November 2026

Issue 41

Unity PULSE

Spiritual Center of Lansing

www.UnityLansing.org *Calendar, Events and General Information*



National Native American Heritage Month is celebrated every November to honor the culture, histories, traditions, and contributions of Native American and Alaska Native communities.

Love Offerings: Giving from the Heart

Sharing our tithes and love offerings is a sacred spiritual practice, acknowledging the flow of blessings through giving and receiving. Each of us participates in our own way, guided by gratitude, love, and a consciousness of abundance.

"This is not a debt we owe, but a seed we sow."

We invite you to approach your giving with a prayerful heart and a spirit of gratitude, knowing that every gift helps our spiritual community grow and flourish.

To make a love offering by credit card or PayPal, simply scan the QR code.



"Living the Light" Harvest Blessing Potluck Dinner

Shining Gratitude, Sharing Love, Gathering as One.

Noon Sunday, November 8th

Sign up to bring a dish to share Oct. 25 or Nov. 1.
All are welcome at the table.

Note: This is our new version of our traditional Thanksgiving Potluck.

YOU Are an Important Member of Our Marketing Team
Google Reviews help people discover us!

The number and frequency of reviews increases Unity's profile on the web. If you post a review, your experience can help others who are looking for a welcoming, inclusive spiritual community







2395 Washington Road, Lansing MI 48911 517 371-3010 UnityLansingOffice@gmail.com
Rev. Sharon Ketchum Cell 517 243-2568 revsharonketchum@gmail.com

Discovery Sunday – 9:15 – 10:15 AM November 1st
With Dr. Nicodemus "The Miracle of the Body"

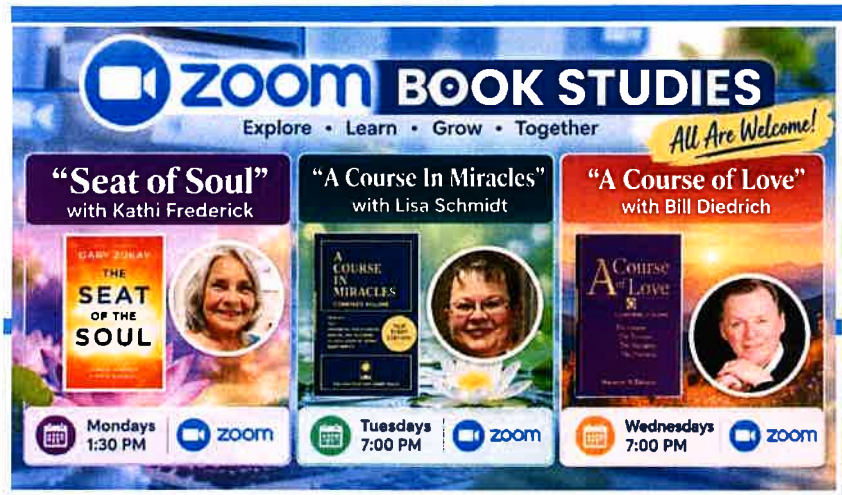
How much do you really know about the body in which you live?

Whether you've been using it for two decades or seven, this Discovery Sunday will educate you in new & beneficial ways. No charge. Love offerings appreciated.





The Education Team Facilitator: There is an opening for a facilitator for the Education Team. Responsibilities include holding the vision for a vibrant component of Unity Spiritual Center as well as administrative duties like scheduling and filing reports. If you would like to know more, talk with Rev. Sharon revsharonketchum@gmail.com 517 243-2568.



IN-PERSON & ZOOM COURSES: These courses are offered at no charge, but love offerings are appreciated to honor our instructors & the Unity facilities.

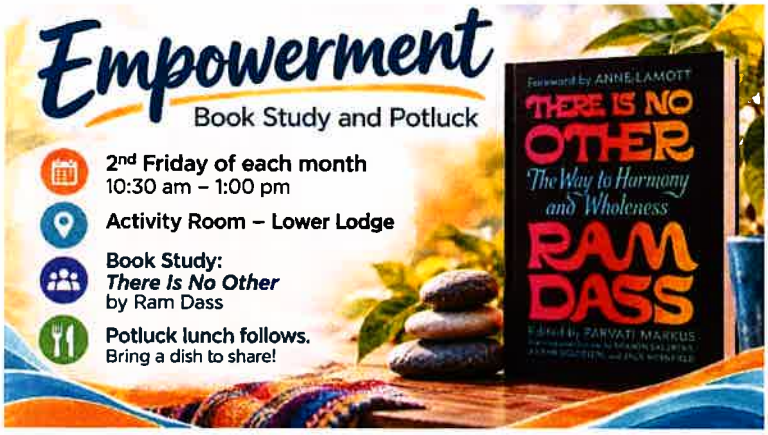


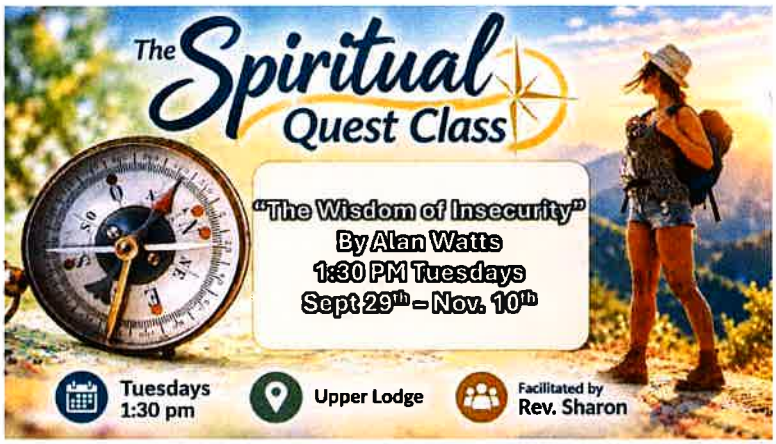
FALL 2026 ZOOM CLASS SCHEDULE

Mondays 1:30 PM "Seat of the Soul" with Kathi Frederick
Tuesdays 7-8 PM "A Course in Miracles with Lisa Schmidt
Wednesdays 7-8 PM "A Course of Love" with Bill Diedrich

Saturday 8 AM – last Saturday of the month - ZOOM Mastermind Prayer Circle with Lisa Schmidt

IN PERSON CLASSES: Friday, November 13th 10:30 AM Empowerment Book Study and Potluck, Activity Room
Nov. 3rd & 10th Tuesdays 1:30 – 3 pm The Spiritual Quest "The Wisdom of Insecurity" with Rev. Sharon, Upper Lodge





Unity Office Hours: Closed Wednesdays & Saturdays
Open 10 am – 3 pm Mon, Tues, Thurs, Fri
Other times by appointment

Social & Prayer





Prayer Learning and Discussion Group
10 AM– Noon Saturday, Nov. 7th with LuAnne Champion
Discussion and practical exercises in a safe space.

Unity is Here to Pray with You

One-on-One Prayer: Sundays following service, practitioners offer affirmative prayer and heart energy prayer at your request.

The Prayer Box: Place your prayer request in the prayer box in the sanctuary. Our Prayer team will pray with you for the next 30 days and forward your request to Silent Unity for an additional 30 days of prayer.

Positive Prayer: Each week, 10 names are randomly chosen from our mailing list to receive a positive prayer for the week. Recipients are notified through a prayer letter.



Electronic Prayer Request:
https://www.unitylansing.org/prayer-requests-0

All prayer requests are held in confidence.



MONTHLY SOCIAL ACTIVITIES

Nov. 6th (1st Friday)
Lunch Bunch 1 PM
at local restaurant
Super Suppers Hiatus till 2027

Sunday, Nov. 15th Board Games Day

following Sunday Service, ***Activity room***

Bring a Game! Bring a Friend!

Nov. 29th following service:
Deck the Halls – help decorate for the holidays!





Sunday Services include socializing with each other.
– especially over a cup of coffee.
For coffee to be available, people - like you - volunteer to make the coffee, set out snacks and clean up afterwards.
If you don't step up, then who will make the coffee?





To serve on a Sunday, sign up on clip board on the snack table. See Nannette Podany or Chris McEnhill with any questions.



11 NOVEMBER 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
1 *DST ENDS! Costumes! Enjoy your extra hour* 9 :15 AM Discovery Sunday 10:30 AM Sunday Service and Youth Care Noon: Nominating Team meeting Harvest Blessings potluck signup	2 1:30 PM Zoom Class "Seat of the Soul"	3 *POLLING PLACE 7 AM- 9 PM* 1:30 PM The Quest 7 PM ZOOM Class A Course in Miracles	4 1 PM Home Bookstudy 7 PM ZOOM Class A Course of Love	5 *8 AM Lansing Area Business Partners*	6 *1 pm Lunch Bunch* *6:30 PM Euchre-So. Hall* *6:30 PM Private – Kappa Alpha Psi – Lodge*	7 10:00 Prayer Team Learning and Discussion Group *1 PM Shower SH*
8 HARVEST BLESSING POTLUCK 10:30 AM Sunday Service and Youth Care Noon Harvest Blessing Potluck	9 1:30 PM Zoom Class "Seat of the Soul"	10 1:30 PM The Quest 7 PM ZOOM Class A Course in Miracle	11 *6 pm Super Suppers* 7 PM ZOOM Class A Course of Love	12 *8 AM Lansing Area Business Partners*	13 10:30 AM – 1 PM Empowerment Activity Room	14 Turkeyville
15 10:30 AM Sunday Service and Youth Care Noon Board Games Day	16 1:30 PM Zoom Class "Seat of the Soul"	17 7 PM ZOOM Class A Course in Miracles	18 7 PM ZOOM Class A Course of Love	19 *8 AM Lansing Area Business Partners*	20	21 *1 PM Shower SH*
22 THANKSGIVING SUNDAY 9 :45 AM Peace Meditation 10:30 AM Sunday Service and Youth Care Noon Board Meeting *2:30 PM Transaction Meeting*	23 1:30 PM Zoom Class "Seat of the Soul"	24 7 PM ZOOM Class A Course in Miracles	25 7 PM ZOOM Class A Course of Love	26 *THANKSGIVING* *8 AM Lansing Area Business Partners*	27	28 8 AM ZOOM Mastermind Group
29 HOPE 9 :45 AM Peace Meditation 10:30 AM Sunday Service and Youth Care	30 1:30 PM Zoom Class "Seat of the Soul"					

Coming Attractions for December

Nominations for Congregants' Choices 2027

Angel Remembrance Service 6:30 pm, Tues. Dec. 1st
Christmas Eve Candle Lighting Service 6:30 pm Dec. 24th
Burning Bowl Sunday Service 10:30 Dec. 27th
Followed by White Elephant Gift Exchange



If you have you have inspiration for a community Christmas project, see Rev. Sharon

'Tis the Season for S.C.A.M.s



SECRECY/ SEEMS - Seems too good to be true
CONTACTED - Contacted out of the blue
ASKED - Asked for personal details
MONEY - Money is requested

It's the season for scams. Be aware.
No one from Unity will legitimately email you, asking for gift cards or money.

For more tips, check out https://www.unitylansing.org/news/protect-yourself-against-scammers