



Everett Unity Center For Positive Living

Unity Center Gazette

NOVEMBER SPEAKER SCHEDULE

November 2016

Accessibility Project Update

Four contractors are currently bidding on our project. By the time you read this, the bids will have been received and we will have an idea of the anticipated start and completion time-line. Once received, the Board will begin review to finalize a contract.

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

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

Church Staff

Administrator....Cindi Pedersen
Music Director.....Terri Anson
Youth Director... Jacqueline Arnold
Organist.....Pat Rollins
Head UsherChuck Atterson
Social HourJude Davis
Web & Sound.....Steve Tucker

Red, White or Pink Poinsettias	Cedar Garland
6''-\$15	10'-\$15
8''-\$33	25'-\$37
10''-\$45	
	Swag 8''-\$17
Wreaths	Centerpiece
24''-\$26	18''-\$18
28''-\$30	

Nov 6 - Rebecca Sumner
Nov 13 - Sal Barba
Nov 20 - Joanna Gabriel
Unity Family Thanksgiving Potluck
after Sunday Service
Nov 27 - Cate Montana

WELCOME NEW MEMBER KATIE EVANS

The Art Attack & Jumble Sale

Saturday, November 5, 2016 (please make item donations by 11/4)

Art Attack Auction: Time TBA/Jumble Sale: 10 a.m. to 4:30 p.m.

In The Social Hall

Open to all members, visitors, family, friends and guests of
Unity Center for Positive Living

Proceeds from this fundraising effort will go to the Accessibility Lift Project to make our lovely historic building accessible for all of us who have mobility challenges. TWO events will be happening that day:

1) The Art Attack Silent Art Auction. Items that will be included are skillfully handcrafted items, items with artistic merit, antiques, family heirlooms and items of service i.e. window/car washing, party hosting, musical events offered by you or others you get a donation from.

And

2) The Jumble Sale (the British equivalent of a Garage Sale). If possible, please donate household items, useable small furniture, tools, collectibles, jewelry and other miscellaneous items in good repair.

The key to our success will be YOU! Your donations and your participation. Please share some items you would like to release, grab a few friends and plan to join us for a great time together, raising money for a great project.

Direct questions to: Jill Snow, Craig or Cathy Hamborg, Jamie or Annie Ross

Deck The Halls

We are partnering with Stadium Flowers to bring you high quality holiday Poinsettias and greenery items. ONE HALF of your purchase will go to fund the Accessibility Lift Project. **Order until 11/16**

Thank you for your support to make this project a reality.

FOR MORE INFORMATION OR TO ORDER, PLEASE CONTACT CINDI

SILVER LININGS
-JACQUELINE ARNOLD DIRECTOR
YOUTH AND FAMILY EDUCATION

With the Thanksgiving holiday approaching, the themes of gratitude and happiness having been taking up residence in my head. No matter what is happening in our lives, there is always much to be thankful for. As soon as we change our focus from what is going wrong to what is going right and start looking for positives, magically, our lives begin to change. We are so powerful and with God's help, all things are possible.

'Cause if you're ever
gonna find a four leaf
 clover
You gotta get a little dirt
 on your hands
And if you wanna find a
head that fits your
 shoulder
You're gonna have to go
 to the dance
If you wanna find the
 honey
You can't be scared of
 the bees
And if you wanna see
 the forest
You're gonna have to
 look past the trees
Cause if you're ever
gonna find a silver
 lining
It's gotta be a cloudy
 day
If you wanna fill your

bottle up with lightning
You're gonna have to
 stand in the rain

-(lyrics from song
"Silver Linings" by
Kacey Musgraves)

One of my favorite movies when I was a little girl was "Pollyanna." I loved that the little girl experienced so many hardships and still found a way to look on the bright side because of her father who taught her about the Glad Game. Every time she experienced a challenge, she was taught to find something to be glad about. This just became a habit and part of her personality. It helped her in every situation in her life.

*Keep your thoughts
positive,
because your thoughts
become your words.*
*Keep your words
positive,
because your words
become your behavior.*
*Keep your behavior
positive,
because your behavior
become your habits.*
*Keep your habits
positive,
because your habits*

become your values.

*Keep your values positive,
because your values
become your destiny.*

Here is a list I borrowed from author, Faith Watson, who made "a radical shift to get to the point where all she does and all she has is deeply rewarding or absolutely required." She was inspired to do this as she was caring for her dying mother who was in hospice. One of the very last things her mother said to her was, "I need to calm down." This resonated with Faith deeply. She realized that she needed to focus on what was most important to her for the rest of her days. She distilled the essentials to come up with her list:

- ✦ Appreciate what you have
- ✦ Work for what you need
- ✦ Ask for what you want
- ✦ Care for what you love
- ✦ Give what you can
- ✦ Know what you stand for

There is something so simplistic and lovely about this list that I had to share it. To me, being

glad and finding the silver lining as I move through each day goes hand in hand with focusing on the essentials of my life. Paring things down to what really matters. For me, this includes my family and friends, my spirituality and my health and happiness. I'm sure everyone's list is a bit different.

I want my children to know what my priorities are. I want them to follow my example. I want them to know that the positivity they put out into this world ripples on with no definitive end. I want them to understand that we are pure energy and our vibration is what attracts people, things, experiences and opportunities to us. They need to know they have the power and responsibility to change their vibration and to improve their life. I want my children to be happy. Let's intentionally teach our children how to be happy. Let's give them the tools and resources we are aware of and practice with them. Let's share our inner dialogue with them and let them learn from us as we learn from them. I am glad that we have a holiday dedicated to the idea of gratitude. Happy Thanksgiving to you all!

Thank You God!

THE KIND OF CHRISTIAN I REFUSE TO BE
-JOHN PAVLOVITZ

Editors Note: “Many of us have been challenged over recent years with the way Christianity and Christians are portrayed in the media and the way Christianity is presented by some religious organizations. While I believe everyone has their own relationship with God, regardless of what their church teaches, many people don’t see the true message of Jesus in the way some people practice their faith. While this article speaks from the negative perspective ‘I refuse to be...’, I believe we can re-word this in a positive way to express our ongoing commitment to living the spiritual principle Jesus taught us: Love God above all else and love your neighbor as yourself.” - Cindi

I am a Christian. Actually, it’s more accurate lately to say that I am *still* a Christian.

I now say this with much trepidation. I say it with great fatigue. I say it somewhat begrudgingly. I say it with more than a good deal of embarrassment—not of Jesus, but of so many of his people and so much of the Church who claim to speak for him.

Looking around at too much of what represents my faith tradition, particularly in this election season, it’s become a daily battle to make this once effortless declaration, knowing that it now automatically aligns me with those who share so little in common with the Jesus I met when I first claimed the name *Christian*.

It now aligns me with bathroom bullies and politicized pulpits and white privilege and overt racism, and with bigotry toward so many groups of people who represent the “world” I grew up believing that God so loved. There are things that used to be a given as a follower of Jesus, that no longer are.

For far too many people, being a Christian no longer means you need to be humble or forgiving. It no longer means you need a heart to serve or bring healing. It no longer requires compassion or mercy or benevolence. It no longer requires you to turn the other cheek or to love your enemies or to take the lowest place or to love your neighbor as yourself. It no longer requires Jesus.

And so the choices are to abandon the idea of claiming Christ altogether to avoid being deemed *hateful by association* in the eyes of so much of the watching world—or to reclaim the name Christian so that it once again replicates the love of Jesus in the world.

I am trying to do the latter.

Yes, I am a Christian, but there is a Christian I refuse to be.

- *I refuse to be a Christian who lives in fear of people who look or speak or worship differently than I do.*
- *I refuse to be a Christian who believes that God blesses America more than God so loves the world.*
- *I refuse to be a Christian who uses the Bible to perpetuate individual or systemic bigotry, racism, or sexism.*
- *I refuse to be a Christian who treasures allegiance to a flag or a country or a political party, above emulating Jesus.*
- *I refuse to be a Christian who is reluctant to call-out the words of hateful preachers, venomous politicians, and mean-spirited pew sitters, in the name of keeping Christian unity.*
- *I refuse to be a Christian who tolerates a global Church where all people are not openly welcomed, fully celebrated, and equally cared for.*
- *I refuse to be a Christian who speaks always with holy war rhetoric about an encroaching enemy horde that must be rallied against and defeated.*
- *I refuse to be a Christian who is generous with damnation and stingy with Grace.*
- *I refuse to be a Christian who can’t see the image of God in people of every color, every religious tradition, every sexual orientation.*
- *I refuse to be a Christian who demands that others believe what I believe or live as I live or profess what I profess.*
- *I refuse to be a Christian who sees the world in a hopeless spiral downward and can only condemn it or withdraw from it.*
- *I refuse to be a Christian devoid of the character of Jesus; his humility, his compassion, his smallness, his gentleness with people’s wounds, his attention to the poor and the forgotten and the marginalized, his intolerance for religious hypocrisy, his clear expression of the love of God.*
- *I refuse to be a Christian unless it means I live as a person of hospitality, of healing, of redemption, of justice, of expectation-defying Grace, of counterintuitive love. These are non-negotiables.*

Yes, it is much more difficult to say it these days than it has ever been, but I still do say it.

I am still a Christian—but I refuse to be one without Jesus.

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

WOMEN'S CIRCLE: WALKING IN GRACE

Wednesday, Nov 2

6:15 p.m. Potluck Begins/7:00 p.m. Program Begins

Bring an item you are grateful to have as well as any accessories or knickknacks you would like to pass on to others during our exchange. Also, if possible, please bring a dish to share during our potluck. (love offering)

FAMILY GAME NIGHT

Friday, Nov 11, 6:30-8:30 p.m.

Join your Unity friends for an evening of fun & games. If you are able, please bring a snack to share.

MARSHALL MACELVEEN

CELEBRATION OF LIFE

Saturday, Nov 12, 2 p.m. in the Sanctuary

If you like, please wear your western attire and plan to stay after for light refreshments. Email Terri at terrilove2u@hotmail.com for more information.

CANTICLE TO THE COSMOS MOVIE NIGHT

12 weeks beginning Thursday Sept 15-Dec. 8, 7 p.m.

(no class on Thanksgiving)

This 12 part movie presentation is an immersive classic course on the story of the Universe, Earth, Life and Human. It isn't too late to sit in for the last few classes.

HEALTHY WEIGHT LOSS THROUGH HYPNOSIS

Wednesday, Nov 16, 7-8:30 p.m. \$10/person

Facilitated by: Katie Evans

This class is open to all who are interested in a safe easy way to manage their weight. Get to the root of what has been holding you back with a group of like-minded people.

UNITY FAMILY THANKSGIVING POTLUCK

Sunday, Nov 20, After Sunday Service

Please bring a dish to share and plan to stay for an early Thanksgiving dinner with our Unity Family

NOVEMBER 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 Thanksgiving Potluck, Nov 20, after Sunday Service

Sunshine Team after service Nov 27

Monday:

The Artist's Way, Monthly until further notice, date TBA

Tuesday:

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

Board of Directors, Nov 15, 10:00 a.m.

Wednesday:

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

Women's Circle, First Wednesday, Nov 2, 6:15-8:15 p.m. (See panel to left)

Handy Crafters, Second Wednesday only, Nov 9, (No program Thanksgiving Eve) 6:30-8 p.m.

Healthy Weight Loss Through Hypnosis, Nov 16, 7-8:30 p.m. (see panel to left)

Newsletter Team, Nov 23, 12 noon

Thursday:

Canticle to the Cosmos, Movie night 12 weeks beginning September 15-Dec 8, 7-9 p.m. in the Social Hall (no class on Thanksgiving)

Friday:

Drum Circle: First & Third Friday, Nov. 4 & 18, 7-9 p.m.

Family Game Night: moved to 2nd Friday, Nov 11 6:30-8:30 p.m.

Saturday:

The Art Attack Silent Auction & Jumble Sale, Nov. 5, 10 a.m.-4:30 p.m. (see pg 1 for more info)

Unity Center for Positive Living Financial Statements are available for review in the Administration Office by request

NOVEMBER AFFIRMATIONS

Inner Peace - Peace is my breath, and serenity is the beat of my heart.

Guidance - My inner wisdom guides me on my path to good.

Healing - Mighty currents of God's healing love flow through me now.

Prosperity - With a grateful heart, I open to divine supply.

World Peace - I behold the Christ in all people and envision peace throughout the world.