

Welcome to our new UEL digital newsletter, *Spirit*! Many of you may remember our printed newsletter from years ago. We're now producing our newsletter in digital form and printing a few copies for our guests and those who aren't on the UEL Contact list.

The monthly newsletter will include the UEL Calendar, church news and recaps of events, plus special articles and information. We'll also be profiling our Board members and LIA teams/leaders.

If you have news to share with our spiritual community - a job promotion/retirement, an award, great vacation/travel or even a move to a new home, send your info - and a picture or two - to unityeastnews@gmail.com by the 25th of the month.

If you haven't signed up on the UEL Contact List, the sign-up sheet is on the back counter or send your request to the above email. You'll get the weekly enews and the digital newsletter by email. Texts are sent only for critical announcements, such as weather-related service cancellation. Of course, your information is never shared with other organizations!

Elaine Wood, Editor

From our Minister...



Dear Beloved Community,

Welcome to our new newsletter—a space for connection, inspiration and shared spiritual growth. Each edition will offer encouragement, upcoming events, community news and opportunities to deepen our understanding of Spirit and one another.

As we move into this new season, may we remain open to fresh insights, meaningful conversations and the guidance of our inner wisdom. Every person brings a unique light, gift and presence to our community. Together, through love, prayer, service and compassion, we create a spiritual home where all are welcomed and encouraged to grow.

May this newsletter keep us connected throughout the weeks ahead and remind us that we are never walking this journey alone. I look forward to sharing this unfolding adventure with you.

Blessings of Harmony and Love,

Rev. Val

Rev. Valerie Mansfield

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.

He lovingly accepted the challenge...

UEL Board President Tom Love

I have been a "New Thought" person for about 35 years. The first service I attended was at the downtown Unity with Revs. Richard and Judy Thomas. It felt like I was coming home. "Where ever you are on your spiritual journey, you are welcome here" spoke volumes to me. I was raised Southern Baptist, but it never quite worked for me.

Rick McCollum and I have been together for 42 years. Between us, we have three children, seven grandkids and a great grandchild on the way.



The last 25 years of my career I was a direct writer for an insurance company called The Mill Mutuals. We insured grain elevators, feed mills and fertilizer plants. I was the only employee in Kentucky, Tennessee and southern Indiana. It was an interesting job with great bosses and wonderful customers.

I was born and raised in Bardstown and lived in Kentucky until I retired. After I retired, we decided to move to Florida in 2011. We were there several years until Rick was called to be a minister at a church in Parker, Colorado. We loved Colorado and that church, but some health issues came up for him, so we moved back to Florida. After being away from Kentucky for 14 years, the desire arose for us to come back home. So here we are, and glad of it!

When we came back to Kentucky, I felt a strong need for an in-person, spiritual community. Unity of East Louisville really fits the bill. I love it.

In March of 2026, I was approached about being on the UEL board. I was concerned about taking this on as I had not been back and involved for very long. But I also felt the need to give back and serve the spiritual community that was feeding me. I'm grateful for this community.

Let's go for a walk!

What could be more fun than a fall walk in a beautiful, well maintained park? These happy hikers can't think of anything!

Organized and led by **Carla Knack**, this energetic group has seriously enjoyed The Parklands of Floyds Fork. The September hike was in the Beckley Creek segment. This month's walk at **10:00 am on Friday, October 16**, will take them to **Broad Run Park**.

If you'd like to join this fun group, the sign-up sheet is on the back counter.



October at VEL!

Sunday, October 4

Speaker: Rev. Rick McCollum

Dilemmas of Ego and Truth

Music: Linda Caso

Tuesdays, beginning October 7

• Living Unity and ACIM Principles

1:00 pm

Facilitator: Sue Riecker

Wednesdays, October 7 - 28

• Knight In Rusty Armor Book Study

10:00 am - 11:30 am

Facilitator: Rev. Rick McCollum

or 7:00 pm - 8:30 pm

Facilitator: Rev. Valerie Mansfield

Sunday, October 11

Love In Action Day

Speaker: Rev. Valerie Mansfield

Are Fears and Doubt Limiting You?

Music: Don Watson

Friday, October 16

• Walk for Fun!

10:00 am

Moss Gibbs Woodland Garden, Broad Run Park

Sign up sheet on counter

• Get Acquainted Dinner

6:00 pm

Vallarta Mex-Seafood Grill

9874 Linn Station Road

Sign up sheet on counter

Saturday, October 17

• Teen Monthly Meet-Up

6:30 - 8:30 pm

Sunday, October 18

Speaker: Rev. Valerie Mansfield

How Families and Friends Help Us

Music: Susie Wood

• Community Meeting

12:15 pm

Bring your questions and ideas!

Friday, October 23

• Crystal Bowl Meditation

7:00 pm

Guided by Rebecca and Mickey Geracitano

\$10 Love Offering

Saturday, October 24

• Fall Chili and a Movie

5:00 - 8:00 pm

Bring your favorite chili to share. "Mama Mia" movie for the whole family

Chili sign up sheet on counter

Sunday, October 25

Speaker: Dr. LaVena Wilkin

Introspection Brings Self Improvement

Music: Tyrone Cotton

Friday, October 30

• Ladies Luncheon

11:30 am

Bonefish Grill

Sign up sheet on counter

Saturday, October 31

• Trunk N Treat

Set up 3:00 - 5:00 pm Event 5:00 - 8:00 pm

Share some sweet & scary fun!





Sacred Service

Sharing our time and talents with our Spiritual Community

How many people does it take to orchestrate UEL? A LOT! Like many non-profit organization, churches rely on volunteers to do the majority of the "work." Volunteers - those who give of their time, talents and treasures - are the backbone of most churches.

UEL has a "skeleton crew" of employees - all part time - including Rev. Val, Angeline (our administrative angel), Les Reynolds (our sound genius) and Don Watson (our fabulous music director). The vast amount of work that's done to maintain our facility and grounds, teach classes, plan and coordinate our many events, direct our communications (enews, social media, bulletin boards and our newsletter), greet us each Sunday and perform a myriad of other tasks are done by our volunteer "partners in Sacred Service." Our "partner" teams are organized under the umbrella of **Love In Action!**

On Sunday, October 11, UEL will recognize and honor these loving, generous people during the Sunday Celebration Service!



Love In Action Day

Following the service, we'll be holding a **Love In Action Expo** where the team leaders of our many teams will share information about the work their teams do, plus the skills and time commitments needed. Among these teams are: Technology, Facility, Heart & Hands, Hospitality, Events, Outreach, Prayer & Healing, Sacred Grounds, Usher/Greeter, Office Angels and more! Of course, they'll be some yummy refreshments.

Please plan to join us on this fun, informative and heartwarming day!

Sweet support for our Youth!

Who doesn't love a big ol' hunk of cake and icing?

Our congregants have gladly and competitively supported our Y.O.U. Decadent Cake "contests" - raising almost \$800 for their retreat and conference trips.

July's cake - a 3-layer **Lemon Delight** - was won by **Rebecca Geracitano**, who generously donated it back for slices to be sold. September's decadence was a 3-layer **Dark Chocolate Fudge with Cherries**. The winner, **Donna Hone**, also graciously donated the cake to be sliced and sold.

Rumor has it that the November might be a 3-layer family recipe **Italian Creme Cake**. **So save up your calories and practice the "Power of Intention"!**



Above: In July, our Y.O.U. sold the tickets and drew the winning ticket for the Lemon Cake. Elaine (the baker) and Bruce (sales consultant) accepted (and sliced/sold) the cake slices in Rebecca's absence.



Left: September winner Donna Hone and the Chocolate Cake, which she shared.

We're making a difference!

The UEL **Outreach** program, coordinated by **Tracey Adams**, is making a difference in the lives of people around our community! We have selected three organizations to receive a monetary donation this year: Eastern Area Community Ministries, Maryhurst and Sacred Earth Community Garden. Representative from each organization spoke at a Sunday Service during September.



In addition to the monetary donations from our monthly Hope & Compassion offering, we have been collecting items for the EACM food pantry and snack for the teens who work at the Garden. Founder and Director **Velvet Welch** (right) was delighted to receive another load of snacks when she visited us.



October classes and events to feed your soul

Join Our Fall Book Study



Facilitated by
**Rev. Valerie Mansfield
& Rev. Rick McCollum**

**Wednesdays,
October 7 -
October 28**

**10:00 am - 11:30 am
or
7:00 pm - 8:30 pm**

Join us as we study "The Knight in Rusty Armor" and explore our own intentional journey to achieve our spiritual potential. This book utilizes the genres of allegory and high fantasy to craft a story about a medieval knight whose fearful nature creates literal walls when he becomes trapped in his armor, underneath which his family cannot see him. With the help of Merlin and two animal sidekicks, the knight undergoes a physical and personal journey toward owning his mistakes, embracing self-knowledge and contemplation, and becoming the good and kind person he always had the potential to be. Through the knight's story, the narrative explores themes including:

- The struggle with personal fears and doubts;
- The role of family and friends in personal development; and
- The importance of introspection for self-improvement

Offered on a Love Offering basis.
Sign up sheets on the back counter.

Journey to Inner Guidance Guided Crystal Bowl Meditation



Friday, October 23

7:00 pm - 8:00 pm

Doors open at 6:30 pm

Guided by **Rebecca and Mickey Geracitano**
\$10 Love Offering **Please join us!**

UEL COMMUNITY MEETING

Sunday, October 18

12:15

Bring your questions and ideas to this informative quarterly meeting! The Board of Trustee members will be here to answer your questions, present a financial report and update you on the projects and programs underway. Refreshments provided.

Mark your November calendar!

November is always a meaningful month at UEL.

Sunday Service, November 1 Day of Remembrance

We'll reflect with appreciation for those who have made their transition to spirit.



Everyone is invited to bring a photo of a loved one(s) who has made their transition for our loving tribute and memorial altar display.

Sunday, November 15

Following our service, we'll gather for our annual **Thanksgiving Potluck.**

Caring for each other at UEL

So many things happen - an illness, injury, loss or family tragedy, or other life-impacting event - when a helping hand or kind message would make a huge difference. Compassion and concern are the hallmarks of this caring UEL group.



Heart & Hands

We ARE love in action!

That's the role of our **Heart & Hands Team**. Led by **Tracey Adams** and **Rev. Rick McCollum**, this team offers support to our congregants in a myriad of ways. From sending cards, making phone calls, providing meals, helping with grocery shopping to making minor repairs or other home assistance during difficult times, these team members are a true blessing.



There's no specific time or ongoing task commitment - just a desire to help others. Whether sending "get well," sympathy or "thinking of you" cards, preparing and delivering a meal or other assistance, you decide what speaks to your heart and time commitments.

If you would like to be a part of this heart-warming team, please fill out one of the forms on the back counter or email unityeastnews@gmail.com.

Bet you didn't know!

The **UEL Ladies Luncheon** that meets on the last Friday each month has started a **New Thought/Metaphysical Book Club!** This group will meet on the second Friday each month (unless a holiday conflict) at UEL for a brown bag lunch. Each month will feature a life-changing book for discussion.

The ladies each offered suggestions for the book(s) that had a profound effect on their spiritual growth. They're now in the process of voting for the favorites for the monthly schedule.



The Luncheon is held at a different East End restaurant on the last Friday of the month. The October Luncheon will be held on **Friday, October 30** at Bonefish Grill on Hurstbourne Lane at 11:30 am. Sign up sheet is on the back counter.

The first Book Club will be held on **Friday, November 13** at UEL at 12:00 noon. The selected book will be announced soon.

These events are wonderful way to get to know the ladies of UEL, make new friends and just have a good time!