

UNITY CHURCH  
2900 S BERNARD  
SPOKANE, WA  
99203

# Discoveries

JULY/AUGUST 2010

## OF SPECIAL INTEREST

Leroy White  
in Concert  
July 21  
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## All Authority Is Given to Me



Clare Austen

While traveling, as I did in June, I have many opportunities to explain what Unity is. My brief explanation is always changing, and since I have been rereading Byron Katie's book **Loving What Is**, my answer this year tended to be...

"Unity teaches us not to emulate the suffering of Jesus, as is so often emphasized in Christianity, but instead Unity gives us the tools to exemplify the joy, serenity, and authority in life that Jesus demonstrated."

I love to ask people, "Do you know your pain and frustration with life and with other people is optional? Do you realize how powerful you are and your freedom from suffering can be as simple as a change in attitude or perspective."

It's true. Charles Fillmore said our "faculty of thinking" is "the rock or foundation upon which consciousness

must be built." He declared to his students, we cannot allow our mind to "think unsifted thoughts."

Suffering caused by "unsifted" thoughts is exactly what Byron Katie addresses in her work. She learned in a very personal way that life is only frustrating when we argue with life events as if our resistance can change what is.

Our mind loves to dwell on why did it rain *today*? Why is this person so *difficult*? Why don't I have the money I need? Why am I experiencing illness?

Our ego loves to answer these questions by making up its own stories about who or what did this to me. We act and react to life out of our stories, not the facts, and the result is always painful.

Katie says suffering ends the moment we see the story for the lie that it is, and she gives you four simple questions that can lead to that discovery.

Amazing freedom is ours when we see that it rained today because clouds with water blew our way. All the 'theys' in our lives are the way they are because *that is just the*

*way they are!*

We have been brain-washed to believe being dissatisfied is what will lead us to something better. How can I change if I don't focus on what's wrong? Katie says a better life starts with eliminating our mental suffering, and allowing the truth of 'what is' to lead the way to what we want. She asks, "Which is more empowering, 'I wish I hadn't lost my job,' or 'I lost my job; what now?'"

Think about it. What or who have you been resisting? What is it you are complaining about this summer? Would you consider sifting and shifting your thoughts? Do you even realize how often you feel tense, frustrated, or upset with life? Would you be willing to discover you have nothing to lose but your misery?

I invite you to read **Loving What Is** and learn to let life be more simple, fluid, kind, and fearless. It's your choice. Only you can choose joy instead of misery. The Bible tells us this is so: **All authority has been given me in Heaven and on Earth.** (Matt 28:18)

## Unity Church

**Sunday Services ... 9 am and 11 am**

### Office & Bookstore Hours

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

Wednesday 10:00 am - 5:00 pm

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

Office .....(509) 838-6518

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

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

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### 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

### 2010 BOARD OF TRUSTEES

President.....John Cook

Vice President..... Weldon Merritt

Assistant VP..... Mary Ladwig

Secretary.....Steve Yach

Chaplain.....Hank Broeckling

Treasurer.....Dan Robison

Historian.....Diane Hunter

Connections.....Carena Lauren

### LICENSED UNITY TEACHER

Mary Teresa True

## From Our Board

Summer is upon us. I hope you are envisioning a wonderful summer for yourself as we here at Unity continue to envision our future, for we are living in exciting times!

Perhaps you will be traveling this summer. I know I am planning to be away for a couple of weeks. If you're like me, you may miss your Unity friends, the inspiration here, or just spending time in your spiritual home. I believe there is something about physically being here that anchors us to Spirit. Perhaps it is the ingrained habits of prayerfulness, sitting in the silence, and opening to your divine purpose. I hope you will take your spiritual practice with you wherever you travel.

Even as you are planning time away, I want you to know your spiritual home is here waiting for you upon your return. You can count on this ministry and we count on your financial support while you are away.

On the beach, on the dock, or in the mountains, wherever you are, take time to remember WHO you are; the life and power of God in every breath. And bring back some water from your travels. Love to all of you from your Board.

**John Cook**

## Christmas in July

It'll look a little bit like Christmas on two Sundays, July 11 and 18, when our Youth Outreach Ministry will host the annual *Christmas in July* fundraiser. Your donations provide warm coats, shoes, and socks for the youth served by Crosswalk Teen Shelter in downtown Spokane. We stock up these necessities now, so they'll be on hand whenever they're needed. You'll also get a chance to write a short personal note to the recipients, affirming that they are "loved, special, and important, just the way they are."

## Bookstore Volunteers

Are you a book lover? Do you thrive on helping people find what they're looking for? Do you love organizing and making eye-catching displays? If you answer yes to any of these questions, you would enjoy volunteering in our bookstore. We need people to run the cash register on Sundays, and people who can sort and organize our ever-changing selection of books and gift items. If this appeals to you, please talk to Terri Lewis-Sander in our Unity office.

**Bring a little water back  
from each of your summer travels!**

**Gathering of the Waters Ceremony - September 12**

# Abundance Report for May 2010

	May 2010	YTD Date	Budget YTD Date
<i>Revenue</i>			
General Revenue	\$28,409.10	\$131,907.04	\$129,540.10
Special Event Revenue	\$1,204.87	\$7,743.82	\$13,125.00
Total Revenue	\$29,613.97	\$139,650.86	\$142,665.10
<i>Expenses</i>			
Special Event	\$384.87	\$2,134.20	\$4,775.00
Personnel	\$15,494.59	\$79,294.10	\$84,408.31
Tithe	\$2,922.91	\$13,748.96	\$13,941.70
Operating Expense	\$5,916.53	\$39,148.24	\$38,142.54
Total Expenses	\$24,781.90	\$134,325.50	\$141,267.55
<b>Income/(Loss)</b>	<b>\$4,895.07</b>	<b>\$5,325.36</b>	<b>\$1,397.55</b>

*In relation to others,  
gratitude is good  
manners; in relation  
to ourselves, it is a  
habit of the heart and  
a spiritual discipline.*  
— Daphne Rose Kingma

**Our income blesses our intended outcome of joyful ministry and changed lives!**

## We Are Blessed to Share Our Abundance

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

**In May, Unity Church gratefully tithed 10% of our revenue to those who share our spiritual vision...**

The Association of Unity Churches International

Our Unity NW Region and the NW Youth of Unity

Silent Unity

**And to ...**

AHANA (Sponsor of Unity in the Community, Aug. 21)

The Volunteers of America, Family Assistance Program

The Fig Tree

Veterans of Foreign Wars

**... because they give hope to many in our community and exemplify the Spirit of Christ.**

## Foundation

Our Unity Foundation works to insure future possibilities for this ministry. **Contributions are always welcome.**

Foundation funds as of May 31, 2010:  
**\$61,434.64**

## Get Crafty for the Kitchen

Do you have arts & crafts supplies that need a new home? Donate them to the Get Crafty for the Kitchen Sale! Your unused supplies, tools, books, and incomplete projects are all welcome. They will be available by love offering in the Seva Center during August. Proceeds will go toward our major kitchen renovation fund.



Photo: Sidereal on flickr.com

## Volunteering and Seva



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

Volunteering at Unity is a wonderful way to do two things: first, it is a method to find out more about yourself and your relationship to Spirit. For many people, volunteering becomes a “seva”—a pathway to God through the service they perform. Second, it is a great way to keep *your* church running effectively. Our community couldn’t possibly be as great as it is without the loving contributions of hard work in so many different areas from all of you. Most people don’t know that regardless of the denomination, the average church size in the United States is around 65 people. That means that Unity on the South Hill—averaging about 225-250 on a Sunday—is a good-sized church. And that size translates into a wide range of opportunities for seva, which means sacred service.

Everything goes through cycles. It is the same with volunteer ser-

vice. We have some areas in which many people have volunteered for years. Then people change, individuals move, and all of a sudden, we have some volunteer shortages. That is what we are finding right now. Some areas of service that have gone along fine for years, now need more volunteers. Unity needs your gifts. Your loving presence. Your leadership. Here are some of those areas...

### Landscape Team

We have perhaps the nicest grounds of any church in our area, but it takes quite a bit of work to keep it up. Can you help with mowing, weeding, trimming, and all sorts of general gardening? We could sure use you, whether it is one hour a week, a couple hours a month, or even a couple hours a quarter. There is room for all sorts of schedules and interests. See Gary Lock, Maxine Alloway, or me if you would like to help out in this way.

### Teachers for Youth and Children

We have a thriving group of children and teens, but it takes adult supervision to keep it running smoothly. We have several openings for teachers. We need people who would like to work with young people—from infants up to high school age. And you aren’t just “thrown in there.” There are lesson plans and curricula to work from. See Jackie Green, Mary Ladwig, or me if you would like to volunteer with the children.

### Sunday Services

We can always use people who would love to support our Sunday services. We need people who would like to bring treats, people who can help clean up after a Sunday Service, ushers and greeters, and members of the Welcome Team. See Judy Merrill-Smith or me if you have an interest in these areas.



Photo: modowd on flickr.com

## Second Harvest Food Bank Drive

During the month of July, we encourage you to bring non-perishable food items to church for the food bank. Summer is a critical time for Second Harvest. Children are out of school and not receiving subsidized meals, so their families need to stretch their food dollars further. In addition, more people are using food banks due to the economic downturn. Protein items are especially needed: canned tuna and chicken, peanut butter, beans, chili, stews, etc. No glass containers or packages past their expiration date, please. Thank you for your generous donations to your Spokane-area neighbors in need.

# Leroy White in Concert July 21st

Leroy White will perform at Unity on Wednesday, July 21st at 7 pm. A heartfelt musician and perennial Y.O.U. favorite, Leroy will give young and old a night to remember. Your love offerings pay his fee.

If you are not familiar with Leroy, this excerpt from an interview will introduce him to you. [Excerpt by Carol Bedrosian from *Spirit of Change Magazine*: [www.spiritofchange.org](http://www.spiritofchange.org).]

**CAROL:** What is the Christ consciousness?

**LEROY:** Enlightenment, nirvana, Buddha consciousness, Great Spirit. The expression of God is our true nature. What we will see is the awareness of things as they really are and the actual participation in that awareness. Once you remember it, then you see the world as love, but not as strife; you see it as care but not as taking; you see it as compassion as opposed to apathy or not caring.

**CAROL:** How does that translate into our individual actions?

**LEROY:** It translates into "I am a child of God. I'm not fragmented from love." So that means it isn't a matter of having or have not-ting; it is that you are and the person next to you is. I don't need to compete with you, I don't need to take from you, I don't need to be better than you, you're not better than me. We just are. Once you are aware of who you are and the potential to make that work, the whole thing shifts. Everything is set in vibrations and your vibration sends out a



sense of remembrance. It sends out a sense of great love so things happen beyond your mind. When you start to remember who you are, you behave in a different way which opens up a whole new box of tools. And the more I remember, the more I get clarity.

**CAROL:** So this music that you are playing is creating a vibration that affects people?

**LEROY:** Yes.

**CAROL:** What kind of instruments do you use?

**LEROY:** Well, I have electronic equipment and indigenous acoustic instruments. So I play congas, bongos, bells, shakers and I play E-MU sampling machines. I have lots of sampling machines that I use. Most of the songs are songs set to empower you. Sometimes they may bring you to tears.

But mostly the idea is to get the lower chakras moving because that is how we were born: relating to the space through our physical nature. When the music gets you into a groove, the information touches your heart and your heart

opens deep inside because it recognizes this vibration is familiar. That is why people from all different spaces can relate to it. It might be a cord or a word that goes "Oh my goodness!" I found this is the easiest, most natural way for me to do what I am supposed to do here.

## Y.O.U. Rummage Sale

Our Youth of Unity will hold their annual rummage sale in the church's north parking lot (on 29th Avenue) on Saturday, July 17 from 9 am to 3 pm.

You're invited to donate items for the sale on Friday, July 16. This is a great opportunity to clean out your closets and garage! Bring the items to the 29th Avenue entrance (by the kitchen) from noon to 8 pm.

The sale will raise money for the Y.O.U.'s trips to Priest Lake and to Rendezvous, a Unity regional youth retreat. Thank you for helping our young people attend these spiritual events.

# Blessed Are the Pets



We recognize that pets are important companions on our life's journey, so we invite you to a special event honoring all the animals of our world. Our annual Pet Blessing will take place Wednesday, August 18, at 7 pm. You are welcome to bring your pet on a leash (or in a crate if it is smaller, like a rodent or reptile). If that's

not possible, bring a photo of your pet.

Another way to honor pets is to care for those waiting for a "forever home." We will be collecting donations for our local animal shelters during August.

Supplies that are needed:

- Kitten food and puppy food—Purina One is the recommended brand.
- Clay cat litter (NOT the

- clumping type)
- Liquid laundry soap
- Bleach
- Brooms, mops, dust pans
- Dog toys and cat toys that are washable; large-size KONGs
- Liquid hand soap and hand sanitizer
- Bath towels and blankets (gently used is okay)

Thank you for your generous donations!

# Understanding the Challenge of Alzheimer's Disease

So many families wrestle with the challenge of Alzheimer's Disease and its related illnesses. We may see it in our parents or grandparents. Others are touched by it as they watch their spouses contract it. And, of course, some of us face it ourselves.

Alzheimer's is so common that it forms a part of

the spiritual journey for many of us, whether we have it or our loved ones do. Together we can learn to walk this part of our spiritual journey in a way that can uplift and inspire.

Joel Loiacono, the Executive Director of the Inland Northwest Chapter of the Alzheimer's Association, is our Wednesday Night Pro-

gram on July 7<sup>th</sup>. He will offer us education and hope as he shares from his years of experience. Get answers to key questions: What is it that is going on? How can I help? How can I deal with my own sense of frustration while helping the ones I love?

Join us for this important evening. The program starts at 7pm.

# Upcoming Events

**Landscape Team Clean-up:** Saturday, August 28, from 8 am to noon. Help keep our grounds looking their best! Come for an hour or all morning. Lunch will be provided.

**Unity World Day of Prayer Vigil:** Thursday, September 9. Join us in the chapel for prayer and meditation.

**Gathering of the Waters Ceremony:** Sunday, September 12 at both services. Bring water from your summer travels.

**Unity Picnic:** Sunday, September 12 after the 11 am service. If you'd like to help organize this fun event, please talk to Tim and Marcia Ryburn, or Dave and Erin Rooley.

# Life Transitions

Congratulations to:

- Tana Dugan on her retirement
- Mary Teresa and Doug True on the birth of their grandchild, Ava True Lehrman.



Photo: Mary Teresa True

# July and August Wednesday Nights

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

**Meditation:** 6:30 - 6:50

**Evening Program:** 7 - 8:30 (approx.)

**July 7: *Understanding the Challenge of Alzheimer's Disease* with Joel Loiacono** (See page 6.)

**July 14: *Our Compassionate Presence Is Enough!!* with Patricia Yacker.** Patricia will guide us in a Ram Dass dyad exercise, inviting us to drop into the Compassionate Presence within.

As you give and receive unconditional love, you will experience the Truth in yourself and others.

**July 21: *Leroy White Concert.*** (See page 5.)

**July 28: *Service Night (Part 1).*** Learn about ways you can volunteer in this ministry.

**August 4: *Lammas Dinner and Spiritual Circle, presented by the Outrageous Women of Unity.*** Join us for our annual harvest celebration.

**August 11: *Service Night (Part 2).*** Learn about ways you can volunteer in this ministry.

**August 18: *Animal Blessing.*** (See page 6.)

**August 25: *Wholistic Inner Healing Process* with Patricia Yacker.** Learn a wholistic inner healing process. After going within, you will be invited to share your inner process with a partner who will be guided how to be a compassionate presence for you. Learn how exploring within and sharing in a safe environment can heal life's challenges.



## Ongoing Unity Groups

### Unity Shutterbugs

First Sunday of the month, 12:30. The purpose is learning, sharing photos, and having fun with others who love photography.

**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, 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 - Thursdays, 7 pm. Wanted: everyone interested in singing and fun! Talk to our

music team, Shawn and Tawni Wright.

### Men of Unity

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

### Next Generation Unity (NGU) Ages 18-35

Meeting the spiritual needs of Unity's young adults. Contact Marie Supon, 509-714-7941 or rockerbaby5678@gmail.com about activities.

### Weekly Meditations

#### Wednesdays (in the Chapel):

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

#### Sundays (in the Youth Area):

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

## Other Groups at Unity

### Al-Anon Serenity Seekers

Thursdays at Noon.

### AA New Soil, New Roots

Thursdays from 7 - 8 pm. (Enter downstairs from west parking lot.)

### Gentle Stretch Yoga

Saturday, 9 - 10 am. For info call Robin Marks at 455-5931.

### Metaphysical Research Society

2nd Tuesdays at 7 pm.

### Mindful Mamas

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

### Dances of Universal Peace

Sufi dancing, 1<sup>st</sup> and 3<sup>rd</sup> Thurs, 7 - 9 pm in the chapel. Call Bruce at 220-5160 for details.

### Toastmasters - Southsiders at Unity

2<sup>nd</sup> and 4<sup>th</sup> Mondays at 5:30 pm. Develop your public speaking skills.

### Crystal Bowl Meditation

With Doug Cristafir. 2<sup>nd</sup> and 4<sup>th</sup> Fridays, 7 pm. Meditation with drumming and pure tones of the bowls. \$10 per session.

### One Peace Many Paths

4th Mondays at 6:30 pm. A group dedicated to growing peace.

### NEW! Weekday Yoga Classes

Mon. at 11, Thurs. at 9:30; Parents' Yoga with childcare, Tues. at 9:30. For info call Yvonne Archer, 998-7404.

**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 July and August

### JULY

**4th - Rev. Clare Austen**  
**"Ratification of Freedom"**

Music: SpiritVoice  
 with Greg Tenold

**11th - Rev. Clare Austen**  
 New Member Sunday  
**"The Kitchen of Life:  
 Authenticity"**

Music: Shawn and Tawni Wright  
 with Chris McLain

**18th - Rev. Clare Austen**  
**"The Kitchen of Life:  
 Integrity"**

Music: Shawn and Tawni Wright  
 with Chris McLain

**25th - Rev. Clare Austen**  
**"The Kitchen of Life:  
 Intimacy"**

Music: Shawn and Tawni Wright  
 with Britt Hopkins



### AUGUST

**1st - Rev. Clare Austen**  
**"Row, Row Your Boat"**

Music: To be announced

**8th - Rev. Clare Austen**  
**"Gently Down the Stream"**

Music: Shawn and Tawni Wright  
 with Cathy O'Rourke

**15th - Rev. Clare Austen**  
**"Merrily, Merrily"**

Music: Shawn and Tawni Wright  
 with Alisa Gergawy

**22nd - Rev. Clare Austen**  
**"Life is but a Dream"**

Music: Shawn and Tawni Wright  
 with Women's Trio

**29th - Dennis Ashley**  
**"Tag, You're It"**

Music: To be announced