



Everett Unity Center For Positive Living

Unity Center Gazette

SPEAKER SCHEDULE

February 2018

Feb 4 - Jamuna Snitkin
Feb 11 - Kevin Hart
Feb 18 - Niobe Weaver
Feb 25 - Doug Benecke

Annual Membership Meeting
Sunday, February 11, 2018
After Sunday Service
All are welcome to attend
Only registered members can vote

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
DirectorPatrick Trana

Church Staff

Spiritual Leader.....Kevin Hart
Administrator....Cindi Pedersen
Music Director.....Terri Anson
Youth Director... Jacqueline Arnold
Head UsherChuck Atterson
Social HourJude Davis
Web & Sound.....Steve Tucker

December Tithes to: Silent
Unity, Unity NW Region,
Recovery Café, Esther's
Place, Unity Community
Support Fund and the
Girl Scouts

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

HERE, NOW
-KEVIN HART, SPIRITUAL LEADER

I wonder if you are like me. A new year is upon us, how is it different from last year, or the ones before? How might a future year in late January be? Will I have more gray hairs, more or less pounds, will my garden be better, will I finally answer that persistent calling deep within, or attain my greatest desires?

It reminds me of a simple notion: Yesterday is history, tomorrow is a mystery, can I just be here now? There is a good reason this now moment is called the present, and that is because it is a gift. After all, this right-now is where everything actually happens.

But when a mind is full of should and should not's, remorse and resentment, that mind cannot see clearly. It is much like tossing seeds into a garden where there are already all kinds of weeds growing; they may well sprout, but the growing will be tough and the harvest mediocre at best.

All things in the living universe are first conceived in mind. When I first began studying the Bible, (a thing I thought I'd never do!), it was agonizing reading the Hebrew Scriptures, commonly referred to as the Old

Testament. It seemed so dark, and nothing that I wanted to spend any time attempting to understand. But then one of my teachers asked me, when I shared my viewpoint, instead of reading it only through my own interpretations, what might the people be attempting to tell in their writings - to each other, to God, even to me who holds the book so many centuries later? I could immediately see that there was much suffering during this time. They were seeking a higher way, a better life, and the same answers then that I am now, no matter race nor material reality. It softened my judgment and condemnation. Nonetheless, I did not so much like it; but this is changing as my own understanding evolves.

Then Jesus came along. How his story thrilled me. Yes, Jesus was a reformer, but what he taught is the most challenging stuff a human being can ever choose to take on, for it involves changing at the very root, the core of what humanity can and does appear to do to itself. It is fairly simple to repeat the words and teachings of Jesus, but to live them is to me the greatest challenge yet.

Cont. on page 3

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

“We must always be on the lookout for the presence of wonder.”

The month of February reminds me of hearts. When I think about my own heart, I keep being reminded that the phrase “what doesn’t kill you makes you stronger,” really is true. The times I have grown the most have been the times in my life that initially felt the worst.

There is something to be said for ‘silver linings.’ If we can teach our children about this simple, yet sometimes complicated concept and help them to learn that there are blessings and gifts to be found in some of the darkest times of our lives, we will be doing them a great service.

I have had so many experiences dealing with this in my life and in those close to me, that I know it is true. If I know this is true, I must do my best to help my children understand it through honest conversations, prayer, and by example.

“The wound is the place where the light enters you.”

A very close friend of mine who has been going through cancer confided in me that although her experience has been one of the worst experiences of her life, it has also turned out to be one of her greatest blessings. She said she had no idea how much she was loved and cared about until going through this process. She has begun to look at life through a new perspective. She is grateful for each hour of each day. She is completely present in the here and now. When you are sitting with her, she is completely with you, listening and taking in all that you are. She is such a beautiful example of a person who has changed in a very beautiful way from something as ugly as cancer.

Another close friend recently got into some trouble through driving after drinking too much. Ironically, he is not much of a drinker, but the two times he has drunk in excess and then made the poor decision to drive have landed him in a whole lot of trou-

ble. The part I admire is his attitude through this experience. He has decided that drinking is not a habit he wants in his life and is looking at this lesson as a time to reevaluate his whole life. He is working in a career that is not fulfilling to him and he really hopes to do something more meaningful and closer to home so that he is not away from his family so much. He is using this disaster as an impetus for a better life.

The lesson that keeps presenting itself in my corner of the world is that everything DOES happen for a reason and when we can remove the judgment from the happening and open our hearts and minds to the potential lessons we are meant to learn, something magical happens in our lives and the lives of our close friends and family.

“An awake heart is like a sky that pours light.”

If this is true and I know it is, what better gift can we give our children (and the world) than to help them awaken their hearts. Truth be told, we all know that children’s hearts are more awake than ours, so it looks like we have lessons to teach

each other, doesn’t it? May your February be a beautiful month full of lessons and love.

Thank you, God!

**WELCOME
NEW MEMBERS!**

- **Joyce Oates**
- **Kim Hart with her children Jordyn Hart and Landon Hart**
- **Tina Hokanson**
- **Michelle Doyle with her children Madison Doyle and Jack Doyle**
- **Brenda Meritt-Motta**

**FEBRUARY
AFFIRMATIONS**

Inner Peace - I relax and breath in the peace of God.

Guidance - As a creation of divine love and wisdom, I am guided in all that I do.

Healing - My body is energized by the healing life of Spirit.

Prosperity - I am a channel for the flow of abundance.

World Peace - Open to infinite love, I practice peace.

Continued from Pg 1

The stories in the Bible, some of which are probably actual events and much of which are parable, allegory, and metaphor, tell of the unfolding of human consciousness. At different times in the varied story of humanity, certain portals open, and at other times, they are closed. Maybe you have had the experience that what was once so very imperative to you one day, becomes merely a distant memory and holds no sway in your life today.

Ok, so where is this going? Where are you, me, or we going, anyway? We have said we want change, but every generation, ever, wants change. We have made resolutions, intentions, or whatever, we have burned in the bowl and white-stoned in another new year.

When Jesus said, *Repent Ye, for the Kingdom of Heaven is at hand*, the message is this: When we change our mind from lack and limitation to instead seeing only our unity and offering all that is in us, to contribute to the world in the highest ideal of the *I Am*, which begins in mind and attitude, we are in the Kingdom. It could never not be not there; it is only that we have hidden it from our awareness by way of belief in false idols. This is how Unity as a movement was founded on prayer — and a simple one, nonetheless. It is how most enduring movements are founded, a simple yet profound change of mind. A realization of Truth.

So, what if it were true that there is one Power and one Presence in all the universe and that you and I are that Power in outward expression? That It is incomplete without us? That we are literally co-creating our very reality with this Power of infinite Good by the thoughts we allow ourselves to hold in mind? What if, through prayer and meditation, we could align every aspect of our being with this creative essence and bring ourselves — you, me and all nations — into a now-awareness of the Kingdom of Heaven?

We can hold the high-ground for all the world. Is that too tall an order? I think not. No one else has your unique spark of divinity. In this way, it is up to you — you hold the keys to the Kingdom. But God would not give you a purpose without also giving you everything needed to fulfill it.

The work always begins now. The love of God is so pure that when we allow it through, it easily melts away all limitation, but still we must take the action that lets it in, each new day. Through our thoughts, words, and actions, we can live the Truth we know and devote ourselves to the high-ideals of living that Jesus teaches us. This is no less than accessing the living Christ Presence in you and in me.

I come from Love, I live in Love, I return to Love. *I Am Love*

FEBRUARY BIRTHDAYS

Yoko Huey	1
~Jacqueline Arnold	10
Kevin Hart	11
Cindy Warren	12
Tracey Sofian	15
Lonnie Dalrymple	16
Rose McCall	18
Ken Connell	20
Roe Roew	25

Spiritual Leader Contact Info:

Kevin Hart: harkev@gmail.com/425-780-1435

Board Member Contact Info:

Glenda Smith: glenda@welike2clean.com

Jill Snow: jilze55@aol.com

Craig Hamborg: cchamborg@gmail.com

Nancy Fairbanks: nancylynnfairbanks@gmail.com

Patrick Trana: patuta@comcast.net

Angie Baker: brizaydz@yahoo.com

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

WEIGHT LOSS HYPNOSIS SUPPORT GROUP

Saturday, Feb 3, 10-11 a.m. Come once a month for a little tune up. \$10 fee And....

WEIGHT LOSS EXPRESS THROUGH HYPNOSIS

Saturday, Feb 17, 10 a.m. to 1 p.m.

\$97/person or \$150 for two people. For more information or to register go to <http://www.livinglitenow.com/kent-and-everett-wa/> or call Katie Evans at 206-841-4876

WOMEN'S CIRCLE: THE SEASON OF LOVE

Wednesday, Feb 7, 2018

**6:15 p.m. Potluck Begins/7:00 p.m. Program Begins
Offered on a Love Offering Basis**

If you are able, please bring a dish to share

UNITY BOOK CLUB

First Club Book: "E Squared" by Pam Grout

Thursdays, Feb 15-March 22, 6:30-8:30 p.m.

\$25 for all sessions paid on 2/15 or \$5 per class

We will read this book, do the experiments and discuss. This fun book is written with humor, which always makes getting important information more fun, as well as quotes from "A Course In Miracles", sprinkled throughout.

YOUR VOICE AS HEALER

Sunday, Feb 18, 1-3 p.m.

Suggested Love Offering \$15

Sound Healer Niobe returns with "Your Voice As Healer". Come learn how to use your voice to clear, cleanse and heal yourself and others. No singing experience required, just an open heart!

FRIDAY NIGHT AT THE MOVIES POTLUCK

Showing: "Bill Cunningham New York"

Friday, Feb 23, 6 p.m.

New York Times photographer Bill Cunningham was very dear and unique. He loved the way people expressed themselves through clothing. He rode his bike everywhere to record gala fundraising events of high society and to club openings at the other end of society - even into his 80's. A joyful look at us in our many expressions.

KOMBUCHA BREWING WITH ROSE GUSTAFSON

Saturday, Feb 24, 1-3 p.m. Love Offering of \$20/person donated 100% to the church building fund.

Pre-Registration Required

Kombucha, one of the world's healthiest and most delicious beverages. Learn how to easily brew your own at a fraction of the cost. Receive \$25 worth of product and supplies to make your own at this class, held off site. For more information or to register, contact Rose or the church office.

FEBRUARY 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 Membership Meeting, after service Feb 11
Reach Out Team Meeting, Feb 18, noon
Your Voice As Healer, Feb 18, 1-3 p.m. with Niobe Weaver (See panel to left)
Sunshine Team after service Feb 25*

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, Feb 7, 6:15-8:00 (see panel to left)
Handy Crafters, 2nd & 4th Wed, Feb 14 & 28, 6 pm
Board of Directors, Feb 21, 7 p.m.
Newsletter Team, Feb 28, 12 noon.*

Thursday:

Unity Book Club, Every Thursday beginning Feb 15-March 22, 6:30-8:30 p.m. (See panel to left)

Friday:

*Family Game Night, 2nd Friday, Feb 9, 6:30-8:30
Drum Circle, 3rd Friday, Feb 16, 7 p.m.
Friday Night at the Movies Potluck, 4th Friday, Feb 23, 6 p.m. (See panel to left)*

Saturday:

*Weight Loss Support Group, Feb 3, 10-11 a.m. with Katie Evans (See panel to left)
Weight Loss Express Through Hypnosis, Feb 17, 10 a.m. to 1 p.m. with Katie Evans (See panel to left)
Buddhist 8 Step Inventory, Feb 17, 2-5 p.m.
Kombucha Brewing with Rose Gustafson, Feb 24, 1-3 p.m. off site. (See panel to left)*