

# unity

of Sebring

## Life Enrichment Centre

*Helping You Discover  
How Wonderful Life Can Be*



# 10417

**Orange Blossom Blvd. South**

**Sebring, FL 33875**

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

**and/or**

**[www.myspace.com/unitylifeenrichmentcentre](http://www.myspace.com/unitylifeenrichmentcentre)**

**e-mail: [unity@vistanet.net](mailto:unity@vistanet.net)**

**863-471-1122**



Unity  
Life Enrichment Centre

**Senior Minister**

Rev. Andrew C. Conyer

**Board of Trustees**

Jim Hendrie - President  
Denise Beauparlant- Vice President  
Steve Sekely - Treasurer  
Beverly Bennett - Secretary  
Lois Brown - At Large  
Charlie Stroup - At Large  
Jim Day - Alternate  
Kim Timmermann - Alternate

**Licensed Unity Teachers**

Beth Barnes, Joanne McAfee  
Sunny Zengler

**Church Staff**

Beth Barnes - Pastoral Care  
Adam Ray - Music Director  
Larry Sanchez - Financial Office  
Lawanna Green, Tracy Schuknecht  
- Children's Church

**Sunday Team Leaders**

Tena Conyer - Sunday Worship  
George Green Hank Beauparlant -  
Greeters/Ushers

**Prayer Team Leaders**

Virginia Peck, Barbara Burns,  
Debbie DeCerbo,  
Rev. Andrew Conyer

**Prosperity Sunday Volunteer**

Harold Knutson

**Lending Library**

Virginia Peck

**Bookstore Manager**

Roger Perkins

**Audio/Visual**

Tena Conyer, Timothy Willsey,  
Joe DeCerbo

**Offering Count**

Steve Sekely, Tena Conyer

**Social Committee**

Janice Hendrie

**Media/Newsletter**

Rev. Andrew Conyer

**Webmaster**

Josh Little

**"Love In Action" Coordinator**

Denise Beauparlant, Lois Brown  
Co-Chairs



**Flag Pole Project Completed**

A huge thank you goes to all who helped create, install and pay for the flagpoles outside our church. My the remind us of the freedom we have, Those who help insure our freedom and the world where we live is precious. Thank you all again for your time and treasures in making the project a success.

**Sunday Refreshments - Help Requested**



After service Sunday fellowship has become one of the highlights of the week for many within our congregation. Everyone is invited to stay after service and enjoy refreshments.

To make Sunday refreshments manageable, enjoyable & affordable, these are the guidelines

for refreshments.

1. Six people are needed to bring food, help set up and clean up after



2. Items offered are to include, vegetable trays, fruit trays, and dessert trays.



Please see Janice Hendrie before or after service, if you are interested and able to provide these wonderful items for all to

## IMPORTANT CONTACT INFORMATION

Contact information you need to know.

### PHYSICAL & MAILING ADDRESS

Unity  
10417 Orange Blossom Blvd. S.  
Sebring, Fl 33875

### E-MAIL ADDRESS

unity@vistanet.net

### OTHER

### CONTACT INFORMATION

Phone Numbers  
863•471•1122 Office  
863•471•0661 Fax

Web Address

<http://www.unityofsebring.org>

### NEWSLETTERS

*are now available online by  
going to our Website*

### PLEASE KEEP US UPDATED

If there is a change in any of your addresses, phone numbers, etc.  
Please contact the office.

### PLEASE LET US KNOW

If you would like for us to list your birthday in our newsletter.  
Let us know if you are in the hospital.  
The hospitals **do not** contact us.

### CONTACT US FOR PRAYER

No matter how small you may think your challenge may be, we have over 80 people who want to join you in prayer, and Silent Unity too!

All prayer requests are held in confidence and can be submitted at church, by phone, through our website, direct e-mail or snail mail..



Unity members practice tithing in a variety of ways. We give because we have been already richly blessed in so many ways. By giving from the spiritual standpoint of "God is our Source", we open the flood gates to our own good blessings and we send forth abundance for others to experience.

For the month of **July** we will be supporting The humane Society of Highlands County. They are in need of dry and canned dog and cat food, bleach, paper towels and of course

cash contribution. During the summer months their donor pool is quite low so let's make an all out effort to support them. In **August** we will collect for **Springlake Presbyterian Food Bank**. They are looking for receive canned and dry goods in all sizes.



07-04 Linda Davis  
07-13 Joe Decerbo  
07-15 Phyllis Day  
07-16 Cathy Dunn  
07-23 Richard Kraus  
07-24 Sherry Carlson  
07-20 Julia Babcock  
07-24 Dave Schuknecht  
07-25 Paul K. Ferrell  
07-26 Beth Barnes  
07-26 Ryle Cauffield  
07-31 Joyce Chapman

**July**

08-01 Deannie Sallie  
08-04 Dee Johnson  
08-06 Lois Brown  
08-08 Lawanna Green  
08-11 Jim Pollard  
08-15 Duane Davis  
08-15 Irene Knuston  
08-15 Gracie Thayer  
08-18 Amelia Alexander  
08-22 Mary Alexander  
08-24 Jean Potts  
08-25 Amber Scott  
08-27 J.D. Baird  
08-31 Claire Baird

**August**

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## PROSPERITY SUNDAY



# Class Offerings

Classes are open to the public and are subject to cancellation if class attendance requirements are not met. Check class for time and tuition. If you would like to lead a class, please contact Unity at 863-471-1122 or email us at [unity@vistanet.net](mailto:unity@vistanet.net)

## Conversations With God A Discussion Group

Mondays 10am

Suppose you could ask God the most puzzling questions about existence -questions about love and faith, life and death, good and evil. Suppose God provided clear, understandable answers. It happened to Neale Donald Walsh. It can happen to you. Come, join the conversation. Facilitated By Chris Williams. Offered on a Love offering basis.



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## YOGA

### Mondays 6:00pm. Beginning and Intermediate Yoga

This summer, Dagmar Jones will lead a beginning yoga class at the centre. Dagmar is a fully trained yoga instructor with years of experience in sharing with students the wisdom that techniques associated with this wonderful practice.

Dagmar received her Yoga Alliance Registered Teaching Diploma from the PranaVinyasa School of Yoga in Tampa.

Dagmar teaches an Iyengar-infused style of hatha yoga that is both, rigorous and relaxing. She is trained in pranayama (breathing techniques), meditation, yoga nidra, and stress management.

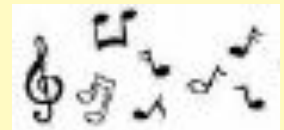
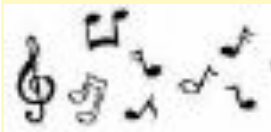
Ms. Jones is registered with the Yoga Alliance, Registry ID # 37013. Yoga Alliance® registers individual yoga teachers who have complied with minimum educational standards established by the organization. The RYT (Registered Yoga Teacher) 200 program involves 200 hours of yoga instruction for certification. For information about Dagmar and the yoga she teaches you can find her on the web at <http://www.infinitelightyoga.weebly.com>



## Voices of Unity Rehearsals

On Summer Break.

Will Start again in mid to late August



## Heal Thyself - Heal Our Earth

Tuesdays 6:00pm Meetings Every Other Week

There are many modalities of healing that this group is exploring. Spiritual, physical, emotional, and planetary all are seeking to be reunited in the one true source of love. Connected to the source of divine wholeness, we will discover our true nature and express and share it with the world. All are invited to come experience new avenues of healing that will bring peace, love, health and happiness to your life.

The course will be facilitated by Bill Jones, who has 9 years of experience as a healer and intuitive. Check calendar for meeting dates. Love Offering Basis



# Class Offerings Continued



## Joseph Campbell and Bill Moyers's The Power of Myth

Wednesdays 10:30am  
Starting July 14, 2010

Are myths just foolish old stories believed by the gullible and the superstitious? Or do they still exert a powerful pull on our minds and in our lives? In this classic PBS series, renowned teacher and storyteller Joseph Campbell joins Bill Moyers in exploring the meaning myths have in our daily lives. Each of the

six episodes -- "The Hero's Adventure," "The Message of the Myth," "The First Storytellers," "Sacrifice and Bliss," "Love and the Goddess," and "Masks of Eternity" -- focuses on a character or theme found in mythologies of various cultures and religions. In his lively discussions with Moyers, Campbell argues eloquently that these timeless archetypes continue to exert a powerful pull on our unconscious.

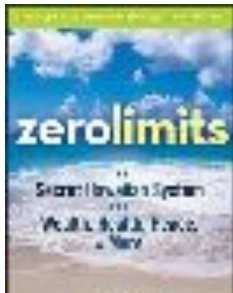


## Suicide and Sudden Loss Grief Support Group

Wednesdays, 6:30pm

A support group for those living with grief after sudden loss or suicide continues on Wednesdays at 6:30 p.m.

The Suicide and Sudden Loss Grief Support Group is facilitated by a Licensed Mental Health Counselor with experience in leading therapeutic groups for bereavement and grief.



## THE QUEST GROUP

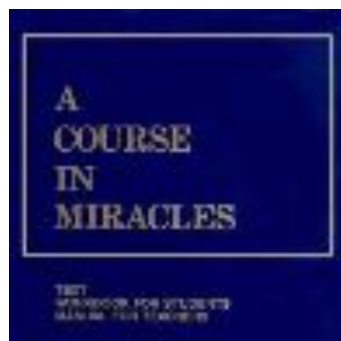
Thursdays 6pm

Now studying "*Zero Limits:*

*The Secret Hawaiian System for Wealth, Health, Peace, and More*"

By Joe Vitale

Are you overworked and overstressed? Are you doing your best but finding professional success and personal fulfillment frustratingly difficult to attain? If it seems like you work hard but never get anywhere, maybe the problem is something within you. Maybe the limitations holding you back come from inside you, not from the outside world. Zero Limits presents a proven way to break through those self-imposed limitations to achieve more in life than you ever dreamed being all that they can be. Facilitated By: Joanne McAfee, L.U.T. • Love Offering



## A Course In Miracles

Fridays 6pm

A Course In Miracles Study group is now offered at the Centre on Friday evening at 6:00pm. All are invited to attend and are asked to help pass the word that the group is now meeting. A Love Offering will be accepted. Books are available in the bookstore for purchase. Facilitator: Beth Barnes, L.U.T. • Love Offering



***Do You have a favorite recipe that everyone just loves? Do you a recipe that you are known for? If so We would like to include them the Unity Life Enrichment Centre Cookbook. Below is how to submit your recipe. Bon Appetit - The Cookbook Creation Team***

#### RECIPE SUBMISSION INFORMATION

PLEASE FOLLOW THE BELOW INSTRUCTIONS SO WE CAN MAKE SURE YOUR RECIPE WILL BE CORRECT. SEND YOUR RECIPE TO [unity@vistanet.net](mailto:unity@vistanet.net) or place in the recipe box located on the Information Station

Give us your name and contact information in case of questions

Title your recipe

Categories: Appetizers, Soups, Meat Dishes, Chicken Dishes, Vegetarian Dish, Casserole, Vegetables, Sides, Cookies and Squares, Pies and Desserts, etc.

All ingredients need to be listed in order of use.

Indicate if they are chopped, minced, melted, etc.

Please be sure to include accurate package sizes and to provide the pan sizes needed for each recipe. Measurements should be as precise as possible.

Baking times should be accurate and give a test for doneness. (e.g., Bake for 45 to 50 minutes, until golden. Cool completely, then cover and refrigerate overnight.)

Indicate whether to cook a recipe covered or not.

Indicate if you can make it ahead of time and if it can be frozen and/or reheated.

Indicate the number of servings.

Please bring a sample of your recipe to share on Sunday.



## **New Support Network Forming "Caring For Senior Parents"**

**Tuesday, July 13, 2010**

**6:00pm Potluck Dinner Meeting**

As more baby boomers become both "sandwich generationers" and seniors, the need to understand aging dynamics and family relationships increases dramatically. It's not easy to become elderly or a parent to your parent(s). After all, our society "says"

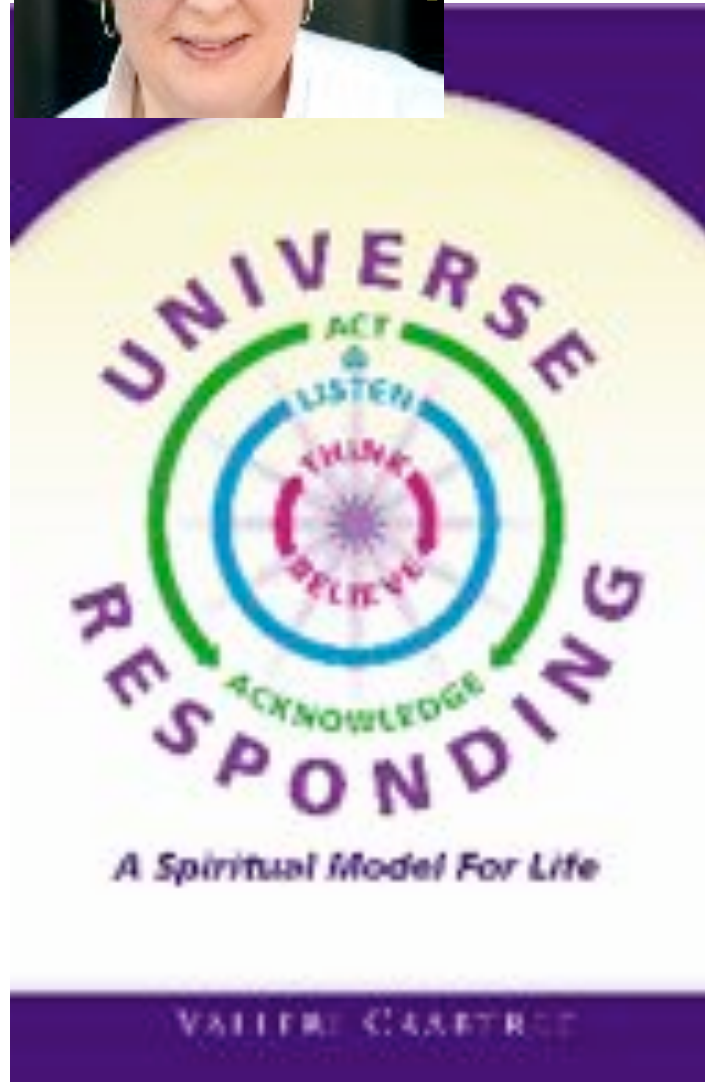
adults should be able to take care of themselves. But, as more live well into their 80s and 90s and families are dispersed across the country, everyone is going to be involved somehow, some way, in elder care. If not today, then tomorrow. That is why we are creating a networking group to support those who are going or will be going through this phase of life.

There are so many questions one faces during these years. So many concerns and without information and support this time of life can be consuming. If you or know of anyone who would be interested in such a group Unity is hosting a potluck dinner meeting on Tuesday, July 13, @ 6:00pm. There we will create the intention and framework of the group. To reserve a place for you phone, 863-471-1122 or through e mail: [unity@vistanet.net](mailto:unity@vistanet.net)

Unity Life Enrichment Centre Presents  
Author and Radio Host  
**Valleri Crabtree**  
Sunday July 4, 2010



Book Signing  
and Workshop



**10:30am**

Sunday

Celebration Service

*The Divine Power of Our  
Constructive Thoughts*

**1-3pm**

Workshop

*Universe  
Responding and the  
Law of Attraction*

**- THINK**

*is only the beginning...*

The Universe responds to our constructive thoughts, so thoughts are a necessary catalyst to manifestation. Here we explore: "How do we think constructively, rather than destructively?" "How does our personal environment affect our ability to achieve results from our constructive thoughts?" The presentation dispels myths about the Law of Attraction, especially that it is THINK and GET! The Law of Attraction's role in the Universe Responding Spiritual Model For Life is explained, with particular emphasis on the role of the Universe Responding elements –THINK, BELIEVE, LISTEN, ACT, ACKNOWLEDGE- that transform our

constructive thoughts into reality. This is a great workshop to enhance the book, Universe Responding, A Spiritual Model For Life by Valleri Crabtree.

**Workshop 2 hours; suggested love offering of \$20 per person**

**Unity**

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Sebring FL 863•471•1122

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email • [unity@vistanet.net](mailto:unity@vistanet.net)





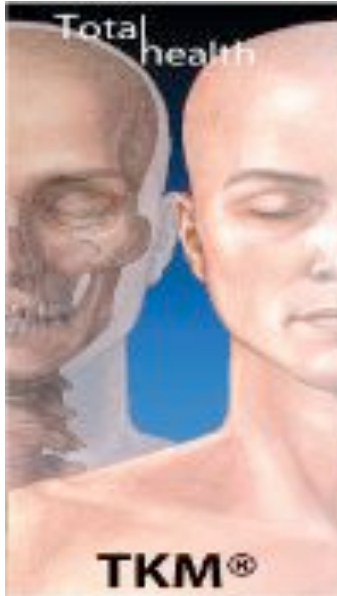
**King Institute, Inc.**  
A Hospital District's Natural Health Department

# The Self Help Class

Discoveries through physics lead us into 21st century medicine!  
Extraordinary Integrative Medicine for Extraordinary Results

## Training Dates:

**Thursday, July 8** 6:00 pm to 9:00 pm  
**Friday, July 9** 6:00 pm to 9:00 pm  
**Saturday, July 10** 9:00 pm to 5:00 pm



Are you or your family looking to resolve health issues or improve health?

We Search, Find and Provide Solutions for You and Your Family.

Whether to recover, improve or maintain excellent health, we provide the frontier edge of natural, non-toxic/non-invasive approaches proving highly effective for your physical, mental and emotional Health.

## Training Overview

*This training introduces students to the location and application of 26 energy spheres found on the body that influence the circulation of bioelectric energy and subsequently all fluids of the body.*

*These 26 energy spheres control 144,000 physiological functions of the body. By using light touch on these locations it is possible to affect energetic circulation and the resonating frequencies of the body to help the body move towards homeostasis and healing.*

*A book is provided that includes charts and diagrams that direct applications of this method. The index included in the book addresses over 400 symptoms and disease conditions.*

**Regular Tuition \$350.00**

**Special Unity**

**Pre-registration price**

**\$150.00 per person.**

**A \$200.00 savings**

**PLUS Married spouse of a participant only \$75.00**

**Register NOW**

**by contacting us at**



Dr. Jim Robertson  
D.N.M. Instructor  
Natural Health Consulting, LLC

## Unity

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email • [unity@vistanet.net](mailto:unity@vistanet.net)



*Highlands County 2010*

*Arts - Crafts  
& Creativity  
Fair*



**Saturday, October 23, 2010 9am-4pm**

**Unity Life Enrichment Centre  
10417 S. Orange Blossom Blvd  
Sebring • FL 33875**

**To Be a Vendor Contact Sherry at 863-471-1122 Leave Message**