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# UPV NEWS



Rev. Carol Kelshaw

Unity In The Pioneer Valley

February 2012

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Rev. Carol Kelshaw

## Our Purpose

is to be a supportive community that nurtures spiritual growth

## Our Mission

is to love one another by seeing the absolute good in ourselves, in others, and in life experiences.

We practice Unity principles through Prayer, Education, and Service.

**Rev. Carol is available for weddings, funerals, and counseling.**

Dear Unity Family,

In the month of February our attention turns to love as we celebrate Valentines Day. One of the things I love is clear, direct communication so that we eliminate as much misunderstanding as possible. There seems to be some confusion about the date of my retirement—some thinking it is very soon. To be clear, my last day of service as your minister is December 31, 2012, so we still have almost a full year together.

You may be asking what will happen in this year? In November your Board of Trustees will contact the Association of Unity Worldwide Ministries to call in an interim minister. An interim minister is highly recommended by the Association in any ministry that has been a pioneering ministry or has had a long-term minister. There is no selection by UPV for an interim. You will receive the next available interim that has been trained to lead you through a process of grieving the loss of a spiritual leader and evaluating the ministry. This person may not be available immediately and you will have guest speakers. The Ministry Team is already involved in choosing guest speakers and will be ready to choose any guest speakers you will need.

Every ministry/community goes through stages of growth and development just like an individual or a family. It is important for you to know the stage you are in, as it will guide you as you prepare to search for the new minister. An interim minister's length of stay is usually 6-12 months. After UPV evaluates the present ministry you will form a Search Committee. Through the Association you will invite ministers to "try-out" and the whole community has time for input to your Board who then hires your new minister.

This year we continue to grow. This is a year to continue our Faith and Trust in Spirit to guide us. We have been clearly guided in the past and Spirit's guidance which is unending will guide us into the future. At the Annual meeting on February 26 you will choose two new Board members who will be instrumental in the transition. This is a year to look at all of the strengths we already have and to continue to support and empower any changes that will cause growth. Although you will have changes on the Board, it is a strong Board of Trustees. You have a strong Ministry Team, Chaplain Team, Youth Ed Team, Prayer Team and other support teams. We need to strengthen our Hospitality Team. Metaphysically hospitality is how we nurture each other. It is not just about supplying the food, it is about being of service to one another. Another goal would be to strengthen our finances so that we are meeting our monthly expenses.

*(Message from Rev. Carol, continued on page 2)*

(Message from Rev. Carol, continued from page 1)

One of my goals is to continue this ministry as a healing ministry for as we heal ourselves we strengthen our community. On Wednesday February 1, I will begin a new healing series based on Myrtle Fillmore's book *How to Let God Help You*. I believe all healing is Spiritual and there are many ways for God to help us through the healing of our body, minds and spirits. We will have a guest healing practitioner at every class. The first class will be a DVD of Dr. Joel Furhman who uses food for healing – even our addiction to food itself. At the second class, Rev. Faith Jones joins us with Breath Work – energizing our bodies and minds. Fran Ryan, an NES practitioner (some of you saw NES in the film, *The Living Matrix*) will join us in the third class. I am already using some of Fran's healing information with great results. Our fourth class will be with Diana Bella who brings healing of our emotions. The fifth class will be a sharing of energy healing with Reiki.

Other opportunities for healing will be available at a one-day Silent Retreat at Unity on February 11 from 9- 3:30pm and in March for our annual three-day Silent Retreat at St Mary's Monastery in Petersham.

Let us continue to walk into this wondrous year of 2012 with excitement, claiming "The best is yet to be!"

Love and Blessings  
Rev. Carol



#### **NOTES FROM THE MUSIC DIRECTOR**

Love your UPV Community this February (and every month!) by sharing your talents during our Special Music time, and you will feel love reflected right back 'atcha'!  
Lovingly submitted by Meg  
413-773-3371

#### **Love Our Library Day**

Saturday February 4th 9:30am to 12:30pm

Come help paste pockets in books and put the library in order. There are many new books for the shelves that we would like to make available to you. Your Library Team needs "our many hands" to expand the "heart" of our library. We will have a pizza lunch together to celebrate our job well done. Please join us for an hour or two, or for the whole time.

Blessings, Rev. Carol and Giselle

#### **Community Meeting Notes 1/8/2012**

We continue to have lively conversations utilizing a strength-based needs assessment with Ceil Moran leading us in the process. This meeting looked at Hospitality, as well as at ways to reach out to folks we haven't seen around UPV for awhile. (This will be done at the personal, not the administrative level.) We worked on wording and I made up some cards you can send; they are on the table by the front door. For addresses, back-track using the phone book or the internet, or call the office or ask Marcia. Or send an email directly using the addresses in our directory. We also spent some time processing our feelings about changes and growth coming for us in a year's time when Rev. Carol retires.

More complete notes are on the red board. Since our Annual Meeting is in February, our next regular Community meeting will be March 18th.

~ Polly French

## Message From the Board

Your Board's primary charge at the January meeting was to vote on the renewal of UPV's insurance policy. We have been working and praying over requirements set forth this year by our insurance company regarding adopting a very specific written policy about "Child & Youth Abuse Prevention." If we wished to have liability coverage, we had to agree to a prevention policy. After exploring our options, including determining what other insurance providers might require, we recognized that liability coverage is a necessity and chose the "limited activity" option. The policy will be available in the office for any member of the community who wishes to read the specific details.

Another decision made was to withdraw \$5,000.00 from our money market account to cover our January expenses that were especially high due to employee taxes and three payrolls in the month.

Rev. Carol whet your Board's appetite when she told of the various components of her upcoming class sessions on "How to Let God Help You." We hope that many in our community will be able to attend.

This will be my last letter as a Board member; my term expires with the February annual meeting. Thank you, Rev. Carol, past and present members of the Board, and members of the UPV community for your support during my tenure. ~ Betty Proper

### Silent Retreat at UPV

Join us for a Silent Retreat at UPV on Saturday, February 11<sup>th</sup> from 9am to 3:30pm. We will begin with some questions to contemplate Spirit in our lives, then continue with a guided meditation lead by Rev. Carol. After the meditation you will continue the day in silence. It is quite amazing what will come to you and through you when not focusing on what to say. It is recommended that you bring a journal for capturing your insights and inspirations given to you by Spirit. Bring a lunch that you can eat whenever you choose. The day will end with gathering together for a time of sharing. A love offering will be gratefully accepted.

### Finances December 2011

Total Income	\$7,845.62
Total Expenses	\$7,801.48
Net Income	\$44.14



### Two Special Sundays at UPV in February

**ON FEBRUARY 5** we'll **CELEBRATE** the **NINTH ANNIVERSARY of Unity in the Pioneer Valley**. The first service was Feb. 9, 2003 in Shelburne Falls. We've shared nine years growing as a community, and it's time to celebrate!

Whether you're new or old to this community, come and bring a potluck dish to share after the service. There will be a delicious birthday cake, and lots of friends sharing this joyful time together.

**ON FEBRUARY 26** we'll have our **ANNUAL MEETING** – a business meeting, as well as the time for members to vote for new representatives for the Board. There are two three-year positions open. Ceil Moran and Bob Simpson are candidates. Whether you're a member or not, new or old to this community, we welcome everyone to this meeting that starts at 11:45am.



## UPV TEAM PAGE



*There are lots of opportunities to serve this community. Would you like to serve? What would you like to do? Talk with our Sacred Service Coordinator, Ceil Moran, about how you can use your time and talents in service.*

**BOOKSTORE AND LIBRARY** ~ *Love Your Library* Work Day Saturday, February 4th 9:30-12:30; See more details on page 2.

**FLOWERS AND GARDENING** ~ Many thanks to those who continue to sign up to bring Sunday flowers. If you would like to use some wet floral foam to make container or basket arrangements for the altar, please ask, as we have had some donated. ~ Joanne Garland

**GREETERS** ~ Winter is still with us – but we can warm our hearts for Valentine’s Day and join the greeter/usher team. ~ ❤️ Jan Baker

**HOSPITALITY** ~ Beginning in March, we have no one to do set-up on the first Sunday of each month. No "special" talent is needed. Please speak to Rita or me if you would like to help continue this UPV tradition of hospitality. ~ Betty Proper

**OUTREACH** ~ Last year was a good start for Outreach activity -- the Meals On Wheels Walk-a-thon, Habitat for Humanity, and participation in the Green River Cleanup. Looking forward to doing inspired service in 2012. Let us know if you are interested in joining the Outreach team. ~ Mary Coleman

**PRAYER MINISTRY** ~ The prayer team invites all to fill out prayer requests for support with challenges and to share joys. Please use first names only. Check the box on the form if you would like your request to go out to the UPV community. When the box is not checked, your request is held in sacred confidentiality by prayer team members. All requests are forwarded to Silent Unity for more prayer.  
Pray believing, Linda Sarage

**SCRAPBOOK** ~ The latest album is located near the snack table, so be sure to look at it on Sunday mornings.

**YOUTH ED** ~ Youth Education has classes each week for children ages 3-16, taught by committed, well-trained, loving teachers. We use Unity curriculum, which basically teaches the five principles in exciting and interesting ways. The youngest children enjoy an active, hands-on time together. The teens enjoy thought-provoking readings, etc. in their time together. We welcome all children in these age groups to our classes. ~ Lois Bascom

### Special THANKS this month for YOUR subtle GIFTS



**We wish to extend special thanks** to all who bring in their used toner cartridges. We get \$2 from Staples for each one, and that really helps with our office supply expenses.

**We also want to thank** those who go to the “Shopping” link on the UPV website when shopping at amazon.com, thereby giving us 4% of their sale price.

**And we greatly appreciate** those who support us by shopping in our bookstore.

These “little things” contribute so much to our financial wellbeing. Thank you!

# FEBRUARY 2012

## UPV HAPPENINGS

Minister, Rev. Carol Kelshaw

[www.unityinthepioneervalley.org](http://www.unityinthepioneervalley.org)

(413) 774-5552

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1  <i>How to Let God Help You</i> class 6:30pm	2		4  Love Our Library Work Day 9:30-12:30
5 Service 10am  UPV Anniversary Potluck after the service	6  	7  Youth Ed Training 6:30-8pm	8  <i>How to Let God Help You</i> class 6:30pm	9  	10	11  Silent Retreat at UPV 9-3:30
12 Service 10am  Board Meeting 12:30pm  	13	14  	15 Ministry Team Meeting 9:00am  <i>How to Let God Help You</i> class 6:30pm	16	17  Movie 6:30pm	18  
19 Service 10am  Divine Order meeting noon	20  Service at the Arbors 10am	21	22 LENT BEGINS  <i>How to Let God Help You</i> class 6:30pm	23	24  	25
26 8:30am Men's Breakfast  Service 10am  Annual Meeting 11:45am	27  Rev. Carol on spiritual renewal	28	29  <i>How to Let God Help You</i> class 6:30pm	30  	SAVE THE DATES:  Women's Retreat at UPV 3/10	Silent Retreat at St. Mary's 3/23-25

**UNITY in the Pioneer Valley**  
6 Arch Street  
Greenfield, MA 01301

RETURN SERVICE REQUESTED

**Sent with Love and Blessings to:**

**UNITY in the Pioneer Valley**  
6 Arch Street  
Greenfield, MA 01301

**Meets Sundays at 10 am**

**Phone: 413-774-5552**

**UPV Newsletter Team:**  
Donna Cooper, Faith Kindness,  
Marcia Wheeler

**UPV News appreciates submissions;**  
please e-mail to [upv@verizon.net](mailto:upv@verizon.net)  
by the 15th of the month

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## **FEBRUARY AT UPV**

**UPV'S 9<sup>TH</sup> BIRTHDAY! – Sunday, Feb. 5 after the service; bring a potluck dish to share**

**HOW TO LET GOD HELP YOU CLASS – 6:30pm  
five Wednesday evenings starting February 1st**

**LIBRARY WORK DAY–Sat. Feb. 4; 9:30am-12:30**

**SILENT RETREAT AT UPV – Saturday, Feb. 11<sup>th</sup>  
9-3:30pm**

**MOVIE NIGHT – Friday, Feb. 17<sup>th</sup> at 6:30pm**

**ANNUAL MEETING – Sunday, Feb. 26<sup>th</sup> 11:45am**