

March 2025

Strong in All the Right Places



www.UnitySC.org

10101 West Coggins Drive

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
March Birthdays:	5 — LaVonne Rasmusson 7 — Florencia Hitch 9 — Dee Shores	11 — Susy Kocherhans 11 — Jan Weidner 15 — Eileen Barber	16 — Carolyn Calkins 19 — Jan Anderson 26 — Rev Billie Martini	26 — Joan Welch 27 — Lonze Reynolds 30 — Laura Kostyo			1 10:30am Women's Group
2	10:30am <i>Bubble Wrap, a Spiritual Tool</i> Rev Billie Martini Birthday/Anniversary Sunday 11:45am Fellowship Noon Prayer Chaplain Mtg 12:30 Prayer Chaplain Orientation 12:30pm Choir Rehearsal	3 4:30pm TOPS 5pm ACA	4 10am Circle of Prayer 10:30am A Course Of Love 10:30am AA 5pm Healing Hands	5 Ash Wednesday 10:00am SW Vly Enlightenment Ctr Metaphysical 6pm Ash Wednesday Meditation & Communion Service	6 10:30am AA 3pm Men's Connections 6pm OA	7 Office Closed	8 Office Closed
9	10:30am <i>Begin at the Beginning: Start Close In</i> Rev Sharon Connors 11:45am Fellowship	10 4:30pm TOPS 5pm ACA	11 10am Circle of Prayer 10:30am A Course Of Love 10:30am AA 1pm Billie Shawl's Small Group	12 1pm Rev Sharon's Small Group 6pm Sound Healing Meditation	13 10:30am AA 6pm OA 6pm Kate Valentin's Small Group	14 Office Closed	15 Office Closed
16	10:30am <i>Keep It Simple: Do Something</i> Rev Sharon Connors 11:45am Fellowship 12:30pm Choir Rehearsal	17 4:30pm TOPS 5pm ACA 6:30pm Choir Rehearsal	18 10am Circle of Prayer 10:30am A Course Of Love 10:30am AA 1pm Billie Shawl's Small Group 5pm Healing Hands	19 10:00am SW Vly Enlightenment Ctr Metaphysical 1pm Rev Sharon's Small Group	20 9am Men's Group Breakfast 10:30am AA 6pm OA 6pm Kate Valentin's Small Group	21 Office Closed	22 Office Closed
23	10:30am <i>Be Courageous: Amp It Up a Little</i> Rev Sharon Connors 11:45 Fellowship Noon Board Meeting 12:30pm Choir Rehearsal	24 4:30pm TOPS 5pm ACA	25 10am Circle of Prayer 10:30am A Course Of Love 10:30am AA 1pm Billie Shawl's Small Group	26 1pm Rev Sharon's Small Group	27 10:30am AA 6pm OA 6pm Kate Valentin's Small Group	28 Office Closed	29 9am-5pm Prayer Chaplain Training
30	10:30am <i>Awakening Your Inner Genius</i> Dr. Will Tuttle 11:45 Fellowship Noon Workshop— <i>Opening the Intuitive Gate</i> , Dr Tuttle 12:30pm Choir Rehearsal	31 4:30pm TOPS 5pm ACA					

“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.” *Isaiah 41:10*

“The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him.” *Psalms 27:7*

Dear Partners on the Path,

I found a way! I discover what my son, Eddie, and my daughter, Jennifer, and my three grandsons are up to in a 21st century way—Instagram and Facebook. I’m actually impressed with their posts. For example, recently my grandson, Blake, posted a video of him driving to the gym at o-dark-thirty—5:40 am. It was pitch dark and snowy. Yikes! Grandson #2, Carter, posted videos of him pressing the limits of his strength pushing a 150 lb. weight tethered to what look like a plow. Yikes! My son showed remarkable inner strength by gingerly getting into his 39-degree cold-plunge tub that overlooks the gorgeous greenery in his yard and the ravine beyond. Lord, have mercy!

What I’m pointing to here is an inner strength that can empower us to do some pretty amazing things. This inner strength is part of our divine nature. An important thing to know is that spiritual strength matures one step at a time. Carter didn’t start pushing 150 lbs. He started with 50. Blake didn’t start with 20 chin-ups at 6 am. He started with 1—just one. Eddie didn’t start this healing practice of cold plunges in 39-degree water. He started in his 50 degree pool. That’s challenge enough! Still, each one found that their chosen disciplining activity invigorated them in awesome ways and improved their sense of overall well-being—one step at a time.

The same holds true for spiritual maturity/growth. One day at a time, one practice at a time, one prayer at a time – building to a remarkable breakthrough. One spiritual principle mastered, like taking dominion of the quality of your thoughts, your typical emotional responses and attitudes, creates an astonishing sense of joy and immense inner freedom. Your peace is not easily ruffled or dissolved. Your kindness and respect are first responses not last. You have an optimistic mind-set. Fear cannot rule the roost. You enjoy more and actually have more fun.

Spiritual strength lives and breathes in you. It always has and always will. The question is: are you willing to tap into it—to get into the discipline of it? It can and will trump fear and empower you to take right action in the face of fear, loss, anger, disappointment, delay and disapproval to name a few. It partners with faith to sustain you on your odyssey to discover and live from the kingdom of heaven within you, which is a Power beyond measure.

Strength is the spiritual power we explore this month. Are you into being strong in all the right places?

Walking the Path with You,

Rev. Sharon