



Everett Unity Center For Positive Living

Unity Center Gazette

SPEAKER SCHEDULE

December 2017

Dec 3 - Niobe Weaver
 Dec 10 - Sylvia Anderson
 Dec 17 - Rev. Joanna Gabriel
 Dec 24 - Kevin Hart
 Dec 31 - Kevin Hart

WELCOME NEW MEMBERS

Ellen K. Wasikoski
 Mary Elizabeth Fischer and daughter
 Elsie Ogden

TRANSITIONS

John Jamieson

Spiritually Growing
 Always, And In All Ways!

3231 Colby Avenue
 Everett, WA 98201
 425-258-2244

www.everettunity.org
 everettunity@frontier.com

Sunday Services: 10 a.m.
 Children's Church: 10 a.m.
 Nursery: 10 a.m.

Office Hours
 Tuesday-Thursday 10-2
 Sunday - 10 a.m. - Noon

Board of Directors Contact Info on Page 4

President.....Glenda Smith
 Vice-President..Nancy Fairbanks
 Secretary.....Jill Snow
 Treasurer.....Craig Hamborg
 Director.....Angie Baker
 DirectorPatrick Trana

Church Staff

Spiritual Leader.....Kevin Hart
 Administrator....Cindi Pedersen
 Music Director.....Terri Anson
 Youth Director... Jacqueline Arnold
 Head UsherChuck Atterson
 Social HourJude Davis
 Web & Sound.....Steve Tucker

October Tithes to: Silent
 Unity, Unity NW Region,
 Recovery Café, Esther's
 Place, Unity Community
 Support Fund and the Everett
 Gospel Mission
 Full Financial Statements are
 available for review in the
 Church Office, by request.

PEACE, BE STILL KEVIN HART, SPIRITUAL LEADER

We come into this world with one purposeful inhale, and leave with a great exhale, releasing in a single moment a whole lifetime. In the long pause between this one breath, we live, move and have our being.

This past Sunday was an extraordinary day for me. It was the 26th of November, and my day to speak at church. It is always fun and interesting to go the journey of preparing a talk, so many contributing factors come together to make it happen. But in addition to that talk, I also had my first ever wedding to officiate later that afternoon. Two of my friends were getting married, Alan and Kristie. Before I was hired as Unity of Everett's spiritual leader, before the job was even available actually, they had asked me to do this for them. I was honored and of course said yes, even though I had no idea what to do or even how to go about doing it.

Then, in the preceding week of the wedding, our beloved friend John Jamieson, passed on. I remember so much about John. The big, tall fellow always had a smile and a happy heart, always he would bend down and give me a hug. When I first started coming to our church, I thought surely he must be in charge

of something there. But he was a volunteer who just loved to help out, and he had his chosen set of chores he took on as his own. Cindi talked about some of those this Sunday.

There was something always in John's eyes, and it never left him. It was there even the last time I saw him, when he had become very ill. In fact, he looked as peaceful as I'd ever seen him. It was the glow and radiance of someone who is at peace with themselves, a child-like wonder. It was the full trust that Spirit will always take care of us, no matter what it seems we are facing. John was and is now an inspiration, a teacher, and someone many of us love very much. Thank you for your time with us, John, you will be missed, and you live on in us now.

Sometimes our weeks are calm and uneventful, sometimes we wake up to great world events, and sometimes, we have weeks like these, where all the planning in the world cannot prepare us for the actual experience. I don't know, my friends, really, I just do not know.

And what a fine place it is to be, here among friends. Especially at Christmastime. The holidays are often such a challenge, for they bring up the deep emotions of what once was, what

**-JACQUELINE ARNOLD DIRECTOR
YOUTH AND FAMILY EDUCATION**

***“In the depth of winter
I finally learned
that there was in me an
invincible summer.”***

~Albert Camus

I came to an important realization recently and feel inspired to share it with you. I am learning more about myself every year and through this self-reflection, it has become apparent to me that the fall and winter seasons are not my favorite. I always knew that deep down, but was afraid to admit it because it seems everyone else loves and embraces this time of year with a passion.

After I was able to truly be honest with myself about my feelings, I felt a huge sense of relief. I immediately started feeling better and was able to focus on what I could do to make this time of year feel better to me. I pinpointed that the cold and wet weather is not my favorite and that the holiday season causes me a lot of stress. Every year I feel behind, like I'm in a competition and I can't keep up. I have always tried to make this time of year special for my

children but because of how I truly felt, I think I overcompensated, which added even more stress to my life.

Well, I have to admit this year has been different so far. I feel like a weight has been lifted. I have been able to share with my close friends that I usually struggle during this time of year and have asked them for extra support. I have made a commitment to continue to exercise, get enough rest and take care of myself so that I am physically at my best. I have invested in hand warmers, good gloves, a nice raincoat, good boots and a colorful umbrella. At least I have the proper supplies to stay warm and dry.

Thanks to encouragement from a close friend, I started my Christmas shopping early. I bought some special wrapping paper and ribbon so that I can wrap gifts as I purchase them and am keeping a running list to remind me of what I have accomplished so far and

what I still need to do.

I have said no to social engagements that I truly do not want to attend and have made arrangements to be able to participate in the events that are important to me and to my children.

I have had conversations with my family about plans and ideas, rather than procrastinating and then trying to figure things out at the last moment. I am able to do this now because I am not pretending anymore, I am being open and honest and they are, too.

I am sharing this because I realized after expressing my thoughts and feelings with those close to me, many of them actually had similar feelings. I was able to be honest, gain support and talk about potential solutions for some of my challenges. Communication is so critical and can change everything so quickly.

So my hope for each one of you during this fall and winter is to be honest with your loved ones, share your fears and insecurities. You may be surprised by the reactions you get from others. It

seems every time I share something I am ashamed of or worried about, I build deeper connections, feel more empowered and have even more strategies for improving my life for the better.

I hope this season finds you in a place of peace. My wish is that we can all lean on one another and continue to grow, knowing God is providing us with all we need at all times.

“Did I offer peace today?

***Did I bring a smile to
someone's face?***

Did I say words of healing?

***Did I let go of my anger
and resentment?***

Did I forgive? Did I love?

***These are the real
questions.***

***I must trust that the little
bit of love that I sow now
will bear many fruits, here
in this world and the life to
come.”***

~Henri Nouwen

Thank you, God!

**MEMBERSHIP RENEWALS
DUE NOW**

Been a member over 10 years?

You need do nothing unless you'd like to cancel your membership. If so, let the church administrator know.

Been a member under 10 years?

Please complete a membership renewal card in person or on-line.

Thank you!

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we seem to have lost, and also the possibility of what is to come. This truly is the first day of the rest of our lives. What will we bring to it?

We will very soon have a new lift that will enable people who have difficulty with stairs to easily get between the floors of our church. We have a growing community, more children and families than ever are coming to be a part of Sundays, and more than that. We have a board of directors that is a pleasure to work with, and who welcome input and ideas to help as we grow together. We have a rich history, both locally and as part of the Unity movement. We are learning how to practice ever more effectively the spiritual principles that help us live the best life possible, and to share this with anyone who might have it. We have room to grow, to share the very light of life amongst ourselves and bring it into the surrounding community wherever it is welcomed.

Often I talk of purpose as if I actually know what my purpose is. Sometimes it almost seems like I do. But really, it is only experienced in a single moment. Then it fades away, again, until the next one comes. Can you relate? The greatest gifts of my life have come when I find the courage within me to listen to the inspiration of a moment and move into it, live it. These moments are often quite unexpected.

This is why I shared about the wedding with you. It went great, difficult as it was to say yes to the request at first. You see, I didn't want to look bad - for any reason. Maybe this might happen, some mistake or something. There were some, just like any good Sunday morning, or any other morning for that matter. But the feeling of unity with all gathered is the true blessing. The words and sentiments offered were our words, yours and mine. They just come, right as rain, just as they always do. Our only job it seems is to get out of the way and let the world happen through us. You inspire me, and I thank you. Merry Christmas.

That day will never be available again, but in memory. The fine morning at church, a couple starting a new life together, a friend traveling on. You and I are here, still, to do something. What is it? We will find it, in the moments that come, in this great pause between our magnificent breath of Life.

DECEMBER BIRTHDAYS

Valerie Hill	2	Tim Whitney	16
Bill Guy	4	Wesley Pitts	16
Meryl Lee Thornton	6	Pat Rollins	18
Lere'e Ryan	8	Diane Smith	18
Roy Holman	8	Beverly Walker	25
Andrea Hubble	10	Angela Eckrem	26
Sharon Gunnerson	11	Jill Snow	26
Annette Shaffer	14	Walter Rothfus	29
Valerie Lennox	15		

**Excerpt from 'Tis the Season
- by Rev. Ed Townley**

What is your most treasured Christmas memory? What moment in the past seemed to capture perfectly the love and possibility that the holiday is intended to express? When did the shimmering gleam of a new light seem to fill your life? Was it a special gift you received? A special gift you gave? An unexpected snowfall? Or perhaps an exuberantly decorated palm tree?

When my mother died and my siblings and I went through her things, we found a box jammed full of little blue bottles of "Evening in Paris" perfume. Each year her eight children decided this was the perfect gift and year after year Mom would swear it was exactly what she wanted most in the world. It was ghastly stuff and of course she never wore it but she had never thrown away a single bottle. She knew what it was and she also knew what it meant.

The experience of Christmas or Chanukah, Kwanzaa, winter solstice or any other name we choose to give this annual appreciation of the interplay of light and shadow in our lives is not limited to the surface of human dramas and concerns of which gifts are exchanged, families gather, trees are trimmed. At its deepest level, it is a time in which our eternal spiritual nature remembers and appreciates the richness of our human experiences and the divinely creative purposes that underlie them all.

All the energies of Christmases past are still available to us today. They don't depend on family, friends, money, weather or decorations. They simply express the Presence and infinite love that is our one eternal identity.

TEXTILE DRIVE FUNDRAISER BEGINS

Items delivered to Everett Unity By Sunday, 1/7/18

Acceptable donations include: clothing, shoes, accessories: belts, ties, jewelry, books, linens: blankets, towels, sheets, pillows, and small household items and kitchen items (no furniture). We are working together in partnership with Savers, a global non-profit thrift organization. We are paid, by the pound, by Value Village and your donation is tax deductible.

WOMEN'S CIRCLE: SHARING AND CARING

Wednesday, Dec 6, 2017

**6:15 p.m. Potluck Begins/7:00 p.m. Program Begins
Offered on a Love Offering Basis**

Share the holiday season with us by wearing your finery or an ugly Christmas sweater! Please bring a gift of \$10 in value for the gift exchange and a dish to share during the potluck. We'll be putting up the Unity tree!

UNITY FAMILY CHRISTMAS WITH SANTA

Sunday, Dec 17, after service in Social Hall

Bring your family and friends to join in the holiday cheer, meet Santa and sing Christmas Carols. If you are able, please bring a sweet treat to share during the event.

CHRISTMAS CANDLE LIGHTING SERVICE

Thursday, Dec 21, 7 p.m.

Unity does not have a lot of ritual but we do share this sacred tradition of the annual candle lighting. For many, this event signals the beginning of the holiday season and reminds us of the true meaning of this holy time. Join us for an evening of inspiration, music and fellowship that will put you in the spirit of celebration.

BURNING BOWL CEREMONY

Sunday, Dec 31, 10 a.m.

The annual tradition of sending off the old year with the closure of a burning bowl ceremony continues this year with our new spiritual leader, Kevin Hart. Join us for a moving ritual of releasing the old to make room for the new in your life.

SHIFT HAPPENS with Roy Holman

Sunday, Jan 7, 1-4 p.m. Love Offering \$20

We will learn to reduce our fear by understanding the new energies bathing our planet and help create peace on earth. All we need is a little shift.

DECEMBER AFFIRMATIONS

Inner Peace - I am at peace-one with the Presence of pure being.

Guidance - Divine light shines in and through me as a beacon of understanding.

Healing - I am the ever-renewing expression of Infinite Life.

Prosperity - My life is filled with an overflowing measure of God's goodness.

World Peace - I am one with God and all humanity in a universe of love and peace.

DECEMBER ACTIVITIES

All activities are in the Social Hall unless noted

Sunday:

Worship Service & Children's Church 10:00 a.m.

Buddhist 8 Step Recovery every Sunday night, 6-7:30

Unity Family Christmas w/Santa, after service Dec

17 (see panel to left)

Sunshine Team after service Dec 17

Burning Bowl, Sunday Service Dec 31, 10 a.m. (See panel to the left)

Monday:

AA Meeting, Every Monday, 7 a.m.

Happy Hearts, A Healing Circle, Every Monday, 7:15 p.m.

Tuesday:

Course in Miracles, Every Tuesday 7:00 p.m.

Board of Directors, Dec 19, 10:00 a.m.

Wednesday:

Course In Miracles, Every Wednesday, 10:15 a.m.

Women's Circle, First Wednesday, Dec 6, 6:15-8:00

(See panel to left)

Handy Crafters, 2nd & 4th Wed, Dec 13 & 27, 6 pm

Newsletter Team, Dec 27, 12 noon.

Thursday:

Christmas Candle Lighting, Dec 21, 7 p.m. (see panel to left)

Friday:

Family Game Night, 2nd Friday, Dec 8, 6:30-8:30

Drum Circle, 3rd Friday, Dec 15, 7 p.m.

Friday Night at the Movies Potluck, Dec 1 AND Dec 29, 6p.m.

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