



# Everett Unity Center For Positive Living

## Unity Center Gazette

### MAY SPEAKER SCHEDULE

May 2016

- May 1: Sylvia Anderson
- May 8: Eileen Dey
- May 15: Doug Benecke
- May 22: Cate Montana
- May 29: Sherry Schultz

### FINANCIAL REPORT

#### March Numbers:

Income: \$5,604.91  
 Expenses: \$9,949.27  
 Tithes will go to: Unity NW Region,  
 Silent Unity, Spiritual Social Action  
 Fund.

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  
 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

### **SO EXCITED TO SHARE.....**

**You, the wonderful people  
 of Everett Unity, have  
 already raised \$4,600 for  
 the Building Accessibility  
 Project! Watch here for  
 more information about  
 on-going fundraising events.  
 Here We Grow...**

### ***Welcome New Members***

**Ron Roew  
Cathy Roew**

And God removed all standing points.  
 And God took away all mirrors.  
 And there was nothing left,  
 But God....

And while falling in God there was  
 the vastness of the silent Allness,  
 a stillness suspended in ecstasy,  
 the Idea of a pulsating Universe  
 in the sparkling womb of a grain of sand,  
 the Silence that howled,  
 birthing its raging Force across Totality...

There was a witness, a poet,  
 Who made sense of it All.  
 She weaved the thought of the first stanza  
 and sang the first word of a song-  
 A vibration that swirled on itself,  
 and whirled  
 and turned  
 into a soul.

-Author Unknown

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

Recently I had a milestone birthday. As I reflect on what have been the most important lessons I have learned in the first fifty years of this life, I am struck by the fact that although I may be a "late bloomer," I am grateful for the ability to learn, grow and evolve. I feel a responsibility to teach my children the lessons I have learned because although they may need to learn their own lessons their own way, I am hopeful that they can benefit from my mistakes. I challenge you to take an inventory of some of the lessons you have learned that you feel are important to share with the children in your life.

**"Being too nice to say no is not an asset."**

I have learned over the years that when I am asked for anything, whether it be my time, my money, my resources, or my opinion, it is up to me to decide how to proceed. Even if I am 'available' to help someone, I still need to make a thoughtful decision. I think it is important for us to teach our

children that they need be able to set boundaries for themselves and that saying no is not taboo.

**"Always remember to listen to your gut."**

Our intuition is almost always spot on. Our bodies can sense when a person or situation is not right for us. We can pick up on energetic vibrations that help us discover what is right and what is not right for us. Sometimes we ignore these feelings and we usually regret it later. Young children can describe how their tummy tightens when something feels wrong to them and how much better they feel within their bodies when things feel right. We need to get in touch with our bodies and really listen to what we know within our heart.

**"It is never too late or too early to figure out what your priorities are in this lifetime and make choices on a daily basis that support these."**

We are all only given a limited number of days,

months and years to move through our lives on this earth and it is up to us to make the most of each day. If we have identified our priorities it easier to make sure we are living in such a way that we are enhancing and supporting our values. We don't want to make the mistake of 'wasting' our days by just going through the motions of our daily existence and not moving towards our best life.

**"People really aren't judging you or paying much attention to you, even though it may feel like it."**

We all feel like when we make a mistake or when something happens to us that everyone is noticing, judging, and talking about our situation. Truth be told, people are really thinking about their own lives and worrying about their own problems, they don't really care too much about what is happening in your life.

**"You can do or be anything you want to do or be in this lifetime... really."**

We are all just fragile human beings walking

around, pursuing our dreams and trying to reach our goals. "Why not you?" If you have a dream or desire that you would like to see manifested in your life, do some visualizing, take some action and make your vision a reality. Don't underestimate your personal power and your ability to make things happen. There is nothing you cannot orchestrate with the help of the Universe with God as your co-creator.

**"Everything really does happen for a reason, even if we don't understand it. There truly are no coincidences."**

We need to teach our children that even if things don't seem to make sense, there is a Divine plan and everything is falling into place in Divine order. It may not all make sense to us now or even later, but we need to trust that things are unfolding exactly the way they are supposed to.

Thank You God!

**SELF BLOSSOMING  
- GLENDA SMITH, PRESIDENT**

Spring arrived with an abundance of colorful blossoms full of delightful scents wrapped in fresh greenery. A majestic array of gifts, joyously given, intended to break winter's spell of gloominess.

"Hello, I've finally arrived with gifts of colorful splendor and promises of majestic blue skies and barefooted days ahead. I love you, Spring. Thank you for your gifts of renewal, your promises of growth, and the end of long, dreary days. You've energized me and dazzled me with your brilliant colors and smells. You've put a smile on my face and a dance in my step."

These hopeful and expectant feelings spring gives me are similar to those I have when going to my Higher Power in challenging times. The times when I need to shed the old and find a new loving perspective to help me blossom into a new me. I have faith in the process of my "Self Blossoming" as I've experienced it's wonders time and time again. In prayer I've asked many questions and in meditation received an abundance of answers. The Divine always gives me the seeds of wisdom which allow me to sprout and to eventually bloom radiantly. What a gift to have the magical power of change with me at all times!

The inner revitalization from God and the outer revitalization of Spring are a few of life's treasures that make life glorious.

Happy Spring!

## As a peacemaker I will...

Develop peace within my own heart and mind.  
See the good in myself and other people.  
Give others the benefit of the doubt.  
Regard life as a precious gift.  
Take time to look deeply and to listen.  
Practice kindness-regardless of who "deserves" it.  
Take responsibility for how I affect others.  
Protect the vulnerable.  
Learn from my mistakes.  
Speak to myself like a true friend.  
Notice what I already have.  
Soften my reactivity.  
Accept difference-even when it challenges me.  
Extend my vision of community to embrace all living beings.  
Honor the earth and protect it, and all its living forms.  
Learn the value of silence and of thoughtful speech.  
Practice the power of forgiveness.  
Open the space for joy, spirit and illumination to come in.  
Cultivate gratitude for all that I am and all that you are.  
Refuse violence as a solution to human problems-ever.  
See the unity in all of life.  
Live as a source of peace and kindness for others.  
And also for myself.

-Stephanie Dowrick,  
Everyday Kindness

### MAY AFFIRMATIONS

*Inner Peace - Centered in Spirit, I am calm and serene.*

*Guidance - Divine light illumines my thoughts, words, and actions.*

*Healing - Wholeness is the truth of my being.*

*Prosperity - God is my source. I am prosperous..*

*World Peace - I radiate peace to all people.*

**SUNDAY MORNING MEDITATION**

Every Sunday 9:00 to 9:30, in the Nursery  
Facilitated by: Walter Rothfus

**WOMEN'S CIRCLE**

**The Importance of Self-Nourishment**  
Wednesday, May 4, in the Social Hall  
6:15 p.m. Potluck Begins  
7:00 p.m. Program Begins

What do you do to self-nourish? How do you keep your pitcher full so you can fill other's cups? We will be sharing and planting seeds to watch flourish for our personal enjoyment. Also, if you are able, please bring a dish to share during our potluck. We hope to see you there! (Love Offering Will Be Collected)

**EXPLORING ENERGY**

**Using the 5 Basic Unity Principles**

Six weeks: Thursdays-May 19-June 23, 2-3:30 p.m.  
\$35/series (regularly \$60), or \$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.  
Facilitated by: Adonnis Gregory

**BUDDHIST 8 STEP RECOVERY GROUP**

Every Sunday 6-7:30 p.m. in the Social Hall  
For more information contact: [www.nwbuddhistrecovery.org](http://www.nwbuddhistrecovery.org)

**MOCKINGBIRD TRIO CONCERT**

Sunday, May 22, After service in the Sanctuary  
Great News! The Mockingbird Trio is returning to perform during the Sunday service with a special concert following the service. We are so excited to welcome them back. Bring a friend and plan to stay awhile. You won't want to miss this wonderful performance.



**MAY ACTIVITIES**

**Sunday:**

*Worship Service* & Children's Church 10:00 a.m.  
*Morning Meditation* every Sunday beginning at 9 a.m.  
Silent Meditation from 9:15-9:30 in the Nursery  
*Buddhist 8 Step Recovery* every Sunday night, 6-7:30 in the Social Hall (See panel to left)  
*Mockingbird Trio*, May 22, 11:30 p.m. in the Sanctuary. (See panel to left).  
*Sunshine Team* after service May 29, in the Social Hall

**Tuesday:**

*All activities are in the Social Hall unless noted*  
*Board of Directors*, May 17, 10:00 a.m.  
*Course in Miracles*, Every Tuesday, 7:00 p.m.

**Wednesday:**

*All activities are in the Social Hall unless noted*  
*Course In Miracles*, Every Wednesday, 10:15 a.m.  
*Women's Circle*, First Wednesday, May 4, 6:15-8:15 p.m. (See panel to left)  
*Newsletter Team*, May 25, 12 noon

**Thursday:**

*Spiritual Social Action*, First Thursday, May 5, 7-9 p.m.  
*Fire Wheel Community Coffee Shop*, 2727 Colby Avenue

**Friday in the Social Hall:**

*Drum Circle*: First and Third Friday, May 6 & 20, 7-9

**I GIVE THANKS FOR THE ABIDING STRENGTH OF MOTHERLY LOVE**

I bless and give thanks to all mothers everywhere. I praise their fortitude and commitment and applaud each one's tireless, selfless devotion. I am in awe and admiration for the diverse, beautiful expressions of the sacred activity of motherhood throughout the world.

Reflecting on mothers, I take a moment to recognize that the glorious spirit of maternal love abides in me, no matter what my gender. I am grateful for my capacity for boundless patience and unconditional love as I support, protect, strengthen, and nurture others. Motherly devotion, found both within and all around me, enriches the world beyond measure.