

UNITY CHURCH
OF TRUTH
2900 S BERNARD
SPOKANE, WA

Discoveries

FEBRUARY 2010

OF
SPECIAL
INTEREST

Season for
Peace and
Nonviolence

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Being Present is Key to Changes We Desire



Clare Austen

How are you doing with your New Year's promises? Polls show that often people have given up on their resolu-

tions by the end of this month.

Here at Unity we will soon conclude our series on *Setting Sail for a More Abundant Life*. Have you created a treasure map or a list of the qualities you "have come here to be"? This month we celebrate Valentine's Day. How are you doing with giving and receiving more love in your life? Our 2010 Season for Peace began at the end of January. Are you being a more peaceful presence in your world this year?

All these programs or events ask us to make changes. In Unity we know that real change happens from the inside out, but knowing that doesn't always make changing easier. You've heard of yo-yo dieting and how harmful it can be for the body, but many of us do yo-yo change and it takes a great toll on our spirit.

Lasting change requires a profound shift in our self awareness. Here are some ideas that I have been contemplating lately about how to make "a change for good." See

if any of them help shift happen for you.

Always remember it's NEVER about having more self-discipline. The very word was invented by someone's brilliant ego, and your ego probably pays royalties for the right to use that phrase to torture you and keep you feeling inadequate.

Change can only start with the complete acceptance that your authentic nature, the heart or center of you, is an unconditionally compassionate presence. In Unity we call this your God-Self, your Good-Self. When you are present to this presence, there is no loss, lack, fear, deprivation, or urgency to change. When you are 'centered' you feel peaceful, compassionate with self and others, energetic, and joyful.

When you know who you are at your center, you can identify all the voices in your thinking that aren't the real you. You know those voices. "You should be smarter, thinner, making more money." "You're pathetic, a failure, just give up, it's all your fault."

Think about how contradictory these voices are. They argue with one another. Realize that their very purpose is to cause you to feel dissatisfied, to believe you

are flawed. They set you up to fail. They entice you into discontentment, and when you don't succeed at change, they snicker at how easily you give up your personal power.

Now think about this. It's very important. Every time you turn a spotlight on the voices, and call them out as liars, you reclaim a part of your true power. When you call them out, you see that I AM the one who hears them, who distinguishes them from the real me. I AM the Presence of the Divine. I AM the voice that says "Failure simply means I stretched and learned something important." "I can ask for help when I need it. I need never feel alone." "I know my heart's desires and I am moving confidently in their direction." "I will not abandon myself, nor give my power away, no matter what."

Remember, both things are equally true. You need no change at the center, AND the outer things will begin to change when you are consistently present to your Presence. Your recovery from addictions, your health, weight, prosperity, peace and loving relationships, all depend on your taking time throughout your day to be present to the presence of your I AM.

Unity Church

(509) 838-6518

Office & Bookstore Hours

Tues. and Thurs. 10:00 - 3:00 pm

Wednesday 10:00 am - 5:00 pm

ClosedMon., Fri. & Sat.

Prayer Center.....(509) 624-2700

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Spiritual Director.....Clare Austen

Minister - Family.....Jackie Green

Administrator.....Terri Lewis-Sander

Pastoral Care.....Dennis Ashley

Custodian.....Bee Reynolds

Communications...Judy Merrill-Smith

Music Director.....Tawni Wright

Choir Director.....Shawn Wright

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LICENSED UNITY TEACHER

Mary Teresa True

From Our Board

There is a powerful moment in the movie **Avatar** where one being says to another with deep awareness, "I see you." Being seen is akin to being connected. We seek connection from the moment we are born. My absolutely favorite spiritual practice is to see the Beloved in another, to see as God sees.

When I see past the past to the Divinity in another and say, "Hello" or Namaste, it means "the Christ in me greets the Christ in thee." I cannot perceive error in another unless I perceive it in myself. Judgment is always self-judgment. And, when I remember that every gift I give is given to myself, why would I give anything away that I do not wish to receive?

All hellos trace back to a recognition of the Divinity in the other. Hello is an opportunity to look at a person with renewed vision and ask, "What else can I validate?" in this being. Statements of appreciation such as "what touches me about you is...;" "What I love about you is...;" "What I honor and respect about you is..." create connection and peace with our fellow earthlings.

Remembering what we love or appreciate about our church, job, and relationships helps us remember why we are connected to a person, place or thing. An act of appreciation can transform group dynamics and can instill compassion where judgment once resided.

We would not have wars if there was not fear between two people. What we focus on increases. As we focus on the "not there-ness" of something, the result is more "not there-ness." A primary example is peace.

Look for ways to be present with others. In every experience, look into the eyes of another and make your message "I see you."

BOARD EVENTS

Feb. 1 - Join Board members and others for this first Monday of the month visioning and discussion, 5:30 - 6:30 in the chapel.

Feb. 21 - Annual Congregational Business meeting and Board elections, 1:00 pm, after Y.O.U. lunch.

Clearwire Tower Declined

After a prayerful discussion by our Board of Trustees the decision was made to not enter into a contract with Clearwire Communications for a tower on our property. We are grateful to all those who attended our Town Hall Meeting in January and offered their feedback on this proposal.



**Cerena Lauren,
President,
Unity Board of
Trustees**

Abundance Report - December 2009

	December	YTD Date	Budget YTD Date
Revenue			
General Revenue	\$32,967.36	\$300,839.84	\$308,980.00
Special Event Revenue	\$5,957.00	\$30,348.77	\$43,500.00
Total Revenue	\$38,924.36	\$331,188.61	\$352,480.00
Expenses			
Special Event	\$5,265.74	\$11,914.23	\$18,500.00
Personnel	\$15,427.38	\$190,515.80	\$202,580.00
Tithe	\$3,365.87	\$31,917.84	\$33,400.00
Operating Expense	\$7,837.25	\$94,978.65	\$98,000.00
Total Expenses	\$31,896.24	\$329,326.52	\$352,480.00
Income/(Loss)***	\$7,028.12	\$1,862.09	

WANTED:
YOUR
Intentional
Giving card!

Thank you for your prayerful commitment to this ministry's mission of spiritual discovery.

We give thanks for all the joyful giving that sustains this ministry!

Freely We Give

Unity believes in the spiritual practice of tithing. As we share our income with others, we also generously receive.

In December, Unity Church gratefully tithed 10% of our revenue to these groups that share our spiritual vision...

The Association of Unity Churches International	Interfaith Hospitality Network
Our Unity NW Region and the NW Youth of Unity	Women's and Children's Free Restaurant
Silent Unity Prayer Ministry, Unity Village, MO	The Volunteers of America, Family Assistance Program
And to because they give hope to those in need.
Central Asia Institute	

Foundation

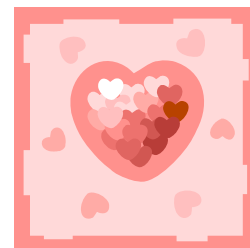
Unity Foundation funds as of December 31, 2009:
\$62,823.23



Scrip News

Remember your sweetie with SCRIP for Valentine's Day! Maybe your valentine would like a card to Starbucks, Applebees, or Baskin Robbins, for example. Also, popular Scrip cards are now in inventory: **\$25 cards for Albertson's, Safeway and Shopko.** See Patti Godwin in the Seva Center to buy your cards.

The Scrip Team will be taking orders for home-baked Valentine's treats on February 7, which will be ready for pick-up at church on February 14. This will raise funds to cover the scrip program's shipping costs, thus providing more funds to the church.



Praying for More Prayer Chaplains



Dennis Ashley,
Director of Seva
(service) and
Pastoral Care

Are you feeling a deeper connection to Spirit than you have ever felt before?

Do you want to discover more about the power of prayer?

Would you like to help others by going deeply into prayer?

If those questions resonate with you, then it may be time to become a Unity Prayer

Chaplain. Our chaplains pray with people at Sunday Services and Wednesday nights. They also contact people throughout the month who want a regular prayer connection with the church.

We invite you to consider becoming a prayer Chaplain. This may be your year. Some excellent training is provided. Learn about the

the role of a chaplain, confidentiality, methods of prayer, and several other processes. We need to identify who will be helping us this year and want to get them signed up for the training, so if you think you have an interest, please talk to Dennis Ashley, Mary True, or any of the prayer chaplains. Your world will change. *Guaranteed.*

February Is Bear Hugs Month

Our 3rd annual collection of teddy bears and other furry friends will begin February 7.



On Sundays we will hold them and bless them with our love, and prepare them to go to children and adults in need of a soft and cuddly friend.

This year we are teaming up with the Compassionate Interfaith Society, a club at EWU that provides students a place to discuss religious diversity. The club members will distribute the stuffed animals to a variety of places, including nursing homes, shelters and police departments. They send along their most

sincere thanks to the Unity family for this

opportunity to pass along "fluffy love."

Sole-to-Soul Shoe Fittings

Our shoe ministry team, headed by Harriett Jacobson, will be fitting children with new shoes:

- **Feb. 4:** Trent Elementary, just south of Trent on Pines
- **Feb. 11:** Otis Orchards, 22000 E. Wellesley Fittings last from 10 am until 2:30 pm, with a break for lunch. You are welcome to work only in the morning or in the afternoon, if that fits your schedule.



Please contact Harriett at 926-6461,

Or Jessica Morrison-Dahl at morrisonGW@aol.com.

Honoring Mary Ladwig



An excerpt from a letter dated January 10, 2010:

Mary, you are a dear friend to your spiritual community serving in the role of mentor for the young people of Unity Church of Truth, The Northwest Unity Region and the Association of Unity Churches International. The service that you have provided over the past thirty-five years as a teacher, director, special events creator and curricula writer has been so helpful in assisting our young people to walk in Truth. It is with great pleasure that we create a moment to recognize you for the dedicated service that you have so freely given to Unity and to the larger community of Sp-

kane through your work in public education. This award is given to those who have felt the call of Spirit to nurture, love and attend to the needs of the younger members of our community, and who have answered that call with consistent and long-term excellence. The countless hours of service you have invested have been deeply appreciated and are now

recognized in honoring you with this award.

On behalf of the Association of Unity Churches International, we are delighted to honor you as a Distinguished Youth Service Award recipient.

(Signed by James Trapp, President and CEO, Association of Unity Churches International)

Jackie Green, our minister of youth and family, writes:

What a gift Mary has been to this congregation in her service over many years, in all areas of ministry! She's been a Prayer Chaplain, a board member, an usher/greeter, and the Sunday Service Coordinator (to mention a few). Her heart and energy have always connected to youth ministry. On Sunday, January 31, 2010, Mary was surprised to be acknowledged for her dedication, vision and unrelenting focus with the presentation of this award. When you see Mary, give her the Y.O.U. blessing: "We love you, we bless you and we truly appreciate you, Mary!"

I have no greater joy than to hear that my children are walking in the truth.

3 John 1:4 NIV

Wednesday Love & Logic Class Continues

Lois Baker and Gini Stiles will continue to facilitate *Love and Logic* classes on Wednesdays at 6:15 through March 17. *Love and Logic* is a philosophy of raising and teaching children which allows adults to be happier, empowered, and more skilled in their interactions with children. These classes are based on a philosophy which is easy to learn and will show you the specific "how-to's." By love offering.

Season for Peace and Nonviolence

Our Unity Peace Team will once again lead us in observing the 10th Annual Gandhi King Chavez Season for Peace and Nonviolence from January 30 to April 4.



Our Peace Team has chosen the theme: **Peace is the wind that fills the sails of prosperity.** Events will focus on the growth of our own inner peace, as well as its manifestation in the outer world.

On **Feb. 14** and **Feb. 21**, there will be paper “people” decorating in the Seva Center. Everyone will have an opportunity to write or draw their visions of peace onto the paper people. Then they will be hung around the

atrium windows, surrounding our peace pole with our abundant peaceful energy.

On Wednesday, **Feb. 17** at 7 pm, we will have a Drumming for Peace, hosted by Unity’s own Vibradansa. Please bring your percussion instruments if you have them. Participants will learn different rhythms to incorporate into a large group piece, and Vibradansa will perform as well.

On Wednesday, **Feb.**

24, the Peace Team will host its “Peace-a-Pie” dinner at 5:45. The event is casual and fun: pizza and pie for dinner, followed by a peace

song sing-along. Please sign up in the Seva Center to bring pizza or pie that evening.

Starting March 14 at 1:00 pm a new class, **Being a Peaceful Presence**, will be offered for 4 Sundays. Facilitated by Kathy O’Connor, LUT, and Clare Austen, it will skip Easter Sunday and end on April 11.

Also read below about our very exciting **Peace Retreat** featuring music by Mark Welch.



Singer-Songwriter, Mark Welch

Peace Retreat

SAT. MARCH 6, 1:30—4:30 pm

Join Mark Welch, Dennis Ashley, Jackie Green, Clare Austen, Diane Norell, Craig Bader and our Y.O.U. group in experiencing an afternoon of connecting, music, and finding the inner core of peace we all hunger for. If you’ve always wondered how the Y.O.U.ers come home from retreats so in love with life and each other, come find out.

Crystal Bowl Meditation

Join Doug Cristafir for an hour of sound vibrations with a crystal bowl meditation on Friday, February 12th and Friday, February 26th at 7 pm.

Gather in the Chapel for 10 minutes of drumming, then 45 minutes of the pure tones of the crystal bowls. 7 bowls, 7 chakras, 7 notes.

Help balance your energy and align with spirit. If you have never experienced the bowls, then join us for an unforgettable hour. Cost is \$10. Bring a drum. (You may lay on the floor, so bring a pillow).



Wednesday Nights

Wednesdays at Unity are a great time to recharge your Spirit mid-week, share a meal and make new friends.

Dinner: 5:45 pm
\$4 Adults, \$3 Seniors,
\$2 Children under 12

Meditation: 6:30 - 6:50

Evening Program: 7 - 8:30
(approximately)

Our Prosperity Series, Setting Sail for a More Abundant Life, continues:

February 3: The Role of Forgiveness in Making Prosperity Work. Dinner hosted by the Men of Unity and the Outrageous Wild Women of Unity.

February 10: How Tithing Blesses Us. Dinner is pot-

luck — bring your best!

February 17: Peace Drumming Session, hosted by Unity's Vibradanza drumming group and the Peace Team. (Details, p. 6.)

February 24: Peace-a-Pie Dinner and Sing-along, hosted by Unity Peace Team. (Details, p. 6.)



Ongoing Unity Groups

The Explorers - Coffee and Discussion with Rev. Clare - Wednesdays at 10.

The Outrageous Wild Women of Unity (OWWU)

Spiritual circles held the 4th Saturday of most months. For more info, please contact Joyce@swanlight.com or 242-9980.

A Course in Miracles Study Group

Tuesdays, 6:45 pm. Everyone welcome. By Love Offering.

Prayer Shawl Ministry Wednesdays 2 pm

All knitters, including beginners, welcome. Every shawl made is a blessing wrapped in love!

Unity Choir

Rehearsals - Thursday, 7 pm. Wanted: everyone interested in singing and fun! Talk to our music team, Shawn and Tawni.

Men of Unity

Personal growth, fellowship, service, and retreats. Breakfast meetings held quarterly.

Weekly Meditations (in the chapel)

Wednesdays: 8:30 - 9:15 am; 6:30 - 6:50 pm

Sundays: 1 - 3 pm — Meditation Classes for a spiritually enriching, and fulfilling life - dedicated to love, unity, and peace. Facilitator: Regina Merritt.

Next Generation Unity (NGU) Ages 18-35

Meeting the spiritual needs of Unity's young adults. Contact Deanna Brown, 509-847-5277 or mrsdeannabrown@hotmail.com about activities.

Other Groups at Unity

OA Overeaters Anonymous
Sundays at 6 pm.

Al-Anon Serenity Seekers
Thursdays at Noon.

AA New Soil, New Roots
Thursdays from 7 - 8 pm.
(Enter downstairs from West parking lot.)

Toastmasters-Southsiders at Unity
2nd and 4th Mondays at 5:30 pm.
Have fun & develop your public speaking skills. Visitors are always welcome.

Gentle Stretch Yoga
Saturday, 9 - 10 am.
Call Robin Marks at 455-5931 for more info and fees.

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

Dances of Universal Peace
Dance with the Sufis
1st and 3rd Thurs, 7 - 9 pm.
Contact Bruce at 220-5160 for further details.

Unity Church of Truth
2900 S Bernard
Spokane, WA 99203

509-838-6518

unityspokane.org

ADDRESS SERVICE
 REQUESTED

DISCOVERIES MAILING LIST

To **Add** or **Remove** your name from our mailing list or to **change your address**, please send your request with your full name, email address / postal address to **communications@unityspokane.org**, or drop it off or mail it to the church - attention Judy.

Sundays in February

Setting Sail for a More Abundant Life

7th - Clare Austen

*"Ten Percent:
 Rule or Suggestion?"*
 The history of
 intentional giving



Photo by eren/thisvintagechica on flickr.com

14th - Clare Austen

"Love and Science"
 Happy Valentine's Day and
 International Evolution
 Sunday

21st - Dennis Ashley and Clare Austen

"Spirit is the Wind in Our Sails"
 Empowering our Unity Dreams –
 Stay for our **Annual Business Meeting**

28th - Clare Austen, Harriet Jacobson and Guests

"Living is Giving"
 Youth Outreach Sunday