



# Everett Unity Center For Positive Living

## Unity Center Gazette

July 2018

### SPEAKER SCHEDULE

July 1 - Cate Montana  
July 8 - Chris Druelle  
July 15 - Kevin Hart  
July 22 - Kevin Hart  
July 29 - Pastor John Pavlovitz

**WELCOME NEW MEMBERS!**  
**Jane Holt**  
**Robin MacKenzie**

**OFFICES CLOSED AND NO CLASSES ON WED JULY 4**

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

**Please Note: Spiritual Leader  
office hours are:  
Tue 9:30-2 & Wed 9-2**

**Board of Directors  
Contact Info on Page 3**

President.....Nancy Fairbanks  
Vice President.....Jill Snow  
Secretary.....Angie Baker  
Treasurer.....Dennis Miller  
Director.....Katie Evans

#### **Church Staff**

Spiritual Leader.....Kevin Hart  
Administrator....Cindi Pedersen  
Music Director.....Terri Anson  
Youth Director... Jacqueline Arnold  
Head Ushers... Craig & Cathy Hamborg  
Social Hour .....Jude Davis  
Web & Sound.....Steve Tucker

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

### TRUTH & HEALING - KEVIN HART, SPIRITUAL LEADER

What a life. In this season around the Pacific Northwest the vibrancy of things coming into bloom, the deep and rich greens that surround us, long, sunny days, vegetable gardens ramping up, hummingbirds buzzing around - it doesn't get much better.

I sit on my porch once again and write to you, amidst singing birds and a gentle breeze upon me, animals lazy in the sunshine, such deep peace here. There is much wonder to behold, always. My life was once much different, wrought with a tremendous suffering within, and all things seemed so hopeless. That is gone from me today, but I know it is still the reality of so many.

In our modern-day world, there is so much change from the way things were just a century ago. This may seem like an obvious thing to say, but what has *really* changed? Appearances being what they are, there is still this thing of human suffering. The face of this has changed, too. Life is more outwardly abundant than ever, medical science seems to be advancing so quickly, and yet the complaints of the great majority cry out nearly as one.

The world it seems is on drugs and at some kind of war each day, perhaps to numb the incessant gnawing inside that something is way off. Custody battles

seem more prevalent than happy families, but please let me be wrong on that. Divorce rates are over 50% in America and growing rapidly in other countries. Anxiety disorders are the most common mental health issue in America. Depression affects 450 million people worldwide, which often shows up as tiredness, irritability, anger and hopelessness.

Prescriptions for bottles of ridiculously expensive pills and surgical procedures are driven by advertising campaigns and hidden agendas telling us that we have this and that dis-ease or condition. Sometimes the pills and procedures are helpful, yes. However, we are largely infected by consumption gone haywire and over-indulgences which fail, ultimately, or with even any lasting success, to satisfy a black-hole-hunger in the very race-consciousness.

And yet there is a movement without name that is happening in the undercurrent. It has always been here on Earth, a sort of light-worker association. An entire generation is all but slipped away, and, like the great civilizations of all millennia, its elders hold the keys to an enduring practice of Truth principles which set souls free, and which the younger generation longs to glean, but many aren't willing to pay the price to realize. Yet, the percentage is still quite small of those who do the work to realize what human beings of all time have yearned for.

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

***“True friends are those rare people who come find you in the dark and lead you back to the light.”***

*Steven Aitchison*

Scrolling through Facebook one day, I was admiring a co-worker’s photo of a gathering she had attended with several other women. It looked like they were all having a wonderful time! I thought to myself, “I wish I had a group of friends like she does, her life must be so fun!” When I ran into her at school the following day, I mentioned the great picture and told her it looked like a wonderful time. Her response to me was, “You know, it was fun, and I really like all those people, but what I don’t have is a best friend, the kind of friend you tell everything to and go out shopping with late at night!” So, the woman I think of as having the most friends and being so popular, wishes the same thing I do...to have more meaningful relationships. Less friends, but deeper relationships.

When I mentioned this to my daughter, she re-

plied, “Mom, I think everyone feels that way. What if almost everyone feels like others have more friends than they do and that they wish they had one close friend to share everything with.” I know some people are blessed to have a spouse or significant other who fills that role, but many people simply do not.

I remember once someone told me that if you have five close relationships in your life, you are truly blessed. It’s very challenging to have super close, meaningful relationships with more than five people because you need to emotionally invest in each one and have enough energy to be a good friend to each.

What I am learning on my spiritual journey is that we truly are all connected through God and when we are filled with that unconditional love for our fellow humans, our connections are deeper, sweeter and truer than ever before. God’s love is what connects us all. It is not ‘ironic’ that when you reach out to people and

smile and are friendly, that is what you receive in return. We reap what we sow. We get what we give. The Universe responds to us in kind.

Some people have an easier time building connections with others. For me, once I get to know someone, I can share and interact easily, but until there is an initial connection I am a bit guarded. I find that humor and genuine compliments are good ways to initially connect with others.

What I am also learning is the importance of truly being grateful for the people I am in close relationships with. I want to treasure and nurture those relationships. I have felt so supported and loved through some of the most challenging times imaginable and my desire is to pay it forward along the way.

So, with all that in mind, I have composed a list of five things we can teach our children about friendship & connection:

1. Treasure your friends, make time for them, honor them and love them well.
2. Don’t get caught up in what you see on social media, try to remem-

ber that everyone is just doing their best and social media is NOT always a good representation of reality.

3. Help your children make friends, foster those friendships and support them in every way you can.
4. Have courage to reach out to others and teach your child to do this by example. Be friendly, be interactive and be caring...you’ll be surprised how many new exciting experiences you may have!
5. Remember that God’s unconditional love is connecting us all and through this love you have the ability and skills to connect with everyone.

**One but Many**

***One God, many faces.  
One family, many races.  
One truth, many paths.  
One heart, many complexions.  
One light, many reflections.  
One world, many imperfections.  
ONE.  
We are all one,  
But many.***

**Once again,  
Thank You God.**

Continued from Pg 1

It is a rare bird who learns to fly with the discernment of Truth. Even though, it is available to any and to all; it is more of a journey of life than a destination of attainment. This Great Way is sought by many, yet sought in directions and in journeys which actually move one away from its realization ... The old souls are incarnate without limits, in bodies young and old. They emanate divine wisdom. And even these, who are willing to teach the young, are often not seen by them, for the vibrations of Truth and those of error create a dissonance too great. But only until the great sacrifice is made, the letting go of self-righteousness.

Today, many seek to heal things with those drugs and procedures earlier mentioned. Even if the drugs work, it is so often short-lived and ultimately ineffective to cure the real disease that lives in the consciousness itself, not the flesh and cells in which treatment is attempted. However, often in the course of the treatment is found the sunlight of the Spirit and a new consciousness born.

The healing wisdom which these timeless elders hold is not limited to them alone. Consciousness is alive in the world around us, in the trees and the breezes, planets and galaxies, in the ever-bubbling forth of life itself. Anyone can tap Spirit's myriad secrets for themselves. Every era has its own set of problems, just with different outward appearances—the wagon wheel breaks or the airplane crashes, some die at birth, others at 103 years old.

The Bible is full of stories illustrating how people cry out to know some kind of Higher Power that might solve the deeper problems which are felt in the depth of the soul of the world itself. Always there are those who find healing and make their lives about sharing its avenues. It is these light-workers who carry the sacred teachings forth. Some are more well-known in their demonstrations of living these principles of Truth, and some are hidden among us in more obscure ways.

Jesus Christ is probably the most famous of all. His life and teaching are deeply comforting to so many, and is certainly the core of what we do here at Unity. He was in that particular body only some 33 years, and yet is more alive today than ever before.

Whatever issue or problem might be, there is a spiritual solution. Whatever is your divine guidance can be called upon at any time, a way *will be* made clear for you. It is so often recommended that the kingdom of heaven is within, and to seek there first. Yet it is also all around you, all the time! In this way it is both-and; heaven is found in that state of perfect peace and supply within, and then reflected in all our relations. This is how we heal.

When we look with the Christ Presence in ourselves, in each other, and in all of life, and affirm this daily as the Truth, the very essence of being, we find for ourselves first hand where true health and prosperity originates.

## JULY AFFIRMATIONS

**Inner Peace** - *I am peace at the core of my being.*

**Guidance** - *I listen to inner wisdom and I am guided to live my purpose.*

**Healing** - *Healing energy flows throughout my being, renewing my mind and body.*

**Prosperity** - *God is my source. Freely I give and freely I receive.*

**World Peace** - *My thoughts words and actions create a space for peace and love.*

## Contact Info:

**Kevin Hart:** 425-780-1435  
Kevin@EverettUnity.org

## Board Member Contact Info:

**Nancy Fairbanks:**  
Nancy@EverettUnity.org

**Jill Snow:**  
Jill@EverettUnity.org

**Angie Baker:**  
Angela@EverettUnity.org

**Dennis Miller:**  
Dennis@EverettUnity.org

**Katie Evans:**  
Katie@EverettUnity.org

## JULY BIRTHDAYS

Inke Connell	5
Callee Gray	7
Lise Lausiva	14
Jude Davis	17
Mike Bass	22
John Wakefield	23
Amy Whitney	24
Katie Evans	25
Donna Newell	25
Ireland Woods	26
Kathy Harja	30
Robert Eagan	31

Listen to our Sunday Services on the web at: [www.EverettUnity.org](http://www.EverettUnity.org)

**WOMEN'S CIRCLE  
HEALING THROUGH MUSIC  
Wednesday, July 11, 2018**

**6:00 p.m. Potluck Begins/7:00 p.m. Program Begins  
Provided on a Love Offering basis**

Join us for a healthy discussion on healing and music provided by Savanna Woods. If you are able, please bring something for the potluck. Contacts: Nancy Beyer or Pam Tucker.

**STAFF AND VOLUNTEER APPRECIATION PARTY  
Saturday, July 14, 11 a.m.**

All staff and volunteers are invited by the Board of Directors to attend a party in your honor! The party will be at Cindi and Marv's house in Marysville and once you RSVP to Cindi, in person or at [Cindi@EverettUnity.org](mailto:Cindi@EverettUnity.org) you will receive the address and directions. For all of you who make our church run so effortlessly, we appreciate YOU!

**GETTING TO KNOW YOUR NEIGHBORS**

*An open discussion about inclusivity*

**Wednesday, July 25, 7 p.m.**

This sharing circle will address the issue of how to best conduct ourselves when people who appear to be strangers, or those needing help, find their way into our sanctuary, social hour, or various events, and how everyone can feel safe, valued, and understood.

**HAPPY HEARTS HEALING CIRCLE**

**Every Monday, 7:15 p.m.**

A sweet little get together. Some meditation and affirmative prayer mixed with an open sharing circle (complete with snacks) makes for a wonderful evening every time!

**PASTOR JOHN PAVLOVITZ AT EVERETT UNITY  
"BUILDING A BIGGER TABLE"**

**Friday, July 27, 7-9 p.m. \$25\*/person**

How can we extend unconditional welcome and acceptance in a world increasingly marked by bigotry, fear and exclusion? How can we create spiritual communities that are big enough for everyone? What is the path forward in days that seem more hostile to diversity? Join author, pastor and activist John Pavlovitz for a hopeful night of storytelling, encouragement and honest conversation about setting the table for a new more loving expression of faith and community.

**"CULTIVING HOPE IN DIFFICULT TIMES"**

**Saturday, July 28, 10 a.m. to 1 p.m. \$45\*/person**

John says, "The despair you feel, the urgency, the frustration means that your heart is doing what a heart is supposed to do. You are the kind of people the world needs right now. Yes, it's disheartening, but there is reason for hope. It's why you hold tightly to that unrest in times when the world seems upside down. It's time you need to lean into the internal disturbance". Join us for a morning of love, compassion and lessons of hope and other superpowers.

(\* Register for both sessions for \$65)

**JULY 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  
Reach Out Team Meeting, July 15, noon  
Unity at the AquaSox Game, July 15, 4:05 p.m.  
Sunshine Team, July 22 after service*

**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, (usually first Wednesday) will be  
July 11, 6-8 p.m. instead of July 4 (see panel to left)  
Handy Crafters, No classes this month due to  
schedule conflicts. Returns in August.  
Board of Directors, July 18, 7 p.m.  
Newsletter Team, July 25, 12 noon  
Getting to Know your Neighbors, July 25, 7 p.m.*

**Thursday:**

*Unity Book Club, through July 26, 6:30 p.m. (see  
panel below)*

**Friday:**

*Family Game Night, 2nd Friday, July 13, 6:30-8:30  
Drum Circle, 3rd Friday, July 20, 7 p.m.  
Friday Night at the Movies, Cancelled due to  
schedule conflict, returns in August.  
Pastor John Pavlovitz, "Building a Bigger Table",  
July 27, 7-9 p.m. in the Sanctuary \$25/person*

**Saturday:**

*Weight Loss Support Group, July 7, 10-11 a.m.  
Staff and Volunteer Appreciation Party, July 14, 11  
a.m. Please RSVP for location and directions.  
Spiritual Masterminds, on hiatus until Fall.  
Pastor John Pavlovitz, "Cultivating Hope in Difficult  
Times" workshop, July 28, 10-1 in the Sanctuary*

**UNITY BOOK CLUB with Adonnis Gregory  
Thursday, through July 26, 6:30-8:30 p.m. \$5/each  
"Choosing Easy World" by Julia Rogers Hamrick**