



Everett Unity Center For Positive Living

Unity Center Gazette

SPEAKER SCHEDULE

March 2017

March 5 - Sherry Schultz

March 19 - Carolyn Cruso

March 12 - Niobe Weaver

March 26 - Judi Murakami

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

**DON'T BE LATE...
DAY LIGHT SAVINGS
TIME BEGINS
SUNDAY, MARCH 12!**

And

**SPRING BEGINS
MARCH 20, 2017**

**THE LIGHT HAS COME
-GERALD AND DIANE JAMPOLSKY
UNITY MAGAZINE, MARCH/APRIL 2016**

The light of our Source is always present, but it's not always in our conscious awareness. Sometimes we experience the divine light through our own intention; at other times the light comes in unexpected and aw-inspiring ways.

When Jerry was a 24-year-old senior medical student, he delivered his first baby. The delivery included an experience he still has difficulty putting into words. During the birth, an amazing bright light appeared, obliterating everything else in the room. It was beyond anything he'd ever seen before, and it had nothing to do with electricity. Although he was, at the time, a militant atheist, he knew the light came from something beyond this world. At that moment, he could not deny the existence or reality of a higher power. Surely the light had come and he was part of that light.

That experience really shook up his belief system. It made him consider another way of looking at the world and his own identity. He wondered if there was more to the world than what he could see and touch. Was there more to *him* than just his body?

The next day his mind was once again busy with studying, going to classes, and analyzing information. The whole experience, which just hours before had felt like a miracle, seemed to disappear - mainly because he remained convinced that his five senses determined what was real and not real. For many years, he chose not to remember that experience. Still, from that time until he was introduced to *A Course in Miracles* at age 50, his inner seeker wanted to find another way to look at the world.

In 1976, the light came to Jerry again in another remarkable way. Father Groshen, Mother Teresa's liaison in the United States, asked him to visit a close friend whose son had been killed in an automobile accident the day before. During his visit, Jerry invited the grieving father to see his own light and the light of his son connected in each other's hearts forever. In this way, the man would never be separated from his son.

As they were imagining the light together, a light like a distinct halo began to radiate from the man's body. It was a white light beyond anything in the physical world, and Jerry found it difficult to believe that what he was seeing was real. He wished someone else was in the room to validate the occurrence. Just at that moment, the man's wife came into the room and shouted, "What's happened to my husband? What is that white light shining around him? What's going on?"

Jerry calmly explained that her husband was experiencing his own true

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

Psalms 130:5-6 - I wait for the LORD, my soul waits, and in his word I hope;
my soul waits for the Lord more than watchmen for the morning,
more than watchmen for the morning.

I wait to be inspired, to know what to write each month and it always eventually comes to me. This waiting thing is just a part of my life. I wait in my car for my daughter to finish practice so I can take her home and make dinner, I wait for the oven to preheat, for the water to get warm, for the flat iron to heat up, for the windshield to de-ice, for my name to be called and the list goes on. Does anyone actually enjoy waiting?

Since we all spend a large portion of our lives waiting, we might as well enjoy it. Instead of thinking of "waiting" as just buying time until something that needs to happen, happens, I've been thinking of it as a chance to breathe, meditate, journal, think, love and live. I have consciously been trying to really be alive in the moment and notice the

magic around me. I've been paying special attention to the amazing beauty of nature and because I am intentionally paying closer attention, I have been rewarded with some of the most beautiful sights I've ever seen. For example, stopping to notice the gorgeousness of the sunrise or sunset, a rainbow, an animal, a baby or a flower. I have also made an intentional decision not to spend my time waiting by staring at the screen of my phone (or any other screen).

Combined with this I am being more mindful of the gift of gratitude, meaning I'm noticing all that I have to be grateful for as I am waiting. For example, I was waiting for a bell to ring to start my class and in walked a small child with a tiny valentine in her hands. She had written the sweetest note to me and at the bottom she wrote, "You make my heart melt." The pure and innocent profession of love almost brought me to tears. I am not taking moments like these for granted anymore, ever.

A couple days later, a teacher friend brought me a birthday gift. It was the most intricate and special fairy garden with a library theme. It is in a heart-shaped wooden box with real tiny little plants, a bench, a bookshelf with real books, mushrooms and a tiny frog. It even has little battery-operated fairy lights. Talk about a magical gift. Now when my students are waiting in line to check-out their books, they can look at this little garden and imagine who might come us and possibly leave a sign of their appearance. Fairies are going to be leaving notes for them and possibly even a little bit of fairy dust from time to time!

My point is, let's make 'waiting' meaningful! Let's create positive habits that make waiting fuller. We can notice the magic surrounding us, we can connect with others, we can connect with Spirit and we can still our minds. Let's make this waiting thing a whole lot more meaningful and fun for us and for the children in our lives.

Thank you, God!

"This is the day that the Lord has made; let us rejoice and be glad in it."

-Psalm 118:24

I rejoice this day and every day, freely accepting the blessings that flow into my life. Today I gratefully claim my health, my joy, my abundance, my peace.

My body is the beautiful temple of the living God-vibrant, healthy and strong.

God satisfies my soul and fills my life with everything good.

I am prospered. I am at peace.

I feel the loving presence of God flowing through me now, filling my mind and heart with joy and well-being. I am one with Spirit, one with all beings, and I have a renewed enthusiasm for life and living.

I give thanks for abundant blessings.

This is the day the Lord has made; I will rejoice and be glad in it!

-Author Unknown

LIFE ON THE ROLLER COASTER- GLENDA SMITH

A tragic car accident took the life of my best friend three days before Christmas. The overwhelming sadness, helplessness, and compassion engulfed me to the core. Disbelief still resides in me as I find myself picking up the phone to call her at least once a week. Many people loved her dearly: a husband, two children, extended family and hundreds of people she worked with and mentored in her less than fifty years on this planet. And, of course, her best friend, whom she shared almost everything with. We shared our pasts, presents and futures with each other. We dreamed similar dreams, planned and carried out many trips together with our husbands, and laughed about what bad-ass old ladies we'd be together. A piece of me died three days before Christmas.

Two days after Christmas, Will's younger brother died of cancer. His only brother, and last surviving sibling, his friend, confidant, partner in ridiculous boyish pranks, the other half of his pea pod. I know he is at peace now but the loved ones left behind are not easily finding the peace without him.

Grief upon grief. Is it really possible to heap grief on top of itself like I do with the dirt in my garden? I jokingly commented "God doesn't give us more than we can handle." I will never, never, say those words again, even in jest, because I was soon shown that a true warrior could handle more! The next ten days were spent living part-time in the hospital with my Mom and then my step-dad who had the flu. The doctors did not expect Mom to survive as she has been living with a terminal condition for the last year. Ten days of praying, crying, reading, trying desperately to

accept the situations. They both have survived and are home again, although neither are in good health.

These past months have felt like the upside-down loop on a roller coaster ride. I've suddenly moved from fun and exhilarating to sheer terror. Those unknown moments, with frenzied thoughts of, "I want to get off," feel endless. So, how do I get off this ride? In the roller coaster example, I may choose not to ride it again, but this certainly wouldn't be the answer for dealing with my grief.

So what am I doing to relieve all this stress and grief? I pray, meditate, read, share with others. I sing, dance, laugh, cry. Above all, I practice gratitude for the challenges in my life, even the most difficult ones. Practicing gratitude for negative situations pushes me into an uncomfortable area, but I know that God guides me through all things when my heart is truly grateful. I affirm that I am loved and I am loving and death doesn't change that.

Gradually, my perceptions are changing. The sad, lonely confused feelings are lifting and in their place my heart fills with love and joy for the people I love. My heart actually feels uplifted with gratitude for the time we spent together, the things I learned from them, the beauty of our friendship. I miss them but I'm no longer despairing. I'm learning to celebrate what I've had and not grieve for what I've lost.

Life will always be full of challenges but when I allow God to help me I will be able to fearlessly ride the roller coaster.

And I'm still picking up the phone....

Continued from page 1

identity, and that of his son, as light that can never be separated. When he finished speaking the light became invisible. He knew that this amazing experience was not just for the father but was also for him. It was an encounter he will always keep in his mind and heart.

For both of us, it is essential that we remember our oneness with the light every day. Each morning as part of our spiritual routine, we say out loud, "I am the light of the world." Then we imagine our bodies dematerializing so that we become light beams joined to each other and God.

Together we send messages of love, light and joy to people who are suffering from pain, depression, rejection, loss and other challenges of this material world. Afterward we go downstairs, light a candle, and read some inspirational thoughts for the day. For us, the candle is a symbol of the light of God within us that will never be extinguished.

Knowing that the light has come into our awareness and remembering that it is always there has become our intention in our everyday life. Whenever we are in that consciousness, we see no value in judgment, anger, or blame. We see value only in the truth and in the light of God's love that is forever one with us and with everyone.

WOMEN'S CIRCLE: PLANTING LOVE

Wednesday, March, 1, 2017

**6:15 p.m. Potluck Begins/7:00 p.m. Program Begins
Offered on a Love Offering Basis**

We will be planting seeds and watching them grow. If you are able, please bring a dish to share during the potluck.

HANDY CRAFTERS

Wednesday, March, 8 & 22, 2017, 6 p.m.

This social group has been meeting for several months, enjoying each others time and sharing projects and ideas to support our local community. Everyone is welcome to attend and no special craft talents are required.

**MELODIES OF THE HEART
A HEALING CIRCLE OF SOUND**

Sunday, March 12, after Sunday Service

Participate and discover the song of your soul with the singing bowls, presented by Niobe Weaver (Please bring a blanket, pillow and water bottle)

ANGELS AND ANCESTORS

Sunday, March . 19, 12:30-2 p.m. \$10/person

Facilitated by: Adonnis Gregory

Back by popular demand, this program includes guided meditation and discussion on angels and the guidance and wisdom of those who have come before us. Adonnis is an ordained minister, Integration Coach and Small Group Facilitator.

FLUTE CIRCLE

Saturday, March. 25, 10 a.m. to 12 p.m.

Facilitated by: Walter Rothfus (Love Offering)

Start your weekend off right by sharing a morning of Native American music and flute playing. You do not have to know how to play to enjoy this musical interlude. All are welcome to share in this ancient tradition now being offered at Unity the last Saturday of each month.

MOCKINGBIRD TRIO

Sunday, March 26, after Sunday Service

Our dear friends the musical Mockingbird Trio returns for Sunday Service and an after service concert. These 3 talented local women have been friends of Everett Unity for several years and always dazzle us with their beautiful music filled with timely messages.

MARCH 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
Melodies of the Heart, after service March 12
Angels and Ancestors, after service March 19
Mockingbird Trio Concert, after service March 26
Sunshine Team after service March 26*

Tuesday:

*Course in Miracles, Every Tuesday, 7:00 p.m.
Board of Directors, March 21, 10:00 a.m.*

Wednesday:

*Course In Miracles, Every Wednesday, 10:15 a.m.
Women's Circle, First Wednesday, March 1, 6:15-8:15 p.m. (See panel to left)
Handy Crafters, 2nd and 4th Wed., March 8 & 22, 6 p.m.
Weight Loss Meet-Up Hypnosis, March 15, 7 p.m.*

Friday:

*Drum Circle: First & Third Friday, March 3 & 17, 7-9 p.m.
Family Game Night: 2nd Friday, March 10, 6:30-8:30 p.m.*

Saturday:

Flute Circle: Last Saturday of the month, March 25, 10 a.m. to 12 noon.

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

MARCH AFFIRMATIONS

Inner Peace - I am present to this moment of peace and serenity.

Guidance - Divine light guides my decisions.

Healing - I am the breath of Spirit, the expression of perfect life.

Prosperity - God is my substance and sustenance. I am prosperous.

World Peace - My thoughts and actions contribute to a peaceful world.