



# Everett Unity Center For Positive Living

## Unity Center Gazette

### SPEAKER SCHEDULE

July 2017

July 2 - Rev. Kathy Harwood  
 July 9 - Rev. Annie Lonardelli  
 July 16 - Candia Sanders  
 July 23 - Rev. Sherry Schultz  
 July 30 - Niobe Weaver

**Please Note**  
**July 4th Schedule**  
**Changes:**

**Office Closed**  
**NO Course in Miracles**

**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  
 Director .....Patrick Trana

#### **Church Staff**

Administrator....Cindi Pedersen  
 Music Director.....Terri Anson  
 Youth Director... Jacqueline Arnold  
 Organist.....Pat Rollins  
 Head Usher .....Chuck Atterson  
 Social Hour .....Jude Davis  
 Web & Sound.....Steve Tucker

### **TOMORROW'S GOD** **OUR GREATEST SPIRITUAL CHALLENGE** **-NEALE DONALD WALSCH**

Chapter 17 - New Ways for You to Experience God, Pg 218

...There must be another way to do religion. There must be another way to do politics and governance. There must be another way to do business with each other. There must be another way to educate our children. There must be another way to have relationships. There must be another way to live our lives! A way that makes sense. A way that works. There must be another way.

**There is. It will be called the New Spirituality, and it will extend into all areas of life, not just religion, because there is no area of your life that is not a demonstration of what you deeply believe about Life Itself.**

**Politics is your spirituality.  
 Economics is your spirituality.  
 Education is your spirituality.  
 Relationship is your spirituality.  
 Sexuality is your spirituality.  
 Your life is your spirituality.**

**As you begin to collectively wake up to this, more government decisions will be challenged. More major corporations will be asked to explain their accounting and other business practices More violence**

**and turmoil will be seen for what it is: attributable in far to many cases to religious teachings. Religious teachings that have never been seriously challenged. Instead of challenging the teachings, you challenge each other. Why not challenge the teachings? Why not challenge what sets you against each other?**

**It is the culture from which you emerge that is causing you to destroy the culture from which you emerge-and you cannot even see this, much less admit it. Why not retain what is best in your culture (that which is Life Enhancing, Life Supporting, and Life Sustaining), and release at last that which is self-destructive?**

**As more and more of you embrace Tomorrow's God and practice the New Spirituality, more and more of you will be calling more of what you see all around you unacceptable. Not because it is "wrong," but because it simply is not who you are and who you now choose to be. Neither individually, nor as a society.**

What you are saying is that humanity will begin losing patience with itself.

**It is already doing so.**



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

***“We often forget that we are nature. Nature is not something separate from us. So when we say that we have lost our connection to nature, we have lost our connection to ourselves.”***

~Andy Goldsworthy

Summer is here and it is time to enjoy the beautiful weather and environment we live in! I encourage all of our families to get outside together and share some adventures! I read somewhere (when my children were very young) that children need excitement and adventure in their life and if you consistently provide these types of activities in a safe and controlled way, your children are less likely to experiment with unsafe ‘exciting’ adventures of their own. So, I decided to be proactive and planned many adventures for my children. We incorporated hiking, zip lining, theme parks with exciting rides, swimming, boating, and many other adventurous activities into our summers!

I am an advocate for family meetings (or whatever you would like to call them) as a way for family members to connect and make decisions together. It is a fun way for everyone to be heard and for decisions to be made. Holding these meetings outside during the summer months can be even more special. Perhaps consider having a BBQ, eating outside, having a family meeting to plan out your summer activities and then, end with an active game that everyone can participate in. Another meaningful activity is to pray together outside. Gather your children around and read a spiritual or value-based story to your children. Next, have each child find a spot in nature where they can be alone and write about their reaction to the story or contemplate how it relates to their life. Journaling outside in the grass next to a tree with the breeze gently blowing can be an extremely spiritual experience. Then, come back together to discuss everyone’s ideas.

I vividly remember being a young teen at church camp and participating in an activity like this that influenced me dramatically. We all watched our leaders put on a spiritual skit that was very moving. Then, we were encouraged to go find a tree to sit next to, by ourself, to process what we had just experienced. I remember being ‘bored’ at first, then I started vibing with the tree and the grass and I remember watching the clouds floating by and really getting grounded. This was like a precursor to feeling the bliss of meditation and learning the value of becoming one with the environment and learning what it feels like to share the energy of a big, old, wise tree. This experience is what helped me realize the importance of being alone, having time to myself and communing with nature at a very young age.

Let’s teach the children in our life to enjoy nature. Some simple ideas to add to your summer might be to go on a nature walk, plan a nature scavenger hunt, organize a clean-up party in your neighborhood or town, go to a park you haven’t visited before or just plan to do some-

thing outside that you normally do inside. We need to take advantage of our beautiful northwest summer weather and get our children outside as much as we possibly can! Enjoy these long days with the beautiful souls in your life.

***“Nature is God’s way of reminding us how magnificent we really are.”***

~Gail Lynne Goodwin

**Thank you, God!**

**Chalkboard  
Wisdom**



Here are a few more:

When you forgive, you heal.  
When you let go you grow.

Forgiveness does not change the past but it does enlarge the future.

May your choices reflect your hopes, not your fears.

Why to we only “Rest in Peace”? Why don’t we live in peace too?

**BLENDING  
- GLENDA SMITH  
BOARD PRESIDENT**

We recently had a speaker who spoke about the patriarchal society in which we live and that in order to change our world we need to eliminate this unhealthy way of thinking and living. She also gave us a history lesson into the age-old matriarchal systems of our ancient cultures and I visually visited long past worlds and imagined how our culture would operate in this type of system. Her words sunk into me and I have pondered the balancing of the masculine and feminine since.

In the last few decades, women have taken on many traditional male roles, some out of necessity and some fueled by a desire for equality. I personally stand in this place of non-traditional roles and find it cumbersome as most of my traditional female roles have not gotten lighter. From my perspective this is not balance but insanity!

The tides are changing for many men, as well. My son-in-law is the “house husband” while my daughter finishes graduate school. He prepares all the meals, changes diapers, spends the day at swimming lessons or on play dates with young children. He enjoys it but it still doesn’t alleviate him from fixing cars and leaky pipes. He’s exhausted and has little time for himself.

So I have come to the conclusion that balancing our traditional roles doesn’t really balance the masculine and feminine at all: it just exhausts us and adds more to our responsibility lists, and although the merging of roles may add to our self-confidence and pocketbooks, it certainly doesn’t feel like equality.

Switching roles, or taking on unfamiliar roles, really does not engage the perceptions we hold, and rather than blending these actions can lend themselves to confusion, resentments, illusions, and misunderstandings.

What is it then, this elusive blending of masculine and feminine? It is an inside job, an acceptance of both sides of the self, an inner knowing that the blending of the masculine and feminine promotes health and leads to a bountiful existence. An affirming that all facets of the personality are viable and enriching. And, blessing these aspects in others, as well. It happens by allowing your true nature out in all of its blended wholeness.

My son epitomizes the mixture of masculine and feminine energy. By accepting who he truly is and letting it out he enjoys a peace and self-confidence not seen by many. He writes poetry, enjoys fashion, jewelry, and shopping; cooks and cleans for his family and sheds tears when he hurts. I love you comes from his soul often and hugging is second nature. Yet, he’s an avid rock climber, bicyclist, and athlete; fiercely independent, fixes whatever is broken and competes outrageously in a game of Scrabble. He’s comfortable discussing quantum physics or art, spirituality or the latest recipe he’s tried. He loves humanity, all of it, without exclusion or conditions.

And, how do we put it into play? Every person I know that has this balance in their lives also has a rich spiritual life, which leads me to believe therein lies the answer. Through prayer, meditation, journaling, yoga, or other contemplative means, we come to know and accept who we are in our totality. The masks we wear slowly come off revealing our true nature and we start to live more in balance. With these processes we become much more accepting of ourselves and care less about what others think of us. We allow the true self to emerge.

This all sounds simplistic, but I wholeheartedly believe that through prayer and meditation we can change the world. When we change ourselves, by connecting with our Divine, we become less judgmental, more forgiving and peaceful. Peace, compassion, and love flow through us influencing those around us. Our feelings for others are genuine and we treat them fairly, love them deeply, and promote peace in their hearts. Ultimately, the old ways of thinking and doing fall away, in ourselves and in others. The world will change one heart at a time.

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

### HAPPY HEARTS HEALING CIRCLE

Every Monday, 7:15-8:30 p.m. Facilitated by:

Kevin Hart and Jenny Campbell

Offered on a Love Offering Basis

Come be supported through the ups and downs of life and build community.

**\*\*NEW\*\* AA MEETING, MONDAYS at 7 A.M.**

**Weekly beginning July 3, 2017**

**Facilitated by Craig Hamborg**

### WOMEN'S CIRCLE: "Women in Business"

Wednesday, July 5, 2017

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

Offered on a Love Offering Basis

Calling All Women! If you or someone you know is a "woman in business", please join us for Women's Circle. If able, please bring a dish to share during the potluck.

### NAME TAG PARTY

Sunday, July 23, 2017, after service

Would you like a fancy, new, more durable and identifiable name tag to wear during Sunday service? Join this little craft party to create your own work of art. Some supplies will be provided but you're encouraged to bring your own and/or some to share, if you like.

### FRIDAY NIGHT AT THE MOVIES

**SHOWING THIS MONTH: The Power of Community: How Cuba Survived Peak Oil**

Friday, July 28, 6 p.m. Facilitated by: Tina Hokanson

This event includes potluck/Love offering will be collected

If you are able, bring a dish to share, enjoy the movie and finish the evening with group discussion. This film discusses how Cuba suffered following the fall of the Soviet Union in the 1990's losing 50% of their oil imports and 85% of their international trade economy.

Several Cubans expressed the belief that living on an island, with its natural boundaries, breeds a belief that natural resources are limited. The filmmakers hope that after seeing this film, people will see that the world on which we live is just another, much larger island.

### MELODIES OF THE HEART

Sunday, July 30, 2017, 1 p.m. Niobe Weaver

This is a unique offering of sound healing as Niobe uses her voice and crystal bowls to sing your soul song and reflect your soul's purpose. Bring a water bottle, a light blanket and an open heart. Love Offering.

## 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

Sunshine Team after service July 23

Name Tag Party! After service July 23 (See panel to left)

Singing Bowl Service, after service July 30 (See panel to left)

### Monday:

AA Meeting, Every Monday, 7 a.m. (See panel to left)

Happy Hearts, A Healing Circle, Every Monday, 7:15 p.m. (See panel to left)

### Tuesday:

Office Closed, July 4

Course in Miracles, Every Tuesday (except July 4th), 7:00 p.m.

Board of Directors, July 18, 10:00 a.m.

### Wednesday:

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

Women's Circle, First Wednesday, July 5, 6:15-8:00 p.m. (See panel to left)

Handy Crafters, 2nd and 4th Wed., July 12 & 26, 6 p.m.

Newsletter Team, July 26, 12 noon.

### Friday:

Drum Circle, 1st & 3rd Friday, July 7 & 21, 7-9 p.m.

Family Game Night: 2nd Friday, July 14, 6:30-8:30 p.m.

Friday Night at the Movies, 4th Friday, July 28, 6 p.m.

(See panel to left)

## JULY AFFIRMATIONS

*Inner Peace - I draw peace and strength from my inner Source.*

*Guidance - Divine light illumines my mind and guides my way.*

*Healing - God is my strength and vitality. I am renewed.*  
*Prosperity - The infinite goodness of God flows to me and through me.*

*World Peace - I am an ambassador of peace in the world.*