



Everett Unity Center For Positive Living

Unity Center Gazette

November 2015

FINANCIAL REPORT

Sept. Numbers:

Income: \$ 5,864.08

Expenses: \$10,191.56

Sept Tithes will be sent to: Unity NW Region, Silent Unity, Spiritual Social Action Fund and the Washington Public Interest Research Group

Spiritually Growing
Always, And In All Ways!

3231 Colby Avenue
Everett, WA 98201
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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

NOVEMBER SPEAKER SCHEDULE

Nov. 1 - Joel & Michelle Levey
Nov. 8 - Doug Benecke
Nov. 15 - Katie Evans
Nov. 22 - Raphael Cushnir
Nov. 29 - Kevin Hart

Welcome New Members:

Mary Doyle
Sharon Gunnerson

Our Father who art in heaven: I am now conscious of the infinite and eternal Presence in whom I live and by which I think and create.

Hallowed be Thy name: This Presence in me is whole and complete. It is the activity of health that heals, of intelligence that inspires, of substance that prospers, and of love that harmonizes.

Thy kingdom come, Thy will be done, on earth as it is in heaven: I am God's glorious possibility. I now let His perfect idea of me unfold in me and through me. My desire for betterment is God's desire to perfect that which He is expressing as me, and I let Him have His way. I see myself doing that which He sees me bring.

Give us this day our daily bread: I have no existence outside of God's Presence, for I am that Presence expressing as me. Therefore, I can never be separated from the all-sufficient substance of the opulent Universe. I claim my divine inheritance and * daily, perpetually, manifest abundant supply.

Forgive us our debts as we forgive our debtors: The Presence in me is my potential for dissolving all conflicts or transgressions. The Presence is Love, and it loves in me and through me as I forgive. It releases me as I loose and let go of my limited thoughts about myself or others.

Leave us not in temptation, but deliver us from evil: The Presence in me is my light and my deliverance. There is no darkness in the light, and there can be no darkness in me when I am established in spiritual unity with the Presence within me - which is "better than light and safer than a known way."

For Thine is the kingdom and the power and the glory forever, Amen: In all that I seek to be or do or have, I humbly realize that in the Presence is my power to think, my very thought of aspiration, my will to commence, my strength to keep on, my power to achieve, and the glory of all my accomplishments. This is the Truth, and it is now done.

-The Lord's Prayer, Eric Butterworth



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

November is a special month to focus on thanksgiving and gratitude. Instead of our children feeling “entitled,” let’s help them develop attitudes of gratitude and an awareness of all the blessings that surround us. Here are some unique ways to think about and express gratitude this month with your children and family.

***Have your children or grandchildren help you brainstorm a list of people who impact their lives in a positive way. This list could include teachers, neighbors, extended family members, community members, mail carriers, grocery clerks, etc. Next, let each member of the family choose one person to express gratitude to through a letter, card or picture that they make by hand. Then, take the time to deliver the thank you's in person. This is one of the most appreciated, thoughtful gestures available and it costs very little. As an added bonus, the recipient has a memento to keep, reminding them of the gratitude that was expressed.

***Create a family gratitude journal, which can be as simple as a spiral bound notebook with a

pencil that can be placed on the family room coffee table. Encourage family members to jot down things they are grateful for in the journal each week. Make sure they write the date, what they are grateful for and why. Pick a special meal, perhaps Sunday dinner, to take turns reading from the journal out loud and share some of the special entries.

***Make a “Gratitude” or “I am Thankful” bulletin board in your home. Family members can write or draw expressions of gratitude on the board or pin little notes to one another expressing gratitude.

***Challenge each other to thank at least 3 people each day during the month of November. Find one sincere thing you appreciate about another person and verbally share that with them. Share your successes at the dinner table!

***Pack some yummy sack lunches with your children and then go out into the community and hand them out. There is nothing like giving to others to make one appreciate

what they have.

***Along those same lines, go through your children’s clothes with them and take outgrown clothes to a donation center or a shelter where others can use them. This experience makes children more grateful for what they have as they start to realize not everyone has as much as they do.

***Do someone you love a favor with no expectation of anything in return. Do a chore for a sibling, make the bed for someone, pick up the dog waste from the yard, or take out the garbage. It’s fun to make a list with your children of different options so that they can decide when they would like to “pay it forward.”

***When something goes wrong in your child’s life, discuss it with them. Try to find the silver lining and discover what there is to be grateful about the situation. This can be a great lesson for your child to start seeing things from a new perspective. A personal example of this is when my oldest daughter was devastated after not making the cheer team at her school. A year or so later, she realized that her life went a completely different direction after that and it turned

out to be a blessing in disguise. She started learning that things really do unfold the way they are meant to.

I hope you find an idea that inspires you to focus on gratitude this month. I am so grateful for my church family and the love and support we have for one another.

Happy Thanksgiving to you and yours!

Thank you God!

NOVEMBER AFFIRMATIONS

I am a center of peace

I am attuned to the wisdom of God

I am whole and well in mind, body and spirit

I am open to God’s creative flow

As I live in peace, I bring peace to others

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.

COMPASSIONATE RETURN

Traveling the soul realms is no small thing. Evidence indicates that returning to committed meditation practice, we can resume it at any time, and nothing is lost - quite the opposite, in fact. Awareness is learned in the void, which when practiced in the living world answers some of the most difficult questions of life on planet Earth.

For about 3 years I was committed to sitting each day, missing only occasional days, in a prayer and meditation session. All kinds of realizations came in those times. Who am I? What could I possibly be for? What exists beyond?

In my condo, which had way more bedrooms than necessary, one became a dedicated space. No fancy stuff, just a little table for my “tools” to stare back at me while I was seated as close to Lotus position as I could get my big American bones. (Yes, delusion said that had to be ‘the way’ one must sit to meditate.) Upon it were those few precious trinkets and such that best connected me to Spirit. I believe the greatest thing I ever did during those years was renew the commitment each day, to the best of my ability.

Some days were so fascinating that I’d come out of it in pure wondrous joy; other days, I was sure it was a fruitless endeavor. In the very first months, as if on cue, came a little guide book for meditators: *Patterns for Self-Unfoldment*. How I love that book. Sitting still was a massive challenge, all by itself, mostly due to the sheer fidgety-power of my constantly-thinking little mind. It was compounded by the restlessness and toxicity of my physical body, and the two together seemed insurmountable. This is where the daily renewal of faith (and that precious little book) that I could learn new tricks was of paramount value; when we commit ourselves to something, Providence moves.

The book suggested keeping a meditation journal – sweet! I could complain all I wanted, there. But something else came through, a connection. This connection went beyond the body and even the dreaded thinking. I don’t know just how or why, but at some point it became evident that stretching to relieve the clutter between my muscles and bones might help, so I took fifteen-or-so minutes to move the body in search of just

such an end. Instead, though, it was a beginning.

Some days I got to glimpse eternity and the great cosmic oneness. Others days, I couldn’t wait to go conquer the world alone on sheer will power, and give up searching beyond perception once and for all. Sometimes it went for hours, though often my legs fell asleep and impeded staying longer – not to mention, we have to work to pay the bills! Or so it seemed back then. Life happened and the practice waned, or at least went to the back burner, as they say.

But during that time, yoga had found me - an art, science and practice in which meditation is actually the goal. The postures and physical stuff done is only a component of a much deeper and richer and ancient practice. I became a dedicated yoga student and found the intimate connection of breath and the physical, mental and spiritual bodies.

Several years are but a blip on the screen. A sincere commitment to knowing God has brought me full circle back to taking that time each day, time to often sit and be in the sweetness of divine union. For this there is no special seated position or classes that must be taken, only the little willingness. The teachers come, one by one, to help illuminate the path, different for every person. My only job is the willingness to continue, and to take the actions which arise as invitations.

Showing up every day into anything always bears fruit. Rekindling a relationship with devoted meditation is so sweet. The years without sitting were not lost, but instead were an opportunity to practice the principles learned by finding the silence in daily life and honoring the pause between inhale and exhale. Is it possible to move beyond the physical confines and old, rigid programs of what we have imagined to be true about ourselves? It just may be the finest undertaking to which we can commit.

Great secrets await us in the stillness. I’ll meet you there. Namaste,

-Kevin Hart, Author

A CONSCIOUS COMMUNITY GATHERING

Every Sunday, 6:30-8:30p.m.

This group is designed to support and assist healing and awakening through connection, meditation and exercises for growth and consciousness raising. If able, please bring a dish to share during the potluck at the first gathering of the month.

Everyone is Welcome. (Love Offering Will Be Collected)

WOMEN'S CIRCLE

Wednesday, Nov. 4, 6:15 p.m.*

"For This We Are Grateful"

Please join us at our new time 6:15 p.m. to 8:15 p.m. for a potluck dinner! Chicken will be provided. Please bring a fabulous dish or dessert to share at our November gathering where we will discuss gratitude for the experiences in our lives that have helped us become who we are! Our Guest Speaker will be Charity Founder, Judy Hoff. *Please note new time

(Love Offering Will Be Collected)

THANKSGIVING POTLUCK

Sunday, Nov. 22, following Sunday Service

You are invited to join us for a Unity Community Thanksgiving lunch following the Sunday Service on November 22nd. Watch for a sign-up sheet in the Social Hall. We're looking forward to seeing YOU and feasting together during this season of gratitude!

"SET YOUR HEART ON FIRE"!

Raphael Cushnir

Sunday, Nov. 22, 12:30-3:30 p.m.

\$25/person

Learn how to fall absolutely in love with every moment of your life. Use love's radiance to break through blocks regarding: career, weight, relationships, self-esteem, family and addiction.

Raphael has written six books and contributes to O, The Oprah Magazine, Beliefnet, Spirituality and Health, Psychology Today and the Huffington Post. He teaches worldwide and we are proud to bring him to Everett for a special Sunday morning. Learn more about Raphael at: www.cushnir.com

EVERETT UNITY AT AMAZON SMILE

Everett Unity has partnered with Amazon.com so you can shop AND make a donation to our spiritual community. Simply go to our web site: EverettUnity.org and click on the "shop" tab. You will be redirected to Amazon.com where you can select UCPL as your charity of choice. Amazon will donate a small percent of your purchase to us. Thank you for your support!

NOVEMBER ACTIVITIES

Sunday:

Worship Service & Children's Church 10:00 a.m.
Conscious Community Group, every Sunday, 6:30-8:30 p.m. in the Social Hall. Potluck first Sunday of the month only. (See panel to left)
Thanksgiving Potluck, following Sunday Service Nov. 22, approx. 11:30 a.m.
Set Your Heart on Fire!, with Raphael Cushnir, Nov. 22, 12:30-3:30 p.m. (See panel to left)
Sunshine Team after service Nov. 29, in the Social Hall

Monday:

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, Nov 4, 6:15-8:15 p.m. (See panel to left)
Board of Directors, Nov 18, 6:30 p.m.
Newsletter Team, Nov 25, 12 noon in the Social Hall

Thursday in the Social Hall

Spiritual Social Action, Nov 5, 7-9 p.m.

Friday: 7 p.m. in the Social Hall

Drum Circle: First and Third Friday, Nov 6 & 20, 7-9 p.m. in the Social Hall

"LET'S MANIFEST-2016"

With Krysta Gibson and Everett Unity

Saturday, December 5, 9:30 a.m.-4:30 p.m.

\$75 paid by Nov. 18/\$95 after Nov. 18

Supplies, lunch & snacks provided

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.

To register mail your check, payable to Everett Unity to: 3231 Colby Ave, Everett WA 98201

For additional information contact Krysta Gibson at: 425.356.7237 or krysta@newspiritjournal.com