

Unity of Boulder
2855 Folsom St.
Boulder CO 80304

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With Love to:

THIS IS YOUR NEXT-TO-LAST PAPER NEWSLETTER:

Please contact us by phone (303-442-1411), by email (info@unityofboulder.com) or in person to let us know you would like to keep receiving the paper version.

If we **DO NOT** hear from you by **JUNE 1**, we will assume you would like to be removed from the mailing list of the paper version of our monthly newsletter.


unity[®]
of Boulder

May Newsletter 2019

*Happy Mother's Day
Sunday, May 12th*

Join us this Mother's Day
All moms will receive a special gift
during the 9:00 & 11:00 am services

- * For mothers & grandmothers of children ages 5-11, our Sunday School is hosting a **Mother's Day Open House Tea** from 10:15 to 11:00 am
- * **Unity YOU** is hosting a **Pancake Breakfast** as a fundraiser for their summer camp \$7 per person, 1/2 off for Mothers kids 7 and under eat free

Sunday Services @ 9:00 & 11:00 am
www.unityofboulder.com

Childcare & Nursery (infants-3 yrs): 9 am & 11 am
Sunday School (preschool-5th grade): 9 am & 11 am
Uniteens (10-13 yrs): 11 am
YOU (Youth of Unity, grades 9-12): 10:45 am

Church Office & Bookstore Hours: Tue-Fri 9 am-4 pm
Phone: (303) 442-1411 | Dial-a-prayer: (303) 447-1200



Dear Unity Family,

May is here! And I can't wait to enjoy this beautiful Spring and Summer with you. We have so many wonderful opportunities to connect with each other, deepening our friendships and spending time together in the service of our magical center. There

are upcoming festivals where Unity will have a booth be and be contributing music in Erie on the 18th of May.

I encourage you to join us in staffing the booth, sing with the group (rehearsals are on Thursdays at 6 pm), or just attend the fair and increase our presence. There is also the Boulder Creek Festival May 25th-27th, where we will need four volunteers every 2 hours from 8 am to 6 pm all three days. If you are interested in working Unity's booth, and getting our powerful message out to our greater Boulder area, please email your availability to Heather at info@unityofboulder.com.

Today, is a blessed day as every day is and it is because of you that it shines ever more brightly, because you are in it.

With Love,
Syntysche

God Bless You!

Happiness

From a very early age in our affluent Western culture life is divided in the mind between "the things I have to do" and "the things I want to do". Happiness is measured by doing more of the things I want to do and less of the things I have to do. Thus, in our attempts to be as happy as we can possibly be, we are often tempted to ignore the counsel of Conscience, which may lead to immediate physical pleasures and treasures but which deteriorate our Divine Nature. There is nothing wrong with gaining material wealth as long as it doesn't come at the betrayal of Conscience, which is the "still small guiding voice of God".

There really is no difference between the things you want to do and the things you have to do -- you can have great happiness doing either when you have surrendered any personal ego resistance.



Your Friend on the Path,

Jack

Norma's Natural Healing

Living Clay is a product we carry at Om Books & Gifts, and it is a MUST in your home and in your travel kit. It is made of 100% pure Calcium Bentonite clay. If you have any sort of digestive trouble, from food poisoning to acid reflux to indigestion, mix a tablespoon in a glass of pure water. You can drink it all quickly down for a severe case, or sip on it slowly over 30 minutes for less severe symptoms. This is a remedy I have used with my family, and now my children use it with their own families. It is truly amazing how well it works!

Another use for Living Clay is as a facial mask to remove impurities and to tighten and smooth your skin. Mix some clay with a little water, enough to make it moist and spreadable. Spread it on your face, leave on for 15 minutes, then rinse it off. You'll love the results!



Hello friends!

As Unity of Boulder looks to expand its impact, on our community and in our world, we decided it is time to create two teams of people that can focus on making that happen. This month we just kicked off our Fundraising Team and our Outreach Team, both of which have already met twice and have hit the ground running with some new projects and ideas. Stay tuned for updates on events and activities the teams are planning in the upcoming months. If you feel called to serve with either of these teams, please let any of our staff know and we will make sure you are quickly connected to the right people within the teams.



It's an exciting time to be in Unity,
- Shad

Let's Share Unity at Local Summer Festivals

If you are excited about sharing Unity in our local community, we would love for you to staff our Unity booth at festivals in the Boulder area this summer, beginning May 18.

The Erie Town Fair & Balloon Festival - Saturday, May 18

The Boulder Creek Festival - Saturday-Monday, May 25-27

To sign up, please provide your contact information and availability to info@unityofboulder.com and our Outreach Team will contact you.

We are also bringing together singers from the Boulder area to form a new singing group, **Voices of Unity**, that will be rehearsing on Thursdays at 6:00 pm, starting May 2. This group will be singing at festivals this summer and sharing Unity through music.



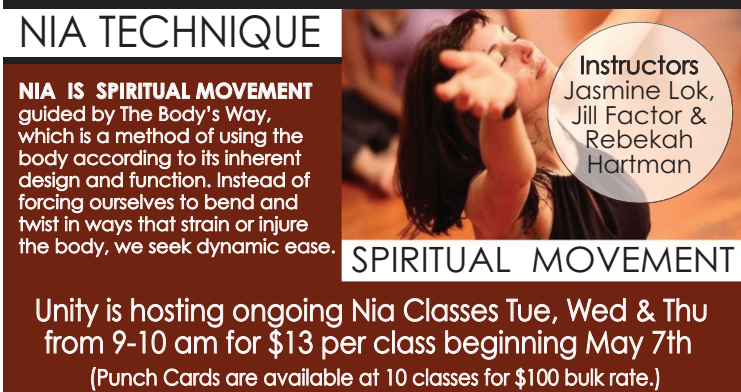
Spirit NIA DANCE
FREE DEMO CLASS
MAY 5TH, 1:30-3:00 PM

DANCE NIA
Unity of Boulder
#FREECLASS
Sunday, May 5th
1:30-3:00 pm

CREATIVITY
EXPRESSION

Love your Body,
Love your Life.

unity
of Boulder



NIA TECHNIQUE

NIA IS SPIRITUAL MOVEMENT
guided by The Body's Way,
which is a method of using the
body according to its inherent
design and function. Instead of
forcing ourselves to bend and
twist in ways that strain or injure
the body, we seek dynamic ease.

Instructors
Jasmine Lok,
Jill Factor &
Rebekah
Hartman

SPIRITUAL MOVEMENT

Unity is hosting ongoing Nia Classes Tue, Wed & Thu
from 9-10 am for \$13 per class beginning May 7th
(Punch Cards are available at 10 classes for \$100 bulk rate.)

We express our heartfelt gratitude...

Thank you Unity Choir, vocal soloists, band, dancers, and audio & video production crews for a magnificent performance over the Easter holiday! Your extra effort, time, love and dedication during the Easter season is greatly appreciated! A huge thank you to Marjorie & Erin for preparing a wonderful Easter brunch

for our performers and volunteers. Thank you to our volunteer ushers who kept Divine Order in the house during all our holiday services.



Unity Community Garden
PLOTS AVAILABLE

Spring is here, and our community garden season is starting. We would love to share our bountiful garden space with you!






\$25 donation = small plot
\$50 donation = medium plot
\$75 donation = large plot

(Donations go toward defraying the cost of water.)

Reserve your plot in the bookstore

Our 11 am Sunday Service is translated into Spanish by our on-site interpreter every week! Bring your Spanish-speaking friends!

May 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|--|
| Unity provides free childcare for all of our groups with 48 hours advance notice to our office. Please call 303-442-1411 to make arrangements. Visit our website calendar at unityofboulder.com for the most up-to-date information. | | | Strengthening Yoga 5:45 pm Mid-Week Service 7 pm 1 | Senior Support Group 2 pm ACIM Perennials 6:30 pm 2 | <i>it's</i> FRIDAY FRIDAY FRIDAY FRIDAY 3 |  Celebrate Cinco de Mayo Tomorrow 4 |
| Sunday Services: Syntysche 9 & 11 am Spiritual Spelunkers 12:15 pm Free Nia Dance Intro 1:30 pm 5 | Monday Meditation 5:30 pm ACIM 6:30 pm 6 | Nia Dance Class 9 - 10 am Getting Ready for Your Next Relationship 6:30 pm 7 | Nia Dance Class 9 - 10 am Strengthening Yoga 5:45 pm Mid-Week Service 7 pm 8 | Nia Dance Class 9 - 10 am Sacred Feminine Circle 12 pm ACIM Perennials 6:30 pm Conscious Communication 7 pm 9 | Today is National Clean Your Room Day 10 |  YOU Lock-in 11 |
| MOTHER'S DAY Services: Shad 9 & 11 am Moms' Tea 10:15 am Pancake Breakfast 10:15 am & 12:00 pm Prayer Team 12:45 pm 12 | Monday Meditation 5:30 pm ACIM 6:30 pm Divorce Support 7 pm 13 | Nia Dance Class 9 - 10 am 14 | Nia Dance Class 9 - 10 am Strengthening Yoga 5:45 pm Mid-Week Service 7 pm 15 | Nia Dance Class 9 - 10 am Senior Support Group 2 pm ACIM Perennials 6:30 pm 16 | <i>happy</i> FRIDAY 17 |  UNITY BOOTH @ Erie Town Fair & Balloon Festival 18 |
| Sunday Services: Syntysche 9 & 11 am Spiritual Spelunkers 12:15 pm 19 | Monday Meditation 5:30 pm ACIM 6:30 pm 20 | Nia Dance Class 9 - 10 am Getting Ready for Your Next Relationship 6:30 pm 21 | Nia Dance Class 9 - 10 am Strengthening Yoga 5:45 pm Mid-Week Service 7 pm 22 | Nia Dance Class 9 - 10 am Sacred Feminine Circle 12 pm ACIM Perennials 6:30 pm Conscious Communication 7 pm 23 | <i>Let's Garden!</i>  24 |  UNITY BOOTH @ Boulder Creek Festival May 25-27 25 |
| Sunday Services: Shad 9 & 11 am Prayer Team 12:45 pm 26 |  MEMORIAL DAY Monday Meditation 5:30 pm ACIM 6:30 pm 27 | Nia Dance Class 9 - 10 am 28 | Nia Dance Class 9 - 10 am Strengthening Yoga 5:45 pm Mid-Week Service 7 pm 29 | Nia Dance Class 9 - 10 am ACIM Perennials 6:30 pm 30 | <i>smile!</i>  31 |  |