



Everett Unity Center For Positive Living

Unity Center Gazette

April 2018

SPEAKER SCHEDULE

April 1 - Kevin Hart
 April 8 - Hriman & Padma McGilloway
 April 15 - Kevin Hart
 April 22 - Roy Holman
 April 29 - Kevin Hart

Mark Your Calendars Now:
Pastor John Pavlovitz at
Everett Unity
July 27-29, 2018
More information about
John go to:
www.johnpavlovitz.com

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.....Nancy Fairbanks
Vice President.....Jill Snow
Secretary.....Angie Baker
Treasurer.....Dennis Miller
Director.....Glenda Smith
Director.....Katie Evans

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

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

WARM UP, RISE UP -KEVIN HART, SPIRITUAL LEADER

What a glorious time it is. Little buds on the trees, early flowers just coming out, yet too cold still for most of us. Just a few weeks ago was the most sparse time for our trees; the branches were as bare as I ever remember seeing them. But below and even above the surface, things are waking up. And we are in sync with that rhythm; soon, everything will be in blossom and warmer days are ahead. Maybe you can feel it, too.

Even though we've lived many spring seasons, no two have been alike, for everything in the natural world is always changing, and we are too. What worked last year probably will not work just the same this year, if at all, and we can't live in what's gone by. The past has brought its fair share of victories, beautiful experiences, yet also its challenges and hard times. So we come to this place now, and there will never be another spring just like this one. What will we bring of our old into our new? How much do we really want to bring, and how much is from some worn-out programming or feelings of lack or even apathy?

Sometimes, it's easier to drag along whatever it is, than trying to deal with changing by getting rid of things that no longer serve — but that we hold onto, nonetheless. These things can be

material, emotional, or even ancestral. But more people are waking up than ever saying, "I am choosing now to break those chains that have bound me and those before me," and releasing these unwanted things. This is perhaps spring cleaning in a more spiritual sense.

And in this Easter season we are reminded that this is just why Jesus came to live among us - to show us how to die to the old and live anew, yes even be born again, to experience the baptism of the Holy Spirit, and insist we can do the same. As we learn more about Jesus' life and teachings, it is easy to see why he was so adamant about eradicating error thinking, commonly referred to as sin.

Jesus knew what lay beyond the troubles of this world, and he aimed to develop within himself the ability to rise above, even knowing that what he was doing would lead to his death — but merely the illusion of death — and in this would come perhaps his greatest teaching gift to us: We, too, can and will rise above, and live in the Kingdom of Heaven here, now, and beyond.

In the Burning Bowl and White Stone ceremonies, we did some deep work; we looked inside and sought to uproot the old and call in the new. Then came Lent, and the time to practice some of those things

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

“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.”

~Mahatma Gandhi

Let's be intentional about teaching our children perseverance and how to keep going even when things get extremely challenging. There is an ancient Chinese proverb, "Nana korobiyaoki, literally: **seven falls, eight getting up**) and it means **fall down seven times and get up eight**. Babies are born with this instinct. It is obvious when you observe a baby learning how to walk. They constantly fall down, but they get right back up and keep trying.

As an adult, have you learned anything new lately? And by new, I mean brand new. If not, you should try it; it can be very enlightening! I decided to learn how to play the harp a few years ago. I took piano lessons and was in choir when I was young, so I thought learning to play the harp would be fairly easy for me! I

hired a teacher, rented a huge harp and couldn't wait to learn. After my first lesson, I came home and practiced the simple songs he tried to teach me over and over. The process really gave me empathy for the students I teach each day and for my own children who are constantly learning new things, because it was HARD! I played the songs over and over and kept making mistakes. The pads of my fingers got so sore and there were definitely times I wanted to quit, but I was taught the importance of persevering at a very young age.

I truly believe that our children are observing everything we say and do, but what we do matters even more than what we say. They follow our example. They learn from watching us as we go through our days, smiling at people we pass by, giving people the benefit of the doubt, letting drama go, and persevering when things get difficult.

Recently I have been trying to navigate through a very challenging time in my life. I have become acutely

aware that tears are not necessarily a sign of weakness. I can be strong and brave while tears roll down my cheeks. I can feel my emotions and allow them to move through me and then I can smile again. I want my children and all children to learn that it is ok to cry, it is ok to feel your emotions and it is imperative that you persevere through whatever challenges you face. God is with us all the time. Our angels are with us. The Universe only wants good for us and will support us in manifesting our intentions.

**Ask, Believe, Give
Thanks, Receive.**

Ask the Universe for that which you seek. Put your intentions out there. **Believe** that what you asked for is on it's way to you. The Universe is moving things, the wheels and gears are turning, things are getting prepared to enter your realm. **Give thanks** as if you have already received that for which you have asked for. Be grateful, thankful and of a positive vibration. Then, be ready and open to **receive** that which you manifested into your life. Know that nothing is 'too big' for the Universe to

deliver and all that you receive needs to be acknowledged and accepted with a grateful heart.

If we can teach our children this process, through our own actions, we will have succeeded in a very important accomplishment. It is so much easier to persevere when you believe the Universe is on your side, making things happen in your favor and supporting your every move, which it truly is.

The light of God surrounds us;

The love of God enfolds us;

The power of God protects us;

The presence of God watches over us;

Wherever we are, God is and all is well!

Thank you, God!

APRIL AFFIRMATIONS

Inner Peace - I express the peace and love of my Christ spirit.

Guidance - I seek the guidance of Spirit, and I move forward confidently.

Healing - I am renewed in mind, body, and spirit by the healing power of God within.

Prosperity - I am open to divine ideas and use them to prosper my life.

World Peace - I walk in harmony and acceptance with all things.

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we called into being. Now we are at the end of Lent and in Holy Week, where we remember and honor the last days of Jesus' life.

Can you imagine knowing your own last days? In many ways, it was agonizing for Jesus to know, for he so longed to accomplish his divine mission and help all of humanity, which revolved largely around the twelve apostles — who were regular, everyday people, and neither royalty nor lofty — as well as in the surrounding communities. He stayed true to the purpose he knew in every aspect of his being: We must die to the false to be born from above. And this is where Jesus rejoiced that his mission was soon to be fulfilled, and anything but over.

It does not matter how young or how old you are to begin or complete this journey.

So as Spring warms the flowers open and brings the sunlight into our lives, we can now see more clearly. We have prepared a way for ourselves with the help of each other, and yes, of Jesus, who lives in us always, along with the Christ spirit. The Comforter is always with us as well, to help on our journey. But we must nurture ourselves, too, and there is work to do, for we are preparing now for a brighter moon, and a soon-to-come harvest.

But if the barn is full, there is nowhere in which to bring the new. We can leave the old in the “tomb of materiality,” as Jesus did those transformative 3 days before his resurrection. We can now spring into action and let go all that we said we would, put feet on our intentions, accept in mind, heart and soul that to let go of what we have clung to for so long, clean out the closets, rooms, attics and basements, the car, the van, give away those things we have not used for too many years and are cluttering our space and inhibiting us to know something fresh, will open the way to deeper communion with the living Spirit of Truth.

We can now rise above any sense of lack or insufficiency, now that we know that it is safe and our success is assured.

Maybe it is time to try something new. To dare something worthy of the precious life we are blessed with. To realize the Truth of who we are by living the Christ within.

WELCOME NEW MEMBERS!

Peter Acosta	Jenny Campbell	Jamie Curtismith	William Daspit
Mary Hampton	Lee and Marcy Klejnot	Debbie Steck	Thomas Steck
Diane Wall	(and their children Winston and Cassie)		

APRIL BIRTHDAYS

Rose Gustafson	3	Carma Collins	10
Don Gustafson	4	Catherine Gerhardt	10
Susan Schanz	4	Peggy Reed	12
Pam Tucker	4	Debbie Steck	12
Maryalice Salget	5	Cathy Roew	13
Carrie Moberg	7	Inarae Baird	15
Janice Thomas	9	Jeff Forney	16
Robert Reed	9	Joyce Oates	17
Jamie Curtismith	9	Ernie Schindler	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
Nancy Fairbanks: nancylynnfairbanks@gmail.com
Angie Baker: brizaydz@yahoo.com
Dennis Miller: millerdq@gmail.com
Katie Evans: hypnogrll@gmail.com

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

**WOMEN'S CIRCLE
SEE GOD IN EVERY FACE
Wednesday, April 4, 2018**

***6:00 p.m. Potluck Begins/7:00 p.m. Program Begins
Provided on a Love Offering basis**

Learn and discuss how to love diversity; seeing as God sees by allowing with acceptance and forgiveness. Also, if you are able, please bring a dish to share,
*Please note permanent time change to 6 p.m.

WEIGHT LOSS HYPNOSIS SUPPORT GROUP

Saturday, April 7, 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

DRUM CIRCLE

**3rd Friday, April 20, 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.

BUDDHIST EVENTS

**Dharma Talk: April 27, 7-9 p.m. Suggested \$20*
Day Retreat: April 28, 10-4:30p.m. Suggested \$40***

Dharma Talk: Dr. Valerie Mason-John M.A. (hon. doc)
Co-founder of Mindfulness Approaches for Addiction.
For the general public, health care workers, addiction workers, therapists, people in recovery and anyone curious about Buddhist Recovery.
Day Retreat: A Spiritual Awakening. For all people in 12 Step programs. Please bring a lunch to share.

To Register, email: EightStepsRecovery@gmail.com
*No one will be turned away for lack of payment. Partial scholarships available via email request.

**INTRODUCTION TO PROCESS QI GONG
Sunday, April 29, 1-2:30 p.m. Love Offering
Facilitated by: Neale Povey, IIQTC Instructor**

Join Neale to learn about and experience qigong, known as a holistic system of coordinated body posture and movement, breathing and meditation believed to promote health and spirituality. With roots in Chinese medicine, philosophy and martial arts, qigong is traditionally viewed as a practice to cultivate and balance gi (chi), translated as "life energy".

APRIL 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, April 15, noon
New Member Welcome, April 22, 10 a.m.
Sunshine Team, April 29 after service*

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, April 4, 6-8 p.m.
(see panel to left)
Handy Crafters, 2nd & 4th Wed, April 11 & 25, 6 pm
Board of Directors, April 18, 7 p.m.
Newsletter Team, April 25, 12 noon.*

Thursday:

Unity Book Club, begins again May 3 reading "Easy World"

Friday:

*Family Game Night, 2nd Friday, April 13, 6:30-8:30
Drum Circle, 3rd Friday, April 20, 7 p.m.
Dharma Talk and Day Retreat, April 27, 7-9 p.m. and Saturday April 28, 10-4:30 p.m. (see panel to left)
Friday Night at the Movies, on hiatus until further notice*

Saturday:

Weight Loss Support Group, April 7, 10-11 a.m. with Katie Evans (See panel to left)