facilitated by Eve Hogan. Eve is a labyrinth facilitator and has been leading these walks on Maui for 28 years. Coincidentally, she is originally from Fullerton. Eve said she spoke at Unity of Tustin years ago and is familiar with our labyrinth, so we are hoping she may speak here again when she's in the area.



Our event was attended by 26 people, including five from the new Labyrinth Ministry Team. In addition to those from our community, we welcomed a number of people who had never been to Unity of Tustin. We even had a 10-year-old girl attend with her mother. Some participants had never walked a labyrinth before the event. A Sacred Acoustics Full Moon Meditation in the sanctuary set the tone and intention for the walk. We then proceeded to the labyrinth for the sacred full moon experience. In closing, we each walked out from a circle at the center of the labyrinth with a candle representing the illumination we received there as well as the illumination of the full moon. Sharing in the closing circle was a testament to the power of the labyrinth, as was walking it with like-minded souls. Please join us for future labyrinth events, and consider joining The Labyrinth Ministry.

By Sue Tyner

## Make Friends with Our Labyrinth By Kathy Andrews

I'm so glad Kathy paused to listen, and is giving me this chance to speak! I love every person who walks in the circuits of my shape. I have plenty of peace to share with those who are looking for that. I might look like just an unobtrusive yet pretty arrangement of pebbles and open space, but I am actually a powerful landscape technology. It makes me happy to discover what rises up from my untamed depths when people walk my circuits intending to plumb into their past lives, or expand their awareness of cosmic consciousness.

Did you know that the six petals in my center represent the six realms of existence: mineral, plant, animal, human, angelic, and divine? I'd like to spend some time with you and get to know you better. Stop by any time, walk to my center, and find out what you sense as you tune in to each of the petals.



## Unity of Tustin Preschool - The Start of the Idea

In 2019, as our Board continued its focus on the challenges of financial constraints facing the church, it was noted again that revenues were almost entirely based on congregant giving, while the largest expenses were driven by the maintenance or improvement needs of our beautiful facilities and grounds. The task at hand was to find a way, or ways, the campus itself could generate additional income that would: a) not require a significant increase in giving from the congregation, and b) would be a



ligned with the spirit and purpose of the church. Complicating matters were tax-related laws and regulations that limit revenue use to religious and/or educational purposes since our church is a California religious non-profit that is exempt from paying state property taxes.

Ideas for a Unity of Tustin Preschool were conceived during deliberations on the subject. It seemed to fit all of the requirements: Educational in nature; Able to take advantage of the campus and facilities; No large up-front investment required if the right partner is selected; Perfectly aligned with the spirit and purpose of the church.

Improvements would likely need to be made to some classrooms, but would also benefit church programs already using those spaces. Initial exploration of the market indicated that there are preschool operators who would be interested in paying rent to use the facilities. The hours and boundaries of preschool operations would fit well with normal church use during evenings and on weekends.

In 2022, our Board took the leap of faith and initiated actions toward making the Unity of Tustin Preschool a reality. Evidence is seen in the fencing and gating of the youth gardens north of the Youth & Family Life building, and in the designation of the former book store space as the new center of operations for YFL.

More good news along this line will be forthcoming as the manifestation of preschool ideas evolve.

By Todd Boppell



## Meet the 2024 Unity of Tustin Board of Directors



### **President: Terry Deming**

Terry was born and raised in Los Angeles, one of 12 children. He enlisted in the Air Force after high school, and served during the Vietnam conflict. After graduating from college, he chose the construction industry for his career. During those working years, he and his wife Nancy were members of Unity of Tustin until retirement. They then moved to California's Central Coast where his interest in nonduality led him to serious study of that concept.

Terry and Nancy returned to Orange County in 2017 to be near their children and grandchildren, and Unity of Tustin, too. He feels honored to serve on the Board, bringing his construction experience along as a resource.

### **Vice-President: Bruce Baird**

Bruce's spiritual journey took a turn toward 'New Thought' in the early 1980's when he read The Aquarian Gospel of Jesus the Christ and Initiation, two must-reads that will influence anyone's thinking. In 1995, he started attending a Unity church. Over the years, he became involved with Unity of Phoenix as a chaplain and as a Board member. His professional background for many years was in the field of Information Technology.

Bruce has been a member of our church for several years, and welcomes the opportunity to be of service in this exciting time of growth and evolution.



### **Secretary: Holly Leo**



Holly is a spiritual seeker as well as a nurse practitioner, wife, and mother. She's the eldest of five children growing up in the San Fernando Valley, and chose nursing as a career. Her undergraduate degree in nursing is from Mount Saint Mary's College in Brentwood, and her Master's Degree in Nursing is from The University of San Diego. Holly's Family Medicine Practice in Tustin focuses on illness prevention and health promotion. Her husband, Ray, is a general contractor.

As a member of the church and its Board of Directors, Holly continues to foster her spiritual growth as she provides service and support to our church community.

**Treasurer: Kim Manning**

Kim has attended Unity of Tustin for almost thirty years. Her children attended Sunday School here, and Unity of Tustin is where she met her husband Matt. Professionally, she's a Certified Public Accountant, which led her to serve our church as its treasurer. This is her second year in that position. In that regard, Kim was involved in establishing the Meditation Gardens of Orange County as an organization distinct from our church. She is the first treasurer of that entity.

Kim's goal as Board Treasurer is to provide sound and accurate stewardship of the church's assets, and to ensure the ongoing viability of the church's finances.

**Member: Douglas Anderson**

In early 2021, Doug and his wife began searching for a spiritual community where they could enhance their spiritual journeys. After months of intense reading, and discussions with family members, they decided to visit Unity of Tustin. "We were greeted with open arms, and were instantly made to feel a part of the community," Doug says. They later became members, and volunteered in the Meditation Gardens and as ushers on Sunday mornings.

Doug goes on to say, "This community continues to offer support, compassion, friendship and love on a level I have never experienced before. I have found my church home. I can now give back by serving on the Board."

**Member: Adam Macdonald**

Adam is a father of three living in Corona Del Mar. He's been attending Unity of Tustin for the past two years. Professionally, he's a visionary entrepreneur who founded Firelight, an online well-being and human connection platform. He earned a Business Degree at Southern Methodist University, a Master's Degree in Psychology at Pepperdine University, and a Spiritual Psychology certificate at the University of Santa Monica.

He brings to the Board three decades of experience building successful businesses, including Take 2 Direct, an award-winning infomercial production company. Along the way, Adam managed to complete the Course in Miracles.

**Chief Evolutionary Officer: Reverend Shara Moschinska**

## The Latest on Our Bookstore Transition By AJ Lipscomb

Thank you, thank you, thank you!!!! The Bookstore Transition Team (Stephanie Aho, AJ Lipscomb, Margie Carrigan, Julie Shafor, Bruce Baird and JonClaud Pinto) cannot fully express the amount of gratitude and appreciation we have for the Unity of Tustin congregation, Board, spiritual community, and friends in making the Lighten-ing Sales a huge success in raising over \$2,300.00!

There are soooo many people who made the three days of selling possible by participating in meetings, contributing ideas, making suggestions, and coordinating tasks, along with the physical strength of moving so many books and merchandise for the sales. You all know who you are, and we are blessed that you attended initial meetings which held the space for the creation of a Transition Team that stepped forward to coordinate the coming manifestation. Your positivity and support throughout the process is truly appreciated.

The hearts of many who said Yes to things that were asked of them exemplifies the energy and atmosphere that makes our spiritual community truly unique. And along with the T-team, the support of Rev. Shara, Mary Jeanne, and Amanda in stepping up when needed resulted in three smooth-running sales events.

The next exciting step in the transition will be the activation of a Remodel Team (Stephanie, AJ, Bruce, and Connie Carter) to coordinate the design, furnishing, and preparation of the old library room. While that's going on, the great response from the community in coming up with a name for the new bookstore will conclude with the renaming. So, thanks again to everyone! Keep an eye out for more information forthcoming in future newsletters!

## Deep Thinking at a MUTS Meeting By Kirk Reeves

A well-known quote from Edgar Cayce is, "We do not possess a soul. Rather, each of us is a soul endowed with the power of creation and the attributes of God." Others have modified these words to say: "Each of us is a soul having a human experience."



Or, "Each of us is a soul having a temporary human experience," suggesting that when we transition from our current incarnations, we resume being exclusively souls.

We may ask, "What is our most important work or purpose in life?" From the human point of view, we get a variety of answers most of which have to do with work, family, caregiving, retirement, or other activities. But what about the soul's point of view? From a soul's viewpoint, what's the purpose of being incarnate in a physical body in a physical dimension? Why did we choose to experience a life on planet Earth?

The answer has to do with a soul's frequency of vibration. The higher the frequency, the better. The frequency range of vibrations utilized by the Creative Forces of the Universe (or God) is extremely high. It includes the vibrations of love without an opposite; unconditional compassion, empathy, and kindness; pure forgiveness, wisdom, and understanding. It is within this divine frequency range we souls want our frequency to be.

## MUTS cont.

To achieve this requires one to be transformed by the renewing of one's mind, that is, one's thoughts must consistently be loving, compassionate, empathetic, kind, thoughtful of others, forgiving, understanding, etc. It requires continuous effort and careful monitoring. It requires 'loving one's neighbor' where everyone is 'one's neighbor.' It requires treating others as you would like to be treated . . . all the time. Life on planet Earth provides countless challenges and opportunities for soul-development of this nature. That's why we each chose to incarnate here. So, what is our purpose as souls having a human experience? It's not only to maintain the well-being of our vibration, but also to raise its frequency to divine levels. That is our calling.

## Where Youth and Elder Meet In Radiant Thriving

During a recent Sunday talk, Rev. Shara expressed great enthusiasm for Unity of Tustin's Youth & Family Life program, deeming it an "anomaly" within the Unity movement—a deviation from the norm. This characterization fittingly captures the unique essence and spirit of Unity of Tustin, positioning it at the vanguard of a new emergence. The current evolutionary currents are ushering in a resurgence of seekers across all age groups, with many finding solace and belonging within our cherished Unity of Tustin community and the broader movement. Undoubtedly, we're embodying our 2024 community white stone word, "radiance thriving" in all ways.

Translating this ethos into our vibrant Youth & Family Life Program, we are collectively and intentionally co-creating a remarkable space for individuals in every stage of life, from youth to elders, novices to wise sages. Here are some foundational elements that underpin the flourishing radiance of our Youth & Family Life initiative:

- ·Consistent support from families and the community
- ·Active participation and contributions from the youth
- ·Nurturing intergenerational relationships
- ·Clear articulation of evolutionary vision and mission
- ·Engaging in educational themes and activities
- ·Emphasis on shared leadership
- ·And . . . we mustn't forget the joyous inclusion of ample cake!

For those contemplating collaboration with our Youth & Family Life Program, the present moment offers an ideal opportunity to actively engage with and contribute to the well-being of our youth, and the Unity movement as a whole. All families are welcome!

Consider . . . "Youth is not a time of life; it is a state of mind." -Samuel Ullman

By Erin Hostetler

### How to Access the Newsletter Online:

- Go to [UnityTustin.org](http://UnityTustin.org)
  - Click on the heading "About"
  - Click on "Community Updates"
  - Click on "Monthly Newsletters"
- or use the camera app on your phone to scan the QR code

