

# Discoveries

Unity Church, Spokane, Washington

Volume 15 Issue 1/2

January/February 2009

## Are You Thriving?

By Clare Austen

Would you say your life is thriving? On a scale of 1 to 5, with 5 being "fully thriving," how would you rate these aspects of your life?

Financial abundance \_\_\_\_\_,  
Health and fitness \_\_\_\_\_,  
Giving back to life/Helping others \_\_\_\_\_,  
Truly intimate, healthy relationships \_\_\_\_\_,  
Confidence in the omnipresence of God \_\_\_\_\_.

If you are not where you would like to be in any of these areas, do you feel you have the tools to help you get there? If you know how, but aren't doing it, why is that? The answer may be in one of the other areas. Unity teaches us that we are holistic beings, so all parts of our lives are connected. Any imbalance affects our overall sense of well being. And the same is true of churches.

Our Association of Unity Churches International (AUCI) has developed a program called *Thriving in Unity*. They know that our Association will thrive when its churches are thriving, and the churches will thrive when the individuals within those churches are thriving. I believe whole-heartedly in the mission of our Association. It exists to support churches, thus broadening Unity's impact on spiritual consciousness in the world. **When consciousness shifts to a greater trust in the unseen Spirit of**

## God over the things seen in the world, the world will know peace.

I want the AUCI to thrive, and that means I must thrive and Unity here in Spokane must thrive. If you look at the list above and answer the same question for our ministry, what would your answers be? Where do we need to focus to be a fully thriving ministry? What are the tools we can use and what is our commitment to use them?

I believe a truly thriving ministry has plenty of resources to fulfill its mission and its dreams. It would be a stable community bonded by caring friendships, shared spiritual values, and authentic interaction. It would feel the personal and communal impact of serving others. And, one often unacknowledged aspect of a thriving ministry is that it needs a strong sense of identity, separate from its always changing leadership, that will insure that it will survive to inspire and uplift future generations.

Our board and staff have already begun to work with the *Thriving in Unity* materials. We are delighted to see that we are doing many of the recommendations; however we have much to consider about our 'thrivability' quotient.

We invite your input and your participation as we make 2009 a year of making Unity here in Spokane stronger, and more effective than ever. In '09 we want to define, align with the divine, and shine!



## Season for Peace

Every year our *Season for Peace* is Jan. 30 - Apr. 4, the memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr. The 64 days of the *Season* are dedicated to demonstrating that the spiritual concept of 'nonviolent' action is a powerful way to heal, transform and empower our lives and communities.

This year our Peace Team has chosen the theme "Grow Peace" and our symbol will be a tree. In keeping with our ministry's year-long theme of 'thriving' in 2009 our *Season for Peace* will have many educational and creative ways to grow strong branches and deep roots.

No matter how many ways or times we talk about peace, we must keep on doing the work of teaching the transforming power of peace and understanding over violence and acrimony. (See our list of events on page 4).

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

## Unity Church 2900 S. Bernard Spokane, WA 99203

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**Sunday Services** 9:00 am & 11:00 am  
Children's Church for morning services  
Teen programs 11:00 am  
Wednesday Program 7:00 pm

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

### Office & Bookstore Hours

Tuesday and Thursday  
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

### 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  
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### Discoveries Team

**Managing Editor**.....Cynthia Hubbard  
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**Photography**... Alan Bisson and  
Cynthia Hubbard

### Mailing Team Leaders

Wynona Lewis  
and Bob Bartlett

## From the President of the Board of Trustees. . . Mary Ladwig


My term as President of your Board of Trustees is almost at an end. By the time you read this, a new president will be chosen and waiting for the annual membership meeting to accept the imaginary gavel and take over. I like January. The Christ has just been reborn as a new sense of Spirit within. It's a new year, filled with possibilities. It's a time for reflection and the stillness of winter. The sun is on its journey back to our part of the earth and spring will return. There is hope. It's my birth month, another new beginning. So many possibilities for good!

Looking back over the past year, I remember that it began with a great many "wants" on our list. While some of those wants seem to be no closer to manifesting, I am amazed and delighted by the beauty and care that we've maintained within our church home. To hear the world news, it seems our financial world is falling apart. (I heard our economy has been in recession for a year now and here we are, healthy and well in spite of that). Here, I find the peace and abundance of God's presence. As I write this today, I feel that as our church prospers, so I prosper and it circles back. Unity provides an image to live by. As that image grows within me, it manifests in tools for living and prospering. Through this image we thrive and benefit our world. I intend to hold this feeling of wholeness and interconnectedness throughout this coming year.



You might wonder what we do at board meetings. We laugh as much as possible. We pray. We hold a consciousness of openness, appreciation and care. We talk seriously when we problem solve. We approve funding to fix things that exceed \$2,000. We give thanks for those who dig a little deeper to get us over the bumps. We listen to Terri as she prepares the new budget and we look at the previous months' balance sheets. We listen to Clare and offer support for her programs and ideas to be introduced into the next year. We listen to Jackie describe the youth program activities. We listen to Dennis as he shares his activity with sacred service and prayer ministry. We approve the new members who join the church. We spend time appreciating individuals for their talents and time. And, we're grateful when it goes this smoothly.

I confess I'm a journal-er, not a journalist, so I have to say I'm happy to turn this task over to a new president. But, what I have most enjoyed is the greater connection I've held with you. It's a perk of the job. Blessings are yours in this coming year.

shopwithscrip 

Thanks to everyone who ordered holiday gift cards from Scrip. We had a record number of orders and comments like "I finished my shopping on time for the first time in a long time."

Why not check it out? Go to [www.shopwithscrip.com](http://www.shopwithscrip.com). Use the Unity enrollment code: **6C3LB93316663**. Submit your order online, pay for and pick up your Scrip cards at church the next week. Over 40 families are on our team... join today.

**Financial Update 2008**

	November	YTD	Budget YTD
<b>General Revenue</b>	\$26,690.01	\$278,600.84	\$\$\$\$\$\$\$\$\$\$
Special Event Revenue	\$6,774.00	\$34,081.19	\$\$\$\$\$\$\$\$\$\$
<b>Total Revenue</b>	\$33,464.01	\$312,682.03	\$\$\$\$\$\$\$\$\$\$
<b>Expenses</b>			
Special Event	\$1,263.50	\$7,380.09	\$16,866.74
Personnel	\$15,599.28	\$184,982.19	\$192,500.00
Tithe	\$3,220.06	\$30,525.98	\$33,000.00
Operating Expense	\$8,218.47	\$92,640.05	\$98,908.26
<b>Total Expenses</b>	\$28,301.31	\$315,528.31	\$341,275.00
<b>Income/(Loss)</b>	\$5,162.70	(\$2,846.28)	\$\$\$\$\$\$\$\$

**Our Church Tithes**  
 (10% of revenue)  
 for **November 2008** paid to:  
 Association of Unity Churches;  
 NW Region Unity Churches;  
 NW Region Unity YOU;  
 Silent Unity;  
 Volunteers of America;  
 Interfaith Hospitality of Spokane;  
 2<sup>nd</sup> Harvest Inland Northwest;  
 Women's & Children's Free Restaurant

**Unity Church Foundation**  
**11-30-08**  
**\$59,287.35**

Board of Trustee Candidates for 2009  
 Meet Them at the Town Hall Meeting  
 on January 14 at 7 pm  
 Voting Occurs on Feb 8, 2009



**Mary Ladwig**

I am running for my second term as a trustee. Aware that I was bringing years of involvement with me, I intended to stay open to the present. Consequently, it took about half of my first term to really get a feel for this church as it functions today. I would like to continue to utilize this learned understanding by serving another term.

Over the years Unity Church has been my home, village, employer, classroom, mentor, touchstone and ministry. The outer conditions of my life may change, but the spiritual qualities I find here will always be true for me. I would be honored to continue to serve on our Board of Trustees.



**Hank Broeckling**

I was introduced to Unity as a child through my mother's reading of the *Prayer of Protection* and *Daily Word*. Over the last 30 years, I've been involved with 6 Unity churches around the country.

My deepest involvement was at Unity of Seattle, which included a leadership role helping the church survive a difficult transition. I served as an advisor to the Board during this rocky time and also led a national search for a new minister.

These experiences, in addition to my professional and spiritual journey and prior board work, have prepared me to serve on the Board of Trustees for our church community.



**Weldon Merritt**

My wife, Regina, and I have attended Unity Church of Truth for almost three years, and have been members for about a year. Before moving to Spokane we attended a Unity church in Santa Fe, New Mexico.

I have been quite involved in the Men of Unity activities for the past two years, and also serve as part of the Usher Team. As a Professional Registered Parliamentarian, I was instrumental in guiding the church successfully through the recent bylaws amendment process.

If elected, I very much look forward to further serving the church as a member of the Board of Trustees.

# Pastoral Care and Sacred Service

From the desk of Dennis Ashley...

## SOMETHING NEW ON WEDNESDAY NIGHTS

January 2009 sees us launch a new focus for our Wednesday Night Programs. Our community dinners have been growing in size, so it seems like a good time to expand our vision of our Wednesday Night inspirational offerings.

From 7-7:30 pm each Wednesday Clare and Dennis will offer a short service with music, a talk and meditation, and even occasional skits, to illustrate key points. We realize that for some people that may be all they want. However, at 7:30 pm, for those who want to personally engage the evening's topic, get to know and learn from others in our spiritual family, we will offer an hour of discussion or other participatory activities.

## FIRST QUARTER, 2009

January explores the creative human mind. What is the role of intentionality in prayer and our spiritual lives? Based on Lynne McTaggart's book, *The Intention Experiment*, we'll explore fascinating scientific experiments in the arena of "mind over matter."

February brings us a further exploration of the Sunday talk series *The Tao of Serenity*. In our **Season for Peace** we will take a look at the ancient tools for inner peace and how they are mirrored in Unity's principles. This series will be based on Wayne Dyer's book, *Change Your Thoughts, Change Your Life; Living the Wisdom of the Tao*.

March takes a look at health and healing as practiced by the great metaphysicians in our movement's beginnings. It is undeniable that nearly every New Thought group sprang from a deeply held belief in the power of healing through the realization of God's omnipresence. Why do we not emphasize such healing work now?



### In Loving Memory

Our blessings and prayers are with the family and friends of **Lou Johnson and Larry Rineman** who recently made their transitions, and to our friends who have experienced the passing of loved ones, including **the Shawn Wright Family and Sheri Schubert**.

### Season for Peace

Our symbol for this work is a tree. In our year of focusing on Thriving, we thought a tree was a great example. Trees thrive when they have strong roots, many branches, and seeds to plant the future. In Unity "our roots" are the strength of our spiritual work, our willingness to take time for meditation and stillness, and follow our inner guidance. Our "branches" are the diversity of people and ideas that must come together and work in cooperation. And through our flowering, the "seed pods," we plant the vision of a transformed human consciousness and a world at peace.

#### These events will occur at our Unity Church in January and February:

- Jan. 26: The Mayor's proclamation for the Season of Peace
- Feb. 1: Sunday talk and Wednesday class series begins on *The Tao of Serenity*
- Feb. 1: *Living the Peace Prayers* with Joan Broeckling, a Sunday class from 9:30-10:30 am.

### LIVING THE PEACE PRAYERS - with Joan Broeckling

The World Peace Prayers are powerful tools through which we can reinforce our intentions for living a peaceful life. In this 6-week exploration, we'll focus in depth on 2 prayers/week, through discussion, meditation, circle dances, inner listening and using the prayers. Our goal is to experience the heart of each prayer, allowing these gifts from 12 of the world's religions to awaken us to living lives of ever greater love. The classes will take place on **Sundays from 9:30-10:30 am in the Unity Chapel**.

In **February** we'll explore:

- 2/1: African and Zoroastrian prayers - Trust, Understanding
- 2/8: Hindu and Shinto prayers - Clarity, Releasing Negativity
- 2/22: Jainist and Christian prayers - Forgiveness, Oneness



Our **thanks** to all of the volunteers this past year, including Jeff and Diane Hunter (shown above), who helped with Christmas preparation. Blessings to everyone.

# Join in on the Joy of Community

## January Events

**Men of Unity** are holding a *Men's Night Out* at the church from 6:30 – 9 pm on Friday, January 9<sup>th</sup>. Dinner & games.

**Town Hall Meeting:** 2009 Board of Trustee candidates & the budget are presented. January 14<sup>th</sup> at 7 pm.

**Outrageous Wild Women of Unity** Spiritual Circle and Potluck Lunch January 24<sup>th</sup> from 10 am - 1 pm.

## February Events

**Season for Peace** Begins February 1<sup>st</sup>

**Annual Congregational Meeting:** Feb. 8<sup>th</sup> at 1 pm

**Spiritual Cinema With Dan Robison:** February 18<sup>th</sup> at 7 pm. In honor of Valentine's Day the films for February will be three short movies all dealing with love and relationships between couples, parents and their children. All three are uplifting and enjoyable to watch. By love offering.

### Flowers and Hospitality Treats for 2009

The sign-up books are in the Sacred Service Center and you are invited to add your name to a Sunday (or several Sundays).

Selecting a date to fund the cost of flowers in the sanctuary can be a way of honoring all the very special people and occasions in your life.

And, bringing treats on Sunday for our after-service hospitality is an enjoyable connection with this spiritual community and sharing of your abundance.

### Sharing Our Abundance

Our special food collection drive for **2<sup>nd</sup> Harvest Food Bank** in Spokane contributed over 2,000 pounds of food and raised \$100. Congrats to the men for bringing in the most food. Thanks to everyone who contributed this season. You are blessed and a blessing.

### Spiritual Cinema With Dan Robison:

Jan. 21<sup>st</sup> at 7 pm  
*"Rocks With Wings"*: This award winning feature-length documentary chronicles the suspenseful story of "Shiprock", New Mexico girl's high school basketball teams' rise to fame. Made up of a group of young Native American women from the Navajo Reservation, the team was taught how to win by their African American basketball coach from Texas, Jerry Richardson. An utterly engrossing journey of the spirit. 120 minutes by love offering.

### Men of Unity Workshop

February 13<sup>th</sup> & 14<sup>th</sup>. A Valentine's weekend gift titled "Creating Sacred Relationships" will be presented by Sandy & Ron Kulman from the SK Meditation Center. Donation for the Weekend is \$25/singles and \$40/couples. Includes Fri. dinner and continental breakfast on Sat. Register by 1-25.

**Outrageous Wild Women of Unity** Spiritual Circle and Potluck Lunch February 28<sup>th</sup> from 10 am - 1 pm.



Record snowfalls in December (over 60") have created some beautiful scenes and opportunities for service. If you can help with snow shoveling please call Dennis to get on the schedule.



**Used Book Sale Starts Jan. 4<sup>th</sup>:** Friends of Erma Wells, from Dr. William Graham's estate, brought us boxes of old books, papers and pictures. Clare, Jane Giesel, Kathy O'Connor and others have gone through the boxes for items we want to keep in the church. The rest of the books are going into our used book drive in January. If you enjoy going through old treasures now is your chance. Come over to the tables just outside the Bookstore and see what you can find.



**"Bear Hugs" Returns** Our project to collect and distribute bears, and other stuffed animals, returns in February. We started this effort in 2008 and collected 95 furry friends to share with hospice, shut-ins and sick children. Kandy Brandt hugs a bear...bring one in to love, too!

**Drumming Circles:** For now Richard Dalke is discontinuing this monthly event. We give thanks for Richard's gift to us over the years.

**Save these April dates for 2009 Radical Forgiveness:** Unity Church will have a special Radical Manifestation weekend on **April 3-4, 2009**.

The two hour Friday lecture on April 3, from 7-9 pm is *From Forgiveness to Manifestation: Radical Approach to Creating the Life We Want*, \$15.

The Saturday workshop, April 4, from 9 am-1 pm is *Radical Manifestation, the Fine Art of Creating the Life You Want*, \$50; plus *The Money Game* from 2:30 - 5:30 pm \$25.

# Unity Groups Connect With Us

## The Explorers - Spiritual Discovery & Support

Wednesdays from 10:00 - 11:30 am. Everyone is invited to attend this prayer & discussion group. Join us for coffee and conversation! Facilitated by Clare.

## The Outrageous Wild Women of Unity (OWWU)

The Saturday Spiritual Circle in January will be held at 10 am on the 24<sup>th</sup>; In February we'll meet on the 28<sup>th</sup>. Our meetings are potluck with lunch starting at noon. For more information about us, contact Joyce@swanlight.com.

## A Course in Miracles Study Group

Every Tuesday at 7 pm. By Love Offering  
This is an ongoing group. Everyone is welcome to join at any time.

## Prayer Shawl Ministry

We meet Wednesdays at 2 pm; join us to create knitted gifts to celebrate and/or strengthen the spirit. Contact Gretchen at 534-4886 for details.

## Radical Forgiveness Satori Group

Hold the Radical Forgiveness consciousness by attending a monthly potluck dinner & play Satori in Cheney. Contact Sue (509-924-0624) for details.

## Meditation

Each Tuesday from 8-8:45 am and Wednesday from 6:30-6:45 pm we meet in the chapel for a time of connection with spirit. Join Clare and Dennis.

## Wednesday Night Dinners

Dinner is served at 5:45 pm: adults - \$4, seniors - \$3 and children - \$2. Call Dennis Ashley at 838-6518 to volunteer or for further details.

## Unity Choir

Our choir rehearsals are Thursdays at 7 pm. Contact Shawn at sandtwright@comcast.net about joining this group if you love music and singing.

## Men of Unity

Join us to engage in spiritual & personal growth, integrity & truth, prayer & meditation through service, small groups, retreats, fun activities and positive relationships. Visit the Men of Unity news board in the Sacred Service Center.

**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 about local activities.

## Additional Groups

### OA Overeaters Anonymous

Sundays at 6:00 pm

### AI-Anon Serenity Seekers

Thursdays at Noon

### AA New Soil, New Roots

Thursdays from 7 - 8 pm

### Southsiders at Unity

**Toastmasters** will meet the 2<sup>nd</sup> and 4<sup>th</sup> Mondays at 5:30 pm; visitors are always welcome.

### Dances of Universal Peace

meets the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays. Experience the peace from 7 - 9 pm. The simple movements and singing celebrate the world's spiritual traditions. Call Bruce at 220-5160 for details. By love offering.

**Gentle Stretch Yoga** on Saturday mornings. \$55 for 6 weeks or \$10/session to drop in. Call Robin Marks at 455-5931 for more details.

## Outreach

**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** - Fourth Friday of each month at 5:30 pm. Crosswalk is a multi-service center for street kids, homeless and high-risk youth aged 13 - 18. Sign up on the sheet in the atrium if you would like to help on **Jan. 22<sup>nd</sup> and Feb. 27<sup>th</sup>**.

## Unity Group Spotlight

### Crosswalk Dinner Group by Diane Bisson

In the years that I have been coordinating our dinners at Crosswalk, I have had the pleasure of working with many of you as we continue our commitment to letting these children know of their own value. My goal each month is simple - to provide a nourishing meal that appeals to teenagers, to let them know of my love for them as I prepare and serve the meal, and to have fun while doing this.

It is easy to look at these children and judge by the cover- many have piercings in abundance, odd hair styles, and can project a harsh manner to those they meet. But underneath the wrappings, they are hurt children crying out for love and acceptance. Many have been betrayed by the people who should have done everything possible to keep them safe, and they learn not to trust. While cooking in the kitchen we get a chance to interact one-on-one with the kids, teasing those that enjoy it, and just giving them love.

Last summer one of the girls that had just graduated from high school shared her plans with me: community college for two years (she had just been accepted) then to Seattle and the U to eventually attend med school - what a success story she is! And we are part of her success, because the meals that nourish and the shoes and coats that keep them dry and warm are part of the very important tools that are needed to help them reach the goals and dreams that they are so deserving of. If you want to experience some of this wonderful experience with me, you know where to find me the fourth Friday of each month!!



# Youth and Family Services

## Fresh growth from healthy roots

by Rev. Jackie Green

Thriving is "fresh growth from healthy roots" (my definition). Demonstration after demonstration is showing up in our youth area, including:

- Youth, 4 years of age through young adults, lead us in various December worship services;
- Next Generation Unity (NGU) young people nurture our evolving UniFriends and UniTeens each Sunday during the 11 am service;
- The Christmas card project showcased 13 of our budding youth artists;
- Our Unity message spreads around the world through those cards;
- Your generous support of the Christmas card sales will finance the Youth area transformation;
- Interest in our Unity youth-created cards has now expanded to "all occasion cards";
- Seeds planted by our children are thriving and are expected to bloom.

"Thrive," according to my computer dictionary, is (1) to grow vigorously and healthily (2) to be successful and often profitable. Similar words listed are: flourish, prosper, succeed, boom, bloom, blossom, increase. Where have you seen and experienced our church flourishing, prospering, succeeding, booming, blooming, blossoming, increasing? Doing well? Growing well?

In Unity we know that what we focus on expands. What we appreciate, appreciates. What we value increases in value. What aspects of our ministry do you most value? What focus area of our ministry do you appreciate and want to see flourishing? What examples of success do you recognize? From my perspective, I am very glad about the increased number of adults I see supporting the youth in a myriad of ways.

The word "thrive" brings to my mind the Masai, an African tribe, which has survived while other tribes have vanished. The Masai have a traditional greeting, "And how are the children?" Their response to each other is "All the children are well." For the Masai, peace and safety prevail when priorities of caring for their young are in place. The Masai keep their hearts and eyes on their children, the most vulnerable members of their tribe.

Care for our children is a clear focus in our thriving ministry. We continue to work ever more intentionally to act out our responsive greeting and powerful affirmation: **All the children are well.** Our Unity community thrives due to our efforts to provide for our most vulnerable congregants, our children. Our children ARE fresh growth from healthy roots. Happy New Year!



Rev. Jacolyn Green  
Minister of Family Services

### Child Care

Here at Unity we want to minister to all ages. One of the important ways we can do this is through the childcare we arrange for classes and events. When we know in advance that you need childcare we can provide that service. Although we welcome qualified child care volunteers, we assure coverage for events by having paid care givers.

If you are interested in being in our childcare provider pool, contact Rev. Jackie for an application. Parents are encouraged to give a love offering for childcare whenever possible.

### Christmas Cards

Our children and youth Christmas cards were a tremendous success with over 1100 sold! Thanks everyone; watch for the youth area re-blooming.

**UNITREAT UPDATE:** Lauren Jamison, left, and Alex Lapke, right, attended the 2008 Fall Unitreat, "What Do You Stand For, Exploring the 12 Powers Within" Nov. 7-9 at Cispus Learning Center. Fourteen Unity Centers sent 62 Uniteens and 21 Uniteen sponsors.

Every Unitreat has a service project component called **Hands to Work, Hearts to God**. During this recent event youth built 24 step stools to give to the Cispus Learning Center and their church. Each center represented had their Uniteens return with a step stool for the church (held by Lauren in the photo). Our step stool is in the nursery area to support our smallest members in safely using the standard-height sink. As with all of their service projects the step stools were blessed in ceremony. Thanks for this gift.

At Unitreat our growing group of Next Generation Unity (NGU) gives service. Their mentorship to the Uniteens is invaluable. We are blessed to have NGU-age young people, Jeremiah Supon and Deanna Doyle in service at our center with those who bridge the life cycle between childhood and young adulthood.

Some of our Uniteens not pictured include Brianna Cole, Christian Lonchar, Emily Michels, Erika Borer, Ethan Jones, Jacob Thomas, Kilee Bickerstaff, Kitana Supon, Laura Mertens, Reagan Nelson, Renae Miller and Sky Reynolds.



*Unity Church of Truth*  
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Spokane, WA 99203

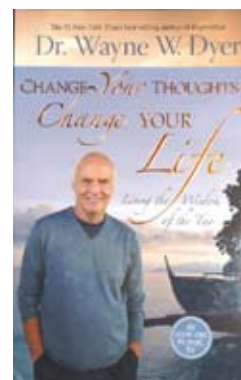
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## ***Join Us for Sunday Services***

We will begin our new year with a series that explores many of the exciting developments in the science of intention. How does the mind create? What is the power of group thought? In January, using Lynn McTaggart's book *The Intention Experiment* we will set intentions for our lives and for this ministry, proving what Unity has always known. "...thought is a thing that affects other things."

And, starting in February, a new series using Wayne Dyer's book on the Tao, *Change Your Thoughts, Change Your Life*, begins. Dyer described his year of living the 81 verses of the Tao Te Ching as the most life changing of his 40 year career in personal & spiritual development. Dennis and Clare will answer the questions, What is the Tao? And, how is this ancient way of living relevant to our lives today?



### ***January***

#### **4 Science, Intention & Prayer Part 1**

##### **Burning Bowl**

Rev. Clare Austen

#### **11 Science, Intention & Prayer Part 2**

##### **White Stone**

Rev. Clare Austen

#### **18 Science, Intention & Prayer Part 3**

##### **Intention**

Rev. Clare Austen

#### **25 Science, Intention & Prayer Part 4**

Rev. Clare Austen

### ***February***

#### **1 The Tao of Serenity Part 1**

Rev. Clare Austen

#### **8 The Tao of Serenity Part 2**

Rev. Clare Austen

#### **15 The Tao of Serenity Part 3**

Dennis Ashley

#### **22 The Tao of Serenity Part 4**

Rev. Clare Austen