



Everett Unity Center For Positive Living

Unity Center Gazette

SPEAKER SCHEDULE

January 2018

Jan 7 - Kevin Hart, White Stone Ceremony
 Jan 14 - Kevin Hart
 Jan 21 - TBA
 Jan 28 - Roy Holman

**Annual Membership Meeting
 Sunday, February 11, 2018
 After Sunday Service
 All are welcome to attend
 Only registered members can vote**

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

A WRETCHED AND GLORIOUS LIFE
 BY ADONNIS GREGORY

“Life is glorious, but life is also wretched. It is both. Appreciating the gloriousness inspires us, encourages us, cheers us up, gives us a bigger perspective, energizes us. We feel connected.

But if that’s all that’s happening, we get arrogant and start to look down on others, and there is a sense of making ourselves a big deal and being really serious about it, wanting it to be like that forever. The gloriousness becomes tinged by craving and addiction.

On the other hand, wretchedness, life’s painful aspect, softens us up considerably. Knowing pain is a very important ingredient of being there for another person. When you are feeling a lot of grief, you can look right into somebody’s eyes because you feel you haven’t got anything to lose, you’re just there.

The wretchedness humbles us and softens us. Gloriousness and wretchedness need each other. One inspires us, the other softens us. They go together.”

By Pema Chödrön

Life is both Wretched and Glorious

This last year has rocked my world. My first walloping dose of wretchedness in a long time. This year I was diagnosed with colon cancer, stage 3.

And in this intensity, as Pema predicts, I found myself more real. I found myself more humble, needing to reach out and ask for help. And also, more present with myself and with my situation. I lived each day more and more in the present moment.

I began to pay attention to what and how I eat, I began to use music to raise the energy of my environment, I chose to connect consciously with my spirit guides and helpers every day, and I began to listen to the wisdom of my body. In fact, my body became a dear and wonderful friend.

It is from this experience I realized I was truly fortunate and blessed. I felt gratitude every day, for my friends, for my family, for each moment even though I was very weak and living in a horrendous brain fog and couldn’t think straight.

It is truly amazing the things I learned from this experience. For some time I felt broken by things I cannot change. And yet comforted by the fact that there are some things I just have no

November Tithes to: Silent
 Unity, Unity NW Region,
 Recovery Café, Esther’s
 Place, Unity Community
 Support Fund and Cocoon
 House

Full Financial Statements are
 available for review in the
 Church Office, by request.

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

*"And once the storm is over,
you won't remember
how you made it
through,
how you managed to
survive.
You won't even be sure
whether the storm is
really over.
But one thing is certain.
When you come out of
the storm, you won't be
the same person who
walked in.
That's what this storm's
all about."*

~Haruki Murakami

Can you believe it is already 2018? It is true that time just flies! As we get ready to begin a new year, I have some very important realizations about this past year I'd like to share. Many of the lessons I have been learning, or thought I had learned, are presenting themselves again in my life. One of my biggest fears is being on my own, and being able to handle all of my responsibilities on my own. Although I have proven that I am very self-reliant and have been successfully making it on my own for years, the fear still creeps in sometimes. Last winter, and again

for the last few months, I have had situation after situation occur where I had a challenge, had to find a solution and was able to get through it. Not always "on my own," sometimes with help, but the point is: I came out the other side. This process has helped me realize that I must still need refining in this area.

In early December when my daughter and I went to the tree farm to pick out our Christmas tree, I realized that although I am extremely hard on myself and don't always measure up to my own expectations, I have taught my children some important lessons, while learning them myself. A couple years ago, I took both daughters to the tree farm and had a mini-panic attack when I thought we couldn't saw our tree down, load it up and get it home by ourselves. My daughters had to remind me, using humor that we could do anything as a team! We left carrying the tree over our shoulders belting out "Soul Sisters!" This year, as

my youngest daughter and I went to the tree farm, I had a small flash of fear; but again, we accomplished our task and had fun in the process.

We teach our children more by our actions and the way we live our life than by any other method. They are watching how we react to others, what we say under our breath and how we handle it when we get cut off driving down the road. We are not perfect and cannot be expected to be perfect role models, but we can try our best, keep communicating with our families and use teachable moments in our lives to help our children learn.

Someone once taught me that when you are not sure what to do next, just do the next indicated thing. Meaning you may not have the whole challenge solved, but one little step can you take toward a solution. Like the saying goes, "How do you eat an elephant? One bite at a time." I have learned if I break large, overwhelming things down into smaller chunks and then prioritize those smaller chunks, I can work through the steps one by one.

Another important lesson I have learned is that people like to help others. It is truly a gift to allow another to help you. Think about how good it feels when you help others...if you are able to receive help, you are allowing the other person to have those good feelings, too. We have to be courageous enough to ask for help when we need it and accept it when we are offered it. We truly are all connected and need to be there to uplift and support one another.

***"The best way to find
yourself is
to lose yourself in the
service of others."***

~Mahatma Gandhi

So as we head into a sparkling, brand new, beautiful year let's remember to teach our children to be self-reliant, to be of service to others and to be able to accept help when needed. Let's work on being as healthy, happy and loving as we can be. Let's make 2018 our best year yet!

Thank you, God!

**MEMBERSHIP
RENEWALS DUE NOW**
See the Church Administrator if you are unsure of your membership status

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control over and I can just let go and relax.

One day, after three months of going through the very difficult and awful energies of sickness and death, I realized I was going to live. I just knew. Then I began to feel alive and I began to Feel Real.

Funny thing, I began to see falseness around me without judgment, just curiosity for what is beyond that falseness and those barriers and those walls. And I realized the falseness does not come from how you feel, it comes from how you hide what you feel, how you avoid what you feel, living in denial of where you are right now, in this moment.

We would be so much closer, able to give and receive so much more, if we could just be authentic and real about Right Now. The world needs real people. It doesn't matter if they need help or if they don't have it all together. Today I am able to sit with people who are in pain **and not have to spoon out platitudes, fix them, or help them figure it out.**

Today, I am able to see that both wretched and glorious in this life is actually required. What if it's this that gives us beauty and richness and depth? What if it is most often deeply beneficial, and exceptionally real?

JANUARY BIRTHDAYS

Michele Westling	3	Kathleen D/Arcy	17
Jamie Ross	3	Rosalie Kirkeby	21
Rose Miranda	8	Patty Kenmir	23
Nancy Barsion	11	Dianne Berg	23
Roxanne Zakhary	12	Mary Elizabeth Fischer	23
Brian Gillum	15	Elizabeth Kamaka	25
Julie Dillman	15	Veronica Wipp	29
Tone Hutton	16	Pam Aschenbrenner	30

**TEXTILE DRIVE FUNDRAISER BEGINS
Deliver 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.

John Jamieson's Celebration of Life

Saturday, January 13, 12 noon
Everett Unity Center for Positive Living
3231 Colby Ave, Everett WA 98201

I Am Prosperous

A New Year is upon us, what will you bring into being?
The old becomes nourishment for the new, but the old, of itself, shall not suffice.

The greatest of things are done now, only now. We call in a new name,

And a way is made, out of nothing and out of nowhere;
Here we find the best that is in us, to be, to have, to do.

And while we may sometimes judge ourselves by our intentions,

The world instead judge us by our actions,
Even yet within us lies all things beyond, pure potential.
And so from here, let us walk in the sunlight of the Spirit.
Together we go, to live the best life that is within us now,
And answer the Great Call, heard in the depths of our being.

In getting, do we learn Divine Grace;

In giving, do we know Divine Love,

And in sharing all in between do we live in the true Prosperity of God.

May your greatest potential indeed awaken in you this year, now.

I come from Love, I live as Love, I return to Love

-Kevin Hart

Listen to our Sunday Services on the web at: www.EverettUnity.org

WOMEN'S CIRCLE: 5th Year Anniversary Party
With Special Guest: Starfeather
Wednesday, Jan 3, 2018

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

Come celebrate our five year anniversary and, if you're able, bring a dish to share during the potluck.

WHITE STONE CEREMONY

Sunday Service, Jan 7, 2018, 10 a.m.

Ushering in 2018, the White Stone Ceremony is a meditative experience which focuses the participant's intentions for the upcoming year onto a White Stone from the Holy Land of Jerusalem. This becomes your "new name". Your word or mantra for 2018.

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.

LIVING LITE WEIGHT LOSS HYPNOSIS

Unity Church Fundraising Event

Monday, Jan 15, 2018 6-9 p.m.

\$50 pp/\$85 per couple (before 1/4/18)

\$60 pp/\$100 per couple (after 1/4/18)

Make this the last year you resolve to lose weight! In 3 short fun-filled hours you will learn to eat less, eat healthier, move your body more and feel your feelings instead of eating them. For more details and to register visit: www.livinglitenow.com/UnityFundraiser or call Katie Evans at 206-841-4876

FRIDAY NIGHT AT THE MOVIES POTLUCK

Friday, Jan 26, 6 p.m.

A movie has not yet been selected. Mark the date on your calendar and stay tuned for more information!

JANUARY AFFIRMATIONS

Inner Peace - Peace fills me as I center myself in divine love.

Guidance - I walk in faith, guided by my inner light.

*Healing - The healing power of God flows through my body.
I am whole.*

Prosperity - I am open and receptive to infinite abundance.

World Peace - I hold a vision of peace for the entire world.

JANUARY 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

White Stone Ceremony, Jan 7, 10 a.m. (See panel to the left)

Shift Happens, with Roy Holman, Jan 7, 1-4 p.m. (see panel to left)

Inner Circle Group Meeting, Jan 14, noon

New Member Welcome, Jan 21 during service

Sunshine Team after service Jan 28

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.

Wednesday:

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

Women's Circle, First Wednesday, Jan 3, 6-8:00

(see panel to left)

Handy Crafters, 2nd & 4th Wed, Jan 10 & 24, 6 pm

Board of Directors, Jan 17, 7 p.m.

Newsletter Team, Jan 31, 12 noon.

Friday:

Family Game Night, 2nd Friday, Jan 12, 6:30-8:30

Drum Circle, 3rd Friday, Jan 19, 7 p.m.

Friday Night at the Movies Potluck, Jan 26, 6 p.m.

Saturday:

John Jamieson's Celebration of Life, Jan 13, 12 noon

Spiritual Leader Contact Info:

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