



Everett Unity Center For Positive Living

Unity Center Gazette

May 2018

SPEAKER SCHEDULE

May 6 - Kevin Hart
May 13 - Rev. Joanna Gabriel
May 20 - Kevin Hart
May 27 - Katie Evans

WELCOME NEW MEMBERS!
Vanessa Bright and her children
Phillip, Amber and Aria
Shelbi Earp
Ali Henderson
TJ Steck

Spiritually Growing
Always, And In All Ways!

3231 Colby Avenue
Everett, WA 98201
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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

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

PRESENTS OF SPRING -KEVIN HART, SPIRITUAL LEADER

As I write this morning, the most welcome sun is shining in through the windows. Yesterday, we mowed the lawn and planted four fine tomato plants, plucked the dead-heads off the hydrangeas, and began to really feel the presence of spring's long awaited gift, new life budding everywhere.

Soon, there will be flowers galore and we'll all be able to leave the doors and windows open to let the warmer breezes carry away the stagnancy of the winter days gone by. It can almost be scary, this moving forward thing. What worked yesterday doesn't necessarily work today. Things change, grow, move, pass away. Yet here, we remain. Dare we ask why?

Around Unity we are big on what is sometimes called a positive mental attitude, though we have many other names for this way of being that we practice. When problems arise, we talk of denial. Of course we refer to healthy denial, in the way that we realize that ultimately a seeming problem or issue cannot effect us beyond the degree to which we allow it. But it's still there, right? Somehow this issue has come into our lives, whether it has to do with relationships, health, prosperity or some other thing. And we want answers, a better way, or sometimes any way, that will work to bring peace to a restlessness

that often can feel overwhelming. It's tough to be present in the innocence of spring with the creaks of winter still in the bones.

There are many ways we deal with being uncomfortable. These are probably the root of the real problem, which is usually much simpler than we might think. And I have been guilty of the odd game of unhealthy denial: pretending a problem or issue or pain is not affecting me and affirming until the cows come home. This has left me feeling even worse at times, like I'm a failure for not "doing it right," because the whatever-it-is was still there. So I would pretend in lieu of looking inadequate, which is how I really felt.

There was only one thing left to do: feel the feelings. Arg! Not that! Anything but that.

It is not that there is a spiritual world separate from a world of form and matter, as I have spent much time trying to resolve. But rather, that these two seemingly separate worlds are inexorably woven together. We get to know spring because of winter, not in spite of it. Without one, how can there be the other? What is joy without sorrow, life without death, nourishment without hunger, light without darkness? We are blessed here on earth in a world replete with feeling, with

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

Let's talk about facing fears. I recently had an experience I feel inspired to share. My oldest daughter was diagnosed with a life-threatening disease that blindsided us all. This news was completely unexpected and as a family we did not know how to handle it. As we were beginning to move through the first steps of dealing with it, I noticed I was much more emotional and sensitive than usual, which turns out is normal.

Just a few short weeks later, I realized that I had a big decision to make; I had planned a trip to California as a 'sweet sixteen' gift for my younger daughter and I over spring break. As a mother, I was faced with a dilemma; should I take my daughter on the trip we had both been looking forward to, or should I save that money and stay home because of what we were going through as a family? Even making a decision such as this was proving to be a challenging task. There were so many pros and cons and I was worried about making the wrong choice. My brain felt coated in anxiety. I asked all the people I trust for their advice and got a variety of responses. I prayed, meditated and pondered, but no clear, 'correct answer' presented itself.

Finally, I decided we would go. I had made a promise to my younger daughter and wanted to follow through. Also, I knew I could not be with my older daughter that week anyway, so even though I still felt some guilt, we packed our bags and boarded the plane.

The real test of my emotional fortitude came when I thought of the schedule, transportation, and decisions that would need to be made on our trip. This was not a very 'relaxing' trip, it was a go-go-go kind of trip. I wanted my daughter and I to have fun and I wanted to create some special memories that would last a lifetime.

One of the pivotal parts of the trip was the last full day we had to spend. I gave her choices and she chose Magic Mountain. This excursion involved a car rental, driving 80 miles through LA traffic and a day of gigantic roller coasters, then travel back to where we were staying. I honestly did not know if I had it in me. All my fears were working over-time and each obstacle was becoming larger than life in my mind. I typically enjoy roller coasters, but because of the emotional strain I was under, I looked up at all these tracks forming

circles over our heads, with loud machinery and people screaming and all I wanted to do was start crying; I just wanted to be curled up in my own bed, with the blankets pulled up, without any responsibilities or obligations.

I looked at my daughter, who had been anticipating this day for so long and I knew I need to pull from all my reserves. I prayed to God that the Universe would support me, I called on all my angels and I made a decision that I could do what needed to be done that day. This may sound silly or it may resonate with you, but that day each task before me represented all my biggest fears. It was as if the scariest rollercoaster at that park represented my older daughter's illness. I realized as I moved through that day that I have more strength than I realized and that when connected to the universal strength of God, my power is unlimited. My mind had built a brick wall blocking me off from the innate strength reserves I can have access to.

My daughter helped me, too. Instead of trying to get me to go on the scariest ride first, she thought it would be a good plan to go on an easier one to get warmed up. She was patient with me, even though she was frustrated and did not understand my hesitation. She 'parented' me, in some ways. Soon we

were laughing and enjoying the adrenalin-inducing thrills and creating those memories we were after.

The big lesson for me that day was I truly am stronger than I know (we all are). Facing fears, no matter how they manifest, is a very powerful and life-changing action. In reflection, I knew all of this intellectually, but living it made it more real and powerful and helped me to grow in ways I didn't know I needed to. As I think about how we can help our children face their fears and grow into their strengths, I believe we need to be transparent with our processes. I didn't share all of these details with my daughter, but I did explain to her later how challenging some parts of that experience were for me, what helped me not just survive it, but actually have a good experience and how she actually contributed much to my success.

***"Ever there is tomorrow
when we're not together...
There is something you must
always remember.
You are BRAVER than you
believe,
STRONGER than you seem,
& SMARTER than you think.
But the most important thing
is,
EVEN IF WE'RE APART...
I'LL ALWAYS BE WITH
YOU.***

~Christopher Robin to Pooh

Thank you, God!

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abundance, with life. And our bodies, those wondrous vessels which we often curse, are a fine-tuned instrument with which to feel and receive all of it. There are many bodies throughout the multiverse, many levels at which we will experience this world and those beyond. As we unwind the knots of karma, we ascend to higher and higher consciousness and experience lighter and more subtler vibrations. But we must begin where we are.

The way to true healing, whether it be from lack in any of the sorts we are always citing, health, relationships, money, life—is to feel what is blocking our supply first, to let it fully be what it is, without resistance. This surely has everything to do with Jesus' teaching about nonresistance. We might try a thousand times to go beyond, over, under and around an issue, but it keeps popping up, time and again. Perhaps we must instead go through it. That is, truly face it, deal with it, allow, and ... *feel* it. Here, we usually find that we had more to do with holding it in place *with* our consciousness than any outside force working against us.

Now we can move toward healthy and effective denial, and pluck the dead-heads off our has-beens.

How many times has something come into our world that we have dreaded, spent weeks worrying about, and when the day comes to actually confront it, it was nothing but a passing thing. It is very difficult to be present while worrying. Then after the situation we can almost always see the blessings that come in its wake.

This can all seem like a tall order, especially when we have made an art out of avoidance of feeling things that are uncomfortable. However it is, we find that pain is less when we accept it, and for that matter, loss, letting go, giving something up, quitting a bad habit, all diminishes extraordinarily when we turn back into and go through it in nonresistance. What is on the other side of it is what we are all after: peace. And peace, bliss and joy are our natural state.

This I like to call the art of allowing. When Myrtle Fillmore, co-founder of our Unity, had her great healing, she did fully accept all that she had done to herself through her negative thinking and ways of being. With her new awareness, she turned into herself and said, in essence, I am sorry I have cursed you, now let me love you. And she did. She loved herself first in herself, then she gave that full love to all the world, whoever might have it. She for-gave it, all of it, good, bad, right and wrong.

This whole teaching is comprised of Jesus' two magnificent suggestions: Love God with all your heart, and love your neighbor as yourself. When we love God, we are loving that spiritual Truth of *who we are*, and loving our neighbor represents all the feeling of the world—in us, as us, and through us. Here, we live together in both worlds in enduring health and prosperity, in true Unity.

Yes, Rumi, I will meet you in the place beyond all rightness and wrongness, that beautiful field of pure bliss.

MAY BIRTHDAYS

Linda Steen	2	Tina White	10
Andrea Pomerinke	4	Robin Murphy	10
Ali Henderson	4	Albena Pelletier	14
Lianne Anderson	5	Tom Steck	14
Glenda Smith	5	Uta Trana	15
Elaine Mros	6	Rita Chew	21
Steve Tucker	9	Diane Darden	25
Michelle Doyle	9	Pat Boober	26
Cindi Pedersen	10	Shelbi Earp	27

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Dennis Miller: millerdq@gmail.com
Glenda Smith: glenda@welike2clean.com
Katie Evans: hypnogrll@gmail.com

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

**WOMEN'S CIRCLE
PLANTING SEEDS OF LOVE**

Wednesday, May 2, 2018

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

Provided on a Love Offering basis

We'll be sharing a meal and planning seed so please bring a dish to share, if you are able.

WEIGHT LOSS HYPNOSIS SUPPORT GROUP

Saturday, May 5, 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

SPIRITUAL MASTERMINDS

Saturday, May 12, 9-11 a.m. \$5/person

Co-Hosted by Katie Evans and Merrilee O'Brien

Self employed people! Come join us in supporting each other at Spiritual Masterminds! When we meet, we will select an area of our businesses that we would like support with and we will all pray, manifest and send light to each other during the next 30 days. At our next monthly meeting we will share our successes and select another area that we would like extra support in!

**Mark Your Calendars Now For These
Upcoming Events:**

Judith Coates Channels Jesus

Sunday, June 3, 1-3 p.m. \$20/\$25 sliding scale

Recovery Café Benefit Concert

Love Offering Accepted
Saturday, June 9, 3 p.m. in the Sanctuary

Unity Book Club

Begins again June 21, 6:30 p.m. reading "Easy World"

Friday Night at the Movies

Returns June 22 at 7 p.m. (note new time).

Pastor John Pavlovitz at Everett Unity

Saturday workshop and Sunday Lesson

More information to follow

July 27-29, 2018

More information about John go to:

www.johnpavlovitz.com

MAY 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, May 13, noon

Sunshine Team, May 27 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, May 2, 6-8 p.m.

(see panel to left)

Handy Crafters, 2nd & 4th Wed, May 9 & 23, 6 pm

Board of Directors, May 16, 7 p.m.

Newsletter Team, May 30, 12 noon.

Friday:

Family Game Night, 2nd Friday, May 11, 6:30-8:30

Drum Circle, 3rd Friday, May 18, 7 p.m.

Saturday:

Weight Loss Support Group, May 5, 10-11 a.m. with Katie Evans (See panel to left)

Spiritual Mastermind, May 12, 9-11 a.m. with Katie Evans and Merrilee O'Brien (See panel to left)

**MAY
AFFIRMATIONS**

Inner Peace - The Silence is my place of peace and renewal.

Guidance - I am a radiating center of light and understanding.

Healing - I am an expression of infinite life.

Prosperity - I live in a world of plenty, and I have a consciousness of abundance.

World Peace - I hold the world in a vision of harmony and peace.