



Uniteen News

Vol. 3, Issue 2

June 2003

Uniteen Page

Dearest Uniteens & Uniteen Leaders,

I hope your Spring has been truly wonderful and that the upcoming summer months will bring you peace & joy.

I would like to announce a new page to the Uniteen News. Starting with this issue, the last page(s) of this newsletter will now be entirely devoted to Uniteen articles, poems, art & news. This will make the Uniteen portion of the newsletter easy for leaders to copy & distribute to their Uniteens.

Items to be published on the Uniteen Page must be submitted by the first of the month preceding the publication date. The newsletter is published quarterly so the deadlines will be March 1st, June 1st, September 1st and December 1st, respectively.

I look forward to seeing more of your wonderful articles, poems & art to print in the Uniteen News and on the Uniteen website, www.glruniteens.org

See Page 7 for this issue's Uniteen Page featuring poems by Beth Kuntz, Unity of Dayton, Ohio



Great Lakes Region

2003 Spring Unitreat



The first weekend in May brought Uniteens & their leaders from 20 churches across the region together for the 2003 Spring Unitreat. The weather, the facility and the theme were all superb.

Our theme was "Free To Be Me" and centered around knowing the Truth about ourselves and being comfortable with "being" ourselves in all situations.

Weekend activities which included Funshops, Spirit Groups and Teamwork, gave us the opportunity to explore our personal potential as we focused on our Christ selves. We found that by becoming centered and focused on our indwelling power we have unlimited potential and are truly free to be ourselves.

The Funshops at the Unitreat were designed by the facilitators who were Y.O.U.ers and Uniteen Leaders from the region.

The Unitreat was celebrated at the South Center Campus of YMCA Storer Camps in Jackson, MI. For pictures see pages 5 & 6 and check the website at www.glruniteens.org

Uniteen Events & Uniteen Leader Training Calendar

2003	Jul 27- Aug 2	Child/Teen Ministry Week Unity Village, MO A week of youth ministry training & renewal at Unity Village. CEP elective credits available. Contact Juli Ann Boehm at 816-524-7414 Ext. 344
	Sep. 12-14	Spiritual Educators Retreat Lindenwood Retreat Center, Donaldson, IL Renewal, sharing, Funshops & networking for the whole Youth Ministry Team . Details coming soon. Contact Diane Venzera at 708-386-6980 or email: glrkids@attbi.com
	Sep. 27th	"Lessons That Move" & "Leadership Skills" Unity Church of Peoria, IL Facilitator: Eileen Patra, Uniteen Consultant Leader/Teacher/Sponsor Training focusing on "active learning" vs. "passive learning" using the Living Curriculum approach. We will also cover leadership skills for all areas of Youth Ministry including leadership in the classroom. Eileen Patra 248-399-4689 or Uniteens@glruniteens.org
	Oct. 4th	Youth Ministry Team Training Unity Church of Madison, WI Facilitators: Diane Venzera, Children's Consultant Eileen Patra, Uniteen Consultant Training for all members of your youth ministry team Eileen Patra 248-390-4689 or Uniteens@glruniteens.org
	Nov. 14-16	2003 Fall Unitreat YMCA Camp Duncan, Ingleside, IL A weekend retreat for Uniteens (Grades 6-8) and their leaders/chaperones. Uniteens must be in at least the 6 th grade to attend. Details & registration materials available in August, 2003.
	Online Registration You can now register online for the training events on Sept. 27 th & October 4 th . Visit the Uniteen website at www.glruniteens.org/page2.html for details.	

Special Alert

Regarding 15-Passenger Vans

Despite alerts from Church Mutual and the National Highway Transportation Safety Administration (NHTSA), the number of rollovers and other accidents involving 15-passenger vans continues to escalate. The NHTSA has found that 15-passenger vans are nearly three times more likely to roll over when carrying 10 or more passengers than the same van carrying five or fewer passengers. Most of the accidents have been initiated by tire blowouts. If you use large vans, please use the following precautions:

- Inspect the vehicle from front to back and pay close attention to the tires — frequent checks of tire tread wear and inflation are essential.
- Driver selection — only mature, experienced drivers should operate this vehicle.
- Don't overload the van — an overloaded van is more likely to cause a tire blowout. Always fill the front rows of the seats first, leaving any open seats in the rear row(s).
- Buckle up — the driver and all passengers should wear seat belts.
- Take frequent breaks.
- Obey posted speed limits.

Reprinted from Church Mutual brochure "Road to Safer Transportation"

To view the complete brochure visit

www.churchmutual.com

To receive a free copy of Church Mutual's transportation safety video, Driver's Checklist and 15-passenger van dashboard alert, call your regional representative at (800) 554-2642 and select Option 1 when prompted.



To learn more about 15-passenger van safety, visit the National Highway Traffic Safety Administration Web site:

www.nhtsa.dot.gov/hot/15passvans/index.htm

NEW RESOURCES FOR UNITEEN LEADERS

Teaching Meditation To Children

by David Fontana & Ingrid Slack. Element. 1977. (see book review page 4)

The Youth Bible: New Century Version

Word Publishing. 2002. Available from Group Publishing.

Uniteen Program Guide Part 2

Association of Unity Churches. 2003
(See details on page 4)

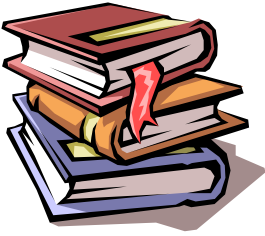
Additional Subscriptions to the Uniteen News

The Uniteen News is published quarterly and mailed to the Uniteen Leader at each church in the Great Lakes Region. If you would like to receive additional copies please mail the form below with a suggested love offering of \$4.00 for postage & handling. Additional subscriptions are renewable on a yearly basis. Please fill out separate forms for each additional copy requested.

Name: _____

Mailing Address: _____

Love Offering \$ _____



BOOK Review

Teaching Meditation to Children by David Fontana & Ingrid Slack

Teaching Meditation to Children offers practical and inspiring methods of teaching meditation to children of all ages. The authors, who define children as youth up to and including age 18 have included techniques and advice for working with each different age group.

This book is extremely thorough in its approach to teaching meditation. It begins by exploring the practical applications of meditation in everyday life, particularly as they relates to youth. Through a series of active learning experiences your group can begin to understand how meditation can help them in all aspects of their lives. One of the first applications discussed is how meditation can help children to **concentrate & focus their attention**. This is something young people are often accused of being unable to accomplish but seldom given tools to improve.

The book is then divided into sections with helpful tips for introducing meditation to each age group from preschool, through middle school and high school. Since each age group will have different needs and react differently to new ideas it is especially helpful to have the book designed this way.

Uniteens in particular may be somewhat skeptical about a new idea unless they can truly understand how it will help them and how they will use it. This is where the activities in the first part of the book can be especially helpful. The exercises clearly illustrate how little we are in control of our thoughts and how much more effective we can be when we are able to focus our attention.

Of all the books I have read on meditation with children this is by far the easiest to understand and the exercises are simple to implement. Teaching Meditation to Children is an indispensable tool for anyone working in a Unity youth ministry program. I highly recommend this book for Uniteen Leaders as well as your entire youth ministry staff.

Eileen Patra, Uniteen Consultant

Teaching Meditation to Children is available at www.Amazon.com or from your local bookstore.

Uniteen Program Guide, Part 2

This is the second half of the Uniteen Program Guide and fills in the remaining tabs that are shipped with Part 1. It includes sections on: spiritual and educational philosophy and tools, how to prepare lessons, facilitating prayer/meditation from a Unity perspective, ceremonies and celebrations and considerations when planning a lock-in. There are revisions and updates to the Resources section in Part 1, as well as a Q&A section covering topics not discussed elsewhere and an Index for both Parts 1 and 2.

Description reprinted from Unity website.
Visit the website to order this book at www.unity.org or call 816-524-7414 X-324

FUNSHOP

Teaching Meditation to Children Funshop

Facilitator: Eileen Patra, Uniteen Consultant
This Funshop based on the book will be presented at the Spiritual Educator's Retreat September 12-14, 2003.

Contact Diane Venzera at 708-386-6980 or
Consultant@grkids.org for registration information.



Great Lakes Region 2003 Spring Unitreat





Uniteen Page

I FEEL SO HAPPY NOW THAT I'VE TAKEN A STEP

I feel so happy
Now that I've taken a step,
Now a whole different world I see,
Now joy, love and peace are mine,
These three come in great depth to me.
Sometimes I may cry, not out of
sadness,
But out of gladness.
I'm glad I ventured out,
Out past the fear.
I have no sadness left,
Not even one tear.
Now I know the real me,
The one that's overflowed with
harmony.
I'm so glad I didn't put meditation on a
shelf,
Because it's wonderful to know my real
self!

- Beth Kuntz, Uniteen
Unity of Dayton, Ohio

Thank you God

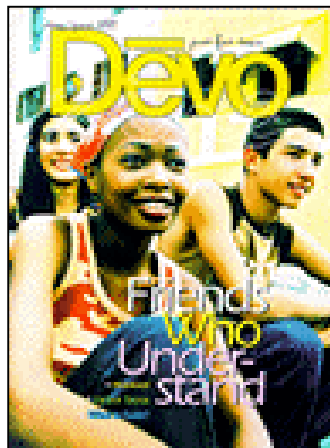
Lord, I thank you for the sky so blue,
For the soft white sheep and restful
sleep;
For all of the clothes I wear, and the
Joy and Love we share;
For my pet goats, with their furry coats;
For the playful cats, and mischievous
rats;
For the busy laboring honey bees and
the tall, broad trees;
For all of the pretty birds, especially the
Blue Jay,
And most of all, thank you for letting
me say thanks today!

- Beth Kuntz, Uniteen
Unity of Dayton, Ohio

Sister Sleep

Sister Sleep, help me go to sleep,
Safe and sound, let the earth become a
small mound,
Call to me come home,
Let me see the heavens.
Float me to heaven, float me there soft.
Help me to dream dreams full of Love.
I love you,
I Love you very much,
Sister Sleep.

- Beth Kuntz, Uniteen
Unity of Dayton, Ohio



DevoZine is a Christian online 'zine published by & for teens. Although it is not published by Unity it is an excellent magazine with lots of

helpful information for teens. DevoZine provides discussion rooms, bulletin boards, a prayer wall and crisis information & hotlines. For those who like to write the 'zine offers writing tips and a place to submit your articles & poetry.

Check it out at:

<http://www.upperroom.org/devozine>



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Submission deadlines for articles are March 1st, June 1st, September 1st & December 1st.

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