



In the Bible and other sacred scripture, God spoke creation into existence. "God said: Let there be light and there was light." According to Hindu scripture, Om, also written Aum, is the most sacred syllable which signifies the ultimate reality and is the primordial sound, the one eternal syllable from which everything flows. Everything in the Universe is made of energy which vibrates at differing frequencies. Words are symbols for objects or even whole ideas but they also have a vibrational frequency when spoken or even read. So what does all this mean? And why are the words we use so important? In his book: "The Four Agreements," Don Miguel Ruiz gives us four agreements to make with ourselves that will make us happy and free. The first one is: "Be impeccable with your word." The word impeccable literally means sinless, which we can interpret as error-free. He explains to us that the word is the most powerful tool we have as humans; however, like a two-edged sword, it can create our most beautiful dream or destroy everything around us. Can we even imagine what it would be like to think without words; how would we experience the world? Wow, it seems complicated! There is a growing body of scientific evidence that words affect the expression of DNA. We may not be scientists but what we do know is that words we associate with good things make us feel better on all levels and words that have negative connotations make us feel worse or even make us sick. The key thing here is how words make us feel. Very early in life we link words with emotions. Most of us can recall when, as a child, we heard an adult say words that made us feel bad about ourselves or others, often causing us to interpret ourselves inaccurately, maybe even till now. From this we understand that words affect us for better or worse, those we speak to ourselves, those we speak to or about others and those others speak to us. What can we do? Think before you speak (and even think) about yourself and others. This requires vigilance. Just remembering to catch yourself as soon as possible when you find yourself doing this and cancelling it out by a more positive statement or thought is helpful. Be easy on yourself; after all, it is our human way to think in words, but words, like all power tools, should be used wisely.

Dates to Remember:

May 5: Ramadan starts in the evening. The best month of the year for Muslims, it is the time when the Quran was revealed to Mohammed and is a period of fasting and praying.

May 5: Birthday Sunday. Join us for cake and ice cream and snacks after the service.

May 12: Mother's Day and Guest speaker, Sophia Falke. The award winning and best-selling author of "Embracing Greatness," Sophia is a Unity minister, life master coach, and motivational speaker who is committed to transforming the world - one thought, one word, one action at a time. She spoke to us last year and we loved her message.

May 19: Unity Basics Class, 12 noon to 2:00 pm, led by Maryann Shepherd, LUT, Assistant Minister. The origin of the Unity movement will be presented as well as the five basic Unity principles. Students will be eligible to become members if they.



desire. There will be discussion about how to use our skills to contribute to the community.

May 31, Fri: Kirtan, 5:00 -6:30 pm. Chanting the name of God, these simple call and response chants are meditative, grounding, healing, soothing and more! Come join us!

Coming up in June: A class on affirmative prayer will begin, taught by Maryann Shepherd, LUT, Assistant Minister. This class can be taken for credit with Unity Institute. Unity Spiritual Education and Enrichment (SEE) classes allow those interested to gain credits toward Unity credentialing. Contact Maryann for more info.

Continuing:

Saturdays: 3 pm, ACIM study group, BHC library.

Sundays: Meditation at 9:30 am in the sanctuary, all invited.

May 12: Monthly Prayer Ministry meeting at 11:15 am.

LOVE...PEACE...JOY...APPRECIATION...BEAUTY...KINDNESS...HAPPINESS...HOLINESS...THANKSGIVING...COMPASSION...BLESSINGS...COMFORT...EXPRESSION...LOVE

Wow! WHAT AN APRIL WE HAVE HAD!

Thank- you so much to Bo Stewart for the April 7 message about changing our perception and becoming "short-timers"; we also enjoyed beautiful music by our own **Grace Notes!** As we know, Bo will be leaving us sometime in May to return to Kansas. A potluck and party, was hosted by Maria Colon and Shirley Steavensen, on April 13th. What a great evening of fun and fellowship. Thanks Maria & Shirley! We will miss you Bo!!

The Parkway Cleanup, held April 6, was a success! Coordinated by the Earth Care team, volunteers gather spring and fall to clean up a 2 mile section of the BHC Parkway. Thank-you to the 10 brave souls who came out at 8 am and contributed their time!

Town Hall meeting April 28, we will report next month.

Summer Osborne blew us away on April 14. Oh, the music!! What an awesome performer with a message for our time. The Spiritual Revolution she speaks of is not a revolt against something but a turning away from old non-inclusive ways of belief toward our acknowledgement of each other as unique expressions in an all-inclusive family of divine Love. If you missed it, hear it on our website.

The Easter White Stone ceremony, April 21, was a centering and inspiring service. After a meditation, we visualized a new name or focus word which symbolizes our intention as we go forward on our path. This ceremony was very beautiful and liberating.



News! *WE HAVE BEEN HAVING GREAT CROWDS AND LOTS OF FUN. WE HAD A SUPER SPECIAL EASTER BINGO WITH LOTS OF DECORATIONS, DOOR PRIZES AND AN EASTER BASKET FULL OF EGGS FILLED WITH PRIZES RANGING FROM FREE BINGO PACKS AND CARDS TO FREE SNACKS. EVERY HOLIDAY WE WILL HAVE A SPECIAL THEME AND GOODIES. SOME OF OUR SNOWBIRD PLAYERS WILL BE LEAVING, SO COME ON DOWN, BRING YOUR FRIENDS & SPREAD THE WORD! WE KNOW WE WILL CONTINUE TO HAVE GOOD ATTENDANCE. UNITY BINGO HAS A PLEASANT, RELAXED AND FRIENDLY ATMOSPHERE. PLAYERS FEEL WELCOME HERE. THANKS TO THOSE WHO PUT IN LONG SUNDAYS TO MAKE THIS HAPPEN: NATALIE, SHIRLEY, JERRY, SUSAN, DARRELL, MARYANN, JOYCE, KATHY, JOHN, JACKIE, BO AND ALL WHO HELP IN ANY WAY. Submitted by Linda Hixon.*

Volunteer News

We continue to feel appreciation for our great team of volunteers. Some of the services our volunteers contribute are listed here along with the coordinator for that group. Please contact that person, a minister or assistant minister for more information. Volunteering is a great way to get to know people, make a contribution and help make a difference. Give as much or as little time as you are able; the rewards are substantial!

Kitchen: Sets up coffee and snacks before the service and cleans up after. We are currently looking for someone for the 2nd Sunday but would welcome your assistance anytime. Contact: Natalie Lehman, minister.

HOT, Homeless Outreach Team: Assists the River Cities Resource Center with time or gifts. Contributes to the homeless community in many ways and holds fundraisers several times a year. They are currently planning Project Connect, Nov 2, 2019. Committee meetings are the 3rd Thursday

of the month at Hope United Methodist Church. Contact: Hilary Williams.

Earth Care Team: Focuses on caring for and sharing our Earth. **Recycling Update:** Republic Services, Inc, the service provider for trash and recycling pickup in BHC, wants to eliminate the current mandatory recycling program and replace it with a voluntary \$10/month subscription service. The added cost is due to the persistent contamination of recyclables with food and liquids which renders much of the material unrecyclable. Please make sure items placed in the recycle bin here, and at home, are clean and dry. Thanks! Contact: Maryann Shepherd.

Ushers and Greeters: Meet people as they come in, get lots of hugs too! Contact: Susan Meier.

Happy Birthday to us! With this edition, the newsletter begins its second year. Thanks to everyone for your support!

Our COMMUNITY BOARD is in Action! *It is now displayed on the front table. Should you have a project you would like help with, you can post it and if someone is able to help you they can post a response. Our Community Board was formed with the intention of its service for one-time requests for assistance. We will keep you informed of its success. Thanks to Lisa Grove who made our board.*

WE IN UNITY ARE DEDICATED TO THE VISION OF A BELOVED COMMUNITY, PART OF DR. MARTIN LUTHER KING'S DREAM; A COMMUNITY OF FAITH WHERE ALL ARE ABLE TO BRING THEIR FULL, AUTHENTIC SELVES AND FEEL VALIDATED, RESPECTED AND LOVED. INCLUSION AND AFFIRMATION OF PEOPLE OF DIVERSE GENDER IDENTITIES AND EXPRESSION IS ONE IMPORTANT ASPECT OF THAT VISION. THIS INVOLVES CONTINUALLY CHALLENGING OUR BELIEFS, EXPANDING OUR UNDERSTANDING AND WIDENING OUR CIRCLE OF INCLUSIVITY. WHILE WE KNOW CHANGE CAN BE CHALLENGING, THE LEADERSHIP HERE AT UNITY OF THE MOHAVE VALLEY IS EAGER TO TRANSCEND THIS CHALLENGE.

DEDICATION TO THE BELOVED COMMUNITY AND ITS POWERFULLY TRANSFORMATIVE POTENTIAL WILL GET US THERE-ONE STEP AT A TIME. DURING THE MONTH OF MAY, WE'LL BE EXPLORING GENDER IDENTITY AND EXPRESSION. THERE WILL BE OPPORTUNITIES FOR ALL OF US TO GAIN DEEPER UNDERSTANDING AND TO DEMONSTRATE OUR WILLINGNESS TO WALK TOGETHER ON THE PATH OF CONSCIOUS EVOLUTION. WE THANK YOU, IN ADVANCE, FOR YOUR OPEN MINDS AND HEARTS AS WE VENTURE FORWARD IN LOVE. NAMASTE.

"TRANS(GENDER) YOUTH WHO ARE NOT ACCEPTED BY THEIR FAMILY HAVE A 41% SUICIDE RATE. THAT NUMBER DROPS TO 4% WHEN THEY ARE ACCEPTED BY THEIR FAMILY, EVEN IF THEY ARE REJECTED BY EVERYONE ELSE...CALLING TRANS YOUTHS BY THEIR PREFERRED NAME IS SUICIDE PREVENTION." -MIRA KRISHMAN

Smile. Amazon

Did you know that Amazon will donate 0.5% of your purchase price to Unity Spiritual Center of the Mohave Valley when you order your merchandise by starting your shopping session at: Smile.amazon.com and choosing this spiritual center as the recipient? Pick up an information slip on the front table.

Jokey of the month: Little Johnny asked his grandmother how old she was. "Thirty-nine and holding," she replied. Johnny thought for a moment then asked: "How old would you be if you let go?" Thanks to Richard Moore

We love you... We Love you... We Love You... We Love YOU... ☺

SILENT UNITY IS AVAILABLE 24 HOURS PER DAY TO PRAY WITH YOU. THE PHONE NUMBER IS 1-800-NOW-PRAY. YOU CAN ALSO SUBMIT PRAYER REQUESTS ONLINE AT WWW.UNITY.ORG/PRAYER. THERE IS A CONFIDENTIAL PRAYER BOX ON THE FRONT TABLE.

NOTE: HEAR SUNDAY MESSAGES, READ THIS NEWSLETTER AND MORE ON OUR WEBSITE.

FOLLOW US ON FACEBOOK & CHECK IN ON SUNDAY MORNINGS!

**WELCOME TO ALL OUR NEW ATTENDEES, AS WELL AS OUR OLD FRIENDS. WE VALUE YOUR PRESENCE
PLEASE FEEL AT HOME IN YOUR SPIRITUAL COMMUNITY**

Newsletter Editor.....Ginny Fletcher

Rev Natalie Lehman, co-minister and Rev Barry Terwilliger, co-minister.

www.unityofmohavevalley.org phone: 928-763-6605 email: unityofmohavevalley@gmail.com