



Unconditional LOVE

by Alex Gellman, Toronto

The greatest power known to man is that of unconditional love. Through the ages mystics, sages, singers and poets have all expressed the ballad and call to love. As humans, we have searched endlessly for the experience of love through the outer senses. Great nations have come and gone under the guise of love for their people. Religions have flourished and perished while claiming the true path to love. We, the people of this planet, may have missed the simplicity of unconditional love. . .



Simply stated, unconditional love is an unlimited way of being. We are without any limit to our thoughts and feelings in life, and can create any reality we choose to, if we refocus our attention. There are infinite imaginative possibilities when we allow ourselves the freedom to go beyond our perceived limits. If we can dream it, we can build it. Life, through unconditional love, is a wondrous adventure that excites the very core of our being and lights our path with delight.

Unconditional love is a dynamic and powerful energy that lifts us through the most difficult times. It is available at any moment, just by turning our attention to use this wonderful potential to free us from our limitations. It requires practice and intent to allow this energy to permeate our daily experience. It begins with ourselves, for without self-love, we cannot know what true love can be. In loving ourselves, we allow the feeling to generate within us and then we can share it with everyone and everything around us! That which we send out, returns to us in greater measure. If you have not thought about how you feel toward yourself physically, mentally, emotionally, or spiritually; we invite you to do so now. Begin the journey that changes everything. Begin the journey of unconditional love...

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Poetry Corner

by David I Gellman,
Nashua, NH

G-d's House

G-d is knocking
Let him in
Open your heart
Let go of insecurity, frustration, and fear
Make room for love and joy
In G-d's house
We Are One!

The Black Race

The white man embracing the black man
Riding on the white horse
Holding on for dear life
Arriving at the white house
Crossing the finish line
The race begins
The human race wins
We are home
We Are One!

Hear the Cry

The baby is born
Feel the potential
Is it Rosemary?
Ali
Gandhi
Jesus
Mohamed
Moses
Teresa
Martin
We are all children of G-d
The angel descends thru the tunnel
See the light
Hear our voices
Life has meaning
Feel the joy
Feel the suffering
Cry aloud
We Are One!

Aries (April)

This month represents the spring and spring means creation and renewal. Many ancient beliefs state the world was created on the spring equinox. Meditate on the gift of being able to re-create your life any time you want, inviting newness and opportunity. Let this month bring newness, creativity, opportunity and initiation into each and every life, for each and every life is deserving of perfection. May you create in the year ahead, may you be guided by mercy and justice, and may at least one person, be glad you were born.



Taurus (May)

Venus is prevalent in the sky this month and Venus is the goddess of love. Let love guide your thoughts and actions. It is a time to enjoy the great outdoors. Feel the earth beneath your feet and think about where you need to ground yourselves. So for the month ahead may you all be grounded in the roots of love, may you follow the truth and demonstrate your resolve to know the answers you need to know.

Gemini (June)

The advent of summer represents our time of greatest potential. Focus on the abundant opportunities surrounding you and the choices you are free to make. May the month ahead bring you the opportunity to make the right choices, the choices to follow the true path, the divine path of your life, and may the intelligence and fortune of the universe guide you in that and all other choices.

FAMILY wellness DAY & silent AUCTION

The Spring Equinox Family Wellness Day

Saturday, March 21, 2009
12pm - 5pm

Burlington Art Centre
1333 Lakeshore Road
Burlington, ON

FREE Admission

*early attendees will receive a free gift
(while supplies last)

See Page 3 for Wellness Day Program

Our Silent Auction has over 100 fabulous items available to bid on, at a fraction of the original cost. The silent auction will be loaded and available for online submissions by March 14, 2009

We hope to raise funds for the Universal Oneness United Faith Canada (UOUFC) in its mandate to nurture individual spirit and to foster love. UOUFC is working to create an environment where people of all faiths and beliefs can feel comfortable, happy and embraced in a community of likeminded spiritual sojourners.

All donations will receive a donation receipt. If you are interested and cannot attend, but would like a booklet outlining all of the items available, one can be sent to you. To receive your booklet with the available items, please send us an email. Any silent auction bid in excess of the suggested value will be entitled to a charitable donation receipt.

See Page 4 for Silent Auction Highlights

FAMILY wellness DAY PROGRAM



Guitarist Del Vezeau

12:15pm - 12:45pm

Stretch Fitness Class with Micheline Poncelet

1:00pm - 1:30pm

Workshop on *How to Reverse Aging through Healthier Choices* with Dr. Alex Gellman H.D.

12:30pm - 4:15pm

Performance by Guitarist Del Vezeau—he plays from the soul—hearing is feeling
Special performance at 1:45 to 2:15pm

2:30pm - 3:15pm

Meditation in Three Easy Steps, concluded with a Guided Meditation to build self-esteem and confidence with Reverend David Gellman

3:30pm - 4:30pm

TIME TO BE PAMPERED (SERVICES BY DONATION)

Pampering massages with Inga Bertelman & David Ng

Mini iridology readings with Dr. Alex Gellman H.D.

Life Coaching with Jennifer Schramm

Tarot Readings with Jason Darkwood

Astrology with Carson Foster

Energy Chakra clearings with Chiara Ferrante

3:30pm - 4:00pm

Children's Fitness Fun Class with Micheline Poncelet

4:15pm - 4:45pm

Belly Dancing Class with Carla Zazzarino

Come out and tone your abs—and put some fire in your life as you learn some belly dancing moves

CHILDREN'S ACTIVITIES available throughout the day including:

Nail Painting, Rock Painting, Doll Making, and Games



The ENERGIES of the Spring Equinox

by Carson Foster

Happy Spring Equinox to friends of the UOSC community and a happy celestial New Year as the sun moves into Aries early on March 20. We have made it through another winter (and zodiac cycle) and have nurtured the “seeds underground” within our lives.

The coming three months will start to break ground on our endeavours, as nature comes back to life around us. It is time for the warmth and joy of the season to permeate and melt away any lingering frustrations, so we can unfold our path to move forward with a fresh vitality and vigour in our step. As with all seasonal shifts we embrace new beginnings, (especially more so in the spring) as the seasons begin with a cardinal sign (Aries ☉ Cardinal Fire; Taurus ☉ Fixed Earth; Gemini ☊ Mutable Air). Aries (the Ram) is on the Ascendant, and thus Mars in Pisces in the 12th house rules the chart.

Mars asserts our self and our desires, and in Pisces it would seem to carry a more compassionate and universal spirit; although may be prone to illusions. It certainly carries a fighting spirit for what we feel is right. When we look closer at the chart, there is most certainly a divide in what people are willing to fight for—either the future or the past.

After a powerful set of Aquarian Eclipses in February, we are certainly appreciating a dynamic tension between what is shifting outside of us and what is shifting inside of us. As the majority of planets (and energies) are in the final quarter of the chart, we have lessons centering on our careers, our communities and our institutions, which are all going through transformations; especially now that Pluto is in Capricorn until 2024.

The moon helps to emotionally harmonize the structures of our service, as we make sense of deeper psychic and intuitive impressions with Mercury in Pisces before it joins its energies with electric Uranus. With Venus on the Ascendant we must find ways to bring more compassion and love to the face and identity we are showing ourselves (and others) as we find our true divine expression. The season's full moon festivals bring in powerful energies and will no doubt bring more light into our transforming world.

We have a wonderful lineup of events to honour your spiritual journey this spring. We would love to have your energy join our community. Many blessings as you create lemonade from lemons, and we refresh our juice for life with this wonderful season.

All the best from your friends at the UOSC,
Carson

silent AUCTION highlights

Spring Equinox Silent Auction
March 21, 2009, 12pm to 5pm
Highlights of Items Available at the Silent Auction
Go to www.uoufc.org to see the full list

Event to be held at the Burlington Art Centre
1333 Lakeshore St., Burlington

Physical, Emotional and Spiritual Iridology & Homeopathic 2 hour Consultation

Alexandra Gellman, D.H., RBC
Retail value \$472.00 Opening bid \$70

Nutritional Consultation - Wanda Roy Nutritionist
Retail value \$100.00 Opening bid \$30.00

Physiotherapy Initial Consultation - Ravi Sakhujia,
Registered Physiotherapist
Retail value \$99.00 Opening bid \$30.00

Three Private Meditation Classes- Lou Carcasole
Retail Value \$300.00 Opening bid \$45.00

Colonic Irrigation Treatment- Debra Wain Royal Flush
Retail Value \$80.00 Opening bid \$24.00

One Hour Massage - Christine Cinq Mars RMT
Retail value: \$85.00 Opening bid: \$24.00

Anti-aging Intravenous Treatment - Dr.. Leslie Ee N.D.
Retail value \$150.00 Opening bid \$ 37.50

Acupuncture & Osteopathy Treatment - Dr. Shelley Lewis Hood
Retail value \$120.00 Opening bid \$30.00

One hour Rolfing Treatment - Jennifer Hayes
Retail value \$150.00 Opening bid: \$37.50

Cheeky Lap Dance for A Couple
Retail value \$50.00 Opening bid \$15.00

Belly Dancing Group Class for 10 - Carla Zazzarino
Retail value \$200.00 Opening bid \$40.00

Have Your Handwriting Analyzed - Elaine Charal
Retail value \$125.00 Opening bid \$32.00

90- min personal fitness/nutritional assessment & training session - Poncellet, BSc Hon Kinesiology
Retail value \$150.00 Opening bid \$45.00

One Hour Psychotherapy - Judith Johnson BA, MSW, RW
Retail value \$145.00 Opening bid 40.00

One Hour Golf Lesson - Jeff Roy Head Golf Professional
Retail value \$150.00 Opening bid \$45.00

Alien Titanium Driver, Alien Rescue Club, Alien Wedge (New)
Retail value \$199.00 for the 3 clubs Opening bid \$50.00

"Free Oil Changes for a YEAR" - Scot Baron
Retail value \$200.00 Opening bid \$40.00

Dog Grooming www.tailsup.ca Tail's Up - Bonnie Lamb
Retail value \$50.00 Opening bid \$15.00

LTD - Limited Snowboard (New)
Retail value \$249.00 Opening bid \$63.00

1.5 Hour Garden Consultation Carruthers
Retail value \$250.00 Opening bid \$40.00

Panasonic DVD Player - Donated by Hook Up
Retail value \$100.00 Opening bid: \$25.00

One Hour Horary Astrological Consultation - Ron Bipus
Retail value \$120.00 Opening bid \$30.00

Two hour Interior Design Consultation - Karen Williams
Retail value \$500.00 Opening bid \$125.00

Dinner and Show package for two for a salsa night. Lula Lounge
Retail value \$108 Opening bid \$30.00

Healthy Dinner & Cooking Class for 6 - Dr. Alex Gellman H.D.
Retail value \$500.00 Opening bid \$55.00

D & G Suede coat died with a leopard Pattern
Size 4 -6, Slightly used
Evaluated by the Holt Renfrew Fur Salon for \$2,000.00 as is
Regular retail was \$6,000.00 Opening bid \$180.00

Weekend Getaway Sutton Place Hotel
Two nights accommodation in a deluxe room in midtown Toronto
Retail Value \$1000.00 Opening Bid \$200.00

Group Corporate Massage - Inga Bertelmann
1.5 hours of on site chair massage in your place of work
Six persons will receive a 15 minute massage each
Retail value \$110.00 Opening bid \$30.00

One hour Business Coaching
Sandy Blaha Executive Business Coach
Retail value \$250.00 Opening bid \$30.00



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