



## Spiritually Growing Always, And In All Ways!

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[www.everettunity.org](http://www.everettunity.org)  
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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

RUMMAGE AND BAKE  
SALE FUNDRAISER  
SUNDAY, OCTOBER 22  
AFTER SERVICE

Gather your items and  
favorite recipes now so you're  
ready for the 2nd Annual  
Rummage & Bake Sale  
More information to follow.

# Everett Unity Center For Positive Living

## Unity Center Gazette

### SPEAKER SCHEDULE

September 2017

Sept 3 - Rev. Janet Lee Kraft

Sept 10 - Rev. Annie Lonardelli\*

Sept 17 - Brian Gillum\*

Sept 24 - Kevin Hart\*

\*Spiritual Leader Applicant. Sunday service will be followed by a workshop conducted by each applicant. More information on workshops to follow.

### SPIRITUAL ECLIPSE -GLENDA SMITH, BOARD PRESIDENT

What a fun adventure watching the eclipse was for me. We had wanted to watch the event from the Oregon coast, but try as I might, nothing came available for us. Probably just as well; traffic always brings out the grumpies in us and who wants to deal with a million people in that mind set on the road?

On Monday morning I was as giddy and excited as a kid on Christmas morning! The natural wonders of our world have always fascinated and inspired me and the solar eclipse was a big deal in that arena. A once in a lifetime occurrence that I was having an opportunity to witness from home. Exciting!

We drove to the Port of Everett and raced to the gas dock. My sister works there and that's where all the glasses were. What a spectacular place to watch the moon slowly cover the sun. The environment quickly changed: the roaring of birds ceased, the current began running really strong, and the water beyond the break got suddenly choppy. Interesting how nature intuitively reacts to its environ-

ment, shifting and changing with its surrounding cues. The birds didn't question that they had barely awakened and it was time to find a quiet spot again. The currents didn't argue that they needed stillness for a few more hours. Nature accepts.

I had the paper glasses practically glued to my eyes for long stretches of time. Watching the sun get smaller and smaller but still shining so brightly really captivated me. The sun looked like a glowing crescent moon and then a bright sliver of a moon. The temperature dropped and I was grateful for the jacket I'd thought to bring along. It got darker and darker and as if by magic all the dock lights came on anticipating the coming darkness.

It never got quite as dark as I'd anticipated nor as cold as I'd prepared for. Another member of the "solar gas-dock club" commented that we would only get a 90% coverage in Everett. I stood in surprise at how much light and warmth just 10% of the sun actually gave us. And as nature often does for me, I marveled at

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

***God can restore what is broken  
and change it into something amazing.  
All you need is faith.***

~Joel 2:25

Recently I had a personal experience I feel compelled to share. I attended a wedding of a young woman whose dad I am friend's with. This man has been through so much in the past two years. I don't know all the details, but what I do know is that his wife had an affair and everyone knew what was going on, including his children, except for him. When he found out he was shocked, humiliated and hurt. I could relate to his emotional response given that I had been through a similar situation in my marriage. So fast forward just a few months and it is his daughter's wedding time. I wasn't sure what to expect, but this man showed so much class, dignity and unconditional love. He interacted very congenially with his ex-wife and her new husband and even sat next to them at the wedding. I was so amazed that this man had been put through so

much, but somehow had managed to forgive and keep all interactions civil for the sake of his children.

Although I have always known this is what's best for the children, it hasn't always been the case in my situation. My ex-husband remarried shortly after we divorced and went on to have another child with his new wife. There seemed to be 'bad blood' between us due to the circumstances, our immaturity and other contributing factors. But, through the grace of God, things have changed. Just before I attended that wedding, my children's stepmom contacted me (out of the blue) and asked if we could meet to talk and "clear the air." I initially declined because it was not something I wanted to do. I did not feel like I could handle it emotionally at the time. But, after that wedding I attended and knowing my oldest daughter would be married soon, I felt inspired to text her back and agree to a meeting.

A very dear friend of

mine gave me this advice: "Jacqueline, go in with your heart open. Be ready to listen to what she has to say." This really struck me because I had expected him to say, keep your guard up and protect yourself! So, I meditated, prayed and breathed very deeply. I made sure I was centered before I met with her. I was nervous and deep down did not want to do it, but honestly, when I saw her at the coffee shop, I could tell she was even more nervous and emotional than I was.

The meeting went very, very well. There were apologies, confessions, tears and hugs. We have both grown up so much over the last few years and the issues that caused our strife have mostly disappeared. My children now enjoy her company and feel accepted and loved, so there is a lot to be thankful for.

My lessons through this experience have been that even though you may not want to do something, if you know deep down it is the right thing to do, then trust your intuition, because that is Spirit whispering in your ear, helping you grow. Mending relationships, no

matter what type, can only benefit you and others who are affected. My children are overjoyed that their Mom and their Stepmom are friends now. Most likely, if you are faced with a challenging situation such as this, it is a lesson you are supposed to learn. You can either learn it now or later, the choice is yours, but it is guaranteed to present itself again in your life...it is only a matter of time. I am so thankful for my life and the people in it who are constantly teaching me and challenging me to be the best version of myself. As the Dalai Lama said, "I am evolving my heart to be bigger than the pain."

***God doesn't give us the people we want,  
He gives us the people we need.***

***To help us, to hurt us,  
to leave us, to love us  
and  
to make us the person  
we were meant to be.***

**Thank you, God!**

Drum Circle Returns  
3rd Friday of the Month  
September 15, 7 p.m.

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the spiritual lesson the eclipse shared with me: With only 10% of our light shining we still illuminate greatly and generate warmth. Even with a small amount of our Christ light lit, we affect our environment enormously giving of ourselves to comfort others. Just imagine the light we generate if we “uncover” ourselves from negativity and allow more and more of our light to shine. Who we are, and what the world becomes if we allow 25% of our light to shine forth.

Of course, uncovering ourselves to allow the light to shine forth doesn’t happen as easily to us as it does to the forces of nature, but it should! We are born with the light shining brightly within us and then we spend years learning how to cover it up. To reach inside of ourselves and erase years of blanketing takes courage and time. However, allowing our light to come forth is indeed attainable.

Jesus tells us that we must come as children; children who have formed no perceptions of the world. Children who wonder and find joy in everything and who give and receive love easily. This is how we find our light, we let go of our worldly views and find love in every part of life. We learn to serve, to find joy in simplicity, and we accept.

For myself, this journey always starts with prayer and meditation. I set intentions to find only joy and love in my day and I give it in prayer to my Higher Power. I quietly contemplate and give thanks. With these intentions I can always uncover at least 10% of myself and glow the Christ light within myself. Life is so good!

Namaste

### **LEAVING LIGHTLY Getting Your Affairs in Order So All You Leave Behind is Love Sunday, September 3, 1-2 p.m. \$20/person**

Taking a light and humorous approach, Rev. Janet Lee Kraft will share with you an organized system for getting your affairs in order relating to your:

- Personal information
- Health care and legal documents
  - Post-mortem care and
- Recording stories and family history

### **SEPTEMBER BIRTHDAYS**

Ida Holtsinger	2
Brittany Wilson	2
Marvin Pedersen	4
Pat Ritts	6
Mike Alexander	8
Pattyann Toomey	11
Sylvia Wood	12
KC Daigneault	13
Norman Hiatt	14
Betty Tronsrud	15
Kathy Brown	15
Freeda Woods	16
Bruce Bishop	16
Janet Pawlikowski	16
Amanda Daigneault	19
Ray Waikel	21
John Sheppard	24
Vicki Scott	25
Heather McKenzie	26
Daplyn Snyder	28

### **VOLUNTEER OPPORTUNITIES**

We’re looking for a few good men....and women! Would you like to be of service at Everett Unity and get to know some of your fellow spiritual travelers a bit better? Our volunteers take care of so much and keep things on track around here. We couldn’t do what we do without them! And the best news...you only have to commit to one Sunday a month. And, if you have a schedule conflict for your day of service, you can trade with another volunteer for a more convenient date. Please contact Cindi in the church office if you would like more information.

Ushering:	4 people needed.
Social Hour:	2-3 people needed
Kids Program:	2 people needed.

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. Child care is provided.

### AA MEETING, MONDAYS at 7 A.M.

### WOMEN'S CIRCLE: "Build Your Own Terrarium"

**Wednesday, Sept 6, 2017**

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

If you are able, please bring a dish to share during the potluck. Supplies for the project will be provided for a \$10 fee. However, if you have items to share for the project, please bring them. Check out the beautiful "sample" terrariums in the church office.

### SPIRITUAL LEADER APPLICANT WORKSHOPS

**Sunday, Sept. 10, 17, and 24, 1-2:30 p.m.**

Please join us these 3 days for Sunday Service followed by a workshop by the 3 candidates who have applied to be our part-time Spiritual Leader. Rev. Annie Lonardelli, Brian Gillum and Kevin Hart.

Information about workshop topics will be available as the dates near

### FRIDAY NIGHT AT THE MOVIES

**Showing: "Origins. Our Roots. Our Planet. Our Future"**

**Friday, Sept 22, 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.

### SEPTEMBER AFFIRMATIONS

Inner Peace - I relax in the peace of Spirit.

Guidance - I walk a path of divine light and wisdom.

Healing - Divine life restores my body to its natural state of wholeness.

Prosperity - I joyously anticipate new adventures in prosperous living.

World Peace - I act with reverence for all and contribute peace to the world.

### SEPTEMBER 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  
Leaving Lightly Workshop with Rev. Janet Kraft,  
Sept 3, 1-2 (see page 3 for more information)  
Workshop with Rev. Annie Lonardelli,  
Sept. 10, 1-2:30 p.m.  
Workshop with Brian Gillum, Sept. 17, 1-2:30  
Workshop with Kevin Hart, Sept. 24, 1-2:30  
Sunshine Team after service Sept 24*

#### *Monday:*

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

#### *Tuesday:*

*Course in Miracles, Every Tuesday 7:00 p.m.  
Board of Directors, Sept 19, 10:00 a.m.*

#### *Wednesday:*

*Course In Miracles, Every Wednesday, 10:15 a.m.  
Women's Circle, First Wednesday, Sept 6, 6:15-8:00  
(See panel to left)  
Handy Crafters, 2nd & 4th Wed., Sept 13 & 27, 6 pm  
Newsletter Team, Sept. 27, 12 noon.*

#### *Friday:*

*Family Game Night: 2nd Friday, Sept 8, 6:30-8:30  
Drum Circle, 3rd Friday, Sept 15, 7 p.m.  
Friday Night at the Movies, 4th Friday, Sept 22, 6pm  
(See panel to left)*

July Tithes were made to:

Silent Unity, Unity NW Region, Recovery Café,  
Esther's Place and NW Immigrant Rights Project.

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