



Everett Unity Center For Positive Living

Unity Center Gazette

JUNE SPEAKER SCHEDULE

June 2016

June 5: Roy Holman
June 12: Doug Benecke
June 19: Mustafa Alharab
June 26: Rabbi Ted Falcon

FINANCIAL REPORT

April Numbers:

Income: \$5,763.86
Expenses: \$8,926.09
Tithes to: Unity NW Region, Silent
Unity, Spiritual Social Action/
Community Fund and Nana's Foundation.

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
DirectorPatrick Trana

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

“WE ARE ONE WITH ALL” -YOUR BOARD OF DIRECTORS

It recently came to our attention that a few people in the local community have strenuously objected to the proposed development of a Muslim Center in Mukilteo and we were asked by some Everett Unity members to speak about this. In standing with our practice of being nondenominational and welcoming in dignity and love, people of all races, colors, religions, life-styles, social backgrounds and economic levels, your Board of Directors will be making the following statement in support of the new center:

“We, as members of the faith community known as the Unity Center for Positive Living in Everett, are saddened by the treatment and reception the Islamic Center in Mukilteo has received from a few fearful individuals. Though disturbing, we recognize it is really a cry for love and we wish to extend our love to everyone involved. Such behavior impacts us all and offers an opportunity to come together now in the living spiritual principles which run through all religions.

We offer our support and prayers to you and to our communities and we hold the ones who are crying out in perfect love.

At Everett Unity we honor all pathways to God and hope all people can walk safe and assured in whatever path resonates in their hearts. We stand in loving support of all who desire to know themselves and God more deeply.

We pray, that the God of our understanding touches our hearts with the flame of love, filling us with the desire to know only Truth. In this light of Truth, may we know that God gently enfolds us with everlasting peace, forgiveness, love and comfort. May God's love expand our awareness and may we extend divine love to everyone we know and encounter. May we offer gratitude and empowerment knowing we are safe, we are loved, and we are one with all. And so it is. Amen.”



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

This time of year I always start getting excited for school to end and for summer to arrive and this year is no exception! Don't we all appreciate seeing more blue skies and sunshine, enjoy longer days and a more relaxed schedule of some form or another? Our children need this time to rest, recharge and enjoy a less structured schedule, too. Let's be proactive and think about ways to make this summer our best one yet.

Plan ahead. Set aside some time to discuss summer plans with your family. What are your priorities as a family? Do you want to plan a family reunion of some sort? Would you like some small get-aways for your family? How about a weekend trip to the beach? Is there a class your child would like to take or a skill s/he would like to learn? Now is the time to start brainstorming what you would like your summer to look like.

Simplify. Help the children in your life learn how to go through their belongings and get

rid of things they no longer need. The more organized and simple their surroundings are, the more peaceful people tend to feel. Sort items into four categories: garbage, recycling, donations, and items to sell. Have your child help you choose the charity or group you take your donations to. Ask your child to accompany you as you drop things off. Follow-through and get the items you have sorted **out** of your home. One of the very best books I have read on this topic is "The Life-Changing Magic of Tidying Up" by Marie Kondo.

Relax. Try for a simpler schedule, easier menu, less structure, more fun this summer. Bon fires are one way our family likes to unwind, reconnect, and enjoy food and time together. It's amazing how something as simple as a fire pit can change the dynamics of your tribe. It's inexpensive, it doesn't matter how few or how many people join you, the food items are easy, and it lends itself to sharing, sing-

ing and general silliness.

Incorporate water. Go to the ocean, go fishing, go swimming, run through the sprinklers, have a water balloon fight. Children and adults alike tend to be drawn to water! It's another simple way to add more joy to your life this summer!

Eat healthier. This is the perfect time of year to enjoy fresh fruits and vegetables. Maybe you have started or wish to start your own garden project? Maybe there is a farmer's market you enjoy visiting? It is the perfect time to have your children get involved in helping you prepare meals and have input into your family menu planning and shopping!

Pray together. Maybe you already enjoy praying together, but if not, why not give it a try? Trying giving thanks to God before meals that your family eats together and saying a prayer at the end of the day together, giving thanks about what went well and asking for guidance about challenges. Praying together can be a beautiful experience that bonds families and

strengthens relationships.

Read together. Choose books with great themes or lessons that can be learned and make a new habit of reading together. My children still talk about "Jonathon Livingston Seagull" and at the time we read it together it did not seem to be making much of an impression. I took them to Camano Island Park and we sketched pictures of the seagulls we saw and they wrote in their journals. It's actually ironic that although they balked at the whole idea, they still bring it up from time to time as a special memory.

Be active. Find some sort of physical activity that all members of the family enjoy and do it together. Maybe it's hiking, or swimming or just going on walks in the neighborhood. Whatever it is, make it a fun habit your children look forward to! The more active children are when they are young, the healthier they tend to be, as they grow older.

Let's make this a summer to remember!

Thank you, God!

**SPRING AND SHINE
- KEVIN HART**

Life is unpredictable, contradictory, and wonderful. Spring is a time of new birth, of rejuvenation, and of anticipation of the Sun coming. Warmer days, more light, and a softer season are all attributes we love in the coming season here in the Pacific Northwest. Yet, the old must parish.

I am noticing more and more as I approach half a decade on Planet Earth that my life has seasons, too. Though not as “predictable” as the weather patterns in a calendar year might be, with the gift of hindsight, isn’t it easy to see how these seasons of our lives have played out?

We can look back and see how every hurdle has offered tremendous value in learning, growing and realizing what we are and why we are here. Often, the greatest despair is in fact our greatest opportunity. If you are like me, you wish above all else that your life is meaningful beyond just yourself. Inside every human being is the fundamental seed of massive potential and a kinship that transcends status, race and dogma. Marianne Williamson tells us:

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you *not* to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people will not feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It is not just in some of us; it is in everyone and as we let our own light shine, we unconsciously give others permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

Looking back on my own life it is easy to see that at one time fear permeated my existence. But it was walking through that fear that has made me who I am today. When Cate Montana spoke at our church this past Sunday, she said that five years ago she would have been petrified to speak in front of people, but her presence this day was warm, open and inviting. What happened within her to bring about such change? Did she add something to her that was not already there? Or did she simply access her Secret Place, as Jesus calls it, and allow her potential to flourish.

Every human being, no matter their appearance, current circumstance or belief, has massive power within. Paramhansa Yogananda teaches that in the tip of your pinky finger is enough energy to light up Chicago.

It is not easy to bring about true transformation. We are met every day with obstacles, some days monumental. Sometimes, it’s the daily grind that threatens our sanity. We can shine the light of God in all that we do.

Here is a fun invitation:

- Plant a new seed in the garden of your consciousness today. You can do this with a simple attainable goal. It can be small or lofty, there is no order of difficulty in miracles
- Write down this goal, no matter how silly it feels. Keep it simple.
- Move past any negative thoughts, even if only for the time it takes to write the goal. (Resuming any worry, frustration or doubt is optional!)
- Offer the goal fertile ground; simply acknowledge that it is possible to achieve this goal.
- “Water” it with your focus. Feel the feelings of your goal already so..and don’t let go.
- Give it daily Sunlight. **This is the Sunlight of the Spirit.** Acknowledge the Source of Life as the Doer, and you get to be the witness.
- Take at least one simple action a day toward realizing this goal. Enjoy!

JUNE AFFIRMATIONS

Inner Peace - I find peace in the stillness of my soul.

Guidance - I listen to inner wisdom and make wise choices.

Healing - My body is a temple of divine life and light.

Prosperity - Attuned to prospering ideas, I draw my good to me.

World Peace - I envision all people as citizens of peace.

Listen to our Sunday Services on the web at: www.EverettUnity.org

WOMEN'S CIRCLE WEDNESDAY JUNE 1
"God's Music"

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

Join us for music night and, if you have any, bring your instruments for a sing along! We will be creating hand-made instruments and enjoying our time together. Also, if you are able, please bring a dish to share during our potluck. We hope to see you there

EXPLORING ENERGY

Using the 5 Basic Unity Principles

Thursdays through June 23, 2-3:30 p.m., \$10 per class. Expand your awareness of this amazing world we live in through discussing our beliefs, concepts and personal experiences and sharing our own individual changes and growth.

BUDDHIST 8 STEP RECOVERY GROUP

Every Sunday 6-7:30 p.m. in the Social Hall

For more information contact: www.nwbuddhistrecovery.org

IMPORTANT: PLEASE NOTE

Spiritual Social Action Committee meeting changed to the 2nd Thursday of the month June 9, same time and location. Back to the regular schedule in July.

HANDY CRAFTERS SOCIAL GROUP

2nd & 4th Wednesday, June 8 & 22, 6:30-8 p.m.

Bring your crafty talents and idea to the group to create beautiful useful things for our friends in need.

JUNE 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 (See panel to left)

Sunshine Team after service June 26

Monday:

The Artist's Way, Every Monday, 6-8 p.m.

Tuesday:

Board of Directors, June 21, 10:00 a.m.

Course in Miracles, Every Tuesday, 7:00 p.m.

Wednesday:

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

Women's Circle, First Wednesday, June 1, 6:15-8:15 p.m. (See panel to left)

Handy Crafters, Second and Fourth Wednesday, June 8 & 22, 6:30-8 p.m.

Newsletter Team, June 29, 12 noon

Thursday:

**Spiritual Social Action, SECOND Thursday (this month only), June 9, 7-9 p.m. Fire Wheel Community Coffee Shop, 2727 Colby Avenue*

Exploring Energy Using the 5 Basic Unity Principles, 6 weeks on Thursdays through June 23, 2-3:30 p.m.

Friday:

Drum Circle: First & Third Friday, June 3 & 17, 7-9 p.m.

You Are Never Lost

A little more than 20 years ago, my life changed dramatically. I lost my husband, my father and my mother in less than seven years. I didn't know it at the time, but I had entered a very intense school. The lessons were the hardest I've ever had to work through.

Many times I thought I was lost. I was really struggling. I wanted to go back to how it was, but we can't go back. We have to learn to accept what we cannot change. Acceptance allows us to use our pain as a means of growth. I had no idea at the time that so much pain could be so rich with promise, but it is.

One thing that helped was my belief that all things come bearing a gift - a principle gleaned from my many years as a Unity student. I clung to that belief tenaciously. The necessity of finding that gift was what got me out of bed in the morning.

About a year after my husband died, I found out about Dr. Deepak Chopra, and an entirely new path opened before me. They say when the student is ready,

the teacher appears. Well, the teacher had definitely appeared. So without my realizing it, I'd been set on a path that not only would help me heal, it answered my questions about how I could help and how I could serve.

One of the things I learned is that you have to let go of how you think things should be so you can be open to God's plan for you. Eventually you begin to understand everything is exactly the way it should be at a particular moment. True, you may be hurting like crazy - emotionally, physically, or in some other way - but at that particular moment, this is exactly the way things need to be so you can learn what you need to learn, so you can grow in the way you need to grow.

Yes, challenge is part of life, but no matter how difficult something may seem, there is always a way. You are never lost. More than that, you are being guided, and loved, every step of the way.

-by Donna Miesbach