



# Everett Unity Center For Positive Living

## Unity Center Gazette

### JULY SPEAKER SCHEDULE

July 2016

July 3-Norma Jean Young  
July 10-Doug Benecke  
July 17, 24, 31-Niobe Weaver-  
The Three Faces of God\*.  
(\*more information on page 4)

### FINANCIAL REPORT

#### May Numbers:

Income: \$6,805.29  
Expenses: \$8,024.57  
Tithes to: Unity NW Region, Silent  
Unity, Spiritual Social Action,  
Community Fund and PFLAG

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 MEMBER JACKIE GILBERT

### TODAY I CHOOSE ACCEPTANCE -GLENDA SMITH, PRESIDENT

What a great mantra for remembering that there is nothing, aside from my own choices, that I can control. I cannot control what other people like, want, think, or behave. I cannot control the weather, the moles in my yard, or the health of my loved ones. Nor, do I have any control over what other's think of me.

Granted, it is easier to manipulate situations and people to fit into my mold; whine, complain, bully, and even filibuster to others when I don't get what I want, and generally fight with reality because I'm afraid to let go. It's easier, and usually more comfortable, to let my ego run the show. However, the results are oftentimes uncomfortable and usually painful: I'm angry, unfulfilled, depressed, guilt-ridden and resentful. My feelings are hurt and no one likes me (sob).

A hundred examples could be given in a single day: from having no milk for my morning cereal to having a flat tire on the highway. One situation seems minor compared to the other but the act of acceptance is exactly the same. My first reaction is irritation or anger. Treating myself unkindly because I forgot to buy milk does not change the fact that there is no milk. Nor does screaming and cussing at a flat tire inflate it. These negative behaviors do nothing to remedy the situations except bring more negativity to myself and others. The negative thoughts also curtail my ability to find answers, delay a positive outcome, and definitely skew my attitude toward anything else in the next few hours.

However, the hardest of all for me, and where I get the most practice, is accepting the decisions and choices of others. If others would just think and behave like I do the world would definitely have more peace in it. (Is my arrogance showing?) My greatest examples play out in the workplace. I have spent years with anxiety over poor employee performance, rebellious attitudes, poor work-ethics, complaints from customers, etc. etc. etc. At the end of the day, however, there is absolutely nothing I can do to change any of these things. I cannot make someone want to work, have a different attitude, or change anyone's perspective. I can however, drive myself insane trying! And I have.

So, today I'm choosing to consciously focus on this mantra to free myself from immense anxiety, stress, and an overactive sense of responsibility. However, putting acceptance into action, REALLY putting it into action, is not always so simple.

Continued on Page 2



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

Where there is pain, there will be strength.

Where there is sadness, there will be wisdom.

And where there is fear, there will be renewal.

We learn from you,  
The Universe

This was my "Message from the Universe" this morning and it couldn't have been more appropriate for me today, (btw, if you are interested in receiving an inspirational email each morning, check out Tut.com). Recently, I have been going through a challenging time in my life and have been struggling to stay positive and proactive. I have been praying more, meditating more and hugging my children more.

This challenging time has inspired me to look for the light in what appears to be darkness. It has forced me to become more introspective and thoughtful about my life and circumstances. It has helped me appreciate my many blessings even more than usual. It has made me wonder what about this period of my life is worth sharing out to others?

What I am realizing is everyone goes through challenging times. The only thing we can really be

sure of in life is change. The Universe is constantly giving us opportunities to grow and this can happen in a multitude of different ways, whether we want it to or not!

Recently I attended my son's high school graduation ceremony and was struck by the beautiful and profound words of several of the speakers. The principal spoke of what he would tell his 18 year-old self if he could go back in time. He said, "things always work out, no matter how overwhelming they may seem at the time." Even as an adult, this is something I need to remember when I am in the middle of a tough situation. I have been praying for guidance, clarity, and the ability to find creative solutions.

Another important lesson for me is that by making a list of all that needs to be done and prioritizing it, I am able to take action more easily. It helps me to see the tasks or ideas written, in order and to just do the next indicated action step. Even if these small steps do not feel super productive, they seem to help. The Universe will support us as we take action on our own behalf.

I am also learning, that time really does heal wounds and make things better. When I am adjusting to a new change, dealing with heart-break, loss, or confusion, time truly does help the process in many ways.

Finally, when you feel like your heart has been cracked open and you aren't sure how much more you can tolerate, you see just what you're really made of. Your vulnerability allows you to be more honest, see what needs to be changed and address parts of you that you may have been hiding or have not been ready to deal with before. The 'rawness' of being open and vulnerable seems to be the catalyst for positive changes, growth and healing.

So this is what I'm learning right now and this is what I am trying to teach my children. I am hopeful that they can learn from some of my challenges. Let's share our honest reflections with our children and help them on this beautiful journey of life.

Thank you, God!

Today I Choose Acceptance  
Continued from Page 1

When these situations arise and, if I'm conscious, I ask myself, "what can I do to change this situation?" Immediately, a rational, calm attitude takes over. And, the answers vary, depending on the situation, but they always start with ACCEPTANCE. This accepting of the situation puts me into this very moment. In this very moment, I have no milk. So, I can run to the store, eat something that doesn't require milk, buy milk later. Easy! No grumbling about my bad memory.

In this very moment, I have a flat tire. What can I do to change this? Am I capable and willing to change my tire? Should I call my husband, a friend, AAA? I can call work and explain why I'll be late. Frustrating but easy! No cussing at the tire or my husband. I can accept the frustration and acknowledge that the inconvenience is minor.

In this very moment, I have a sales person giving me his notice because he's found another job. What can I do about this? I can accept that he's doing what is best for himself and his family. I can accept that I cannot compete financially with his new employer. I will accept there is nothing I can do to change his mind and I can wish him well. Easy? No it is not, but I have peace of mind, no anxiety, and I've kept a good relationship. In this moment, all is well.

**HOW ARE YOU FEELING?  
- KRYSTA GIBSON,  
AUTHOR, PUBLISHER AND  
FRIEND OF EVERETT UNITY**

The turning of the seasons is a great time to take stock of where we are. July offers the first true kisses of summer here in the northwest and it's a perfect time to assess how we're feeling about our lives. How we feel has a great impact on what we create. If we feel negative about ourselves and our world, we will tend to create more negativity. Here are some ideas of ways to help you feel more loving and expansive.

1. Make a list of all the things that are right about yourself and your life. Your mind will throw up all sorts of "Yeah, buts," wanting to remind you that you are not perfect. Just tell it you know you are not perfect and keep writing down the things that are working.
2. Some people think it's a cliché, but this affirmation has helped thousands of people improve their lives: "Every day in every way I am getting better and better." Do this regularly, out loud, and before long you will see it as true in your life.
3. Find time to be creative daily. Whether it is something small like a craft project or something big like writing a book, opening the channels of our creativity every day makes us feel good.
4. Are there some things you need to let go of in order to feel good? By things I mean physical items but I also mean attitudes, relationships, and opinions. Let go of what you don't need or want and you will feel lighter and freer.
5. What dreams do you have? Besides the nighttime

ones, I mean: who do you want to be, what do you want to do, where do you want to go? Dreams allow us to fly; they lift our spirits by showing us the possibilities of life. Spend some time every day just dreaming about your life and how it can be.

6. Are you sharing yourself and your talents with others? Get out of the competitive frame of mind and more into the cooperative way of thinking. Are you volunteering somewhere? Do you share your knowledge and skills freely?

7. How focused are you? It doesn't feel good to scatter our energies. If you find yourself wandering from task to task, job to job, or teacher to teacher, stop. Choose one and focus on it long enough to make a difference in your life.

8. Where is your passion? What gets you so fired up that you lose track of time when you're doing it? That's your passion. Do it more and watch yourself bloom.

9. How often do you let yourself play? People who want to better their lives tend to be a bit too serious. Be sure you plan time for play in your life. Sometimes an hour spent laughing and being silly can release all sorts of pent up energy and allow us to do more with our day than we thought possible.

Finally, see yourself as brilliant because you are. When we acknowledge our brilliance, we feel great about ourselves and then even more brilliance comes forth. Whether your brilliance shows itself as ideas, personality traits, or physical abilities of some kind, praise your brilliance and let it shine so the rest of us can enjoy it too.

Have a splendid summer!

**JULY AFFIRMATIONS**

*Inner Peace - I practice peace in this tranquil moment.*

*Guidance - Guided by Divine Wisdom, I live fully and freely.*

*Healing - The energizing life of God flows through me.*

*Prosperity - God's infinite goodness surrounds me. I am abundantly blessed.*

*World Peace - I honor the divine nature of every being.*

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

### WOMEN'S CIRCLE WEDNESDAY JULY 6

#### "A Healing Fair"

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

Join us for fellowship and brief presentations from several of the healers among us. For those who are interested, seated massage will also be available. If you are able, please bring a dish to share during our potluck. We hope to see you there!

### EXPLORING ENERGY

Using the 5 Basic Unity Principles

Introductory Class: Sunday, July 17, 12:30-2 p.m.

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, July 20, 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, July 13 & 27, 6:30-8 p.m.

Bring your crafty talents and idea to the group to create beautiful useful things for our friends in need.

### The Three Faces of God

An Exploration into the Masculine, Feminine, and Spirit Manifestations of God.

Join us for this 3 part series at 10 a.m.

July 17: Divine Masculine will address the physical and metaphysical attributes within everything we experience along with how to access this energy and why.

July 24: We will build from the Divine Masculine to the Divine Feminine.

July 31: We will bring the previous lessons together in the fullness of Spirit. To mature the union of our inner relationship with the Divine Masculine and the Divine Feminine, into the whole of Spirit divine, is bringing heaven and earth together. How and why should we do this?

## JULY 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*

*Everett Unity at the Aqua Sox, July 10, 4:05 p.m. \$10 each*

*Exploring Energy Introductory Workshop, July 17, 12:30-2*

*Sunshine Team after service July 24*

### Monday:

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

### Tuesday:

*Board of Directors, July 19, 10:00 a.m.*

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

### Wednesday:

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

*Women's Circle, First Wednesday, July 6, 6:15-8:15 p.m.*

*(See panel to left)*

*Handy Crafters, Second and Fourth Wednesday, July 13 & 17 6:30-8 p.m.*

*Healthy Weight Loss Through Hypnosis, July 20, 7-8:30 p.m. (see panel to left)*

*Newsletter Team, July 27, 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, July 1 & 15, 7-9 p.m.*

PLEASE NOTE: A Unity Basics Class is coming to Everett Unity in August. Dates and times TBA

### Inner Journey

By Barbara Bergen

Roads stretch far to the mountains.  
Highways wind clear out of sight.  
But the path I love best winds inward,  
To the heart of God's radiant light.  
Though I travel the world about me,  
Contentment doesn't begin  
'Til I choose the journey inward-  
The path to my Soul within.