



Everett Unity Center For Positive Living

Unity Center Gazette

SPEAKER SCHEDULE

March 2018

March 4 - Kevin Hart
March 11 - Kevin Hart
March 18 - Peter Acosta
March 25 - Rev. Sherry Schultz



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

Director.....Glenda Smith
Director.....Nancy Fairbanks
Director.....Jill Snow
Director.....Katie Evans
Director.....Angie Baker
DirectorDennis Miller
*The February board mtg was reschedule due to inclement weather and officers were not yet elected at press time.

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

January Tithes to: Silent Unity,
Unity NW Region, Recovery
Café, Esther's Place, Unity
Community Support Fund
Full Financial Statements are
available for review in the
Church Office, by request.

BLOWING A FUSE -KEVIN HART, SPIRITUAL LEADER

Sometimes, there seems a huge gap between knowing a spiritual principle, or solution, and living with the difficulties of day to day life. Our struggles can be normal things like traffic and weather, daily dramas, political strife, fighting among the family, or even a broken shoelace. But they can also be bigger stuff like the passing of a loved one, a relationship gone awry, some kind of illness, a natural disaster, even a war in the world. So how do we cope with any of these, how do we manage them, how do we engage another day in the face of seemingly insurmountable odds?

It is often said that the world "out there" is a reflection of something in us, in our consciousness. I have a little story about that. Life has been fairly busy lately, lots of things going on, and right in the middle of that, our dryer went out, no heat. I learned right there how important is that little machine. Within two days it became quite evident something would have to be done about it, so I pulled it out and took it apart and googled around, and with a quick test learned that a fuse had gone bad. It said in the DIY notes *usually indicates a bigger problem*. Ok, I thought. I really didn't

want to deal with any bigger problem, I just wanted it to work without me having to work. Even though I am no dryer expert, I am beginning to learn there is no problem without a solution, if I am willing to ask for help and take action.

Three websites and four phone calls later, I tracked down the little fuse that began at \$42 and five days away and went to 15 bucks and right down the street. As Cory handed me the fuse I asked, "Doesn't this usually indicate some other problem?" I stood up a little taller when I said it. "Probably a clogged outlet. Have a nice day," he said. Hmmm...

On the way home, I thought about that - if my outlet is clogged, I'll blow a fuse. How much of this little scenario is the machine and how much is human ... how much spiritual? Is everything in our world indeed the harbinger or reflection of a *bigger problem*? Louise Hay says your life is like the contents of your refrigerator, we know our animals often reflect our moods and even our conditions, our plants are happiest when we are, we collect too

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

Recently, while reading a story to our Unity kids during our Sunday lesson, one little boy blurted out, "Stop for a minute, Miss Jacqueline...my body is about to drop a tear!" I stopped reading and asked him for clarification. He went on to say, "It's good when your body needs to drop a tear, it means something is touching your heart!" Talk about wisdom out of the mouth of babes! This little five year-old knew that feeling, could identify it and was able to verbalize it to others! The story we were reading was touching his heart in a very profound way. He wiped his tears with his sleeve as we finished the story.

What makes you feel emotional? What touches your heart? I read once that we need to pay attention to what makes us tear up because that is what we need more of in our lives. Is that true for you?

One thing that I have dramatically noticed in the past few years is that when you experience heartbreak or the challenging life experiences that come with age, it actually makes you more vulner-

able to all emotions! One of the benefits of experiencing a broken heart is the ability to feel more deeply and love more passionately.

"The wound is the place where the light enters you." ~ Rumi

"An awake heart is like a sky that pours light." ~ Hafel

Let's teach our children and allow them to teach us as we evolve and grow on this spiritual journey. What do we know that we need to teach? What do the children in your life have to teach you? If there aren't any children in your life at this time, there are ways to change that. You could volunteer downstairs at Unity, you could volunteer at a local school or visit neighbor kids or relatives. It is important for each one of us to interact with our youth and spread our positive influence in their sweet lives. It is our duty to share our wisdom and love with the younger generation. There are so many ways to do this if you make it a priority in your life.

Here's an easy suggestion....choose one child who attends Unity and become that child's special adult friend. Introduce yourself to their family and to them. Greet them each week, make an effort to get to know them, support and encourage them and make them feel special! At school, we call these relationships "planned relationships." It may sound artificial or not organic to some, but basically it is the adult making a conscious intentional effort to form a sincere and authentic connection with a child with the intention of having positive interactions that enhance the lives of all involved.

As I attended our Annual Board meeting recently, my body needed to 'drop some tears,' along with many other people who were touched by the sweet sentiments that were shared as we conducted our business. I am more aware than ever that these are good times and that our church is growing and changing in a very positive way. Let's continue to move forward in love, all of us, arm in arm, old and young, moving forward together in love.

Thank you, God!

**THE UNMEASURED
PEACE**

Silence wraps me 'round
Like the mist out on the bay
Taking me to hidden depths
Where fears are washed
away.

And as I rest in quietude
All my boundaries cease
Leaving me immersed
In this unmeasured peace.

-Donna Miesbach

**MARCH
AFFIRMATIONS**

Inner Peace - I release all to God. My spirit is peaceful and free.

Guidance - I open my mind to divine inspiration and follow my divine direction.

Healing - Every atom of my being is invigorated with healing life.

Prosperity - I am prospered by divine love.

World Peace - I am an emissary of peace and harmony in the world.



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much stuff and we feel heavy. Then we go to our support groups and they talk about cleaning house, which actually means clearing consciousness.

We talk to our friends and they say, “You gotta let it go; get past it; move on,” whatever it is. But when it is us, we so often can’t see ourselves, where we need to let go, where we are clogged up. I’ve been cursing that dryer for being inefficient for months because it takes too long to dry the clothes. Jenny has said to me several times “Have you checked the vent?” I can literally remember mumbling some response, which roughly translated to, *I don’t feel like dealing with it.* So instead I kept blaming the machine.

There has been much through the years that I have not felt like dealing with, and it has all been very valuable as teaching and learning tools - when I deal with it. When I shared my story about the dryer at our Course in Miracles group, everyone had a story of their own, too, and I’m sure you have yours. So the world and our situations can become our great way-showers, if we are willing to deal with them, which means to get in there and see what the lessons are, and how we can discern the nuances that help us realize that what is in the way is the way. When we clean out that dang closet in which we haven’t seen the carpet for years, we feel lighter.

So I put the new fuse in and the dryer worked - just like it did before. Standing there about to slide it back in place, the thought came, *I really should check the outlet.* But I didn’t want to deal with it, you see, there was no time, too much to do, I’ll do it later. *sigh* the fuse would just blow again.

The outlet is 25 feet long, with twists and turns, and under the house. I had to be somewhere in an hour. Looking in, sure enough, it was all clogged up. There was no tool I had for that, but imagination helped me fashion a long stick of wood and a kitchen towel on the end. I pulled it through and a giant heap of lint came plummeting out. Faith without works ...

The whole process took under two hours and now the clothes are dry way quicker. Every time we use that dryer it reminds me of the deeper lessons. Do I know exactly what they are? No, but...

More shall be revealed; time takes time.

MARCH BIRTHDAYS

| | | | |
|--------------------|----|-----------------|----|
| Charlotte Eagan | 3 | Terry Hanna | 19 |
| Dennis Berkshire | 4 | Nelda Watson | 20 |
| Nancy Beyer | 6 | Carolyn Donovan | 21 |
| Jane Smith | 7 | Will Crawford | 22 |
| Jacqueline Gilbert | 11 | Louise Hoops | 25 |
| Marlys Webster | 12 | Adonnis Gregory | 27 |
| Karlyn Guy | 14 | Randy Ruud | 27 |
| Josh Baker | 18 | Christine Lavra | 28 |
| | | Angela Baker | 29 |

Spiritual Leader Contact Info:

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425-780-1435

Board Member Contact Info:

Glenda Smith: glenda@welike2clean.com
Jill Snow: jilze55@aol.com
Nancy Fairbanks: nancylynnfairbanks@gmail.com
Angie Baker: brizaydz@yahoo.com
Dennis Miller: millerdq@gmail.com
Katie Evans: hypnogrl@gmail.com

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

UNITY'S FIVE PRINCIPLES

Saturday, March 3 through 31, 3-5 p.m.

\$30/person including required book and materials

Come to any and all classes you are able to attend

Join us every Saturday afternoon in March from 3-5 p.m. for Kevin Hart's facilitation of the five basic principles of Unity as discussed in Ellen Debenport's book "Five Principles". This class will help you learn and delve deeper into the teachings of Unity and how to improve your life with these spiritual teachings of practical Christianity.

WEIGHT LOSS HYPNOSIS SUPPORT GROUP

Saturday, March 3, 10-11 a.m.

Come once a month for a little tune up. \$10 fee

For more information email Katie Evans at hypnogrll@gmail.com or call 206-841-4876

WOMEN'S CIRCLE

SPIRITUAL INSPIRATION FROM POETRY

Wednesday, March 7, 2018

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

Provided on a Love Offering basis

Bring an inspirational poem, written passage or Bible selection for sharing and discussion. Also, if you are able, please bring a dish to share,

*Please note permanent time change to 6 p.m.

DRUM CIRCLE

3rd Friday, March 16, 7 p.m.

Facilitated by: Walter Rothfus

Provided on a Love Offering basis

You do not have to have a drum to participate. Extra drums are provided for your use, if you want to play. This evening includes potluck.

UNITY BOOK CLUB

First Club Book: "E Cubed" by Pam Grout

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

\$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.

FRIDAY NIGHT AT THE MOVIES POTLUCK

Showing: "Carb Loaded"

Friday, March 30, 6 p.m.

Provided on a Love Offering basis

Join us for a great film that offers surprising food and health tips delivered with a light touch of humor. If you are able, please bring a dish to share.

MARCH 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

Reach Out Team Meeting, March 18, noon

Sunshine Team after service March 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.

First Day of Spring, March 20, 2018

Wednesday:

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

Women's Circle, First Wednesday, March 7, 6-8 p.m. (see panel to left)

Handy Crafters, 2nd & 4th Wed, Mar 14 & 28, 6 pm

Board of Directors, March 21, 7 p.m.

Newsletter Team, March 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, March 9, 6:30-8:30

Drum Circle, 3rd Friday, March 16, 7 p.m.

Friday Night at the Movies Potluck, March 30, 6 p.m. (See panel to left)

Saturday:

Unity's Five Principles, March 3-31, 3-5 p.m. (see panel to left)

Weight Loss Support Group, March 3, 10-11 a.m. with Katie Evans (See panel to left)