



Everett Unity Center For Positive Living

Unity Center Gazette

June 2018

SPEAKER SCHEDULE

- June 3 - Kevin Hart
- June 10 - Niobe Weaver
- June 17 - Kevin Hart
- June 24 - Doug Benecke

WELCOME NEW MEMBERS!

**Michelle Balk
Bob Benway
Shae Thrasher
John Wakefield**

OUR UNITY ROOTS -KEVIN HART, SPIRITUAL LEADER

Bob Eagan and I recently visited Unity Village, out in Lee's Summit, Missouri, not too far from Kansas City. I've been wanting to go there for many years, and the time just seemed right, minus one thing - I was so busy with an abundant life it felt nearly impossible to get away for even those several days. Nonetheless, we booked the trip and I affirmed, "All things live and move in God's good time," and added, "Somehow it will all work out." Bob just chuckled and said, "Let's go."

We arrived there on Tuesday evening, got settled in our lovely room at the Ascension Hotel on Village grounds, and took our first walk around. For me it was the first ever, but for Bob, he'd spent a really wonderful and very challenging time in his life here. People don't get into ministry because they have it all figured out - quite the opposite.

As we slowly made our way, Bob pointed out so many sights and so much history, which was complementing my feeling the sheer magnitude of energy that surrounded and permeated us. The first vision was the magnificent Unity Tower which flies into the sky, and the fountains that stand as centerpiece to the main grounds, lighted with changing colors, shooting water in all directions and covering what seems like a half-mile.

As we went around the outer pathways, I could feel the pull of all the life that had ever been there, back to the

time when it was without any buildings, through its evolution over these past ninety-nine years, right up to all the souls that walk there now, carrying on our blessed Unity tradition.

After a nice breakfast, we did the first daylight walk. It was a glorious sunny morning and slated to reach 88 later, perfect for meandering. The air didn't have the normal chill I have known most of my life here in Washington, it was warm and fairly humid and felt like a warm blanket around me.

We came upon these darling little buildings shaped kind of like four-leaf clovers. "The cottages," Bob said, as he surely recalled images of times gone by. Next, there were other buildings which looked like row-housing, little apartments all on one floor, long and sort of narrow. Bob said that here is where people stayed who came to work, visit and learn, of course before the hotel was built. This is where he had lived while attending school here in the mid-70's. He said it was a lot of fun, living there ... he chuckled again. I learned that the Village all-in-all takes up some 1600 acres!

Another perch along the roadway looked into a small valley which contained a couple of old swimming pools, above which were several larger Tudor-looking houses, which were actually used for apartments. Bob pointed out one of them and said, "That's where the soda fountain was, one of Myrtle's favorite places to go and get her ice cream." He

Spiritually Growing
Always, And In All Ways!

3231 Colby Avenue
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425-258-2244
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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 3

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, Dawson
Place and Unity Community
Support Fund

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

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

This month's article is written by a guest writer, my oldest daughter, Kait Bovard. Kait surprised me on Mother's Day with this article she posted on her blog, www.kaitbovard.com. It made me cry tears of happiness to read what she had written and I felt inspired to share it here with her permission. Please feel free to check out her blog if you would like!

What do you want your children and grandchildren to write about you? It is so important that we try to practice what we preach and live our truth. We are not perfect and our children are aware of that. They learn from our mistakes, too. Sharing her words is not a way to 'toot my own horn,' it is a way of sharing what a lifetime of trying to teach my children important life lessons has translated to from the perspective of my oldest child.

10 Life Lessons I've Learned from my Mom

1. Love is *selfless, unconditional, and beautiful.*

There hasn't been a single moment in my 22 years of existence that I felt as though I didn't have someone in my corner. Not only was my mom always in my corner, but she was standing there with the biggest smile on her face, cheering me on and cham-

pioning me to be the very best I could be. She taught me to believe in myself wholeheartedly.

I remember back when I used to live at home, I would get sick and my mom would do anything she could to make me feel comfortable and turn a really unpleasant situation into a sweet memory of selfless love and care.

2. Life is meant to be lived from the perspective of a *glass half full.*

There is tremendous power in looking at things from the perspective of positivity and my mom is someone who models this beautifully. I owe much of my attitude in seeing the gold in situations by being blessed with a lifetime of watching my mother live this, day in and day out.

3. Be *generous, always.*

My mother is generous with her time, with her heart, with her resources, and with her finances. She freely gives away with no intention of getting anything in return.

4. Show *grace and grit.*

There is equal importance in carrying yourself with grace and with grit. My mom is graceful and compassionate, kind and loving, as well as strong and independent. She is genuinely the most graceful person I know, but that doesn't mean she doesn't know how to speak her mind and communicate

what she feels, both honestly and gracefully.

5. There's no bad day that a good *shopping spree* can't fix.

My mom is the best shopping buddy in the world, and looking back on my life, the amount of days that started with tears and ended with a shopping bag from TJ Maxx are more than I can count. Along with the shopping bag was a big smile and a happy heart.

6. Show enough *humility* to admit you are wrong and forgive.

My mom isn't perfect (but let's be real – who is?) but she has no problem admitting that she's wrong, and moving forward. She's well aware that people aren't perfect, but they deserve to be loved.

7. You're never done *learning.*

My mom is one of the smartest, most intelligent people I know. She's been a teacher for years and years and is so well-loved and highly thought of in her workplace. Yet, she has never reached a point where she thinks she's higher or more worthy than those around her. She is intentional in believing that everyone has wisdom to offer and education is important and should be sought after.

8. Your thoughts and your words hold *power. Choose them wisely.*

Did you wake up thinking you would have bad day? Then you will. Did you wake up feeling like today

was going to blessed? Then it will be. Your thoughts and your words are powerful tools that you can use to thrive and conquer each day.

9. Sometimes when you have a *to-do list a mile long, it's okay to take a nap instead.*

#*selfcareisimportant*

You do not always have to GO GO GO! It's important to stop, breathe, take care of yourself, and give yourself grace when you need it.

10. You deserve to be treated well, with *kindness and dignity.*

I am so grateful that I was lucky enough to have been given a mother who, when I was in the midst of questioning my worth, would continually remind me that I am more than worthy. I am more than worthy of love, of kindness, and of great and beautiful things.

If we're being honest, the list of things this wonderful woman has taught me could go on and on for days. The wisdom and love that she has instilled in me with stay with me until the end of time, and I will continue to glean from the heart God has so graciously given her. She is always saying how blessed she is that I am her daughter, but Lord knows I am equally as blessed to have her as my mother. You know what they say... the apple doesn't fall far from the tree!

"What can you do to promote world peace? Go home and love your family."

~ Mother Teresa

Thank you, God!

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also said he'd lived in that very house for a time. I could tell just by the way he talked about it that he loved this place. He said, "I never wanted to leave Kansas City but when the time came, I just couldn't stay."

Two of these houses were also used for ministerial students—males in one and females in the other. Sounded like trouble to me! We had some fun talking about all that. The pools were no longer operational; we later found out it was because they were not up to current codes. But how they told a story. And now I really started to feel it.

The apartment homes and houses where so many had stayed, the rich history of our founders, their ever-present spirit, the love of the caretakers past and present; all that life was here in this instant—I could see in my mind's eye people splashing water in the pools, spiritual seekers studying in the surrounding grass, picnic lunches, groundskeepers tending, work and play, work and play, so much life. It was all so alive in me this moment, surely as it must have been in its heyday. A penetrating stillness enveloped us, the trees, the birds ... timeless wonder.

11 O'clock prayer service, up in the Silent Unity building, next order of business. On the way, it was my first sunshine vision of the fountains. We played there in the courtyard, snagged pictures, ooh-ed and ah-ed, took in the lush and finely-manicured landscape; I got a feel for the "Bridge of Faith", which straddles the fountains and where many people come to take their vows.

How can I explain to you the Fillmore Chapel or the Peace Chapel? The Twelve Powers Gardens that surround Unity Tower? The feeling of entire peace that surrounded us amidst the brilliant pillars and rounded windows in the prayer sanctuary, as a woman read the most lovely prayer, and left us in the sweet silence? We even got to go up into our most sacred Silent Unity and sit with the prayers of so many, where "the light that shines for you"—which never goes out—glows in the window. We were in the Presence, of all that we come from, and all that we do, in Unity.

Next day, we sat in Myrtle's Garden, amongst the singing birds there, in the warm, gentle breeze. We talked for hours, of so many things. I swear Myrtle Fillmore was sitting there with us, listening intently. We soon strolled into the archives where I found Charles Fillmore right there in his office (working, of course). I'm going to need a whole trip just to *begin* an immersion into this treasure trove.

It was now time to make our way into the city, down to 913 Tracy, the original Silent Unity building and first chapel, with 416 seats! It still has the original Tiffany stained glass windows on each side, exotic chandeliers above, even some original paint, which is peeling of course. At one time the whole Unity operation was under this one roof. This sanctuary holds so much of our beginnings, that pure Presence, as does our Unity home here in Everett.

The now-minister and caretaker, Greg Neteler, spent over two hours with us. At one time, three buildings total stood on this one block, he said, pulling out some old picture albums. On the left was the famous Unity Inn, a vegetarian cafe' and one of the finest places to eat in Kansas City. On the right, the administration building where the increasing number of printing presses turned out correspondences as we grew.

The admin building is long gone. The Inn just recently had a fire and will be torn down soon. Sad in a way, but then all things must change, be reborn as something new and wonderful. *How much this one building in which I am standing has impacted my life, and so many others,* I thought. Greg showed us up to the third floor and Myrtle Fillmore's first office, with her little healing room, where people came for private session—made the hair on my spine stand up! Right next to her office was the original Silent Unity where it all began.

And so, so much more. I'm sure it will be months and even years before the full magnitude of this visit will be realized. I can't wait to go back.

JUNE AFFIRMATIONS

Inner Peace - *I am peace at the core of my being.*

Guidance - *I listen to inner wisdom and I am guided to live my purpose.*

Healing - *Healing energy flows throughout my being, renewing my mind and body.*

Prosperity - *God is my source. Freely I give and freely I receive.*

World Peace - *My thoughts, words, and actions create a space for peace and love.*

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JUNE BIRTHDAYS

Darlene Scott	2
Susan Marshal	17
Kathy Harris	21
Linda Beilfus	23
Mary Lou Moberg	25
Sandy Berkshire	27
Thomas Huey	28
Jane Hilleary	29

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

**WOMEN'S CIRCLE
OUR INTERNATIONAL COMMUNITY
Wednesday, June 6, 2018**

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

Join us for Taco Bar and conversation about our international connections, family and travel. Please bring pictures and stories to share about your ancestors, friends and travels to foreign lands. If you are able, check the supply list in the social hall and sign up to bring something for the taco bar.
For information contact: Nancy Beyer or Pam Tucker.

**SPIRITUAL MASTERMINDS
Saturday, June 9, 9:30-11 a.m. \$5/person
Co-Hosted by Katie Evans and Merrilee O'Brien**

Join other self employed people meeting to support each other. We will all pray, manifest and send light to each other during the month and check in the following month.

**RECOVERY CAFÉ BENEFIT CONCERT
Saturday, June 9, 3 p.m. Love offering accepted**

Featuring Waking Maya Band, Jim McCall & his gongs and violinist Justin Allen-Jones. All proceeds to Recovery Café.

LESSONS FROM PERU with Roy Holman/Liz Gross

Sunday, June 10, 1-3 p.m. Love offering

Enjoy pictures and lessons they learned from the indigenous people during their trip to Machu Picchu & the Sacred Valley.
Also their experiences with the plant medicine of Peru.

**BACK BY POPULAR DEMAND!
KOMBUCHA BREWING WITH ROSE GUSTAFSON
Off-site location in Edmonds**

Saturday, June 16, 1-3 p.m. \$20/person, donated to Unity
Sign up in the church office and get your supply list and the address of the class.

JUDITH COATES CHANNELS JESUS

Sunday, June 17, 1-3 p.m. \$25 suggested love offering
Judith returns to share, through her, the personal Christ. Some of the questions to be addressed: What's really happening to humanity and Mother Earth? Is the Ascension really happening, when and what will it look like?

**UNITY BOOK CLUB with Adonnis Gregory
Thursday, June 21, 6:30-8:30 p.m.**

\$25 for all 6 if paid on June 21 or \$5/class

"Choosing Easy World" by Julia Rogers Hamrick

Learn how life can be easier than you ever imagined with this handy little book.

FRIDAY NIGHT AT THE MOVIES

**Friday, June 22, 7 p.m. Note new time, Love offering
Showing: Carolyn Myss, Three Levels of Power & How to Use Them.**

If you are able, bring a snack to share during viewing.

JUNE 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
Roy Holman with Peru's Splendor, June 10, 1-3 p.m.
(see panel to left)*

Reach Out Team Meeting, June 17, noon

Judith Coates Channels Jesus, June 17, 1-3 p.m. (see panel to left)

Sunshine Team, June 24 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, June 6, 6-8 p.m.
(see panel to left)*

Handy Crafters, 2nd & 4th Wed, June 13 & 27, 6 pm

Board of Directors, June 20, 7 p.m.

Newsletter Team, June 27, 12 noon.

Thursday:

Unity Book Club, begins June 21, 6:30 p.m. (see panel to left)

Friday:

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

Drum Circle, 3rd Friday, June 15, 7 p.m.

Friday Night at the Movies, 4th Friday, June 22, 7 p.m. (see panel to left)

Saturday:

Weight Loss Support Group, June 2, 10-11 a.m.

Spiritual Mastermind, June 9, 9:30-11 a.m. (See panel to left)

Recovery Café Benefit Concert, June 9, 3 p.m. in the sanctuary (see panel to left)

Weight Loss Hypnosis, (see panel below)

**LIVING LITE WEIGHT LOSS HYPNOSIS
UNITY FUND RAISER/Katie Evans-206-841-4876**

Saturday June 23, 10 a.m.-1 p.m.

\$95/person or \$160/two (by June 8)

\$125/person or \$195/two (after June 8)

In 3 short, fun-filled hours you will learn to eat less and healthier, be motivated to move your body more and to feel your feelings instead of eating them. For all the "skinny" and to register, call or go to:
www.livinglitenow.com/locations