



Hello Dear Readers,

Summer is definitely here in Arizona! We've been having some pretty hot days; we want to remind you to drink lots of fluids and don't try to do too much. Let's definitely remember our pets, they need plenty of cool clean water and shade if they must be outside. When we remain centered, peaceful and focused, our wonderful bodies do a marvelous job of protecting us from all kinds of ill effects from stress and pathogens. Having one or more spiritual practices, like meditation, affirmations, prayer, chanting and/or also energy work, e.g. qigong, tai chi & yoga, are great booster shots for our physical bodies, our minds and our spirits.

HAPPINESS IS WHEN WHAT YOU THINK, WHAT YOU SAY, AND WHAT YOU DO ARE IN HARMONY – MAHATMA GANDHI

Times to remember:

Sundays: Meditation, live at 9:30 am on Facebook & Zoom.

Sunday Morning Service, live at 10:00 am on Facebook and Zoom.

Wednesdays, 6 pm: Guided meditation, live on Zoom with Agneta Bylund, RScP.

Thursdays Check-in & chat at 6 pm on Zoom followed by (optional) Power of Eight intentioning based on "The Power of Eight" by Lynne McTaggart

Fridays 5pm, Kirtan live on Facebook with Madhavaya. Ask to join the group on FB by searching ***Kirtan with Madhavaya Live On Facebook.*** These chants of the names of God are relaxing, inspiring, uplifting. Whether you chant along or just watch, the vibrations of the chants are healing. The chants are explained beforehand and Madhi will also send you a copy of the chanting sheet and the Japa beads if you contact her via her Facebook page.



Our Volunteer of the month for May is Joyce Bruget! What a bright light she is! Love radiates from her smile and her eyes sparkle with Joy! We are so blessed by her generous sacred service. She has served as a greeter, Sunday morning reader (now *live* on Facebook daily) and is a member of the Grace Notes! She also supports Unity Bingo, serving monthly in the snack bar. Thank-you Joyce for your conscientious and loving service! We love you, we bless you, we truly appreciate you and we behold your Christ Light!

Latest News!!

IN CASE YOU MISSED THE UPDATE ONLINE LAST WEEK AFTER DR. REGINA DEKKER'S INSPIRING MESSAGE HERE ARE SOME HIGHLIGHTS:

1. We encouraged people to stop in to see the renovations the Shriners have done to the building. They have upgraded the kitchen and installed a suspended projector and screen in the social hall, repainted, added new chairs and tables - 9 large banquet tables which seat 8-9 people each - and spiffed up the floor. For social distancing purposes, we think it's best to meet in that room for Sunday services. It will also be less set up and break down.
2. The board did not decide on a reopening date but we're hoping for one of the first Sundays in July. We will be watching trends here in AZ and will keep the wellbeing of everyone as our first priority.
3. We shared the account balances as of the end of April and thanked everyone for their generous giving. We've been able to keep up with all the bills as of April AND the ministry is sustained by the generous giving of everyone. Thank-you!!

Bingo.... Bingo.... BINGO.....!! Coming SOON! As we continue to monitor events, we are cautiously hoping to resume Unity Bingo in early July. Yes loyal Bingo fans and loyal volunteers, we will see you soon!!



We must say a fondest farewell to Maryann Shepherd who has decided to

leave us to pursue avenues of great possibilities. Over the years Maryann has worn a lot of hats! She has served faithfully as a Prayer Chaplain, Assistant Minister, and Licensed Unity Teacher. She has been an occasional speaker giving us uplifting messages. As Coordinator of the Earth Care Team, she helped us to use more Earth friendly products in the kitchen and to recycle on Sunday mornings and after Bingo, recycle batteries & more. Maryann

coordinated the Parkway cleanup twice yearly as well as arranging kayaking adventures and other Earth Care activities. She was a loyal Bingo volunteer, Stage Manager and Sunday morning reader. Maryann has lovingly shown up early on Sundays to set up and stayed to help tear down as well as helping in the kitchen or wherever she was needed. The list goes on & on! Thank-you so much Maryann for your years of service to Unity of the Mohave Valley! Although your feet are small it will be hard to fill your shoes! We love you, we will miss you, and we know wonderful Life awaits you!!

***DARKNESS CANNOT DRIVE OUT DARKNESS; ONLY LIGHT CAN DO THAT.
HATE CANNOT DRIVE OUT HATE; ONLY LOVE CAN DO THAT. - DR MARTIN LUTHER KING, Jr.***

A WORD ABOUT MASKS, FOR YOUR CONSIDERATION: There seems to be quite a controversy about wearing masks in public places like stores, schools & spiritual centers. Wearing-or not-wearing a face mask has also become a political statement. We were just thinking that in these troubled times it can't really hurt to wear a face mask when inside of public places. It has been shown that wearing masks does cut down on droplet transmission but the benefit is extended mostly from the wearer! When we don a mask, we are saying to one other, "I could be asymptomatic and give the virus

to you, or you could be asymptomatic and give the virus to me. If we both wear masks we can both benefit." Some people want to show they are not giving in to fear of the virus, but again we wear the masks for each other – **and especially for the most vulnerable among us.** It's a little bit like saying "Namaste." Until we know more, it really pretty much never hurts to err on the side of safety.



***Thank you for participating in the Unity Basics zoom class.
Natalie Lehman, co-minister will be offering more classes soon. Watch Facebook for more info.***



PRAYER IS A VERY IMPORTANT PART OF THE UNITY MINISTRY. WE HAVE A LOCAL CONFIDENTIAL PRAYER CIRCLE; PLEASE CALL US OR EMAIL YOUR PRAYER REQUEST. OUR PRAYER TEAM IS HERE FOR YOU DURING THESE TROUBLING TIMES. SILENT UNITY IS AVAILABLE 24 HOURS PER DAY TO PRAY WITH YOU BY PHONE, 1-800-669-7729. YOU CAN ALSO SUBMIT PRAYER REQUESTS ONLINE AT WWW.UNITY.ORG/PRAYER.

JOIN US FOR SUNDAY SERVICES ON FACEBOOK & ZOOM. FEEL FREE TO CONTACT US FOR MORE INFORMATION ABOUT HOW TO ACCESS THE FACEBOOK AND ZOOM OPTIONS, ALL QUESTIONS ARE VALID.

Revs Natalie Lehman and Barry Terwilliger, Co-Ministers.

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