

Resolutions, Intentions or Goals for 2021

by Rev. Donna Little

For many years I made Resolutions at the beginning of each new year. And, I found that if I did not evaluate my progress in these areas of resolution, then there seemed to be little consequence or change as the result of creating the Resolutions in the first place. So, I began a practice of reviewing my year ending, in light of the Resolutions I had set. As I began to focus energy on my Resolutions, then I started to notice Change in those areas. How Metaphysical!

In the past a lot of my resolutions were based around something I thought I should be doing, rather than what I wanted to be doing or how I wanted to be feeling. I was really only setting myself up for a pass/fail result. Using a great big stick to beat up on myself when I didn't get it 'right' and therefore failing dismally in the process. My most successful resolution was quite liberating - the year I resolved to give up on New Year's Resolutions!

This is not to say that I don't have any goals to focus on and achieve; quite the contrary – I always have a list full of them. It is just that my goals align with my Intentions and energize and fulfill my spirit. [*This is important* →] I focus not only on the goal outcome, but how achieving this goal will make me feel.

So, what is the difference between a resolution, an intention and a goal?

A resolution is a course of action with a firm determination. It doesn't give us any leeway or room to move. It is focused on the change; but usually something that is "wrong" with us. This can even be seen in people's wording – "I will lose..." If we deviate from our course of action, we feel guilt and shame for being weak or lazy and worse still, if we don't achieve this course of action, we are a "failure" and that feeds into our negative self-worth.

An intention is an objective that guides our actions. It is self-directed and purposeful, with room to change and adapt to circumstances. **Intentions are a commitment to align our actions with our values and our purpose – they reflect who we are as people and make us feel energized, fulfilled and in balance.** Intentions are the higher framework that are supported by our goals; enabling us to live our purpose.

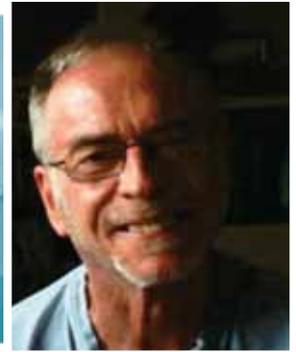
A Goal is the object of a one's ambition or effort; an aim or desired result. Goals provide a direction to follow to achieve a desired outcome. And, Goals involve intention setting, planning, preparing, and taking REALISTIC action.

So how do we successfully live our Intentions and achieve our Goals?

Here are some thoughts that may help us change our focus and change our perception!

President's Corner

by Duane Morris, Unity in the Olympics' Board of Trustees President



A New Year...A New Resolution

I have been fairly, dare I say religious, about New Year resolutions. It all started when my mom and dad used to host New Year's Eve parties, big neighborhood bashes, followed by the usual bleary eyed/groggy next morning. They would say 'we resolve have a quieter home focused party next year'.

Well, that never worked, ha ha, but the idea of making a resolution for the New Year and keeping it became a tradition. And many years hence, it still is.

My resolution for 2021 is 'do random acts of kindness'. Kindness is something that comes from the heart.

Normally I do not think about doing something kind, it just happens spontaneously. Though I have intentionally made kind gestures. Here are a few things I will focus on this year:

Write snail mail, it won't need to be long
Smile and say hello when I see someone, I don't know.

Let someone behind me in line, go ahead
Write a gratitude on a post card and send it to random people

Find opportunities to give compliments. It costs nothing, takes no time, and could make someone's entire day. I am not going to just think it. I will say it.

What will your New Year resolution be? Think of words like love, peace, and trust. How can you resolve for new ways of thinking and doing focused on these words? Meditate on one of these for 10 minutes and see what happens. Keep a notepad nearby to record your thoughts.

Make entries in your joy-nal (review Charlotte's talk about a JOY-nal, Facebook <https://www.facebook.com/166375600042421/videos/373081123998964> , 'All These Little Particles').

Stop gossiping.

Give one compliment a day.

Write a gratitude each night and each morning - End the day with gratitude. If you have not climbed aboard the gratitude bandwagon yet, make it happen. Studies that show that gratitude can make you 25% happier. Think about that: you can be 25% happier simply by taking the time to count your blessings and think of all the good things in your life!

For the next year, resolve to be grateful.

Stop multi-tasking.

Don't buy things you don't need.

Talk less, listen more.

And don't forget to share your JOY

Cheers!

Happy New Year!

- Duane

Finance Report

Presented at the December 20th board meeting, the November 2020 Profit and Loss report shows a net loss of a little bit over -\$400. The loss this month was a result of reduced tithes and offerings. There were no out of the ordinary expenses. All outstanding bills have been paid.

The October tithe allocation (paid out in November) was \$285 out of which we allocated \$50 each to Silent Unity, Unity NW Region, Unity Worldwide Ministries, TAFY and First Step, and \$35 to a new non-profit in Clallam County "The Lov Home"

Thank you, as always, for your support of this ministry. Please send your tithes and offerings by mail or visit our website at www.unityintheolympics.org and click on the yellow "donate" button.

We appreciate each and every contribution!

In love and prosperity,

Kim Perkins

UITO Treasurer

Ordinary Income/Expense

Income	
Book & Literature Sales	6.50
Interest Income	0.53
Misc. Income	8.94
Rent Income	25.00
Tithes/Offerings	2,699.00
Total Income	2,739.97
Gross Profit	
	2,739.97
Expense	
Advertising and Promotion	77.50
Bank Service Charges	
Paypal Fees	25.98
Total Bank Service Charges	25.98
Building Improvements	
Repairs and Maintenance	0.00
Total Building Improvements	0.00
Conferences, Meetings and Camps	0.00
Copy Machine	141.88
Guest Speakers	600.00
Insurance Expense	217.08
Internet and Phone	62.94
Music	0.00
Office Supplies	0.00
Payroll Expenses	
Admin Assist Wages	555.19
Administrator Wages	680.00
Janitorial Wages	0.00
Payroll Expenses - Other	116.76
Total Payroll Expenses	1,351.95
Tithes Expense	285.00
Utilities	335.60
Website Direct Exp	50.00
Total Expense	3,147.93
Net Ordinary Income	-407.96
Net Income	-407.96



*Divine Love, through me,
blesses and multiplies
All that I am,
All that I have,
All that I give,
And all that I receive...
I give in Love.*

Prayer Chaplain's Corner

by Rev. Donna Little, Unity in the Olympics' Minister Emeritus



New Creation

I CREATE NEW WAYS OF THINKING AND BEING.

I am created in the image of my creator, and as such, I have the God-given gift of creativity within me. This power gives me the ability to imagine and create new experiences. I am free to create new thoughts, feelings, and responses to life. I transcend old ways of thinking to generate new ideas and ways of being.

Just because I have always thought or acted a certain way does not mean that I have to continue that pattern. Being present and mindful helps me pay attention to what I am thinking and how those thoughts make me feel and act. I gain insight into myself so I can acknowledge how I am creating my experience, then make changes. When I create new ways of thinking, I develop opportunities for growth.

Be renewed in the spirit of your minds ... created according to the likeness of God in true righteousness and holiness. — Ephesians 4:23, 24

Daily Word - Saturday, April 27, 2019



How May We Pray with You?

Prayer Support is always available at Unity in the Olympics
Email us at uito@olyopen.com or call us at 360.457.3981

Please indicate in your communication "Prayer List" and include: your name, phone number and request.
We will include your prayer on our list.

Long time UitO member Wanda Kali made her transition, from age-related causes, at Olympic Medical Center. She was 92. She came to church services with her son, Dale, until she wasn't able to attend anymore.

No services have been announced at this time. Memorial contributions to St. Andrew's Place, 520 E. Park Ave, Port Angeles are suggested in lieu of flowers. ~ Alice Alexander

*In
Loving
Memory*

of Wanda Kali

12 POWERS

Spiritual Tools for an Abundant Life

Awaken Your Faith Faculty

By Winifred Wilkinson Hausmann
(excerpted from *Your God-Given Potential*)

Of all the faculties, the one Jesus spoke of most frequently was faith ... Have faith. Believe. Trust. Over and over, Jesus emphasized this first of our powers, and in one of his disciples, we watch the faculty develop.

Faith does not come all at once with a mighty thud. It must grow. It must be encouraged. It must be invited and then made welcome. As Simon, the crude fisherman, became Peter, the dedicated apostle, so the ability to trust God must grow in our lives.

Faith has been defined in many ways. The writer of Hebrews referred to it as “the assurance of things hoped for, the conviction of things not seen” (Hebrews 11:1).

Understood in this light, **faith is that quality in us which enables us to look past appearances of lack**, limitation, or difficulty, to take hold of the divine idea and believe in it, even though we do not see any evidence of it except in our minds. Through faith we know with an inner knowing the Truth that has not yet expressed itself in our manifest world ...

Believe, trust, and allow your faith to grow

Faith—The ability to believe, intuit, and perceive. The disciple Peter represents faith in things spiritual, faith in God. The corresponding color is royal blue, and the location is the base of the brain.

We determine the direction of our faith, and as we do, we determine the results that we will have in our lives.

THE POWER
OF
FAITH



Ten Things you can do for Others by Alice Alexander

If you have a suggestion for an article or exploration for our
Unity in the Olympics' "In Unison" publication,
please let US know.

In this crazy Covid time, there are things we could do for one another, so I am offering my list of ten things you can do to make life easier for your friends, neighbors and family.

- ♥ First thing is to call them on telephone just to check in or see if you can do anything for them.
- ♥ Second thing is send them a card, note or just message letting them know you are thinking of them.
- ♥ Third, is take them a plate of something warm and tasty
- ♥ Fourth, offer to take them to the store, or some other place they need to go.
- ♥ Fifth, offer to take them out to look at the Christmas lights.
- ♥ Sixth, offer to pick up something for them when you go shopping.
- ♥ Seventh, put them on your prayer list and send them a special blessing.
- ♥ Eighth, if you have an elderly friend or neighbor, offer to address cards or write notes for them.
- ♥ Ninth, with that elderly friend, read to them.
- ♥ Tenth. Go with goodies and share time with them and leave them with a prayer and blessing.

There are many more things we could do for others if you put your mind and imagination to work. Just letting people know they are not alone in this world goes a long ways toward easing someone's pain.

Continued from page 1—How do we successfully live our Intentions and achieve our Goals?

Here are some thoughts that may help us Change our focus and change our perception!

1. Reflect on our Intention/s

What or how do I want to be living, feeling or contributing to myself, my family and others?

2. Re-frame our Goals

Rather than 'losing' something, what am I gaining from this experience – health, energy, heartfelt connections and relationships...

3. Right-Size it

Intentions can feel large, and so too can the goals that align with them. Don't make things too big to tackle in one bite – think of the steps needed to get there! Remember – how does one eat an elephant? One bite at a time.

4. Create a Strategy and Action Plan to Achieve our Goals

This follows on from the step above. In the words of Antoine de Saint-Exupery – "a goal without a plan is a just a wish". Write it down, hash it out and create specific steps to get there.

5. Acknowledge and Celebrate our Achievements [IMPORTANT!]

Even the small ones count! It is building on these that leads us to our desired outcomes.

6. Learn from your Mistakes

View mistakes as an opportunity to learn and do something different next time.

7. Lastly, remember...

It is not just about the destination, but the journey taken to get there.





12 Tools for Achieving Inner Peace in a Chaotic World

When we feel our inner peace persistently challenged, Unity offers an answer. Unity teachings include the awareness of our own innate power. We were born with the attributes of the Infinite, and our life's work is to develop and express them. This is the Theme we will be following for the Year 2021.

Each divine faculty offers a way to view the world and to stay centered, no matter what comes our way. This year's theme, "How to Stay Centered, No Matter What," is based on a system devised nearly a century ago by Unity cofounder Charles Fillmore. Fillmore defined the 12 powers—attributes that he believed formed the basis of our Christ consciousness. The more we develop them, the closer we are to expressing our true being, our divine nature.

Here is a look at the affirmations that will be engaging as we move forward to claim the gifts and the blessings that come to us as we stay centered in the Truth of our being.

January

Faith—*My faith assures me that every event in my life has meaning and brings gifts.*

February

Strength—*I express the strength and vitality of God.*

March

Wisdom—*I can handle any circumstance by tapping into the wisdom within me and all around me.*

April

Love—*An inexhaustible stream of divine love pours through me, blessing others and myself.*

May

Power—*The power of my thoughts and words moves me ever closer to the Truth of my being.*

June

Imagination—*My imagination brings possibilities to life.*

July

Understanding—*With spiritual understanding, I know everything is unfolding for my highest good.*

August

Will—*I use my power of will to choose, to commit, and to be willing.*

September

Order—*Understanding divine order, I can embrace paradox and navigate chaos while keeping my balance.*

October

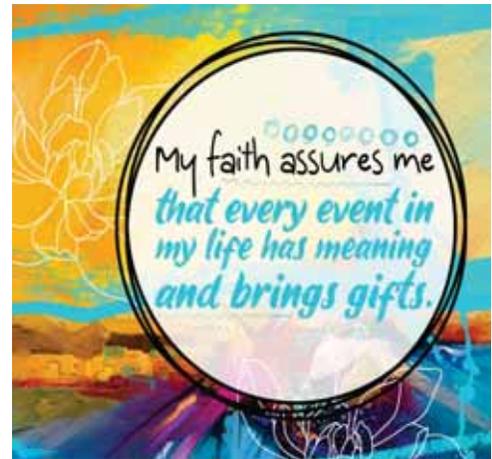
Zeal—*I ignite my zeal by focusing on what brings me joy.*

November

Release—*Whatever I release will bless me.*

December

Life—*Life is the infinite endowment of God, and eternal life is happening now.*



See Page 5 for an article about one of the 12 Powers: FAITH



Vision Statement

"We are Spirit Expressing as Lives Transforming for Good!"

Sunday Celebration Schedule

January 3rd

Terry Barrett

"Practice by Example"

January 10th

George Lindamood

"Unity AFTER Covid-19"

January 17th

Sandra Blanchard

"Be Your Own Healer"

January 24th

M.E. Bartholomew

"After Pursing, Allowing"

January 24th

Melissa & Z

"Who You Gonna Call?"

BOARD OF TRUSTEES

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Charles Mawson, **Vice President**
Kim Perkins, **Treasurer**
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Charlotte Coachman, **Trustee**

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Timothy West, **Administrator**
Robbin Eaves, **Administrative Assistant**

LICENSED & ORDAINED UNITY MINISTER EMERITUS

Rev. Donna Little

LICENSED UNITY TEACHER

Margaret Denstad



BUILDING CLOSED

Meditation 10:00 a.m. Worship 10:30 a.m.
All Services moved to "On-Line" format.



PLEASE NOTE:

Our hours office hours are **Tuesday and Wednesday 10:00a.m. to 2:00 p.m.** by phone only.
The building will remain closed to the public until further notice except for essential personnel.
You may reach **Unity in the Olympics** at **360-457-3981** or uito@olyopen.com or **Tim** at **940-442-8381**.

Please visit our **Facebook** page at <https://www.facebook.com/unityofportangeles/> or watch us on YouTube at <https://www.youtube.com/channel/UCNP-ZvkDFjrUI83uTMZsOzw> .
Check your email for special announcements and additional information.

Tithe support is greatly appreciated! Please mail your tithe to **Unity in the Olympics, 2917 E. Myrtle St. Port Angeles, WA 98362** or visit us online at www.unityintheolympics.org and click on

"Donate"

MISSION STATEMENT

WE WELCOME ALL

To the Spirit Awakening within

Through the Wisdom of Love, Peace and Joy.

UNITY IN THE OLYMPICS

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