



Everett Unity Center For Positive Living

Unity Center Gazette

SPEAKER SCHEDULE

August 2018

Aug 5 - Kevin Hart
Aug 12 - Jill Snow
Aug 19 - Roy Holman
Aug 26 - Kevin Hart

**WELCOME NEW MEMBER
Christina Mitchell**

**Special Happy Birthday wishes
to our founders !!
Myrtle Fillmore born Aug 6, 1845
Charles Fillmore born Aug 22, 1854**

**GIVE ALL TO ALL
- KEVIN HART, SPIRITUAL LEADER**

**Spiritually Growing
Always, And In All Ways!**

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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
**Please Note: Spiritual Leader
office hours are:
Tue 9:30-2 & Wed 9-2**

**Board of Directors
Contact Info on Page 3**

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

Church Staff

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

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

Many of us were born into a world where we felt different from those around us, where we felt like we needed to act in or be certain ways in order to fit in, or to even be liked by others. It is amazing how kids teasing each other can affect life-long feelings of inferiority. We grow up often attempting to manage how we think others feel about us, and that can lead to living a life that feels inauthentic and off-purpose.

This can be compounded by our parents or those we look to for care-giving, not being able to show up for us the way we would really like, a way where we feel heard, loved and important. We take to all kinds of behaviors or vices that seek to ease the pain, but really, deep down, we just want to be acknowledged for the truth of who we are. We just want to be loved.

So often, too, as the years go by, we may be completely unaware that we are carrying through ways of being that have been implemented to ease the constant gnawing within that comes when we feel unlovable or inadequate. Somewhere, we made up that it is all up to us to find our own happiness and that such happiness is available only through external things, or the perfect relationship

with another, but then those ways seem to fail us also.

Maybe this doesn't apply to you, or perhaps you can relate in different ways that speak to a sense of separation or insecurity as a sort of constant feeling within. However it is, there are many around us who are suffering from feeling like no one understands. Sometimes these people become addicted to substances, or homeless, or deeply ill, they may be lashing out, or in jail, or living a lifestyle where it seems to us that they are nearly outcasts of society, of what is normal, if there is even a normal. Certainly there are many other ways that we judge others by their outsides. But we cannot judge another without also judging ourselves.

Then we come to a spiritual life, usually because we are looking for real solutions. When we look upon others with disdain, it is often because something inside of us is deeply afraid. We think that we do not like the person in front of us who appears different. When we see a person standing with a sign that says "homeless and hungry", do not all kinds of things get brought up within our own thoughts and feelings? I know it is so for me. When we put ourselves in their shoes, though, we

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

***History will judge us by
the difference
we make in the
everyday lives of
children.***

~Nelson Mandela

Just because your children are grown, or you do not have any children, do not ever believe you cannot influence the youth around you! There are so many ways to promote and support our youth, if that is your intention.

One idea is to join us downstairs at Unity! We would love to have you visit us. Do you have a talent you can teach to our children? Would you like to help our children do a fun and easy art project? Just say the word! One of the most special ways we can share our gifts and talents is by sharing them with our sweet little children! They truly are our future.

Do you have children who live near you? Let them know that you care about them! Find out their names, what they enjoy and what they struggle with. Offer ideas, hold conversations and make sure you notice them when they

pass by your home. Every positive interaction you have with a child is creating a positive ripple of love that will go on and on!

Do you have friends with children? Do you have distant relatives with children? Notice the children in your life and make a special, intentional effort to connect with them. Find out their names, their interests and who they are. Make eye contact, really listen to what they have to say, show that you truly value them. You will be so surprised at what gifts they can share with you once a genuine connection is made. Children have so much to teach us and if we have open hearts and minds, we are often times amazed by what they have to say and offer us!

***When interacting with children, try to **refrain from evaluation**, if possible. It's much more loving to accept them completely than to be constantly evaluating what they are doing.

*****Be specific when giving compliments!**

Instead of saying "good job," it is more meaningful to say, "Tell me about your picture. I see lots of colors and shapes!"

*****Do not compare children to sibling or friends.** Recognize that we are all different and unique. There is no need to draw a comparison between children.

*****Give children the credit AND the power!** It's perfectly fine to let them know you are proud of them, but why not frame it as "Oh, I bet you are so proud of yourself!"

***Let children know when their behavior is helpful to you. Let them know how their behavior makes you feel! "It is super helpful to me that you cleaned up after yourself, I appreciate that!"

*****Explain the bigger picture**, if possible, depending on the child's ability to understand. Children are almost always more intelligent than we give them credit for. They have the ability to understand more than we think. If you can explain why something is happening or why something is not happening, many times our children will understand and accept the

situation more easily.

There are also places in our communities that you can volunteer to support our youth. You can go to any elementary school and do an easy background check and get connected in with a classroom teacher who will match up your skills with different tasks that are needed with students. As a public school teacher, I can tell you that volunteers with a heart for children are considered a goldmine and we so appreciate their help and support. There are other organizations that can always use volunteer help, such as the Cocoon House (Everett), Kids Kloset (Arlington), and many other places you can find online.

Truth be told, we need everyone to consciously make their interactions with our youth positive, joy-filled, and loving. Never underestimate your influence on our children. They truly are our future and we all have a responsibility to influence their lives in the most positive way we can.

***"There can be no keener
revelation of a society's
soul than the way in which
it treats its children."***

~Nelson Mandela

Thank you, God!

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begin to flutter with compassion and understanding—or, misunderstanding.

Can you imagine standing there? Feeling the feelings of internal discord that your life has taken a turn that has found you on a very busy street corner, a corner in your life where out of thousands of cars whizzing by, a mere few toss out some change, but mostly ignore you? We can think the person is perfectly capable of getting a job, or just plain doesn't want to work, but can you blame them? When I look into their eyes, I see myself. I see not only where I have once been myself, but where any of us can go when the pressures of life become overwhelming.

I think of Neale Donald Walsch, who wrote the *Conversations With God* books. As his dissatisfaction with life grew, he would write letters to people or institutions which caused him frustration and resentment, and never send them. He came to a point where he was completely defeated in battling the outside world, hopeless, homeless, and deeply depressed. Now he wrote a letter intended to chastise God, but the pen wrote back, and not things that Neale *thought* he knew, but real solutions.

Alan Watts says that a good judge knows that the only difference between him and the felon standing in front of him is one decision. When we put ourselves into another's situation and consider that we are not so different after all, we begin to drop into our heart-space, where we realize a unity that we do not when we are judging.

The catchword lately in spiritual circles is inclusivity. I encourage you to look up the word. It has everything to do with including others into our hearts who we do not understand, and who may cause us fear or even anger. This does not mean that we must bring them home with us. It is more about our attitude, and our attitudes are often set by those ways of being mentioned above, and implemented so long ago.

Jesus knew this. He teaches, "Sell your possessions and give them as alms; make for yourself purses which do not wear out, and a treasure in heaven which does not run short, where the thief does not come near, and moth does not destroy."

Here, possessions are old attitudes. True prosperity is found in what we give, not what we get. For in what we give is how we live. We can turn everything we own into gifts of life itself, and bring an attitude of sharing. Now this does not mean that we must literally sell our houses or cars and give all our money away. There is no difference in giving five dollars or five thousand when the attitude is that we share a treasure in heaven, here and now, that material things come and go, and when our identity rests in unity rather than separation.

One act of kindness can change someone's life. Ongoing kindness will change yours—and mine. In all that we do, let us acknowledge the One Presence and One Power that we all share in this great dance of life. We do together what cannot be done alone.

AUGUST AFFIRMATIONS

Inner Peace - *With each beat of my heart, I relax into peace.*

Guidance - *I am divinely guided step-by-step to a new and fulfilling life.*

Healing - *The healing power of divine life within strengthens and revitalizes me.*

Prosperity - *I am connected to infinite, abundant, spiritual supply.*

World Peace - *I express divine love and affirm peace and harmony for all.*

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KC Daigneault

KC@EverettUnity.org

See Page 4 for Annual Picnic info and sign up



Featuring **Waking Maya**

WOMEN'S CIRCLE/ SALAD SAMPLER

Wednesday, Aug 1, 2018

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

Provided on a Love Offering basis

Join the women of Unity for friendly discussion and a salad buffet. If you are able, please bring your favorite salad to share. Contacts: Nancy Beyer or Pam Tucker.

THE GOLDEN KEY/Facilitated by Kevin Hart

Four Thursdays beginning Aug 2 through Aug 23, 7 p.m.

Love offering accepted

What if prayer was actually a scientific process to get what you want? It is true that it is, and yet often what we think we want, actually brings us further away from the truth within. This truth within is your spirit seeking its full expression, your very best life. We'll come together to dive deep and find the "Golden Key" to peace and happiness.

ANNUAL CHURCH PICNIC

Sunday, August 19, after service

Legion Memorial Park: 145 Alverson Blvd, Everett

The church provides hamburgers, hotdogs and all the fixin's. Please check out the sign up sheet in the social hall and plan to bring something to share. And, along with some food, bring your family and friends for a fun afternoon at the park!

CREATING THE LIFE YOU REALLY WANT

Wednesday, August 22, 7 p.m. Love offering accepted

By: Mary Reed*

Using the powerful lenses of Words and Oneness, Mary will reveal the actual mechanisms of creation to help us create the life we really want. She will also lead the class in a simple exercise that offers an experiential understanding of Oneness, taking us out of our believing minds and into the direct knowing of our hearts. Mary will be available to sign copies of her award-winning book, "Unwitting Mystic" and to answer questions after the talk.

*Mary is a true modern mystic who grew up devoutly agnostic. In 2011 she left her executive life for a monastic life in the Himalayas. Events veered her uncontrollably into other-worldly realms encountering God, Jesus, Buddha, angels and unfathomable wisdom turning her life inside out. Now her work is simply to "joyfully startle humanity awake". She travels the world detailing profound mystical insights that reveal wildly inspiring and sorely needed perspectives shedding new light on the significance of these extraordinary times.

FRIDAY NIGHT AT THE MOVIES

Friday, August 24, 7 p.m. "What The Bleep Do We Know"

This movie takes viewers on a journey to unlock the secrets of life. This 2004 film combines documentary interviews, computer animated graphics, and narrative that suggests a spiritual connection between quantum physics and consciousness.

AUGUST 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, Aug 12, noon
Annual Church Picnic, Aug 19, after service
Sunshine Team, Aug 26 after service*

Monday:

Happy Hearts Healing Circle, Mondays, 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, Aug 1, 6-8 p.m. (see panel to left)
Handy Crafters, 2nd & 5th Wed this month, Aug 8 & 29, 6 p.m.
Board of Directors, Aug 15, 7 p.m.
"Creating The Life We REALLY Want" with Mary Reed, August 22, 7 p.m. (see panel to left)
Newsletter Team, Aug 29, 12 noon*

Thursday:

The Golden Key, four weeks beginning Aug 2, 7 p.m. (see panel to left)

Friday:

*Family Game Night, 2nd Friday, Aug 10, 6:30-8:30
Drum Circle, 3rd Friday, Aug 17, 7 p.m.
Friday Night at the Movies, Aug 24, 7 p.m. "What the Bleep Do We Know" (see panel to left)*

Saturday:

*Weight Loss Support Group, Aug 4, 10-11 a.m.
Spiritual Masterminds, on hiatus until Fall.*

AUGUST BIRTHDAYS

Chris Druelle	1	Soleah Enderle	18
Merrilee O'Brien	1	Dale Berg	18
Joyce Childs	2	Rosemary Gammel	19
Donna Baker	2	Nancy Fairbanks	22
Robert Hinton	3	Savanna Woods	25
Roger Thorinson	8	Mary Doyle	28
Nan Allen	14	Pat Pomeroy	29
Anne Ross	15	Cathy Hamborg	29