



A feast of food, fun and fellowship!

Sunday, November 11 brought us together for our **Annual Giving Thanks Potluck** - and what a feast it was! UEL is blessed with a lot of fabulous cooks - and the buffet tables were filled with a bounty of Thanksgiving favorites. From salads and veggies, to green beans, mashed potatoes and real gravy, to turkey and ham, to homemade bread (serious YUM!) and a whole table of desserts, we enjoyed an incredible spread of delicious!

The culmination of our Chocolate Fudge Cherry Cake raffle - drawing of the winning ticket - made Tracey Adams and her family very happy. (They didn't offer to share.) Thanks to everyone who made this tasty fund-raiser a \$94 success.

And a big THANK YOU to everyone who made our potluck such a delicious, delightful event - and especially Anchorage Presbyterian Church for letting us use their Activities Center.

We are so very blessed and grateful!

Continued on page 2



Feast...



If you would like to be part of the team that plans and orchestrates UEL potlucks, special events and other food-related activities, please ask Elaine about our Love In Action Hospitality/Special Events Team!



What could be more fun than our get-togethers and celebrations!

Answered prayers...

Can you spot an UEL Chaplain? Now you can! They're wearing these beautiful stoles, which were made and embroidered by our own Fran Mitchum! "We are delighted and so grateful," emphasized Chaplaincy Co-coordinator Kathy Schmidlin. Each chaplain received a stole.

Thank you, Fran, for this wonderful gift in support of our Chaplains! We are blessed!!!



Sunday, December 9

12:45 pm

CommUnity Listening Circle

Rev. Val will lead the Listening Circle, which allows each person to share from his/her heart, knowing that only love is being given to them - no comments or judgments. This process gives each person an opportunity to let go of the past and move into a fresh new day as a member of community grounded in love and light. **A light lunch will be served.**

Church Ladies Luncheon



Join the UEL gals for lunch...

Tuesday,

January 8, 2019

12:00 noon

Martini Italian Bistro

4021 Summit Plaza Drive

The Paddock Shops

(formerly The Summit) Brownsboro Road

(between N. Hurstbourne Pkwy and the

Gene Snyder)

If you'd like to join us, please sign up at church, or email Elaine at elainecw27@gmail.com.

Sharing our blessings at Thanksgiving

THANK YOU! to everyone who donated to our EACM Thanksgiving Baskets! Our contributions were part of a project to deliver a bountiful Thanksgiving Dinner to more than 100 families in need.



The season of Love and Light

It's that magical time again where we are drawn to the sacred and delighted by the magic of twinkling lights and childhood memories.

In Unity, we celebrate the birth of the Christ as the coming of Love's eternal Light to each of us.



We'll begin with an afternoon of family fun on **Sunday, December 16 at 1:00 pm** as we gather to watch our classic favorite, **A Christmas**

Carol. Bring a brown bag lunch or grab something nearby. We'll have popcorn and drinks to share during the movie. Thanks, Charlie, for orchestrating this fun afternoon! Invite your family!

On **Thursday, December 20, 7:00 pm**, our annual **Candle Lighting Service** will feature Colette Mattingly singing our beloved "O, Holy Night";

Rev. Valerie and our Chaplains will lead the moving "12 Gifts of the Divine" and we'll gasp at the awe and beauty of our candles in the "Silent Night." Of course, we'll have desserts and coffee afterward.

Please bring cookies or other yummy treats to share.



Please join us for these sacred celebrations, fun events and meaningful rituals as we join together in Love and Light! Make this your most wonderful Christmas and New Year ever! Invite your friends and family to share in these life-enhancing events!



Rev. Scott DeMarco returns to lead our traditional **Christmas Service** on **Sunday, December 23, 11:00 am**.

Looking forward to the infinite possibilities of the new year, we will release all that no longer serves us in the powerful ritual of the **Burning Bowl Service** on **Sunday, December 30, 11:00 am**. This ritual is about a shift in consciousness as we name that which we release - error thoughts, relationships, expectations or situations, etc. - surrender and know that we are Divinely guided and supplied.



In our annual **White Stone Service** on **Sunday, January 6, 11:00 am**, Rev. Valerie will lead us as we join in communion with the I AM to hear our New Name - a new realization our true being and new state of consciousness within ourselves.

Are you Love In Action? Want to be?

Volunteers are the heart and hands of Unity of East Louisville! Without our volunteers, we literally would not have Sunday services, a beautiful facility or the classes and programs we offer.

Our 2019 **Love In Action** volunteer sign-ups for our many teams are underway, including:

- **Audio/Visual** - Charlie Logsdon and Rollin Phillips, Co-coordinators
- **Bookstore and Library** - Carol Cloud, Coordinator
- **Outreach Ministry**
- **Special Events/Hospitality**
- **Facility Team** - Charlie Logsdon and Bruce Wood, Co-coordinators
- **Sacred Grounds** - Kristin Kelly and Charlie Logsdon, Co-coordinators
- **Usher/Greeters** - Chris Mattingly and Cynthia Phillips, Co-coordinators
- **Welcome to UEL Team**
- **Women's Ministry**

Detailed information on each team - needed skills/interests, requirements and time commitments are on the back table.

See LIA Coordinator Elaine Wood if you have questions or know what service makes your heart happy.

**New class begins...
Unity Foundations
begins Sunday, January 6
9:15 am
facilitated by Rev. Valerie and
Kathy Schmidlin**

This class is for new members and anyone wanting to learn more about Unity's history, principles and teachings.

Moving forward in light and love



Christmas is a time of extreme joy and unlimited possibilities. The Christ Spirit alive within each of us and bringing forth the Good. Let us take a moment and send forth the True meaning of Christmas blessings of peace, prosperity and love to all.

On December 9, we will have our first Healing or Listening Circle. A Healing or Listening Circle provides a safe environment for everyone in the community to express his/her concerns, feelings and experiences and enhance the wisdom of the CommUnity. During this process, we will listen with intention, speak with intention and tend to the wellbeing of the CommUnity. Everyone has an equal voice and leadership in the CommUnity; each and every one is valued and loved. We will share light refreshments before and after the Circle continuing to create Oneness.

This year's Candlelight Service on Thursday, December 20 focuses on the "Twelve Gifts of the Divine." The Prayer Chaplains, Colette and Don will join me in creating a special evening of Joy, Peace and Love as we let our lights shine.

Then on December 30, we let go with the Burning Bowl Ceremony,

releasing thoughts we no longer require as we prepare to open and receive new ideas, manifesting our vision.

The Board of Trustees has called a Special CommUnity Meeting on January 6 to vote on updating the by-laws to change wording from "Leadership Council" to "Board of Trustees" to align with Unity Worldwide Ministries and Kentucky statutes.

The Board of Trustees will update the congregation on all recent business, including the Nominating and Finance Committees. They will also answer any questions or concerns from the congregation.

Blessing and Joy,

Rev. Valerie Mansfield
Ministry Advisor

A smile and a helping hand

An article in the *Courier Journal Neighborhoods* section 12 years ago led Charlie and Margie Logsdon to UEL.



Charlie says he most enjoys the great group of people who are all interested in increasing love

in this world.

A Louisville native, he has lived here, except for his four years in the Navy and 12 years in Pekin, IN. Charlie and Margie have three grown children and six grandchildren ranging in age from 3-17

Charlie spent most of his work life in operations management in factories, and also worked as a leadership training consultant, OSHA outreach trainer and in real estate investment.

He enjoys a continuing love of learning and self-education. His hobbies/interests include: playing the guitar, singing and performing; spending time in the outdoors -

hiking, biking and kayaking; woodworking; and construction

Charlie says **The Magic of Thinking Big** helped him realize that he can control his thinking in order to achieve his goals.

He is the co-coordinator of the Audio/Video, Facility and Sacred Grounds Teams.

Charlie thinks people would be surprised to know that his spiritual



journey has run the gamut from Transcendental Meditation to Christian

fundamentalism. And you might not know that he's a great cook! (sometimes known as Chow Lee)

Charlie says the main spiritual lesson he has learned is that love is the answer, but that doesn't mean it is easy.

We are blessed that you call UEL your spiritual home!

Spirit

is a monthly publication of Unity of East Louisville.

For questions or to provide information, please contact Elaine Wood at elainecw27@gmail.com

Church calendar

DECEMBER

Sunday, December 2

11:00 am Celebration Service
Speaker: **Dr. LaVena Wilkin**

Sunday, December 9

11:00 am Celebration Service: "Heavenly Peace"
Speaker: **Rev. Valerie Mansfield**
12:25 pm
Listening Circle (light lunch provided)

Sunday, December 16

11:00 am Celebration Service: **Holy Days**
Speaker: **Rev. Dr. Martha Creek**
1:00 pm **Family Christmas Movie: A Christmas Carol**



Thursday, December 20

7:00 pm
Candle Lighting Service: 12 Gifts of the Divine

Sunday, December 23

11:00 am **Christmas Service**
Speaker: **Rev. Scott DeMarco**

Sunday, December 30

11:00 am **Burning Bowl Service - "I AM..."**
Speaker: **Rev. Valerie Mansfield**

JANUARY

Sunday, January 6

11:00 am **White Stone Service**
Speaker: **Rev. Valerie Mansfield**
12:25 pm **Congregational Meeting**

Tuesday, January 8

12:00 noon
Church Ladies Luncheon
Martini Italian Bistro

Sunday, January 13

11:00 am
Prosperity Series begins: Opening to Divine Abundance
Speaker: **Elaine Wood**

Sunday, January 20

11:00 am Celebration Service: **Abundance Begins with You**
Speaker: **Rev. Valerie Mansfield**

Sunday, January 27

11:00 am Celebration Service: **If You Believe Then...**
Speaker: **Dr. Nancy Little, LUT**

Heart-felt THANK YOUs!!!

Once again, UEL congregants opened their hearts and checkbooks for the **Eastern Area Community Ministries Christmas Store**, which provides Christmas gifts for 150+ families in need.

Bruce and Elaine did the shopping, braving the Thanksgiving evening and Black Friday crazies to get the best deals and bargains. Two SUVs-full were delivered to the store locale on November 30.



(Partial piles of the merchandise UEL for the EACM Christmas Store)



This year the cash and merchandise (Thank you,



coupons, discounts and mission-driven shopping.



super shopper Carol Cloud!) donations totaled **\$887.00!** The total retail value our donation this year is **\$2093.00**, thanks to sales,

THANK YOU and **BLESS YOU** to everyone who contributed to making Christmas merry for these families!

In search of the perfect Christmas gift?

Looking for the perfect book or gift? Then visit our **Bookstore!** You'll find Unity classics, CDs and a variety of gift items, including these beautiful ceramic Christmas mugs packed with yummy goodies.



And don't forget to pick up your 2019 Unity Calendar, the **Daily Word** or **Unity Magazine**.

See Bookstore Manager Carol Cloud if you have a specific request.

Rev. Dr. Martha Creek

Widely known in New Thought, Martha's trainings approach deep inner work as an adventure with a sense of curiosity and wonder.

Ordained in Religious Science and Divine Science, Martha has served as Great Lakes Unity Consultant, a member of Unity Institute faculty, and is on the board for Affiliated New Thought Network. She has attended Emerson Theological Seminary (Masters and Doctorate), Byron Katie School for The Work, and Hoffman Institute. See more at www.marthacreek.com.



New Thought - what new ideas they brought!

The development of New thought - and specifically the Unity movement - began at the turn of the twentieth century, though this new way of thinking can be traced as far back as the Greeks through groups of philosophers, theologians and healers.

In his informative and thought-provoking workshop on Sunday, November 18, Rev. Scott DeMarco presented the history and development of New Thought and its interesting "cast of characters." Among the "healers" are: **Phineas P. Quimby**, who studied and taught the power of the mind and its effects on the body (1802-1866); **Franz Mesmer** (1734-



815), explored the healing powers of the mind; **Mary Eddy Baker** (1821-1910), founder of Christian Science; **Emma Curtis Hopkins** (1853-1925), considered the *Mother of New Thought* and "Teacher of Teachers," (1853-1925), **Ernest Holmes**, founder of Religious Science (1887-1960); and of course, **Charles and Myrtle Fillmore**.

The philosophers and theologians include: Swedish spiritual philosopher **Emanuel Swedenborg** and **Ralph Waldo Emerson** (1803-1882),

a Transcendentalist who was once a Unitarian Universalist minister.

At a time when women were not recognized in religious or spiritual circles, women led the way in New Thought. (The feminine dominated spirituality for 35,000 years. It is only in the past 5,000 years that

male-dominated theology/dogma has "ruled.") With the rise of Christianity, the "church" recognized the need to incorporate various aspects of the pagan/polytheistic religions to keep its power, such as multiple gods (Father, Son and Holy

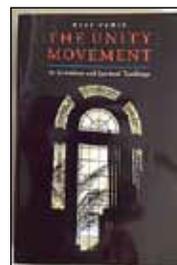
Spirit as separate entities and the saints) and the divine feminine (Mother Mary).

One of the main ways of sharing these NEW ideas and concepts was lectures, which drew large crowds and began America's spiritual movement. The Transcendentalists explored that which is "above the physical," while Emma Curtis Hopkins studied the creation of "matter" as a result of our thoughts.

Mary Baker Eddy's Christian Science was the first New Thought church and she fought to control the use of her ideas outside its doors. The author of Unity's "go to" book, **Lessons In Truth**, Emile Cady was a homeopathic physician and the first author to be featured in Unity's periodicals.

Charles and Myrtle Fillmore acknowledged incorporating these metaphysical concepts and practices into what became the worldwide Unity movement.

Rev. Scott explained that there are five ways of interpreting the Bible: literally, historically, metaphorically, metaphysically and mystically. Traditional religions stick to the literal and historical interpretation. The Fillmores focused on the metaphysical and Emma Curtis Hopkins moved into the realm of the mystical.



To learn more about the Unity movement and its influences, read Neal Vahle's **The Unity Movement: Its Evolution and Spiritual Teachings**. If you're interested in a class or study of Unity and this book, see Kathy Schmidlin.

Speaker calendar

Date	Speaker	Inspirational Music
December 2	Dr. LaVena Wilkin	Colette Mattingly/Don Watson
December 9	Rev. Valerie Mansfield	Don Watson
December 16	Martha Creek	Troubadours of Divine Bliss
December 23	Rev. Scott DeMarco	Colette Mattingly/Don Watson
December 30	Rev. Valerie Mansfield	Don Watson
January 6	Rev. Valerie Mansfield	
January 13	Elaine Wood	
January 20	Rev. Valerie Mansfield	
January 27	Dr. Nancy Little, LUT	



Don't forget..
Sunday, January 6

12:25 pm
Congregational Meeting

Updates and vote to revise the UEL Bylaws to correct the language from "Council" to "Board of Trustees" to meet Kentucky law and Unity WWM guidelines.