

Fall 2005

Mountaintop Unity

Our Prayer

We live and move and have
our being
grounded in a field of
Infinite Love,
Divine Wisdom
and Unlimited Possibilities!
Thank You God!.

Our Vision

Mountaintop Unity is a
dynamic, radiating
Centre of God's universal
love, joy and compassion
in the world!



Together We Thrive



Rev. Christina Lee

Are you looking for a spiritual approach to transforming your life? We warmly invite you to come and experience Mountaintop Unity for our Grand Opening Celebration on October 23rd as "Together We Thrive"! In our blossoming spiritual community, you can join with others who strive to embody the principles that are taught by many contemporary teachers including Louise Hay, Deepak Chopra, Gandhi

and Unity co-founders, Charles & Myrtle Fillmore, as well as Master Teachers from many faiths such as Jesus Christ, Buddha and Rumi.

Every Sunday you will hear a positive, practical, spiritual message, feel the power of music and prayer to uplift and heal, touch the sweet, loving Divine Presence within you, meet like-minded people dedicated to personal and spiritual growth, see principles transforming lives and experience the warmth of spiritual community.

In *Dreaming in the Dark* Starhawk wrote, "Somewhere there are people to whom we can speak with passion, without having the words catch in our throats. Somewhere a circle of hands will open to receive us, eyes will light up

as we enter and voices will celebrate with us whenever we come into our power. Community means strength that joins our strength to do the work that needs to be done, arms to hold us when we falter, a circle of healing, and a circle of friends. Community is someplace where we can be free."

This is our vision at Mountaintop Unity that together we thrive in a place where we can all be free. Join with us as we create a wonderful, spiritual community and hold the vision that Together We Thrive!

In love & light,
Christina

Join us for
Mountaintop Unity's

Grand Opening

October 23rd

With

Musician Julie Blue and
her Singspiration Choir

10:30 Sunday Celebration
& Children's Church

12:00 Community
Breakfast Buffet
for a love offering

Lonsdale Quay Hotel
North Vancouver

Join us every Sunday at 10:30 at the Lonsdale Quay

Meeting Address: Lonsdale Quay Hotel, 123 Carrie Cates Court, North Vancouver

Mailing Address: P.O. Box 30087, RPO Parkgate, North Vancouver B.C. V7H 2Y8

Phone: 604-787-1477 Fax: 604-515-9066 Email: revchristina@unitymountaintop.ca

www.unitymountaintop.ca

Practicing Unity for Today

**Unity Metaphysics Class
with Rev. Christina
Wednesdays Sept. 21, 28
Oct. 5, 12 & 19th from 7 to 9PM**

Would you like to understand Unity's metaphysical teachings and how to apply these powerful truth principles in your daily living? Are you interested in exploring a life altering perspective on how to attain success through understanding our true nature and learning to live in harmony with spiritual laws? Are you ready for a greater sense of wellbeing, better health, more fulfilling relationships, more energy and enthusiasm for life? If so, then join Rev. Christina as we study these

fascinating topics in Unity's [Metaphysics 1](#) & Deepak Chopra's [Seven Spiritual Laws of Success](#). You are welcome to drop in to any class.

All classes are held at the John Braithwaite Community Centre in meeting room #3 at 145 West 1st Street in North Vancouver. Both classes have CEP credit available. Our suggested love offering is \$20 per class. Everyone is welcome, pay what you desire.

Learning Positive Prayer Class

**With Rev. Christina
Wednesdays
November 2, 9, 16, 23 & 30
from 7 - 9PM**

Join us for an experiential class that will teach you how to use Unity's prayer methods in your personal prayer life. Focusing on prayers of healing for ourselves and others, we will strengthen our relationships with God. Our text will be [The Handbook of Positive Prayer](#) by Rev. Hypatia Hasbrouck. After taking this class, you are welcome to join our prayer team.

Steering Committee Visioning

Our Steering Committee, along with the regular business of Mountaintop Unity, enjoyed a one day retreat in August. We intertwined prayer, meditation, music, dancing, visioning, a potluck lunch and a walk on the Poco Trail.

We are committed to the growth and advancement of our ministry and Rev. Christina Lee's leadership. Thus our visioning centered around the following questions, What is God's divine idea for Mountaintop Unity?, What must I release & let go of in order to be an anchor for God's divine idea?, What must I embrace and embody to achieve this divine idea?, and Why me?, Why now?.

We see Mountaintop Unity as a growing, loving, healthy, inviting community, with

joyful volunteers, intergenerational families, a powerful message of Spirit, God, Energy, and that people's lives are transformed through all of our activities.

Our Mountaintop Unity community supports everyone with our honesty, commitment, openness to receive, to follow our guidance, to step out in faith and to take action in reaching our potential. This is our purpose, our divine plan.

Serving God through serving others,

Hazel Swanson
Steering Committee Chair



Steering Committee Members:

Leslie West,
Rev. Christina Lee,
Hazel Swanson,
Jayeson Shaffer

Serving our Youth

Our teachers are here to guide the children on their journey of spiritual unfoldment and to help them to recognize their own Divinity. In the words of Myrtle Fillmore, "We are not here to entertain the children, but to call them out"

We are very excited to have two awesome leaders to guide our children & youth at Mountaintop Unity. Renee Swanson, a talented, creative teacher who grew up in Unity is leading our Children's Church programs for ages 2 through 13. Our basic Unity principles are the foundation of our

Youth Ministry program. We teach these principles using the curriculum created by the Association of Unity Churches, in addition to small group discussion, Bible study and children's stories.

Our teen program, Youth of Unity or YOU is for youth ages 14 - 18. Gary Swanson, our experienced YOU sponsor and "Wise leader of teens" guides the kids in discovering their own understanding of the Truth Principles. They discuss, pray about and look deeper into the issues they encounter everyday. They support

one another and learn to live from their own Spiritual Truth.

This well respected YOU program provides transformational opportunities to attend regional and international Unity rallies and conferences where they meet other like minded teenagers and create life long friendships.

Thank you God, for our children!

Welcoming our Newcomers

Our Newcomer Ministry is a key focus for us at Mountaintop Unity. We are honoured to greet all newcomers with the intentional spiritual practice of Hospitality.

“Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it”

Hebrews.13:2

Our first goal of welcoming is always to strengthen and nurture our growing spiritual community. We lovingly approach our guests as potential friends and invite them to join us for informal lunch gatherings at the Market after the service. Gradually through our example, our vision is that all Mountaintop Unity congregants will engage in the spiritual practice of hospitality.

The Newcomer Ministry team held an inaugural training session July 19th. Our

team is made up of: Jaqie Ryane, June Harrison, Hazel Swanson and Dailaan Shaffer. We consider it our pleasure to help with service set-up, greet people before the service, provide ushering, and to serve our guests and newcomers by helping them assimilate into our congregation. We provide that assistance to interested guests by offering friendship, inviting them to classes, encouraging them to check out our bookstore, and giving them an opportunity to serve on one of our teams. Our next get-together will be a potluck dinner and meeting at Jaqie's home on September 27th. If you feel called to be part of Mountaintop Unity's Newcomer Ministry team, we would love to have you join us.

In Love & Service

Dailaan Shaffer, Newcomer Team Leader

Spirit In Action

The Mission statement of the Spirit In Action Ministry, is to Motivate, Empower, and Effect individuals towards freedom and excellence through our compassionate service to our local, regional and global communities. It is our intention to have projects with the emphasis on always giving of our time, talent, and treasure. We have selected, Doctors without Borders and Habitat for Humanity as the first two charities that we will be serving. During the Christmas season, Mountaintop Unity will visit elders and hospices to bring Christmas cheer. You are warmly invited to be a part of our 'heart' focused

ministry, and inspire us with what you feel passionate about. How would you like to make this a better place for all of us to live?. Together as a community we can make a real difference in the world. “Each of us has a gift to bring to the table, and the family of the earth yearns to receive it” by Wayne Muller.

Love to you all,

Jaqie Ryane,
Spirit In Action Team Leader

Child of Light

Child of light, I bless you. I think of you. I pray for you. Not in terms of what I think you need or what I think you should do or be or express. I lift up my thoughts about you.

I see you as you truly are: a holy child of light.

I see you guided and directed by an inward spirit that leads you unerringly into paths that are just right for you.

I see you strong and whole. I see you blessed and prospered. I see you capable and successful.

I see you free from all limitations or bondage of any kind.

I see you as the spiritually perfect being you truly are.

Child of light, I bless you

~May Rowland

Hello from Mountaintop Unity's Bookstore!

Remember to check out our Bookstore, open every Sunday!. Aside from our wonderful selection of Unity books and others, we also carry CDs. One of our most popular is Rev. Christina's 'Union with the One' which is a beautiful selection of Guided Meditations. We also carry CDs of past Sunday celebration services, so if you missed a service you can still hear it. If there was a Meditation or lesson that you would like to hear again, this is a wonderful opportunity to do so. Check out our new website to see our list of recommended books for new Unity students and others on the path.

Michele McGowan, Bookstore Ministry

Mountaintop Unity

where God's unconditional love comes to life

Mountaintop Adventures

"Community" is defined in the dictionary as: 1. a group of people having common ties or interests and living in the same locality or district and subject to the same laws, and 2. ownership together, sharing together.

At Mountaintop Unity we are a community - we share faith, spirit, song, hearing the message, socializing, and our stories.

With community adventures, we go out into our greater community to share activities and gain connections.

So far, we have gone bowling, with many people in attendance from ages 8 - 80 something. We hiked up 'Dog Mountain' which proved to be a challenge and an adventure, and we've gone paddling and peddling at Deer Lake, where people had a choice of kayak, canoe, peddle boats and row boats.

Our spiritual community is important, and we have made wonderful connections during shared adventures.



Bring a friend and let us know your ideas for future events. The next adventure will be hiking Hollyburn Ridge on Sept. 25th.

Please contact Shawna at 604-521-2453 to let her know if you plan to attend. We like to have an idea of how many participants we will have for an event by the Friday before it is scheduled.

Warmth, Shawna

Sunday Services,
Children's Church & YOU
at 10:30 AM

The Path Newsletter is a publication of Mountaintop Unity. We are a member of the Association of Unity Churches Canada and affiliated with Unity, publishers of Daily Word.

Contact Information

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Hours

Office: Mon - Thurs 12:00 - 5:00
Bookstore: Sunday 10:00 - 12:00

Sunday Location

Lonsdale Quay Hotel
3rd Floor of the Quay Market
123 Carrie Cates Court
North Vancouver, B.C.

Classes & Events Location

John Braithwaite Comm Centre
145 West 1st Street
North Vancouver, B.C.

Staff

Minister - Rev. Christina Lee
Music - Linda Cannon
Youth - Renee Swanson

Steering Committee

Jayeson Shaffer
Hazel Swanson
Leslie West
Christina Lee

Prayer Support

Silent Unity - 800.669.7729
www.unitymountaintop.ca
www.unityonline.org

Volunteering - We do it for God!

Service is an opportunity to identify, develop and express one's spiritual gifts and to practice spiritual principles in a safe, empowering environment. At Mountaintop Unity, service is a noble path to God and it is indeed an honor to serve. At this time we are actively seeking additional:

- **Ushers**
- **A nursery teacher**
- **A marketing team**
- **An advertising team**
- **Canvassers**
- **A writer**

Wish List

Rolling Carts Keyboard
Altar Table Advertising
Storage Shelving

A Day Retreat

"Your passion is your power"

With Rev. Christina
and Susan Summers

November 19th, 2005
10:00AM - 7:00PM

At Michele's Place in Deep Cove,
North Vancouver

Treat yourself to a healing day with others on the spiritual path. We will weave many wonderful experiences into our time together: transformation rituals, joyful healing music, singing & chanting, prayer & guided meditation, fun & fellowship, and celebrating yourself!. Day retreat includes lunch, program materials and the book

The Path by Mary Beth Jones.

**Join us for a peaceful, sacred
and transformational**

As of September 26th, Check out our beautiful, new & improved Website!

www.unitymountaintop.ca