



Everett Unity Center For Positive Living

Unity Center Gazette

December 2015

DECEMBER SPEAKER SCHEDULE

Dec. 6: Norma Jean Young
 Dec. 13: Doug Benecke
 Dec. 17: CANDLE LIGHTING with Sylvia Anderson
 Dec. 20: Unity Family Christmas
 Dec. 27: Burning Bowl with Node Smith

FINANCIAL REPORT

October Numbers:

Income: \$ 5,073.76
 Expenses: \$10,158.29

Oct Tithes will be sent to: Unity NW Region, Silent Unity, The Spiritual Social Action Fund and the Firewheel Community Coffee House

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.....Bob Trimble
 Vice-President.....Craig Hamborg
 Treasurer.....Glenda Smith
 Secretary.....Mary Lou Moberg
 Director.....Kevin Hart
 DirectorJill Snow

Church Staff

Administrator.....Cindi Pedersen
 Music Director.....Terri Anson
 Youth Director..Jacqueline Arnold
 Organist.....Pat Rollins
 Head UsherChuck Atterson
 Social HourJude Davis
 Web/Sound Master...Steve Tucker

Welcome New Members: Tom and Jody Jaycox

ANNUAL MEMBERSHIP MEETING

SUNDAY, FEBRUARY 14, 2016, After Sunday Service

Everyone is welcome to attend however, only registered members can vote.

Your Board of Directors has spent a substantial amount of time in careful consideration, prayerful thought and review and they are proposing an update to the Everett Unity Center for Positive Living Statement of Purpose as printed below:

Current: "The purpose of Unity Center for Positive Living is to provide members and guests with a loving social and scholastic atmosphere where anyone who wishes may learn how to call upon the Christ-self within, so he may realize more of his own wondrous spiritual potential in God! For this purpose, we are united together as a non-profit Washington corporation—endeavoring to learn, practice, and teach the truths of Jesus Christ as interpreted by Charles and Myrtle Fillmore, other enlightened teachers and Unity School of Christianity, with headquarters at Unity Village, Missouri; and adopt any other means to further these purposes."

Proposed: "Our Mission is to join each other in discovering the divine essence within all of life through prayer, meditation, and the teachings of the Masters, and to extend this awareness throughout the world."

Membership in Everett Unity

Membership is not required to attend or participate in activities at the Everett Unity Center for Positive Living. However, if you want to be able to vote on issues pertaining to the governing and management of the center and issues involving financial decisions, you must be a registered member. ALL MEMBERS MUST RENEW ANNUALLY.

New and Renewal Membership Card are available in the Social Hall. Please complete and return to the Administration Office. All NEW Members must submit their cards prior to 1/20/16 to have voting privileges at the General Membership meeting, Sunday, February 14, 2016.



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

I had such an interesting experience attending the Broadway musical "If/Then" recently. I didn't realize it beforehand, but the lead actress was Idina Menzel, the woman who sings "Let It Go" from Frozen and who was the wicked witch in the original "Wicked" on Broadway with Kristin Chenoweth. She has amazing talent and I was very moved by her performance.

The story was about a woman who was at a crossroads in her life. She was recently divorced, had moved to New York City and was trying to rebuild her life and follow her dreams. The play was about how little decisions, chance happenings, a missed phone call, or meeting someone at the park can completely change your destiny. One of the songs had a lyric that said, "every day you can begin your life again." It showed this woman's life playing out in two very different ways and kept switching from one to the other in very creative ways.

This musical really made me think...it reminded me of how powerful we really are and how many choices we are able to make each day. Also, there is rarely

a choice we make that we can't later change our mind about. It seems to me that we need to make our choices and fully embrace them, not spending a lot of time thinking of the "what ifs." There is really no way to know how things would turn out with a different choice because there are always so many variables to consider. It also reminded me of the importance of really living in the moment and being aware of how we are choosing to live our life and how we are spending our precious moments. All of a sudden, it can feel like five years have just zoomed by. We need to be conscious of our time and be aware of how we are **choosing** to spend this precious commodity.

Then, I went to church on the following Sunday to prepare to teach my children's lesson and voila...the lesson was on 'change' and how in Christ, we are able to begin anew each day. The story that went with the lesson was a fable about a grumpy old woman who found a beautiful vase buried in her yard. She took it in and cleaned it up and was

able to notice its beauty. When she set it on her table, it's beauty made her table look dirty, so she was inspired to clean her table and chairs. After that, she was able to see how dirty her floors were and she began to sweep and mop. Soon her whole little cottage was shiny and clean and she found herself smiling. Just randomly finding that dirty vase in her yard and wiping it off started a chain of events in her life that changed her whole attitude and outlook on life.

It was serendipitous that the lesson tied in with the thought-provoking play I had just seen. The truth is that change happens, and we have lots of choices that influence the changes around us. We are extremely powerful beings who can change our lives by the prominent thoughts we are thinking. Time goes by no matter what, so how we choose to spend our time is one of our most powerful decisions. If we are intentional in these decisions and stay aware of what is happening in our lives, we have a much higher chance of being satisfied with our life and what is happening in it.

I shared these thoughts with my own children because there are so many lessons I am learning now

that I wish I had been taught when I was younger. They listened and smiled...I think they already knew and are happy that now I do, too.

"Don't start your day with the broken pieces of yesterday. Every day is a fresh start. Each day is a new beginning. Every morning we wake up is the first day of our new life."

Thank you God!

**DECEMBER
AFFIRMATIONS**

Peace within me, peace around me.

The Christ Light illumines my way.

I place my faith in the healing power of God within.

I joyfully give and I joyfully receive.

I share my peace with the world.

If you know of a great non-profit that would benefit from Unity's monthly tithe, please put their name & contact info in the Suggestion Box.

Take a Deep Breath by Kevin Hart

Spiritual beliefs can certainly wane and wander. What are we doing? This business of seeking a deeper relationship with the divine is perhaps the greatest single mystery in all of life. It directly relates to all that we do, whether it be a strong belief or a strong disbelief. It is said that no one thinks about God more than an atheist. Life can at times seem like a giant race, if only against our very selves, against time, but what are we really competing with? Is it not the great mystery of life and death, of in and out, and of being and not being? Can you imagine yourself as nothing? Some of the deeper practices and inquiries of spirituality directly confront such questions.

One thing is clear: When we begin to delve deeper, there is a tremendous challenge immediately apparent – What am I? Who am I? What could life on a planet such as Earth possibly be for? Believing in something does not make it true. But it can make it true for the one believing. Maybe God is a scientist and the whole cosmos a divine experiment. Or could what we call God be a set of principles which somewhere along the way humans have anthropomorphized to a point that can seem ridiculous? Does it even matter?

Our thinking minds were never meant to be the core of Self-identification. They were meant much like the other senses, to interpret information and navigate here on our precious planet. The single most difficult thing for many human beings is the confusion caused by over-thinking, especially when propelled by selfishness and self-seeking. But thinking is intimately interwoven with contemplation. Selfishness has a way of taking over, often evident by the presence of confusion and the need for more, more, more. Contemplation can offer a more pleasing alternative.

When we first come from the breathlessness of a mother's womb into the atmosphere, we take a great inhalation. When we leave the planet, it is done with a final exhalation. Is all in between merely a pause? Does the breath hold a great secret of the spheres? Is the last place that we look for true answers the most obvious? Try this: Sit with a straight spine. Close the eyes and watch a deep breath come in through the nose. Hold it for a few counts, focusing between the eyes. Exhale gently through the nose about the same length as the inhale. Honor the pause. Do this ten times in a row, deepening to your preference. Try it for several days, and notice what you notice.

5 Reasons to Join Us For the Christmas Candle Lighting Service Thursday, December 17, 2015, 7:00p.m.

1. It is a time to wind down from the hustle and bustle of Christmas preparations. This ceremony allows you to center your soul.
2. Part of preparing for anything you do in your life is spending time with God. This ceremony allows you to simply be in Christ-mas.
3. “When two or more are gathered in my name, there I am in the midst of them” - Matthew 18:20
4. There is something to be said about seeing and feeling the energy generated by all of the candle lights. The glow you create will stay with you.
5. We want to share the love of this journey with you. We want to bless you and we want to behold the Divine in you. This spiritual community is blessed by serving you.

Come and feel the empowering and uplifting energy created by fellow spiritual beings as we create our own sea of lights for Christmas. Join our loving, spiritual community to let your inner and outer light shine!



WOMEN'S CIRCLE

Wednesday, Dec. 2, 6:15 p.m.
"Sharing is Caring"

Bring your fabulous, slightly used accessories to swap and help us create the Giving Tree Gift Tags. Everett Unity is sponsoring Christmas for the Cocoon House and Women's Circle will create gift tags so people can select a tag and shop for a teen in shelter. As always, please bring a dish to share during our potluck that starts at 6:15p.m. See you there!
(Love Offering Will Be Collected)

"LET'S MANIFEST-2016"

With Krysta Gibson and Everett Unity
Saturday, December 5, 9:30 a.m.-4:30 p.m.
At 3231 Colby Avenue, Social Hall
(entrance on 33rd)
\$95/ Supplies, lunch & snacks provided.
NO REGISTRATION AFTER DEC. 2

Do you want a vibrant life? Inspiration and support for a more meaningful life journey? This event is for you! The day will offer inward journeys, inspirational talks, journaling tools and guidance, space for inner quiet, like-minded travelers, safe and nurturing environment, renewal, revitalization and passionate embrace of your life. **Contact Krysta-425.356.7237 or krysta @newspiritjournal.com**

ANNUAL CANDLE LIGHTING CEREMONY

Thursday, Dec. 17, 7:00 p.m.

One night only this year, on Dec. 17th, this annual tradition at Everett Unity promises to be as wonderful as ever with a deep spiritual message. Sylvia Anderson from the Everett Gospel Mission will present a deep spiritual message and holiday music will set the mood for the most wondrous season of lights. Make this event a holiday tradition for you and your family.

Unity Family Christmas

Sunday, Dec. 20, After Service in Social Hall
Santa and Mrs. Claus are coming to town! The Spiritual Social Action Team is sponsoring this annual tradition to share the fun and excitement of the holiday with our extended Unity Family. Bring your family, kids, grandkids and friends to enjoy Christmas cookies and gifts for the little ones. **Prior to the event, please complete a gift tag for each child who will be attending to ensure all the kids get a gift from Santa. Tags are available in the Social Hall beginning Dec. 6.**

DECEMBER ACTIVITIES

Sunday:

Worship Service & Children's Church 10:00 a.m.
Conscious Community Group, Cancelled through year end.
Unity Family Christmas, After service, Dec. 20 in the Social Hall
Burning Bowl Ceremony, December 27, 10 a.m.
Sunshine Team after service Dec. 27, in the Social Hall
White Stone Ceremony, Jan 3, 2016, 10 a.m.

Tuesday:

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, Dec. 2, 6:15-8:15 p.m. (See panel to left)
Board of Directors, Dec. 16, 6:30 p.m.
Newsletter Team, Dec. 30, 12 noon in the Social Hall

Thursday:

Spiritual Social Action, Dec 3, 7-9 p.m. in the Social Hall.
Christmas Candle Lighting Service, Dec 17, 7:00 p.m. in the Sanctuary

Friday:

Drum Circle: First and Third Friday, Dec 4 & 18, 7-9 p.m. in the Social Hall

Saturday:

Let's Manifest-2016 Workshop, Dec. 5, 9:30-4:30 in the Social Hall

Burning Bowl Ceremony

Sunday Service, Dec. 27, 10 a.m.

Concluding the year of 2015 and the season of Advent, the Burning Bowl Ceremony invites participants to use the physical attributes of fire in an experiential exploration and a releasing of areas of resistance, opening a space for intention setting for the upcoming year.

White Stone Ceremony

Sunday Service, Jan. 3, 2016, 10 a.m.

Ushering in the New Year of 2016, the White Stone Ceremony is a meditative experience which focuses participant's intentions for the upcoming year onto a "White Stone" from the Holy Land of Jerusalem.