

Universal Unity of Spirit May-Sept. 2020 Newsletter
89 N. Main St. Rt. 60 Cassadaga, NY 14718

To Register for the classes listed: call 716 595-2617, email uuofspirit@gmail.com or www.universalunityofspirit.org for registration form. Note: Facilitator's Bios are on the website.

Sun. May 31 3-5 p.m. An Overview of Native American Sacred Ceremonies

Facilitated by: Rev Teresa C. Schaeffer, Love Offering \$11

Overview of the practice, purpose and preparation for participation in the following ceremonies:

Inipi - Sweat Lodge, Chanunpa –Pipe, Hanbleceya –Vision Quest and Wiwanke Wachipi—Sun Dance

Sun. June 28 3-5p.m. Talking Circle, Celebration of 13 Moons

Facilitated by: White Dove Crow, Love Offering \$15

We will express our gratitude for the past 13 moons and seek a vision for the future 13 moons. White Dove Crow will share some of her experiences from her most recent Dance of the 13 Moons Ceremony held January 11, 2020.

Sun. July 26 EFT 3-5p.m.

Facilitated by: Rev. Kimberly Kibler, Love Offering \$10

Basics of **Emotional Freedom Technique**, a form of tapping on the body's acupressure points as an alternative method for reduction of pain and emotional stress. An effective and easy technique for helping yourself and others.

Sundays, August 9, 16 and 23, 1-3p.m. Spiritual Teachings and Techniques

Facilitated by: Maxine Meilleur, Love Offering \$15

August 9, White Stone Ceremony The White Stone is a symbol of freedom. This powerful ritual integrates Divine Grace and release so that we can experience freedom from pressure such as: societal debt, personal guilt, shame or regret. As part of this ceremony, participants will receive a white stone symbolizing their fresh start.

August 16, Skills For Today's Light Workers This presentation explores "ministry of presence", active listening, holding space, inspired speaking and much more in an inter-faith/non-denominational context to help you become a more soulful person and effective spiritual worker. Teachings and techniques are suitable for those desiring to enhance interpersonal relationships (parent, spouse, neighbor) or spiritual work (psychic, medium, teacher). Participants will receive a detailed course booklet to aid them on their journey of continued growth.

August 23, Meditation and Sacred Music An introduction to 10+ different meditation modalities, theoretical and experiential. 7 different forms of sacred music from Catholicism, Sikhism, Hinduism, Islam, and Tibetan Buddhism will be experienced! Regardless of your religious background and current beliefs, your soul will be touched and moved and you will leave with the tools to incorporate meditation and sacred music into your own spiritual or contemplative practice. A detailed course booklet will be provided to help you continue your journey.