



Everett Unity Center For Positive Living

Unity Center Gazette

October 2015

FINANCIAL REPORT

August Numbers:

Income: \$8,224.78

Expenses: \$7,115.21

August Tithes will be sent to: Unity NW Region, Silent Unity, Spiritual Social Action Fund and the Okanogan Fire Animal 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.....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 Master...Steve Tucker

May the warm winds of
heaven blow softly upon
your house.

May the Great Spirit bless
all who enter there.

May your moccasins make
happy tracks in many
snows.

And may the rainbow
always touch your
shoulder.

-Cherokee Blessing

OCTOBER SPEAKER SCHEDULE

Oct 4: Rebecca Sumner
Oct 11: Doug Benecke
Oct 18: Adonnis Gregory
Oct 25: Krysta Gibson

OCTOBER AFFIRMATIONS

I am one with Christ and I am at peace.

I act on my guidance from God.

I am strong, healthy and vigorous.

Divine ideas prosper and bless me.

My peaceful presence contributes to peace in the world.

*We invite you to focus on these affirmations. Spoken aloud or
silently, these affirmations can support you in creating a spiritually
centered life.*

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 10

The final edition of our ongoing series to improve mental and physical health.

Enjoy Laughter Daily

Laughter releases endorphins, the feel-good chemicals that act as natural stress busters. A good belly laugh also improves circulation, fills your lungs with oxygen rich air, helps relieve pain, and counteracts fear, anger, and depression.

To tickle your funny bone, watch a silly movie or TV comedy, visit a local comedy club, read humorous books and articles, and spend time with those who genuinely make you laugh. And, don't forget to laugh at yourself once in a while - this humbling experience reminds you not to take life too seriously.

Unity Magazine, September/October 2014

YOUTH AND FAMILY EDUCATION - JACQUELINE ARNOLD DIRECTOR

“Stay Calm & Pray”

I recently had a beautiful experience I feel inspired to share. At the end of summer, I took my children and their friends on a road trip to Silverwood theme park in Idaho. We had been looking forward to this trip for months! I was a little apprehensive about the weekend, but was also looking forward to the weekend of fun.

We had a great trip there, although our day at Silverwood ended up being cool and rainy. By the end of the day, we were all pumped up and enjoying the lack of lines and the adrenalin we were experiencing from all of the rollercoasters! We ended up staying until closing time, which surprised us all because we had almost bailed earlier in the day.

We got to our car singing and dancing and full of energy. We pulled out onto the dark highway and our van suddenly broke down. All sorts of indicator lights came on, the gas pedal wasn't working properly, the steering wasn't working right and the car was vibrating. I immediately pulled over. I was the only one who realized the full extent of what might be happening. We looked in the manual to see what the indicator lights meant, I called AAA to see if they could help. Suddenly, I realized my stomach was in a knot because we were so far from home and I had no idea what I was going to

do with 6 teenagers on a dark highway over 40 miles from our motel.

I did the only thing I could think of: I prayed. I asked God to guide me. I asked for clarity. I asked for protection. When I lifted my head up and looked around, I saw a gas station on the other side of the highway that I hadn't noticed before. I thought of Bob Eagan and all of his teachings about things appearing just when you need them. I felt led to drive there. I didn't know if we would make it, but we slowly drove across all four lanes and pulled into a parking spot. The man working there was nice and tried to help. A big truck pulled up next to us and the gentleman who got out offered to help us. I kept thinking 'what is the next thing I can do to make this situation better?'

In the end, after he did what he could, the man told me he thought I should start driving slowly towards our motel. Ironically, we had to drive over a mountain pass to get there. He said that if the lights came back on and the car wouldn't drive, something very serious was wrong and that we would need to be towed. I said another prayer. I asked God for help. I began to drive. It felt scary driving towards the dark and away from the comforting lights of the gas station and civilization. I remembered this

quote as I drove:

[“It's like driving a car at night. You never see further than your headlights, but you can make the whole trip that way.”](#)

~ E. L. Doctorow

I knew I had to have faith. I kept repeating positive affirmations in my head. I acted calm so that my children would not be afraid. We finally arrived at our destination safely. I was so elated I couldn't stop thanking God!

The next day we packed up and said another prayer. We needed to make it home that day. We stopped and had our car looked at, but because it was a holiday weekend, we could only find a place to have the oil changed and the fluids checked. We felt so supported as we drove home. We had God protecting us and we had so many friends and family contacting us and letting us know they would help us if we needed them to. I heard from an old high school friend from Facebook, my aunt and uncle in Ellensburg, friends from Arlington and numerous other caring individuals who were ready to help us, if needed.

What I was reminded of during this ordeal is that God really is our strength. He provides what we need and watches over us. We can help manifest what we need in our lives through prayer, affirmations, meditation and positive thinking. There are so many good people in this world who are willing to help

others and to be of service. I have a grateful heart and felt like this experience helped all of us in many different ways. My children learned that at least in this case, staying calm, praying and focusing on the next positive action can be the solution to a difficult challenge.

Thank you, God!

A Prayer for Guidance *By Elizabeth Searle Lamb*

Dear God, in Your hands
I place myself on this day.
Your purpose for my life.
Your perfection for my body,
Your abundance to fill my need
In Your hands lie these,
And their fulfillment in my life
Is sure
If by my will and my desire
I, too, am totally in Your hands.
Guide me then, in Your ways
Throughout the whole of
this day
Free my mind of fear and doubt
That I may think creatively.
Free my body and its limitations
That it may be strong and vital.
Free my spoken word of hesitation
And my action from indecision.
In Your hands I place my total
self
For I am Yours,
Dear Mother Father God.

Amen

UNITY WORLD DAY OF PRAYER 2015

The impetus to pray, to connect intimately with something greater than ourselves, whatever we imagine that something to be, is a universal impulse within the human soul. Since the beginning of human life, people have prayed in all manner of ways and under every conceivable circumstance. In mainstream denominations of Christianity, God is thought to be remote, external and separate from us. Praying is seen as a way to implore God to help you. Prayer includes pleading, begging and placating God in various ways in order to have any expectation of having your prayer answered.

In Unity, we believe in Affirmative Prayer and focusing our attention inward, instead of outward toward a celestial being. This practice is actually discussed in the early writings by the Old Testament prophets and leaders. Samuel said "God is to be found not in the whirlwind, not in the fire but in the small, still voice", (Kings 19:10) Samuel realized that our role in prayer is to listen inwardly for the answer we are seeking. David stated this again in Psalms 46:10, Be Still and Know That I Am God.

Affirmative prayer reflects the certainty that we are each being led to our highest good, despite any temporary appearances. And we recognize that, as Emmet Fox says, "Any mental activity which enables us to raise the spiritual standard of the soul is a form of prayer". Therefore, our thoughts and words are prayers as well. In Unity, we believe that all things work together for our highest good. We pray to align ourselves with God and to allow ourselves to be inwardly guided to that good. Through affirmative prayer, we help co-create the good that is possible in our lives.

By using affirmative prayer, we can visualize and plan for the future with faith that the power of God is continually blessing our lives with unlimited possibilities. Affirmative prayer leads to an awakening of our spiritual selves. In faith, we pray giving thanks in advance that the Universe is meeting our every need.

Through prayer and meditation, we experience the presence of God, heightening our awareness and thereby transforming our lives. Rather than begging or beseeching God, this involves connecting with the spirit of God within and asserting positive beliefs about the desired outcome. Even Jesus said, "So I tell you, whatever you ask for in prayer, believe that you have received it and it will be yours" (Mark 11:24)

As a result of this shift in prayer practice from focus on a God separate from us to a God living in and through us, Unity has often been called "New Age" but really through this practice we know that we are tapping into ancient wisdom and ancient traditions. God is Spirit, the loving source of all that is. God is the one power, all good, everywhere present, all the time. God is divine energy, continually creating, expressing and sustaining all creation. In God, we live and move and have our being.

We learn soon enough as we grow, not to discuss two topics in

polite company: religion and politics. They are considered taboo to discuss at a party or in a social setting because there are so many different beliefs that people cling to very tightly...you might say "religiously", that it frequently leads to arguments and misunderstandings.

But, I implore you to consider another way. What if we developed the ability to hold our beliefs with an open hand, not clinging so tightly as to block out other opinions and what if we developed the ability to hear with our heart the commonalities we share, not the perceived differences we hold as irrefutable truths.

What if, in fact, these two topics "Religion and Politics" are the only things we really SHOULD talk to each other about? The only things that really matter. The only real conversations of substance. What do YOU believe? What is YOUR concept of God? What is YOUR prayer practice? How has YOUR faith made a difference in YOU and for YOU in your life? And, how do you want to see your spiritual beliefs manifest in this world? What if politics is actually just putting feet on our spiritual beliefs, putting our money where our mouth is? What do your spiritual beliefs and political viewpoints say about what you believe God to be? How do you connect to that God?

I believe the way we make this connection to our God and to this world is by focusing on the things we have in common. We know all peoples and cultures want a better future for their children. They want safe housing, food and a good education. They want freedom to live and believe based on their values. It isn't just the "American Dream", it's the dream of our planet. Jesus commanded us "Love God above all else and love your neighbor as yourself". And as our knowledge of the world expands, we learn more about the rest of the world and find we live in a very large neighborhood indeed. Yet we know, from the small still voice inside us we are being led to a deeper connection to something bigger, something greater than ourselves. And we find that connection to God and to each other through prayer.

From the Daily Word, let us pray:

On this World Day of Prayer I heal and heal others. I pray for peace and the world is at peace. No one is a stranger to me and I have no enemies. I pray for people in my community and in every corner of the world. The healing love of God flows through my heart, blessing all of humanity.

My heart expands and I feel the yearnings of all people. The good desires of all beings are my desires. Their prayers for peace and understanding are mine as well. I experience deep compassion for my brothers and sisters. As I pray, I connect my highest thoughts with my deepest faith. I allow the love of God to heal my heart and bless the world. I am a healer of humankind and peace prevails. Amen. Thank you. -Cindi Pedersen

Listen to our Sunday Services on the web at: 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 at the first gathering of the month.

Everyone is Welcome. (Love Offering Will Be Collected)

**WOMEN'S CIRCLE
"ROCK-TOBER"**

Wednesday, Oct 7, 7-9 p.m.

Bring your favorite rock or stone and share the story of its significance for you. Most of us carry some gems around that have special meaning and we'd love to hear the story about your favorite one.

If you are able, please bring a snack to share during the break. (Love Offering Will Be Collected)

ONENESS BLESSING

Sunday Oct 11, After Sunday Service

Join Roy Holman and other Oneness Blessing givers to experience a Oneness Blessing. This blessing will help you awaken, calm your mind and bring up your energy. (Love Offering Will Be Collected)

***WISDOM READINGS W/KRYSTA GIBSON
Every Thursday by appointment only
(425-356.7237 or Krysta@krystagibson.com)
\$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.

**A "CHORUS" IN MIRACLES
Thursday, Oct 22, 7:00 p.m.
\$10/person**

Join us while we celebrate the 50th Anniversary of A Course in Miracles
With this worldwide showing of A Chorus In Miracles
Details of this exciting event to follow.

**EASY MIRACLES 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)

OCTOBER 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. Potluck first Sunday of the month only. (See panel to left)

Oneness Blessing after service October 11 in the Sanctuary

Breaking Free from Limitations and Addictions, Oct. 25, 1-3 p.m. in the Social Hall.

Sunshine Team after service Oct 28, in the Library

Monday:

Easy Miracles, 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, Oct 7, 7-9 p.m.
(See panel to left)

Board of Directors, Oct 21, 6:30 p.m.

Newsletter Team, Oct 28, 12 noon in the Social Hall

Thursday in the Social Hall

Spiritual Social Action, Oct 1, 7-9 p.m.

A "Chorus In Miracles", Oct 22, 7-9p.m. in the Social Hall

**Wisdom Readings With Krysta Gibson*, by appointment only

Friday: 7 p.m. in the Social Hall

Drum Circle: First and Third Friday, Oct 2 & 16, 7-9 p.m. in the Social Hall

**BREAKING FREE FROM ALL ADDICTIONS
Sunday, Oct. 25, 1-3p.m. \$20/person
Back by popular demand!**

It's 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 Hart & 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!

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.