



# Everett Unity Center For Positive Living

## Unity Center Gazette

### SPEAKER SCHEDULE

November 2017

- Nov 5 - Kevin Hart
- Nov 12 - Doug Benecke
- Nov 19 - Catherine VanWetter
- Nov 26 - Kevin Hart

**MEMBERSHIP RENEWALS  
DUE NOW**  
For more information  
See page 3

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**

#### **Contact Info on Page 4**

- President.....Glenda Smith
- Vice-President..Nancy Fairbanks
- Secretary.....Jill Snow
- Treasurer.....Craig Hamborg
- Director.....Angie Baker
- 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

### LIFE GOES ALONG....

#### KEVIN HART, SPIRITUAL LEADER

It is a gorgeous late October morning as I write to you from my favorite perch here at home on the back porch. My heart is full with gratitude as I contemplate all that has happened in my 49 years on earth. All the good and difficult, the experience of life itself, culminated in this one moment.

It is an honor and privilege to serve now as a spiritual leader here at our Everett Unity. In the decade I've been coming around, so much has come and gone at our center for positive living. And in the time I've been on the board, much has been revealed as to the interpenetrating workings of a place such as this.

There is a Presence here, among us, and not just on Sundays. It is a history and a lineage that reaches back across time and brings an eternal message that divine Love is our origin and our real home. To me, this is what we practice when we come together. This is the good stuff, or if you will, the God stuff.

This history goes back much further than Myrtle and Charles, is more ancient than even Jesus, and is present here with us now. It is what we in Practical Christianity call Truth. There is but One Presence and One Power, and it is all Good.

So this is what I come with. It is a commitment to myself, first, then to all of life, that this is the one true reality, expressed in our Unity of purpose, guided by infinite wisdom and prospered in divine Love.

It has always been such a strange thing to me, this business of incarnating. I wonder, how do you see your own life, the life of those around you, existence itself? Some days, the body feels energized and enlivened, and others, it is something we have to nearly drag around.

It seems there are highs and lows that are too high and too low, and all places in between. We have no control over circumstances, try as we might, and yet we practice mastering our deepest dreams and desires. Something goes along perfectly and we say, "Look how I manifested this!" ... then it goes badly and we can easily think, "How did this happen to me?"

Well, which is it? I say it is neither and both, all at the same time. We are the masters of our own destiny as well as it being true that all things are already done, and there is nothing we can do to change the Truth of Being. A Course in Miracles says something to the effect that the Holy Spirit looks over all time and knows all outcomes in any and every

September Tithes to: Silent  
Unity, Unity NW Region,  
Recovery Café, Esther's  
Place, Unity Community  
Support Fund and the Skagit  
Immigrant Rights Council

Full Financial Statements are  
available for review in the  
Church Office, by request.

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

**“It’s a funny thing  
about life,  
once you begin to take  
note of the things you  
are grateful for,  
you begin to lose sight  
of the things that you  
lack.”**

~ Germany Kent

Can you believe it is already November and that the holidays are quickly approaching? Thanksgiving is holiday centered around family and gratefulness. I have been realizing more and more that children need to be intentionally taught the values and principles we want them to learn. How can we teach our children to have a servant heart? How do we teach them to be grateful and to appreciate all that they have? I know they learn best by our example. So, if our children see us being kind, acknowledging others, sending thank you notes and helping out where needed, they will most likely follow suit.

I decided to scour the Internet and my memory to find some simple and fun ways to teach gratefulness in our homes. One easy idea is to trace your child’s hand on

brown paper, add the year and on each finger write down one thing they are thankful for from the past year. If you save these year after year, they are fun to reread and notice how much bigger their hands have grown and to be reminded of what they have been grateful for over the years.

Another cute idea for younger children is to buy a package of brightly colored feathers at the local craft store. Then take a clear jar and decorate it with a cut out shape (pear shape) of a turkey’s body. You can add eyes and beak. Then, each night your child can add a feather to the jar as they name something they are thankful for. By Thanksgiving, their turkey will have many beautiful feathers and will not only be a nice addition to the centerpiece on the table, it will serve as a reminder of all your family’s many blessings! Another idea is to count out the correct number of feathers and place them in a basket next to the jar. As your child puts a feather in the jar each day along with

naming something they are thankful for, they can also see a countdown to the special holiday!

**“Happiness simply  
forms like a rainbow  
in the kindest and most  
grateful hearts.”**

~Richelle E. Goodrich

One of the best ideas I know of is to volunteer to help people who need our help. It gives our kids a chance to see how other people live and may help them learn a new sense of appreciation for what they have when they experience a new perspective. A homeless shelter, food bank, thrift store, nursing home or soup kitchen are all good places to volunteer. Even an activity as simple as going through your children’s belongings together and taking things somewhere to donate them can be an important lesson inspiring great questions and conversations.

**“To savor the simple  
privilege that every day  
I have a sunrise to bathe  
in, a storehouse of op-  
portunities to romp  
through, the thick wrap  
of relationships to keep  
me warm, a God who  
meticulously tends to  
every detail round about**

**me, and it all costs me not  
a dime. What madness  
would keep me from being  
eternally thankful for all  
that?”**

~ Craig D. Lounsborough

So let’s make some time this holiday season to intentionally teach our little ones about the importance of gratefulness, remembering that they learn the most by our example. It may work to set a family goal of trying to incorporate at least one new idea this holiday season that your children can benefit from. If you have additional ideas you would like to share, please send them to me!

[everettunity@frontier.com](mailto:everettunity@frontier.com)

Thank you, God!

**ANNUAL  
THANKSGIVING  
POTLUCK LUNCH  
SUNDAY, NOV. 19  
AFTER SERVICE**

Sign up in the Social Hall to bring something to share. Please bring your family and plan to join us for this annual kick off to the holiday season.

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moment. This is great news, unless I am grumpy in that moment, and I just want what I want, where such a notion can seem absurd.

I hear older folks talking a lot these days about many of the people they have known in their lives, gone now. I am beginning to see many of my own contemporaries leaving their bodies. Some days, that seems like a pretty good idea. Except for one thing: I am here for a purpose, and somehow, it must be fulfilled. Do you ever feel that way?

Whatever purpose is mine to do is somehow revealed to me in blips and blurbs. Engaging in community helps me to realize what I am for. This is something I deeply cherish about our Unity community. It can be a wonderful day or a tough day, but belonging to something that has its own life, of which we are each a part that makes up the entirety of what it is, helps us to feel that we are indeed an integral part of something so much greater than our smaller selves, our struggles and issues – the life-stuff that often threatens to pull us under, or at least separate us.

It can be difficult to practice gratitude when you are just not feeling grateful, and it is not always easy to be cheery when you are not feeling joy. But we can just show up. The more we let others see in, the clearer we can see out. Some days we have more to offer, and other days we need uplifting; this is the spiritual bank – we make many deposits, and sometimes we need to take a withdrawal. We can be honest about the highs and lows, and somehow, through community and supporting one-another, find common ground.

A huge part of our common ground in Unity is prayer. So I offer you, from Emmet Fox ...

**The Golden Key:** If you have a problem, think of God instead. Stop thinking of the difficulty, and think instead of this: God is omnipotent, and we are made in God's image and likeness; We therefore have dominion over all things.

*This too shall pass; the Kingdom of Heaven, found within, is pure, whole, and eternal.*

**NOVEMBER BIRTHDAYS**

Stephen Lightle	4	Dana Miller	25
Stewart Woods	4	Ellen Bruya	26
John Rasmussen	6	Stacey Hamm	28
Richard Pomerinke	10	Betty Cutler	28
Betty Atterson	13	Craig Hamborg	28
Jacki Moon-Tyson	17	Terri Anson	30
Jody Jaycox	17	Karen Bresheare	30
Jana Hoffman	18		

**MEMBERSHIP RENEWAL**

If you are currently a member of Everett Unity and would like to continue, please renew now. The bylaws require regular updating of the membership list to insure our roster is current. We always welcome the general public, however, to vote in matters of the church, membership is required. The renewal policy is as follows:

Under 10 years: Please complete a membership renewal card.

Over 10 years: No membership renewal card required. However, please contact the church office if you would like to be removed from the roster or if you have new contact information.

For membership info:  
 Call: 425.258.2244 or  
 Email:  
 EverettUnity@frontier.com

**What: TEXTILE DRIVE FUNDRAISER BEGINNING NOW**

Acceptable donations include: clothing, shoes, accessories: belts, ties, jewelry, books, linens: blankets, towels, sheets, pillows, and small household items and kitchen items (no furniture). We are working together in partnership with Savers, a global non-profit thrift organization. The items we collect will be taken to Value Village stores. Your donations are tax deductible.

**When: Delivered to Everett Unity By: Sunday, 1/7/18**

**Why: Raise \$500 for the church lift project**

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

**AA MEETING, MONDAYS at 7 A.M.**

**WOMEN'S CIRCLE: WALKING IN GRATITUDE**

**Wednesday, Nov 1, 2017**

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

**Offered on a Love Offering Basis**

Please bring an item you are grateful to own and a favorite recipe. If you are able, please bring a dish to share during the potluck.

**JUDITH COATES CHANNELS**

**JESHUA BEN JOSEPH/JESUS**

**Sun. Nov 12, 1-3 p.m. Facilitated by: Judith Coates**

**Requested Love Offering: \$25**

Note from Judith: It has been my honor and privilege since the spring of 1993 to allow the very dynamic energy of Jeshua ben Joseph/Jesus to utilize "my" body to "be amongst the people" and to share His messages of love. The unfoldment of this process has brought up within me some reluctance ("You want me to do what?"), I have seen much joy as His love is received.

**SCOTT SHERMAN HEALING MEDITATION**

**Saturday, Nov. 18, 11-1 p.m. Adonnis & Jenny**

**Appointment required, love offering accepted.**

Schedule your 30 min. spot to experience the energy technique Scott Sherman describes as "A profound experience of Divine Love." Scott has incorporated affirmation and positive prayer statements into the touch or near touch process. The basic foundation of Unity teaching is that the power to heal is within you. Come and learn more and experience this for yourself.

**NOVEMBER AFFIRMATIONS**

*Inner Peace - I center myself in the presence of infinite peace.*

*Guidance - I follow my guidance with faith and gratitude.*

*Healing - I give thanks for the life of God within that heals and renews my body.*

*Prosperity - I am a steward of divine abundance. I give and receive with gratitude.*

*World Peace - I follow Jesus' example and express goodwill to all.*

**NOVEMBER 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*

*Judith Coates Channels Jesus, Nov 12, 1-3 p.m.*

*Thanksgiving Potluck Nov 19, after service (pg 2)*

*Sunshine Team after service Nov 26*

**Monday:**

*AA Meeting, Every Monday, 7 a.m.*

*Happy Hearts, A Healing Circle, Every Monday, 7:15 p.m.*

**Tuesday:**

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

**Wednesday:**

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

*Women's Circle, First Wednesday, Nov 1, 6:15-8:00 (See panel to left)*

*Handy Crafters, 2nd & 4th Wed, Nov 8 & 22, 6 pm*

*Board of Directors, 3rd Wed, Nov 15, 10:00 a.m.*

*Newsletter Team, Nov 29, 12 noon.*

**Friday:**

*Family Game Night: 2nd Friday, Nov 10, 6:30-8:30*

*Drum Circle, 3rd Friday, Nov 17, 7 p.m.*

*Friday Night at the Movies, Dec 1, 6pm (See panel below, please note date change)*

**Saturday:**

*Scott Sherman Healing, Nov 18, 11-1 p.m.*

**FRIDAY NIGHT AT THE MOVIES**

**Friday, Dec 1, 6 p.m. Love Offering Collected**

**Facilitated by: Tina Hokanson**

Potluck and group discussion following the movie.

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