

UNITY CHURCH
OF TRUTH
2900 S BERNARD
SPOKANE, WA

Discoveries

MARCH 2010

OF SPECIAL INTEREST

*Re-Discovering
Your Soul*

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The Peace-Filled Pause



Clare Austen

This year is the 13th anniversary of the Gandhi-King-Chavez Season

for Peace and Nonviolence. It is our 9th year of participating here in Spokane.

In its first decade this peace movement inspired events in 400 cities, in 40 states, and 18 countries. Fifty percent of all US governors, and many mayors, including Spokane's, have issued official proclamations for the 64 day Season from January 30 to April 4.

I love that we're a part of this international consciousness of peace. It affirms for me that people everywhere are choosing peacemaking instead of the hostility, war and violence that holds our Planet Earth hostage and depletes her resources.

However, much more important than all our events and activities for

peace, are the decisions you and I make every day to "let peace begin with me." If we are not doing the inner work then the world will never fully be transformed.

There is one vital key to this work. I call it the **Peace-Filled Pause**.

Marshall Rosenberg in his work with compassionate communication invites us to pause before we react to another's words or behavior. In this pause he suggests that we be curious about ourselves and others before responding. What am I feeling? What is my need in this situation? How can I respond most authentically from who I really am?

Buddhist teacher, Pema Chodron, says the greatest opportunity for peace and happiness occurs when we notice 'the heat of emotion' as it comes up. This discomfort is our guide. It invites us to choose

compassion for ourselves and others instead of defending and justifying our anger, sarcasm, or disapproval.

Author Greg Braden tells us that true prayer is pausing to feel the good we desire already in existence. If we want to be a peaceful, prayerful presence in our world, then peace must be more than a concept. When we deeply 'feel' at peace in each situation, then seeds for a greater peace are planted in the world.

Each of these teachers reminds us to pause, reflect, and be the peace we desire in the world. I believe amazing things happen when we embrace our own discomfort, express our true wisdom and compassion and allow for flexibility in our thinking.

During these 64 days for peace, I invite you to choose the pause that refreshes and transforms. Let's be amazed together.

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

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

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

Our ministry's Annual Business Meeting took place on February 21 and the Board is so grateful for all those who participated. Carena Lauren, outgoing President, welcomed our new board member Dan Robison and returning member John Cook. At the close of the meeting she introduced John Cook as our 2010 President.

John says, "I am so grateful for the solid spiritual foundation I have acquired here at Unity and I believe I am ready for my role as Board President. I give thanks to board and our congregation for your vote of confidence. I am excited about the coming year. I feel the flames of spirit burning brighter in our church. With our hands and hearts linked, let's go forward."

Jeff Hunter and Mary Christensen were elected as the congregational representatives to the 2010 Nominating Team. They will work with the ministers, and board members Weldon Merritt and Carena Lauren, to select next year's board candidates.

At the board's meeting on Monday, Feb 22, the other officers were selected for the new year. See them listed on this page.

UPCOMING BOARD EVENT

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

Membership at Unity Church

If you have taken the Unity Overview Class and become a member of Unity, you are eligible to become a voting member of this ministry by attending three additional classes. These would include taking one of our prosperity classes, a study of Unity principles, and Clare's class called Spirit and Organization.

Dennis's **Setting Sail for the Abundant Life** would qualify as one requirement and the March series **Re-Discovering Your Soul** would be another. If you complete these two classes, and you are interested in being a voting member, please call the church office or email Clare and she will schedule the third class at your convenience.

2010 CROP Walk for Hunger - April 25

Each spring Unity invites you to gather pledges for the Church World Service's **CROP Walk for Hunger** and join us on what is usually a beautiful April Sunday afternoon for a short, but fun, walk to draw attention to the issue of hunger in the world. Money raised goes to both international food relief and local hunger-fighting. Watch for our CROP Coordinator Jeff Hunter and get your pledge envelopes right away.

January 2010 Abundance Report

	January	YTD Date	Budget YTD Date
Revenue			
General Revenue	\$26,888.07	\$26,888.07	\$26,050.02
Special Event Revenue	\$1,920.03	\$1,920.03	\$1,375.00
Total Revenue	\$28,808.10	\$28,808.10	\$27,425.02
Expenses			
Special Event	\$121.90	\$121.90	\$350.00
Personnel	\$16,103.60	\$16,103.60	\$16,881.67
Tithe	\$2,868.62	\$2,868.62	\$2,788.34
Operating Expense	\$9,332.39	\$9,332.39	\$7,267.53
Total Expenses	\$28,426.51	\$28,426.51	\$27,287.54
Income/(Loss)***	\$381.59	\$381.59	\$137.48

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

“I keep the telephone of my mind open to peace, harmony, health, love and abundance. Then whenever doubt, anxiety, or fear try to call me, they keep getting a busy signal and soon they’ll forget my number.”
— Edith Armstrong

Freely We Give

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

In January, Unity Church gratefully tithed 10% of our revenue to these groups 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

And to ...

The Volunteers of America, Family Assistance Program

Inland Northwest Business Alliance (a GLBTQ organization)

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

Foundation

Unity Foundation funds as of January 31, 2010:
\$61,406.87



Haiti Relief Drive Nets over \$2000

After the devastating earthquake in Haiti on January 12, our congregation reacted quickly and generously by donating to our two-week fundraising drive for the Red Cross. Spearheaded by Dennis Ashley, the drive raised \$2,223, including \$750 from collection jars in all 3 Dutch Bros. Coffee locations in Spokane. Thanks to all for giving from your hearts so generously.



(photo by oxfamnovib on flickr.com)



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

Re-Discovering Your Soul

January and February saw the Wednesday Night Dinner and Educational Series jump off to a magnificent start for 2010. Our series "**Sailing toward Abundance**" brought in 70-85 people each night. We had fun learning and trying out tools for prosperity.

Our next Wednesday Night Series follows from this great beginning. Starting March 3rd, we will kick off a program entitled: "**Re-Discovering Your Soul: 12 Powers to Reclaim Who We Are.**"

I am excited about this set of classes that helps people to rediscover who and what they are. On these five Wednesdays we will look at 12 spiritual ideas that assist us to "re-find" ourselves, our passion, and our purpose.

Why use the words *re-discover* and *re-find*? Because we know the answers, but a lifetime of living can suppress what we have always wanted to do and how we have always wanted to live. It is so easy to bury our inner passion under a lifetime

of ups and downs, frustrations, material successes, and responsibilities.

Charles Fillmore's 12 powers can reawaken a conscious awareness of our Divine Purpose. The 12 are: faith, strength, wisdom, love, power, imagination, understanding, will, order, zeal, elimination, and life.

Join us starting March 3rd for a series that will re-ignite the deepest fires of passion inside your soul. Let's rock your world. Let's rock this church. Your soul deserves it!

Prayer Chaplain Training

If you would like to feel the waters of prayer run deep in your life, Unity invites you to become a Prayer Chaplain. Through learning about prayer and serving others in need of prayer, you will experience the power of listening to that still small voice within you.

Our Prayer Chaplains play a pivotal role in this ministry. They give the gift of listening and holding a prayerful consciousness for who attend here. What we ask is a commitment to living a Spirit-led life.

Maybe this is your year to join our Prayer Chaplains. There is excellent training to prepare you for the work. The training covers:

- **March 21:** From 1 - 3 pm, The role of the chaplain and our ministry's expectations for chaplains
- **April 11:** From 1 - 3 pm, Methods of prayer; Confidentiality
- **April 18:** From 1 - 5 pm, Self Care for Caregivers. Parts of this afternoon program will be for just the chaplain candidates, **but we will have guest speakers whose presentations will be open to anyone interested.**

Many of our chaplains continue on every year, so there is a team of experienced people waiting for you to join them. See Dennis Ashley, Mary Teresa True, or any of the current prayer chaplains to ask questions about the program.

Celebrate the Ordinary and the Miraculous



Jackie Green, Minister of Youth and Family

Do you anticipate times of celebration? Do you contain your energy for a trigger that says, *now* is an appropriate time for rejoicing?

This month we are anticipating celebrations when Mark

Welch facilitates us in connecting with our inner peace March 6-7th; when our Youth Of Unity tempts us with delectables March 14th at their Sweet Deal Auction / Sale; when we ride the exquisite heritage horses for free at our Annual Carrousel Party March 21st; and of course, when we hear once again the promise of new life on Easter, April 4th. All of these are worthy celebrations of life.

Do you, as I have done, wait for just the right moment to express joy in living? A holiday? An anniversary? Author Byrd Baylor invites us to take a different perspective in his children's book **I'm In Charge of**

Celebrations. First published in 1986, its message supports Unity's message. We are in charge of our response to life. "Some of my best celebrations are sudden surprises..." "I spend the day admiring things."

Perhaps you will celebrate the call of a bird, delightful dust devils created by the wind, serendipitous mail that arrives, or the kindness of a stranger in the checkout line.

Some celebrations are of miracles and others are of the ordinary. The joy is the same. Keep alert to gifts in each moment. Look, listen, appreciate. Anticipate and celebrate.

Y.O.U. Sweet Deal

Our Youth of Unity fun fundraiser, Sweet Deal Sale, will take place Sunday, March 14 after both services. The auction, however, will be at noon.

The Sweet Deal Auction and Sale is a dream for your sweet tooth. A variety of desserts and goodies made by our Youth Of Unity are available for love offering. If your sweet tooth isn't like it used to be, homemade quiches will be available too. Or buy a cake or dessert and donate it to a community organization that serves meals.

"If you have a cravin' for something sweet, or if you just want to be sweet to our teens, we have a deal for you!"

Carrousel Party

Celebrate the child within all of us by joining the Carrousel Party on Sunday, March 21. Doors to the Looff Carrousel open at 5 pm, and the carrousel will run from 5:30 to 7:30. Rides are free! Share your unity community by inviting your family and neighbors to come ride with you, and enjoy the beauty of this treasure in the heart of our city.

Adding to the fun, artist Bill Edge will paint faces, and Slinky the Clown will charm you with balloon animals. For their annual fundraiser, the uniteens will provide treats by love offering.



Mark Welch at Unity March 6-7



Singer-Songwriter,
Mark Welch

PEACE RETREAT SAT. MARCH 6

1:30 - 4:30 pm

Co-sponsored by the **Unity Peace Team** and our **Youth of Unity**, this afternoon of opening our hearts, sharing our stories and finding greater inner peace features singer /songwriter Mark Welch.

Dennis Ashley, Jackie Green, and Clare Austen, along with our Y.O.U. leaders Diane Norell, Craig Bader and our Y.O.U. group invites you to this experiential time of connecting, music, and finding the inner core of peace we all hunger for. If you've always wondered how the Y.O.U.ers come

home from retreats so in love with life and each other, come find out.

MARK WELCH Concert / Dance

Sat. Evening
7 - 9:00 pm

Whether you are with us for the afternoon Retreat experience or not, please come for this evening of entertainment and joy with Mark Welch. You can sit and listen, feeling the power of Spirit in Mark's music or you can join in the inspirational singing and circle dancing.

The Y.O.U.ers will provide coffee, tea, and home baked sweets at intermission.

SUNDAY SERVICE MARCH 7

9 & 11:00 Services

Mark Welch will provide us with an inspirational message in story and song.

Transitions

Our love goes out to the family of Unity member **Verna Krakenberg** who passed recently and to **Kathy Fisher** whose aunt also passed.

We bless Lydia and Tessa Trow, Tiana Trow and Steve Urquidi as they miss a dear family member who died.

Unity Players

Save the Date: Unity Players Potluck, Sun- day, March 14, 4:30 pm.

This celebration is for everyone who's been a part of any Unity Players' production (on stage or behind the scenes). Come dressed as a favorite character from one of our productions! There will be fantastic entertainment, too. RSVP by signing up in the Seva Center. If you'd like to help put on this event, please contact Kandy Brandt at 536-2020, or Diane Bisson at 220-0471.

Compassion in Action

Unity's Peace Team, in conjunction with One Peace, Many Paths and the Universal Compassion Movement, invite you to "Compassion in Action" on Sunday, March 21, 2 - 5:30 pm, at the Unitarian Universalist Church of Spokane, 4340 W. Ft. Wright Drive.

Venerable Geshe Thupten Phelgye, a Tibetan Parliament in Exile, and the Tibetan Buddhist Ambassador to the Sulha Peace Project in the Middle East under the guidance of His Holiness the Dalai Lama,

will be guiding this event for the benefit of all those in need in our Spokane community. Bring your talents and open hearts. Learn about some of the organizations in Spokane that need your help. Find a place to translate your compassion into volunteer action at the Showcase of Community Charities and Volunteer Fair.

To reserve a table at the Fair for your organization, email onepeacemanypaths@gmail.com.

Wednesday Nights

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

Dinner: 5:45 pm
\$4 Adults, \$3 Seniors,
\$2 Children under 12
Meditation: 6:30 - 6:50
Evening Program: 7 - 8:30
(approximately)

In March, Dennis Ashley will begin a new series entitled **Re-Discovering Your**

Soul: 12 Powers to Reclaim Who We Are.

March 3: Faith and Strength. Specific tools to enhance our power of faith and our spiritual strength.

March 10: Wisdom, Love, and Power. How we augment the intellect and join it to the heart, magnifying our power.

March 17: Imagination,

Understanding, and Will.

When we harness our imagination to spiritual understanding, it leads us to use will with more staying power.

March 24: Order and Zeal. Developing order allows zeal to burst forth.

March 31: Elimination and Life. What do we need to rid ourselves of, and what do we embrace?



Ongoing Unity Groups

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

The Outrageous Wild Women of Unity (OWWU)

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

A Course in Miracles Study Group

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

Prayer Shawl Ministry Wednesdays 2 pm

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

Unity Choir

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

Men of Unity

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

Weekly Meditations (in the chapel)

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

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

Next Generation Unity (NGU) Ages 18-35

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

Other Groups at Unity

OA Overeaters Anonymous
Sundays at 6 pm.

Al-Anon Serenity Seekers
Thursdays at Noon.

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

Toastmasters - Southsiders at Unity

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

Gentle Stretch Yoga

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

Mindful Mamas

10:30 - noon on Thursdays.

Kid-friendly parenting and support group.

Dances of Universal Peace

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

New! Crystal Bowl Meditation

2nd and 4th Fridays, 7 - 8 pm.
Meditation with drumming and pure tones. \$10 per session.



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 March

Setting Sail for a More Abundant Life: Using Charles Fillmore's 12 Powers

7th - Mark Welch

A Sunday of Celebration
 with this inspirational
 singer/songwriter

14th - Clare Austen

Soul Work Series
 "The Power of Heart
 and Head"



21st - Clare Austen

Soul Work Series
 "Intention and Imagination"

28th - Clare Austen

Soul Work Series
 "Enthusiasm for Order"