

UNITY CHURCH
OF TRUTH
2900 S BERNARD
SPOKANE, WA

Discoveries

OCTOBER 2009

OF SPECIAL
INTEREST

Meet our new
staff member

Page 6

INSIDE THIS ISSUE:

Staff and Board 2

Finances 3

Compassionate
Care & Service 4

Youth and
Family 5

News and
Events 6

Wednesdays
and Groups 7

Sunday talks
and music 8

A Fearless Inventory & A Fresh Start

Just like the 12-Step programs encourage, our board this year has been taking a "searching and fearless moral inventory" of itself and our ministry. Together with the staff, we agree that we are doing some very exciting things in our church. But as we ask the tough questions about our strengths and weaknesses, we have been looking for the blind spots where, if faced courageously, we can open the door to an even greater future for Unity in Spokane.

This spring, as part of this inquiry, we asked you what you thought. We were pleased at the participation on June 3 in our visioning session with Rev. Toni Niemiec from the Spokane Center for Spiritual Living. As the board met through the summer to expand our inventory-taking, we kept the information you gave us uppermost in mind. We spent time discerning the way to our expansive, abundant future.

In the visioning session, Rev. Toni asked everyone "what must we let go of to be all that we can be?" The top answers were our ego, our fears and doubts, the need to control, our judgments, labeling others, negativity, resistance to change, and attachment to our story about our church's past.

This is a daunting list. It sums up what we humans have always struggled with on our journey to greater spiritual expression. Our board knows that as a community we cannot miraculously release all



Clare Austen

these things at once. However, we believe what Charles and Myrtle Fillmore taught about erasing false, limiting beliefs. They invite us to "make room for the establishment of Truth" by the "gentle sweeping away of cobwebs," until we know just what is ours to do.

In September when the Tibetans were here to create the Sand Mandala, they said that the original use of such artwork was to clear away old energies in the monastery so that newness could emerge. They couldn't have known how perfect it was for them to be with us this fall.

At the end of the weekend, as the Lama destroyed the beautiful mandala by sweeping all the colored sand into a pile, I thought about our desire for new energies and a fresh start. I realized that even what seems right, precious or beautiful, is sometimes the very thing that needs to be released so that a greater good can emerge.

All we can do is listen and experiment to find the path to our future. We are after all, as our church founder, Dr. Albert Grier, said when he dedicated the original Church of Truth, "a laboratory for Truth."

The board invites you to consider what negativity, ego-demands, old stories, or judgments about your life, or this ministry, that you are ready to release. On Sunday, November 15 our theme will be *Sweeping Away Cobwebs*, releasing anything in us that is blocking our own spiritual awakening and a bright future for this ministry. Please join us.

One thing I must do, forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God...
Phil 3:14

Unity Church

(509) 838-6518

Office & Bookstore Hours

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

Wednesday 10:00 am - 5:00 pm

ClosedMon., Fri. & Sat.

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

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

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

STAFF

Spiritual Director.....Clare Austen

Minister - Family.....Jackie Green

Administrator.....Terri Lewis-Sander

Pastoral Care.....Dennis Ashley

Custodian.....Bee Reynolds

Communications...Judy Merrill-Smith

Music Director.....Tawni Wright

Choir Director.....Shawn Wright

2009 BOARD OF TRUSTEES

President.....Cerena Lauren

Vice President..... Mary Ladwig

Member John Cook

Secretary.....Weldon Merritt

Chaplain.....Hank Broeckling

Treasurer.....Diane Hunter

Historian.....Steve Yach

Connections.....Marlene Sullivan

LICENSED UNITY TEACHER

Mary Teresa True

From Our Board



Cerena Lauren,
President, Unity
Board of Trustees

Over the summer your board and staff have thoughtfully explored an expanded vision for our Church. We asked ourselves, “What must we let go of to be all that we can be?” Our ministry just completed a wondrous and thought-provoking 11 Days of Peace. And, in considering how our past wounds and unforgiveness keep us from full expression and healing, Clare will be offering a service in November entitled “Sweeping Away the Cobwebs.” Here are some thoughts about creating this peace to which we aspire.

Our Mission statement says, “We are a Community of Love and Acceptance dedicated to Spiritual Discovery.” We commit to inclusiveness and to celebrate diversity. In Unity we acknowledge the Christ within. Namaste means recognizing the Divine in another. We teach that what we focus on expands.

In life we are constantly given opportunities to be irritated. Irritation is a signal of a possibility for healing. Take any opportunity to tell someone that you love them, that you care about them, that you appreciate them. It can just be a smile. Look for that divinity within *everyone*. Being ignored is akin to being totally cut off. To miss a moment to acknowledge another is a lost opportunity to create peace.

The really hard thing to say is “Okay, God, who do I not want to make peace with?” We must become willing to choose peace with our toughest adversaries and those we see as different from ourselves. We must affirm the presence of peace where it does not appear to be. The question becomes, “How can I interact with you? Teach me about who you are and what you believe.” If we affirm and commit to creating peace in all of our associations, our lives will shift. Our church will thrive. Peace is an inside job.

What’s with the Phones?

We look forward to the time when we can replace our current phone system. It is antiquated and thus somewhat frustrating. In the meantime, if you call us frequently, the staff encourages you to learn our extensions. You can save time by using the extension as soon as the system machine answers. Clip this list for reference. Don’t forget to enter the star*.

Clare Austen *811 Terri Lewis Sander *810
Dennis Ashley *812 Judy Merrill-Smith *813
Jackie Green *815

Abundance Report

	Current Date	YTD Date	Budget YTD Date
Revenue			
General Revenue	\$30,856.92	\$198,664.08	\$206,646.68
Special Event Revenue	\$1,417.90	\$14,946.77	\$28,999.92
Total Revenue	\$32,274.82	\$213,610.85	\$235,646.60
Expenses			
Special Event	\$523.74	\$5,030.83	\$12,399.99
Personnel	\$15,440.53	\$127,967.19	\$135,053.28
Tithes	\$3,175.11	\$20,857.97	\$22,266.64
Operating Expenses	\$6,982.49	\$63,424.09	\$67,221.48
Total Expenses	\$26,121.87	\$217,280.08	\$236,941.39
Income/(Loss)***	\$6,152.95	(\$3,669.23)	(1,294.79)

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

From the Office

We are so grateful for the abundance that flowed into this ministry through the summer. It's the commitment made through our Intentional Giving Program that makes the difference.

In November we will be making the Intentional Giving cards available for 2010. If you haven't made a personal commitment to support this ministry, we invite you to consider it this fall.

Blessings,
Terri Lewis-Sander

Tithes

In August 2009, Unity Church gratefully tithed 10% of our revenue to these organizations that share our spiritual vision...

The Association of Unity Churches International

Our Unity NW Region and the NW Youth of Unity

Unity Center of North Spokane
Silent Unity Prayer Ministry, Unity Village, MO

And to these organization who feed, clothe, and give hope to those in need...

Union Gospel Mission
Volunteers of America, Family Assistance

Veterans of Foreign Wars
The Foundation for International Community Assistance (FINCA is a micro-credit provider.)

We give as we have received. And we are Joy-filled and Grateful.



Scrip

Our Scrip Program is an easy and fun way to support Unity financially. You can buy gift cards on Sunday in the Seva Center or online. **Ask us how!**

Choose from a wide variety of retailers. Keep a card for your favorite store or plan ahead for any large purchase and buy a card to use. A percentage of the card's value, paid by the retailer, comes immediately to the church.

Unity Foundation

This year our Unity Foundation Board members are Doug True (Chair), Maxine Alloway, Ron Cunningham, Ron Thies and Diane Hunter (Board Rep.). They meet monthly to review foundation financial reports and they do all they can to get the word out to the congregation about the foundation.

Their charge includes promoting the Foundation, wisely investing the funds entrusted to

them, and above all, holding the vision of a prosperous future for this ministry. Unity Church means so much to so many and we give thanks for the Foundation Board which helps assure Unity Church is here for generations to come.

Foundation Funds as of August 31, 2009
\$60,660.21

With gladness we affirm the presence of divine abundance, HERE and NOW and into the future of this ministry.

Thoughts from Dennis



Dennis Ashley,
Coordinator of Seva
(service) and
Compassionate Care

Why do I do church? This email I recently received from Dora-Faye Hendricks sums it up for me.

“A church-goer once complained that it made no sense to go to church every Sunday. *“I’ve gone for 30 years now,”* he wrote, *“and in that time I’ve probably heard 3,000 sermons. But for the life of me, I can’t remember a single one of them. I think I’m wasting my time and the pastors are wasting theirs too.”*

This started a real contro-

versy in the “Letters to the Editor” column, much to the delight of the editor. It went on for weeks until this clincher was printed:

“I’ve been married for 30 years now. In that time my wife has cooked some 32,000 meals. For the life of me, I cannot recall the entire menu for a single one. But I do know this: They all nourished me and gave me the strength I needed to do my work. If my wife had not given me these meals, I would be physically dead today. Likewise, if I had

not gone to church for nourishment, I would be spiritually dead today!”

In Unity we know that *spiritual nourishment* doesn’t only come from the Sunday message. It could just as easily come from a meditation, a song, a prayer, the other people there, a feeling of acceptance, the chance to serve, or the opportunity to help another individual. But isn’t that why we come—to find that one idea that keeps us coming and fills our souls?

Ways to Serve

“...accomplishment of the task, is only part of it. The great benefit of serving is the spiritual insight it can provide.”

Seva is selfless service. It is giving our time and energy wherever there is a need. But it is also knowing that the accomplishment of the task, is only part of it. The great benefit of serving is the spiritual insight it can provide.

Whether it is on Sunday or during the week, there are always many ways to serve at Unity. Call Dennis Ashley or Terri Lewis-Sander and they will help you find the perfect Seva for you.



Christopher
Zilar,
Prayer
Chaplain
Coordinator

Please consider being a part of our **Prayer Chaplain Program** or our **Unity Prayer Center**. You can really make a difference in the prayerful consciousness of love and acceptance in this ministry and in people’s lives. **And keep in mind these Community**

Service projects Unity supports:

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.

Sole to Soul

We provide shoes to kids throughout the school year. Put your dollars in the Buck-a-Month box or sign up with Harriett Jacobsen to be a Sole to Soul subscriber with a yearly donation.

Crosswalk Dinner October 23rd

Crosswalk is a multi-service center for street kids, homeless and high-risk youth ages 13-18. Sign up in the Seva Center. Dinner is October 30 at 5:30 pm.

Life Events

Helene Mir’s mother passed this summer and we send Helene our thoughts of comfort and our blessings.

Alice Holladay, a regular attendee at our Wednesday night dinners passed in September. If you don’t recognize the name, she and her friend Rob came every week. Alice was the delightful woman who always had a great big bow in her hair. Alice was a long time educator in the Spokane area and she will be very missed by us at Unity.

Rev. Jackie Green - Youth and Family

Our Kids Are Worth It



**Jackie
Green**

participating in carnival games. Our Uniteens and Y.O.U. will entertain and maybe even scare you! Sign up to be part of hosting this safe and exciting party. Definitely plan to bring kids, and/or the kid in you, so we can come together to play and promote our individual and collective health and well-being.

SUNDAY MORNINGS

Although they hear it every Sunday, you can let our kids know they truly are *loved, special and important* to our Unity family. We make sure they have the space, curricula, and money for learning. Thanks for generously and abundantly providing for their needs.

Now let's demonstrate further evidence of our love by committing to them on a REGULAR basis. Why not bring your children and/

or volunteer to facilitate their lesson time on Sunday? The law of our nation mandates that children get 30 hours/week of class time. Our church education program is only one hour a week.

Spiritual education is not mandatory; however, in Unity we know that our children can build a joyful life on the foundation of learning about their own inner Spirit.

Let's maximize this hour for our kids by giving them the best that our Unity family has to offer. The kids and their current adult staff welcome other adults to help them provide the best hour possible. Let's make a difference in their lives and in the future of our world. Our kids are worth it!



**Ready for
Halloween?**

HALLOWEEN

On Sunday, October 25, from 5-7 pm we'll celebrate our annual Unity Halloween Monster Bash. You can participate by donating candy or cupcakes; helping set up or decorating; wearing a costume or coming to see the costumes; bringing family or friends; having readings or enjoying snacks; working or

So What Happened . . . ?

During the 11 Days of Peace?

Our *One Peace, Many Paths* group accomplished miracles with the many events they held Sept 11-21. Bill Edge's original play, *Mary Seacole*, was a wonderful success. Our Tibetan guests and the Sand Mandala left us all with a deep sense of the sacred. The Peace Pole Pilgrimage was attended by a diverse group of about 30 people, and the Sounds of Peace Interfaith Service on the 20th was very powerful. Ending the 11 Days with the Honoring of Nations at the Center for Spiritual Living was perfect. Thanks to all those who planned, executed and showed up for these peace-making events.

At the Wild Women Retreat?

On September 18-20, The Outrageous Wild Women of Unity held their 32nd annual retreat. They reviewed the Romanian story of THE THREE GOLD HAIRS: Healing Physical Exhaustion, Compassion Fatigue, Mental Overload & Spiritual Despair. They learned about showing tenderness to themselves and the men in their lives. Partial scholarships were joyfully given to half of the 10 women who participated. Small groups regaled the others with songs & hilarious skits that highlighted boundary issues during the Saturday Night Live event.

At Unity's World Day of Prayer?

Our Unity Chapel was full of prayers and pray-ers on September 10. Dennis opened each hour of the vigil with readings and a reminder of the day's purpose: to affirm peace, abundance and love on an individual and global level. More than 70 people came in to hold the consciousness of a peaceful planet. The day concluded with our annual Prayer Service and our candlelight walk to the Prayer Garden. Thanks to everyone who participated.



Tibetan Sand Mandala

Nominating Team Report



John Cook

The 2009 Nominating Team, consisting of Janet Cook (Chair), Pat Mertens, Cerena Lauren, Marlene Sullivan, Mary Ladwig and Clare Austen, has selected candidates for the 2010 board elections in February.

There will be two openings next year and the team is nominating **John Cook** (for a second term) and **Dan Robison**.

As part of our By-law

change at last year's Annual Congregational Meeting, we are welcoming additional nominations beginning in October. Nomination Forms will be available at the front desk and from any staff member. Self nominations are welcome, and the due date for nominations is November 15.

Profiles of all nominees will be in our January newsletter.



Dan Robison

"We give thanks for all the ways Cynthia made this ministry a better place to grow and learn."

New Staff Member

Cynthia Hubbard, who lovingly handled all our bulletins and newsletters for the last four years, has left our staff to study for the renewal of her nursing license. We give thanks for all the ways she made this ministry a better place to grow and learn.

We are delighted to welcome Judy Merrill-Smith as our new Communications Coordinator. It really is true that **when the need is here the answer appears**. Judy has been an active volunteer, making it very easy for her to step into being on staff.

Judy earned her B.A. in Professional Writing and History at Carnegie Mellon University. She has been a proofreader, editor, and newsletter writer. She and her family moved to Spokane in 2006.



Judy Merrill-Smith

Judy is also an artist, specializing in mixed media and fiber arts. She has taught arts and crafts classes for both children and adults at Corbin Art Center.

A member of our church since 2007, Judy has been involved with the youth ministry, ushering, hospitality, the peace team, and One Peace, Many Paths. She is excited to serve in this new capacity.

The
**Unity
Players**
Present



**Unity Home
Companion**

**October 24
7:00 PM**

By Love Offering

**Music
Stories
Comedy
Political satire**

**AND
Home-baked
treats at
Intermission!**

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

Meditation: 6:30-6:50

Evening Program: 7:00
(usually ending at 8:00 or 8:30)

October 7: Setting a Trap for God: Week 5, with Dennis Ashley. Exploring the Lord's

Prayer in its original Aramaic language and discovering its power of attunement.

October 14: What Started Us on Our Spiritual Path? Bring your own story or key idea. Led by Dennis Ashley.

October 21: Spiritual Cinema hosted by Dan Robison. **Way of the Wizard** with Deepak Chopra. The

stress of modern life carries an urgent need to return to spirit, to rekindle our sense of magic and enchantment. In this video, Deepak shares with us "the keys by which we change the quality of our own attention" and reclaim the wizard who exists in all of us.

October 28: An Overview of Unity's presence around the world. With Dennis Ashley.

*Those who
meditate on
me with
devotion, they
dwell in me
and I shine
forth in them.*

The Bhagavad Gita

Ongoing Unity Groups

The Explorers-Coffee and Discussion with Clare
Wednesdays 10-11:30 am.

The Outrageous Wild Women of Unity (OWWU)

Next meeting Sat, Oct. 10 at 1:00. For more info, please contact Joyce@swanlight.com or 242-9980.

A Course in Miracles Study Group

Tuesdays, 7 pm. Everyone welcome anytime. Love Offering.

Prayer Shawl Ministry
Wednesdays 2:00 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 are held quarterly.

Weekly Meditations
Mondays-12:15 pm
Wednesdays-
8:30 am,
6:30-6:50 pm



Next Generation Unity (NGU) Ages 18-35

Meeting the spiritual needs of Unity's young adults. Contact Deanna Doyle, 619-957-6125 or deannamdoyle@hotmail.com about activities.

*There is a
deep hunger
for
community,
and a place
that feels like
home with
familiar faces
at the table.*

Other Groups at Unity

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.
(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 further details.

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 October — *Commit to Life 09*

“**Waking up, Waking Down**” Opening to light and bringing it fully into our daily lives. Based on the work of renowned author and Buddhist nun Pema Chodron.

4 - *Being Unattached*

Speaker: Rev. Clare Austen
Music: Tawni and Shawn Wright

11 - *Embracing Discomfort*

Speaker: Rev. Clare Austen
Music: Unity Choir

18 - *Walking on Water*

Speaker: Dennis Ashley
Music: Britt Hopkins and
Brandon Wright

25 - *Halloween Sunday*

Family fun with Dennis Ashley, George Morrison, Jessica Morrison-Dahl, and Clare Austen.



Happy Halloween from Unity

Commit to Life Continues in November

Nov 1 - *Burning Up Hell*

Speaker: Clare Austen

Nov 8 - *Guest Speaker*

Thubten Chodron
From Sravasti Abbey in Newport,
WA

ABOUT OUR GUEST

Thubten Chodron is an American Buddhist nun. She previously lived in Seattle before coming to Eastern Washington. She is the author of *Open Heart*, *Clear Mind*, and *Working with Anger*. She has traveled around the world extensively, teaching and leading meditation retreats.