



Everett Unity Center For Positive Living

Unity Center Gazette

SPEAKER SCHEDULE

April 2017

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|---|---------------------------|
| April 2– Kevin Hart | April 23 - Jenn Peterson |
| April 9 - Doug Benecke (Palm Sunday) | April 30 - Joanna Gabriel |
| April 16 - Doug Benecke (Easter Sunday) | |

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

I LOVE OUR UNITY -KEVIN HART

I love our Unity. We have a wonderful church building and a congregation that has found its way through the ups and downs of the years. Bob Eagan’s article in the February newsletter touched me deeply, as well as helped me to realize a few things I’d like to share with you now.

What a magnificent history we come from, both as our own Center for Positive Living here in Everett, and as people of the Unity movement as a whole. I am personally enamored with the way in which both have come to be what they are now; they have given so much to help so many live better lives. There is something beyond words special about being a part of what happens in our sanctuary every Sunday, and yet there is so much more going on than only Sunday get-togethers, especially now. Now, we are growing into a new era which calls for new action. I am grateful to be a part of it, with you.

Our old church burned down in 1999 on my 31st birthday before I even knew what Unity was, and when I was stuck in a psychic force that was destroying me. But when I walked into our current church building on Colby Avenue in 2007, needing help badly, I felt what Bob described in his article, even though I had no idea what it was at the time – I was “stunned by the consciousness there.” I knew I had found a home, a solution, and it felt scary and intimidating and wonderful.

We all have a story, a place from which we come, fears, hopes, dreams, loves and losses. March of this year marked 35 years since Bob Eagan began leading service. What a blessing to be a part of those years, and to help carry on that consciousness now. So much has changed since that time, and much has transpired in the five years since Bob and Charlotte have retired. We’ve had a sort of flying blind time. But what a joy it has been to sit in those original oak pews of 1910 and be witness to our growth and change, to be immersed in the century-soaked consciousness of our space, of the gifts of every speaker that has come through, of each minister, and of the events that we have loved, laughed, cried and grown through, together.



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

“Decisions, decisions, decisions....”

“Change happens when the pain of staying the same is greater than the pain of change.”

~Tony Robbins

Recently my fourteen-year-old daughter faced a big decision. She had already committed to her first season of high school track and field, after just a couple weeks of ending her first season of high school basketball. In case you are not aware of this, high school sports are much different now days than they were back when I was in high school. The kids today practice 2-3 hours a day and the coaching is very hard-core.

So when my daughter was asked to rejoin her AAU basketball team, which was starting back up recently, she felt honored, a bit obligated and knew that it would be good for her future success in the sport of basketball. She also realized that she had a lot going on already with school, track, family and friends. She was not sure what to do! As we moved through this process together, I felt inspired to share what I learned as a parent.

My biggest realization is that decision-making is a skill that must be taught

and modeled; it is not something we just naturally know how to do. It is also a skill that I was not intentionally taught. I have learned much over the course of my life so far and know that it is my responsibility to share what I have learned with my children.

The Six Most Important Things I Have Learned About Decision Making (so far):

It is ok to ask for time. I need time to process information and to think about all the different angles of a decision. I have learned to use phrases such as, “I will let you know by Tuesday,” or “Let me discuss this with my family and get back to you with my decision.”

Praying and meditating are wonderful resources and a direct connection to Source when faced with a decision. I pray to pour out my heart to God and I meditate to hear the truth. This also helps me to stay heart-centered, which doesn’t mean I don’t use my intelligence; it just keeps me in touch with how I actually FEEL about any given decision.

Almost any decision we make can be changed or modified later. Indecision can be a decision in and of itself. If we procrasti-

nate long enough, we are avoiding our choices. Sometimes it’s better to go with what we think is best right now, knowing that we can change our mind down the road, if needed.

We need to get in touch with our feelings; I mean really deeply trusting ourselves to know what we want and to know how we feel. When we honor our feelings and make choices that truly reflect our purest desires, we feel more aligned and in the flow of life. We feel happier and everyone around us benefits, too.

It’s ok to seek information and guidance from our trusted loved ones, friends and other resources, but when it comes time to make big decisions, we must remember that it is OUR life that it will impact the most and that we can listen to everyone’s opinions and advice, but only hold onto the words that resonate with us, that we know to be true for us. In the end, we must choose what is best for us.

Don’t settle in life. Life is too full, wonderful, juicy and vibrant for us to settle or to suffer. When making decisions be brave. Have courage. Don’t do what you are “supposed” to do, do what is best for you and your life.

Are you curious what happened with my daughter?

We talked about how much of a commitment joining this additional team would be. We prayed about it, we discussed how she felt after a full day of school and track. We came to the decision that she would not join the team. It felt right to both of us. There have been no regrets. My daughter is already better at making decisions than I was at her age and for this I am grateful.

“And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

~Anaïs Nin

Thank you, God!

**APRIL
AFFIRMATIONS**

Inner Peace - I surrender to the Christ Presence within and find true peace.

Guidance - Inner wisdom guides me to new ways of thinking and being

Healing - My mind and body radiate the healing energy of Spirit.

Prosperity - My mind is a wellspring of prospering ideas.

World Peace - Peace in the world begins with love in my heart.

"I Love Our Unity", Cont. from page 1

And now I have a vision.

It is a vision of our future, a knowing within that we are headed into something great and beautiful. The earth is in her spring time and so are we. I see in my imagination all those pews full with people, young and old and all in between, who wish to know more this Presence of a Loving Spirit that fills the space and our hearts with such love and joy. Where does it come from, how do we find it, honor it, and use it to live our best life, especially in such uncertain times?

Our founders, Charles and Myrtle Fillmore, never intended to have a Church; they only found a way that worked to heal the woes of their own limitations. But, Myrtle, once she found the power of affirmative prayer and *healed herself*, never looked back, and immediately began sharing it. Charles, though skeptical and analytical at first, found within himself an untapped resource, a purpose and reason for his being, unique to everything that surrounded him at that time, and counter-intuitive to what seemed the way to attain success in a world growing in its hunger for materialism. They had lived together in what misperception causes, and then found a spiritual solution, a magic between them, that could heal the greatest of wounds. It had a life of its own, healing and all-transcending, and they became willing channels of sharing It with the world. Thank God they answered the deeper calling. How we have benefitted from their willingness.

This is but a snippet of our history, and yet with it comes a sort of responsibility, if we choose. Our founding, timeless, living Christ principles are perhaps needed now more than ever.

The time has come to live the ancient teachings in a modern world, to rise above our current limitations, to bring forth the best of what we can find within us, and to share it with all who will come.

This is the vision I have.

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

A COMMITMENT TO OUR COMMUNITY

At the Annual Membership Meeting Feb. 12 we discussed our 2016 budget deficit and our financial future. We have experienced an annual budget shortfall for more than a decade now. And, while we have a healthy cushion of funds in our investment account, it is obviously not a wise use of the church's resources to depend on those funds for daily operations on an on-going basis. As times change our church is not the only one facing this situation. So what do we do?

There are two ways to improve this: reduce expenses or increase income. Let's talk about reduction first while recognizing that options often times seem simple until you actually think about how you would implement them.

We already run a pretty lean operation with most of our support being given by faithful volunteers including ushers, social hour hosts, kid's program volunteers, office volunteers, group facilitators and our Board of Directors. We could eliminate our music program, our kids program and cancel our landscaper and almost eliminate the deficit every year. But, I think we all agree that would seriously undermine our mission, removing so much of the value of our Sunday service and the beauty of our historic building. That is clearly not the answer, but what is? Cut back on the basics? What would that be? We cannot reasonably turn off the lights and heat or stop our garbage service! And, unlike many churches, we do not have a mortgage so our fixed costs are pretty minimal.

The other option is to increase our income. That can be done several ways. Increase Sunday attendance (which might increase the amount of Sunday tithes), add programs, and increase rental use of our facility. Our Sunday attendance has increased to an average of 72 people in the first eight weeks of 2017 compared to 62 every Sunday for the last six months of 2016. We had 101 people last Sunday! We can add programs, which we have been doing and will continue to do in the future. And we will continue to look for ways to appropriately increase rental income by working with groups from our community who would respectfully enjoy the use of our beautiful building.

One other option could be a slight increase in the monthly give from our church attendees. Did you know, the gift of an additional \$35 PER PERSON, PER MONTH would completely erase our deficit? Small steps by many can have a huge impact.

As always, the Board would love to hear your ideas.

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

ENERGIZE, MEDITATE, PRAYER AND SHARE
Sunday, April 2, 12:30-2p.m. Love Offering collected
Facilitated by Kevin Hart and Jenny Campbell
Join this healing circle to tune into higher consciousness with simple tools you can use every day.

WOMEN'S CIRCLE: THE JOY OF FRIENDSHIP
Wednesday, April 5, 2017
6:15 p.m. Potluck Begins/7:00 p.m. Program Begins
Offered on a Love Offering Basis
We'll be enjoying old friends and new so bring a friend with you and let's find out where we're from! If you are able, please bring a dish to share during the potluck.

HAPPY HEARTS HEALING CIRCLE
Every Monday, 7:15-8:30 p.m. Facilitated by:
Kevin Hart and Jenny Campbell
Offered on a Love Offering Basis
This weekly gathering is open to anyone who wants to come be supported through the ups and downs of life and build community. Get to know yourself and your Unity family better.

BUDDHIST 8 STEP RECOVERY
FACILITATOR TRAINING
Saturday, April 8, 10-2, (Love Offering collected)
Have you been hearing about this program and wanting more information? Have you been looking for a way to support your spiritual community and give back? Have you been a group facilitator in another capacity who would like to learn something new? This training session might be for you. Contact the Administration office for more information.

SCOTT SHERMAN HEALING
Saturday, April 15, 2017, 11-2 (by appointment)
Facilitated by Adonnis Gregory and Jenny Campbell
This healing uses touch or near touch with meditative statements to facilitate healing and an expanded sense of well being. Contact Adonnis for more information.

OVERCOME YOUR FEAR OF PUBLIC
SPEAKING WITH HYPNOSIS
Thursday, April 20, 7-8:30 p.m. \$10/person
Facilitated by Katie Evans
All are welcome to attend. Learn with hypnosis and practice how to become more comfortable in front of others.

APRIL 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
Energize, Meditate, Prayer and Share, with Kevin Hart and Jenny Campbell, April 2, 12:30 p.m. (see panel to left)
Sunshine Team after service April 23

Monday:

Happy Hearts, A Healing Circle, Every Monday, 7:15 p.m. (See panel to left)

Tuesday:

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

Wednesday:

Course In Miracles, Every Wednesday, 10:15 a.m.
Women's Circle, First Wednesday, April 5, 6:15-8:15 p.m. (See panel to left)
Handy Crafters, 2nd and 4th Wed., April 12 & 26, 6 p.m.
Newsletter Team, April 26, 12 noon.

Thursday:

Weight Loss Meet-Up Hypnosis, (New Night), April 13, 7 p.m.
Overcoming Your Fear of Public Speaking with Hypnosis, April 20, 7-8:30 p.m. (See Panel to left)

Friday:

Drum Circle: First & Third Friday, April 7 & 21, 7-9 p.m.
Family Game Night: 2nd Friday, April 14, 6:30-8:30 p.m.

Saturday:

8 Step Facilitator Training, April 8, 10 a.m.-2 p.m. (See panel to left)
Sherman Healing Sessions, April 15, 11-2 (by appointment only) Facilitated by Adonnis Gregory and Jenny Campbell (See panel to left)
Flute Circle: Last Saturday of the month, April 29, 10 a.m. to 12 noon.