



Everett Unity Center For Positive Living

Unity Center Gazette

SEPTEMBER SPEAKER SCHEDULE

September 2016

- Sept. 4 - Krysta Gibson
- Sept. 11 - Roy Holman
- Sept. 18 - Candia Sanders
- Sept. 25 - Jenn Peterson

FINANCIAL REPORT

July Numbers:

Income: \$5,842.60
 Expenses: \$7,145.10
 Tithes to: Unity NW Region, Silent Unity, Spiritual Social Action, Unity Community Fund and Operation School Bell

Spiritually Growing Always, And In All Ways!

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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

3 WAYS TO BE A PEACEMAKER IN A TIME OF HATE BY: PATRICIA PEARCE

In the face of escalating hatred and violence that is tearing at the seams of our country, many of us are left wondering how to be a peacemaker. How can we counteract the alarming anger and violence without engaging in further attack? How do we unleash the power of peace?

The fundamental misunderstanding about reality beneath all the xenophobia, Islamophobia, homophobia, racism and sexism we are witnessing is that something called separateness exists.

The question is, how do we respond to this erroneous idea without engaging in the same posture of attack that such an idea engenders? I am going to suggest three ways, based on the principles of nonviolence.

1. Stand in Solidarity with Those Under Attack

When gay people, transgendered people, Black people, women, Muslims - or *any* group - is being attacked it is essential that people of other demographic groups - straight people, white people, men, non-Muslims - stand in solidarity with them.

The first reason this is important is so that they are not left to face the bigotry and violence alone. The feeling of isolation can be just as painful as the attack itself. The second reason it is important is because solidarity is an effective line of defense.

In 1993, in Billings, Montana, a white supremacist threw a cinder block through a Jewish family's window because they were displaying a Menorah. In response, thousands of non-Jewish residents began displaying menorahs in their own windows. At first the vandalism intensified, but the act of solidarity continued, and in the end the violence and intimidation ceased.

Inspired by that story, our Philadelphia neighborhood mobilized when a gay man's house was being vandalized because he had a rainbow flag flying outside his home. Scores of neighbors began displaying rainbow flags outside their own homes and eventually the homophobic intimidation ceased.

And of course one of the great moments of solidarity in our country's history was in the 1960's when thousands of white people, shocked by the



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

I have been thinking a lot about spirituality and the best methods for helping our children as they develop their own set of beliefs and ideas. Spirituality can be defined simply as a sense of connection to something bigger than ourselves, and it typically involves a search for **meaning** in life. As such, it is a universal human experience - something that touches us all. Children seem to yearn for spiritual experiences, are interested in finding peace and are open to the ideas and discussion of spiritual topics.

It is important for our children to know that even if they do not attend church regularly or at all, they can find God anywhere - at school, in nature, at a museum or in their home. Teach your children that every family does things differently and individuals in each family may also do things differently and that all choices should be respected and valued.

An important parenting strategy that can work wonders with your children or grandchildren is admitting

that you don't have all the answers and showing them that you are ok with that. Mimi Doe, the author of 10 Principles for Spiritual Parenting likes to tackle tricky questions with the phrase, "I'm just not sure. Life is full of so many mysteries!" Then she suggests sharing any information you can, such as "Some people believe XYZ and some people believe ABC. I was brought up to believe JKL. But what do you think?" This goes right along with the Love & Logic parenting style, which I highly value. You offer children ideas and information when they ask for it, but in the end, you ask them what they think and allow them to make some decisions on their own. This allows them the chance to hear different points of view, to discuss their ideas and to be involved in authentic discussions about an important subject.

When you hear an ambulance or fire truck siren, stop and say a little prayer or speak your thoughts out loud to the Universe.

Say something about sending positive thoughts, love and light to everyone involved. Let your children see your genuine concern and care for everyone. Give your children down time. Allow them quiet time to read, pray, meditate, rest or just think. Let them spend time in nature and point out the beauty of the natural world with them. Go on a nature walk, finding leaves and bugs and flowers. Give your children journals and pens and encourage them to write down their thoughts. Set an example for your children. Let them see what you do to cultivate your own spiritual growth. Let them in on your habits, ways you talk to God, how you quiet your mind and answer their questions as honestly as you can.

Children's books are wonderful for teaching spiritual concepts. Many books have themes that can be used to teach spiritual ideas. Please let me know if you would like help finding appropriate books for your family's needs. There are many lists on the Internet and our church owns many of these titles that can be valuable resources.

Finally, consider

writing a mission statement together with your family. Even small children can understand a simple mission statement, such as, "Our family believes in treating others the way we wish to be treated. We believe in kindness and respect. We believe in helping others when ever and where ever we can." Children will enjoy the process of coming up with a mission statement and creating a poster to display on the fridge, proudly letting everyone they invite into their home know what they collectively believe in together.

Spirituality can be an uncomfortable concept because many of us still have some questions about what we believe and are not completely sure of the answers to some of our own questions. Even though it can be a challenging topic, it is important to the development of our children and it cannot be ignored. We need to remember that it is ok for us not to know all the answers and to be open and willing to share our truth in an honest and authentic way.

Matthew 19:14

Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."

Thank you God!

3 Ways Continued from Page 1

racist brutality being perpetrated upon peaceful Black demonstrators, joined with Blacks to demand change.

It is impossible to overstate the importance of solidarity. When I was in college I spent a year studying in Germany. It was the late 70's, and up until that time there had been no public reckoning in Germany about the Holocaust. So when the PBS mini-series *Holocaust* was broadcast on national television, it was a historic occasion.

After each episode viewers could dial into a radio forum to share their feelings. Thousands of people called in to pour out their grief and shame. I can still hear the sobs of one elderly woman who described seeing her Jewish neighbors being taken away in the night. "Warum habe ich nichts gemacht?" she said over and over again. "Why didn't I do anything?" Hearing her anguish made me realize the cost of being a bystander. Nearly 40 years later she was still tormented by her inaction.

But the sad reality is that by the time the Gestapo came for her neighbors, the machinery of hatred was already well in place. For her to step in at that moment might have cost her her life. The time to stand with those who are coming under attack isn't when the Gestapo is knocking at the door. It is when the persecution first begins.

People who target other groups for harassment, intimidation, violence and even genocide often assume that others will stand by and let it happen because they are not directly affected.

But when we stand in solidarity with those being targeted we assert the reality that there is no "other." When any of us is injured we are all injured. When any of us is targeted, we are all targeted.

Practicing solidarity, we become with-standers, not bystanders, demonstrating the truth that separateness does not exist.

2. Love the Person Consumed by Hatred

Solidarity is essential. It can stop hate movements from gaining the traction they need to become truly dangerous. But by itself it doesn't go far enough in dismantling the erroneous idea at the root of the violence. In fact, acts of solidarity can reinforce a mentality of separateness if they are done with the intent of shaming the perpetrator. If we really want to be agents of transformation we have to go farther. We

have to learn to love the person consumed by hatred.

Let me state the obvious: anyone who has to attack another in order to feel right about him or herself has no clue who and what they truly are. They do not know they are expressions of the Source of All Being. They do not know they were born worthy. They do not know their goodness is and always has been a given.

They believe instead that their worth and their power arise from their ability to dominate or even destroy another. Blinded to their own divine nature, they cannot see the divine nature of those around them. Oblivious to the reality of oneness, they do not comprehend that when they attack another it is themselves they attack.

As healers, our task is to witness to the truth of who they are. We don't condone their actions or defend their ignorance, but we hold to the truth of what they cannot see: that in their essence they are whole, and far more beautiful than they imagine.

For an inspiring account of the power of love to heal and transform a person consumed by hatred, check out Kathryn Watterson's book [*Not by the Sword: How a Cantor and His Family Transformed a Klansman*](#).

3. Heal Your Own Mind

Finally, perhaps the most important contribution you can make to the healing of the world is to heal your own mind. You are sovereign over your mind. You decide what thoughts you will cultivate and which beliefs you will nourish.

So pay attention to how the story of separateness plays out in your own mind, because this is where it all begins.

Start by noticing the attacks you launch upon yourself: the vicious thoughts of self-judgment, of unworthiness, of shame. Notice them and refuse to feed them. You will find they soon lose their power.

The more you can turn your own mind into a zone of peace, the closer the world will move toward peace. Because we *are* all one, and in the peace of your mind, I find my peace. As you realize your divinity, I am more able to see my own.

Why? Because there *is* no such thing as separateness. We are in this together, and *together* is what we are here to learn.

Www.patriciapearce.com

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

WOMEN'S CIRCLE, Wednesday, Sept. 7
"This Book Changed My Life!"

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

Let's expand our personal libraries with great ideas from our Women's Circle friends. Bring one of your favorite books and tell us about why you love it. Also, if possible, please bring a dish to share during our potluck. (love offering)

ANNUAL CHURCH PICNIC
(Hosted by The Board of Directors)

After Service, Sunday, Sept. 11 at Legion Park

All are welcome to share this special tradition of fun and fellowship with music, kids games and great food. The Board will provide hot dogs, hamburgers, condiments, paper goods and utensils. Please bring a dish to share.

HANDY CRAFTERS SOCIAL GROUP

2nd & 4th Wednesday, Sept. 14 & 28, 6:30-8 p.m.

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

CANTICLE TO THE COSMOS MOVIE NIGHT

10 weeks beginning Thursday Sept 15-Nov 17, 7 p.m.

This 10 part movie presentation is an immersive classic course on the story of the Universe, Earth, Life and Human. This fascinating in-depth telling of the scientific story of the universe instills within the viewer a feeling of its sacred nature. Steve and Pam Tucker will present this favorite of the Everett Unity Congregation on a love offering basis.

HEALTHY WEIGHT LOSS THROUGH HYPNOSIS

Wednesday, Sept. 21, 7-8:30 p.m. \$10/person

Facilitated by: Katie Evans

This class is open to all who are interested in a safe easy way to manage their weight. Get to the root of what has been holding you back with a group of like-minded people.

FAMILY GAME NIGHT

Friday, Sept. 23, 6:30-8:30 p.m.

Come one, come all, young and old. Join your Unity friends for an evening of fun & games. If you are able, please bring a snack to share.

SEPTEMBER 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

Annual Church Picnic, after service Sept. 11, Legion Park

Sunshine Team after service Sept. 25

Monday:

The Artist's Way, Monthly until further notice, date TBA

Tuesday:

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

Board of Directors, Sept. 20, 10:00 a.m.

Wednesday:

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

Women's Circle, First Wednesday, Sept. 7, 6:15-8:15 p.m. (See panel to left)

Handy Crafters, Second and Fourth Wednesday, Sept. 14 & 28, 6:30-8 p.m. (See panel to left)

Healthy Weight Loss Through Hypnosis, Sept. 21, 7-8:30 p.m. (see panel to left)

Newsletter Team, Sept 28, 12 noon

Thursday:

Spiritual Social Action, on hiatus until October

Canticle to the Cosmos, Movie night 10 weeks beginning September 15-Nov 17, 7-9 p.m. in the Social Hall

Friday:

Drum Circle: First & Third Friday, Sept. 2 & 16, 7-9 p.m.

Family Game Night: Sept. 23, 6:30-8:30 p.m.

Early Notice: 8 Step Recovery Retreat

Saturday, October 1, 10 a.m.-3 p.m.

In the Social Hall

Learn the Five Precepts and understand some of the Buddha's teachings at a deeper level. For more information contact Karen at karenf81092@gmail.com

SEPTEMBER AFFIRMATIONS

Inner Peace - With mind and heart centered, I am at peace.

Guidance - Divine wisdom guides and directs me.

Healing - Divine life infuses every cell of my being.

Prosperity - Divine love flows to me as abundant good.

World Peace - My harmonious actions inspire peace among others.