



# Everett Unity Center For Positive Living

## Unity Center Gazette

### SPEAKER SCHEDULE

August 2017

August 6 - Catherine VanWetter  
August 13 - Doug Benecke  
August 20 - Joanna Gabriel  
August 27 - TBA

**Please welcome new member:**

**Dennis Miller**

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  
Director .....Patrick Trana

#### **Church Staff**

Administrator....Cindi Pedersen  
Music Director.....Terri Anson  
Youth Director... Jacqueline Arnold  
Organist.....Pat Rollins  
Head Usher .....Chuck Atterson  
Social Hour .....Jude Davis  
Web & Sound.....Steve Tucker

### **ANNUAL CHURCH PICNIC Sunday, Aug 13, after service**

at

Legion Memorial Park  
145 Alverson Boulevard, Everett  
The church will provide  
hamburgers and hotdogs with all  
the fixin's. Please bring some-  
thing for potluck to share, along  
with your family and friends.  
Looking forward to seeing YOU  
there!

### **PROSPERITY AND FORGIVENESS ROBERT EAGAN MINISTER EMERITUS**

I've been thinking about prosperity and how forgiveness fits into prosperity. You may or may not have noticed in your lifetime that we live on a planet of abundance. Our news media from time to time focuses on people being hungry and indeed people are hungry. But the hunger is not because there is not enough food for every person. There is more than enough food on this planet for all of us to eat three meals a day. Where there is hunger it is not because the Creator has neglected us, it is because we have neglected ourselves and each other. Starvation results not from the lack of abundance but from the lack of caring from humanity to itself. If people are starving inside the city limits of Everett, Washington, it is not because of lack of food. There is plenty of food in Everett, just walk through a supermarket. It is the same worldwide.

We live on an abundant planet and in an abundant universe. With the great abundance available, why are some of us who are reading this article experiencing lack of prosperity? Please remember that when we use the word prosperity we mean the richness and quality of life. Prosperity includes health, friendships, relationships, material goods, peace of mind and heart, and just plain old cash.

In our culture the things of the heart are often discounted and we focus on the things of the pocketbook. To many

of us prosperity shows in dollars. There is some validity to that concept in that prosperity can show in dollars and usually when the dollars are absent, other areas of life are also deficient.

We like to think that, "If I just had X number of dollars then I would be happy." The lotteries play on that wish. But research has shown over the years that people who win the lottery are no happier or sadder with the money they won than they were without it. Actually, if they were miserable before winning the lottery their misery was just emphasized by the money. They could no longer blame their unhappiness on lack of money because the lack of money is an effect of a lack consciousness.

A lack consciousness is nothing more than a set of beliefs that keep us from seeing the truth about ourselves and the truth about others. Your consciousness is the sum total of your heart and mind beliefs. If you want to know what you truly believe about yourself right now, take a hard, clear look at your life. Your life is projected from your beliefs just as a movie is projected from a movie projector. I have seen it in me and I have seen it in you; when we change our consciousness, our lives change accordingly.

When we change our consciousness and live more and more from the higher heart energies of peace,

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

***“Parenting is as crazy  
as circumnavigating  
the globe without a  
map...but, oh, what a  
journey!”***

~Anonymous

Every Sunday we look forward to seeing which children will walk through the doors at Unity! Recently, one of our youngest kids came for his fourth time. I told his Grandma (who he comes with) that he has been having a difficult time adjusting to being here and that it might be helpful if she stayed for a bit. She was happy to oblige and it truly helped him to feel more comfortable with the ‘new’ situation. She shared that he is an only child and does not attend daycare, so this social situation is extremely good for him! He is learning that other adults, besides family members can care for him and also how to interact with other children. Kids are so interesting to me and each one is so completely unique and special. Children need to develop trust that their grown-up(s) will return and that they will not just be left and forgotten about!

I was thinking back to when I was a young child and as the youngest of four, I remember feeling insecure and ‘lost’ at times. I still feel some anxiety when I am supposed to meet a member of my group at a certain place and time in a crowded area and I believe this stems from some negative childhood experiences. I am overly conscientious about being at meeting places on time and feel anxious when I cannot locate my group!

As a parent and educator, I think it is extremely important for us to help build a foundation of trust in the children we care for. We need to make sure our actions match our words; that what we say actually matches what we do. We need to be places when we say we will. We need to be very careful when making promises, because we all know how it feels to be promised something and have it not come to fruition. It is a very disappointing experience and can be avoided by making sure that we only promise

what we are sure we can deliver.

I will never forget being promised a special dress that was to be made for me when I was a little girl. I got to pick out the material and the pattern. I looked at the picture of the little girl on the envelope of the pattern and imagined myself in that beautiful dress that no one else would have because it was going to be handmade for me! Well, for whatever reason, that dress never got sewn. I never really knew why. To be honest, my parents did a fairly good job of not promising things that would not happen, but that ‘strawberry dress,’ as I fondly referred to it, was a memory I have never forgotten.

This little boy at church enjoyed having his Grandma stay with him and when she left to “check something for a few minutes,” he was content to stay and play with us. He is learning that his loved ones care about him and they do come back when they say they will. While playing, he was learning so much more... how to meet and interact with new friends, how to share, how to take turns,

how to listen, how to pray, how to express himself and how to color with a crayon. It is so satisfying to see our children at Unity become more confident, to share their ideas, to develop relationships with one another and with adults and to really feel a part of the Unity congregation.

Please feel free to bring your children, your grandchildren, or your neighbors to Unity...they are all welcome! We will do our very best to teach them important spiritual principles, while showing unconditional love to them while they are with us. I am so grateful for being able to serve in this way and I continue to cherish my Sunday mornings with the children of Unity.

***“What can you do to  
promote world peace?  
Go home and love your  
family.”***

~ Mother Teresa

Thank you God!

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

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forgiveness, joy, and love, we find our prosperity growing. When we change our consciousness and live more from the lower heart energies of judgement, anger, jealousy, envy, anxiety, or any fear based emotion, we find our prosperity decreasing. Abundance, like water, always follows the path of least resistance. Abundance and love are the same thing, and peace, forgiveness, joy and love are the path of least resistance for abundance. Abundance and fear are opposites and abundance will flow away from fear. The greatest block to your flow of abundance is your belief that you don't deserve it. You may not believe that is what you are telling yourself but perhaps your life says differently.

It seems that one of the most difficult concepts for us to grasp is that my whole experience of life is done completely inside of me. My beliefs about my home determine how I see and experience my home. My beliefs about women determine how I see and experience women. My beliefs about cars determine how I see and experience cars. My experience of my home has nothing to do with my home, it is totally in me. My experience of women has nothing to do with women, it is totally in me. My experience of cars has nothing to do with cars, it is totally in me. My experience of material prosperity has nothing to do with stocks, bonds, banks, employment, the government, it is totally in me. My beliefs determine my experience of life. How you experience me has nothing to do with me, it is totally within you.

Now to forgiveness and unforgiveness. If you find something to criticize about me, does that say more about me or about you? If, in your experience, I say or do something that you take some kind offense over, does that affect me or does it affect you? Oh, I've had people take offense and come to my office and give me all kinds of hell, but if I take offense then their situation becomes my problem and now I have some forgiveness to do. I have found that it is much easier to not take offense in the first place than to have to go through forgiving.

If you choose to have hurt feelings or anger toward someone, where are those hurt feelings or anger located? In you. Where do they remain until forgiven? In you. What do these hurt feeling or anger effect in your life? Oh, just everything. Everything from how your car runs to how your shoes feel. The unforgiveness in your life affects everything in your life, no exceptions. Your unforgiveness alters your consciousness and your consciousness creates your life.

Forgiveness is such a simple process. It is not facing the other person and saying, "I'm sorry". Actually, the other person probably doesn't care one way or the other. The forgiveness is really and truly you forgiving yourself. Forgiving yourself for judging the other person or situation in the first place. Forgiveness is admitting that you made an error; you forgot that we are all doing the very best we can do all the time. If we could do better we would do better. The other person makes mistakes just as you do. The other person can be experiencing some of his or her own unforgiveness and lashing out but you don't have to make it your problem too.

Lack of prosperity is almost always connected to unforgiveness. When I think I am judging another person, I am really judging myself and the message is that, "I am not deserving of wealth, of health, of happiness," AND AS I BELIEVE IT IS SO FOR ME.

Anger and hatred toward another is really anger and hatred toward you. When you are experiencing anger and hatred toward someone you are not wishing them health, wealth, and happiness. And you are not allowing them for yourself either. What we give out we get back.

We are all doing the very best we can at all times. If we could do better we would do better. Heal your broken heart by forgiving yourself for making the mistakes you have made. As you forgive yourself you can also give the same forgiveness to others. You are paying the cost of your unforgiveness right now. Is it worth it?

Listen to our Sunday Services on the web at: [www.EverettUnity.org](http://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

Come be supported through the ups and downs of life and build community. Child care is provided.

### AA MEETING, MONDAYS at 7 A.M.

### WOMEN'S CIRCLE: "Letting Go"

Wednesday, Aug 2, 2017

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

Offered on a Love Offering Basis

Discussion will include letting go of old ideas, thoughts, and things to lighten the load. If you like, bring small household items, personal accessories or jewelry that no longer serves you to recycle among your friends.

### ANNUAL CHURCH PICNIC

Sunday, Aug 13 after Sunday Service

Please plan to join your Unity friends for this annual event. The church will provide hamburgers and hotdogs, please bring a side dish, salad or dessert to share. Also, be sure to bring your family and friends!

### FRIDAY NIGHT AT THE MOVIES

Friday, Aug 25, 6 p.m. Facilitated by: Tina Hokanson  
This event includes potluck/Love offering will be collected

At the printing of the newsletter, the title has not yet been determined. Each month the attendees choose the movie for the upcoming month. Once decided, it will be posted. If you are able, bring a dish to share, enjoy the movie and finish the evening with group discussion.

### TAKE ME OUT TO THE BALLGAME!

Unity at the AquaSox Game

Sunday, Aug 27. 4:05 p.m. \$10/person

Everett Unity will attend the game again this year. You do not have to be a baseball fan to have a good time getting together for a fun day at the ballpark.

Tickets are available in the church office.

### DRUM CIRCLE HIATUS

The Drum Circle is looking for a new facilitator. Is that you? If you are interested or would like more information, please contact the church office. Our intention is to have this group begin again in September, maybe only one night a month?

## AUGUST 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

Annual Church Picnic, after service Aug 13 (See panel to left)

Sunshine Team after service Aug 27

Aqua Sox Game, 4:05 p.m. Aug 27 (See panel to left)

### Monday:

AA Meeting, Every Monday, 7 a.m.

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, Aug 15, 10:00 a.m.

### Wednesday:

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

Women's Circle, First Wednesday, Aug 2, 6:15-8:00 p.m. (See panel to left)

Handy Crafters, 2nd and 4th Wed., Aug 9 & 23, 6 p.m.

Newsletter Team, Aug 30, 12 noon.

### Friday:

Family Game Night: 2nd Friday, Aug 11, 6:30-8:30 p.m.

Friday Night at the Movies, 4th Friday, Aug 25, 6 p.m.

(See panel to left)

## AUGUST AFFIRMATIONS

Inner Peace - Peace dwells in the silence of my soul.

Guidance - Open to divine direction, I am gently guided to my good.

Healing - The life of God flows through me as renewing energy.

Prosperity - I open my mind to divine ideas, and new avenues of supply are revealed.

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