



Everett Unity Center For Positive Living

Unity Center Gazette

October 2016

**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

President.....Glenda Smith
Vice-President.....Kevin Hart
Secretary.....Jill Snow
Treasurer.....Craig Hamborg
Director.....Nancy Fairbanks
DirectorPatrick Trana

Church Staff

Administrator....Cindi Pedersen
Music Director.....Terri Anson
Youth Director... Jacqueline Arnold
Organist.....Pat Rollins
Head UsherChuck Atterson
Social HourJude Davis
Web & Sound.....Steve Tucker

OCTOBER SPEAKER SCHEDULE

Oct 2 - Sylvia Anderson
Oct 9 - Doug Benecke
Oct 16 - Sherry Schultz
Oct 23 - Jamie Ross
Oct 30 - Rev. Annie Lonardelli

Accessibility Lift Progress Report

For those of you waiting patiently, here's some great news! The lift project permit has been approved by the City of Everett and the project went out to bid on September 22, 2016. Once the bids are received, we will have a firm cost and the anticipated dates for the start and the completion of the project. Please note in this newsletter two ways you can help fund this project. Thanks!

**UNITICS UNITE!
WE NEED YOU AND YOUR STUFF!
-AUCTION TEAM**

SPIRIT has been moving among us! Let me explain. What started as an idea from our Artist's Way Group to have an art auction to raise money for our Church lift has expanded to become a church-wide event that will consist of three parts: (1) an art auction; (2) jumble sale (the Brits have made rummage sale sound so much better); and (3) a bake sale. This Church event is scheduled for Saturday, November 5, 2016, 10:00 a.m. to 4:30 p.m. All proceeds will go toward our new lift (the elevator) to allow access to the sanctuary and social hall by everyone.

BUT WAIT, THERE'S MORE!

NOW everyone can participate—artists, craftspeople, collectors, foodies, bakers, musicians, handy crafters; whatever your talent, service, or resource is, it is welcome. In the process you can check your closets, attics, and garages for quality, useful items of value in working order. Here's where we ask you to THINK BIG! If you frequent a business a lot, or if you have friends or family with a special gift, or if you work for a company that can offer something of value, please ask them to donate time, services, tickets, memberships, etc. for our event. We plan on having a fun silent auction and sale!

However spirit moves within you, we need all donations no later than October 30, 2016. We do, however, want fresh baked items so this deadline does not apply to the bake sale.

Please submit your donations to one of the following committee members: Jamie Ross, Annie Ross, Jill Snow, Craig Hamborg, or Cathy Hamborg.



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

I met a woman last year who changed my life. The day I was introduced to her at a sporting event, she hugged me tightly, then told me she was happy to meet while looking me right in the eyes. After we visited for a few moments, she hugged me goodbye and actually kissed my cheeks. Normally, I love hugging people, but am not used to being hugged at school events by people I have never met before. Normally, I'd be very surprised to be kissed by someone there! I have to admit, the love she gave felt very natural and genuine and I felt honored and special to receive it. When she walked away, I asked the person who introduced us, "Is she always like that?" Her reply was, "Yes, that's just how she is." It impacted me so much that I thought about it on and off throughout the summer.

When I saw her again recently, it was just the same. She greeted me like an old friend she hadn't seen in years, hugged me, kissed me and asked me about my

children. She remembered the things I had shared with her before and was very interested in how my family was doing. I was excited to introduce her to the friend I was with, because I wanted her to experience the same feeling from this woman, and she did. Wow....talk about an example of God's Love rippling out.

Fast forward a few weeks....I am on an exercise walk with a dear friend. She is sharing some weird symptoms she has been experiencing. I encourage her to check with her doctor and within three days she is diagnosed with stage 4 cancer. I met her for coffee about a week after her first surgery and her positive attitude touched my heart and my soul. She had tears in her eyes as she shared about all the love she has been shown in the last few weeks and how overwhelmed she has been by people's expressions of appreciation and love for her. She had no idea how many lives she has touched

through her career as a teacher and just by being the wonderful human being she is. She looked me in the eyes and said, "Jacqueline, I'm not going to wait for something bad to happen anymore. I'm going to express how I feel about people without hesitation because all that really matters are relationships and love." I felt instant goose bumps. You know that feeling when you keep getting the same message from the Universe in many different forms and you know you need to pay attention?

Well, this all happened (along with some other cool experiences) just before I was preparing to go back to school this year. The theme that kept running through my head is that it's not about decorating the room or writing lesson plans, although they are important, but really it's about loving the students and building relationships with them. Doesn't this translate to our homes, as well? We read poems about how the dishes and floors can wait; our children need our attention, time and love. Isn't this so true? We all know it intellectually, but are we living it daily? Are

we looking them in the eyes, listening with our hearts and really paying attention to the children in our lives? Are we examples and manifestations of unconditional love to the children we interact with?

Then, I open my Message from the Universe email and this is what I read:

Did you know that whenever you feel love, you literally begin to glow? You probably did. But did you know that the glowing is actually made up of zillions of minute sparkles? And that these sparkles receive as much energy as they create? And that because of this energy exchange you completely stop aging and look younger? Abundance is immediately drawn to you? Healing powers fill you? Muscles are strengthened, pounds are shed, and your vision improves? Lingering questions are answered? New friends summoned? Old friends are poked? Problems are solved? And maple syrup tastes more maple-y? All when you feel love. It's true. ...and you are a sparkler!

~Mike Dooley

Thank You God!

HOW FAST DO YOUR LEAVES CHANGE? -KRYSTA GIBSON

Fall is the time of year when most of us see the leaves on trees change from green to various shades of yellow, orange, brown, gold and red. It's as if Mother Nature wants to give us a show before she shuts down for the winter. As I watch these changing colors, I'm reminded of two valuable teachings.

I share with you the desire to manifest quickly. Whether it's my business or a meditation practice, I want it to grow or develop quickly. It has taken me years to learn patience and the leaves have helped me do this. Here's what I see.

When the fall weather shows up, the leaves turn colors – but, although it seems to happen all at once, it doesn't! It seems that one day the leaves are green and the next they are brown or gold. But it actually takes time for them to change and it is so slow it is almost imperceptible. I can't stand in my yard and watch them make these changes all at once.

When I make changes in my life, it seems to happen slowly, bit by bit. Then one day – or so it appears – what I was working towards manifests!

When I can remember this in the midst of the slow day-to-day growth, I can be patient because I know everything is happening in perfect order for the highest good of all concerned. I can relax. I can breathe. I can focus on what needs to happen today because I know all the leaves will change colors exactly when they should!

Try aligning with the fall leaves and allow yourself to absorb their ability to change slowly but surely - with patience.

Here's the second concept that will make your life easier. I remind myself of this when I start straining and efforting to get something done.

You are the light bulb – not the electricity

We are not the originators of the energy that moves us to do things. We are only the channels of the energy. The originator of the energy is our Higher Self, True Self, Soul, Beingness, God-as-us – whatever you want to call the part of us who remembers we are extensions of All That Is.

When we are in touch with this part of ourselves, life flows and things seem to be close to effortless. When we fight this part of ourselves and try to be the one who has to do everything, life is difficult.

Try this. Find a place to be alone for a few minutes. Focus on your breathing and relax while closing your eyes. Now, see yourself as a big light bulb that is hanging from an invisible ceiling. Let yourself feel the energy moving into you through the top of your head and flowing throughout your entire body and being. Experience yourself as being filled with positive, loving energy – so much that you are glowing and this energy is spilling out into the world around you. Keep that image in mind as you open your eyes and go about your day.

If you feel yourself getting low, just imagine more energy flowing into you and your light growing stronger again.

Life is so much easier when we stop trying to control it and when we stop trying to be the one who is doing everything. Like the leaves outside, allow your Higher Self to live your life through you, as you, and watch the miracles start to happen!

Unity Center for Positive Living is partnering with Stadium Flowers this holiday season to bring you high quality holiday Poinsettias and greenery items. ONE HALF of your purchase will go to fund the Accessibility Lift Project.

Order Dates: October 2 through November 16

Red, White or Pink Poinsettias	Cedar Garland
6”-\$15	10’-\$15
8”-\$33	25’-\$37
10”-\$45	Swag 8”-\$17
Wreaths	Centerpiece 18”-\$18
24”-\$26	
28”-\$30	

Thank you for your support in making handicapped accessibility for our beautiful old building a reality. Order sheets are available in the Administration Office.

PLEASE CONTACT CINDI TO ORDER OR FIND OUT MORE INFORMATION

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

Buddhist 8 Step Recovery Retreat

Saturday, October 1, 10 a.m.-3 p.m. In the Social Hall
Learn the Five Precepts and understand some of the Buddha's teachings at a deeper level. For more information contact Karen at karenf81092@gmail.com

WOMEN'S CIRCLE, Wednesday, Oct 5 "Rock-Tober!"

6:15 p.m. Potluck Begins/7:00 p.m. Program Begins
Back by popular demand, Rock-Tober is here again. Bring your favorite rock, stone or fossil and share its significance to you. Also, if possible, please bring a dish to share during our potluck. (love offering)

HANDY CRAFTERS SOCIAL GROUP

2nd & 4th Wednesday, Oct 12 & 26, 6:30-8 p.m.
Bring your crafty talents and idea to the group to create beautiful useful things for our friends in need.

CANTICLE TO THE COSMOS MOVIE NIGHT **12 weeks beginning Thursday Sept 15-Dec. 8, 7 p.m.** **(no class on Thanksgiving)**

This 12 part movie presentation is an immersive classic course on the story of the Universe, Earth, Life and Human. This fascinating in-depth telling of the scientific story of the universe instills within the viewer a feeling of its sacred nature. Steve and Pam Tucker will present this favorite of the Everett

HEALTHY WEIGHT LOSS THROUGH HYPNOSIS **Wednesday, Oct 19, 7-8:30 p.m. \$10/person** **Facilitated by: Katie Evans**

This class is open to all who are interested in a safe easy way to manage their weight. Get to the root of what has been holding you back with a group of like-minded people.

FAMILY GAME NIGHT **Friday, Oct 28, 6:30-8:30 p.m.**

Join your Unity friends for an evening of fun & games. If you are able, please bring a snack to share.

Unity Center for Positive Living Financial Statements are available for review in the Administration Office by request

OCTOBER 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
Sunshine Team after service Oct 23

Monday:

The Artist's Way, Monthly until further notice, date TBA

Tuesday:

Course in Miracles, Every Tuesday, 7:00 p.m.
Board of Directors, Oct 18, 10:00 a.m.

Wednesday:

Course In Miracles, Every Wednesday, 10:15 a.m.
Women's Circle, First Wednesday, Oct 5, 6:15-8:15 p.m.
(See panel to left)
Handy Crafters, Second and Fourth Wednesday, Oct 12 & 26, 6:30-8 p.m. (See panel to left)
Healthy Weight Loss Through Hypnosis, Oct 19, 7-8:30 p.m. (see panel to left)
Newsletter Team, Oct 26, 12 noon

Thursday:

Spiritual Social Action, on hiatus until October
Canticle to the Cosmos, Movie night 12 weeks beginning September 15-Dec 8, 7-9 p.m. in the Social Hall (no class on Thanksgiving)

Friday:

Drum Circle: First & Third Friday, Oct 7 & 21, 7-9 p.m.
Family Game Night: Oct 28, 6:30-8:30 p.m.

Saturday:

Buddhist 8 Step Retreat, Oct. 1, 10 a.m. to 3 p.m. Contact Karen Foley at karenf81092@gmail.com for information.
Mindful Meditation w/Katie Evans, Oct. 8, 10-11:30 a.m.
Express Weight Loss Meditation w/Katie Evans, 10 a.m. to 1 p.m.

OCTOBER AFFIRMATIONS

Inner Peace - Stillness nurtures peace in my soul.

Guidance - Attuned to Divine Mind I grow in spiritual understanding

Healing - The healing life of God renews and revitalizes me.

Prosperity - I sow positive thoughts and harvest abundant blessings

World Peace - Divine love encircles the world, flowing from heart to heart as peace.