



Discoveries

Unity Church
Spokane, Washington

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A TIME TO REST

Remember the Sabbath day and keep it holy. Exodus 20:8

You do not need to leave your room. Remain sitting at your table and listen. Do not even listen, simply wait. Do not even wait, be quiet, still and solitary. The world will freely offer itself to you to be unmasked, it has no choice, it will roll in ecstasy at your feet. Franz Kafka

Wayne Muller, in his book *Sabbath*, writes that in the **relentless busyness of modern life, we have lost the sacred and very vital rhythm between work and rest. We have come to ignore the balance of night and day, and the activity of summer and the quiet of winter.**

Muller writes: *We have lost this essential rhythm. Our culture invariably supposes that action and accomplishment are better than rest, that doing something, anything, is better than doing nothing. Because of our desire to succeed, to meet these ever-growing expectations, we don't rest. Because we do not rest, we lose our way. We miss the compass points that would show us where to go, we bypass the nourishment that would give us succor. We miss the quiet that would give us wisdom. We miss the joy and love born of effortless delight. Poisoned by this hypnotic belief that good things come only through unceasing determination and tireless effort, we can never truly rest. And for want of rest our lives are in danger.*

Sabbath was published in 1999 and I have loved its message. **But recently I have come to see that I have never fully taken its message to heart.** I have perhaps fooled myself at times, thinking I was caring for myself by taking an afternoon or a day off during the week once in awhile just to play, go to the lake, or read.

However, in this last year through my work with Eckhart Tolle's *A New Earth* and Michael Brown's *The Presence Process*, I have increasingly felt like I was missing 'the compass points' that show me how to live a truly balanced and joy-filled life. I have realized that I am not nourishing my own soul enough and that I have a deep need for the quiet that 'gives wisdom'. I have come to recognize the danger signs that I am 'poisoned by the hypnotic belief' that I am solely responsible for everyone's happiness and for every aspect of our ministry.

Some time ago I started contemplating taking some time off, but it never seemed like the right time. Well now it does. With the wonderful support of our staff and our Board of Trustees, this summer I am going to enter into Sabbath time. As Kafka encourages us to do, I will enter into my room, remain at the table, not merely waiting, but being. I will see how life offers itself up to me and rolls at my feet in ecstasy.

By the time you read this, I will have taken the last two weeks in May for vacation. I will be resting AND spending some time with friends and family, including our new granddaughter (now 5 months old), who are coming up from Texas for a visit. June 7-12 I will attend our Unity Convention in Kansas City. Then, from July 20 to August 15, I will take a full month of conscious Sabbath time. **As I take this time for myself, I hope that it causes you to notice the rhythm of your own life and your need for rest and replenishment on your own life's journey.**

Join Us For Sunday Services

Sunday Services 9 & 11 am
Children's Church 9 & 11 am
Teen Programs 11 am

JUNE

7 - *In My Defenselessness
My Safety Lies*
Rev. David McClure

14 - *Grasping for Air*
Rev. Clare Austen

21 - *The Hidden Grace of Men*
Dennis Ashley

28 - *Work: To Make Sacred*
Rev. Clare Austen

JULY

5 - *Spirit of America*
Rev. Clare Austen

12 - *The Donkey Talked*
Rev. Clare Austen

19 - *So, Tell Me What You See*
Dennis Ashley

26 - *The Space Between
the Sounds*
Dennis Ashley

We are a Community of Love and Acceptance Dedicated to Spiritual Discovery

Financial Update

	April 09	YTD 09	Budget YTD	YTD 08
General Revenue	\$27,514.05	\$99,207.37		
Special Event Revenue	\$2,255.00	-\$8,152.12		
Total Revenue	\$29,765.05	\$107,359.49		\$114,148.71
Expenses				
Special Event	\$633.24	\$2,690.09	\$6,300.31	
Personnel	\$16,679.66	\$64,785.66	\$67,526.68	
Tithe	\$2,913.59	\$10,466.95	\$11,12.28	
Operating Expense	\$9,151.87	\$36,768.03	34,373.44	
Total Expenses	\$29,378.36	\$114,710.73	\$119,333.71	\$116,821.91
Income/(Loss)	\$390.69	(\$7,351.24)		
Attendance		3405		3570

Our Church Tithes
(10% of revenue)
for **April 2009** gifted to:
Association of Unity Churches;
NW Region Unity Churches;
NW Region Unity YOU;
Silent Unity;
Fig Tree;
St. Joseph Family Center;
Volunteers of America;
Inland Northwest Business Alliance.

Unity Church Foundation

4-30-09

\$59,673.86

Intentional Giving

This program has allowed us to continue our work during the summer when attendance is lower. Your participation in this heightened giving consciousness allows us to serve the needs of our spiritual family. When you are traveling this summer you can still participate by instituting an automatic payment to Unity or authorizing our administrator to charge your credit card. Call Terri Lewis-Sander for more details. And, have a fabulous summer!

Youth and Family Services...Rev. Jacolyn Green

Manifestation!

In the May 2006 Discoveries I wrote of preparing for movement in my spiritual awareness and movement in my physical dwelling. In the summer of 2007 I wrote of moving from our home of 35 years. Now, two years later, our new house is complete and we are filled to overflowing with gratitude for all who contributed to its creation, from prayers & visioning to straw & stucco. Desire, guidance, action, trust, risk, faith, and divine order are some of the components that went into the construction. Stretched in expected and unexpected ways, affirmations such as "delays are beneficial," "all things work together for good" and "we can do it" became our mantras. The phrase 'Miracles Are Real' inscribed on my earrings took on new meaning.

The result is beyond my wildest imagining. Truly I am at home at home! Thank you, God! And, thank you to all the Expressions of God who lovingly and creatively brought our dream home into manifestation!

Pastoral Care and Sacred Service...Dennis Ashley

There have been a surprisingly large number of our church family members who have undergone surgeries, hospitalizations, or entered nursing homes lately. When we go through these experiences, it is always a difficult challenge, not only for the individual but for family members and friends, too. One of the aspects of my job that I love is visiting our church family members. I pray with them, talk with them, but more than anything else, I just listen and be with them. It is a special privilege to be with someone during these life passages.

As a very gentle reminder, I can't go visit someone in the hospital or nursing home unless I know about it. So, please call me (838-6518) or send me an email (dashley@unityspokane.org). I am actually quite honored to drop everything and come as quickly as I can. You are my church family and I want to be there.

To Honor the Waters...

Each September we honor the revitalizing and nourishing role of water in our lives by blessing samples of water that you bring back from your travels. We have blessed water from as far away as China and Africa, as well as many special places closer to home. So, this year bring back some water to share in this annual ritual.



In Loving Memory

Our love and prayers are with the families of **Nellie Morgan and Thelma Lacewell** who made their transitions. We also bless our friends, **Weaver Hess**, on the passing of his brother; **Sheri and John Wolfer & Jessica, Jenna and Jay** on the passing of Sheri's father; **Mel and Scott Jones** on the passing of their mom and **Deidre and Andrew Ashmore** on the passing of her aunt.

Peace to all!

30th Annual KIDS CAMP

Unity kids, 7 - 11 years of age, are invited to attend this NW Region event from June 28 - July 1. The program title is "**Living, Loving, Learning, Laughing: Celebrating 30 Years!**" \$210 fee. Several of our YOUers are camp counselors again this year.

UNITREAT

Uniteens celebrate Spirit at the 20th Annual retreat for 11-14 year olds from June 21 - June 26 at Cispus Center near Randle, WA. It's sponsored by the Western Region Association of Unity Churches. The fee is \$210.

Regina Merritt is offering a 2 hour experience aimed at deepening your meditation practice during the summer, starting **June 7**, from 1-3 pm.

This time together will include learning to still the mind, practicing silent meditation, DVDs and discussion on meditation practices.

Topics will include non-violence teachings, ethical living, and how to use meditation for greater joy and to find solutions to many of life's challenges. By love offering.

Experience the Joys of Community

The Explorers - Spiritual Discovery & Support

Wednesdays 10 - 11:30 am. Everyone is invited to attend this prayer and discussion group. Join us for coffee and conversation! Facilitated by Clare.

The Outrageous Wild Women of Unity (OWWU)

We will be meeting on Saturdays, **June 27th & July 25th**, at 10 am in the Chapel to honor our spiritual selves; a potluck lunch follows at noon. For more info or to arrange child care, please contact Joyce@swanlight.com or 242-9980.

A Course in Miracles Study Group

Every Tuesday at 7 pm this ongoing group welcomes everyone to join us at any time. By Love Offering.

Prayer Shawl Ministry

We are taking the summer off and will return in September.

Meditation

Mondays at 12:15; Tuesdays from 8-8:45 am; Wednesdays at 10 am and then from 6:30-6:45 pm we meet in the chapel for a time of connection with spirit. Join Clare and Dennis.

Unity Choir

Our choir rehearsals are Thursdays at 7 pm. **June 21st is the last Sunday for the choir to sing before we take the summer off.**

Men of Unity

Engage in spiritual & personal growth, integrity, prayer & meditation through service, small groups, retreats, fun activities and more. Visit the Men of Unity display in the Sacred Service Center; join us for breakfast **June 20**, at 8 am.

Next Generation Unity (NGU) group is set to meet the spiritual needs of Unity's young adults aged 18-35ish. Contact Deanna Doyle at 619-957-6125 or deannamdoyle@hotmail.com about local activities.

OA Overeaters Anonymous

Sundays at 6:00 pm

Al-Anon Serenity Seekers

Thursdays at Noon

AA New Soil, New Roots

Thursdays from 7 - 8 pm

Southsiders at Unity

Our **Toastmasters** group meets the 2nd and 4th Mondays at 5:30 pm; visitors are always welcome.

Dances of Universal Peace

We meet the 1st and 3rd Thursdays from 7 - 9 pm. Starting in July we are off for the summer. Call 220-5160.

Gentle Stretch Yoga on Saturday mornings. 9:30 - 10:30 am. Call Robin Marks at 455-5931 for info.

Mindful Mamas 10:30-noon, Thursdays...Kid-friendly parenting and support group.

Meals On Wheels -

Unity distributes lunch every five weeks. Call Mauri Paul at 995-7476 for details if you would like to bring a smile and lunch to others.

Crosswalk Dinner - 6-26 & 7-24

Crosswalk is a multi-service center for street kids, homeless and high-risk youth ages 13-18. Sign up in the Sacred Service Center. 5:30 pm.

Special Events for June and July

Prayer Chaplain Dedication

On **Sunday, June 14**, we will honor and install these Prayer Chaplains during services: Gretchen George, Nancy Krackenberg-Flanary, Mary True, Christopher Zilar, Jennifer Jasmin-Morphis, Jay Dee Veach, and Deb Hinthorne. We bless and thank them.

Landscape Team Update

Adopt-a-spot gardeners wanted: Dora-Faye Hendricks is once again coordinating this group of volunteers who, working on their own schedule, tend to the many flower plots and gardens on our church grounds. If you wish, you may also be a 'roving angel' to look after the general appearance and fill in where needed.

Saturday, June 20 will be our next grounds cleanup day starting at 8 am; lunch is provided. Bring your small tools and gloves.



June 13 is the celebration of diversity known as **Pride Parade**. Join in the activities starting at noon in downtown Spokane.

Spiritual Cinema on July 15

Dan Robison hosts this fun evening starting at 7 pm with a film titled, "Amazing Grace," with Bill Moyers. This film is a moving and inspirational history of this hymn, written in the 1840s, and still popular today. It features the Harlem Boys Choir, Marion Williams, Judy Collins, Johnny Cash, Jeremy Irons and Jessye Norman.

Music lovers and fans of the song will really enjoy this 80 minute film. By love offering.

Spring Cleaning ??

Unity Church is hosting a clothing donation bin for **Nova**. Bring good used clothing and place it in the bin, located in our parking lot. Open up more space in your life today!!



If you already shop at **Albertsons** and have a preferred customer number it can be linked to Unity and we will get a rebate check worth 4% of your purchases. They are revamping the Community Partner Program so everyone must register again. Here is how it works. Go online to www.albertsonscp.com, enter your preferred savings card number (starts with a 42 number), which is located on every Albertsons receipt. They will ask you to link to your community partner; our number is 49000108014. It's very simple and once you are linked you do not have to do anything else but Unity will receive a quarterly check, usually \$80 - \$120. Thanks!

Unity Church of Truth

2900 S. Bernard
Spokane, WA 99203

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**Wednesdays in June and July -
Dinner at 5:45, Meditation at 6:30 & Program at 7 pm**

June 3 - Visioning with Rev. Toni Niemiec; Our Board invites you to be a part of this process to guide us into future thriving!

June 10 and 17 - The final 2 segments of the DVD series showing San Diego Unity Minister Wendy Craig-Purcell interviewing Deepak Chopra about his views on the true teachings of Jesus. The topics are based on his book, *The Third Jesus: The Christ We Cannot Ignore*.

June 24 - Illusions of the Soul with Dennis Ashley

July is focused on knowing yourself through the portal of self-awareness. We will do that by looking at Carl Jung--the first modern psychologist to state that the human psyche is "...by nature religious." He explored it more deeply than other psychologists/philosophers and we have a rich storehouse of his writings and ideas because of it. On **July 1, 8, 22 and 29** our Wednesday programs will explore Jung's work in depth by looking at archetypes, the collective unconscious, and how it all relates to the ways we walk our spiritual paths. On **July 15** we will present Spiritual Cinema and show the film "Amazing Grace."

One Peace, Many Paths:

Was your life touched in some way during our recent Season for Peace? Perhaps you enjoyed the beauty of the Peace Tree, making a commitment toward peace as you added to it, or you experienced expanded awareness and connection as you listened to someone of another faith speak from their heart. Perhaps you entered into the serenity of the Peace Prayers or felt the satisfaction and joy of a meal of pizza and pie and an evening of 60's peace songs.

These types of events happen only through the energy, creativity and dedication of volunteers. Now is your chance to bring your gifts to our next round of peace activities; planning has begun for the peace events in September. Please prayerfully consider joining us. We can use help from volunteers able to assist with a particular project, but who are unable to attend evening meetings. Contact Joan Broeckling at 536-2811 for more information about meeting dates in June and July.

Unity Church

**Office & Bookstore
(509) 838-6518**

Office & Bookstore Hours
Tues. and Thurs. 10:00 am - 3:00 pm
Wednesday 10:00 am - 5:00 pm
Closed Monday, Friday & Saturday

Thought Break.....(509) 624-2700
Prayer Center.....(509) 624-2700
Fax.....(509) 838-5537
Web site.....www.unityspokane.org
email.....communications@unityspokane.org

STAFF

Spiritual Director.....Clare Austen
Minister/Youth & Family.....Jackie Green
Administrator.....Terri Lewis-Sander
Pastoral Care/Service....Dennis Ashley
Custodian.....Bee Reynolds
Communications.....Cynthia Hubbard
Music Director.....Tawni Wright
Choir Director.....Shawn Wright

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