



# Everett Unity Center For Positive Living

## Unity Center Gazette

### SEPTEMBER SPEAKER SCHEDULE

September 2015

Sept. 6	Bob Trimble
Sept. 13	Jamal Ramen
Sept. 20	Doug Benecke
Sept. 27	Krysta Gibson

### - KEVIN HART BOARD MEMBER

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  
Director .....Jill Snow

#### 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 Master...Steve Tucker

**UNITY  
WORLD DAY OF  
PRAYER  
PRAY UP THE WORLD  
PRAY UP YOUR LIFE**

**THURSDAY, SEPT. 10  
7:00 p.m.**

**Join faith leaders from  
throughout our  
community as they  
share the power of  
prayer from their  
spiritual teachings.**

and aspirations – but we can practice non-attachment to any outcome, in addition to considering our core intentions around them. If life is a giant game and we are making the rules, must there always be winners and losers? Is there a more subtle undercurrent that is actually the only true reality and we dance upon its surface, pretending?

Instead of playing a game of conquering, what if we began to practice acceptance and gratitude for what life is in any given moment? What if we gave freely everything we sought for ourselves? This practice always brings a foundational peace from within and throughout all that is, instead of outside-in.

We can begin to notice and align with the stillness, the place from which all things emerge. Here, we find an essential quality that wishes to be attended of its own accord. It is never imperative, and because our own desire so often is, we tend to listen to the latter instead - until we begin to cultivate a gentle and sincere awareness. From this place, we can make a new commitment for our very lives.

In the stillness, the misgivings of attainment disappear. We become observers. Our smaller-minded plans and designs are given a rest. We reach right past self-interest and find our common unity. Here, something most interesting happens. There is a golden and nurturing presence. It can be allowed to flow through.

In the oceans of pure potential we are given everything, but no longer need it. It is possible to dedicate our lives to something greater than a limited conception of what we are. When we align and allow, we get to experience the divine treasure of being used by Spirit. We are offered no less than new purpose, the purpose which brings fulfillment.

#### Align and Allow

Are most human beings fundamentally addicted to control? Have we limited ourselves? Could it be that our current experience is merely one possible scenario? We can begin an exciting journey with only precious little willingness. Why do we often hold onto a single set of beliefs and never challenge them? Is it time to challenge these old programs? It may be, if you are reading this article and longing for a new experience.

It is possible to change, and we often desire change while being petrified of it at the same time. So we secretly want things to be different. It burns, inside. This charge often acts as a magnifier to bring more of what blocks us from realizing our deepest wishes.

If we can begin to reach beyond want and desire, we have a chance, but of what? In a culture where instant gratification is so leading, this is perhaps an unpopular route to take. If we can monitor our thoughts and words, we may see that the little statement “I just want ...” is at the root of nearly all our troubles.

Experience shows that when we attain whatever possession or status we have so long sought, we are almost always unfulfilled beyond any temporal and false sense of control, and thus find another object or set of objects to covet. Often, what is sought and how stems from a perceived lack rooted in old beliefs. This does not mean we do not have dreams, goals

## YOUTH AND FAMILY EDUCATION -JACQUELINE ARNOLD DIRECTOR

September is the beginning of a 'new year' for me as a teacher, just as January is a new year for most of the population. As I begin to prepare to go back to school, I try to set new goals and intentions for my life. I just recently realized one of the priorities in my life that I would like to focus on this year.

I'm writing this while at my family reunion in Seaside, Oregon. I had such a beautiful moment yesterday that I feel divinely inspired to share with you. My youngest daughter and I decided to go zip lining a few miles up the road and couldn't talk anyone else into joining us. We decided this was an adventure we would like to pursue, as we recently participated in zip lining on Camano Island and enjoyed our experience together immensely. So, we made reservations, arrived on time and got harnessed up. It seemed like a similar experience, zipping over beautiful scenery, lakes, trees, and nature. It was similar until the end...on the last line they offered a choice. You could race someone on side-by-side lines OR you could sign another form, pay an additional fee and experience the "Zwing," which was a combination of bungee jumping and zip lining. Our guide demonstrated this feat. You stand at the edge of a platform about 75 feet in the air and jump off sideways. You free fall until the lanyard catches you and then you swing high up into the air

as you zip across a beautiful lake. This looked extremely scary to me. When our other guide asked who would like to zwing, my jaw dropped when my daughter yelled out, "I do." She asked me to do it too and looked me in the eyes pleading with me to join her in this adventure. Another Mom in our group was telling me not to if I didn't feel comfortable, I was torn.

I had an epiphany and it was at that moment that I knew I had to jump. My daughter is 13 and is learning to face her own fears. I was her partner on this adventure and she really wanted to experience this together. I wanted to show her that I can do hard things that I am afraid of. I wanted to be able to hug her afterwards and celebrate our bravery together....so I signed the extra form and got ready to jump off that platform.

Isn't that one of the most priceless, most wonderful parts of this beautiful life? We made a memory together that neither one of us will ever forget. We will talk about it for years to come. My daughter saw that even though I was afraid, I decided to go for it. I am not afraid to live life. I want to live this life to the very fullest.

So the lesson I am working on is remembering that creating these special moments is important and needs to continue to be a priority in my life. Most of us

spend so much of our time doing tasks, making meals, looking at our to-do lists and running errands. I believe we need to recognize the importance of taking time to make memories, to enjoy each precious moment, to smell the flowers and to dance in the rain.

Every day can't be an adrenalin rush play date, but in every day we can find a way to make a special memory for the ones we love.

Here are some ideas/examples:

\*write a love note for someone in your life and let him or her know exactly why you love him or her

\*walk in the rain and stomp in the puddles, dance if you feel like dancing

\*build a fire and make s'mores, sing some of your favorite songs around the fire

\*make a blanket fort and use flashlights to read books in your cave

\*go for a nature scavenger hunt

\*name your house and your cars and refer to them by name

\*play the arcade games with your children, they will love it

\*make mud pies in the backyard, add sticks for candles in the 'birthday cakes'

\*stop sometimes when you see something fun along the side of the road, spontaneity can be a wonderful thing!

\*get down on the floor and play with your kids, ask them what they want to play and let them take the lead

\*make a mess while baking

and then clean it up together  
\*think of unique, creative ideas...surprise your loved ones sometimes

\*look for serendipitous moments that can turn the ordinary into something magical just by noticing

We are all really 'kids at heart' and we all love living a juicy life! Be the kind of person who makes life fun, not only for yourself, but also for those around you! Surprise people by smiling, visiting and interacting with every living being you come across. Remember that you are God's eyes, ears, hands, and mouth....you have great influence and power to make this world a better place. You can choose to make each day a more joyful experience for everyone in your life!

**Thank you, God!**

I am here  
only to be truly helpful.

I am here  
to represent Him who sent  
me.

I do not have to worry about  
what to say  
or what to do,  
because He who sent me will  
direct me.

I am content to be wherever  
He wishes,  
knowing He goes there with  
me.

I will be healed as I let Him  
teach me to heal.

-A Course In Miracles

**WANT ‘SUSTAINED HAPPINESS’?  
GET RELIGION, STUDY SUGGESTS**

A new study suggests that joining a religious group could do more for someone’s “sustained happiness” than other forms of social participation, such as volunteering, playing sports or taking a class.

A study in the American Journal of Epidemiology by researchers at the London School of Economics and Erasmus University Medical Center in the Netherlands found that the secret to sustained happiness lies in participation in religion.

“The church appears to play a very important social role in keeping depression at bay and also as a coping mechanism during periods of illness in later life,” Mauricio Avendano, an epidemiologist at LSE and an author of the study, said in a statement. “It is not clear to us how much this is about religion per se, or whether it may be about the sense of belonging and not being socially isolated.”

Researchers looked at four areas: 1) volunteering or working with a charity; 2) taking educational courses;

3) participating in religious organizations; 4) participating in a political or community organization. Of the four, participating in a religious organization was the only social activity associated with sustained happiness, researchers found.

The study analyzed 9,000 Europeans who were older than 50. The report that studied older Europeans also found that joining political or community organizations lost their benefits over time. In fact, the short-term benefits from those social connections often lead to depressive symptoms later on, researchers say.

Although healthier people are more likely to volunteer, the research found no evidence that volunteering actually leads to better mental health. Benefits could be outweighed by other negative impacts of volunteering, such as stress, Avendano said.

The researchers noted that it is unclear whether the benefits of participating in a religious organization are connected to being in the religious community or to the faith itself.   
-The Washington Post

**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 9 of our ongoing series to improve mental and physical health.

**Take Time To Meditate**

This simple, free practice lowers blood pressure, soothes the gut, boosts immunity, reverses aging, and makes the body less reactive to stress hormones promoting emotional balance. Even merely breathing deeply is an excellent way to reduce stress, increase your creativity, release fear, bolster confidence, and supercharge energy.

There’s no one way to meditate. The essence is mindfulness. Being in the present moment. You can even be in a meditative state while walking or driving. Incorporate guided meditation, music, or mantras, or simply sit quietly, close your eyes, and focus on your breathing. Inhale and exhale slowly and deeply, noticing the sound and rhythm of your breath.

Follow this ongoing series, concluding next month.  
Unity Magazine, September/October 2014

**The Unity Practice of Prayer**

There are many ways to enhance your personal prayer practice at Everett Unity.

- Reach out to a Chaplain after Sunday service or by calling 425-493-4674.
- Call Silent Unity at 1-800-NowPray or download the uPray app for android & apple.
- Place a written prayer request in the confidential Prayer Box in the Social Hall or the Sanctuary foyer.
- Request to join the prayer team by calling the church office.

**FINANCIAL REPORT**

July Numbers:

Income: \$ 7,168.98  
Expenses: \$ 8,223.07

July Tithes will be sent to: Unity NW Region, Silent Unity, Spiritual Social Action Fund and Animal Rescue/Welfare.

Listen to our Sunday Services on the web at: [www.EverettUnity.org](http://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**

**Celebrating Working Women**

**Wednesday, September 2, 7-9 p.m.**

Coming up on Labor Day, this evening will be a salute to the varied careers and professional endeavors undertaken by the Wonderful Women of Unity. If you are able, please bring a snack to share during the break. (Love Offering Will Be Collected)

### **UNITY WORLD DAY OF PRAYER**

**Pray Up Your Life, Pray Up The World**

**Thursday, Sept. 10, 7:00 p.m., the Sanctuary**

Attend this world wide event while Everett Unity joins with other faith communities to learn, share, connect and experience the powerful practice of prayer.

"As I pray I connect my highest thoughts with my deepest faith".

### **\*WISDOM READINGS W/KRYSTA GIBSON**

**Every Thursday by appointment only**

**(425.356.7237 or [Krysta@krystagibson.com](mailto: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.

### **\*LUNCH & LEARN**

**Ancient Keys to Success & Happiness-AKASH**

**Thursdays, until 9/17 (no class 9/10)**

**12-1p.m. Bring your own lunch**

**\$50 per person for 6 week series**

Designed by Swami Kriyananda, the founder of Ananda, and based on the teachings of Paramhansa Yogananda this is a non-denominational teaching based on ancient wisdom.

### **WEALTH CIRCLES 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)

## **SEPTEMBER 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)*

*Sunshine Team after service Sept. 27, in the Library Annual Church Picnic, after service Sept. 27. (See panel below)*

### **Monday:**

*Wealth Circles, 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, Sept. 2, 7-9 p.m.*  
*(See panel to left)*

*Board of Directors, Sept. 16, 6:30 p.m.*

### **Thursday in the Social Hall**

*Spiritual Social Action, Sept. 3, 7-9 p.m.*

*\*Lunch & Learn: Ancient Keys to Success & Happiness, through Sept 17 12 noon to 1 p.m.*  
*(see panel to left)*

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

*Unity World Day of Prayer: Pray Up Your Life, Pray Up The World, Sept. 10, 7:00 p.m.*

### **Friday: 7 p.m. in the Social Hall**

*Drum Circle: First and Third Friday, Sept. 4 & 18.*

*Movie Night: Regularly scheduled for second Friday of every month, on Hiatus until Fall.*

**ANNUAL CHURCH PICNIC**  
**Sunday, Sept. 27, after service**  
**Langus Riverfront Park**  
**400 Smith Island Road**

Please bring a dish to share while we honor and enjoy our annual tradition of summer fun together.

We look forward to seeing YOU!

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.