



# Everett Unity Center For Positive Living

## Unity Center Gazette

August 2015

### AUGUST SPEAKER SCHEDULE

August 2	Raven Many Voices
August 9	Doug Benecke
August 16	Mary Ellen Wood
August 23	Kevin Hart
August 30	Sylvia Anderson

**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.....Bob Trimble  
Vice-President.....Craig Hamborg  
Treasurer.....Glenda Smith  
Secretary.....Mary Lou Moberg  
Director.....Kevin Hart  
Director .....Jill Snow

#### **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 Master...Steve Tucker

#### **PASSING IT ON!**

No long article from me this month. We have a lot of excitement building at the Everett Unity Family, so we're making room for others to share their stories in this issue.

The rising energy, excitement, the Community Consciousness is incredible to be a part of. Thanks to each of you for your contribution, for adding your individual consciousness to the whole that is our Everett Unity Family! Enjoy !! -Bob

#### **- KEVIN HART BOARD MEMBER**

#### **Divine Inclusion and Gentle Spirituality**

Which spiritual practice is right or wrong? It might be a dangerous question, but spirituality and danger do not, perhaps, belong in the same sentence.

My best answer is: *The one that brings a true connection with something beyond the thinking mind.* I tried many things back when I first realized that my life did not work. There's a revelation. It was pretty obvious, considering the wreckage in the rear-view mirror that rivaled any good natural disaster – except that I created it. By the way, I was the last to know that.

The way I have come to understand how the Divine works is very simple. We get a plethora of whatever we are seeking to experience, whether it be seventy times seven, tenfold, a hundred fold, or a hundred billion-fold. An example for the latter is the number of galaxies “they” have found exist – up to 500 billion. Where does it all come from, and how is it that what seems to be found in our physical world changes so frequently? One day, they tell us a current theory (or a set of them) is true and humanity acts as if it is so, and then it changes. Even Einstein's theories are being challenged by Quantum Physics, which challenge the way we currently think about reality. Is there any real differ-

ence between us and the infamous “they”? Does what we choose to believe have a bigger impact on the experience of our day-to-day life than Truth?

There is a core, fundamental place from which most all human beings operate. This place is directly relative to the experience we call our lives. It is like a giant input-output machine. Let's call it a faith-machine. Whatever we put into it, by way of thinking, comes out in abundance as our experience. This place called belief is an odd game, because to see it we usually attempt to look *with* it, and this way, it is invisible to us. This is why we may need help, if we desire real change; we can even seek to take sole control of our own change. There is another way: A gentle, sincere inquiry to our True Self. Challenging our current set of beliefs and who we think we are is certainly no easy task. But, what is on the other side is the greatest treasure, gentle, loving and omnipotent. Sri Yukteswar Giri teaches this:

Sri Yukteswar Giri teaches this:

*Truth is Truth, it does not matter what you believe.*

When we take a sincere look within, with the guidance of a greater mind and someone who can help us see past our own particular set of chosen delusions, we may begin to see what we are calling into being. However it is that the Great Flow of All That Is speaks, (insert your name for the name that cannot be named here) simply says, “Have as much as you like of whatever you choose.”

None among us is better or worse, less entitled, more right or wrong, or in better position to receive the grace of a loving god. This is all inclusive and available to each of us, all the time, and is the only operating principle for the cosmos as a whole. Let us be gentle with ourselves through letting go, and practice the art of allowing.

## YOUTH AND FAMILY EDUCATION - JACQUELINE ARNOLD DIRECTOR

This month I would like to share some thoughts on meditation and how it can be a powerful tool to equip our children with. Research shows that children, in general, are more stressed and anxious now than ever. This could be caused by too much screen time, being bombarded by media images and violence, the changes in our society and the breakdown of the nuclear family. I can't say exactly why children seemed so stressed out, but I know that I see evidence of it every day.

Two simple techniques that I learned in a "Mindfulness Education for Children" class are the "Breathing Game" and the "Quiet Game." After I learned these techniques, I immediately started using them with my class. The surprising thing was that when I forgot to use them or we didn't have time to do them, the children complained! They really felt a strong desire to have moments of quiet and calm in their day at school and they highly valued these easy techniques. I also used these strategies with my own children at home.

For the **Breathing Game**, teach your child

to place their hand on their tummy and take a deep breath in through their nose (I usually guide them verbally so we are all in unison). As they breathe in, they can feel the air fill their lungs and then move lower as their tummy expands. We stop for a second and feel the fullness of the air and then we breathe out, and as we do, we can feel our tummy compress as we exhale through our mouth. You can expand this exercise by having children slowly count to five on their fingers as they breathe in and then slowly count to five again as they breathe out.

For the **Quiet Game**, I use a singing bowl (something else could be used, such as a bell). After we have played the Breathing Game for a few moments and the children have settled into themselves, I quietly ask them to put their hands out in front of them with their palms facing up. I strike the singing bowl and as it vibrates with the beautiful sound it makes, I ask the children to listen and allow the sound to enter their consciousness. I ask them to listen very carefully and to gently

turn their hands over only when they can no longer hear any sound. They get better and better at listening and seem to keep their hands up and open for a longer amount of time as we practice.

I teach children that prayer and meditation go hand in hand. Prayer is a time when you can talk to God. Meditation is a time to get quiet and allow God to talk to you. This is the time where we get inspired with wonderful ideas, see things from new perspectives, are able to forgive ourselves and others, and have our thoughts and ideas expanded upon. Children need this time carved out for them and to be taught strategies that allow them to have these experiences.

Besides the two ideas above, here are a few ways to give your child or the children in your life a foundation for meditation:

\*\*\*Set aside quiet time each day for your child or the children in your life. They may not enjoy it at first, but they will not only get used to it, they will ask for it after it has become a habit they feel benefits from.

\*\*\*Set a good example. Children learn from what they see in their own envi-

ronment. Let your children see you meditating; explain why you meditate, how it makes you feel and what you get from it. If it is new to you, be honest and learn more about it together. Children love new things and are usually open to trying new experiences.

\*\*\*Do some "guided meditations" designed specifically for children (which can easily be found online). These meditations help children by verbally guiding them while soothing music is playing in the background, and is sometimes easier for children to follow and gain insights from. They love using their imagination and visualizing different scenarios, so this fulfills their desire to be creative, along with providing them valuable insights, some quiet peaceful moments and a chance to decompress and become centered.

These are just some basic ideas regarding meditating with children. I hope you feel inspired to use them with a child in your life! We have several good books full of meditations for children, so please let me know if you would like to borrow one from the church.

**Thank you, God!**

## ~ Ode to Shakti ~

\*\*\*\*\*

She listens, far and wide

Like a dream, an ocean, a sprite counting time.

She is there, in the ethers, yet strolls on the beach

What is this, divine seashell? A secret to tell?

Yes, I will listen, yes, I am.

O great ocean, you roar, but your might is so sweet

Take me you will, in a flash, an instant, but only in time.

Beyond the Forest too, I walked and I sang.

Strolling the trail, the trees they did watch.

A thousand eyes, staring at me, telling my secret

If only I could hear. And so listen I do, and listen I did

When I think all alone, knowing inside, life not my own.

Divine Mother, O divine Mother

You are here, the bosom, the fruit; how the wind can smile

What has opened mine eyes, in ways only so sweet?

Why was I blind, and deaf and asleep? Does not matter

No, does not care. Time is no time and thing not a thing

Listen by heart, everything sings.

One finds the path. It is good, long and not long.

One finds the truth; an uncovering, a removal, but not just  
from you.

Show me, sweet One, teach me to see.

I am willing and willing and would love to be wrong.

Open thine eyes in forgiving the past

I will guide, show, help and support.

The rain is here, the rain is here.

It pours on the head and brings its ten thousand gifts.

A shelter you build, to find dry and cocoon.

The rain it pours, mighty monsoon.

You watch, listen, seek and shall find.

The rain has a secret, she tells it to you.

O, divine Mother, let me rest in you awhile.

Before I pretend again and again. Before I hide lest I fail

And bitter so sweet, but the rain, her secret ...

The Ocean, her treasure.

A desert, the sands ...

Divine Mother, please take my hand.

I am ready, to give up my plight

I am ready, divine Mother, to be set all right.

-Kevin Hart

### **R.E.J.U.V.E.N.A.T.E. 10 Simple, Surefire Tips for Invigorating Body, Mind and Spirit**

BY Susan Smith Jones, PH.D.

Part 8 of our ongoing series to improve mental and physical health.

#### **Adjust Your Attitude to Boost Your Gratitude**

Focusing on the positive and being grateful for all of the good things you have, even during times of loss and stress, has tremendous healing power. Those who do this regularly are healthier, happier, more motivated, less stressed, and more well-rested. They also have more fulfilling relationships. As my grandmother used to say, "Attitude is your mind's paintbrush; it can color anything." So why not color your life positive?

Each and every day, take a moment to be grateful for all you have. Write a thank-you note, express your gratitude for a loved one, or offer prayers of thankfulness. Whatever you think about consistently brings more of the same to you. So focusing on the positive, even during difficult times, is vital for transforming your life.

Follow this ongoing series, continuing next month.  
Unity Magazine, September/October  
2014

### **The Unity Practice of Prayer**

There are many ways to enhance your personal prayer practice at Everett Unity.

- Reach out to a Chaplain after Sunday service or by calling 425-493-4674.
- Call Silent Unity at 1-800-NowPray or download the uPray app for android & apple.
- Place a written prayer request in the confidential Prayer Box in the Social Hall or the Sanctuary foyer.
- Request to join the prayer team by calling the church office.

### **FINANCIAL REPORT**

#### June Numbers:

Income: \$ 7,192.48

Expenses: \$ 8,155.35

June Tithe of \$ 179.80 will be sent to:  
Silent Unity, Unity NW Region, Spiritual  
Social Action Team,, and Cocoon House

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

### A CONSCIOUS COMMUNITY GATHERING

**Every Sunday, 6:30-8:30p.m.**

This group is designed to support and assist healing and awakening through connection, meditation and exercises for growth and consciousness raising. If able, please bring a dish to share during the potluck.

Everyone is Welcome. (Love Offering Will Be Collected)

### WOMEN'S CIRCLE

**Wednesday, August 5, 7-9 p.m.**

**Where In The World Have You Been?**

Join us to share our travel tales and mark your destinations on the world map. Let's see where the influence of the Wonderful Women of Unity has traveled and, if able, please bring a dish to share during the potluck from one of your favorite travel locations. (Love Offering Will Be Collected)

### \*WISDOM READINGS W/KRYSTA GIBSON

**Every Thursday Beginning Aug. 6th**

**\$90/session**

In these readings Krysta will help you gain deeper perspective on your life situations, attain greater clarity on decisions you need to make, meet with your angels & guides, perceive your larger soul-picture, be seen, heard and understood.

### \*Lunch & Learn

**Ancient Keys to Success & Happiness-AKASH  
Thursdays, August 6-Sept 17 (no class 9/10)**

**12-1p.m. Bring your own lunch**

**\$50 per person for 6 week series**

Designed by Swami Kriyananda, the founder of Ananda, and based on the teachings of Paramhansa Yogananda this is a non-denominational teaching based on ancient wisdom.

### FAMILY FRIENDLY DRUM CIRCLE

**Friday, Aug. 7th, from 7:00-8:30p.m.**

Bring your school age children with you and a drum of any kind (there will also be some to borrow) and join us in a light hearted sacred circle for singing, free style rhythms, and having fun! 1st half hour we will all drum together, then kids can choose to go to the nursery for a supervised craft with our Youth Education Director and rejoin the adults for the closing ceremony. **No experience necessary!**

### WEALTH CIRCLES W/ADONNIS GREGORY

**Mondays, Aug. 10-Oct. 19, 6:30-8:30 p.m.**

Clarify your true hearts desire, find & release blocks to receiving, truly understand that all things work for our good, and give and receive loving support while contributing to the lives of others.

(Love Offering Will Be Collected)

## AUGUST ACTIVITIES

### **Sunday:**

*Worship Service & Children's Church 10:00 a.m.*

*Conscious Community Group, every Sunday, 6:30-8:30 p.m. in the Social Hall (See panel to left)*

*Sunshine Team after service Aug. 23, in the Library Living Free, Aug. 23, 1-3 p.m. in the Social Hall*

### **Monday:**

*Wealth Circles, 6:30-8:30 p.m. in the Social Hall*

### **Tuesday:**

*Course in Miracles, 7:00 p.m. in the Social Hall*

### **Wednesday:**

**All activities are in the Social Hall unless noted**

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

*Women's Circle, First Wednesday, Aug 5, 7-9 p.m. (See panel to left)*

*Men's Circle, Hiatus until September*

*Board of Directors, August 19, 6:30 p.m.*

### **Thursday in the Social Hall**

*\*Lunch & Learn: Ancient Keys to Success & Happiness, Aug 6-Sept 17 12 noon to 1 p.m. (see panel to left)*

*\*Wisdom Readings With Krysta Gibson, by appointment only beginning Aug 6th  
Spiritual Social Action, August 6th, 7-9 p.m.*

### **Friday: 7 p.m. in the Social Hall**

*Drum Circle: First and Third Friday, Aug 7 & 21. Aug 7 is Family Friendly Night (see panel to left)*

*Movie Night: Regularly scheduled for second Friday of every month, on Hiatus until Fall.*

### **LIVING FREE**

**BREAKING FREE OF ALL ADDICTIONS**

**Sunday, August 23, 1-3p.m. \$20/person**

Its so easy to become addicted to something these days: substances, ideas, people, events, the internet. Many times we don't even know we're addicted - we just know we aren't as free as we would like to be.

Join Kevin Arthur Hart and Krysta Gibson as we explore the concepts of freedom and servitude and receive some practical tips and ways to have more of the first and less of the second.

**\*For appointments & pre-registration:**

**Contact Krysta at 425.356.7237 or email to  
[Krysta@krystagibson.com](mailto:Krysta@krystagibson.com)**

If you know of a great non-profit that would benefit from Unity's monthly tithe, please put their name & contact info in the Suggestion Box.