

UNITY CHURCH  
OF TRUTH  
2900 S BERNARD  
SPOKANE, WA

# Discoveries

JANUARY 2010

OF  
SPECIAL  
INTEREST

Setting  
Sail with  
Prosperity

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## New Year, New Choices



Clare Austen

Are you one hundred percent content with your life, health, relationships, work, or bank account? Sometimes I'm not. Some days, despite all I am truly grateful for, I wish some things were different.

I occasionally dwell in the land of "If Only." If only I had more time, money, or discipline. If only the church had more income...just think what we could do.

An important part of my spiritual awakening is to remember the choices I have when I start thinking *If Only*. This is the gift Unity has given me. I can be discontented or **make a new choice.**

Do you know you have choices? When you are in the land of "If Only," are you feeling sorry for yourself, seeing yourself as stuck, or as a victim of life's circumstances?

A new view can be dramatically life-changing. What if you replaced self-pity with the assurance that you have what you need, and are who you want to be, but you just don't fully know it.

What if the Creative Di-

vine Energy and Intelligence that breathes as you, wants you to see yourself, and your life, and your choices, **as It perceives you**, nothing less than healthy and abundant.

In the ancient Hebrew Scriptures we find many promises from the God of their understanding, that can be inspirational to us today as we seek greater abundance and contentment. We can discover the truth of these promises by finding their meaning for us.

Jeremiah 29:10-11:  
**"Thus says the Lord of Love...I know the plans I have for you, plans for your good, not for your lack, plans for your future and your hope."**

And Malachi 3:10: **"Put me to the test, says the Lord of Love, and see if I will not pour down for you overflowing blessings."**

If you prefer your current view, if you'd like to keep experiencing lack "because of the economy," or if you don't believe there is a force in the universe working from within you to awaken your best life and highest good, then you

might not be interested in our series on Unity's prosperity principles.

Or maybe you think you've heard it all before, why come and hear it again. Well, I have heard it, I've taught it, and I have put it to the test many times over the years with miraculous results. But I know there is more for me. There is always more to learn and apply and I believe the highest good for me and for this ministry is present in potential, but waiting for me to expand my consciousness and accept it into reality.

I invite you to join us at Unity for a closer look at what stops us from our greatest good. Make a new choice for yourself, and be a part of the collective abundance consciousness for this ministry. What fun we'll have seeing the promises turn into miracles.

**"There is no end to human craving. Hence contentment alone is the way to genuine happiness. Therefore, acquire contentment."**

--Swami Sivananda

## Unity Church

(509) 838-6518

### Office & Bookstore Hours

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

Wednesday 10:00 am - 5:00 pm

Closed .....Mon., Fri. & Sat.

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

Fax.....(509) 838-5537

Web site.....www.unityspokane.org  
communications@unityspokane.org

### STAFF

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

### 2009 BOARD OF TRUSTEES

President.....Cerena Lauren

Vice President..... Mary Ladwig

Member ..... John Cook

Secretary.....Weldon Merritt

Chaplain.....Hank Broeckling

Treasurer.....Diane Hunter

Historian.....Steve Yach

Connections.....Marlene Sullivan

### LICENSED UNITY TEACHER

Mary Teresa True

## From Our Board

I am always seeking ways to simplify my life to free myself up for what matters most: more time for prayer, contemplation and for the people and critters that I love.

Those of you who were attending this church some years ago will remember Sacred Rubble and my leading the congregation in how to interview your things in preparation for releasing what no longer served you. The questions were: "Do I find you beautiful?" "Are you useful?" "Do you bring me joy?" I revisit these often as I am surmising the heaps of stuff that I have called into my world.

I was recently reflecting with a spiritual mentor about the strong pulls I feel to downsize. I was expanding my definition to include the many ways I give my energy away. She asked me a question which I found startling. "Is this your past or is this your future?" "Is this something you think you want to do because it was meaningful in the past or is it meaningful now?" We continued to reflect on this and added, "What gives you passion now?" And then she asked me, "How are you keeping yourself stuck by telling yourself stories and making yourself do what you no longer want to do?"

There really are no right or wrong answers to these questions. It's about continuing to reevaluate and ask where our hearts are leading us. How are we being called to express in this moment? What are we continuing to do out of a sense of duty rather than because it creates passion in us? In this season of New Year's resolutions my wish for you is to discover your passion!

**Join Board members and others each first Monday of the month, 5:30 - 6:30 for visioning and discussion on our passion for the ministry and its future.**



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

## Transitions

**Our thoughts and prayers are with:**

**Cynthia Hubbard**, on the passing of her father, **Charlene Ristuben** in the loss of her daughter Michele, **Ron Kurtz** whose mother Ruth passed in December, and **Sue Schur** on the passing of her husband Gene.

**And we send our love to the families of Unity members who have passed recently:**

Leann Houston, Felix Boyle and Bula Simpson.

# Abundance Report - November 2009

	Current Date	YTD Date	Budget YTD Date
<b>Revenue</b>			
General Revenue	\$25,308.33	\$267,872.48	\$283,396.73
Special Event Revenue	\$6,216.00	\$24,391.77	\$39,999.98
Total Revenue	\$31,524.33	\$292,264.25	\$323,396.71
<b>Expenses</b>			
Special Event	\$1,510.66	\$6,648.49	\$17,058.33
Personnel	\$14,992.03	\$175,088.42	\$185,698.32
Tithe	\$2,991.38	\$28,551.97	\$30,616.66
Operating Expense	\$10,313.01	\$87,141.40	\$90,721.62
Total Expenses	\$29,807.08	\$297,430.28	\$324,094.93
Income/(Loss)***	\$1,717.25	(\$5,166.03)	(\$698.22)

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

*I accept abundance.  
Whatever I need,  
whenever I need it,  
wherever I need it,  
for as long as I need  
it, will always be at  
hand.*

**Emmet Fox**

## Freely We Give

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

**In November, Unity Church gratefully tithed 10% of our revenue to these organizations that**

**share our spiritual vision...**

The Association of Unity Churches International

Our Unity NW Region and the NW Youth of Unity

Silent Unity Prayer Ministry, Unity Village, MO

Sravasti Abbey

**And to ...**

Martin Luther King Jr. Family Outreach Center

The Volunteers of America, Family Assistance Program

**... because they give hope to those in need.**

## Foundation

Unity Foundation funds as of November 31, 2009:  
**\$62,087.27**



## Intentional Giving Update

Each year we ask that you prayerfully consider what financial commitment you will make to Unity. Prayerful is the key word. Do it with an open heart and seek your own inner guidance. Then turn in just the signature portion of your 2010 Intentional Giving Program Card. Our goal once again is 120 Cards turned in by February 21. **So far we've received 60 cards — thank you for your commitment!**

***“Because I give of my time, energy, and money, I am in the flow of inexhaustible substance.”***

**affirmation from Edwene Gaines' *The Four Spiritual Laws of Prosperity***

# The Skills of Prayer and Meditation



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

Every Sunday, I mention that prayer and meditation are the cornerstones of the Unity movement. When we use these two practices, it opens up a direct line of communication between us and our Creator and Source.

As many of us know, prayer and meditation are not meant to bring God into action. Instead they are meant to open our consciousness to God as the activity within us. Because that activity is at the heart of our spiritual quest, it makes sense that conscious prayer and deep meditation are the most important and necessary activities in our lives.

We all have a whole lifetime of making good decisions and poor decisions; doing great things for ourselves and others (and sometimes not-so-great things). When we look at poor choices we have made, often it is almost as if we are addicted or enslaved to those choices. What prayer and meditation do for us is to open channels to our spiritual freedom from that form of human slavery. They never really change the external situations and they certainly don't change God; but they do

change us. They enhance our spiritual vision, giving us deeper understanding of ourselves, of situations, and of our reactions to those situations.

If we would like to bring that change in perspective into our lives through the use of prayer and meditation, it only makes sense that we practice them. They are like any other skills—the more we use them, the better we get at them. To master them, it is necessary to discipline ourselves and to practice every day. For many of us, those are words we have strong reactions to. Discipline? Practice? Yep! The more we pray and meditate, the more we learn how to still the incessant chatter in our minds. The more we practice, the more we learn how to invite in the Silence and let it work through us and for us.

Through the constant discipline of prayer and meditation, we learn to do what we most want—to align our consciousness with the Spirit within. In Unity, we use Positive and Affirmative Prayer because we know the power of the Mind. We

know that whatever we focus on, it will create more of it in our lives. That is why we choose to affirm the positive in prayer and meditation. Since we absolutely KNOW that thoughts held in mind produce after their kind, we want to make sure that we create a consciousness that is positive, affirmative, uplifting, and building. When we do that, we create that in our lives. Yes, there are moments—sometimes some very long moments—of the appearance of lack or limitation in our lives. But in the practice of positive prayer, we deliberately choose thoughts that focus on the good we desire rather than on the loss, lack or limitation we may be temporarily experiencing. That is a basic building block of positive, affirmative prayer. It is through these skills in prayer and meditation that we learn to lift the veil and see behind those appearances to a deeper Truth.

*That Truth is always that God-Mind and spiritual principles rule everything we see and everything we don't see. Maybe it is time to build that spiritual vision through the more constant and disciplined use of prayer and meditation.*

# A Miraculous Unitreat



**Jackie Green, Minister of Youth and Family**

On November 6 - 8, 2009, I experienced my first Unitreat. The theme was "S.t.e.p.-U.p.: Spiritual Teaching, Everywhere Practical, Understanding your Power." This weekend retreat, with the challenge-by-choice Ropes Course, provided an opportunity to experience spiritual concepts in fun and active ways. In the photo look for our four Uniteens, Alex Lapke, Caroline Schwartz, Dylan O'Connor and Lauren Jamison, plus Cristy Lapke, and Seth Bader, a former Y.O.U.er from our church and current N.G.U.er [Next Generation Unity] who took a weekend away from his studies at Western Washington University to serve as an adult leader.

Our Uniteens share their memories:

*My favorite time in family group was when we had our heart talk because we all really connected and opened up and learned more about each other.*

*My favorite part of the challenge course was that even*



*though we never physically finished the challenge, it was completed in our minds.*

*During the dance I had so many friends around me and I felt so safe.*

*During family time, we had a heart talk and everyone got emotional and I felt so connected to everyone.*

*I cried all morning before we left, but everyone gave me hugs and I felt so loved.*

*My favorite family time was our heart talk because we all really connected and learned more about each other.*

*My favorite part of the challenge course was when we all caught Dave because we all really felt like we could be trusted. [Jackie's comment: Dave is a very large adult.]*

*Miracles happened. All accessed their power. How do I*

*know? What is my evidence? 70 people were outside in the rain for 5 hours. I did not witness ANY whining or complaining. I did witness trust, cooperation and celebration.*

The next Unitreat is June 20 - 25, 2010. Encourage our Uniteens to attend, and please consider contributing to their scholarship fund.

## Love and Logic Classes

Are you looking for easy-to-use techniques that will help you raise responsible kids who are fun to be around? *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," not just theoretical concepts. Lois Baker and Gini Stiles will facilitate *Love and Logic* classes on Wednesdays, Jan. 27 - March 17 at 6:15 pm. Learn to enrich your relationships with the children in your lives. You will be truly inspired. By love offering.

# HMS Prosperity About To Sail!



*When our lives are aligned with Divine Principle, when our hearts are open and our God-presence fills our being, happiness, connection with others and financial prosperity just naturally follow this alignment. As the power from this open-hearted alignment expands, we eagerly and joyfully share the unlimited wealth that our infinite love produces.*

Based on the words of Arnold Patent

**All aboard!** We set sail in January for the land of Abundance. We guarantee it will be a life-changing, breath-taking trip. Each Sunday lesson and Wednesday night class, January 3 through February 10, will focus on **The Four Spiritual Laws of Prosperity: Setting Sail for a More Abundant Life.** We invite you to experience greater prosperity for yourself and join us in creating a more abundant consciousness for our ministry.

## **Wednesday Night Dinners**

During this series we are adding some excitement by having our community dinners hosted by different church groups and Unity friends. **Jan. 6** - Unity Players, **Jan. 13** - Unity Board, **Jan. 20** – Prayer Chaplains, Prayer Center and Prayer Shawl members, **Jan. 27** – Spokane Holistic Chamber of Commerce, **Feb. 3** – Men of Unity and the Outrageous Wild Women of Unity, **Feb. 10** – Landscape Team and Bookstore volunteers. **And WAIT, there's more – at each dinner we will give away door prizes! Be present to win!**

## **Wednesday Night Discussion and Activity Time**

This is the centerpiece of our series and we want you there! In fact, let's make it fun and get the whole church there. Invite your friends. If you have taken Prosperity classes before, maybe it's time to get a refresher. If you have never taken one, it's time to step on up to a new view of life and money. In Unity, prosperity is never **just** about money. It is creating a state of consciousness of abundance in all areas of your life by using the same tested spiritual principles used by our co-founders, Charles and Myrtle Fillmore.

Throughout the 5 evenings, we will have panelists from the congregation—people who have put these principles to work in their lives. They will share their stories and answer questions about prosperity. The goal is to inspire you to live a more authentic and abundant life.

## **Weekly Topics**

- January 6<sup>th</sup>: Unity's Prosperity Principles
- January 13<sup>th</sup>: Town Hall Meeting (not part of the Prosperity series but we hope you'll come anyway.)
- January 20<sup>th</sup>: Goal-Setting and Setting Intention
- January 27<sup>th</sup>: Our Divine Purpose and Its Impact on Abundance
- February 3<sup>rd</sup>: The Role of Forgiveness in Making Prosperity Work
- February 10<sup>th</sup>: How Tithing Blesses Us

Author Edwene Gaines' book "**The Four Spiritual Laws of Prosperity**" is available in the Bookstore. It will also be available on CD. Get your copy today!

# 2010 Board Nominations



**John Cook**

I have been active in this church in many ways over the years including teaching in Youth Ministry. Many of you may know me, however through my work maintaining our building and grounds. I'm ready to serve a second term on our Board. I love our sense of family and community here at Unity. I believe that Unity offers a message of hope, help and happiness that can and should be extended to the widest pos-

sible audience. I believe that personally, and as a group, we have a responsibility to help the needy, protect the planet, and work for a better world. I also believe that it is the work toward these goals that grows us spiritually, which seems to me to be the real goal.



**Dan Robison**

I began my Unity journey in Anchorage, Alaska. A friend suggested I might like Unity and I began attending. My

**Our Unity Board of Trustees invites you to our Town Hall Meeting, January 13, 7:00 pm.**

- \* Review our 2010 Budget and give input,
- \* Meet John and Dan, our Board nominees, and
- \* Hear about a proposal for a low wattage communications tower on our property.

**Then join us Sunday, February 21 for our annual business meeting.**

relationship with Unity has continued ever since. My wife Frankie and I were married in Unity in 1988. We moved to Yakima, WA and were active in Unity there, before coming to Spokane. I have served this church in many different ways. I believe I have excellent experience on boards. I am a good listener and have much to offer to our church board as a representative of the whole congregation.

**Give to the world the best that you have, and the best will come back to you!**  
**Bridges**

## 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. Facilitated by 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.

**Unity Church of Truth**  
**2900 S Bernard**  
**Spokane, WA 99203**

509-838-6518

unityspokane.org

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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 January

### Setting Sail for a More Abundant Life

#### 3rd - Clare Austen

*"I Am Prosperous"*

- Burning Bowl Ceremony

*(The smoke from this annual ritual can bother some people, so we ask that you plan accordingly.)*

#### 10th - Clare Austen and Dennis Ashley

*"We Who SHALL Be Named"*

- White Stone Ceremony



#### 17th - Dennis Ashley

*"Castles and Blueprints"*

- Writing our 2010 Intentions

#### 24th - Clare Austen

*"Who Have I  
 Come Here to Be?"*

- Setting our standards of integrity

#### 31st - Clare Austen

*"Unattached and Prosperous"*

- Forgiveness is an important stepping stone to an Abundance Consciousness