

# Discoveries

Unity Church  
Spokane, Washington

Volume 15 Issue 5

May 2009

## ***Holding to Our Vision***

By Clare Austen

It has been a record-breaking snowy year in Spokane, and as I write this in April, outside my window I see it snowing once again. Inside me, like an emotional winter, the awareness of death and loss are lingering in my heart. Unity friends have passed recently. My beloved dog Brandi, with me for nearly 15 years, is now gone from my life. And many I know are struggling with illness, loss of jobs, and fears for the future.

In the midst of grief, struggle, or illness, I know there is a part of me, my God-Awareness, creating a space in which I can rest awhile. A place to be still, to listen, to nurture myself and rediscover my own Truth. However, like a hospital or retreat center, it is a necessary place, but not a permanent domicile.

I cannot do anything about the snow, but there is much I can do to restore my soul. When I walk each day, though I miss my dog, I look for signs of spring. I see crocuses undeterred by snow or a covering of dead leaves. The bulbs of daffodils, hyacinths and tulips, though hidden from view, are not cowed by the darkness. Instead they are triggered by the light returning and their green stems are reaching for the sky.

I, too, have my ways of reaching to the sky. I can remember the spiritual ideas that have transformed and awakened me in similar circumstances. I can practice stillness and listening, nurturing my inner child, journaling my thoughts and

feelings, and giving to others. I can practice being a good receiver too by reaching out, calling a prayer-line or letting a friend know what is in my heart. And maybe most important, I can hold to a greater vision of my life and the nature of death.

After such a long winter it is visions of spring that renew our spirits. And in times of sadness or struggle it is our ability to hold to a vision that helps us survive, and depending on the greatness of the vision, causes us to thrive. With a picture of our perfect joy or greater good clearly in mind, the enlightenment we seek will come as dependably as the longer days and the warming of the earth each year.

"People say that what we are seeking is a meaning of life. I think what we're seeking is an experience of being alive."  
~ Joseph Campbell

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

**Sunday Services 9 & 11 am  
Children's Church 9 & 11 am  
Teen Programs 11 am**

**3 - *A New Heaven***  
Rev. Clare Austen

**10 - *We All Live  
Downstream***  
Mother's Day  
Rev. Clare Austen

**17 - *Family Sunday***  
with Guest Musician  
Mark Welch

**24 - *Flashbacks and  
Memoirs***  
Dennis Ashley

**31 - *Pulled by a Vision***  
Rev. Clare Austen



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

**Financial Update**

	<u>March 09</u>	<u>YTD 09</u>	<u>Budget YTD</u>	<u>YTD 08</u>
<b>General Revenue</b>	\$26,646.98	\$71,693.32		
Special Event Revenue	\$2,131.00	\$5,897.12		
<b>Total Revenue</b>	<b>\$28,777.98</b>	<b>\$77,590.44</b>		<b>\$86,789.37</b>
<b>Expenses</b>				
Special Event	\$735.77	\$2,056.85	\$4,658.64	
Personnel	\$16,237.56	\$48,106.00	\$50,645.04	
Tithe	\$2,804.21	\$7,553.36	\$8,349.94	
Operating Expense	<u>\$6,825.62</u>	<u>\$27,616.16</u>	<u>\$26,220.06</u>	
<b>Total Expenses</b>	<b>\$26,603.16</b>	<b>\$85,332.37</b>	<b>\$89,873.68</b>	<b>\$87,403.27</b>
<b>Income/(Loss)</b>	<b>\$2,174.82</b>	<b>(\$7,741.93)</b>		<b>(\$613.90)</b>
<b>Attendance</b>		<b>2512</b>		<b>2550</b>

**Our Church Tithes**  
(10% of revenue)  
for **March 2009** gifted to:  
Association of Unity Churches;  
NW Region Unity Churches;  
NW Region Unity YOU;  
Silent Unity;  
Volunteers of America;  
Fig Tree and  
St. Joseph Family Center.

**Unity Church Foundation**  
**3-31-09**  
**\$59,172.44**

**Treasurer's Report**  
by Diane Hunter

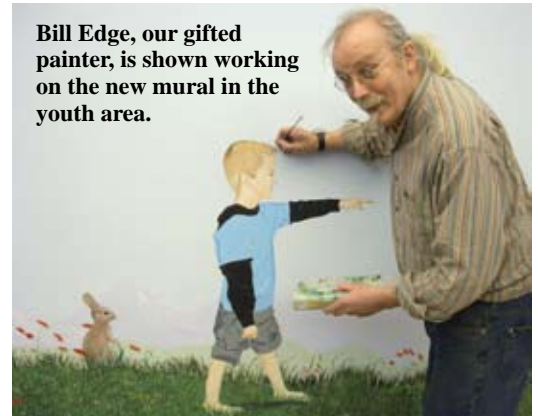
Sitting in my yard with the spring sun warming me, I can see how abundant our world really is. Under the surface, new green shoots are just now emerging. We only needed to be patient and expectant, realizing this abundance was there all along. We see each individual who walks through the doors of Unity as manifesting great abundance in their lives and we are truly grateful for all the gifts this ministry receives. Our abundance as a church community has been here all along and we are joyously expressing it now.

**Youth and Family Services...Rev. Jacolyn Green**

**Celebrate our Youth!** Kids Camp Scholarship Benefit Dinner **Wed. May 13th** at 5:45 pm. Come for delicious Italian cuisine and to support our youth 7 to 11 years of age who want to attend the Regional YOU Service Project **Kids Camp June 26-30**. Applications are available.

Mark Welch and his joyous music ministry will be featured on **May 17th** to help us celebrate our annual spring **Family Sunday**. YOU will provide lunch. On this day the Youth Area also celebrates the magnificent, original mural created by Bill Edge with an "open house" held after the 9 and 11 am services! Join us.

Bill Edge, our gifted painter, is shown working on the new mural in the youth area.



**Pastoral Care and Sacred Service...**

**Dennis Ashley**

Some important events have been taking place in the pastoral care arena. In April the Prayer Center volunteers took an active role in the Easter celebration, including helping conduct the Foot Washing ceremony on Good Friday. What a wonderful event in which the people there had the opportunity to have their feet washed and then, in turn, wash the feet of others. **It's a great reminder that in life we are called to serve and to be served, to give and to receive.** They also prayed throughout the Prayer Vigil on Friday evening and then again Saturday morning. And, finally, they were there to cook and serve breakfast after the Sunrise Service. Thank you to the Prayer Center!

Of course, the Prayer Chaplains have been busy, too. As you know, they provide such a wonderful service to the church—praying with people after each Sunday service and then throughout the month, too. They put out the call to recruit more Prayer Chaplains and several people responded. This month the training for current and new Prayer Chaplains continues with their dedication scheduled for **June 14**. Thanks for this service of prayer!

**Choir Concert scheduled for May 29, at 7 pm.** Our Unity Choir will also be singing at Sunday services on May 3, 10, 24 and 31<sup>st</sup>. Thanks to choir members for all of their dedication and wonderful music this year, and thanks to Shawn & Tawni for the creative vision.

**Welcome and Warm Congratulations**



Brianna Alexis is the newest grandchild for Alan and Diane Bisson.



Rick Hutchins and Clare Austen welcomed their new granddaughter, Cassia.

**In Loving Memory**

Our love and prayers are with the families of **Mildred Curtis, Larry Rogers, Rev. Thora Hess & Enid Alger** who made springtime transitions. We also bless our friends, **Grant & Karen Sandborn**, on the passing of his mother; **Wayne & Jackie Green & family** on the passing of his brother; **Mary & Doug True** on the passing of her mother and **Tawni, Shawn, Bryan and Brandon Wright** on the passing of her uncle. *Peace to all!*

# Experience the Joys of Community

## The Explorers - Spiritual Discovery & Support

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

## The Outrageous Wild Women of Unity (OWWU)

The next Saturday Spiritual Circle will be on **May 30<sup>th</sup>**. Our meetings are followed by a potluck lunch at noon. For more information about us, or to arrange child care, please contact Joyce@swanlight.com.

## A Course in Miracles Study Group

Every Tuesday at 7 pm this ongoing group welcomes everyone to join us at any time. By Love Offering.

## Prayer Shawl Ministry

We will be taking the summer off following our May 5<sup>th</sup> 2 pm meeting.

## Meditation

Mondays at 12:15; Tuesdays from 8-8:45 am; Wednesdays at 10 am and then from 6:30-6:45 pm we meet in the chapel for a time of connection with spirit. Join Clare and Dennis.

## Unity Choir

Our choir rehearsals are Thursdays at 7 pm. May and June are the last two Sundays to sing before we take the summer off.

## 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 or deannamdoyle@hotmail.com about local activities.

## OA Overeaters Anonymous

Sundays at 6:00 pm

## Al-Anon Serenity Seekers

Thursdays at Noon

## AA New Soil, New Roots

Thursdays from 7 - 8 pm

## Southsiders at Unity

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

## Dances of Universal Peace

We meet the 1<sup>st</sup> and 3<sup>rd</sup> Thursdays. Experience the peace from 7 - 9 pm. Call Bruce at 220-5160 for details.

**Gentle Stretch Yoga** on Saturday mornings. 9:30 - 10:30 am. Call Robin Marks at 455-5931 for info.

**Mindful Mamas** 10:30-noon, Thursdays...Kid-friendly parenting and support group.

## 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 - May 22

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

## May Events

### Readers' Theatre: May 8

*I Remember Mama* is a Readers' Theatre fund-raiser by our Unity Players. Based on the memoir *Mama's Bank Account* by Kathryn Forbes, this play is by John Van Druten. The heart-warming story focuses on a loving family of Norwegian immigrants living on San Francisco's Steiner Street in the 1910s. 7 pm, by love offering.

### Mark Welch May 16 Workshop

12:30-4 pm on vibrational attunement for balance and wholeness. \$25. His **Concert:** 7-9 pm. \$10 for adults; \$5 special price for seniors & students; kids under 12 free! Look at Mark's web site at: <http://www.markstanton-welch.com> for insights into his music.

### Unity Overview Classes

Tuesdays, **May 5, 12, 19** from 6:30-8:30 pm with Clare Austen. These sessions are for those interested in becoming members of our ministry AND for anyone wanting to know more about Unity, its history, core teachings and relationship to other spiritual paths.

### Adopt-a-spot Gardeners Rock

Dora-Faye Hendricks is once again coordinating this group of volunteers who, working on their own schedule, tend to the many flower plots and gardens on our church grounds. If you wish, you may also be a 'roving angel' to look after the general appearance and fill in where needed.

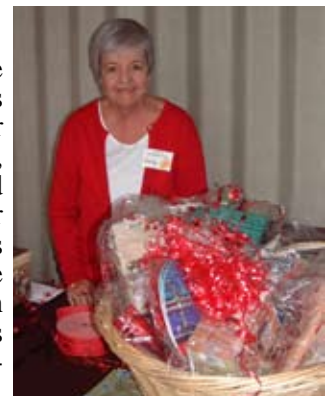
Unity is the site for *Mind, Body, Spirit Fair to Celebrate Life* on **May 2, 9** am - 4 pm, sponsored by the Holistic Chamber of Commerce. The fair will feature 34 booths with readers, healers, artists, coaches and much more.

### Pranic Healing® Training

Pranic Healing® is based on the fundamental principle that the body is a self-repairing living entity with the innate ability to heal itself. Training is 9 am - 7 pm on Saturday, May 16, continuing from 12:30 - 7 pm on Sunday, May 17. Contact George Cunningham, at 509-869-0107, for fee details.

### Mother's Day

The Annual Landscape Team fund-raisers this spring include flowers for sale on Sunday, **May 10**, and a silent auction and raffle May 3-10 of another fabulous basket of gifts and chocolate to share with the special woman in your life. Judy Ross is shown at right with a basket from last year's raffle.



If you already shop at **Albertsons** and have a preferred customer number it can be linked to Unity and we will get a rebate check worth 4% of your purchases. They are revamping the Community Partner Program so everyone must register again. Here is how it works. Go online to [www.albertsonscp.com](http://www.albertsonscp.com), enter your preferred savings card number (starts with a 42 number), which is located on every Albertsons receipt. They will ask you to link to your community partner; our number is 49000108014. It's very simple and once you are linked you do not have to do anything else but Unity will receive a quarterly check, usually \$80 - \$120. Thanks!

**Unity Church of Truth**

2900 S. Bernard  
Spokane, WA 99203

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**Wednesdays in May -**

**Dinner at 5:45, Meditation at 6:30 & Program at 7 pm**

The Wednesday programs in May will feature a DVD series showing San Diego Unity Minister Wendy Craig-Purcell interviewing Deepak Chopra about his views on the true teachings of Jesus. The topics are based on his book, *The Third Jesus: The Christ We Cannot Ignore*. Our Explorer's Class is watching this series and is raving about its depth. "It's so thought provoking - we have had to watch some parts more than once." Each segment is 30 minutes, and will be followed by discussion. Join us for some or all of the six sessions of the series.

**Visioning Experience By Clare Austen**

Our Board of Trustees has invited the **Rev. Toni Niemiec** from Spokane's Center for Spiritual Living to lead us through a deep discernment process developed by Rev. Michael Beckwith of the Agape Center in Los Angeles. We know that there are three things, all equally important, to the financial health of our ministry right now. One is to watch our income and expenses carefully and be good stewards of the gifts that we receive. Second is to remain centered in the Truth that God is our Source. As Myrtle Fillmore once said, what's important is not whether we have enough money, but whether we have enough faith. And third, instead of being 'pushed' by our fear or belief in lack, we must allow ourselves to be 'pulled by a vision.'

Clare will be speaking about the power of listening for our vision on Sunday, May 31. You are invited to experience the visioning process on **Wednesday, June 3**. What YOU hear and feel in this process is important. Please join us at 7 pm. Following this meeting the Board of Trustees will be working with the process again on Saturday, June 6.

**Unity Church**

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

**Office & Bookstore Hours**  
Tues. and Thurs. 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  
email.....communications@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  
Music Director.....Tawni Wright  
Choir Director.....Shawn Wright

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