unity® of East Louisville

Spirit

NOVEMBER 2026

We truly are Love In Action!

Sunday, October 11 brought a fun and meaningful day for recognizing our ***Love In Action*** teams and recruiting new volunteers.

Organized by LIA Coordinators **Laura Tlalpachicatl** and **Elaine Wood** with **Rev. Val**, the celebration included lots of surprises, a lavish buffet and numerous displays of the LIA teams and service opportunities.

The first surprise - the members of our dynamo Men's Group were honored for their many contributions to our spiritual community, including maintenance and enhancement of our grounds (replacing a ton of gravel with top soil, then laying sod and planting new landscaping), the fabulous BBQ & Ice Cream Social they orchestrate each summer and ongoing maintenance projects around our facility. Each member of the Men's Group was presented with a certificate and a Unity thermal mug in appreciation of their service to UEL.

Next, two of our very recognizable congregants were honored for their years of service and willingness to work wherever needed in UEL. **Tracey Adams** has many roles at UEL, including serving as our Platform Leader most Sundays, co-leading the ***Heart & Hands Team***, coordinating our ***Outreach Team*** and maintaining our supplies inventory.





Above: Bo Hobson, Dave Evans, Charlie Logsdon, Rev. Val, Tom Jenkins , Peter Knack, Tom Love, Rev. Rick McCollum, Joseph Stevens and Pat Mitchum.

Left: Tracey Adams, Rev. Val and Colleen Watson

Colleen Watson is our chief fun coordinator, organizing dinners, ***Game*** and ***Movie Nights***, plus serving as coordinator of the ***Welcome Team*** greeters. And she maintains our inventory of Welcome Packet materials and supplies. Tracey and Colleen each received a certificate and a Unity fleece throw.

In addition, each congregant who serves in any volunteer capacity at UEL was given a heart decal to display on his/her name tag.

To each of these dedicated and generous UEL congregants, we say a huge ***THANK YOU!***

Continued next page

Love In Action

Continued from Page 1

The celebration continued following the service as we explored the many LIA service opportunities.

LIA Team leaders were asked to create a display that provided information about the team's services and role at UEL. Among the teams doing active recruiting were Technology/Audiovisual, Hear & Hands, Hospitality, Welcome/Hospitality, Sacred Grounds and the Men's Group.

It was a wonderful event that showcased our exceptional, growing teams of volunteers and the enormous contributions they make to UEL. **If you'd like more information on serving on a LIA team, see Elaine or Laura.**













UEL Board of Trustees Vice President Colleen Watson



Colleen found Unity when she heard brother Don say that he had listened to a great talk from Rev. Carol. With him playing every other week and her love for music, Colleen began attending services, completed ***Unity Basics*** around 2018/19 and became a member shortly thereafter. In her time with Unity she has been on the Tech Team, Usher/Greeter Team, Outreach Committee, Events (and social activities) Committee. Colleen also started and plans the ***All Music Sundays***. She has served on the Board of Trustees as an Alternate, Secretary and currently Vice President.

Colleen is one of three kids born to the Donnie Watson branch of the Watson Clan Southwest Louisville off of Blevins Gap Road. (What is known as Watsonville to be exact). After attending the University of Louisville for Elementary Education, Colleen taught for 5 years before transitioning to a training role at Salle Mae that lasted 14 years. She lived in Indianapolis for 17 years while married and then living the single life. She loves traveling and spending time with friends listening to music.

She is currently adjusting to life without a full-time job and training/playing with her new dog, Gracie.

Thank you, Colleen! You are a blessing to UEL!

November at UEL!

Sunday,November 1

Day of Remembrance

Speaker: Rev. Valerie Mansfield

Music: Griffytown

Friday, November 6

Group Dinner at Gustavos

401 South Hurstbourne

Sign up sheet on the counter - limited to 8

Sunday, November 8

Speaker: Elaine Wood

Infinite Possibilities: Moving Mountains Chasing Clouds

Music: Don Watson

Wednesday, November 11

• Sound Bath Meditation: Energy of Gratitude and Peace

6:30 pm - 7:30 pm

Guided by Rebecca Geracitano

$10 Love Offering

Saturday, November 14

• Game Night

5:00 pm - 8:00 pm

Bring your favorite game(s).



Sunday, November 15

Speaker: Rev. Valerie Mansfield

ThanksLiving

Music: Kim D'Amato

Thanksgiving Potluck

12:15

Sign up sheets for Potluck dish and Set up/ Clean up teams on counter

Friday, November 20

• Ladies Luncheon

11:30 am

Bristol

Sign up sheet on counter

Saturday, November 21•

Teen Meet Up

6:30 pm

Sunday, November 22

Speaker: Dr. LaVena Wilkin, Kimberly May & Rev. Valerie Mansfield

Harmonizing and Healing

Music: Collette Delaney Mattingly

Sunday, November 29

Speaker: Rev. Valerie Mansfield

Intentional Living Through the Holidays

Music: Them Calloways

Details for events on the bulletin boards and in our weekly enews!

You're invited!
Unity of East Louisville's Annual



Thanksgiving Potluck

Sunday, November 15

Following the Sunday Service

Bring your favorite dish (and serving utensil) to share! Turkey and ham provided.

Please put your name on your dish and serving utensil.

Folding tables & chairs are also needed.

- **If you plan to attend, please sign up - sheets on the back counter and note what you'll bring.**
- **If you will bring folding table(s) and/or chairs or serve on the Set Up/Clean Up team, please sign up.**

A day of remembrance



Sunday, November 1 saw our second annual **Day Of Remembrance** service - a time when we remember and honor those loved ones who have passed on and the blessings they gave us.

Called ***The Day of the Dead*** (Spanish: *Día de (los) Muertos*) in Mexico, this celebration brings families together to remember and honor their ancestors. We have created our own meaningful service at UEL, which includes photograph displays of our loved ones and a time of reflection.





UEL **Day of Remembrance** is the project of L**aura Tlalpachicatl** and **Suzanne De Gregorio**. Suzanne's heartfelt video included each UEL congregant who has passed in the our 23 years. Rev. Val's message guided us to remember those who nurtured our lives and gave us blessings. This year, three were added to the video: Rev. Gwen Moser, Gary Haynes and Glen Lewis. While our loss is great, we honor each of these souls who touched our hearts and enriched our lives.

From our Minister... A Thanksgiving Practice of Gratitude



Thanksgiving invites us to pause and notice the gifts woven through our lives: the people who care for us, the beauty of the natural world, the meals we share, and the strength that carries us through difficult seasons.

From a Unity perspective, gratitude is more than good manners or a list of blessings. It is a spiritual practice—a way of turning our attention toward the presence of God, or Spirit, within and around us. Gratitude does not ask us to ignore pain or pretend that everything is well. It invites us to meet life honestly while remaining open to love, hope, and possibility.

Some years, gratitude comes easily. In others, it may begin with one small thing: a kind word, a moment of rest, a warm drink, or someone who listens. Even a simple acknowledgment can help us feel more connected—to ourselves, to one another, and to the sacred. We can also express gratitude through action. We can offer a helping hand, make room at the table, reach out to someone who may feel alone, or listen with care to a person whose experience differs from our own. In this way, gratitude becomes generosity, compassion, and community.

As we celebrate Thanksgiving, may we honor the many ways love is present in our lives. May we remember those who are grieving, navigating hardship, or facing an empty seat at the table. And may we create space for every person to find belonging, whether their day is joyful, complicated, quiet, or all three. A simple practice for the season: Take a breath and ask, "What am I grateful for, and how can I share that gift?" Let the answer guide one small act of kindness.

May your Thanksgiving bring moments of peace, connection, and renewed awareness of the blessings—large *and small—that sustain us.*

Rev. Val
Rev. Valerie Mansfield

UEL Ladies Luncheons are evolving...

What began almost 20 years ago as a way for the ladies of UEL (then called Unity of Middletown) to get to know one another, the monthly **Ladies Luncheon** events have grown and evolved!

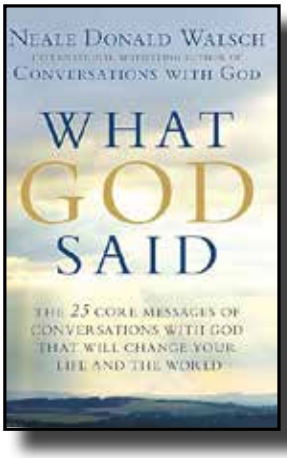
Each month the attendees choose the next month's restaurant (outdoor settings are the choice in warm weather). Twelve ladies attended October's gathering at Bone Fish.



What's next? LOTS!

To complement the lunch discussions and ideas for expanding the gatherings, a **Metaphysical Book Club** was created! In September, attendees shared the book that has most impacted their spiritual lives. A list was complied, from which the group's first and second selections were made.

The first book selected is ***What God Said: The 25 Core Messages of Conversations with God That Will Change Your Life and the World*** by Neil Donald Walsch.



*"You've got me all wrong." Inspired by his nine-book **Conversations with God** series, many people have asked Neale Donald Walsch delivers the most essential pieces of God's message to us in a more succinct way. Walsch considers the most important insights of his Conversations with God, but also applies them in the most practical ways.*

This book is deep, profound and requires reflection. With life-changing messages, the discussions will be inspiring.

Beginning in January, the book group will meet on the second Friday of the month. The first meeting of the book club will be held on **Friday, January 15, 11:30 am - 1:30 pm**, as a brown bag lunch at church. **ALL UEL ladies are invited!** With no rules or agendas, monthly discussion of the book will continue as long as the group desires.

Any more BIG news?

Absolutely! As our church family has grown, we've recognized the varied needs, interests and desires of congregants. We offer social events, church-wide celebrations and many in-depth programs for spiritual growth.

As the Ladies Luncheons have grown, the opportunity to create a **UEL Women's Ministry** became apparent, though no parameters or structure were defined. And who would lead this group?



The answer was sitting at the lunch table: **Rev. Jean Hagan**. And ordained minister and serious student of the metaphysical, Rev. Jean has developed a dynamic program with the pillars of spiritual growth, sacred sisterhood, service and joyful living guiding the group's evolution.

Women of Faith will launch in January. The group will meet on the second Saturday of each month at church from **1:00 - 3:00 pm**, beginning on **Saturday, January 9**. Rev. Jean will lead the monthly programs.

Of course, more details will be forthcoming next month.

Per Rev. Jean, "Grounded in Unity principles, the Unity East Louisville *Women of Faith* Ministry will welcome women of all ages and stages of life into a spiritually nurturing environment where they can deepen awareness of the Divine within, build supportive relationships, develop their gifts, and express faith through loving service."

Whether you choose to participate in all three programs - Luncheons, Metaphysical Book Club and *Women of Faith* - or attend just one, you'll be part of a dynamic, connected ministry!

All treats - no tricks!

Halloween is all fun at UEL! Once again, we joined with Unity of Louisville to host a Trunk N' Treat event. Our parking lot featured several decorated "stations" featuring lots of costumed funsters of all ages. Of course, there was lots of candy, games and FUN! Thanks to all everyone who participated!











Thanksgiving Food Collection

Eastern Area Community Ministries

One of our Hope & Compassion recipients, Eastern Area Community Ministries, needs your help to provide Thanksgiving Dinners and daily food supplies to our neighbors it serves.

With so much Federal Aid having been abolished, the need for food is even greater. UEL will collect non-perishable Thanksgiving food items for EACM from **Sunday, October 25 through Sunday, November 15**. The donation box will be in back of the sanctuary.

Another *THANK YOU!*

As we've grown, so has the number of people parking in the lower parking lot. The Board recognized the dangerous situation that had developed over time with the steps from the lower lot to the main lot and facility. **Tim Adams**, husband of **Tracey Adams**, graciously offered to address the steps and add a handrail. The multiple-day project included digging up and re-situating the stone steps and adding a sturdy metal rail!

Thank you, Tim, for your time and talents! (Tim's handiwork can also be seen in the front hall where the cabinets and "book store" nook was removed and reconfigured.)





Celebrate the Holidays with UEL!

Sunday Service, December 13

Ugly Christmas Sweater Day

Dig out that awful sweater Great Aunt Edna gave you and wear it to Sunday Service! You might win a prize!

Thursday, December 17

Candle Light Service

7:00 pm

Bring your favorite Christmas Cookie or goodie to share.

Sunday, December 20

Christmas Service

Join us as we celebrate the blessings of Christmas.

Sunday, December 27

Burning Bowl Service

We'll release that which no longer serves us and move into a space of peace.

Sunday, January 3

White Stone Ceremony Service

A new state of being with untold blessings and opportunities calls us.