

# HIGHER GROUND

Winter 2008

Quarter I 2008

## *The Newsletter of UNITY CHRIST CHURCH*

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## AS I SEE IT

*By Valerie Koller*

I was reading an article "The Wisdom of Eric Butterworth-Be Happy First" and it started describing a cartoon that depicted a bird watcher who is looking at a bird perched on a branch and looking down at him. The bird has its beak open as if talking to him. The caption reads, "I don't sing because I am happy. I am happy because I sing."

What a great lesson in living! Actually it is the key to a joyous life.

There is an all-too-common belief that happiness depends upon persons or things around us. We often delude ourselves with the thought that "If he or she would just change..." or "When I get that job promotion" or in my case "when I'm not working so hard or so much..." then we

will sing with joy. I know but sometimes forget that happiness does not depend on people or conditions. It depends on how we react to them.

The capacity for joy is a universal spiritual trait inherent within all of us... regardless of conditions. You need not have something to be happy about.

*Continued on page 2*

## A GOOD IDEA

*By Valerie Koller*

The Association of Unity Churches International launched their "Look for the Good" campaign earlier this year. In this election year, the campaign is promoting the concept that

voters should look for the good in politicians' speeches, debates and sound bites. The campaign encourages people not to stop listening to presidential candidates, but to listen for what is right and

good, and ignore the accusations, insinuations and general negativity that inevitably escalate as a campaign goes on.

"The concept of looking for the good goes

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## AS I SEE IT

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Like the singing bird, you will find that you are happy because you sing.

The article depicts a woman who was sick and weighed down by a sense of guilt over the responsibilities she felt unable to meet.

She wanted so much to be healed, and to have command of all her responsibilities. If only this would happen, she would be so happy. Then one day she reads these words: "Until you are happy, you will be neither healthy nor free." How could she be happy first and then experience the healing? The idea compelled her to discover the principle and uncover the process.

Slowly she realized that she didn't need to have something specific to be happy about. She could begin each day with a song, letting the joy potential set the tone for all her involvements. In time, she became the bird in the cartoon: she was happy because she sang. And, by the law of consciousness, she soon began to experience greater and greater health and took control of her life.

Oh, how I could relate to this woman and wanting to take control of my life. So if you long for conditions that you think will bring happiness, create a "Song of Joy". Faithfully sing your song, and conditions will change, because you have changed.

You will feel stronger, more patient and more confident, you will feel the change, and others will see the change... because you are now really happy!

Let us affirm:

*"I don't sing because I am happy. I am happy because I sing."*

Blessings of Love, Peace and Joy for the upcoming holiday season and 2009,

Valerie Koller

President, Unity Christ  
Church Board of Trustees

## A GOOD IDEA

*Continued from page 1*

beyond politics and can affect our everyday lives," says James Trapp, President and CEO of the Association. "The Look for the Good campaign is as applicable to leading and speaking as it is to listening and seeing. It is a universal principle that which we give our attention to, we create in our lives. This

way of thinking could truly change our lives and the lives of those around us."

The Look for the Good message is being disseminated to more than church members and the public. Packets of materials were sent directly to Republican and Democratic candidates' national headquarters, asking them to give American people what

they want...statements about what they are for, and what they will do, rather than negative rhetoric. The Association hopes that its campaign challenges will be heard and embraced by these leaders during this high-profile election year.

Science of Mind Magazine-  
September 2008

# CHOICES

By Rev. Eileen Brosko

Life is Busy. Summer is gone. My favorite time of year has arrived, the season of fall in New Jersey. However, I must confess that I leave summer behind this year with a bit of nostalgia. I did a lot of things I promised myself that I would do, I visited my sister who is a distance away, spent time with my brother and my granddaughters were very much a part of my summer. And of course, the good old Jersey shore never fails to completely capture me.

Yet there are things left undone, my garden has been neglected. I did not stay on my proposed health regime, walking and counting calo-

ries. Our refrigerator at the church home decided it was time to retire, so we are dealing with that challenge. Unity Village has decided that we are prosperous and so we are no longer going to receive the Matching Fund Grant. (Explanation can be given to anyone who is unfamiliar with our grant.) This gave me the opportunity to work on letting go and judgment.

But you know what? I did not forget my prayer partners. I did meditate, I did pray and I purposely sought time each day to be with the Lord of my Being. My days were full.

We are seeing new faces coming into our Church Home bringing with them rich blessings. The Board at Unity Christ Church is still working diligently and creatively as they quietly bless this ministry.

I have had many grace moments. Preparing my class for *Keys to the Kingdom*, which will be in September, has offered me more gifts. I do invite you to come on Wednesday evenings and join our group in prayer and study. So my gifts and joys have been simple but abundant. Looking forward to the time we will spend together this fall, I remain  
In prayer with you

## I OF THE STORM

*I Of The Storm*  
By Gary Simmons

Unity Christ Church will be presenting the *I of the Storm* by Gary Simmons on Saturday, October 25th from 11:00 AM until 2:30pm at our church home, 221 Main St. Boonton. (VFW) The class will run for five weeks. Angela Minervini, a member of

Unity's peace making team, will work through the book to help us understand how to go beyond merely managing the conflict in our lives to actually embracing the conflict in our lives

The process leads to peacemaking, whether it is in our relationships, outside circumstances, or a result of our own thinking. It helps us realize peace in our lives. Classes

are open to all, based on love offering. Please call 973-331-1776 for further info.

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***This issue:***

***Contributors:*** Rev. Eileen Brosko, Valerie Koller & Rev. Carmela Vuoso-Murphy  
***Designed and edited by:*** Rev. Carmela Vuoso-Murphy  
***Proofread by:*** Angela Homa

## BOOK REVIEW:

*The following is a book review written by Rev. Carmela Vuoso-Murphy, published in On Course Magazine in 1999. Nine years later, the subject matter remains as relevant today as it was back then, for so many people.*

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**Listen To Me...  
A Book for  
Women and Men  
About Father-Son  
Relationships**

*By Gerald G. Jampolsky &  
Lee L Jampolsky*

Jerry Jampolsky was one of the first authors I read when I began my relationship with *A Course In Miracles* in 1985. His work has always been a source of inspiration and guidance, so when I saw the chance to review *Listen to Me*, I seized the opportunity; I had no idea how timely or poignant the subject matter would be!

For over 20 years I have been working on my relationship with my father as he so perfectly provided me with a multitude of opportunities. He was the physical form that reinforced the idea of separation in my life. My father has been, and continues to be, what the course would call a

“savior”: my greatest source of pain which has presented me with the greatest opportunities for growth and healing. By following the suggestions in this book, I was able to continue the healing process with my father by taking it further than I ever had before.

In their joining, Jerry and Lee have given us a gift. The book consists of a series of letters between Jerry and his son, Lee, in which they share their feelings of anger, frustration, guilt, and fear, as it occurred in their life together. They also work through these feelings, offer forgiveness to one another, and bask in the glory of their joy and love.

Each chapter offers the reader explanations of the issues raised in their letters, as well as suggested ways of dealing with those issues. Through their love,

honesty, courage and willingness to heal their relationship, they provide us with a guide to open up and communicate our own desires to heal our relationships. By their example of sharing their inner most thoughts, feelings, and reactions to their life together, they empower the reader with the courage to do the same.

While this book is focused on father-son relationships, anyone of either gender who wishes to heal or resolve any relationship conflict would greatly benefit from the ideas, suggestions, and direction expressed in this book. By grieving the past and allowing forgiveness, we open doors to a wonderful, peaceful future. Jerry and Lee experienced it, I experienced it, and so can you!

## FUND RAISING UPDATE BY CVM

### [WWW.GOODSEARCH.COM](http://WWW.GOODSEARCH.COM)

Use goodsearch as your search engine and help UCC! Under “Who do you goodsearch for” type in “Unity Christ Church of Boonton”, click “Verify”, and UCC will receive 1 cent for every search you do. How easy is that!

### [Ink Jet, Laser Cartridge and Cell Phone Recycling](#)

Help the environment and UCC by bringing in your used ink jet cartridges, laser cartridges, and cell phones for recycling. You can take it a step further by asking your workplace to recycle through UCC. We CAN make a difference!

# Schedule of Upcoming Events

**Sunday services are at 10:30am, Classes are from 7:00-9:00pm @ Unity Christ Church, Boonton, NJ (unless otherwise stated)**

## SUNDAY SERVICES

Sunday services are held at 10:30am every Sunday with Rev. Eileen Brosko and Rev. Carmela Vuoso-Murphy on alternating Sunday's. Special services will be announced in weekly Sunday bulletins and on the church hotline—973-331-1776 x 6. Monthly celebrations are:

- 1st Sunday: Birthday Sunday—celebration for all born in the current month.
- Last Sunday: Interfaith Food Pantry Sunday—non perishables collected and delivered to the Morris County Interfaith Food Pantry.

Notifications of cancellations for Sunday

services or classes due to inclement weather, etc., can be accessed on x8 of our hotline.

## CLASSES/WORKSHOPS

**Keys To The Kingdom:** Classes continue with Rev. Eileen Wednesday nights 7:15 to 9:00. Can be taken for Unity credit or spiritual development. Call Rev. Eileen for more information: 973-214-4276

**Prayer Scarf Ministry:** Continues with Janet Cavallaro, Check the hotline or website for upcoming dates.

## UPCOMING EVENTS

**UCC Cinema Returns:** Check the hotline and website for features/dates/times.

**Tastefully Simple Demonstration:** 11/2 at noon.

**Barn Theater:** Sunday 11/16 *Summer of 42*. Tickets are \$15, please see Rev. Eileen for more information and to RSVP.

**Thanksgiving Service:** Sunday 11/23, Tree trimming immediately after the service

**Christmas Service:** Sunday, 12/21

**Fr. Alphonse Concert:** Sunday 12/21, see Rev. Eileen for more information.

**Burning Bowl Service:** 12/28

**Visit our website for additional information:**

**[www.unitychristchurchofboonton.org](http://www.unitychristchurchofboonton.org)**

## **DESCRIPTIONS OF SPECIAL EVENTS AND CLASSES:**

**KEYS OF THE KINGDOM:** Classes with Rev. Eileen continue Wednesday nights 7:15 to 9:00. Open to all—can be taken for Unity Credit or for spiritual evolvment. Call Rev. Eileen for more information.

**UNITY CHRIST CHURCH CINEMA:** UCC Cinema continues with monthly viewings. Check the website or call the hotline for upcoming dates and features.

**TASTEFULLY SIMPLE DEMONSTRATION/TASTING:** Simple preparations with three ingredients or less, perfect for holiday entertaining or as gifts.

**CHRISTMAS TREE TRIMMING:** Come trim our tree after the Thanksgiving service on Sunday 11/23, immediately after the service.

**COMING IN 2009:** Look for more classes, workshop, and special events in 2009, including our special Bobby Byrne Concert on March 28! Save that date!

## **EVENTS UPDATE B**

### **MEMBERSHIP SUNDAY**

Congratulations to all those who became members of Unity Christ Church in our first annual Membership Sunday! They are now eligible to vote at Congregational Meetings. Interested in becoming a member? Please see Rev. Eileen for more information.

### **UCC ANNUAL PICNIC**

Once again, our annual picnic was a great success! Besides moving to a wonderful new spot at the Knoll, special thanks go to Dee Morris aka "Magic the clown", for organizing the event and sharing her wonderful storytelling skills, Cookie for

her balloon sculptures, Oop-sie Dazee for her face-painting, Laura Crawford and 5 Girl Scouts from Troop 1078, and the countless others who made it happen: Rev. Eileen, Alex, Valerie, John, Janet, Frank, Carl, Phyllis, Toni, and Rev. Carmela. We look forward to many more!

**UNITY CHRIST CHURCH**  
**P.O. BOX 37**  
**BOONTON, NJ 07005**

**WWW.UNITYCHRISTCHURCHOFBOONTON.ORG**

**Rev. Eileen Brosko**  
**973-214-4276**  
**Eileenbrosko@yahoo.com**

**Rev. Carmela Vuoso-Murphy**  
**973-331-9700 or 973-714-7624**  
**Divinelightcenter@yahoo.com**  
**www.divinelightcenter.net**

# ***UNITY CHRIST CHURCH***

*Practical Christianity and  
Interfaith Services*

## **UNITY CHRIST CHURCH**

### **MISSION STATEMENT:**

We serve each other, our church, and community in love. We study, pray and apply the Christ teachings in our lives and affairs as interpreted by the Unity founders and teachers. We embrace others in an atmosphere of acceptance and trust as we allow the Holy Spirit to work through us. We value, recognize and encourage the talents and spiritual paths of each member.

### **OUR VALUES:**

- We embrace all spiritual and Religious paths.
- We accept, honor and respect each individual and his/her boundaries.
- We listen from a place of understanding and acceptance.

### **SUNDAY SERVICES:**

**10:30am, VFW Post 242, 221 Main Street, Boonton, NJ 07005**

Parking lot located behind building, entrance on Myrtle Avenue

### **INSPIRATIONAL MESSAGE:**

Don't miss the inspirational message offered weekly! Call 973-331-1776 X1

### **BOARD OF TRUSTEES:**

Janet Cavallaro ..... Secretary  
Valerie Koller ..... Board President  
Dee Morris .....Trustee  
Bill Homa .....Treasurer

Mailing Address: P.O. Box 37, Boonton, NJ 07005, Church Phone: 973-331-1776