



Everett Unity Center For Positive Living

Unity Center Gazette

AUGUST SPEAKER SCHEDULE

August 2016

August 7 - Judi Murikami
August 14 - Doug Benecke
August 21 - Noelle LaCharite
August 28 - Joanna Gabriel

FINANCIAL REPORT

June Numbers:

Income: \$5,801.42
Expenses: \$7,586.84
Tithes to: Unity NW Region, Silent Unity, Spiritual Social Action, and the Unity Community Fund

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

WELCOME NEW MEMBERS

John Sheppard
Tracey Sofian

WHAT IS YOUR SPIRITUAL TRUTH? -GLEND A SMITH, PRESIDENT

Recently my son asked me if I was living my spiritual truth. My first response was, "of course I am." Later, I realized what a deep question he'd laid in my lap and definitely one that deserved more consideration. I realized what an in-depth topic this was for me and started to ponder it in smaller pieces.

First I asked myself, "What exactly are my spiritual truths?" The foundation of my truth rests on the belief that Creator consists of pure, loving energy and all of creation lives within, and is part of this dynamic energy field. Nothing can reside outside of God's sphere. Consequently, everything contains this pure energy of love and all creation is divine.

Now the half million dollar question: Am I living this truth? Am I conscious enough in my daily life to acknowledge the love and divine in everyone and everything and to treat them accordingly? Do I focus on the love in others by offering compassion, forgiveness, and selfless giving? Am I respectful and supportive of the path others choose by honoring their truths? Or, am I hateful, selfish, resentful, and judgmental; giving no honor to God, other living beings, the earth, or myself?

The million dollar answer: Sometimes, occasionally, and once in a while. So, why am I not totally living within my own belief system? Because it's too hard! It takes so much effort and energy to live consciously. To ignore the exterior world, which grabs my attention and plies me with pleasurable and fearful situations, takes an enormous amount of energy at times. Slowing down long enough to pray or meditate in the moment to find my center requires a lot of dedication and intentional focus. Reacting is faster and much easier. To take guidance from my head (ego) is habitual, easier, and flows more naturally than it does from my heart. Is not living in my truth all the time a hypocritical way to live? Not at all! In fact, I feel very successful that I live these truths even slightly. Realizing my truths, focusing on them, and dedicating to practice them is my goal everyday. This openness to knowing Creator's intention for me seems incredible. Having these truths and perceptions gives me a feeling of wholeness and security. I know that love surrounds me at all times even when I can't feel it or show it. That, to me, is success! Do you know your spiritual truths? And, do you live them?



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

“When you unleash your creativity, a whole new world opens at your feet. The sun becomes brighter and the birds sing louder. Like a child running free at recess, you laugh, run, and explore, thrilled to be alive.”

~ [Tess Marshall](#)

Here are the some interesting ways to encourage your child (or anyone) to be more creative and intuitive!

Create a safe and nurturing environment. When children are anxious or worried about external factors, such as their safety or well-being, they are not able to focus on internal progress. This might also include setting up predictable routines your child can trust, providing nourishing food and snacks and being consistent with expectations and household rules.

Recognize and encourage the use of creativity and intuition on a daily basis. Let your children or loved ones know you value their creative ideas by listening to them, supporting them and helping them bring their ideas into existence. Point out when you are following a “hunch” and let them know how you feel about the solution you are trying. Let your child in on your thought processes

so that s/he can be aware that it is a skill they can practice and become better at exercising as they become more aware of it. Acknowledge when your child follows his or her intuition and is correct.

Give children free time to rest and be quiet.

Children still need time to rest and to be free from screens, electronics and scheduled activities. This quiet time is what can promote great ideas, feelings and hunches that our children can learn to follow. Children need to time to allow the right side of their brain, the part of the brain where creativity comes from to flourish. Show children that it is good to spend some time every day resting, thinking, meditating and allowing. They will learn to appreciate this sacred time in which new and creative ideas can come to them. Be willing to share ideas that come to you and what you choose to do with them. Do you write in your journal, discuss your new ideas with others or begin working on your ideas immediately? Your process is very valuable to share with your children.

Teach children to keep paper and pencil by their bed to record ideas they

receive from their dreams.

From a very young age, children can write or draw ideas that come to them from dreams. Some of the best inventions come from dreams. The period of time just as we doze off and just as we are waking up are breeding grounds for brilliant new ideas.

Try this: ask your child how s/he feels, instead of what s/he thinks about something.

Better yet, have your child place their hand on their tummy or on their heart to feel their body when they are making a tough decision. Let your child see how you make decisions and notice how you feel about these decisions. As Abraham Hicks says, “Nothing is more important than that you feel good.” We need to teach our little people to tune into their feelings, allow them to feel their feelings and process them. Once again, we can be great examples of practicing this, modeling this and intentionally talking about and teaching the importance of this to our youth.

Make time to go outside in nature every day a priority.

Whether it is a walk around the block, time to roll down a grassy hill or a hike in the mountains, allow your children (and yourself) time to breathe fresh air, move your bodies and be reenergized by the beauty and vitality of being in nature. Almost all

children I know love to go outside to play. They love the freedom, the creativity and the opportunity to explore. A great example of letting creativity flourish outside is what happens when you give your children some old pans, some old spoons, and access to some dirt and water! I remember spending hours making birthday cakes for my stuffed animals with sticks as candles, making dinner for all the people in my restaurant and food to feed all the animals at the zoo (which was situated under my grandparents deck).

Be open to new ideas especially, ideas coming from your children.

Isn't it interesting how we often know just what experiences and situations we need to grow? You will be amazed (if you're not already) by the great ideas your children will come up with when they realize that it is okay to think outside the box (speaking of boxes, give a large box to your children and just see what they imagine it into to)!

As we move into August, try some of these tips and see what happens with your family. I'd love to hear your stories of new creative ideas, children learning to follow their intuition and any other inspirations you experience. This beautiful world just gets brighter and more magnificent as we exercise our creativity and intuition!

Thank you, God!

THE REVOLUTION WE NEED IS A SPIRITUAL ONE

The revolution we need is, as with all revolutions that have occurred, a spiritual one — a deep awareness with profound and pervasive material manifestations, a transformation that changes the way we do everything, think about everything and act in the world. We are not the same people.

The revolution will involve a change in the way we understand what justice is and how truth is measured. We need to see the world through a lens of meaning that immediately shows us the deep interconnections and interdependencies among everything that exists, so that we imagine patterns of interaction that enhance and encourage flourishing at every turn.

The revolution we seek is one where we are unable to name hatred, brutality, cruelty and indifference, where we are so repulsed by these forms of diminishment that they become unimaginable to us, impossible inside ourselves and gradually unknown in the world. So much so that we will be bewildered by collective exclusions and expulsions, if and when they happen. To use the words of the prophet, people will build houses and live in them, will grow food and eat it, will make beautiful things that we ourselves adore. And no one, anywhere, will be predator or prey. This vision alone has the power to elevate and save us, deliver us from our worst selves.

The need we have is for a revolution of love. Nothing less will do now. A revolution of love beyond the measuring stick of a justice that forgoes attention to the particular details of life at its best and worst. A revolution of love beyond the reductive lens of a truth that decrees one single answer to the challenge of finding equality and freedom for all.

What we need is a revolution of love where wrestling with the inevitability of our earthbound deaths will be the closest we ever come to despair, and once we fully understand the true adventure of the completion of our lives, the experience will be the topic of deep poetic ponderings, of song, of dance, even celebration - never the subject matter of social protests, of savage deaths lost in the burning streets, of our unawareness of ourselves and our inattentiveness to each other, just another news story that is forgotten with the day.

We need a revolution of love now.

REV. SERENE JONES
PRESIDENT OF THE
HISTORIC UNION THEOLOGICAL
SEMINARY, NEW YORK

AUGUST AFFIRMATIONS

Inner Peace - I surrender to the peace of God within.

Guidance - My light shines as confidence and understanding.

Healing - The healing life of God renews and strengthens me.

Prosperity - As I give, I receive.

World Peace - I see the world encircled in love and peace..

WOMEN'S CIRCLE WEDNESDAY AUGUST 3
"Mindful Eating"

Join hypnotist Katie Evans and learn more about **Mindful Eating**. During our lovely meal, we will learn to taste and appreciate our food even more.

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

If you are able, please bring a dish to share during our potluck. Maybe since we're learning about mindful eating we could bring more salads and protein dishes and fewer desserts? We hope to see you there!

EXPLORING ENERGY

Using the 5 Basic Unity Principles

Series: Thursdays July 21-Aug 25, 6:30-8 p.m.,

\$35/Series of 6 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.

HEALTHY WEIGHT LOSS THROUGH HYPNOSIS

Wednesday, Aug 17, 7-8:30 p.m. \$10/person

Facilitated by: Katie Evans

This class is open to all who are interested in a safe easy way to manage their weight. Get to the root of what has been holding you back with a group of like-minded people. Katie has over 30 years of weight loss hypnosis experience.

HANDY CRAFTERS SOCIAL GROUP

2nd & 4th Wednesday, Aug 10 & 24, 6:30-8 p.m.

Bring your crafty talents and idea to the group to create beautiful useful things for our friends in need and work on the afghan for the Unity Benefit Auction.

UNITY BASICS WITH NOELLE LACHARITE

Monday, August 8, 15, 22 and 29, 7-9 p.m.

You've heard of the Five Basic Unity Principles but you would like to learn more? Or, you've been a student of Unity for years and would like to delve deeper? Or, you would just like to hang out with like-minded folks and deepen your relationship with people in our community? This class is for you! Join Noelle LaCharite, a life-long Unity student and Unity Minister in Training while she leads us through the basics. 1. God is the source and creator of all. There is no other enduring power. God is good and present everywhere. 2. We are spiritual beings, created in God's image. The spirit of God lives within each person; therefore, all people are inherently good. 3. We create our life experiences through our way of thinking. 4. There is power in affirmative prayer, which we believe increases our awareness of God. 5. Knowledge of these spiritual principles is not enough. We must live them.

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

"What is Healing?", Aug 21, 12:30-2:30 (see panel)

Sunshine Team after service Aug 28

Monday:

The Artist's Way, Monthly until further notice, date TBA

Unity Basics Class, Aug 8, 15, 22, 29, 7-9 p.m.

Tuesday:

Course in Miracles, Every Tuesday, 7:00 p.m.

Board of Directors, Aug 16, 10:00 a.m.

Wednesday:

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

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

(See panel to left)

Handy Crafters, Second and Fourth Wednesday, Aug 10 & 24, 6:30-8 p.m. (See panel to left)

Healthy Weight Loss Through Hypnosis, Aug 17, 7-8:30 p.m. (see panel to left)

Newsletter Team, Aug 24, 12 noon

Thursday:

Spiritual Social Action, on hiatus until October

Exploring Energy Using the 5 Basic Unity Principles, 6 weeks on Thursdays July 21-Aug 25, 6:30-8 p.m.

Friday:

Drum Circle: First & Third Friday, Aug 5 & 19, 7-9 p.m.

Family Game Night: Aug 26, 6:30-8:30 p.m.

"What is Healing?" Workshop

Sunday, Aug 21, 12:30-2:30 p.m. \$5/person

Adonnis Gregory & Randy Ruud

The word Healing means Wholeness. Myrtle Fillmore healed her body of Tuberculosis because she recognized that. She healed herself because she knew she could. She began saying "I am a child of God and therefore I do not inherit sickness." She decided she would heal her body, she chose it, intended it, focused on it, and was healed. However, healing does not always mean, to cure. It is more often an experience of Peace Of Mind. It is more a 'feeling' or a consciousness of Oneness.

FAMILY GAME NIGHT

Friday, Aug 26, 6:30-8:30 p.m.

Looking for something fun to do? Wondering why you sit home many Friday nights? Are the kids driving you crazy wanting something to do this Summer? Why not join us for our first monthly Family Game Night event! Bring your family, your friends, your favorite game, and a snack to share. Join us for an evening of fun at Unity!