



unity[®]
of Lawrence

July

2024

Sunday Celebration Service at 11:00 am

900 Madeline Lane, Lawrence, KS 66049

(785) 841-1447

www.unityoflawrence.org

Moment of Inspiration

(785) 843-8832

Silent Unity Prayer Line

(800) 669-7729

July Talks

July 7th: Rev. Mary Wood “Tell Me a Story”



Many times, we're living in a story that has been created by us without realizing it. I invite you to join me as we become aware of what that story might be. Is it true or are we creating drama for ourselves through our beliefs?

Special Music: Green Spirit Band

July 14th: Cindy Smarsh “True Understanding”



Do you feel understood? Do you wish you understood others better? And what about the circumstances you find yourself in? Life can be really difficult to understand. Today we are going to talk about the way to true understanding as a spiritual practice and how this power can be life changing.

Special Music: Joy Zimmerman

July 21st: Jay Pryor



“Shadow Dancing, aka: Self Compassion 2.0”

Because we are human, we will all have difficult times when faith is harder to feel. We can feel like we are stumbling in the dark. In these times more than ever, it's time to get back to the spiritual basics and dial in self-compassion. Join Author, Speaker and Life Coach Jay Pryor as they share their latest journey to the dark side and the lessons they are learning on their way out.

Re-learning to access Self-compassion, dial in appreciation, and creating connection to others through service are just to name a few.

Special Music: Stephanie Bland

July Talks

July 28th: Rev. Jen Dickey “Knock, Knock. Who’s There?”



No, this is not a joke. Spirit (opportunity) is always knocking. But are we listening? Most importantly, are we responding? Together we'll peer into the possibilities that come when our hearts and minds are open to the truth that the Universe has your back and is ever conspiring in your favor!

Special Music: Chris Hudson

I AM CENTERED
IN SPIRIT,
EAGER TO DISCOVER
ALL I CAN DO
AND BE.

unity®

Special Events & Workshops in (bold type)

Sundays

Vortex Group
(Centennial Park Pavilion)
9:00 am

Amazing Grace AA
(Fellowship Hall)
6:00 pm

Second Sunday Potluck
July 14th at noon
(Fellowship Hall)

Evolutions: Sound Lab
July 28th at 1:30 pm
(Sanctuary)

Monday

Compassionate Friends
Grief Group
July 8th at 7:00 pm
(Fellowship Hall)

Tuesdays

Weekly Open Meditation
with Phil Roger
(Sanctuary)
6:30 pm

Lunch Bunch

(Gathering at local restaurants for fellowship after Sunday's service)

- July 7th: HuHot (2525 Iowa St.)
- July 14th: **Second Sunday Potluck** (Downstairs in Fellowship Hall)
- July 21st: Big Mill (900 Mississippi St.)
- July 28th: Jade Garden (1410 Kasold Dr.)

9D BreathWork Journey

1st and 3rd Mondays 6:00 - 8:00 pm

Sabrina Channel of Channels of Healing will be guiding
BreathWork Journeys at Unity of Lawrence

Each breather will have the opportunity to learn specific breathing techniques to activate or down-regulate and go deep into the subconscious to access and release in a safe environment the traumas and beliefs that hold people back and restrict healing on multiple levels. Each class is \$50

Space is limited, please **call or text 785-393-6400**
to reserve your space.

Wednesdays

Unity Hangouts!

(Fellowship Hall)

July 3rd

4:30 - 6:00 pm

Thursdays

Men's Group

(Sanctuary)

7:00 pm

Fridays

Deep Listening Sangha

2nd, 3rd & 4th

Fridays @ 1:30 pm

(Sanctuary)

Saturdays

Overeaters Anonymous

(Fellowship Hall)

10:00 am

Amazing Grace AA

(Fellowship Hall)

12:00 pm

Back to School Supply Drive



This is a Community Outreach Project to assist students in our community with required school supplies. United Way of Kaw Valley is partnering again with Salvation Army, ECKAN, Eudora Public Schools & Foundation, Baldwin City Public Schools & Education Foundation, Lawrence Schools Foundation and Native American

Student Services to help organize the **Back 2 School Supply Drive this July!**

How can you help?

You can purchase any of the listed school supplies which will be given to United Way to assist families in our community. Please bring donations to Unity of Lawrence by **August 4th**. A list of the items needed is available in the foyer and on our website.

Thank you!



The Women's Group will meet on Thursday, August 1st at 6:30 pm in the fellowship hall.

Women and those who identify as female are welcome!

Celebration Service Order

11:00 am

Welcome

Opening Prayer & Song

Intentions

Special Music

Today's Message

Special Music

Meditation

Special Music

A Time of Thanks

Blessing Song

Gratitude Prayer

Opportunities

Peace Song

Prayer of Protection



To enroll in the Community Rewards program, simply visit:

**dillons.com/account/
enrollCommunityRewardsNow**

(search by name or
by NPO: **UV401**)

Tithing and Donations

Your gifts and tithes are greatly appreciated and lovingly accepted.

Automatic recurring donations are available for your convenience.

Online gifts can be made at www.unityoflawrence.org utilizing **PayPal**; a secure way to donate online.

Mail checks to:
900 Madeline Lane
Lawrence KS 66049

Like us on **Facebook**:
[@unityoflawrence](https://www.facebook.com/unityoflawrence)

Follow us on **Instagram**:
[@unityoflawrence](https://www.instagram.com/unityoflawrence)

Our **YouTube Channel**:
Unity Church of Lawrence

Our **Website**:
www.unityoflawrence.org

Financial Information

Contact the office if you would like a copy of our financial report or check the Board News bulletin board for our weekly report.

**Please contact Polly McCall with any questions:
finance@unityoflawrence.org**

Unity Daily Word

July Affirmations

Inner Peace: *Peace is my center. I am calm and serene.*

Guidance: *I shine the light of divine wisdom from within to guide my every step.*

Healing: *My body is a vessel of life and energy.*

Prosperity: *The rich blessings of divine abundance flow to me and through me.*

I am Prosperous.

World Peace: *I bless the world with thoughts of unity and harmony.*

Unity of Lawrence Core Values

Joy: With playful expression, we celebrate Life.

Authenticity: We act with honesty, openness, and integrity.

Transformation: We actively evolve into our highest and best expression of Being.

Spirit-Guided: We turn within for wisdom and understanding.

Team Contacts

Board President

Cindy Smarsh
cindydwitmer@gmail.com

Board Vice-President

Michelle Kirk
mkscot.mk@gmail.com

Finance Director

Polly McCall
finance@unityoflawrence.org

Music Director

Holly Taylor
hollytaylor432@gmail.com

Office Administrator

Cathy Moreland
office: info@unityoflawrence.org
personal: catmore62@gmail.com

Activities Liaison

Phil Roger
snowlion108@gmail.com

Care Team Lead

Kathy Pryor
kpryor@ku.edu

Chaplain Lead

Diane Silver
dsswriter94@gmail.com

Education Liaison

Michelle Kirk
mkscot.mk@gmail.com

Greeter Liaison

Amy Leyerzapf
amyley@ku.edu

Kitchen Goddess/Potlucks

Bettie Wilson
bettiewilson2@gmail.com

Maintenance & Grounds

Jerod Lyles
jrdlyles@gmail.com

Outreach Lead

Pat Phillips
lmnp@aol.com

Sound/Technical Director

Avery Wilcoxson
awilcoxson10@gmail.com

Sound Team

Ash Owecke
Sarah Freeman

Groups at Unity of Lawrence

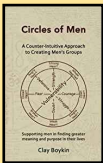
The Vortex group
Abraham discussion group
Sunday mornings at 9:00 am
Centennial Park Pavilion or
Classroom downstairs



Weekly Meditation Group

An open meditation is a simple process leading to Unity Consciousness. The sessions are open to all.
Tuesdays at 6:30 pm in the sanctuary

Deep Listening Sangha
2nd, 3rd & 4th Fridays @ 1:30 pm
Meeting in the sanctuary



Men's Group
For men & those who identify as male
Thursdays, 7:00 - 8:30
Meeting in the Sanctuary

Evolutions: Sacred Sound Lab
July 28th at 1:30 pm
(Meeting in the sanctuary)



Prayer Chaplains

Available to you for confidential, one-on-one prayer on Sunday mornings (up front) or other times by request.
Contact the office for more information.