

Unity of Mississauga December 20, 2011
This Week at Unity of Mississauga
www.unityofmississauga.com

In regards to our search for a new Minister for our Church;
please mark your calendars and plan to attend!

On **January 22, 2012**, we will be having a Ministerial Candidate speaking.

His name is **Rev. Brian K. Griffin** and he is from Michigan.

He will be speaking at the 10:30 am service and also presenting a workshop in the afternoon.

Your attendance is valued as there will be a Ministerial Candidate Evaluation to fill out after the service and workshop.

Your input is greatly appreciated, so please plan on attending both the service and workshop on January 22, 2012.

Thank you

You may pick up a bio of Rev. Griffin on the fellowship table.

Our Sunday Service starts at 10:30 am

Saturday, December 24, 2011

Christmas Eve Candlelighting Service

With Wendy & Bill Karr L.U.T.'s

Soloist: Emilio Zarris

Time: 7 pm

If you would like to light one of the 12 powers candles, there is a sign up sheet on the fellowship table.

Your participation is welcomed.

Sunday, December 25, 2011

At 10:30 AM

With Wendy & Bill Karr L.U.T.'s

Join us for an informal time of music and meditation!

Sunday, January 1, 2012

Paul Cestnick

Sunday, January 8, 2012

Bill & Wendy Karr "Burning Bowl Ceremony"

Sunday, January 15, 2012

Paul Cestnick

Sunday, January 22, 2012

Rev. Brian K. Griffin, Ministerial Candidate

10:30 a.m. Service "What's the Point?"

Soloist: Emilio Zarris

1 p.m. Workshop "The Four Agreements"

Our Youth of Unity will be serving a Luncheon in between the service and the workshop.

Menu & Cost to be determined.

Sunday, January 29, 2012

Paul Cestnick

Starting on Tuesday, January 10, 2012

Unity Tuesday Classes *(Please note the change in day & time)*

7:30 pm in Unit 6

Facilitator: Wendy Woytasik-Karr LUT

Join Wendy, LUT for weekly lessons drawing from Unity's teachings - prayer, prosperity principles, Bible interpretation, and Unity basics.

No pre-registration or textbooks required; just show up!

The topic schedule is posted in the fellowship area.

Please enter the Education Wing via door #6.

The class is presented on a love offering basis.

Contact: unityfrog@sympatico.ca or voice: 905-464-2128

Please Note: Classes cancelled until January 4, 2012

PK Zen Qi-Gong Class (and Tulsi Ginger Tea)

Experience something incredibly uplifting!

With Zen Priest Ven. Hae Kwang Sunim (Robert)

Wednesdays, 7 to 8:30 pm in Unit 8

Saturdays, 10 am to 11:30 pm in Unit 8

Health = A Balanced Flow Of Qigong

According to Taoism, the health of our body/mind is dependent upon a clear, strong and balanced flow of Chi through the Sen Lines. Since qigong practice accomplishes just this, it should come as no surprise that the benefits of qigong (also spelled “Chi Kung”) practice extend to every physical system of our bodies, as well as to the mental, emotional and spiritual aspects of our Being.

Physical Benefits of Qigong Practice:

Qigong practice makes the body strong and supple. It improves balance, stamina and flexibility. It has positive effects on the cardiovascular, respiratory, digestive, endocrine, and immune and central nervous systems. It tends to create smooth skin, and a pleasant feeling of deep warmth within the body. It increases sexual vitality, and allows our sleep-time to be more deep and restorative. Over time, qigong practice can reduce or eliminate chronic pain. It also has the power to reverse the aging process, and restore youthfulness.

Emotional Benefits:

The smooth and balanced flow of Qi created by qigong practice shows itself as a joyful, relaxed, optimistic and energized state of mind. While the emotional energies of anger, fear, anxiety or grief still may arise, they will be much less “sticky” – and be held and then dissolved within the larger field of joy, gratitude, acceptance and equanimity.

Mental & Spiritual Benefits of Qigong:

The abundance of clarified energy and mental stillness generated by qigong practice supports great mental clarity, and nourishes both intuition and creativity. As our intelligence becomes rooted in a connection to the inner body, it widens and deepens in increasingly wonderful ways.

As we deepen in our qigong practice, our spiritual channels – such as the third-eye – gradually open. We become aware of more subtle realms of Being, and begin to experience, directly, our interconnectedness with All-That-Is.

"Don't miss the **Wellness Healing Circle** after Qigong on Saturdays.

Be a life long learner about your health and how to address different health conditions - naturally!

The information will be shared over tea, after Qigong, as part of our ongoing Natural Healing Modalities Wellness Circle.

All are welcome.

Cost: \$15.00

No one will be turned away for lack of funds.

Living Zen & Mind

With Zen Priest Ven. Hae Kwang Sunim (Robert)

Ongoing the third Monday of each month

All Welcome

Next Class Monday, January 16, 7 – 9 pm

Join our 'Living Zen & Mind' night as we go deeper into the Zen teachings and P.K. Keys that liberate True-Self from the conditioned "little" self that serves up the judgmental, limiting beliefs.

You were born to be free!

The P.K. practice taught in 'Zen & Mind' is not another self-help tool. It's a clearing tool or Samurai Sword that cuts through and gets us beyond unsupportive thoughts, beliefs and mental processes. In unawareness, acidic thoughts can multiply, dissipate our energy and cause contraction on many levels. P.K. systematically trains the mind to be less 'Velcro' and more skilful at not binding to mind objects (especially unsupportive, judgmental thoughts).

By applying what you learn in this ongoing (*third Monday of each month*) class, peace starts to take centre stage more and more. Learning how to shift perspective from "Susan" to Big Mind and peacefully abide from there is critically important for the nervous system (and healing overall). It's also the doorway to accessing innate wisdom and true compassion. With practice, the heart opens and addictions, ill will and cravings start to fall away. People from many different religious and cultural backgrounds study Zen. It serves a great need. Ultimately, world peace can only be achieved if we first establish peace within our own minds.

"When the mind is trained, quieted, then room is created for our brightness, our True Self to shine through. The nature of True Self IS positive, loving, witnessing, unmoved in the moving. No positive affirmation can deliver the depth of contentment, of joy that already exists, that comes forward from True Self. The more we connect with it, the more it grows through us. In such an environment, the body has comfort, hurry sickness and chasing to 'fix' what we 'thought' we were collapses. The nervous system can finally rest - Stillness. From this place, the body will not easily fall prey to disease."

- ***Hae Kwang Sunim***

Cost: \$20.00

No one will be turned away for lack of funds.

Did you know that you can donate on line through Canada Helps?

You can go to our web page at <http://unityofmississauga.com/index.html>

where there is an icon for Canada Helps which is a secure site or click on the link below. Thank you in advance for your support, it is greatly appreciated.

<https://www.canadahelps.org/DonationDetails.aspx?cookieCheck=true>

GROUPS WHO USE OUR FACILITIES & OFFER SERVICES:

A Course in Miracles

Mondays 7:00 to 9 pm

Except the third Monday of the month.

Hosted by Patricia Hurst

Love offering to the church

Please Note: Classes cancelled until January 4, 2012

PK Zen Qi-Gong Class (and Tulsi Ginger Tea)

Experience something incredibly uplifting!

Wednesdays, 7 to 8:30 pm

Saturdays, 10 am to 11:30 am in Unit 8

All Welcome

Living Zen & Mind Class

Third Monday of each month; next class January 16, 7 to 9 pm

With Zen Priest Ven. Hae Kwang Sunim (Robert)

All Welcome

Call 905-915-3017 for more info

Blue Star Meditation

Fridays 7:30 - 9:30 pm

Yoga, Discussion, Meditation

Contact Danuta at 905-855-7735 for more info

Kryayoga Meditation

Monday to Friday: 6:00 - 8:30 am

Saturday: 7:00 - 8:30 am

Contact Sharon at 905-844-2681 for more info

Unity of Mississauga

3075 Ridgeway Drive, Units 6, 8 & 10

Mississauga, Ontario L5L 5M6

Tel: 905-608-9310

Fax: 905-608-8876

<http://www.unityofmississauga.com>

Office Hours: Monday – Thursday 10 am to 4 pm

If you would like your name removed from this mailing list, please reply to this email with the word "REMOVE" in the subject line

