

UNITY CHURCH
2900 S BERNARD
SPOKANE, WA
99203

Discoveries

JUNE 2010

OF
SPECIAL
INTEREST

Exciting
Unity Trivia
Contest
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Beholding the Holiness of Life in Every Moment



Clare Austen

Recently I sat in the early morning light, looking out across the water at our lake house. I had started a small fire on the beach and was burning debris from the recent storm. The sunlight, the lapping of the water, and the aroma of pine needles catching flame gave me a profound sense of peace. In that moment there was no striving for enlightenment. No prayer process. No self-analysis. I simply felt the Holy Presence of Life in me and around me. The words of an old hymn I sang as a child came to mind. "All is well with my soul."

In that moment all my fretting about being enough and getting enough done were as transparent and inconsequential as the mist rising off the lake, and I thought of a story from Michael Brown's book *Alchemy of the Heart*. It goes like this.

A stranger sat quietly

one morning in a busy market place, and he was greeted by a young boy whose heart was at peace.

"Hello," said the boy, "Where are you from?"

"What makes you think I am from somewhere else?" asked the stranger.

"There is a different light that shines from you," said the boy.

"You can see this light?" the stranger asked curiously.

"Not with my eyes," whispered the boy, as if it was a secret, "but I feel it."

"Ah," said the stranger, softening his voice, "you see it with your heart."

They sat together for awhile in the silence, then the boy reached out and gently touched the man and said slowly, "Can you take me there?"

"No," said the stranger, "but as I sit here quietly enjoying this morning, I am pointing the way." He placed his arm around the boy and chuckled. "And anyway, we cannot be taken somewhere we already are."

As I am traveling in June, both taking vacation time with my husband and experiencing the some-

times frenetic energy of our Unity Convention, my hope is that I will remember that moment on the beach and the exquisitely profound message of this story. The Kingdom of Peace is at hand. It is a state of consciousness and every time we enter its portals we are pointing the way for others. By 'being peace,' and seeing its light in others, we help create a more peace-filled world.

When we berate and push ourselves to be more God-like, ironically we experience less peace. To pause and see the chaos of our thinking that keeps us striving, frustrated, resentful, and depleted, is to know they are no more than wisps of nothingness rising off the lake of our mind.

We make them real, but the Truth is that peace is possible in every moment and we hold the key. We don't need anything, or to go anywhere, to experience serenity and contentment.

My summer blessing for each of you is that you experience simple moments of holy peace wherever you go, whatever you do.

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

ClosedMon., Fri. & Sat.

Office(509) 838-6518

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

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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

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From Our Board

On the Vision Wall in our sanctuary we are treasure-mapping what we value most as a congregation. In May we worked with our vision for prosperity. Creating a vision is a key part of the prosperity process. Increased prosperity is: increased feeling of well-being, better health, more fulfilling relationships, more fun, a greater sense of peace, increased sense of accomplishment, as well as all the money we need. As we envision prosperity we also envision tithing, forgiving, divine purpose, and setting goals, which are all important to ongoing prosperity.



**John Cook,
Board President**

Our church prospers as each of us prospers. The more we as individuals learn and use the principles of prosperity, the more Unity will prosper. We make a scientific test of these ideas by envisioning greater prosperity for our church, following the steps set forth by the great teachers of prosperity, and working to make those visions come true. By doing this we demonstrate the power of these principles.

Our Vision Wall is a reminder of our commitment to prosperity, to tithing, to forgiving, to knowing our divine purpose, and to setting goals. As a church, we are tithing and giving. We have set our intentions through visioning many times over the years. And we have cycled through the forgiveness process. In many ways we are prosperous.

So what does it mean when we sometimes can't pay the bills? Why aren't we more prosperous? What keeps us from realizing our dream? Divided energies pulling in different directions, fear of lack, an unclear mission? Realizing that vision calls for changes in our behavior and in our beliefs about ourselves, we need commitment and a plan, or it's just wishful thinking.

What is each person's part in increasing our prosperity? Catherine Ponder says: "Knowledge of the law is not enough. Practicing it is what brings results." Do you affirm prosperity, your own and the church's, daily or more often than once a week on Sunday morning? Do you actively work to release negative emotions and beliefs about yourself and others? Do you tithe or give joyfully? Have you looked at the goals pictured and listed on our Vision Wall? Do you look at your own list of goals daily, imagining the joy you will feel when you achieve them? The more we all increase our doing of these things, the more we all prosper. That is our commitment, and our excitement about proving these principles.

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

Gathering of the Waters Ceremony - September 12

Abundance Report for April 2010

	April 2010	YTD Date	Budget YTD Date
<i>Revenue</i>			
General Revenue	\$25,310.83	\$103,497.94	\$103,820.08
Special Event Revenue	\$1,608.56	\$6,538.95	\$11,025.00
Total Revenue	\$26,919.39	\$110,036.89	\$114,845.08
<i>Expenses</i>			
Special Event	\$285.31	\$1,749.33	\$4,000.00
Personnel	\$16,388.45	\$63,799.51	\$67,526.68
Tithe	\$2,663.40	\$10,826.05	\$11,153.36
Operating Expense	\$6,981.97	\$33,231.71	\$31,750.00
Total Expenses	\$26,319.13	\$109,606.60	\$114,340.04
<i>Income/(Loss)***</i>	\$600.26	\$430.29	\$415.04

Abundance isn't something we acquire. It is something we tune into.

— Wayne Dyer

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

We Are Blessed to Share Our Abundance

<p>Unity believes in the spiritual practice of tithing. As we share our income with others, we also generously receive.</p> <p>In April, Unity Church gratefully tithed 10% of our revenue to those who share our spiritual vision...</p>	<p>The Association of Unity Churches International</p> <p>Our Unity NW Region and the NW Youth of Unity</p> <p>Unity of Lynnwood</p> <p>Patricia Yacker</p> <p>Mary Willard</p> <p>And to ...</p>	<p>Ahana (Unity in the Community)</p> <p>The Volunteers of America, Family Assistance Program</p> <p>The Fig Tree</p> <p>... because they give hope to our community.</p>
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Foundation

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

Foundation funds as of April 30, 2010:
\$65,453.41

The Gifts of Summer

We are blessed to have so many members sign up for our Intentional Giving Program each year. It makes a huge difference, especially in the summer, to have consistent giving even when many are travelling or out at the lake on weekends. We give thanks in advance for all those who help us have an abundant summer this year.



The Deeksha Blessing



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

On May 5th, our Wednesday Evening Program was honored to have seven people from Unity of North Idaho lead the night's program. Their topic was The Oneness (or Deeksha) Blessing.

The Oneness Blessing is a transfer of divine intelligent energy. The process works by creating a neurobiological shift in the brain and awakening the energy centers (Chakras) in the body. This shift in consciousness frees us from the suffering created by the mind, balances the body's

natural healthy and healing energies and attunes the brain with the fields of unity, bringing an end to the illusion of "apparent separation". Once initiated, it is a gradual Awakening process that leads naturally to a lasting state of Oneness, Inner peace, and well-being.

Peggy Capes, Licensed Unity Teacher from Unity of North Idaho, and six certified "blessing-givers" started the night by taking us through a 30-minute meditation centered around the chakras.

From there, they proceeded to give the Oneness Blessing. It worked by having the different blessing-givers circulating throughout the 63 people attending. They gave the Oneness Blessing one-on-one with each person. The blessing itself lasted 2-3 minutes and participants could receive more than one blessing if they chose to do so.

It was truly a special evening. And we want to take this moment to say thanks to Peggy and the rest of her companions. You blessed us!

Landscape Clean-up

The Landscape Team invites you to a morning of caring for our church grounds on Saturday, June 12, from 8 am to noon. Our team needs help with pruning, weeding, and other gardening work to keep our yard looking its best. Come for an hour or come for the entire morning — the more hands, the lighter the workload. The Landscape Team will provide lunch after you've worked up your appetite.



Sunday Kitchen Crew

One of the nice things about Sundays here at Unity is the opportunity to enjoy a cup of coffee or tea, and have a snack with new friends, or catch up with long-time friends. This hospitality is made possible by volunteers who bring the treats, set up the food and beverages, and clean up afterwards. If you love Sunday treats at Unity, you can help!

Volunteers are needed in order to continue our tradition of Sunday hospitality. We especially need people who can help with treats set-up and kitchen clean-up for the 11 am service. We are asking you to commit to one Sunday a month — an hour of your time will be a major contribution to your spiritual family.

If you are interested, please sign up in the Seva Center, talk to Alice Callen or one of our Unity staff members.

My Sister Molly's Gift



Jackie Green, Minister of Youth and Family

Have you ever thought about how the power of asking questions and really listening, can create a deeper connection with those you love? My sister Molly is known in our family for her deep interest in others and her talent for asking the questions that can reveal values and promote intimacy.

What are the right ques-

tions is a good question in itself. In **The Little Book of Big Questions**, author Jonathan Robinson asks, "What is the most miraculous thing you have ever witnessed?" What would your answer be?

When running for a regional office our Youth Of Unity candidates are asked questions such as "If you had unlimited resources and one day to live, how would you spend your day?" What is your answer?

In parenting classes where we learn to ask questions instead of 'informing' others, "How is that working for you?" is a classic inquiry. And in teaching, when a student seeks help, you might ask, "What are some possible ways of dealing with this issue?" This question draws out creative thinking and inner wisdom.

Buddhist nun, Pema Chodron in her **Don't Bite the Hook** workshop, urges us to not judge, blame or react in difficult moments, but to "be curious" about "how this came to be." Ask questions to connect and discover.

Many teachings on relationships and peacemaking ask us to stay in the questions. I know for myself that I may not be able to solve every problem, yet I can gain understanding, strengthen my mind and practice compassion with my curiosity and a well-placed question.

I can create a deeper connection with others, with my self and with God by asking questions and really listening, with heart opened, mind flexible, genuinely interested, and vested in the moment, just like my sister Molly.

"A thought provoking question has more power to change someone's behavior than even the most persuasive lecture."

— Jonathan Robinson

Used Book Sale to Benefit "Stones for Schools"

As a part of our Unity commitment to give both locally and internationally, we will hold a used book sale during June to benefit the work of the Central Asia Institute. Watch for the sale in our Seva Center. **Your book donations are needed!**

The Central Asia Institute was started by Greg Mortenson, author of **Three Cups of Tea** and **Stones for Schools**. Its mission is "to promote and support community-based education, especially for girls, in remote regions of Pakistan and Afghanistan." It has helped build 140 community schools, providing skill, labor, materials,

and most of the teacher training. Local people are involved in all phases of the projects: planning, providing resources such as land and manual labor, and evaluation.

An informal group in the Spokane area has the goal of raising \$25,000 this summer, which would build one school. They also plan to invite Greg Mortenson to give a talk in Spokane in September 2011, during the 11 days of peace (September 11 to September 21, the United Nation's International Day of Peace).

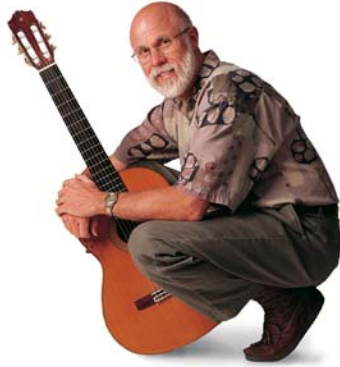
The book sale will contribute to the fundraising effort. Browse the tables to find your perfect reading for beach,

cabin, or your backyard lounge chair. Your love offering will help give the gift of literacy to children who might not otherwise go to school.

Want to know more about this project? Call the church and talk to Terri Lewis-Sander.



Kashmiri refugees in school. Pakistan. Copyright Central Asia Institute.

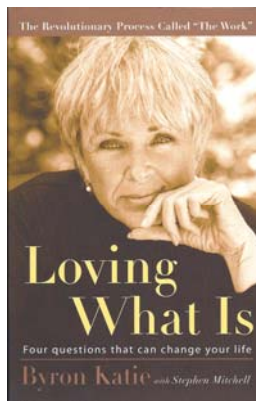


Musician Bill Miller on June 27

On Sunday, June 27 Rev. Bill Miller, chaplain at Sacred Heart Hospital, will be gifting us with song. Bill has a doctorate of ministry in wisdom studies and is a nationally certified grief counselor. He also enjoys being an artist, writer, songsmith and mystic, and has immersed himself in many of the world's wisdom traditions.

Save the Date this Fall

October 8 and 9 will be an incredible opportunity to learn about renowned author Byron Katie's life-changing philosophy called "The Work." A certified facilitator for The Work, Grace Bell from Seattle, will be here at Unity to



demonstrate the power of challenging the thoughts that keep us feeling frustrated and defeated. You may have seen Katie on Oprah. Read her book this summer and prepare for Grace's workshop and our **2010 Commit to Life** series where we will deeply engage these important ideas.



Craig Bader and Diane Norell received flowers at the YOU graduation on May 18 in appreciation for their 8 years of service as Y.O.U. sponsors. (Photo: Patti Godwin)

Life Transitions

Our thoughts are with Dan and Frankie Robison on the passing of Dan's sister.

Wednesdays in June - Membership Classes with a Twist

Wednesday evenings in June are going to be a kick!

June 2, 16 and 23 will be classes on Unity and New Thought with Dennis Ashley. Taking all three will fulfill the requirement for membership in our ministry. But you don't have to join, you can just come to learn and have fun.

If you have been going to Unity for awhile, you will still want to take these classes, because you may

learn something new **AND because they will prepare you and your team for Unity's First-Ever Trivia Contest on June 30.**

Anyone can put together a 4-person team and enter the fun and friendly competition. Invite your friends and take on the challenge. And don't forget the prizes!!

If you want to join our Unity family sign up in the Seva Center to get Unity Overview credit. New Member Sunday will be July 11.

Got Arts & Crafts Supplies?

Do you have arts and crafts supplies that need a new home? Did you buy a lot of scrapbooking supplies, but found you didn't enjoy the hobby? Or have you lost interest in woodworking or watercolors, but have tools and materials that someone else could use? If so, please donate them to our upcoming *Get Crafty for the Kitchen Sale* in July and August. Proceeds from the sale will go toward our major kitchen renovation.

Wednesday Nights

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

Meditation: 6:30 - 6:50

Evening Program: 7 - 8:30
(approximately)

June 2: History of the Unity Movement and New Thought. (See p. 6.)

June 9: Healing Journey: Deepening Into A Relationship With Yourself, Others and God with

Patricia Yacker. Patricia's April class was very well-received, and we're happy she's returning. This class will include a review of the purpose of wholistic healing, how wholistic healing happens and under what conditions people move towards wholistic healing. A wholistic counselor for thirty years, Patricia includes the story of her healing journey while introducing the concepts. She also includes her per-

spective as an intuitive healer, psychic and medium. The class includes exercises in mindfulness, self-healing and stress reduction with handouts so participants can practice at home.

June 16: Unity's Major Principles. (See p. 6.)

June 23: History of Our Unity Church. (See p. 6.)

June 30: Unity Trivia Contest. (See p. 6.)

*Love one another
and help others to
rise to the higher
levels, simply by
pouring out love.
Love is infectious
and the greatest
healing energy.*

— Sai Baba

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.)

Toastmasters - Southsiders at Unity

2nd and 4th Mondays at 5:30 pm. Develop your public speaking skills. Visitors are 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.

Metaphysical Research Society

2nd Tuesdays at 7 pm.

Dances of Universal Peace

Dance with the Sufis.
1st and 3rd Thurs, 7 - 9 pm in the chapel.
Contact Bruce at 220-5160 for details.

Crystal Bowl Meditation

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

Unity Church of Truth
2900 S Bernard
Spokane, WA 99203

509-838-6518

unityspokane.org

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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 June

6th - Dennis Ashley "Moving to the Edge"

The first of a three-part series called "The Unknown Passage."

Music by Shawn and Tawni Wright and Chris McClain

13th - Dennis Ashley "Paying Attention" Graduation Sunday

Music by Shawn and Tawni Wright



20th - Dennis Ashley "The Disentangled Step" Father's Day

Music by the Unity Choir

27th - Rev. Clare Austen "Home From the Journey"

Music by Rev. Bill Miller