

# NĀ HĀLĀWAI

## Unity Church of Hawai'i

3608 Diamond Head Circle Honolulu, HI 96815 (808) 735-4436

Sunday Services: 7:30 am, 9 am, 11 am & 6 pm

Wednesday Prayer and Healing Meditation Service: 7 pm

Check our website for a complete listing on

our *Events Monthly Calendar*

[www.unityhawaii.org](http://www.unityhawaii.org)

## February 2010

### Workshops, Classes and Events:

#### **Sacred Poet Workshop ~ Vali Hawkins Mitchell**

Tuesday, February 2, 7pm, Chapel, Love Offering.

Start writing your own sacred poetry by accessing the Divine with pen on paper. This workshop helps you explore your relationship with your voice and the voice of the Divine within you. For writers and non-writers, no experience necessary.

#### **Free Your Voice ~ Mick and Tess Pulver**

Thursday, February 4, 7pm, Chapel, Love Offering.

Your voice holds the key to power, presence and passion. Give yourself the inner gift of joy, freedom and astonishing self-expression with Mick and Tess Pulver's inspirational workshop. The music, movement, and soulful singing is designed to ignite your spirit and open new doors to what's possible.

#### **Unity Hiking Group**

Saturdays, February 6, 20, 8am, Unity parking lot, Free.

This new group meets twice a month to go hiking! Hikes are 2-9 miles and 1.5-3 hours. All ages, all levels welcome! February 6 Hike: Wa'ahila Ridge, Level: Very Easy. Meet at Unity Church of Hawaii parking lot for directions and carpool or call Christian at (808) 688-4160.

#### **Self Sustainability ~ Dr. Paul Hepperly**

Sunday, February 7, 1pm, Chapel, Free.

Dr. Paul Hepperly speaks about his experiences with organic farming vs. conventional agriculture as a means of slowing global warming and restoring environmental health. His displays of the effects of Divine Light on plants will show the power of organic gardening combined with spiritual purification.

#### **"No Complaints Whatsoever" Singing Workshop ~ Jan & JD**

Sunday, February 7, 1pm, Room 201, \$25.

Stay after Sunday morning services and join our guest vocalists for an afternoon of gratitude and musical endorphins. In this 3 hour workshop, Jan Garrett and JD Martin will help you tune your life as you sing into your highest possibilities. Expect lively interaction and deep insights.

#### **Easter Choir Rehearsals**

Sundays, February 7 - March 28, 12:30pm, Room 201

For those who are interested in singing with the beautiful voices of our Easter Choir at the Shell on April 4th, Alethea Train will be having weekly choir rehearsals at 12:30pm for one hour starting February 7.

#### **Volunteer Appreciation Dinner**

Friday, February 12, 6pm, Courtyard, Free for volunteers, Guests \$7.

A banquet of gratitude! Join us as we show our appreciation for all the volunteers who have helped Unity Church of Hawai'i in the past year.

There will be dinner, music and entertainment for all. Sign up at Connection Central for this wonderful event.

#### **Wild Prayer ~ Brian Samo Ross**

Tuesdays, February 16 - March 23, 6 pm, Chapel, Intro \$25, Series \$100

Is your meditation practice all work and no play? Wild Prayer is an ecstatic approach to meditation that celebrates both our humanness and our sacredness. During a 2 hour intro session and a series of five evenings you will reach beyond the mind and invoke your inner joy.

Warning: This could change your life!

#### **Annual Membership Meeting**

Sunday, February 21, 1 pm, Chapel

We are abundantly blessed with five talented and devoted nominees to fill three positions on our Board. Nominees are Judith Bowman, Kat (Kathleen) Lin-Hurtubise, Fred Staedel, Lynn Panagakos, and Michelle Hubbard. Mailings have been sent to all church members. Vote on February 21st at the annual meeting. Absentee ballots will be available in the church office starting February 11.

#### **Walk Through the Big Book**

Saturday, February 27, 9am & Sunday 28, 1pm, Room 204, Love Offering.

In this 2 day workshop the first 164 pages of the Big Book of Alcoholics Anonymous will be discussed. The format is casual and interactive and the session includes a 20 minute silent meditation. Learn to live sober, happy, joyous and free.

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### **Welcome Kathie Schmid**

We are excited to announce that Kathie Schmid has graciously offered her time and talents as our new *volunteer* Volunteer Coordinator. Kathie and her husband, Peter moved to Oahu over six years ago from Anchorage, Alaska. She brings strong skills in volunteer recruitment and organization and is already a consistent volunteer working closely with our administrative team.

Welcome Kathie!!

### **SEE Classes - February 2010 Intensive**

Spiritual Education & Enrichment classes are on a love offering basis.

Monday through Friday, February 8-12

#### **Special guest teacher - Rev. Dr. Paul Hasselbeck**

Rev. Dr. Paul Hasselbeck, Dean of Spiritual Education and Enrichment at Unity Institute, is the author of three books in addition to being the editor and amplifier of the Unity textbooks for Metaphysics and Advanced Metaphysics. He co-founded the only English-speaking Unity Church in Puerto Rico, served as Minister of Pastoral Care & Prayer at Unity Church of Overland Park, Kansas and is a retreat minister at Unity Village. Paul is considered the premier scholar of metaphysics in the Unity Movement.

#### **~ Metaphysics I, Part One ~**

Monday - Friday, 10 am - 12 noon, Rm 201

During this course we explore some of the fundamental principles of Spiritual Law and how they can be applied to our lives for greater love, health, and prosperity. Specific topics include: Life is Consciousness; Spiritual Evolution; Our Purpose, Divine Will, Divine Plan, Divine Guidance; Meditation; and Prayer.

#### **~ Metaphysics II, Part One ~**

Monday - Friday, 1 pm - 3:00 pm, Rm 201

By studying the quotes of prominent Unity writers, as well as specific metaphysical and theological views, we are encouraged to awaken our awareness and understanding of Spiritual Truth. Specific topics include: The Four Functions of Consciousness; Thoughts; The Word; Denials and Affirmations; Creation; and The Twelve Powers.

#### **~ Life of Prayer ~**

Monday - Friday, 3:30 pm - 5:30 pm, Rm 204

*Life of Prayer* introduces Unity methodologies of prayer and the Unity principles on which they are based. This course explores the rich traditions of prayer from other world religions to compare and contrast prayer practices with our own, giving us the opportunity to create a credo for our own prayer life.

## Ongoing Church Events

### **Mondays**

Ho'opono Project, 11 am and 3 pm, Kitchen  
AA Meetings, 4 pm Kula, 6:30 pm Courtyard  
Ho'opono Serving, 5 pm, Queens Surf Beach  
CODA Meeting, 6 pm, Rm 204  
AA Meetings, 6:30pm, Courtyard

### **Tuesdays**

AA for Women, 5:30 pm, Rm 201  
Gurdjieff Group Discussion, 6:30 pm, Kula  
Lifestyle Balance Weight Loss, 7 pm, Rm 201

### **Wednesdays**

Toastmasters, 7:30 am, Rm 201  
Gregory House Meals, 4 pm, Kitchen  
AA Meetings, 4 pm Kula, 8 pm Courtyard  
Outreach @ IHS, 3rd, 5:30 pm, IHS  
AA for Men, 6:30 pm, Kula  
Prayer & Healing Meditation Service, 7 pm, Chapel

### **Thursdays**

Debtors Anonymous, 6:30 pm, Rm 201  
AA, 8 pm, Courtyard

### **Fridays**

Al Anon, 10 am, Rm 204 & AA, 5 pm, Kula  
A Course in Miracles, 7 pm, Rm 204  
Spiritual Movie Night, last, 7 pm, Chapel

### **Saturdays**

Yoga, 8 am, Rm 201  
Unity Hiking Group, 1st & 3rd, 8 am, Parking Lot  
Tai Chi, 9:15 am, Kula/Lanai  
Band of Brothers Men's Group, 1st & 3rd, 8:30 am, Makiki Zippy's  
Friendly Hearts Outreach, 2nd, 9 am, Kula

### **Sundays**

Sukyo Mahikari, 1st, 8:30 am, Courtyard  
Spa for the Soul, 3rd, 8:30 am, Courtyard  
A Course in Miracles, 1 pm, Rm 201  
Youth Education Gathering, 2nd, 11 am, Courtyard

Get more information on this month's current events, spiritual movies, podcasts and outreach activities at:  
[www.unityhawaii.org](http://www.unityhawaii.org)



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