



Everett Unity Center For Positive Living

Unity Center Gazette

DECEMBER SPEAKER SCHEDULE

December 2016

Dec 4 - Rev. Joanna Gabriel
Dec 11 - Candia Sanders
Dec 18 - Burning Bowl Service with
Niobe Weaver followed by
Unity Family Christmas

Dec 22 - Annual Candle Lighting
with Rev. Sylvia Anderson
Dec 25 - Christmas Sunday Service
Jan 1 - White Stone Sunday with
Niobe Weaver

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

Please mark your calendars for the
Annual Membership Meeting,
Sunday, Feb. 12, 2017 after service.



MAKING PEACE EXCERPT FROM SUNDAY, NOVEMBER 13, 2016 -SAL BARBA

In his book, "The World Behind the World", Michael Meade writes:
"Beginnings and endings are the extremes of any story, the alpha and omega of any text. Typically, the beginning overflows with fresh potentials and unrealized possibilities that fill the immediate atmosphere with promise. Ends present the opposite extreme where life falters, things become undone, and the center can no longer hold. Not only does every issue tend to polarize everyone, but everything is taken to an extreme. When it seems that the end is near, extreme conditions become commonplace; not only extreme changes in the weather, but extremists of all kinds abound and exaggerated feelings develop inside people as well. And it's not just the religious extremists and the politics of extremism, but there are extreme makeovers, even extreme sports. The ends of time throws everyone and everything "in extremis."

In end times, when the forms of the world rattle, people have a tendency to grasp something that seems solid or right and hold tightly to it, a single idea, a fixed principle, a unifying theory or a blind belief becomes preferable to the growing tensions of opposing forces and conflicting opinions. Faced with radical changes and increasing uncertainties, many people hide behind a particular faith or a fixed ideology.

So how do we make peace within ourselves during turbulent times? This is the question that all of us must examine in the quiet mansion of our mind, regardless of our faith. Divine Love is so powerful that no resistance can keep it away forever, because the universe of love is incapable of being exhausted. Divine Love never becomes exhausted in creating new possibilities, new varieties of experiencing love. Nothing is ultimately capable of resisting the love of the Divine. When we realize this, we arrive at the dawn of our awakening, and believing it is our beginning of faith. Experiencing it becomes the miraculous opening into the renewal of our life, and it is at this moment that we embark upon the possibility of making peace with our self. "May all that is unforgiven in me be released. May my fears yield their deepest tranquilities. May all that is un-lived in me blossom into a future graced with love."

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

December is a month of giving and receiving. As I was contemplating what to write about for this newsletter, beautiful things kept happening to me. I felt inspired to share this small chain of events with you, dear reader.

First, I was in a big rush one recent morning, but just had to stop at Safeway on my way to school to pick-up something I needed that day. I was in line to pay behind two men. The first one was in his mid-thirties and was buying a beautiful bouquet of flowers. The man behind him was in his seventies and was buying an energy drink and a newspaper. After the first gentleman paid, he turned to the older man and gave him the bouquet, much to the older man's surprise! He then went on to explain that he does this every week and gives the flowers to whoever is behind him in line as his way of 'paying it forward.' He told a touching story about how someone long ago had given him flowers when his wife was ill and how much it had meant to him. The whole situation was very beautiful and reminded me that it's moments like this that make life worthwhile, not the rushing in and rushing out and checking items off my list.

Then, it was time for the book fair at my school. Although I look forward to this every year, it is a lot of work and a very busy and intense week for me. At lunch recess one day, a little girl lost her \$10 that she had been given to spend at the book fair. She was devastated and could not stop crying. I didn't know about this until I heard that a parent (who is also an employee at our school) replaced this little girl's money so that she could buy the books she was hoping to buy that day. Then, a few days later, the little girl brought \$10 in to that parent to pay her back and told her she had earned it so that she could repay her debt. Wait, it gets even better...then that parent brought the money to me and asked me to buy a couple books for the library with it (yes, I got goose bumps)!

Fast forward to an email I received recently...have you ever gotten the same 'message' over and over from different sources and it's obvious that you need to pay attention? Well, this was straight from the Universe. It struck me that we need to teach our children to be aware of these magical moments when they happen! They may roll

their eyes and utter a "yeah, right...whatever," but don't think for a moment they aren't listening and noticing. Besides the beautiful moments that just happen, like the two examples above, the Universe is constantly trying to communicate to us and we need to learn how to listen...

Here are some magical ways the Universe might be trying to communicate with you or your children: (some ideas borrowed from author Sarah Prout)

1. When you see special numbers in sequence (for me it's 111). These numbers can be a powerful message from the Universe symbolizing your alignment and being in the flow.
2. When you experience a delay. Instead of being upset or frustrated by an unexpected delay, assume the Universe is working on your behalf. Letting things unfold in God's time does not always coincide with our timeline.
3. When you experience a coincidence. First of all, there really are no coincidences, every single thing happens for a reason, whether we understand the reason or not. When you experience a synchronicity that blows your mind, know that it was meant to.
4. When a book, person,

idea or lesson appears in your life. Especially if the message appears more than once and in more than one way—pay attention, the Universe is definitely trying to get your attention. The Universe definitely chose the topic of this article this month!

5. When your intuition seems to be heightened. Ever hear a song in your head and then it begins playing on the radio? Ever know right where the parking spot is going to be available? When you are truly in the flow, you are open and receptive and the Universe is speaking loud and clear straight to your heart.
6. Choose a symbol and let the Universe know. Then, when you see your symbol you will just know the Universe is supporting you at that instant. Mine is a heart shape and it appears at just right the moments in my life.

Intentionally point out, discuss and share these instances and examples with your children. They will become more aware, more in tune and in better communication with the Universe. Could there be a better gift to give this Christmas season?

Thank you God!

**THE STRUGGLE IS REAL...OR IS IT?
-GLENDA SMITH, BOARD PRESIDENT**

A woman I know has a large sign in her office that states, "THE STRUGGLE IS REAL." This person runs the HR department for a very large corporation and this glaring message is seen by a lot of people on a daily basis. I am taken aback every time I see it and ponder what this statement is telling all these people that walk through her door who are seeking her advice? Is it a welcoming, comforting message that invites others to seek her out and give their confidence to? Does it reassure people that they work in a vibrant, unified workplace where their well being is considered? Or does it possibly just signal her quirky sense of humor and her personal attitude about her own life? Or rather, does it notify people that this work environment might be lacking in some areas?

One thing I know for sure: her sign always makes me think about my own attitude. Is the struggle real for me? Of course it is, if I choose to believe it! And sometimes I do believe it; when nothing goes my way and I have no control over people and situations. Those are the days when anxiety and stress battle inside of me and my focus and willingness are greatly diminished. Life seems heavy and overwhelming. When life feels heavy and I'm buying into the struggle, I am battling within myself. The battle permeates my day and my night and sleeping well becomes a problem and the cycle continues.

We recently bought a house in Tucson and were so excited to buy a home together in a place we both really enjoy. We spent months with a realtor, in person and on-line, looking for the perfect place. When we finally found it and our offer was accepted, I made arrangements for us to fly to Tucson for the final walk-through and closing. We were so excited to get our home and settle into part-time desert life. We arrived two days before closing and walked into a nightmare delivered by the mortgage company. They had decided, at the last moment, they needed additional financial information from us, information which was all back in Washington and not easily attainable. However, with support from my amazing banker, we were on track quite quickly. Then they decided they needed something else, and then something else. In the end, our house closed one week late. We had to extend our trip and find temporary lodgings while there. Our excitement quickly grew into anger and resentment and the struggle felt real.

We both knew that our attitudes were gray and we felt attacked by an unknown source. Was this real? Of course it was because we were allowing it to be our perception. We allowed it to diminish our excitement, our time together in a place we normally like, and put a shadow over all of our experiences. We were losing the battle.

Realizing what we were doing was not healthy or productive, we decided to make a change by focusing on the positive and accepting the blessings we had. Through prayer and meditation we realized this situation was not personal and we were just caught in a web of unfortunate circumstances. Within this, I discovered the struggle was really in my perception of it and the situation itself was really meaningless. I was truly creating my own misery.

Eventually, I accepted. Truly accepted that I had no control over whomever was pulling these strings and the weight lifted. Life became sunnier and we both began enjoying our time together and the waiting no longer enveloped us with dreadful anticipation. When word came through that another delay lay ahead, I breathed into the anger and easily let it go. I wasn't necessarily happy about it but I wasn't angry about it, either. The situations seemed meaningless and irrelevant. I knew the house would eventually be our home and the road to it didn't matter.

So, the struggle was real, and then it wasn't. We changed our perception of it through prayer, mediation, unifying our purpose, and relying on God. The remainder of our trip went smoothly and we greatly enjoyed the beginning of our new adventure together.

I have learned that allowing the struggle to be real causes great upset and chaos in my body, mind, soul, relationships. However, by scratching out SUFFERING and replacing it with NOTHING, I am given peace of mind, inner happiness, blessed relationships, and a lot of love.

In the end, the HR woman's sign helped me to understand myself a little more and for that I am truly grateful. Hopefully, others will contemplate the meaning of her sign and come away with something positive as well.

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

WOMEN'S CIRCLE: SHARING AND CARING

Wednesday, Dec 7, 2016

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

If you like, bring a wrapped gift, (under \$10 value) for our gift exchange, enjoy dinner with friends and help us decorate the Christmas Tree.

SCOTT SHERMAN HEALING WORKSHOP

Saturday, Dec 17, 11-2 p.m.

With Adonnis Gregory & Jenny Campbell

This energy healing activity, by reservation only, will offer our community the opportunity to receive. Offered on a love offering basis, all proceeds will go to Unity.

UNITY FAMILY CHRISTMAS

Sunday, Dec 18 after Service

Santa and Mrs. Claus are coming to town! This annual tradition is back and we're looking forward to sharing the fun and excitement of the holiday with our extended Unity Family. Bring your family, kids, grandkids and friends to enjoy Christmas cookies and holiday cheer.

BURNING BOWL CEREMONY

Sunday, Dec 18 during Sunday Service

Concluding 2016, the Burning Bowl Ceremony invites participants to use the physical attributes of fire in an experiential exploration and a release of areas of resistance, opening a space for intention setting for the upcoming year.

ANNUAL CANDLE LIGHTING SERVICE

Thursday, Dec 22, 7 p.m.

This annual tradition promises to be as wonderful as ever with a deep spiritual message from Sylvia Anderson of the Everett Gospel Mission. Join us for her timely holiday message and, as always, wonderful music. If you haven't already, consider making this event a holiday tradition for you and your family.

WHITE STONE CEREMONY

Sunday Service, Jan. 1, 2017, 10 a.m.

Ushering in 2017, the White Stone Ceremony is a meditative experience which focuses participant's intentions for the upcoming year onto a "White Stone" from the Holy Land of Jerusalem.

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
Burning Bowl Ceremony, during Sunday Service Dec 18,
Unity Family Christmas Celebration, Dec 18, after
Sunday Service

Sunshine Team after service Dec 18

Christmas Sunday Service, Dec 25, 10 a.m.

EARLY NOTICE: WHITE STONE CEREMONY,
SUNDAY, JANUARY 1, 10 A.M.

Tuesday:

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

Board of Directors, Dec 20, 10:00 a.m.

Wednesday:

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

Women's Circle, First Wednesday, Dec 7, 6:15-8:15 p.m.
(See panel to left)

Handy Crafters, 2nd and 4th Wed., Dec 14 & 28, 6 p.m.

Healthy Weight Loss Through Hypnosis, No Class in
December, resumes in January.

Newsletter Team, Dec 28, 12 noon

Thursday:

Canticle to the Cosmos, Movie night Dec 1 & 8, 7-9 p.m.

Annual Candle Lighting Service, Dec 22, 7 p.m. in the
Sanctuary.

Friday:

Drum Circle: First & Third Friday, Dec 2 & 16, 7-9 p.m.

Family Game Night: 2nd Friday, Dec 9, 6:30-8:30 p.m.

Saturday:

Scott Sherman Healing Workshop, Dec 17, 11-2 p.m. with
Adonnis Gregory and Jenny Campbell.

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

DECEMBER AFFIRMATIONS

Inner Peace - The peace of Christ is reborn in my heart.

Guidance - I open my mind to the light of my being and
answers are revealed.

Healing - My mind and body are whole, well, and strong.

Prosperity - My spirit rejoices in the infinite goodness of
God.

World Peace - I bless the world with words of peace and
actions of goodwill.