



Everett Unity Center For Positive Living

Unity Center Gazette

June 2015

JUNE SPEAKER SCHEDULE

June 7	Wyming Sun*
June 14	Doug Benecke
June 21	Brian Gillum
June 28	Roy Holman

*Healing Workshop TBD

WELCOME NEW MEMBERS

Marge Hoder

- BOB TRIMBLE, BOARD PRESIDENT

WHAT'S NEXT FOR UCPL?

I really appreciate each of you who have joined the Board at our meetings the past three months. Your support and participation, whether in person or in your thoughts and prayers, has been and will continue to be extremely valuable as our community moves forward.

As you may remember, an important outcome from the Appreciative Inquiry process was to create a Mission Statement that reflects who we are and who we want to become. In Seth Braun's "Authentic Spirituality" model, that's our Vision. We've shared our Dreams (in Seth's language) when we filled out the questionnaires, now we begin to move from there toward a Mission Statement, a Vision for UCPL that we "own."

So our next steps are "Rap With The Board" sessions. As we reviewed your Appreciative Inquiry forms, three main areas kept coming up;

- 1) Family Orientation
- 2) Community Outreach
- 3) Deepening Spiritual Awareness

The "Rap" sessions are intended to give you the opportunity to tell your Board what each of those areas means to you.

For example, Board Member Joe will facilitate the Family Orientation Rap session. You'll have the opportunity to gather around a table and tell Joe your specific ideas for a Family Orientation (FO) focus: what does a FO church look like? How would we change Sunday services, do we offer parenting classes, continue and enhance our great Sunday Children's program, do we develop a program and activities for teens. Etc, etc.

That's the concept. This is your opportunity to share what each of these areas means for you. We plan to have at least one Rap session on each focus area. The Board member/Facilitator will be there to transcribe YOUR ideas so the end result is a Mission Statement that reflects our Unity Community, our ideas, our wishes, our dreams!

We've spent the last three months getting to know each other better. One thing that has come across loud and clear is that we are passionate about our church! Now, as we begin to define that church, that community together, I know we can direct our passion into our journey together! We can and will become the next highest version of our highest vision of who we each are as spiritual beings on this journey, and in our community together.

Namaste, Bob

Spiritually Growing Always, And In All Ways!

3231 Colby Ave.
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everettunity@frontier.com

Sunday Services
10:AM

Children's Church
10:00 AM
Nursery

10:00 AM
Office Hours

Tuesday-Thursday 10-2
Sunday - 10 a.m. - Noon

Church Staff

Administrator.....Cindi Pedersen
Music Director.....Terri Anson
Youth Director..Jacqueline Arnold
Organist.....Pat Rollins
Head UsherChuck Atterson
Social HourJude Davis
Sound System.....Steve Tucker

Board of Directors

PresidentBob Trimble
Vice-President.....Craig Hamborg
Treasurer.....Glenda Smith
Secretary.....MaryLou Moberg
Director.....Kevin Hart
DirectorJill Snow

See Page 4 for a full list of June Events and the new Amazon Affiliate connection. Contact the church office for more information on any of the speakers or activities

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

“There is no conflict, for my will is Yours.”

“How foolish, Father, to believe Your Son could cause himself to suffer! Could he make a plan for his damnation, and be left without a certain way to his release? You love me, Father. You could never leave me desolate, to die within a world of pain and cruelty. How could I think that Love has left Itself? There is no will except the Will of Love. Fear is a dream, and has no will that can conflict with Yours. Conflict is sleep, and peace awakening. Death is illusion; life, eternal truth. There is no opposition to Your Will. There is no conflict, for my will is Yours.”

Forgiveness shows us that God’s Will is one, and that we share it. Let us look upon the holy sights forgiveness shows today, that we may find the peace of God. Amen.

ACIM Workbook
Lesson 331

**FINANCIAL
REPORT**

April Numbers:

Income: \$ 7,038.52

Expenses: \$6,743.41

April Tithe of \$175.95 will be sent to:

Silent Unity
Unity NW Region
Spiritual Social Action Team
Red Cross-Nepal Relief

“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

This quote was printed on the inside of my bulletin one Sunday at church and it struck me hard. I could not stop thinking about it, so I cut it out, laminated it and hung it above my desk at work. I read it daily. What a great reminder of just how fragile life is. I think of this quote when my son or daughters do something that frustrates me. How do I want to react? How do I want to be remembered? How do I like to be treated?

A recent quote I read was **“Anyone can find the dirt in someone. Be the one that finds the gold.” ~Proverbs 11:27**

I have always taught my children that they will find that which they seek. So, in all situations, try to find

the gold lining, the positive, the good that can come from the situation. I was given a compliment the other day by a fellow teacher who said, “There are those whose cup is ½ full and there are those whose cup is ½ empty, I think your cup is ¾ full!” I want to be the person whose cup is ¾ full! I have always believed that there is an abundance of good for everyone and that we need to be happy for one another and cheer each other on!

Several years ago, I read a book that encouraged readers to ask God or Spirit for a sign, when needed. I chose the heart shape as my sign and God has presented it to me hundreds of times at just the needed moment. I have also been given signs when God wanted to endorse a thought, feeling or idea I was having. In fact, one time, just moments after I completed a super emotional, lengthy project that I had been putting off due to fear and lack of confidence, I received a knock on the door. The postman handed me a package with a calendar I had ordered online. In the bottom of the padded

envelope was a purple pen (my favorite color) with these words printed on it: “I AM SO PROUD OF YOU!” I could cite many other examples, but there is no need as I’m sure you have experienced these special moments, too. If you haven’t and would like to, just know that it is possible, and be open to signs and believe that God truly wants to communicate with you.

Another spiritual strategy that has completely changed my life is the act of saying thank you and expressing gratitude in advance. This is another habit we can teach our children. Thank God for that which you would like to have appear in your life and you will be amazed by what happens. Thank God for helping you find that which you have lost and as if by magic, the item appears! Thank God for mending a relationship in your life and just see what happens. Thank God every morning for the beautiful day you are going to experience and watch your day unfold with glory.

**Thank you, God
for this beautiful
month of June!**

SPIRITUAL SOCIAL ACTION COMMITTEE UPDATE

Lonnie Dalrymple, Committee Chairman

Happy spring! Well as you know the Spiritual Social Action Committee has been up and running again since the first Thursday in February. So it is time for an update.

We started with a series of guest speakers from the community. They are intended to give us information about Social Action in the Snohomish County area. Currently we have had people from the Interfaith Homeless Shelter, a local activist who focuses on environmental issues as well as community food gardens, keeping politicians in line, and organizing local activities, and a speaker from the Domestic Violence organization. In June we will be hearing from Sylvia Anderson, the CEO of the Everett Gospel Mission and co-chair of the Everett Streets Initiative Task Force. They have all been very informative and have given us a broader view of the needs of the area as well as the amount of support that is already out there.

The Spiritual Social Action Committee also has responsibility to donate a fourth of the tithe from our church to local charities. So far this year we have donated \$500 to the Interfaith shelter, \$500 to the Campfire girls and boys for scholarships to the Camp Willie grief camp, and will be donating funds to the Domestic Violence organization this month. If you have suggestions for where to donate please let us know!

We also had a very successful donation drive for supplies for the Interfaith Shelter's clients who are moving from the shelter into their own housing and have many needs for basic household items. Allison, the representative from the shelter was amazed at how much they received from our very generous congregation!

As Jesus said, "the poor will always be among us", so there will always be something that we can do to help. Thank you all so much for your giving!! Blessings

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 5 & 6 of our ongoing series to improve mental and physical health.

Visualize Your Day Every Morning

As Albert Einstein once said, "Your imagination is your preview of life's coming attractions." Decades of research show that visualizing outcomes through mental practice can enhance motivation, increase confidence, and prime you for success. Athletes have long used visualization to significantly boost their performance. This practice can also come in the form of positive affirmations, such as "I am competent" or "I am strong." Think of it as a way of imagining you as your best self! After my morning meditation, I take a moment to visualize the day ahead of me, focusing on the successes I will have. This helps the day go much more smoothly. Even just a minute of visualization and positive thinking improves my mood and outlook.

Eat More Fruits & Veggies

Vibrant health starts in the kitchen. I agree with best-selling author Michael Pollan's food philosophy, which simply stated is this: "Eat food. Not too much. Mostly plants." By "food" Pollan means whole food that occurs in nature, not processed creations that masquerade as food. Whole grains and cold-water fish like salmon are fine in moderation. But the best bet for low-calorie, nutrient-dense, health-promoting food is fruits and vegetables, the most important health care your money can buy. Colorful, fresh produce is chock-full of vitamins, minerals, and antioxidants, which neutralize free radicals. Eating plenty of fruits and vegetables is associated with reduced risk of cancer, heart disease, and diabetes. And the fiber they contain helps the digestive tract work properly too.

Follow this ongoing series, continuing next month.

Unity Magazine, September/October 2014

ACCESSING THE AKASHIC RECORDS

Facilitated by Shaman Shiela Baker
Mondays June 1, 8 and 15, 7-9 p.m.

Shiela will help you encounter the love, compassion, and wisdom of the Akashic Records. Develop skills for personal empowerment & transformation and enjoy a more conscious relationship with the wisdom of your soul.

WOMEN'S CIRCLE

"Honoring Our Fathers"
Wednesday, June 3, 7-9 p.m.

This month we will be honoring our Fathers and their influence in our lives. What have we learned from the Divine Masculine? Bring something that signifies that Divine Masculine for our altar and, if you like, you may also bring refreshments to share.

Drum Circle

Friday, June 5 and 19, 7-9 p.m.

Music is a powerful tool used to enhance connection with Spirit and with Self

Join us we bring our drums, percussion instruments, songs and teachings, from all cultures, and spend time drumming, fluting, singing, laughing, fellowshiping, and touching Spirit. The circle opens with Native song and prayer and flows into many different songs, styles, teachings, and lots of laughter. We fellowship with a potluck snack during the break and really get to know each other and build our friendships with kindred spirits.

Please join us to experience the energy and fun we manifest at this event. We have instruments available for everyone, if you don't have your own.

PLEASE NOTE SUMMER BREAKS:

Movie Night, beginning in June and the Morning Meditation before Sunday Service, beginning in July will be on hiatus until the Fall. Watch for an announcement near summer's end regarding the "New and Improved Monthly Movie Club" and resumption of the Sunday Morning Meditation

JUNE ACTIVITIES

Sunday:

Morning Meditation 9:15 to 9:35 a.m. in the Nursery.
(Note: Summer Break for July & August in panel to left)
Worship Service & Children's Church 10:00 a.m.
Sunshine Team after service June 28, in the Social Hall.

Monday:

Accessing the Akashic Records, June 1, 8, 15. 7-9 p.m. in the Social Hall (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 otherwise noted.)

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

Women's Circle, First Wednesday, June 3, 7-9 p.m. (See panel to left)

Men's Circle, Second Wednesday, June 10, 7-9 p.m.

Board of Directors, June 17, 5:30 p.m.

Thursday in the Social Hall

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

Friday: 7 p.m. in the Social Hall

Drum Circle: First and Third Friday, June 5 & 19 (See panel to left)

Movie Night: Regularly scheduled for second Friday of every month, on hiatus until Fall (See panel to left)

Everett Unity Is Now An Amazon Affiliate

So what does that mean? EverettUnity.Org has been totally redesigned and one of the new features is the creation of an Amazon Affiliate Program. Now, we can support Everett Unity while shopping on Amazon.com! It is quick and easy to do and it costs you NOTHING! Amazon simply donates a portion of the purchase price for things you buy on Amazon if you buy them through the Amazon link on the Everett Unity Website. You must access Amazon.com through the link on Everettunity.org for this program to work.

Simply visit EverettUnity.Org and click on the "Amazon" button. You will be redirected to Amazon. It's really just that simple. An easy way to remember is to make a new Bookmark to replace your old Amazon bookmark.

This is expected to be operational by June 15, 2015