



In Unison

February 2018

The monthly newsletter of Unity in the Olympics



CHANGE, CHOICE AND CHALLENGES - AMIDST THE LOVE

by Pat Coughlin Mawson

Change happens – whether we believe we created it, or it happens to us - change happens! The loss of a loved one, loss of a job, accidents, the weather, everything changes. Everything is energy – moving – changing. The cells in our bodies are changing. Our thoughts are changing. So how do we react to change?

Moving to Sequim was a joyful change. But we were surprised when on the drive out here from TX, my husband, Charles, got sick; and it took almost 3 years for him to completely heal! That was a big, unexpected change – a joy-filled, challenging change!

When change occurs, sometimes we forget that “this, too, will pass!” And instead of looking at the challenge as simply a cloud that WILL pass, we forget! We may think that the challenge will stay. We look for a lesson. And if the lesson is not clear to us – relatively quickly – we react with fear. We forget. We think - “what if”? We project. We may choose to attach to the fearful thought for a while. We may feel frustration or anger towards others and ourselves. No one likes to be stuck in this place!

Sometimes I reach for inspiration in books, in nature, or I can go within and listen to my heart, my soul – that speck of Spirit that always is there connecting us to the One Consciousness. When I remember to do this, I slow down my breathing, I relax my body, relax my thoughts and I CAN FLY – into a magical place of Love – and I listen! Some call this meditation. Some call it relaxation – some say “letting go”.

Right now, our cat, Precious, is sitting by my side, occasionally resting her head and her teeth on my notebook, until I pet her again – allowing me to stop the pen – and pay attention - to her, to me and to Love! We are not alone here on planet earth! And we have our pets, friends and family to remind us and sometimes to challenge us with what is important. We can relax the thinking; and in the silence of our heart, we can feel the Love!

For me this is something which has evolved. Most times, it didn't happen instantly just because I wanted it. Sometimes it was a long process of allowing, recognizing, desiring and taking action. For many years – I forgot the “action” part. I never ever thought I might go within for 2 years to believe that healing has already happened!

Yet, we live in a world where instant response is offered. I can order a burger and fries at a drive-thru; and eat it in the car while driving home. Or I can make a date with friends, order food for nourishment, and connect with their thoughts, their challenges, their dreams. I can relax, smile and listen to their hearts and remember Love! Which experience do I want? Both choices are okay. There is no right or wrong.

So as Valentine's Day approaches and we plan gifts of Love for our loved ones; What gift will I give myself? ... I choose the lingering experience with friends that reminds me that together, **“We are loved - We are loving - We are lovable forever!”**

Happy Valentine's Day!
I LOVE you all!

Our Church Finances

Message from the Treasurer



Unity in the Olympics finances have improved in 2017 despite the high costs of completing the sewer hook up and repairing and replacing the roof. This is due to the generosity of our members! The Board of Trustees are very grateful to all of you.

Our 38/38 Vision for UITO (average of 38 people per Sunday giving an average of \$38 each) is becoming a reality. Over the past 8 months, average Sunday attendance has increased from 28 to 32 people, and average weekly giving per person has increased from \$28 to \$34, so we are well on our way together to manifesting our vision of live music on Sunday, a future full-time minister, and upgrading our church home. Please continue to keep 38/\$38 in your mind as we know there is great power when we envision as a group!

The Budget Committee is meeting this month to prepare the annual budget to be presented at the Annual Membership Meeting on April 15, 2018. I welcome your suggestions and opinions about what you would like to have included in the budget for the coming year and encourage you to talk to me in person, or send me an email (kkp3411@gmail.com) so I can bring your ideas to the committee meeting. Your donations for specific activities are also welcome!

Blessings and thanks for your support once again, Kim Perkins

November Income		November Expenses	
Tithes/Offerings	\$3,730.00	Advertising & Promotion	\$31.00
Rental Income	225.00	Books & Literature	0.00
Book/Lit Sales	10.00	Building Maint./Repair	227.10
Classes & Workshops	0.00	Computer & Internet	92.09
Special Events	0.00	Copy Machine	190.23
Memorial	0.00	Guest Speakers & Music	350.00
Misc.	13.10	Insurance Expense	298.36
TOTAL INCOME	\$3,978.10	Janitorial	178.76
Tithes (Oct. paid in Nov.)		Minister	867.00
Silent Unity	\$142.00	Office Supplies	25.41
Northwest Region	100.00	Payroll	928.34
Unity Worldwide Min.	100.00	Postage & Delivery	50.00
TAFY	0.00	Telephone	0.00
Hospice	0.00	Tithe Expense	542.00
Rose House	100.00	Utilities	476.41
First Step	100.00	Worship Supplies	60.00
TOTAL TITHES	\$542.00	TOTAL EXPENSES	\$4,316.61



*"I BLESS ALL
THAT I HAVE
AND I LOOK
WITH WONDER
AT ITS IN-
CREASE NOW."*

Catherine Ponder

**Happy Valentines
Robbin**



Our Church Finances

December Income		December Expenses	
Tithes/Offerings	\$8,250.00	Advertising & Promotion	\$232.63
Rental Income	275.00	Books & Literature	0.00
Book/Lit Sales	2.00	Building Maint./Repair	0.00
Classes & Workshops	0.00	Computer & Internet	92.09
Special Events	208.00	Copy Machine	33.37
Memorial	100.00	Guest Speakers & Music	350.00
Misc.	0.00	Insurance Expense	188.96
TOTAL INCOME	\$8,835.00	Janitorial	154.38
Tithes (Nov. paid in Dec.)		Minister	867.00
Silent Unity	\$100.00	Office Supplies	145.93
Northwest Region	100.00	Payroll	877.12
Unity Worldwide Min.	50.00	Postage & Delivery	0.00
TAFY	0.00	Telephone	50.00
Hospice	0.00	Tithe Expense	395.00
Rose House	0.00	Utilities	819.64
P.A. Food Bank	0.00	Worship Supplies	136.19
TAFY	72.00		
Serenity House	73.00		
TOTAL TITHES	\$395.00	TOTAL EXPENSES	\$4,582.31

"We shall serve for the joy of serving, prosperity shall flow to us and through us in unending streams of plenty."

Charles Fillmore



Silent Unity

"I anticipate God's good."



POTLUCK

Fellowship and Business

Potluck and Board Meeting

Join us Sunday, February 18th, for a Potluck following Sunday Service.

Bring your favorite dish and join in on the fun and fellowship!

Board Meeting to Follow



Got Bears?

LOVE AND HUGS

Throughout the month of February, Unity in the Olympics is collecting bears, puppies, kittens and other **stuffed** animals to be distributed to children.

Bring them to church, love and hug them and leave them with us. Each week we will put those stuffed animals back in the pews as we set up for the service. Then you can continue to love and hug them.

At the end of February, these well loved animals will be donated to an organization in Clallam County that works with children in crisis situations. We welcome your input about where these well-loved and well-hugged animals should go.

February Care Bears –

bring a new stuffed animal to be

loved and donated.

Thank you, Reverend Donna



Birthdays

- 4th Anastasia White
 14th Erik Simpson
 14th Robin Hubbard Swanson
 25th Duane Morris

February Birth Flower

VIOLET

The Violet symbolizes faith, modesty, virtue and purity. If your birth flower is Violet: You maintain your cool in difficult situations and work hard to get out of them. Your intuitive ability is worth mentioning. You have very strong willpower. You are original and mature. You don't copy others.

*Special Thanks to
 Rev. Donna for her dedication
 and leadership.
 Teia Stitzel for finding furniture
 for Rev. Donna's office.
 Tim West for attending the Unity Youth
 Ministry Conference in January.
 Alice Alexander for collecting cans
 for scholarship fund.
 Barbara Miller, Barbara Mitchell
 and Sandra Blanchard
 for kitchen and clean up help.
 Charles and Pat Mawson for making sure
 we always have water.
 Unity "elves" who decorated for the
 Holidays and then packed it all away.
 Our Tech Team for showing up, setting
 up and running our sound equipment to
 create Sound copies of our services.
 (Tim West, Bill Evans, Charles Mawson,
 and Teia Stitzel.)
 We are grateful for you all!*

TAFY – The Answer for Youth – A Unity in the Olympics Title Recipient

By Alice Alexander

Unity in the Olympics has been supporting TAFY for several years, so I went to the TAFY headquarters at First and Race St. and sat down with one of its organizers, Susan Hillgren. Susan was in the process of trying to locate one of her clients, who had promised to come in and begin treatment for her addiction.



Karen Beck, Susan Hillgren, and Karen's Granddaughter

Susan Hillgren and Pam Fosness started TAFY about eight years ago. They provide barrier-free immediate services to at-risk young adults and their families.

Some peers today are telling their friends it is okay to just cut back on alcohol and drugs. But in order to get clean and sober, says Susan, they need to go through detox and have a support system to help them through the struggle of wanting to use, and on into a lasting recovery. TAFY refers clients to a detox facility in Port Angeles to assure their clients get the care that they need to get clean. It takes several days for the drugs to completely clear from one's system and that process can be very painful. TAFY provides a support system along with First Step and mental health facilities, as a partner in their recovery. Often these young addicts have PTSD (Post Traumatic Stress Disorder) and depression.

There is criticism from some in the community because TAFY is sometimes seen as supporting drug users, when, in actuality, they are trying to help people get clean and sober, and give them hope to stay alive while the process happens. This is not an overnight fix. There is help from the local community too, and that help is growing, but, according to Susan, understanding needs to increase.

The exposure of the new TAFY building on First and Race has helped, along with the remodel and upgrade, but there is still a need for more help and financial support.

TAFY has served 1,250 people in the last eight years, and there are 600 new people that have been helped in just the past two years. This number does not include families, but unique individuals who are usually a parental figure. However, there are still many young people who need help. It can be difficult to identify teenagers in need because they are hiding from the system due to being runaways or the fact that their parents are gone.



Susan Hillgren in clothes closet for TAFY

In just the last few months, Susan has been aware more than a few parents with kids who are living in their cars. The parents are over the age of 35, which is the age limit TAFY tries to set for clients, but the kids need help. "If the parents aren't healthy, then how can the kids be healthy? If a child is hungry, what does it matter how old they are?" says Susan.

TAFY is training volunteers so they have a better understanding of homelessness and the effects on individuals and families throughout our community.

Susan is a paid contract worker, at \$1,000 a month, from which she pays her own taxes, etc. The rest of the people at TAFY are all volunteers.

The organization has four recovery meetings a day which include AA (alcoholics anonymous) and NA (narcotics anonymous).

Betsy Wharton teaches a cooking class from time to time and they have a First Aid room where clients are taught to care for wounds. In their new building, the downstairs has a dining room and kitchen. Churches throughout the town bring in food on Saturdays. Unity in the Olympics brings in food every other month on the 3rd Saturday. Money is donated by the congregations and some food is purchased from the local stores. It is delivered and the clients get a hot meal.

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The updates to the building include two bathrooms and a laundry room. There is a shower and many donated personal products for the clients use. Upstairs there is a clothes closet where they can get free clothing for themselves or their families. In addition, TAFY also has a supply of tents, sleeping bags, and coats, and provides space for clean and sober parents to spend time with their children as well as study for their GED tests.



Garden Beds outside of the Green House at TAFY

Outside TAFY has a green house and garden beds where they grow vegetables for their clients. The clients help with the planting and care of the gardens. Wayne Roedell has plans to build a second green-house which will be 25 x 70 feet on the south side of the property. The money that comes from the sale of the plants goes into the TAFY fund to help pay the mortgage and other expenses.

Pam Fosness does the bookkeeping for the organization and Karen Beck also helps with the record keeping. There are about 25 volunteers with 4 serving at any one time. TAFY has extended their hours and now are open daily except Sunday.

Every other month on the 3rd Saturday, Unity in the Olympics provides a hot meal to the clients at TAFY. Alice Alexander spearheads this contribution and many in the congregation bring home-cooked food to the church, while others donate money for TAFY and Alice purchases food to add to the meal and delivers it to TAFY headquarters.

If you would like to provide food for TAFY, the next date is Saturday, March 17th. Please have your food at the church by 2:30pm that day. For those who want to help with money instead of bringing food, you can make a donation to TAFY in the offering plate (mark TAFY on your check or cash envelope). Or you can give money directly to Alice, who will convey your name and amount of donation to TAFY and they will send you a notice at year-end for tax purposes. If you make a donation through Unity in the Olympics, the church writes a check to Alice and then sends your taxable deduction letter at the end of the year when they send their other donations and tithes notices.

As for what Unity can do for TAFY going forward, the best thing we can do is continue to promote TAFY. Talk to your friends and tell them just what TAFY does for its at risk clients. We are pleased to support this organization that provides loving assistance to those who face major life challenges.

Pictures courtesy of Alice Alexander



TAFY Building and Nursery



THE TWELVE POWERS
February

The power for this month is Strength

The ability to endure, stay the course, persevere.
 Disciple—Andrew
 Area of the body—Loins
 Color—Spring Green
 Affirmation— "I have the strength to accomplish all that is mine to do."

PERSISTENCE

The art of love ... is largely the art of persistence.

— Albert Ellis (1913-2007), American psychologist

We've been asked to write this article because George stated in a recent bio that he "now resides in Sequim with Annette, **[my] wife and best friend of nearly 40 years.**" The questions we're asked to address are:

Why do we think our marriage and friendship has lasted for forty years?

Have our metaphysical studies helped us with communication?

Do we have any advice for others who would love to hear how we both cared for and supported each other?

We'll start with a quote from the French writer Antoine de Saint-Exupery (1900-1944):

"Love does not consist in gazing at each other, but in looking outward together in the same direction." We both have often observed that we most definitely would *not* have been attracted to each other had we met in our twenties or thirties. And even when we did meet in our early forties, we were in very different situations. Annette was returning to her childhood home after a 20-year nursing career in New York City, a single parent now beginning graduate study in developmental psychology. George was in a dysfunctional marriage, raising two young boys at the other end of town, but with a blossoming career as a government technocrat. But through an increasing variety of casual contacts, we discovered that we were both Explorers, hoping to continue growing and learning despite the profound transitions we were facing in our lives. And we were "looking outward in the same direction," seeking to expand our spiritual development by transcending the boundaries and limitations our histories had attempted to impose.

So we became friends, then best friends, at a time when we both desperately needed friends and "old" friends had fallen away or were failing us. A shared love of music, especially jazz, helped; and a common religious background created an opportunity for us to work together teaching a youth class at the local Lutheran church, where we "went outside the box" to find possible answers in other faiths and cultures — and, most of all, in meditation. The resulting *sympiosis* has flourished through ups and downs, unpredictable twists and turns, but our theme song, Cole Porter's "Don't Fence Me In," hasn't changed and neither has our mantra, from somewhere in Mark Twain's writings: "They ain't civilized me yet."

We hasten to add that these are not *ego* statements. We use them to assert a holistic, non-judgmental perspective where the heart dominates, not the head. But that is not to say that "anything goes" with us, because we both have a strong dislike of persons, institutions, or situations dominated by fear. And that is why we are attracted to the positive, creative teachings and community of Unity.

— *Annette & George Lindamood; 17 Jan 2018*

Vision Statement

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

Sunday Celebration Schedule

February 4th: Rev. Donna Little
"The Game is On!"

February 11th: Kim Perkins
"Any Port in a Storm."

February 18th: Rev. Donna Little
"Living Principle."

February 25th: Lauren Lane Powell
"Everything is a Gift." **Plus**

Monday, February 26th, 6:00 p.m.

"Forgiveness Workshop." Details coming.

Meditation 10:00 - 10:15 a.m.

Worship 10:30 a.m.

Fellowship time following service



Also at UitO:

Wednesdays, 6:30-8:30 p.m.

"Book of Joy Class." with Rev. Donna Little

Friday, Feb. 9th, 7:30-8:30 p.m.

Jeshua Meditations, Rev. Eva McGinnis
Facilitator. Sponsored by Oakbridge Univ.

Thursdays, 1:00-3:00 p.m.

"Way of Mastery Class," Charles Mawson
and Pat Coughlin Mawson, Facilitators.

Wednesday, Feb. 28th, 5:30-6:30 p.m.,
Prayer Force. Please Join Us!

Silent Unity February 2018 Affirmations

Inner Peace

I relax and breathe in the peace
of God.

Guidance

As a creation of divine love and
wisdom, I am guided in all that I
do.

Healing

My body is energized by the
healing life of Spirit.

Prosperity

I am a channel for the flow of
abundance.

World Peace

Open to infinite love, I practice
peace.



LICENSED & ORDAINED UNITY MINISTER

Rev. Donna Little

LICENSED UNITY TEACHER

Margaret Denstad

BOARD OF TRUSTEES

Teia Stitzel, President
Duane Morris, Vice President
Kim Perkins, Treasurer
Charles Mawson, Secretary
Flora Todt, Trustee
Erik Simpson, Trustee

DAILY WORD

Thursday, February 1, 2018

Protected

*"The peace and presence of
God dwells within me and my
loved ones."*

"Infinite wisdom and strength are
available whenever I have deci-
sions to make regarding well-
being and direction."

*"And who is a rock besides our
God?-the God who girded me
with strength, and made my way
safe."*

-Psalm 18:31-32

Peace,
Robbin

MISSION STATEMENT

Unity in the Olympics provides an
accepting place in which to experience
the Peace, Love, and Oneness of the
Christ within so that we may more
fully express these gifts in the world.

UNITY IN THE OLYMPICS

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