



Everett Unity Center For Positive Living

Unity Center Gazette

March 2016

MARCH SPEAKER SCHEDULE

March 6: Krysta Gibson
March 13: Doug Benecke
March 20: Node Smith, followed by Awaken To Life. A Workshop for Living Your Perfect Life
March 27: Easter Sunday

FINANCIAL REPORT

January Numbers:

Income: \$ 5,091.27
Expenses: \$10,026.21
January Tithes will be sent to: Unity NW Region, Silent Unity, The Spiritual Social Action Fund and the Food Bank.

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

Meet Your New Board Members

PATRICK TRANA

Born and raised in Everett, Patrick moved to California in 1966 where he met his wife Uta and married in 1988. A year later they moved back to Everett where they welcomed their only child Sara, in 1992. Recently Sara married and gave them a beautiful granddaughter Lyla, who we have the pleasure of seeing most Sunday mornings when the kids from Children's Church join us in the Sanctuary. After retiring in 2009, Patrick started a successful handyman business. This was a perfect fit to blend his two joys of working with wood and fixing things. He became acquainted with Everett Unity about 3 years ago and has thoroughly enjoyed that experience. He has been a great presence on the Spiritual Social Action Committee and was instrumental in developing the contingent of Unity Congregants who volunteer at Christmas House every year. He is looking forward to working with the other Board Members and the Everett Unity community this year as we continue our amazing journey together.

NANCY FAIRBANKS

Nancy lives right here in Everett just a few blocks from UCPL, which is how she came to find it. She thought the building itself was sweet and inviting and the name spoke to her soul. Nancy and her partner Carol are empty nesters as Nancy's two sons and two daughters are all grown and out of the house. This has given her time to participate in many things at Everett Unity starting first with A Course in Miracles where she fell in love with the community. She found herself attending Sundays, resonating with the messages and loving the music! She got involved with the Sunshine Committee, the Chaplain Program, the Women's Group and the Spiritual Social Action Team, really getting connected to the mission and the members. Nancy is extremely honored to help represent this beloved community on the board and hopes you will connect with her and share your ideas and thoughts as well as a few laughs!



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

This month I am inspired to write about a conversation I had with my oldest daughter who is currently in Hawaii with a mission program called YWAM (Youth With a Mission) and is preparing to head to New Zealand in April to continue learning more about God and to serve others. She has had to make big adjustments as she learns to share a dorm-style room with five other young ladies. She has never been away from home for more than a couple weeks at camp, so she is learning how to be on her own and how to make her way in this world.

After she had been there about a month she shared with me that she was still adjusting to her new environment. We had one particular phone conversation that really impacted me. She shared that she has always felt 'different' than everyone else and like she doesn't fit in. She said that it takes her longer to get to know others, feel comfortable with people and feel a sense of belonging with a new group of people. She was experiencing this very thing in Hawaii. I couldn't believe she was saying this because I have always felt this exact same way and we have never really talked about this before.

Had she inherited this from me? Had I not instilled a solid sense of self-confidence in my oldest daughter? Her words swirled around in my head for a few days and then I had a conversation with my older sister, who is one of my spiritual mentors. She told me that everyone feels that way to one extent or another and it is part of our humanity. We are all separate individuals, while at the same time we are spiritual beings who deep in our soul know we are all connected. There are many factors that contribute to the ease or unease we feel when connecting with others.

One thing I have learned in this life is that the more I am willing to be honest about who I truly am, including my imperfections, shortcomings and quirks, the more the others around me tend to appreciate me and connect with me. The 'secrets' I have tried not to let others know have been what others are drawn to when I have been brave enough to reveal them. I learned this initially as a Weight Watcher's instructor when I would share things I didn't think I should and every time, others would approach

me after the meeting and tell me how important what I shared was to them and their journey.

I love this quote, "You will always belong when you can follow the dreams of your heart." It reminds me to treat myself as a priority. Remember who I am and what my preferences are. I have always been such a 'people-pleaser' and have worked for years to remember to be authentic, genuine and true to myself. If I am not my own cheerleader, advocate and keeper of dreams, who will be? This is my life and it is not a dress rehearsal. I get to be the creator, director and star of my own movie. How do I want to spend my weeks, days, hours, minutes, and seconds I have been given?

I will never forget the day I came to Unity of Everett with my three children and heard Peter Acosta sing "Feels Like Home to Me." It is my favorite song of all-time and here I was sitting in this beautiful church, hearing things I believed in being reinforced, seeing loving looks on all the faces and knowing I had found my spiritual home. It happened because I was where I was meant to be. I was being honest about who I was and what I was looking for. This is a feeling I treasure and work for in all areas of my life.

As we move through this life, we must remember that we are all fragile little humans who all struggle with "fitting in," from time to time. Just remember to smile, love, share and connect.

"Be kind, for everyone you meet is fighting a hard battle." ~Plato

And maybe their 'hard battle' is just to feel like they belong.

"Want to know the truth about belonging?"

It takes courage to belong. It takes bravery to show up in your own skin.

It's easy to fit in. It's easy to blend in and hide your outrageousness.

And it's also the easiest way to lose the precious parts of you.

You deserve to be seen. You deserve to be heard. You deserve to be known for the real deal that you are.

Stop taking the easy way out. Stop trying to fit in.

The best place in life is where you're already okay.

Come home to you. It's where you belong."

~Anne Bechard

Thank you, God!

**WELCOME NEW BEGINNINGS
- GLENDA SMITH, PRESIDENT**

Election years certainly liven up our lives with scores of drama, chaos, back-biting, and finger pointing. Thank goodness the elections at Unity Center for Positive Living are friendly, loving, thoughtful, and *short!* And, what a vibrant team we produced for 2016! A team strong in wisdom, compassion, vision, and love for our spiritual community. What a blessing for us this year.

We hesitated not a moment after elections and dug right into the business of listening to our communities wishes: the Mission Statement moved to the back burner and will stay as it has been for many years, and the ADA compliant lift project moves ahead with gusto! If all goes to plan, we should have lift access to the sanctuary and the social hall within four months. This project is the accumulation of much dedication, time, and perseverance on many people's parts over a long period of time. Thank you all very much for sticking with it for us.

Where do we go from here? Onward and upward to the best Unity Center for Spiritual Living we can be! Onward with growth, onward to a vibrant children's program, upward to financial security, upward to lights shining bright in every pew and taking them forward into our world.

Thank you for the opportunity to serve this wonderful community.

**Get To Know Your President
Glenda Smith**

While searching for like-minded spiritual people, I was invited to attend Unity on Juan Enrique's first day as minister. His message really moved me and I soon joined his 4T class and felt the people I'd looked for were coming here. Julie introduced me to the chaplain's program, to the life of sharing prayer, and I am still happily a chaplain serving prayer needs to our community. I love it. The connection uplifts me tremendously. Unity principles resonate with the person I aspire to be and practical Christianity offers me guideposts in my daily life.

I grew up all over the world, experiencing many wonderful places and cultures, but settled in Arlington to raise my children. Will and I love to travel, especially to warm climates for snorkeling adventures. Fishing, camping, and family get-togethers are favorite activities. We still live in the woods in Arlington with 3 spoiled cats! And, God comes first in our lives.....

**March
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.*

Listen to our Sunday Services on the web at: www.EverettUnity.org

WOMEN'S CIRCLE

Wednesday, March 2, 6:15 p.m.
"Where Did You Come From?"

Represent Your Country! Wear attire from your country of origin and come prepared to share how you got here. And, if you are able, please bring a dish from your country of origin to share during our potluck that starts at 6:15p.m. See you there! (Love Offering Will Be Collected)

MEDITATION SAMPLER

Sunday, March 6, 1-3 p.m. Social Hall
\$20/Pre-registration Not Required

Perhaps you've heard that meditation can help you relax, relieve stress and improve your health. Maybe your Dr. has told you to start meditating. Perhaps you have friends who meditate and swear by it. Join Krysta Gibson, Success Coach and Mentor who will explain what meditation is and isn't, outline the benefits and pitfalls of meditation, answer the question of who can meditate, explain the blocks to meditation and offer some solutions and share the experience of some basic styles of meditation and how to being (and continue) a mediation practice.

HEALING WITH JOHN OF GOD

Sunday, March 13, 1-3 p.m. Social Hall
Love Offering will be collected

Roy Holman and Liz Gross will be sharing their experience with John of God in Brazil and show some slides. They will discuss what miracles are, how to change our old paradigm, limiting mindset and beliefs. Explore what is healing and what helps one heal the spiritual or energetic roots of disease. Who heals? Who stays stuck?

FACILITATOR TRAINING

Session I: Mar 19-Session II: Mar 26
11 a.m.-1 p.m. in the Social Hall

During this training, Facilitators Adonnis Gregory and Susan Marshall will cover the basics for facilitating groups of any kind. Session I includes setting up and organizing the group structure. Session II offers discussion and tools for Interpersonal Communication.

Following this training we would love to organize a group of Unity Facilitators interested in working together to offer topic or book discussions to the Everett Unity Community. This will include mentoring and on-going training for facilitators and offers a wonderful opportunity for you to stretch beyond your present comfort zone. Please consider giving yourself the gift of contributing to your church in an expanded way. Everyone is welcome to attend.

MARCH ACTIVITIES

Sunday:

Worship Service & Children's Church 10:00 a.m.
Buddhist 8 Step Recovery every Sunday night, 6-7:30 in the Social Hall (See panel to left)
Meditation Sampler, March 6 (See panel to left)
Healing with John of God, March 13 (See panel to left)
Awaken to Life, March 20 (See panel below)
Easter Sunday, March 27.
Sunshine Team after service March 20, in the Social Hall

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, March 2, 6:15-8:15 p.m. (See panel to left)
Board of Directors, March 9, 6:30 p.m. *Please note: One week earlier than usual*
Newsletter Team, March 23, 12 noon in the Social Hall

Thursday:

Spiritual Social Action, First Thursday, March 3, 7-9 p.m.
Fire Wheel Community Coffee Shop, 2727 Colby Avenue

Friday:

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

Saturday:

Facilitator Training, Mar. 19 & 26 (See panel to left)

AWAKEN TO LIFE

Sunday, March 20, 12:30-3:30 p.m. Nursery
Suggested Love Offering \$25-\$35 for UCPL
Members, Family and Friends

Node Smith will present this dynamic and powerful 3 hour workshop concentrated on Awakening to the innate healing nature of the Christ within you. Through transmissions of empowerment, meditative movements, sitting and small group processing you will be called to touch, uproot and cast out any and all obstacles laying in your way of freedom to live the life you truly desire. A life of enjoyment, empowerment, service and growth.

BUDDHIST 8 STEP RECOVERY GROUP

Every Sunday 6-7:30 p.m. in the Social Hall

For more information contact:
www.nwbuddhistrecovery.org