



Everett Unity Center For Positive Living

Unity Center Gazette

SPEAKER SCHEDULE

February 2017

Feb 5 - Candia Sanders
Feb 12 - Krysta Gibson
Feb 19 - Roy Holman
Feb 26 - Jim Freeman

ANNUAL MEMBERSHIP MEETING

**Sunday, February 12, 2017
After Sunday Service**

All are welcome to attend, only registered members of the church 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

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

RAINBOW LODGE UNITY RETREAT

With Rev. Joanna Gabriel

Friday-Sunday, April 7-9, 2017

4682 SE Mount Si Road, North Bend WA 98045

\$200/person (includes 2 night accommodations and 6 meals)

Yeah! It's finally time for the full church retreat that so many of us look forward to with great anticipation. The committee is hard at work putting together a fantastic program designed to help you have a wonderful retreat experience. People who have gone in the past say this event has given them an opportunity to deepen their spiritual connection with the Divine Source and strengthen their friendships with other church members.

Rainbow Lodge is a beautiful facility set in the wilds of the Cascade mountains near Mt. Si in North Bend. And while it's not too far away, the rustic setting gives you the feel of having been camping in the wilds of nature yet with all the comforts of home.

We arrive at 5:30 p.m. Friday, April 7 and enjoy fellowship and dinner together that first evening. And while the full schedule for this year has not been set, in the past our weekend has included walking meditations, yoga, Sufi dancing, music, prayer group activities and of course, plenty of free time for your personal devotions. This year is shaping up to be very powerful with Rev. Joanna Gabriel facilitating and Doug Benecke and Sallie Spirit joining our musicians putting together the music. The registration fee includes Friday and Saturday night accommodations (double or single occupancy) and Friday dinner, 3 meals on Saturday and breakfast and lunch before leaving on Sunday.

We look forward to welcoming back many of our veteran attendees and if you have not yet experienced a Unity Rainbow Lodge Retreat, why not make this your first one? We would love to welcome you and get to know you better. We look forward to sharing this experience as we grow and learn together.

**REGISTRATION AND PAYMENT ARRANGEMENTS ARE DUE BY
SUNDAY, FEBRUARY 5, 2017**

*Happy
Valentine's
Day*

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

“Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again.”

~Og Mandino

“Kindness Matters” is the theme we have going on this month at the elementary school where I teach! I am so honored to work at a school that values love and kindness. I don’t remember being “taught” these types of things at school when I was young. They were taught at home and at church, but we did not learn about these concepts at school. It seems these days, it is much more common to intentionally teach children these positive values. At our school, we had an assembly for Martin Luther King, Jr. Day and incorporated a kick-off to Kindness week. Students are encouraged to participate in many different activities that promote kindness, including a book exchange, making kindness posters for local

businesses, cleaning up litter around the school, and doing kind things for one another for the next few weeks.

At Everett Unity we are focusing on love and kindness in our youth program this month, as well! It is so wonderful to be able to teach about God’s love and being kind to others every Sunday with our beautiful children!

“Treat everyone with politeness and kindness, not because they are nice, but because you are.”

~Roy T. Bennett

How we treat others should not be determined by how they treat us, it should be based on our own moral integrity and who we are as human beings. I love that our children are being intentionally taught how to be kind and loving human beings and why it is so important to make kindness a priority.

Let’s make February a month to focus on kindness and love and help the children in our lives make kindness and love a priority in their lives.

Here are some ideas to inspire our children to practice kindness. Maybe you and your children will come up with some of your own ideas to add to this list, too!

Paint rocks with happy colors and words and “hide” them around your neighborhood and parks.

Pick an area of your town to beautify by picking up litter, planting trees, weeding, or decorating.

Have children write letters or draw pictures for service people in the military, for people in the hospital, or for people living in a nursing home. Hand-deliver the notes and spread kindness with smiles and hugs!

Make cookies for a neighbor, read stories to an elderly neighbor who has trouble with their vision or run an errand for someone.

Donate clothing or toys to a charity. Volunteer at a food bank.

Take all your change to the bank and cash it in for bills, then choose a charity to donate it to.

Have your children choose a chore to do for one of their parents or for one of their siblings.

Write love notes to members of your family and read them to one

another at the dinner table.

Draw happy pictures and love notes with chalk on the sidewalks in your neighborhood so that everyone who walks by gets a lift from reading them!

At the dinner table, have everyone share one thing they love about each member of the family and tell why.

Your children will enjoy doing these activities and you will see that as you focus on “kindness.” It will become more and more second nature to them to be aware of the kindnesses they witness. They will be more inspired to be kind as it is acknowledged and intentionally discussed in your home. We may already value kindness and feel our children are very kind human beings, but you may be surprised just what happens when it becomes something you focus on for the next month. The kindness and love around you may multiply!

“Remember there’s no such thing as a small act of kindness. Every act creates a ripple with no logical end.”

~Scott Adams

Thank you, God!

BOB EAGAN, MINISTER EMERITUS

Over the years, as new people have come into the doors our church, they have expressed a curiosity about Unity in Everett. They seem to think that Everett Unity appeared in the last year or less. But that is not the case.

When I first came to Everett Unity in March of 1982, I was curious also. I researched the church history through the minutes of the church Board meetings. I found various publications here and there in boxes and in drawers, had conversations with long time congregants, and pieced together this history of Unity in Everett, Washington.

In the 1980's we had in the congregation a delightful, gentle woman, Ellen White, who was around 90 years old at that time. In some of our conversations she told me that in the 1920's she used to attend a Unity Study Group that met in a meeting room above a drugstore on Hewett Street. So Everett Unity began sometime in the 1920's. I'm not clear as to whether the study group met regularly in the following decades or not but I did see references to ministers and teachers from Seattle Unity coming to Everett regularly.

On March 4, 1957, Everett Unity became a full legal church. At that time it was meeting in downtown Everett near the current YMCA. The minister at that time was Rev. George Emerson Stone.

Around 1960 the church bought a piece of property in south Everett. I read references in the church minutes about a quiet place in the forest with meditation paths through the trees and along the hillside. And so it was, a quiet, delightful place...until the Interstate Highway I-5, was built alongside the new church building. So much for the nice quiet place in the trees. On May 4, 1964 the name of the church was changed to Harmony Hill Unity Church. Joe and Helen Steigler served as ministers at that church for many years. I think Helen was the ordained Unity minister and Joe was the team member. When Joe and Helen left, Rev. Sandy Cousens came in the middle 1970's.

Sandy left around 1980 and then Rev. Bob Wasner came in for about a year or so. About the time that Sandy left and Wasner came in, the church sold it's building that was originally in the quiet woods and moved into a rented, dilapidated church

building in downtown Everett at 3101 Lombard Ave.

The first Sunday in March of 1982, Rev. Robert Eagan began his service at Everett Unity.

We continued to rent and survive over the next three years in that old leaking building with pans and buckets on the floors to catch the dripping water, and birds flying in and out of the attic through the missing shingles. The landlords were not willing to do anything to maintain that old building. Then in April 1986 we bought the church building and land at 3101 Lombard Ave. and remodeled and restored the old historic church to its former glory. She was beautiful. We received an award from the Everett Historical Society for our remodel. On March 14, 1988, we changed the name of the church from Harmony Hill Unity Church to Unity Center for Positive Living. And church life went on there for the next 11 years or so.

Then on the evening of February 11, 1999, everything changed. Our lovely old church was destroyed by fire. The first visitors the morning after the fire were the FBI and ATF. Those government agencies were investigating the possibility of racism and arson. We were nationwide news for a few news cycles. The four major television stations were on our doorstep wanting information and interviews. Thus began a very difficult year for Charlotte, our Board, our congregation and me. Half of our congregation left and have never returned. But new folks began attending our services and we began to grow again.

We met for the next year in the Historic Everett Theater in downtown Everett. Each Sunday we transformed the theater, empty stage or filled with props for the current stage production, into a Unity church. It was a humbling experience for me to stand on the same stage where Helen Keller, Al Jolson, presidents and famous New York vaudeville acts performed. It was a very difficult year holding the church congregation together, but also rewarding and fun in many ways.

In the late fall of 1999 the Christian Science Church in Everett offered to sell us their church home. Their congregation had shrunk to where they no longer had need of the large building. The first time we, the Board and I and Charlotte, walked into the sanctuary of that church we were stunned

by the consciousness there. We immediately made the Christian Science Church an offer and they accepted. We paid 800 thousand dollars for the building and land and some more for the furniture. We paid with the cash from the insurance settlement from the fire and moved into our present church home. Our first service in this grand old building was on the last Sunday in January 2000. The pews you sit in each week are the original oak pews installed in 1910. The pipe organ behind the pulpit was installed during World War II and still being used each Sunday service.

Those old Christian Scientists understood God consciousness and the building is permeated with It. I like to think that we continued to add to the strength of that consciousness. Over the years as I entered that church building it felt as though a blanket of love was wrapped around me. I loved working in that consciousness.

One day an older woman (older than me) came by and talked to me. She said that her grandfather was instrumental in building this Christian Science church building and that she rode to the new church in a buggy with her grandfather. It was built as a one-story building with a coal fired furnace. The small office upstairs and the room where the current stairway is now were the children's Sunday school rooms. The furnace room today is the original furnace room from 1910. The lower floor was added in the 1950's. The contractor supported the building on poles and dug out the basement.

The grand piano in our church has a special history. Our previous grand piano was destroyed in the fire. We bought the current piano just after we moved into the new church. It had previously lived on the stage of the Seattle Opera House. The keyboard action in this piano is unique. It has what was described to me as the "BMW/Mercedes Benz" of keyboard action. People who know pianos love to come and play this piano.

Unity in Everett has a history that dates from at least the 1920's, maybe longer. The church has had it ups and downs over the years as all of us do. But through the lean times and the abundant times the love and support of those of us who love our church keep it going and in so doing provide a beacon of Light for those seeking the Light. That includes you, of course.

WOMEN'S CIRCLE: THE COLOR OF LOVE

Wednesday, Feb, 1, 2017

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

In the spirit of Valentine's Day, wear the color of love and bring a picture of something/someone that you love. Our evening will include a fun and informative discussion with Savanna Woods on Numerology. Would you like to learn more? Then plan to join us for an interesting evening with like minded women. If you are able, please bring a dish to share during the potluck.

ANNUAL MEMBERSHIP MEETING

Sunday, Feb. 12, 2017, After Sunday Service

All are invited to attend, only registered members are allowed to vote on action items. Two Board of Directors members will be elected at this meeting.

EASY MIRACLES

Sunday, Feb. 19, 12:30-2 p.m. \$10/person

Facilitated by: Adonnis Gregory

This workshop will help you open your awareness of a supportive, loving Universe teaching you tools and techniques for releasing blocks to living the life you truly desire. Adonnis is an ordained minister, Integration Coach and Small Group Facilitator.

FLUTE CIRCLE

Saturday, Feb. 25, 10 a.m. to 12 p.m.

Facilitated by: Walter Rothfus

Offered on a Love Offering Basis

Start your weekend off right by sharing a morning of Native American music and flute playing. You do not have to know how to play to enjoy this musical interlude. All are welcome to share in this ancient tradition now being offered at Unity the last Saturday of each month.

MARK YOUR CALENDAR FOR MARCH

Sunday, March 12, 12:30 p.m.

Melodies of the Heart, a Healing Circle of Sound Discover the song of your soul with the singing bowls as presented by Niobe Weaver

(Please bring a blanket, pillow and water bottle)

Sunday, March 19, 12:30 p.m.

Body Awareness facilitated by Adonnis Gregory

Sunday, March 26, 12:30 p.m.

Our dear friends the musical Mockingbird Trio returns for Sunday Service and an after service concert.

FEBRUARY 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

Annual Membership Meeting, after service Feb 12

Easy Miracles, after service Feb 19, 12:30 p.m.

Sunshine Team after service Feb. 26

Tuesday:

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

Board of Directors, Feb 21, 10:00 a.m.

Wednesday:

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

Women's Circle, First Wednesday, Feb 1, 6:15-8:15 p.m.

(See panel to left)

Handy Crafters, 2nd and 4th Wed., Feb 8 & 22, 6 p.m.

Friday:

Drum Circle: First & Third Friday, Feb. 3 & 17, 7-9 p.m.

Family Game Night: 2nd Friday, Feb. 10, 6:30-8:30 p.m.

Saturday:

Flute Circle: Last Saturday of the month, Feb. 25, 10 a.m. to 12 noon.

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

FEBRUARY AFFIRMATIONS

Inner Peace - My heart is a sanctuary of love and peace.

Guidance - I listen for the guidance of Spirit, and I am gently guided to my good.

Healing - I am radiantly and vitally alive.

Prosperity - Attuned to divine ideas, I am abundantly prospered.

World Peace - I express divine love and understanding to all.