



Universal Unity of Spirit

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

(716) 595-2617 uuofspirit@gmail.com

www.universalunityofspirit.org

June -Sept 2021 Newsletter

11 a.m. Services on the last Sunday of the month June thru Sept
Meditation, Healing, Lesson, Fellowship and Refreshments
PLEASE NOTE THE TIME CHANGE

June 27 - Rev. Jay Cooke. . . Back To School with the 3 R's

July 25 -Rev. Aloma Cason . . .TBA (When Spirit Speaks)

Aug. 29 - Rev. Cara Seekings. . . Human Kind - ness

Sept. 26 - Rev. Ron Skowronski. . .A funny Thing happened to me on my
way through the pandemic

Prayer Chaplain Available Following Service

Per current CDC guidelines, masks are not required for those vaccinated, masks
and social distancing still required for those who are not

HEALING SERVICES, Church Style and Reiki Healing

Thursdays 7-8 p.m. Weekly

July 8, 22, 29

August 5, 12, 19, 26

Sept, 2, 9, 16, 23

Please contact Rev. Teresa Schaeffer, teresacschaeffer@gmail.com (716) 595-3112 to sign up to serve as a healer and provide the date(s) you will be available.

No service on July 15 as it's Meet The Candidates Night in Lily Dale

Contact Rev. Jan Cooke at uuofspirit@gmail.com or 716 640-0215 via tel or text to sign up to bring refreshments for one of the Sunday services listed above.



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WHAT NOW. . . If you have the answer, please let me know. . .in the meantime, I'll share some thoughts.

Per recent discussion with Rev. Cara Seekings, we chose **compassion** as our word for this time. One of the many ways to show compassion is to "Practice acts of kindness". And In the words from the long ago movie, Bill and Ted's Bogus Adventure, "I've been to the past and I've been to the future, the best place to be is here and now". For what? To Show compassion. How? Encourage others, learn how to advocate, volunteer, communicate, express yourself and remember to think before you speak.

The following 7 principles are a distinguishing feature from the Zen philosophy that you may want to consider incorporating in your every day life: "Do one thing at a time. Do things slowly and willingly, Finish what you start, Pause between one task and the next, Have rituals, Do less, Smile and serve others." www.exploringyourmind.com

Abundant blessings, Rev. Jan Cooke

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TO: