



Everett Unity Center For Positive Living

Unity Center Gazette

SPEAKER SCHEDULE

January 2017

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

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

Jan 1 - White Stone Sunday with
Niobe Weaver
Jan 8 - Doug Benecke
Jan 15 - Annie Lonardelli, spiritual
teacher, Interfaith minister and author

begins a 3 part series for spiritual
people in challenging times entitled
"Grit in Our Grief & Heart in Our
Hurt". The lesson continues Jan. 22
and 29.

INNER COMPASSION-KEVIN HART

What a time it is to be alive! How much is changing amongst the inhabitants of our fine Earth, this beautiful home we all share. In reading *Bhagavad Gita* this morning, I was reminded just how many different types of living entities do share our planet – 8,400,000! It is staggering to contemplate. In the grand scope of this, the harmony and grace necessary for the great dance we call life ... is wondrous.

So, where do I fit in? Do you ever wonder this same thing? Of all the possible undertakings, is my chosen set of them worthy of who I really am, of what my true mission is in coming here? We can look at the current discord in government (not just ours here in America), and take a position pretty quickly. But what is this position based upon? What is the fundamental framework from which I take my stand in the world? When we honestly look deep within ourselves, into, as Jesus so beautifully named it, our *Secret Place*, something else in-fact becomes available. Here is access to a much more eternal sight than what focusing on any current and passing dramas may bring.

In the world-view of right and wrong, I am always seeing something either liked or disliked. It was Rumi who said, "Somewhere beyond right and wrong, there is a garden. I will meet you there." What must grow in that garden! But, how do I get there, when I cannot see past the little drama? And not necessarily get there to stay, but just in this now moment ... *how?*

One way that has shown itself for me lately is this: What I am looking at I am looking with. More aptly, what I think I am looking at, I am looking with. For when I change what I use for looking, seeing and finding, what I see and find changes. This is altering the very consciousness of belief. As one who spends time in both worlds, I can tell you with certainty that choosing to change perception (and then doing it), absolutely changes experience. Simple, but not easy.

If I look with hate and anger, that is just what I appear to find, and consequently live in. I can always find ten thousand things to corroborate my story. If I can direct all my own inner frustrations outward and blame others for them, I get to avoid responsibility for what only I have made. This can be so uncomfortable to realize; there is nothing more daunting than facing one's self.

But when I can even begin to turn the great ocean liner of my own self will and to look for the Christ presence within *them*, I find it in me. This is the indwelling Christ. I'll say it time and again, for the truth of it is awesome: Our



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

I made a phone call to a friend this morning and asked him if he was having a good day. His response was, "Yes, I've decided to have a great day today!" What a wonderful attitude!

"A great attitude
becomes
a great day which
becomes
a great month which
becomes
a great year which
becomes
a great life." ~ Mandy
Hale

This is my mindset as I head into the brand new year of 2017. There are so many benefits to positive thinking and having a great attitude about life.

Here are just a few:

- Less illness
- Better sleep
- Less stress
- Increased happiness
- Better problem solving
- More creativity
- Less anxiety
- More inspiration
- More energy
- More confidence

So, how do we become more positive and how do we teach this to the

children in our lives? It starts with gratitude. Take a deep breath and look around you right now. Start counting your blessings. What is going well in your life? What excites you and lights you up? Who is there for you? How many hugs, smiles and greetings have you both given and received today? Is there music playing? Use your senses to take it all in. No matter what the challenges are in your life right now, focus on the positives and be thankful for each one. To teach our children, we can do this even more intentionally, by verbalizing our thoughts and living by example. We all know they are watching, so what do we want them to observe?

For me, the more I am around positive people, the better I feel. I feed off of their positive energy and find I am even more positive because of it. I notice what I am thinking and what words I am using when I speak. Your children are listening to what you say, but so is your body. If you

proclaim, "I am tired," your body may respond accordingly. A slight change, which could be more useful, would be "I have the energy needed to finish this job," and your body will respond with a second wind because you have proclaimed it. Have you ever stopped to thank your feet? Think about all that they do for you each day. It may sound silly, but the point is, we really do have so much to be grateful for, we just need to be aware.

When we understand our oneness and how we are all connected, it makes it easier to understand the phrase "there but by the Grace of God go I." We are not here to judge one another. We are here to love one another. An example that comes to mind is the staff at my elementary school. I have worked there for ten years and have gotten to know everyone well. I remember at first, there were just a couple personalities that rubbed me wrong. After getting to know these individuals and their stories, I have learned to love them. We are like one big family and we all accept and love one another the way we are.

"Don't ask what the world needs.

Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive."

-Howard Thurman

All of us have experienced challenges and setbacks in our lives and almost always we can look back and see how painful experiences from our past have benefitted us. They truly do make us stronger and help us to evolve. If we can remember this, as we are moving through challenges, we may struggle less and look forward to the benefits we know we will find at a later point. Reframing our challenges with this knowledge can help us remain more positive through all of our experiences.

What a beautiful world this is. Let's come alive. Let's make 2017 our year to shine!

Here's to a new year....

WELCOME TO 2017!

It's **your** year to shine!

Thank you, God!

-GLEND A SMITH, BOARD PRESIDENT

When I reminisce on Christmas past, I come to the conclusion that the holiday season really is for the children. Decorating the tree, making cookies, wrapping presents bring a lot of anticipation and promise of the coming fun and joy. The joy of Santa bringing presents (if you've been good), and possibly getting a glimpse of his reindeer driven sleigh is beyond thrilling. Sneaking out of my room in the wee hours of the morning to see if the cookies have been eaten and if the stockings are full of goodies was always my favorite part of Christmas. I still remember the fuzzy bedspread Mom made me and the gratitude and love I felt that she had given so much of her time to craft that gift for me. The year we lived in California and spent Christmas at Disneyland is a memory held lovingly. There were to be no gifts that year other than the trip, but Mom gave me a stuffed Snoopy dog in the morning before we headed out for our adventures. Christmas 1972 Disneyland was definitely the happiest place on earth for me. I loved decorating the tree with giant colored balls and helping to string the large colored bulbs up and down the branches. I still love the smell of tree sap and the look of shimmering tinsel as it all brings back the fun and silliness of my childhood.

Christmas as an adult brings very different emotions and memories. The carefree excitement of childhood holidays is replaced with self-imposed stress and anxiety in an attempt to recapture momentous childhood memories. Days are spent changing the house décor, decorating the tree, planning gift lists and menus. We cook, clean, wrap, shop, and smile! Searching for just the right gifts for all the people in my life always proves a joyless venture as I do not like to shop (although Amazon eased much of this tension). When Christmas finally rolls around I'd like to pull up the covers and spend a few

more quiet moments stress free.

These memories and emotions are very conflicting but I know there is a balance to be had between the care-free exuberance of my childhood and the stress and anxiety of adulthood. Balance and change have indeed come but very slowly and subtly over many years. My perceptions have moved slowly from my head into my heart. The gifts, that always seemed so important, end up collecting dust wearing out, or getting re-gifted. They really end up in the junk pile of the mind but the togetherness and love we share truly lasts forever in my memories. Slowly, I truly gleaned the importance of Christmas.

Christmas is about love: the love we have for our families, friends, and all of creation. It's about wanting to help people, spend time with them, and to truly enjoy our connections with each other. This is the fulfillment I am finding in Christmas as an adult.

We did not decorate at all this year other than a green and red laser light beautifying our 100 foot cedar trees. We are giving gifts only to our four grandchildren and having a white elephant gift exchange with the adults (a gift giving game full of laughter and great memories). We are celebrating at Mom's house (all 6 of us), cooking dinner together with Christmas music serenading us, playing games, and having a relaxing, loving time. The anxiety of the season is completely gone as I am doing what feeds my spirit instead of what undermines it. And, of course, I'll start the day right by attending Unity in the morning for my spiritual fill-up.

Christmas once again excites me!

Inner Compassion Continued from Page 1

greatest fear is not that we are inadequate; our greatest fear is that we are powerful beyond measure. We are afraid to love anywhere near full capacity because the power is so great. Fear holds us prisoner only as much as we ourselves allow. This can seem like way too much responsibility, but your jewel is there, buried deep within.

In our Secret Place, time stops. Urgency ceases for presence. We are in the garden. We are taken by the still small voice which whispers direction that the clamoring thoughts of pretense cannot seem to find. A soft hand takes ours, gently. This is the heart of Divine Mother, of nature, of calm beauty. The Heart of the World itself; here is our inner compass. From here, harmony with the millions of living beings is instant. A new path becomes available out of nowhere. We listen from an entirely different place, and can hear the nuances. What once was focused only upon worldly woes now gains a deeper insight; lack, separation and fear are now realized as only a cry for love. You are powerful enough to answer this call.

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

WHITE STONE CEREMONY

Sunday Service, Jan. 1, 2017, 10 a.m.

Ushering in 2017, the White Stone Ceremony is a meditative experience which focuses participant's intentions for the upcoming year onto a "White Stone" from the Holy Land of Jerusalem.

WOMEN'S CIRCLE: SHARING AND CARING

Wednesday, Jan 4, 2017

**6:15 p.m. Potluck Begins/7:00 p.m. Program Begins
New Year-New You**

We will share what to do to kick off your new year right. If you like, bring a healthy recipe to share and something for the potluck. Presented on a Love Offering basis.

ENERGY HEALING WORKSHOP

Sunday, Jan. 15, 12:30-2 p.m.

This course, taught by Adonnis Gregory and Jenny Campbell will focus on Scott Sherman and the Fillmore's teachings of self healing. All are welcome.
\$10/person

NEW YEAR WEIGHT LOSS HYPNOSIS

Wednesday, Jan. 18, 7-8:30 p.m.

Offered by Hypnotherapist Katie Evans, the Easy Weight Loss Through Hypnosis Meet-Up Group will begin again in January. You do not need to desire weight loss to attend. This program can help you maintain your current weight and, a healthy meditation/hypnosis practice can help in all areas of your life. \$10/person

ANGELS & ANCESTORS

Sunday, Jan, 29, 12:30-2 p.m.

Adonnis Gregory will facilitate a guided meditation and discussion on Angels and the guidance and wisdom of those who have come before us. All are welcome.
\$10/person

GRIT IN OUR GRIEF AND HEART IN OUR HURT

Offered by Rev. Annie Lonardelli

3 Part Series: Sunday, Jan. 15, 22 and 29, 10 a.m.

Despite the great hardships and adversities luminaries of peace have endured, they have discovered profound and sustaining wisdom in the 8 Pillars of Joy. Together we will clarify our notions of grief, sadness and joy and ways to better help us choose our responses in difficult times and strengthen our resolve for the work ahead.

JANUARY 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

White Stone Sunday Ceremony, Jan 1, 10 a.m.

"Grit in Our Grief and Heart in Our Hurt", 3 part Sunday Lesson by Annie Lonardelli January 15, 22 and 29, 10 a.m.

Healing Workshop, January 15, 12:30-2 p.m.

Sunshine Team after service Jan 22

Angels & Ancestors, January 29, 12:30-2 p.m.

Tuesday:

Course in Miracles, Every Tuesday, 7:00 p.m.

Board of Directors, Jan. 17, 10:00 a.m.

Wednesday:

Course In Miracles, Every Wednesday, 10:15 a.m.

Women's Circle, First Wednesday, Jan 4, 6:15-8:15 p.m. (See panel to left)

Handy Crafters, 2nd and 4th Wed., Jan. 11 & 25, 6 p.m.

Healthy Weight Loss Through Hypnosis, Jan. 18, 7 p.m.

Newsletter Team, Jan. 25, 12 noon

Friday:

Drum Circle: First & Third Friday, Jan. 6 & 7, 7-9 p.m.

Family Game Night: 2nd Friday, Jan. 13, 6:30-8:30 p.m.

Please mark your calendars for the
Annual Membership Meeting,
Sunday, Feb. 12, 2017, after service

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

JANUARY AFFIRMATIONS

Inner Peace - I connect with Spirit and peace fills my heart.

Guidance - I am guided to new and fulfilling discoveries.

Healing - I live from the truth of my being. I am whole, strong, and well.

Prosperity - My positive thoughts attract abundant blessings.

World Peace - I envision a world where peace resides in every heart.