



Everett Unity Center For Positive Living

Unity Center Gazette

SPEAKER SCHEDULE

June 2017

June 4 - Kevin Hart
June 11 - Roy Holman
June 18 - Cate Montana
June 25 - Kevin Hart

Transition:
Les Bell

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

BUILDING ACCESSIBILITY PROJECT MAY 30, 2017 UPDATE CINDI PEDERSEN, ADMINISTRATOR

It is with great pleasure we announce that the project began May 8th! It's been a long time in the planning stages with some expected and unexpected delays but we are full steam ahead now. If you haven't driven by or been in the building recently, here's what's happened so far.

On the exterior of the building: The area on the northwest corner of the building where the lift will be installed was excavated and the concrete vault below grade was poured. To help orient you, this area is directly outside the windows to the west of the piano. The drainage and moisture barriers were installed and the area was backfilled. Unfortunately, due to the amount of dirt that needed to be excavated, the garden area was completely destroyed in the process of stockpiling the dirt and pouring the concrete. Once the new sidewalk is poured, we will be planning a wonderful new garden area and replanting.

On the interior of the building:

Basement level: The window at the bottom of the stairs has been removed, the concrete foundation exposed and now that the new header has been installed, they're ready to core out the concrete wall to open up the vault. That should happen this week. The door into the Social Hall has been moved and the entry way into the Social Hall at the bottom of the stairs has been enlarged where a wider door will be installed. This will eliminate some of the congestion where the stairs, Social Hall doorway, lift foyer, bathroom and nursery traffic meet. All those functions converge right there and as you already know, it's crowded on a Sunday morning! This should make the space so much more useable.

Nursery: The demolition of the bathroom has begun to enlarge it and install a wider door. New flooring and a new toilet will be installed as well. Please note, the restroom cannot be used right now.

Sanctuary: The window on the north wall of the coat closet has been removed, as well as the coat closet itself. The wall between the coat closet and the foyer has been removed and beautiful new 6 panel French doors have been installed where the two separate doors used to be. This will give us more room and better traffic flow in the area entering and leaving the lift and sanctuary as well as coming up and down the stairs.

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**Please Note
Office Hours During
Construction:**

**Open Tuesday and
Wednesday 10-2, closed
on Thursday
Until July 6, 2017
Office will also be closed
Tuesday, July 4, 2017**

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

~From the words of the Universe, Mike Dooley:

***“Has it occurred to you, that wherever you go, you are my eyes, my ears, and my voice; my arms, my legs, and my everything else, too? Well, I vote for more flowers, more music, and more “I love you’s.” More hugging, more skipping, and more naps.
XOXO***

As we head into June, we think of graduations, the ending of a school year and the beginning of a new season... summer! Our schedules are usually a little less hectic, the weather is warmer, and our moods seem lighter. Doesn't that sound great?!

Families tend to have more time together. Ideally, summer is a great season to focus on things we may not have as much time to focus on when school is in session. This summer, let's remember to **explicitly teach our children about our values.** If you value peace, open-mindedness, loving concern and service to others, teach those values to the chil-

dren in your life through communication, actions, activities and examples. Find ways to show your children what you value while remembering that they are watching your every move and listening to your every word (even if you don't think so)! You are their teacher, their parent, their neighbor, their relative, their friend... they are looking to you for direction, so don't be afraid to share what you believe, have discussions, listen with an open heart and find ways to connect.

Think of projects you can work on together as a family to foster these values:

- Build something together
- Plan a meal, shop for it and create it together
- Help an elderly neighbor with their yard or home
- Visit a nursing home
- Volunteer at a food bank
- Pick up litter in your neighborhood or a part of your town
- Have a social gath-

ering and invite some new people

Take time to discuss things you see happening in your home, neighborhood, community and world. There are so many learning opportunities that happen around us, we just need to take the time to discuss these things with our children. Ask their opinions. Listen to what they have to say. Keep an open heart and an open mind.

I have a vivid memory of when my oldest daughter was about ten and we witnessed a mother being caught shoplifting at a clothing store. It was very dramatic because she had her young son with her and the police were handcuffing her and were taking her son away from her. He was crying and the mother was screaming out. My "mother's heart" just ached for both of them and I could barely stand to witness it. I was trying to remove my daughter from this horrible ordeal as quickly as possible. As soon as we got to our car, she started asking me questions. She wanted to know why someone would do that and how they could do something like that

especially with their child with them. We ended up having an amazing discussion about shoplifting and how every decision we make has a consequence. Her final statement to me that day was, "that mother made a very bad decision to steal and it made it even worse that she would do that with her son with her." The consequence made sense to her and it made a lasting impression for both of us. My epiphany that day was how beneficial it was to really talk about what we had witnessed and that it was important for my daughter to be able to verbalize what she felt and for me to share my values and opinions.

This was an important thing for me to learn because I had been raised in a household where most scary or confusing things that happened or were witnessed were not talked about. I learned from a very young age that certain topics were off-limits and that category seemed to just get bigger as I got older. It became a habit or a part of our culture to just not discuss certain things...those very things that as a child you need help and support processing the most.

Youth & Family Education continued from pg 2

Sometimes we can learn the most from real life experiences and just being free to ask questions and discuss what happens in our lives. It sounds so simple but can have profound effects in our life. So as the school year ends, let's be mindful of ALL the different ways we are teaching the children in our lives.

Once again, thank you God.

Project Update continued from pg 1

I know it's tempting and many of you are curious to see it for yourself but, I ask that you steer clear and let the crew do their work during the week. Regularly scheduled activities are being held as planned and the crew is working around our schedule. Because of that, they know when they should have uninterrupted access to the building and they are making the most of it. Remember, it is an active construction site and it really looks like one! We are concerned for your safety as well as making sure the guys can work without trying to make safe access for anyone. The sooner they are finished, the sooner we can enjoy the fruits of their labor!

We ask, if you are able and willing, please continue to contribute to the on-going fundraising efforts for this project. We go forward in faith, as the Fillmore's taught us, knowing that God will provide for this important project. We are making our entire building more accessible and welcoming to everyone, no matter what their mobility challenges are. And that is the right thing to do. We are so grateful for the opportunity to make this much needed improvement to our 107 year old building. It benefits us now as well as benefiting future generations and it couldn't be done without your support. Thank you!

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

**- GLENDA SMITH, BOARD PRESIDENT
"MEDITATION"**

We live in a culture determined to force feed us negative perspectives about everything that can possibly affect us in life. The television shows us murders, immoral behavior, bombings; the internet bellows terrorism, conspiracy theories, ill effects of GMO's, animal extinctions, and the newspapers fill us with dread as stories of the homeless and drug problems abound. With all of this fear striking dread into our psyches where do go and what can we do to feel unthreatened and safe?

We go inside! Inside of ourselves to the calm spot where all is quiet and peaceful. That place where all our worries, stress, and fear diminish and we find our own loving and forgiving perspective.

Lest you think that meditation is a way to ignore and deny the challenges and stress of your outer world, I would rather suggest that meditation and prayer are the one true way to effectively own true peace. By connecting with your "higher self" through quiet contemplation you are able to effectively change your attitudes, opinions, perspectives, and truly change your own world.

Positive attributes will blossom and begin to take over; you will feel more loving, willing to forgive, have less fear and more exuberance for life. As you morph into a more "enlightened" person, you will naturally infuse those around you with your positive, forgiving, and loving attitudes. This side effect cannot be understated! The positive influence we have on others naturally affects many more people and the domino effect surely takes over. And, these changes in attitudes will ultimately be what changes the world for the better.

Imagine that just by spending a few minutes a day in meditation we can ultimately live in a world in which people truly care about each other, a world where integrity is valued, trust is inherent, and spiritual truths are honored. I can easily visualize the freedom and love of such a place.

I know this article seems rather simplistic for those who already meditate, but I believe that most things in life are very simple and attainable through simple action. What greater gift can we give ourselves, and those in our circle, but the gift of peace and safety?

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

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.

DRUM CIRCLE

1st and 3rd Friday, June 2 & 16, 7 p.m.

Facilitated by: Will Crawford
Offered on a Love Offering Basis

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.

WOMEN'S CIRCLE: God's Music

Wednesday, June 7, 2017

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

Savanna Woods and Andrea Pomerinke join us to share their musical talents and the gift of God's Music. If able, please bring a dish to share during the potluck.

OVERCOME YOUR FEAR OF PUBLIC SPEAKING WITH HYPNOSIS

Thursday, June 15, 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 and improve your public speaking ability.

SCOTT SHERMAN HEALING

Saturday, June 17, 11-1 p.m. by appt only

Facilitated by: Adonnis Gregory and Jenny Campbell
\$10/person

This healing uses touch or near touch with meditative statements to facilitate healing and an expanded sense of well being. To register or for more information contact Adonnis or Jenny.

FRIDAY NIGHT AT THE MOVIES

SHOWING THIS MONTH: "Happy"

Monthly on the 4th Friday, June 23, 2017, 6 p.m.

Facilitated by: Tina Hokanson

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

JUNE 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 June 25

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, June 20, 10:00 a.m.

Wednesday:

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

Women's Circle, First Wednesday, June 7, 6:15-8:00 p.m.

(See panel to left)

Handy Crafters, 2nd and 4th Wed., June 14 & 28, 6 p.m.

Newsletter Team, June 28, 12 noon.

Thursday:

Weight Loss Meet-Up Hypnosis, June 8, 7-8:30 p.m.

\$10/person

Overcoming Your Fear of Public Speaking With

Hypnosis, June 15, 7 p.m. (See panel to left)

Friday:

Drum Circle, 1st & 3rd Friday, June 2 & 16, 7-9 p.m.

Family Game Night: 2nd Friday, June 9, 6:30-8:30 p.m.

Friday Night at the Movies, 4th Friday, June 23, 6 p.m.

(See panel to left)

Saturday:

Scott Sherman Healing, June 17, 11a.m. to 1 p.m. (See panel to left)

JUNE AFFIRMATIONS

Inner Peace - I attune to God at the center of my being, and I am serene.

Guidance - The mind of God enlightens me. I am wise, courageous, and confident.

Healing - Every cell of my body is aglow with the light and life of God.

Prosperity - I give thanks to God as my source and supply.

World Peace - I envision all people building a world of peace on a foundation of love.