

**Unity Adult Sunday School  
Schedule  
as of 9/10/19**

Class #	Date	Topic	Presenter	Facilitator
			10 minutes	MC
85	9/15/2019	"Good From the Start." Inspired by the book, <i>I Am More Than Enough</i> by Ahmard Vital	Ahmard Vital	Jackie Lyles
86	9/22/2019	How to Build a Dia de Muertos Altar	Jaime de la Isla and Macario Ramirez of Casa Ramirez	Katie Zammito
87	9/29/2019	Laughter Yoga	Christine Conner	Walter Blanchard, PhD
88	10/6/2019	Beyond Blessed	Elexis Rice	Jackie Lyles
89	10/13/2019			Randall Brelsford, PsyD
90	10/20/2019	Finding peace in the midst of politics and social media	Trey Hugs	Sharon Grayum
91	10/27/2019	Monarch Butterflies	Nancy Cartie	Jackie Lyles
92	11/3/2019	Christ Consciousness and Buddha's Brain - Two Part Series	Randall Brelsford, PsyD	Jackie Lyles
93	11/10/2019	Christ Consciousness and Buddha's Brain - Two Part Series	Randall Brelsford, PsyD	Walter Blanchard, PhD
94	11/17/2019	Conversation about Karen Armstrong's book <i>12 Steps to a Compassionate Life</i>	Pam Lewis, PhD	Randall Brelsford, PsyD
95	11/24/2019	Spiritual River Guide Episode 1 The Story of Your Life	Rev. Shirley Knight	Sharon Grayum
96	12/1/2019	Doing Something for the First Time from her Bestselling book, <i>Own Your Value</i>	Jackie Lyles	Rev. Shirley Knight
97	12/8/2019			
98	12/15/2019	Overcoming the Obstacles of Change	Patti Funk	Randall Brelsford, PsyD
99	12/22/2019	Christmas Brunch		Patti Funk
100	12/29/2019	Spiritual River Guide Episode 2 What Do We Mean by Being?	Rev. Shirley Knight	
101	1/5/2020			
102	1/12/2020			

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103	1/19/2020	The Financial Truth Based on her Book Series: <i>The Financial Truth with Carla Cargle, Your Mind, Your Mouth and Your Money</i> by Carla Cargle and <i>The Road to Begins with You</i> by Carla Cargle	Carla Cargle	Randall Brelsford, PsyD
104	1/26/2020	Spiritual River Guide Episode 3 What is Beyond Being?	Rev. Shirley Knight	
105	2/2/2020			Sharon Grayum
106	2/9/2020			
107	2/16/2020			Randall Brelsford, PsyD
108	2/23/2020	Spiritual River Guide Episode 4 Why Do I Have a Body?	Rev. Shirley Knight	
109	3/1/2020			
110	3/8/2020			
111	3/15/2020			Randall Brelsford, PsyD
112	3/22/2020			
113	3/29/2020	Spiritual River Guide Episode 5 How does the Universe Operate?	Rev. Shirley Knight	Jackie Lyles
114	4/5/2020			
115	4/12/2020			
116	4/19/2020			Randall Brelsford, PsyD
117	4/26/2020	Spiritual River Guide Episode 6 The Principle of Effective Action	Rev. Shirley Knight	Jackie Lyles