



# Everett Unity Center For Positive Living

## Unity Center Gazette

April 2016

### APRIL SPEAKER SCHEDULE

April 3: Judi Murakami, LUT  
April 10: Doug Benecke  
April 17: Krysta Gibson  
April 24: Niobe Weaver

### FINANCIAL REPORT

#### February Numbers:

Income: \$7,635.68  
Expenses: \$8,457.17  
Tithes will go to: Unity NW Region, Silent Unity, Spiritual Social Action Fund and the Snohomish County National Alliance on Mental Illness.

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

### Welcome New Members

*Bill McKinlock  
Dana Miller  
Lindsey Miller  
Diane Smith  
Tina White*

### "The Light Has Come"

The light has come. You are healed and you can heal.  
The light has come. You are saved and you can save.  
You are at peace and you bring peace with you wherever you go.  
Darkness and turmoil and death have disappeared. The light has come.  
Today we celebrate the happy ending to your long dream of disaster.  
There are no dark dreams now. The light has come.  
Today the time of light begins for you and everyone. It is a new era, in which a new world is born. The old one has left no trace upon its passing.  
Today we see a different world, because the light has come.  
We offer thanks for the passing of the old and the beginning of the new.  
No shadows from the past remain to darken our sight and hide the world forgiveness offers us. Today we accept the new world as what we want to see.  
We will be given what we desire. We will to see the light; the light has come.  
Our single purpose makes our goal inevitable.  
Today the real world rises before us in gladness, to be seen at last. Sight is given us, now that the light has come.  
We do not want to see the ego's shadow on the world today. We see the light, and in it we see heaven's reflection lie across the world.  
Tell yourself the glad tiding of your release:

*"The light has come.  
I have forgiven the world."*

Dwell not upon the past today. Keep a completely open mind,  
Washed of all past ideas and clean of every concept you have made.  
You have forgiven the world today.

-A Course in Miracles, Lesson 75



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

Recently while I was driving I saw one of the most spectacular sunsets I have ever seen in this area. The sky looked like a pastel rainbow of sherbet colors and the sun was making everything sparkle that it's rays touched. I had to pull over and stand on the hill and try to capture a picture of the magnificence I was beholding. The picture did not reflect the gorgeousness of the moment, so I abandoned that idea and just stood there soaking up the beauty around me and the magical scene I was witnessing. At that moment I was filled with a feeling of gratitude that filled me up and overflowed out of me. I remember Bob talking about holding a thimble out and God pouring blessings into it versus the abundance of blessings the Universe has for us. At that moment I felt the blessings of my life in a very powerful way. I was so thankful for my children, my family, my friends (who are like family to me), my health, and my jobs that make each day so full of love. I was thankful for

all of the circumstances and events in my life, even the challenging ones, because they have all helped me learn and grow and become. I took some deep breaths and realized just how lucky I am to be healthy and to be aware of the beauty in my surroundings.

As I got back in my car, I was enjoying this sense of elation. I felt privileged to have had that experience and to have felt so reinforced by Spirit. But then a very strange and unexpected thing happened. Later that very same night, I experienced a feeling of sadness and loneliness like I had never experienced before. I felt so fearful of many different things that I had filed away in the back of my brain in a box called "worry about later," and later was here. I could not believe how I had gone from elation to devastation in a just a few short hours. It was as if by being so open to the exquisite beauty of my life and world, I had become even more open and vulnerable to the hard, scary parts.

Isn't that so true? When you allow your heart to be open and vulnerable to the absolute gorgeousness of life, you are also more vulnerable to the sadness and darkness, too. I felt as if my heart had been cracked open and there were no barriers between me and these emotional experiences I was absorbing.

One thing I have learned in my life is that when I am feeling something, even something very uncomfortable or sad, it is important to acknowledge it and even welcome it with the knowing that it will pass. So, I allowed those feelings, I felt them, I journaled, I prayed and relatively soon they had passed. I have chosen to live a passionate, full life. It is not always going to be rainbows and unicorns, sometimes it is going to be darkness and tears, but in order to experience the true fullness of life, I need to be vulnerable to it all. Sometimes my life looks like random pieces of a puzzle spilled all over the floor, some facing down, some missing and some put together with areas missing. But each time I grow, learn, have an epiphany or get through a

challenge another small piece seems to find its place. It's a breathtakingly beautiful picture on that puzzle and it is becoming more clear each year.

We have to be willing to let it ALL in...the joy and the sorrow. This life can be messy and complicated and beautiful and crazy and exciting and scary all at the same time. I am so thankful for the experiences in my life and the opportunity I have to share what I am learning with others and to learn from them.

Isn't that what it's all about?

***"Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light."***

~ Dr. Brené Brown

**Thank you, God!**

**THE POWER OF MEDITATION  
- GLENDA SMITH, PRESIDENT**

We start our Board of Directors meeting, every month, with a prayer and a short meditation. This practice centers and calms us, allows us to focus on our Higher Selves, and lets us work on our tasks in a mindful, loving way. Meditating really calms me, and after a long work day it is necessary to let go of my stress and switch gears into a more positive space.

Meditation is a fundamental practice of Unity. We partake of meditation as a way of connecting with ourselves and with our Higher Power. As everyone in Unity knows, calming the mind connects us to our Source in a calming, loving way. Through this connection we experience phenomenal personal and spiritual growth. We experience who we really are!

My first experience was a guided meditation in a class setting. Afterward I felt relaxed, calm, well rested. An amazing experience for a high strung, Type A personality! I couldn't get enough of it. Meditation became a daily ritual for me. Of course, it was not easy. Quieting my mind seemed impossible for even a few seconds! However, I KNEW this would benefit me greatly and I kept feeling the nudge to keep "trying". And try I did! I experimented with many different techniques: chanting mantras, listening to music, focusing on a single object and/or word, sitting lotus style, laying on the floor, etc., etc., etc.

Eventually, my mind got a bit quieter. I started noticing small changes in myself: I had more patience with people and situations, aggravations didn't hold as much weight, and I was truly calmer on the inside! What a bonus! I really had no idea that these types of changes were a benefit of meditation. All I'd been looking for was a way to calm down and

relax.

Someone told me that, "prayer is talking to God and meditation is listening to God." That comment really piqued my interest and I decided give this idea some consideration. Praying proved harder for me than meditation. My knowledge of prayer ran along the lines of begging and pleading. This certainly didn't feel right to me and after much time and grappling, I finally decided to just start my meditations by talking to God. Praying proved very foreign and uncomfortable for me but I persisted! Another "nudge" in my spiritual journey was taking place. This practice of praying AND meditating really catapulted my spiritual growth and transformed my personal journey.

Today, I understand the true power, and essence, of meditation and prayer through personal experience. My fears are greatly diminished, I generally feel peaceful, I can occasionally practice true forgiveness, and my sense of "knowingness" or intuition always proves true when I listen. My self esteem has reached new heights, I feel confident, true to myself, and am much more social and compassionate. And, the best part: I have a connection with my Higher Power today. A connection which gives me enormous inner strength, comfort, mindfulness, inner peace and love.

I never know where the quest will take me and I've learned to have an open mind with the journey. Today I am a Unity prayer chaplain and am available for prayer and comfort for members of our spiritual community. Praying with others gives me the gift of connectedness with others and with my Source. I am learning to give and receive love, to have true acceptance. What a blessing!

**APRIL AFFIRMATIONS**

*Inner Peace - In the Silence, I connect with my essence of peace.*

*Guidance - The Christ within guides me to my good.*

*Healing - The healing presence of God revitalizes me.*

*Prosperity - I seek God first and prosperity flows to me and through me.*

*World Peace - One with all beings, I contribute to a consciousness of peace.*

**MORNING MEDITATION RETURNS**

Every Sunday Starting on April 3  
Beginning at 9 a.m. with Silent Meditation 9:15-9:40  
in the Nursery  
Facilitated by: Walter Rothfus

**WOMEN'S CIRCLE  
WALKING INTO YOUR FUTURE**

Wednesday, April 6, in the Social Hall  
6:15 p.m. Potluck Begins  
7:00 p.m. Program Begins

Join the Wonderful Women of Unity as we enjoy dinner, conversation and dreaming. If you have crafting supplies you would like to use for your very own "vision book", please bring them. Otherwise, all supplies will be provided. Also, if you are able, please bring a dish to share during our potluck. We hope to see you there!  
(Love Offering Will Be Collected)

**THE SECRET OF SHOWING UP**

Sunday, April 17, 1-3 p.m. In the Social Hall  
Facilitated by: Krysta Gibson and Kevin Hart

Do you start projects or make resolutions and then abandon ship shortly thereafter? Would you like to learn how to follow-through and show up for yourself and your dreams? You'll have an opportunity to work with an issue of your choice and apply some ideas and techniques that could help you follow-through to completion.  
(Love Offering Will be Collected)

**BUDDHIST 8 STEP RECOVERY GROUP**

Every Sunday 6-7:30 p.m. in the Social Hall  
For more information contact: [www.nwbuddhistrecovery.org](http://www.nwbuddhistrecovery.org)

**THE KNITTING MAVENS**

Date and Time: To Be Determined  
Facilitated by: Jill Snow

Watch for upcoming announcements regarding this fun project to support our community by providing hand made items for people in need.

Dear God, Please untie the knots that are in my mind, my heart and my life. Remove the have nots, the can nots and do nots that I have in my mind. Erase the will nots, may nots, might nots that may find a home in my heart. Release me from the could nots, would nots and should nots that obstruct my life. And most of all Dear God, I ask that you remove from my mind, my heart and my life all of the "am nots" that I have allowed to hold me back, especially the thought that I am not good enough. Amen.

Author known to God

**APRIL ACTIVITIES**

**Sunday:**

Worship Service & Children's Church 10:00 a.m.  
Morning Meditation every Sunday beginning at 9 a.m.  
Silent Meditation from 9:15-9:40 in the Nursery  
Buddhist 8 Step Recovery every Sunday night, 6-7:30 in the Social Hall (See panel to left)  
The Secret of Showing Up, April 17, 1-3 p.m. in the Social Hall. (See panel to left).  
Sunshine Team after service April 24, in the Social Hall

**Tuesday:**

Board of Directors, April 19, 10:00 a.m. in the Social Hall\* Note new day and time.  
Course in Miracles, 7:00 p.m. in the Social Hall

**Wednesday:**

All activities are in the Social Hall unless noted  
Course In Miracles, Every Wednesday, 10:15 a.m.  
Women's Circle, First Wednesday, April 6, 6:15-8:15 p.m. (See panel to left)  
Newsletter Team, April 27, 12 noon in the Social Hall

**Thursday:**

Spiritual Social Action, First Thursday, April 7, 7-9 p.m.  
Fire Wheel Community Coffee Shop, 2727 Colby Avenue

**Friday:**

Drum Circle: First and Third Friday, April 1 & 15, 7-9 p.m. in the Social Hall

**WATCH FOR THESE PROGRAMS IN MAY....**

**AKASH**

(Ancient Keys to Attaining Success & Happiness)

Six weeks: Thursdays-May 5, 12, 19, 26, June 2 & 9  
12-1 p.m. (bring your lunch)  
\$50/person.

Returnees are FREE unless you need handouts again, then it's \$10.

Facilitated by: Krysta Gibson

**EXPLORING ENERGY**

Using the 5 Basic Unity Principles

Six weeks: Thursdays-May 19-June 23, 2-3:30 p.m.  
\$35/series (regularly \$60), or \$10 per class.

Expand your awareness of this amazing world we live in through discussing our beliefs, concepts and personal experiences and sharing our own individual changes and growth.

Facilitated by: Adonnis Gregory