



Universal Unity of Spirit

89 N. Main st. Rt. 60 Cassadaga, NY 14718

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www.universalunityofspirit.org

May - September 2020 Newsletter

1 p.m. Services on the last Sunday of the month May thru Sept Meditation, Healing, Lesson, Fellowship and Refreshments

May 31- Rev. Teresa C. Schaeffer, NATIVE AMERICAN SPIRITUALITY

June 28 -White Dove Crow, GOD TOUCHED ME

July 26- Rev. Jay Cooke, VENGEANCE TRANSFORMED

Aug. 30- Rev. Ron Skowronski, THE ONLY TRUTH YOU WILL EVER NEED

Sept. 27- Rev. Ellen Bourn, TAG YOU'RE IT

Prayer Chaplain Available Following Services

I was at a loss as to what I should say to our members and friends during this time of "physical distancing". Then, on April 15, White Dove Crow shared the words delivered to her by the "Angels of Song". "Patience, Poise and Persistence" "We patiently await guidance from God, We are poised and stay in a state of grace and We persistently pursue what we are guided to do" *Blessings, Rev Jan Cooke*

EVENTS (Class details on Page 2)

May 31, 3-5p.m. OVERVIEW OF NATIVE AMERICAN SACRED CEREMONIES

June 28, 3-5p.m. Talking Circle, CELEBRATION OF 13 MOONS

July 26, 3-5p.m. EFT (Emotional Freedom Techniques)

August 9, 16 and 23, 1-3p.m. SPIRITUAL TEACHINGS AND TECHNIQUES

August 30, Following Service to ?? BRING A DISH TO PASS PICNIC and Birthday Celebration for Rev. Ron

September 27, 3p.m. UUofS Annual Membership Meeting .

Reiki Share: Love offering

Wednesdays 7-8p.m.. June 17, July 15, Aug 19, Sept. 16. Open to all levels of Reiki practitioners. Please join us for this time of healing.

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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.