



Infinite Possibilities

Sep-Oct 2016

LATE BLOOMING COLUMBINES SHOW THE GLORY OF THE DIVINE

IN THIS ISSUE

7th Annual Week of Unity and Peace set for Sep 16-24

The 7th Annual Week of Unity and Peace kicks off with the annual Peace Dinner hosted by the Western Colorado Friends of the Himalayas on Friday evening. The 2016 Peace Awards will be presented. Other exciting programs are a special presentation by Wayne Quade on the Messengers of Peace and a Peace Meditation and Labyrinth Walk hosted by Community Spirit UCC. (See the complete schedule with times and locations on page 2.)



Labyrinth with Peace Pole in Center

100 Peace Pole Project

During the Week of Unity and Peace, 5 new Peace Poles will be installed and dedicated. The Western Colorado Friends of the Himalayas will also be installing 2 Peace Poles in Nepal as part of this project. An additional Peace Pole has been installed in Eckert. Upon completion of the remodel at the Ute Indian Museum, an additional Peace Pole will be installed there.

Fall/Winter Giveaway

Start gathering your good used items to recycle at the Fall/Winter Giveaway on Saturday October ____ . Donations will be accepted at 7:00 am and the doors will open to the public from 10:00 am to Noon. We need volunteers to help set up and take down. Sign up on Sunday or call Rev. Arlyn at 252-0908. This is our big community outreach project.

HOMECOMING

Welcome home to your spiritual family after a busy summer. The leaves are just beginning to turn, the days are cooler, and our thoughts are beginning to return to our spiritual practices. This year's Homecoming is on Sunday, Sep 11th and we have a special guest musician, Robin Freed, Harpist, joining us for the celebration service. A delicious lasagna lunch and a slide show of our spiritual family photos for the past year round out the events. No programs are planned after lunch so we can enjoy each other's company and catch up on our summer activities.



Sep 8 – World Day of Prayer – Pray for Peace



The Choir on Retreat at Pastor Ahren's Home

The Journey to Joy

by Catharine Gates

Where is the joy of me?

I've asked everyone.

No one seems to have seen it.

How about you? Can you tell me
where it is? No?

How will I find it if no one can tell
me where it is?

I guess I'll just have to find it
myself.

Oh, there you are! Joy of joys!!

You were here all along.

I was just looking in the wrong
places.



Debbie's Famous Pigs – Oscar and Olivia.

TAKE TIME TO TALK TO YOUR
CREATOR EVERY DAY.

Try to make at least 3
people smile every day.

Forgive Yourself!



Thanks to the
Peace Sponsors:
Western Colorado
Friends of the
Himalayas, Ute
Indian Museum,
Community Spirit
UCC, Spiritual
Awareness Center

PEACE WEEK SCHEDULE Sep 16-24

Monday, Sep 12 – Peace Display at Montrose Library.

Friday, Sep 16 – WCFH Annual Peace Dinner a Guru's Restaurant, 428 Main Street, 6:00 pm, 2016 Peace Awards, Ute Indian Museum Presentation by CJ Brafford, Celebrate!, and buffet dinner. \$15 per person. Reservations please.

Saturday, Sep 17 – Information and display of Peace Poles at Montrose Farmers Market, painting peace rocks for children. 8:00 am to 1:00 pm.

Sunday, Sep 18 – Peace services at local churches. Dedication of new Peace Poles.

Tuesday, Sep 20 – Messengers of Peace, presentation by Wayne Quade, 7:00 pm, sponsored by Community Spirit UCC, at St. Paul's Episcopal Church, 2900 Sunnyside Drive.

Wednesday, Sep 21 – INTERNATIONAL DAY OF PEACE, Prayer Gathering at the Peace Pole in Ute Indian Park, at noon, to pray for peace and healing.

Thursday, Sep 22 – Interfaith Peace Meditation and Labyrinth Walk, 5-8:00 pm, St. Paul's Episcopal Church, sponsored by Community Spirit UCC.

Saturday, Sep 24 – Planting of Peace Rose at Montrose Botanic Gardens, 11:00 am.



Happy Birthday

SEPTEMBER

4 – Kathy Porter

7 – Mary Redmond

18 – Karen McCarville

OCTOBER

14 – Jandriel Matney

17 – Josalynn Clarkson

We honor you and bless you.

TODAY'S TO-DO LIST

- #1 Practice Kindness
- #2 Let go of what you can't control
- #3 Count your blessings
- #4 Listen to your Higher Self
- #5 Instill calmness around you
- #6 Share your light with others
- #7 Pass this on to encourage someone else.

No one is in charge of your happiness except you!

BLESSING OF THE ANIMALS

The Annual Blessing of the Animals will be Saturday, October 15th at Lions Park at 11:00 am. You may also bring a photo of a deceased pet to be blessed. Children may bring their favorite stuffed animals to be blessed. Donations go directly to the Montrose Animal Protection Agency



MESSAGE FROM THE MINISTERS...

This is the 7th Annual Week of Unity and Peace. For the last seven years the Spiritual Awareness Center has lifted the consciousness of our community to peace and unity through various activities. We can be proud of what we have accomplished for peace, but our work does not end at the end of the week. We still have 80 Peace Poles to install in this community, despite the challenges. And we are increasing our peace practice every day by learning how to stay in our Center of Peace no matter what is going on around us. We are becoming the peace that we wish to see in the world. We can't all become a Peace Pilgrim and walk across America with only the clothes on our back and a toothbrush in our pocket, but we can be a messenger of peace wherever we go and to everyone we meet. We can keep our thoughts on peace, our words compassionate, and our actions kind. We can spread smiles, hope, and comfort. We are a community of Peace. May Peace prevail on Earth.

Namaste – Rev. Arlyn, Rev. Ruby, and Rev. Angie

CALENDAR FOR SEPTEMBER AND OCTOBER

Sep 11 – Homecoming

Sep 18 – Peace Service, Dedication
Of new Peace Poles*

Sep 21 – International Day of Peace
Peace Pole – noon*

Sep 22 – Labyrinth Walk*

Sep 24 – Planting of Peace Rose*

Sep 25 – Council Meeting

*See Peace Week Schedule

Oct 2 – Drum Circle

Oct 9 – Angel Sunday – Clean up street

Oct 15 – Blessing of the Animals

Oct 16 – Family Heritage Day

Oct 22 - Giveaway

Oct 23 – Council Meeting

Oct 30 – Halloween Service

Chai Chats – Wednesdays at 10:30 am, Pun Hill Restaurant

Adult Discussion Group – Sundays at 9:30 am

BETTER HEALTH THROUGH RELIGION AND READING

A recent study tracked 20,000 Americans who attended church and discovered that those who attended regularly lived an average of seven years longer than those who didn't go to church. Interestingly, African Americans who attended church regularly lived fourteen years longer.

Dr. Harold G. Koenig, professor of psychiatry and behavioral sciences at Duke University says, "People who feel their life is part of a larger plan and are guided by their spiritual values have stronger immune systems, lower blood pressure, a lower risk of heart attack and cancer, and heal faster and live longer." Going to church also lowers risky behavior and depression.

"Some people believe that religious involvement instills healthy beliefs and behaviors...They also receive a lot of positive and social support that helps them cope with stress," reports Dr. Michael E. McCullough of Southern Methodist University in Dallas. More than 90% of American adults are affiliated with some formal religion and nearly 96% said they believe in God or some universal spirit.

Benefits of living a spiritual life also come from small prayer groups unaffiliated with any church, practicing personal meditation, searching for personal meaning in your life, and forging social connections with like-minded people. (Thank you to Tait Trussell and our article "Better health through religion?")

Reading up to 3 1/2 hours per week has a beneficial effect on health and living longer. A recent study in Social Science and Medicine reported that reading increased the number of years of longevity by 17% over 12 years. Becca R. Levy, professor of epidemiology at Yale said, "People who report as little as a half an hour a day of book reading had a significant survival advantage over those who did not read."

Think what would happen if you read spiritual books!!

Thank you to Sharon Matney, who is sending out our cards and healing notes. Every week we select at random the names of several friends and members to receive the following prayer:

Our Prayer Partners are holding you in the consciousness of God, sending you prayers of health, happiness and prosperity. We know that your highest good is coming to you right now and that your life is unfolding in Divine Order. You are One with all the Good in the Universe and Presence of God surrounds you always.

Cut out this prayer and post it where you will see it each day and know that you are held in the consciousness of prayer every day.

Invite a Friend to join you on Sundays.

Most people come to church by personal invitation. Pick up some invitation cards and pass them out to people who might be interested in finding a spiritual community. Check the calendar for special events such as Angel Sunday and invite a friend. Even though SAC has been meeting for 12 years, there are many people who don't know about us who would like to be with like-minded people in a spiritual community.

Spiritual Awareness Center – 252-0908
Meeting at Lions Park, 602 N. Nevada, Montrose
Sunday Celebrations
Quiet Meditation – 10:30 am
Celebration Service – 10:45 am
Lunch is served every Sunday
Programs follow lunch