



Unity News

Unity Church of Grand Junction

Unity: A Way of Life that works!

July
2010



Events at a Glance

Birthday Sunday
July 4th

July Potluck Canceled
(for Summer months)

Unity Social Club
Watch Fireworks
Sunday, July 4th
Meet at church-7:00 p.m.

Unity Social Club
Centennial Band Concert
Thursday, July 15
Meet at church-6:00 p.m.

Adventurous Spirits
Saturday, July 31
Hike Galloping Goose
Trail (near Telluride)
Meet at church at 7:00 am

Unity Social Club
Fruita Concert Series
King 'N Trio
Thursday, July 29
Meet at church-6:15 p.m.

Meditation Service
Wednesdays—7:00 pm

Prosperity Study Group
Wednesdays— 7:30 p.m.

Unity Social Club
Movies Under the Stars
Friday, August 13
Meet at church—7:00 p.m.

Sunday Morning CD'S
Available after service

Unity Prayer Line
(970) 256-9251

Message From Your Minister

J Douglas Bottorff

“Live Your Freedom”

July has always had a special significance for me. I have fond early memories of shooting fireworks and celebrating many birthdays, most of which were, indeed, happy.



As a minister, I have spent much time contemplating and talking about the idea of freedom as it applies both to our nation and to us as individuals. I've concluded that our lives, including our birth, have taken their particular shape by virtue of our freedom to make choices.

I think it is true that most of us do not know the extent of our freedom. We feel hemmed in by circumstances, a lack of money or events that seem to imprison or limit us. We cannot argue that these limiting conditions do exist. We can, however, argue that we can always do something about them.

Freedom, at its deepest level, is a natural spiritual condition, which is why we so universally aspire to it. Currently we labor under fear and the effects of restrictive thinking, but as we make the journey back to our essence; as we open our minds to that core that is created in the image and after the likeness of God, we begin making our choices from an entirely different place. The things that once bound and frightened us are put behind. The spiritual Self emerges into our consciousness shedding its light of freedom from the inside out.

I believe this is what Jesus was referring to when he said, *“You will know the truth and the truth will make you free.”* The truth is you are already free. Open your mind to this level of yourself and begin to live your freedom.

Have a happy & safe Fourth of July!



Unity Social Club

The Unity Social Club was formed to provide outings for all members and friends of Unity Church at little or no cost. While Deb Jensen does an excellent job of organizing monthly hikes and activities for the Adventurous Spirits; the Unity Social Club's goal is to provide outings of a less physical nature.

Although Doug Sawtelle and Bev Jackson were the initial organizers of the group, all participants are encouraged to come up with ideas for outings and to volunteer to be the organizer for an event.

The organizer is responsible for getting an article written for the newsletter and submitting an announcement for the Sunday bulletin. Also, the organizer is the point of contact before and during the outing. Call Doug Sawtelle or Bev if you would like to organize an event for The Social Club.

Be sure to notice the Unity Social Club activities planned for July and August posted on page three.





Meditation Service

7:00 p.m.

Come and take part in a time of quiet prayer, candlelight and peaceful music at our weekly Wednesday Night Meditation Service.

I hope you will join me at the Meditation Service on Wednesdays. It is a powerful way to open yourself up to Spirit and to infinite, new possibilities.— Rev. Doug



Birthday Sunday Sunday, July 4th

*Join us in celebrating our
July Birthdays!*

Birthday cakes donated by:

Dixie Arnett
Shirley Casto
Denice Roberts



Thank You!

LOVE NOTES

Diane West, Music Director



I Am Free, I Am Unlimited,
There are no chains that bind me.
I Am Free, I Am Unlimited,
Right Now! Right Now!

Written by Janet Bowser Manning

In July we celebrate our Independence, our freedom to believe as we wish; to worship as we please and to sing the praises of this glorious summer!

July will bring special fife and drum music from Susan Hall and John Slay. Chuck and Jeannie Thomas will be visiting on July 18th. And, the Unity Musicians will continue to bring special selections each Sunday morning.

Musician of the Month for July

Rev. Doug



Music Trivia: How many songs has Rev Doug written?
Answer: 225

Check out the Unity website for the musical autobiography of this amazing musician.

July Potluck Canceled

Our regular monthly potlucks have been canceled for the Summer months of June, July and August. They will resume in September.



BOARD OF DIRECTORS

Bev Jackson President
David Caldwell Vice-President
Marti McNamee Secretary
Troy Nuss Treasurer
Deb Jensen Member
Alta Wadlow Member

Birthday Cake Sign-Up

Sign-up now, on the table in the lobby, to donate a cake in August or September. **As a rule, three cakes are needed for each Birthday Sunday Celebration.**

Thank you, to those of you who so generously donate cakes for our Birthday Sundays.

Sunday Morning Lesson CD'S

(available after the service)

Place your order with

Ed Fortson

at the sound booth

CD's: \$5.00

City Market Value Card



Do you shop regularly at City Market? A percentage of your purchase can go to Unity each time you shop. Simply fill out your *name, phone number* and *Value Card number* on the clipboard in the lobby.

Unity Social Club Activities



Watch Fireworks

Sunday, July 4

Starts at dusk

Bluff at Northeast Christian Church
Meet at church at 7:00 pm- carpool
as parking is minimal. Bring chairs.
Dixie Arnett, organizer.

Centennial Band Concert

Thursday, July 15

7:00 p.m.

Lincoln Park Oval, 12th & Gunnison
Meet at church at 6:00 p.m. - carpool &
find group seating; bring chairs.
Doug Sawtelle, organizer.

King 'N Trio

Thursday, July 29

7:30 p.m.

Fruita Thursday Night Concert Series
Fruita Civic Center Pavilion
325 E. Aspen
Meet at church at 6:15 - carpool
& find group seating; bring chairs.
John Slay, organizer.

Movies Under the Stars

Friday, August 13

Starts at dusk

Glade Park Volunteer Fire Department
West of Glade Park Store
Meet at church at 7:00 p.m.- carpool;
bring chairs. Doug Sawtelle, organizer

We will have sign up sheets for each event, but you don't have to sign up to attend. Copies of the list of participant phone numbers are on the table in the lobby.

Unity Art Gallery Fiber Artist



Dixie Arnett

I pieced my first quilt from a book a friend loaned me in early 1997. I never finished that quilt and thought if this is what I want to do I had better take a class. What a revelation that was!

I found, much to my surprise, I loved hand appliqué. I joined my first quilt guild in January 2002 and met wonderful, helpful women with the same interest in hand work. Several years later I realized I was limiting myself to one aspect of quilting and started working on my piecing skills. Again, considering my first experience. I realized I enjoyed the challenge of piecing.

I have combined hand appliqué with piecing and have been pleased with my quilts. I will generally hand quilt smaller quilts, but I don't have a problem having someone else quilt the larger ones for me.

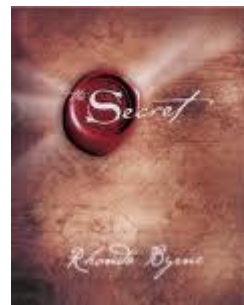
I now belong to three quilt guilds and several smaller sewing groups. I find that I am always learning and enjoy interacting with like-minded people.

Resource Directory

The Resource Directory is completed; be sure to pick up your copy on the table in the lobby.

The Lending Library

Plans are being made to move the Lending Library books, in the unused classroom, to a more visible area in Fellowship Hall where they can be seen and used. If you would like to help sort and arrange the books, let us know in the office.



Prosperity Study Group Wednesdays, 7:30 p.m.

The Prosperity Study Group will be watching **The Secret** for a couple of weeks. Join us downstairs in Fellowship Hall, as we explore, learn and study the wonderful principles of **The Secret** at our new time (7:30 p.m.) on Wednesday evenings.

All are welcome to join us in our quest to understand and apply the Universal Laws of prosperity. Call LaDonna Shearer at 970-260-0181 if you have any questions.



Adventurous Spirits

Saturday, July 31

(the last Saturday of the month)

The Adventurous Spirits will be hiking the Galloping Goose Trail in the mountains by Telluride on **Saturday, July 31st**. This is the **fifth** Saturday, so please re-mark your calendars.

The hike is 6.7 miles long and gains (loses) 2100 feet of elevation. We'll do a shuttle so that we can hike down hill the whole way.

Meet at the church at 7:00 a.m. for carpooling and a 2-1/2 hour drive. Bring some snacks and water for the trail and a salad, side dish or dessert to share for a hot dog roast afterwards. Sign the sign-up sheet on the table in the lobby. Call Deb at 270-1472 for more information.



UNITY CHURCH

3205 N. 12th Street
Grand Junction, CO 81506

Telephone (970) 243-3550

Fax (970) 243-4718

Unity Prayer Line: (970) 256-9251

(recorded weekly by Beth Bottorff)

E-mail:

office@unitygj.org

revdouglas@bresnan.net

Church Office Hours:

Monday thru Thursday

10:00 a.m. to 1:00 p.m.

Meditation Service: Wednesdays

7:00 p.m.

Newsletter Editor:

Beth Bottorff

We're on the web!

<http://unitygj.org>

HAPPY 4TH OF JULY!



Unity Art Gallery

Fiber Artist

Kathy Arbeiter

Weaving of Baskets

Baskets, how we take them for granted! We see them piled high in native markets. Truckloads are shipped into stores from all parts of the world. There are plain and colorful baskets, most are constructed simply and many are ingeniously designed. They range from sizes as large as laundry baskets to some that are smaller than match-boxes; in many shapes and descriptions.

Basket weaving, probably the oldest textile craft, is coming of age. It is recognized as a link from the past that can be developed in a contemporary way, Coiling, the technique believed to be the highest degree of development in the craft, is not found in all cultures, but has been found throughout the world. Beautiful examples of coiled baskets that date back as far as 9000B.C. have been found in North America & Africa. Oneness with nature played an important role in the lives of primitive basket weavers. They felt they were borrowing



the materials needed and returning them when finished. They gathered only what was needed, nothing was wasted.

Basket weaving is a very personal craft. The piece of work grows out of and becomes an extension of the maker. To the traditional basket weavers, it was and is a spiritual experience understood only by the maker. Some weavers will not allow others to watch while they work. Many American Indian and African craftsmen are reluctant to teach outsiders or discuss their feelings about their work. Fortunately a few of the native weavers are beginning to teach their craft & give an understanding of their culture and beliefs. Coiling is a traditional procedure often categorized as a "sewing technique" and may be referred to as coil boiling, rod binding and bunching. Historical examples of coiled baskets illustrate an orderly progression of coils in a geometric arrangement with simple or intricate patterning. The materials were indigenous to the environment of the people who created them. The baskets were utilitarian and usually steeped in tradition and ritual. Contemporary coiled baskets still rely on craftsmanship, but the freedom of materials used and shapes that evolve may be

non-traditional. Basketry permits neither corrections nor adjustments short of reversal. Unweaving is extremely tedious and tends to weaken or wear out fibers. The geometric patterns which result so naturally from the process seem to be favored because of their predictability.

Basketry patterns grow from beginnings introduced early in the process. The pattern materializes along with the basket, although no such distinction between the pattern and basket form is valid. Patterns are built line by line with no possibility of modifying them once committed to it. Sometimes after designing a basket pattern, it does not evolve as planned and the basket takes on a life of its own, then it is time to follow that direction. The sheer variety, naturalness and beauty of baskets have made them a challenge and a delight to create. My goal is to reach a wide audience so viewers may gain an appreciation of this wonderful art form. The art of basket weaving can be simple or complex. It can be practical or a flight into fancy. It is as ancient as it is contemporary. Always it is an expansion of our creative self. Enjoy!