



# Everett Unity Center For Positive Living

## Unity Center Gazette

January 2016

### JANUARY SPEAKER SCHEDULE

- Jan 3: White Stone Ceremony with Node Smith
- Jan 10: Rebecca Sumner
- Jan 17: Doug Benecke
- Jan 24: Niobe Weaver
- Jan 31: Carolyn Holland

### FINANCIAL REPORT

#### November Numbers:

Income: \$ 8,279.43  
 Expenses: \$ 8,459.10

Nov. Tithes will be sent to: Unity NW Region, Silent Unity and The Spiritual Social Action 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.....Bob Trimble
- Vice-President....Craig Hamborg
- Treasurer.....Glenda Smith
- Secretary.....Mary Lou Moberg
- Director.....Kevin Hart
- Director .....Jill Snow

#### 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

### I BEHOLD AND DELIGHT IN A FRESH START

The new year stretches before me like a blank canvas. What kind of life will I paint this year? I choose the brushes of service and relationship-those that feel most natural and meaningful to me. I select colors that stir my soul as I prepare to paint a new picture of my life. What palette best reflects my spirit and intentions? Bright, vibrant tones or understated, earthy ones? I choose accordingly.

I pause before the blank canvas of my life until I feel guided to create. Once nudged in a particular direction, my creativity comes alive, and I begin my masterpiece, each movement carefully selected with the Master Creator's direction. I behold and delight in the fresh start Spirit inspires in me.

“This month shall mark for you the beginning of months; it shall be the first month of the year for you.” –Exodus 12:2

The Daily Word  
 January 1, 2016

*Happy  
 New Year*

### ANNUAL MEMBERSHIP MEETING

#### FEBRUARY 14, 2016, After Sunday Service in the Sanctuary

Current members should renew their membership prior to the annual meeting and new members should submit their membership application by January 20th to ensure their voting privilege at the meeting. Everyone is invited to attend but only registered members can vote. If you have questions, contact Cindi in the church office.

The proposed revised Mission Statement will be voted on at the Membership Meeting.

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

So we didn't get the perfect photo and we weren't looking all cute when we picked out our tree in early December, but we (my girls and I) had a really cool experience! We got to the tree farm late on the only day that would work for us that week and were told we only had 30 minutes until they closed. The minute we stepped out of the car we realized that we didn't wear the right shoes. It was more than muddy, it was like flowing rivers of mud. An employee handed us an old bent saw and right then it hit me, all of a sudden I was overwhelmed by emotion. I was thinking how are we girls going to do this by ourselves??? I'm not usually a wimp, but sometimes I forget just how strong I am! Also, I was worried about the time. The mud was soaking through my shoes and I just wanted to turn around and come back another day, and bring my son!

Right then, my oldest daughter grabbed the saw from me and said, "we got this!" and then started singing "Soul Sisters" at the top of her

lungs as she started dancing toward the field of trees! Needless to say, my youngest and I immediately joined in! The energy just completely shifted from worry and negativity to determination, joy and love! We had fun looking for the "perfect" tree and then took turns sawing that sucker down! When it was just about to topple over, we yelled "timber!!!" It turned out to be a memory I will never forget. I felt like we really accomplished something by ourselves! My youngest even carried the whole tree to the car over her shoulder with just two minutes to spare, just to prove she could! I was reminded again of the power of positivity and how that positive energy can flow from one to another. I relied on my daughters' strength that day, which is such a beautiful thing to be able to do sometimes. It was at that moment that I caught the Christmas spirit and truly began enjoying the season!!!!

As we move into a brand new year, I chal-

lenge you to remember how strong you are and how much your attitude and energy affect those around you. It's also a lesson in giving and receiving, being able to receive other's positivity and being open and receptive allow us to slowly change our vibration, which in turn will affect them. As I move into this new year I am focusing on gratitude, being open and receptive to positivity, remembering to pray and meditate and to be on the lookout for signs from God. Let's help our children and any youth we associate with to focus on some of these important concepts this year. Let's serve as their mentors, teachers, supporters and friends. Let's consciously build up our youth as we continue to grow and evolve individually.

There is a male teacher at my school who has made this his mission. He loves God and lets that love shine through him. He learns student's names, he finds out about their families and he takes the time to stop, look them in the eyes and speak to them. He shakes their hand, offers a hug, or a warm

hand on the shoulder. All who come into contact with this man know that his motives are sincere and that he loves each person he interacts with. He makes each person feel like they are very special. What if we all aspired to be like that? What if that was the example we set for our children? What a beautiful world. Here's to a new year. WELCOME TO 2016! It's your year to shine!

Thank you, God!

**January  
AFFIRMATIONS**

*The presence of God  
within is my peace*

*I follow my inner light  
and move forward in faith*

*Wholeness is my true  
nature. I am vibrant and  
strong*

*I give and receive with a  
grateful heart*

*I bless the world as I  
express peace*

**RADICAL SELF-ACCEPTANCE** By Robert Brumet

At the beginning of each year, we put great effort into making resolutions and trying to change ourselves in order to be happy. We tell ourselves that if only we were thinner or looked younger, smarter, nicer or prettier, we would be loved, worthy, and would fit in society. We may have never thought that accepting who we truly are, and all of our human experience, is the greatest gift and the surest route to happiness.

We all yearn to be loved just as we are. Love that is “earned” feels hollow and does not truly satisfy us. We want to be loved unconditionally. The way to experience total acceptance of our self is to open our hearts to the Divine Love already within us in the present moment.

The deepest desire of our hearts is to experience the fullness of God’s love, which is freely given. But because we are conditioned from birth to believe that the love we seek must come from someone, or something outside us, we think it must be earned. We go through life seeking deep satisfaction from people, places, or things. Our very identity forms around the strategies we adopt to get the love we seek. Only when we let go of the attachment to our own ego-our personal sense of self or concept of “me”-do we fully experience God’s love.

Our personal concept of self is based on time: what happened to us in the past or our plans for the future. Nothing that is based upon the concept of time-people, places, or things-will bring the satisfaction we seek. The only way to perceive Divine Love is to be fully open and present to this moment; fully accepting our experience of life right now. This is the practice of Radical Self-Acceptance.

God’s love is always available in the present moment-but most of the time, we aren’t! Divine Love hasn’t left us, but we leave it every time we abandon the present moment. We seek self-acceptance and love as if they are commodities that can be acquired, like a car, a degree, or the house of our dreams. But this desperate seeking separates us from fully accepting our self in the present moment. Right here, right now is the only place where we can find what we desire most.

Radical acceptance of the here and now is a form of Divine Love-the most transformative power there is. The practice of Radical Self-Acceptance begins when we stop looking for love in the future and accept our experience of life in this very moment. We fully accept each life experience without resistance, analysis, interpretation, manipulation, or control. We experience each sensation, emotion, and thought completely, without judgment, and then we let it go. If it is difficult to accept what is, we can accept our own resistance to that situation. With deep acceptance, we will see that the part of us that is aware of our resistance is itself free of resistance.

Radical Self-Acceptance does not mean we enjoy every experience that arises. Acceptance is not the same as liking something. It also means that, while I accept my present internal experience completely, I act ethically and responsibly in the world.

The word “radical” is derived from the word “root”. We can find the love we seek at the very root of every experience. That which is true can be found only in the present moment. As we bring awareness, acceptance, and open-hearted kindness to each present moment experience, the quality of that experience begins to change inside us: love takes root and begins to blossom from within us. As we accept our self, we begin to see we are the love we are seeking!

We find it easier to share the love we are with others. In fact, we find great joy in doing so. Just as a mother loves her newborn child, we find it natural and deeply satisfying to love others. We feel gratitude for the opportunity to share with others the love arising from deep within us. Eventually, we see that it is not “our” love at all, but Universal Love, inseparable from life itself, that moves through us.

As we bring awareness, acceptance, and kindness into every experience of our lives, we find ourselves becoming joy-filled channels of the ever-present love; this is the experience of Radical Self-Acceptance.

Robert Brumet is a Unity minister and a spiritual director and has been a faculty member at Unity Institute and Seminary since 1989. He has authored four Unity Books including the award-winning *Finding Yourself in Transition*. In 2012 he received the UWM Light of God Expressing Award for outstanding service to the Unity movement.

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

### 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.

### INTRODUCTION TO A COURSE IN MIRACLES

**Jan. 3 after Sunday Service in Nursery**

Have you ever wondered what A Course in Miracles is all about? Join us to learn more about Everett Unity's on-going study of ACIM and see if you might like to join one of the study groups. Hosted by: Pam Tucker

### WOMEN'S CIRCLE

**Wednesday, Jan 6, 6:15 p.m.**

**"A New Year, New You!"**

Adonnis Gregory will introduce "Choosing Easy World". Bring a "youthful" picture of yourself. And, if you are able, please bring a dish to share during our potluck that starts at 6:15p.m. See you there!  
(Love Offering Will Be Collected)

### EASY MIRACLES

#### WORKSHOP AND GROUP EXPERIENCE

**Facilitated by: Adonnis Gregory**

**Workshop: Sunday, Jan 17, 1-3 p.m.**

**Group: Mondays, Jan 25-Mar 28, 6:30-8:30 p.m.**

Workshop: Together we will learn to use The One Command, a 6 step process based on Theta Healing. Like all techniques, the process is a tool. And like all tools, you will get your desired results by using the tool. We will learn to use and experience this technique together in the workshop which is an introduction to the group. Attending the workshop is not a commitment to attend the group. Suggested \$5 offering.

Group: A 10 week continued learning and practice of the One Command technique as well as other techniques such as visioning, understanding use of energy, discussion of the Five Unity Principles and how to integrate them into our lives. In this group you will: Create a clear intention and claim it, Find and release blocks to receiving, Truly understand that all things work for our good, Realize we create our own reality through our choice of thoughts, beliefs, and perceptions, Give and receive loving support while being a contribution to the lives of others. The class will be closed after the 2nd meeting to honor continuity, trust, and energetic safety of the members. Suggested \$5 weekly offering.

## JANUARY ACTIVITIES

### Sunday:

*Worship Service & Children's Church* 10:00 a.m.

*White Stone Ceremony*, Jan 3, 10 a.m.

*Introduction to A Course in Miracles*, Jan 3, after service in the Nursery. Learn more about ACIM and what is offered at Everett Unity with Course Facilitator Pam Tucker.

*Easy Miracles Workshop*, Jan 17, 1-3 (see panel to left)

*Sunshine Team* after service Jan 24, in the Social Hall

### Monday:

*Easy Miracles Group*, Jan 25-Mar 28, 6:30-8:30 (see panel to left)

### 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, Jan 6, 6:15-8:15 p.m.

(See panel to left)

*Board of Directors*, Jan 20, 6:30 p.m.

*Newsletter Team*, Jan 27, 12 noon in the Social Hall

### Thursday:

*Spiritual Social Action*, Jan 7, 7-9 p.m. in the Social Hall.

### Friday:

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

### Saturday:

*Reiki I & II*, Jan 23 & Feb 13, 10 a.m.-5 p.m. in the Social Hall. (see panel below)

### REIKI I/REIKI II

**Saturdays Jan 23 & Feb 13, 10 a.m.-5 p.m.**

**Facilitator: Reiki Master Brian Dotson**

**FEE: R-I: \$99/R-II: \$125 or BOTH for: \$200**

**(cost of all materials included in class fee)**

Brian will provide education, background, practice and attunement for Reiki Levels I & II. Each segment may be taken separately, R-I must be taken prior to R-II.

Pre-registration required and paid to Everett Unity by cash, check or credit card.

### KATIE EVANS WEIGHT LOSS HYPNOSIS SUNDAY, FEB 21, 12:30-3:30. \$30/person

Learn NEW and proven tools to help you: eat less, eat healthier, move your body more and feel your feelings instead of eat them. Regular price: \$195, offered to Everett Unity members, family and friends for \$30 (no discount coupons accepted) Pre-registration required and paid to Everett Unity by cash, check or credit card.