



Everett Unity Center For Positive Living

Unity Center Gazette

February 2016

FEBRUARY SPEAKER SCHEDULE

Feb 7: Annie Ross
Feb 14: Doug Benecke
*Annual Membership meeting following Sunday Service
Feb 21: Katie Evans-Followed by Weight Loss Express Workshop
Feb 28: Sherry Schultz

FINANCIAL REPORT

December Numbers:

Income: \$8,818.69
Expenses: \$8,780.56

Dec. Tithes will be sent to: Unity NW Region, Silent Unity, The Spiritual Social Action Fund and the Red Cross for local fire victim assistance.

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
DirectorJill Snow

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

Easter Choir Beginning Feb 7

Following Sunday Service we will begin Easter Choir practice after a short break to grab a snack downstairs. No Previous choir experience is necessary. We always have a grand time, so please join us! Please commit to attending all 7 rehearsals leading up to the March 27th performance. (Easter is early this year!) Any questions, see, please see me.-Terri

*Welcome New Members:
KC, Amanda and MaKana Daigneault*

ANNUAL MEMBERSHIP MEETING FEBRUARY 14, 2016, After Sunday Service

Current members should renew their membership prior to the annual meeting to ensure their voting privilege at the meeting. Everyone is invited to attend but only registered members can vote. If you have questions about your membership status, please contact Cindi in the church office. Church members will be voting on the nomination of **Nancy Fairbanks** and **Patrick Trana** to the Board of Directors as well as a proposed revision to the Mission Statement.
(see page 3 of this newsletter for that proposal)

Daily Word, February 14, 2016 Love is the natural expression of who I am.

The more I learn about the power of the heart, the more I see that love is the natural expression of who I am. I tap in to my heart energy and shift my focus. I bring my attention from my busy day to the wellspring of love within. I drop my awareness from my head to my heart and relax into God's love. The energy of the heart is powerful enough to foster peace and connection even from a distance.

In my prayer times, I remember that God's love radiates outward, touching people around the globe. Throughout the day, I silently bless each person I see and every person who comes to my mind.

Following Jesus' teaching to love one another, I radiate love and kindness to all. I know God's love is at work in the world.

Let all that you do be done in love. -1 Corinthians 16:14

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

**“The most important thing in this world is to learn to give out love, and let it come in.”
~Morrie Schwartz**

I love the month of February! Valentine’s day is one of my favorite holidays because it’s purpose is to celebrates love, not just romantic love, but all kinds of love. I decided about 25 years ago that everything boils down to love. Our job is to learn how to love unconditionally and to be the hands, eyes, mouth and ears of God. He needs us to express His love on earth. I was sitting at a staff meeting discussing some students who had the roughest home life you could imagine. Of course they were acting up at school! Of course they were falling behind academically! They couldn’t focus on what was being taught at school because their basic needs were not being met and they were not being loved. Love is our very most basic need.

How can we teach our children to be more loving and to develop empathy for others? I believe we must model this for our youth. Show them by the way we choose to interact with others. Our actions are much more significant than the words we might

use to try to teach this concept. Children are very perceptive and are watching our every move. They notice how we treat the people we interact with every day, whether it be our family members, store clerks or homeless people holding up signs on the street corner. Our actions are their most influential teacher.

Showing someone unconditional love can change everything for them. I’ve watched many students over the years who have not experienced this love at home, get placed with just the right teacher at school and completely transform before our eyes over the course of the school year.

Let’s teach our children to love others. Let’s spend time volunteering and being of service to others. Let’s be open to receiving the love and help of other’s in our own lives. Let’s notice needs and do what we can to fulfill them.

When we make a mistake, let’s allow our children to hear us apologize. It is so important for them to understand that we are human and we do make mistakes, but that we are not afraid to address the problem and apologize to the person we wronged,

including our child. It’s so important to show our children that mistakes can be addressed and fixed and relationships can be mended. We can also model forgiveness, when someone wrongs us and apologizes we can show forgiveness. This is a perfect example of a time when prayer can help us be more forgiving. Our children can hear us pray or pray with us as we ask God to help us truly forgive, or we ask God to help us find the right words to ask for forgiveness from someone we love.

Let’s teach our children to write thank you notes. This is becoming a lost art, but I believe it is such an important thing. Your child receives a gift and acknowledges it by writing the giver and sincerely thanking them for the gift. My parents always made sure there was a pack of thank you notes in our stockings on Christmas morning and we had a family rule that we had to have our notes written before school started again. I remember my Mom sitting with us at the dinner table helping us learn how to write them. It became ingrained in me that I couldn’t really enjoy the gift until I had thanked the giver, which taught me gratitude and respect.

These are just some ways we can help our children to be more loving. Since this is the

month of love, let’s look for ways to be more loving, express more love and respond to others in a loving way. We can be conduits of God’s love as we truly are His eyes, ears, mouth, and hands, expressing His love on earth.

In our imaginations we believe that love is apart from us. Actually there is nothing but love, once we are ready to accept it. When you truly find love, you find yourself.
-- [Deepak Chopra](#)

Thank you, God!

**February
AFFIRMATIONS**

The breath of Spirit flows through me.

I listen to my inner guidance.

I am created from a divine pattern of perfect life and wholeness.

God is my source of infinite abundance.

Through eyes of love, I see all people living in peace.

WRAPPING UP THE OLD YEAR, LOOKING FORWARD TO THE NEW ONE!

Dear Unity Community:

Valentine's Day, February 14, is also the Unity Center for Positive Living's Annual Membership Meeting. It's not always the most exciting event of the year, but there are a few exciting issues that need your attention and participation.

We'll have the usual reports, including the year-end financial report from the Board Treasurer, Glenda Smith. It actually appears that you, the Unity Community, are supporting the on-going operation of the church...or quite nearly so a few months this last year. We can be excited about that, given that we have not had one year in the last fifteen years that our operating income supported our operating expenses!

You'll have the opportunity to elect two new Board members at this meeting. Jill Snow, the chairperson of the Nominating Committee is extremely excited to recommend two new candidates to our Board for your consideration, Nancy Fairbanks and Patrick Trana. I would like to thank the Nominating Committee: Jill Snow, Jude Davis and Angela Baker who joined me in this heartfelt process to select two great candidates to you.

Over a year ago the community had the opportunity to be involved in the Appreciative Inquiry (AI) process. That was followed by three joint Board/Community meetings and two additional meetings to talk in more detail about the two main goals that came out of that AI process. Following those meetings, your Board has spent several months drafting a new Mission Statement for Unity Center for Positive Living. It is our sincere belief that this new statement reflects who we are as a community and who we want to be. This new statement is a significant departure from the prior Mission Statement, so your thoughts- - and your vote! - - are important new steps for our community. The current and proposed statements are posted again in this newsletter in case you missed them in the December one. Kevin Hart will moderate the discussion period for this proposed change.

Another key presentation will be a report on accessibility options for the church. The Board, very capably assisted by Craig Hamborg and Marv Pedersen, have been working with a local architect to develop several options, methods and the costs associated with them, to try to address our lack of accessibility. Craig will present those options at the Membership Meeting for your review and comment.

2015 has been an "interesting" and exciting year, and this once-a-year event is a great opportunity for all of us to review the year and to talk together about the New Year of 2016 and beyond! Please join us! Oh and, please make sure you've updated your membership status with our Administrator to ensure you are "on the voting rolls", come February 14th!

-Bob Trimble

And YOUR Board of Directors
Everett Unity Center for Positive Living

Your Board of Directors has spent a substantial amount of time in careful consideration, prayerful thought and review and they are proposing an update to the Everett Unity Center for Positive Living Statement of Purpose as printed below:

Current: "The purpose of Unity Center for Positive Living is to provide members and guests with a loving social and scholastic atmosphere where anyone who wishes may learn how to call upon the Christ-self within, so he may realize more of his own wondrous spiritual potential in God! For this purpose, we are united together as a non-profit Washington corporation—endeavoring to learn, practice, and teach the truths of Jesus Christ as interpreted by Charles and Myrtle Fillmore, other enlightened teachers and Unity School of Christianity, with headquarters at Unity Village, Missouri; and adopt any other means to further these purposes."

Proposed: "Our Mission is to join each other in discovering the divine essence within all of life through prayer, meditation, and the teachings of the Masters, and to extend this awareness throughout the world."

WOMEN'S CIRCLE

Wednesday, Feb 3, 6:15 p.m.

"The Color of Love"

Wear "the colors of love" and bring a picture and a story to share about the love of your life on this, the first of many game nights! And, if you are able, please bring a dish to share during our potluck that starts at 6:15p.m. See you there!

(Love Offering Will Be Collected)

EASY MIRACLES GROUP EXPERIENCE

Facilitated by: Adonnis Gregory

10 Mondays: Jan 25-Mar 28, 6:30-8:30 p.m.

This 10 week group will help you continue learning and practicing the One Command technique as well as visioning, understanding use of energy and discussion of the Five Unity Principles and how to integrate them into our lives. You will create a clear intention and claim it, find and release blocks to receiving, truly understand that all things work for our good, realize we create our own reality through our choice of thoughts, beliefs, and perceptions, give and receive loving support while being a contribution to the lives of others. The class will be closed to new members after the 2nd meeting . Suggested \$5/week love offering.

REIKI II

Saturday Feb 13, 10 a.m.-5 p.m. in the Social Hall

Facilitator: Reiki Master Brian Dotson

FEE: \$125 (cost of all materials included in fee)

Brian will provide education, background, practice and attunement for Reiki Level II. Reiki Level I must be taken before level II and if you missed it in January, please contact Brian directly to make arrangements at 206-718-9505.

8 STEP RECOVERY

Using the Buddha's Teaching to Overcome Addiction
Every Sunday 6-7:30 p.m. beginning Feb. 14, Social Hall
You do not have to be a Buddhist or in Recovery to benefit from these teachings. This group can accent your Recovery spiritual path or be part of your Path to Enlightenment.

Everett Unity is excited to partner with NW Buddhist Recovery to bring you this excellent program. For more information contact: www.nwbuddhistrecovery.org

WEIGHT LOSS EXPRESS HYPNOSIS

Sunday, Feb 21, 12:30-3:30. \$30/person

Location TBD, depending on class size

Learn NEW and proven tools to help you: eat less, eat healthier, move your body more and feel your feelings instead of eating them. Regular price: \$195, offered to Everett Unity members, family and friends for \$30 (no discount coupons accepted) Pre-registration required and paid to Everett Unity by cash, check or credit card.

FEBRUARY ACTIVITIES

Sunday:

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

Easter Choir Practice begins after service Feb 7

Annual Membership Meeting, after service, Feb 14

Weight Loss Express Hypnosis, with Katie Evans, after service, Feb 21 (See panel to left)

Buddhist 8 Step Recovery every Sunday night beginning

Feb 14, 6-7:30 in the Social Hall (See panel to left)

Sunshine Team after service Feb 28, in the Social Hall

Monday:

Easy Miracles Group, Jan 25-Mar 28, 6:30-8:30 (see panel to left)

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, Feb 3, 6:15-8:15 p.m. (See panel to left)

Board of Directors, Feb 17, 6:30 p.m.

Newsletter Team, Feb 24, 12 noon in the Social Hall

Thursday:

Spiritual Social Action, First Thursday, Feb 4, 7-9 p.m.

Fire Wheel Community Coffee Shop, 2727 Colby Avenue

Friday:

Drum Circle: First and Third Friday, Feb 5 & 19, 7-9 p.m. in the Social Hall

Saturday:

Reiki II, Feb 13, 10 a.m.-5 p.m. in the Social Hall.

FACILITATOR TRAINING

Session I: Mar 19-Session II: Mar 26

11 a.m.-1 p.m. in the Social Hall

During this training, Facilitators Adonnis Gregory and Susan Marshall will cover the basics for facilitating groups of any kind. Session I includes setting up and organizing the group structure. Session II offers discussion and tools for Interpersonal Communication. Following this training we would love to organize a group of Unity Facilitators interested in working together to offer topic or book discussions to the Everett Unity Community. This will include mentoring and on-going training for facilitators and offers a wonderful opportunity for you to stretch beyond your present comfort zone. Please consider giving yourself the gift of contributing to your church in an expanded way. Everyone is welcome to attend.