



Everett Unity Center For Positive Living

Unity Center Gazette

SPEAKER SCHEDULE

May 2017

- May 7 - Rev. Annie Lonardelli
- May 14 - Katie Evans
- May 21 - Rabbi Ted Falcon
- May 28 - Jim Freeman

Spiritually Growing
Always, And In All Ways!

3231 Colby Avenue
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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

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average about \$20/month from
this program.

MYRTLE SPEAKS -KEVIN HART, BOARD VICE-PRESIDENT

It is a common mistake for children to be taught that they born, full of life, and strength and mental enthusiasm; that the years bring heavy responsibilities, unavoidable disappointments and sickness; and that the approach of the three-score-and-ten milestone on life's journey marks a decline in the life flow and the active interest and the ability to cope with problems, and that the end is weakness and death. Children do not like to accept such an erroneous concept of life, and they vigorously resist it.

Myrtle was 65 and in excellent health when she wrote the above notions. She adds: *We consider 70 a mere childhood! The soul is just getting a well-rounded knowledge of the world in which it lives, and preparing to really live, after being here seventy summers.*

But earlier in her life, around the age of 40, with three young children, she was ... *fearfully sick. I had all the ills of mind and body that I could bear. Medicine and doctors ceased to give relief and I was in despair ... I was supposed to be dying or very close to it.* As we know, Myrtle was sickly and troubled most of her life up to this point, and at a time in America's history when living was tough, anyway.

Then, she fatefully attended a course of lectures given by a Christian Science practitioner, E.B. Weeks. In a letter to a friend, she wrote: *It was such a wonderful time for me when I awakened to the Truth that God is my Father and that I inherit from Him only that which is Good. It seemed to loosen all the binding thoughts of the race belief in inherited weakness and I breathed so freely and joyously.*

Myrtle wrote, to share with us, this fine example of firm denial and living affirmation, in the very first Unity magazine:

It flashed upon me that I might talk to the life in every part of my body and have it do just what I wanted. I began to teach my body and got marvelous

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

Do you ever wish you could have a do-over when it comes to decisions you made while raising your kids? You know the saying that hindsight is 20/20, well there is another belief that we all do the best we can with what we know at the time. As I look back, I am careful to remember that I did my very best at the time with what I knew and the resources I had. I also believe it is never too late to make changes!

Pray & meditate every day. Teach your children to pray before meals, before they go to bed and anytime they need or want to talk to God. Teach them that God is always with us and is always listening to us. Although I do this, I especially admire my best friend, who still prays each night with her two teenage sons. She has been so consistent with this over the years, that her teenage sons consider it a regular part of their daily routine.

Tuck your children in every night. Along with praying, I wish I would have tucked my kids in

more consistently. We had a great routine when they were little, but as they got older, things changed. It seems like all of sudden we were no longer doing our nighttime routine. As they get older, routines can change, but it is still important to have certain things children can count on each day.

I would have allowed my children to fail more. I know that sounds counterintuitive, but from the Love & Logic training I have received I have learned that the more they fail on small things and reap the consequences, the more they learn from their experiences and are able to make better choices the next time. I came to the rescue of my children too often instead of letting them receive the natural consequences of their decisions and actions. For example, if your child forgets his or her lunch and goes hungry just one day, they will most likely not forget it the next time.

I would have required my children to help more around the house.

Young children can be taught to do almost all household chores and if they become used to helping, this is so beneficial for everyone.

I would have been more consistent. We all know life gets in the way of our best laid plans, but the more consistent we can be with our children, the bigger the benefit. I did so many great things, but did not always remain consistent, especially when giving my children consequences for their behaviors. For example, I might take their phone away for a week, but cave in after 3 days because their behavior got so much better. Don't give a consequence that you aren't planning to stick to, because this can give the child the wrong message and can be very confusing.

I would remember to remain light-hearted and fun. It is so easy to become very serious about all of the responsibilities and challenges we face in this life, so we need to find the magical part of life. Notice the rainbows, jump in the mud puddles and paint the pictures. Make it a point to laugh every day! Some of the best advice I ever received

was from my sister who told me to make sure to spend quality time with each child each day, even if it was only a few minutes.

I would give less gifts and offer more experiences. Even though I really did make this a priority, if I could do it over again, I would be even more intentional about this. Children need our time. They learn the most from us when we are experiencing things with them and just having casual conversations as opposed to formal talks and lectures about things we would like them to learn.

It's never too late to make changes....ever!

“Speak to your children as if they are the wisest, kindest, most beautiful and magical human beings on earth, for what they believe is what they will become.”

-Brooke Hampton

“Myrtle Speaks”, Cont. from page 1

results. I told the life in my liver that it was not torpid of inert, but full of vigor and energy. I told the life in my stomach that it was not weak or inefficient, but energetic, strong and intelligent. I told the life in my abdomen that it was no longer infested with ignorant ideas of disease, put there by myself and by doctors, but that it was all a thrill with the sweet, pure, wholesome energy of God. I told my limbs that they were active and strong. I told my eyes that they did not see of themselves but that they expressed the sight of Spirit, and that they were drawing on an unlimited source. I told them that they were young eyes, clear, bright eyes, because the light of God shone right through them. I told my heart that the pure love of Jesus Christ flowed in and out through its beatings and that all the world felt its joyous pulsation. I went to the life centers in my body and spoke words of truth to them – words of strength and power. I asked their forgiveness for the foolish, ignorant course that I had pursued in the past, when I condemned them and called them weak, inefficient and diseased. I did not become discouraged at their being slow to wake up, but kept right on, both silently and aloud, declaring the words of Truth until the organs responded.

In this way, she took responsibility for her own life, by the power of infinite Good that lived in her and lives in each of us, and she healed herself, instead of using some other person to administer any other thing. Because, she said, *I wanted the understanding for future use.*

Myrtle Fillmore had tapped into an inner wellspring of pure, healing potential, which lay within each of us, awaiting only our claim. Her story demonstrates this simple, profound Truth. So what of this future use? If it worked right now and instantly, and she had realized her own wholeness suddenly and effectively, what for, then, a future use? I believe it is in another Christ Principle. She continues:

From the moment I perceived the healing law I could not leave my neighbors alone. If there was anything the matter with them it had to be put aright; they had to know that there is a better way. I did not do this meddlesomely. No one objected if the pain left him and he became well; in fact, our

neighbors got so interested in healing that they would not let me alone and our parlors were filled nearly every morning.

She knew, perhaps intuitively, that she must give it away to keep it. Her life was one from here on dedicated to the healing, Living Spirit of Practical Christianity. This healing is, to me, for so much more than only the woes of the physical body. Isn't it far more for the soul? We can change our minds, just as Myrtle changed hers. She did not change anything external, as she had attempted her whole life, until she realized the true nature of cause – and effect. But how the whole world has indeed changed, and how so beautifully and beneficially for us, 86 years after her passing. How strong is her Spirit here, with us now. Thank you, Myrtle, for your life's devotion.

Each one of us is inseparable with God, the source and Substance of life and wisdom and every good.

Resources used in this writing

-The Story of Unity, James Dillet Freeman

-The Unity Movement, Neal Vahle

MAY AFFIRMATIONS

Inner Peace - I am infused with the peace and strength of God.

Guidance - God is my constant guide on my fulfilling journey through life.

Healing - I am a radiating center of divine life and energy.

Prosperity - The abundance of the universe flows to me. I accept it with joy and gratitude.

World Peace - I hold a vision of peace and harmony for the world.

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.

WOMEN'S CIRCLE: MANIFESTING YOUR LIFE

Wednesday, May 3, 2017

6:15 p.m. Potluck Begins/7:00 p.m. Program Begins

Offered on a Love Offering Basis

Join us for Vision Boarding, a tool in manifesting your life. Bring art supplies to share and be part of the fun. If able, please bring a dish to share during the potluck.

DRUM CIRCLE

1st and 3rd Friday, May 5 and 19, 7 p.m.

Facilitated by: Will Crawford

Offered on a Love Offering Basis

Back at the helm, Will Crawford returns as facilitator of the much enjoyed Drum Circle. You do not have to have a drum to participate. Extra drums are provided for your use, if you want to play. This evening includes potluck.

4 LEVELS OF HUMAN CONSCIOUSNESS

Sunday, May 21, 12:30 p.m.

Facilitated by: Adonnis Gregory \$10/person

The 4 levels of consciousness include: 1) Life happens to me, 2) Life happens by me, 3) Life happens through me, 4) Life happens as me. This class will help you understand the human process we all experience and where you are in it.

FRIDAY NIGHT AT THE MOVIES

Monthly on the 4th Friday, May 26, 2017, 6 p.m.

Facilitated by: Tina Hokanson

This event includes potluck/Love offering will be collected
Movie night is back! If you are able, bring a dish to share, enjoy a movie with a great message and finish the evening with group discussion.

MAY 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

4 Levels of Human Consciousness, May 21, 12:30 p.m.

(See panel to left)

Sunshine Team after service May 28

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, May 16, 10:00 a.m.

Wednesday:

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

Women's Circle, First Wednesday, May 3, 6:15-8:15 p.m.

(See panel to left)

Handy Crafters, 2nd and 4th Wed., May 10 & 24, 6 p.m.

Newsletter Team, May 31, 12 noon.

Thursday:

Weight Loss Meet-Up Hypnosis, (New Night), May 18, 7-8:30 p.m. \$10/person

Friday:

Drum Circle: 1st & 3rd Friday, May 5 & 19, 7-9 p.m.

Family Game Night: 2nd Friday, May 12, 6:30-8:30 p.m.

Friday Night at the Movies, 4th Friday, May 26, 6 p.m.

(See panel to left)

Saturday:

Flute Circle: Fourth Saturday each month, May 27, 10 a.m.

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