

# *In Unison*

Appreciation fills my heart  
and fuels my gratitude.

*March 2020* The Monthly Newsletter of **Unity in the Olympics**

## **Growing A Grateful Heart**

By Tim West, Unity in the Olympics Introduction by Rev. Sandra Campbell

**The word *appreciate* means to increase in value.**

Some people have a knack for knowing the true worth of things long before their value is revealed. What you appreciate appreciates! The same is true for us.

Unity cofounder Myrtle Fillmore [spoke words of gratitude](#) for her body and, as a result, experienced a miraculous healing from a terminal illness. By appreciating her body, her body appreciated in value and became the catalyst for the Unity movement.

**When we speak words of kindness, love, peace, and joy to ourselves and others, we are looking beyond appearances and seeing through a spiritual lens.**

## **What you appreciate appreciates**

We appreciate all that we are, all that we do, and all that we came here to be here at Unity in the Olympics. You are our reason for being.

Being a facilitator of appreciative inquiry I discovered many ways in the corporate world to grow an organism. At the heart of all my discoveries, I found genuine gratitude and appreciation to be the most productive and predictive. When we are more passionate towards those things that matter to us (such as material objects and life experiences) we add to their intrinsic value. We tend to take “better care of” and “hold a special place” for that which we appreciate. In return, it better serves us as a whole.



When we think of the perfect union, the mind and the heart working in balance and harmony with ease and grace, we see that all things are an exchange of energy. Just as in a successful lengthy marriage, individual energies combine and magnify when the sum of the parts compliment each other throughout their dream together. Remember the days where we were taught that words such as “Please” and “Thank you” lead the way in appreciation and lined the path to a shared good. WE increase the value of US when we appreciate all the positive energy and attributes that we share together.

As we place into position the right and perfect minister, music ministry, communications

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## Opening a Compassionate Heart

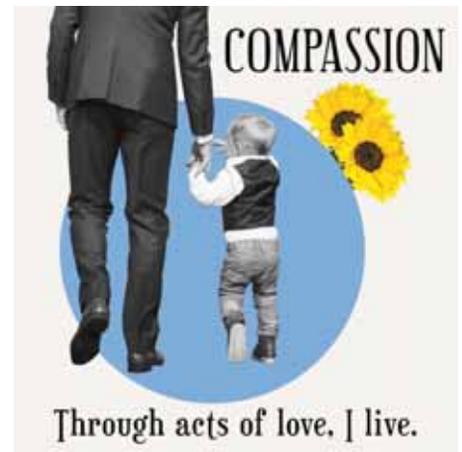
So much of our suffering arises from a [sense of feeling separate and alone](#). Every day there are countless opportunities for us to allow ourselves to be touched, to allow ourselves to be seen.

Yes, just as I discovered all those decades ago, when you open yourself to [conscious acts of love](#)—both the giving and receiving—you may feel uncomfortable. And, simultaneously, renewed and restored. This is the power of living through acts of love: The more you give, the more you can receive.

**Where can you open to the love that is all around you?** Where can you deepen your gratitude and appreciation for the acts of love that touch you every day?

A hot cup of tea brought to you in the morning, flowers blooming in your garden, a cat's purr, a friend's hand in yours, or even a smile from the cashier at your local supermarket. Every moment is an act of love. And it is through these acts of love, we live. *(Excerpt from the article "Compassion" by Rev. DeeAnn Morency)*

Want to further develop your creative spiritual practice? Read more about [social action](#) and other [Spiritual Tools and Practices](#)



## Finance Report *submitted by Tim West*

### Finances for January 2020

The Total Income for January was \$4,247.95 and reflects a Net Income for the month of -\$231.78. All accounts payables have been paid. All expenses were expected. The service contract for GoDaddy, our web-host service provider, was paid as an annual contract in January which in the past was paid via direct congregant payment. January reflects additional office expenses and contract services for end of year income tax preparation.

**Our 38/38 Vision update:** Attendance for the month of January averaged 22 attendees per Sunday with the average weekly tithe being \$39.46 per person.

### Tithes for the month of December, paid in January,

totaling **\$573.00** were sent to Silent Unity, Unity Northwest, Unity Worldwide Ministries, Serenity House, the Port Angeles Food Bank and to Rose House. In addition the Board approved the transfer of \$50.00 each to the Minister's, the Building, the Contingency and the Music Fund accounts.

### Opportunities for Giving and Supporting **Unity** in the Olympics

The **AmazonSmile** program is a great way to shop and at the same time support Unity in the Olympics. Set up your Amazon account by selecting Unity in the Olympics as your choice of charity, and we receive a credit.

**Do you have ideas that will help us grow?**

**Let us know!**



# Lenten *and* Compassionate Heart Resources



*Write It  
on Your  
Heart*

The acts of  
kindness  
journal



It's Free! Just go on-line and order at  
<https://www.unity.org/publications/resource-materials/fasting-feasting-2020>

<https://www.unity.org/resources/articles/how-kindness-journal-came-be>

## Our Church Finances

January 2020 Income	
Tithes/Offerings	\$3,712.25
Rental Income	\$290.00
Book/Lit Sales	\$00.00
Classes & Workshops	\$245.00
Fundraising (other)	\$00.00
Special Events	\$00.00
Memorial	\$00.00
Misc. (interest)	\$00.70
<b>TOTAL INCOME</b>	<b>\$4,247.95</b>
<b>Tithes (December paid in January)</b>	
Silent Unity	\$95.00
Unity Northwest	\$95.00
Unity Worldwide	\$95.00
Rose House	\$96.00
Sequim Food Bank	\$00.00
TAFY	\$00.00
First Step	\$00.00
PA Food Bank	\$96.00
Serenity House	\$96.00
<b>TOTAL TITHES</b>	<b>\$573.00</b>

January 2020 Expenses	
Advertising & Promotion	\$62.00
Consulting	\$250.00
Copy Machine	\$191.01
Guest Speakers	\$600.00
Insurance Expense	\$216.49
Interest Expense	\$4.87
Internet & Phone	\$82.13
Outside Services	\$30.00
Music	\$275.00
Payroll Expenses	\$1,028.35
Supplies: Worship	\$49.38
Supplies: Office	\$78.62
Misc: PayPal fee	\$19.17
Postage	\$44.00
Tithe Expense	\$573.00
Utilities	\$498.89
Website	\$193.88
Other: Classes	\$282.94
<b>TOTAL EXPENSES</b>	<b>\$4,479.73</b>
<b>Net Income</b>	<b>-\$231.78</b>

God is my help in every need;  
God does my every hunger feed;  
God walks beside me, guides my way  
Through every moment of this day.

I now am wise,  
I now am true,  
Patient and kind,  
and loving, too;  
All things I am, can do, and be,  
Through Christ the Truth, that is in me.

God is my health,  
I can't be sick;  
God is my strength, unailing, quick;  
God is my all,  
I know no fear,  
Since God and Love and Truth are here.

## Thank you for filling the Seats with Love.



Unity in the Olympics collected **38** stuffed animals to be released in the community by first responders to children in times of crisis. Thank you for filling them with love!.

## March Happy Birthdays!

7 <sup>th</sup>	Pat Coughlin Mawson
16 <sup>th</sup>	Jodi Hall
20 <sup>th</sup>	Bob Medsker
21 <sup>st</sup>	Robbin Eaves
21 <sup>st</sup>	Nancy Issacson
23 <sup>rd</sup>	Kim Perkins
31 <sup>st</sup>	Ray Gruver

## WHAT I APPRECIATE ABOUT UITO

- I came to sing.
- I came for Fellowship with Like-Minded kind people.
- I came for Joy.
- Great Potlucks.
- Open my Heart to Spirit; God Love.
- I am here for Spiritual Guidance.
- I am here for Fellowship with Christians.
- Friendships.
- Connection with People.
- Love.
- Teia's energy & her welcoming unconditional love.
- The Unity message.
- "Let There Be Peace on Earth."
- Hugging.
- Encouragement by all to all.
- Acceptance without judgement.
- Participation by Congregation in all aspects of worship & activities.
- Friendly & open faces & arms.
- Seeking Spiritual expression through Knowing God.
- The Circle.
- The Casual Atmosphere.
- The People.
- Family.
- Open Hearts.
- Caring.
- Fellowship.
- Spiritual Home.

## Notes from the Congregation



### Question for March

**“What is your vision  
for our  
Music Program?”**

Photos Courtesy Tim West



## HANK AND CLAIRE

SONGS TO TOUCH YOUR HEART AND  
FUNNY BONE

**Sunday March 8th, 10:30 a.m. Service**

Hank Payne and Claire Favro have been singing tight-harmony duets together since 2008. In that time they've released two CDs, gotten married, and settled near Seattle, WA. *Hank and Claire* per-

form folk (traditional and contemporary), swing, standards, and a few originals. Hank's "Shade Tree Mechanic" won a prize in the 2016 Tumbleweed Music Festival Songwriting Contest. They sing a cappella or with guitar, bowed psaltery, dulcimer, and banjo.

**"Enjoy sweet harmonies, a bit of sentiment, some fun, and a big dose of heart?"**



**Reminder: Set your clocks *ahead one hour* Saturday night!**

unity

Annual Renewal of MEMBERSHIP

Please update your most current information.

Member Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Member ID: \_\_\_\_\_

Please continue my membership in 2020

Not a Member

I would like to update my membership & contact information

Email  Print

Our **Membership Team** is **Coordinating with Members and Friends** to update our records with **YOUR** current contact information. Please respond when you receive our Letter or email requesting Contact data. Thank you, so much!

Return the forms to: **Unity in the Olympics Church** or **Call 360.457.3981**  
2917 E. Myrtle  
Port Angeles, WA 98362

## *Interfaith Spiritual Read Continues: Active Hope*

*Thursdays 2:00 - 3:30 pm, M.E. Bartholomew, Facilitator*

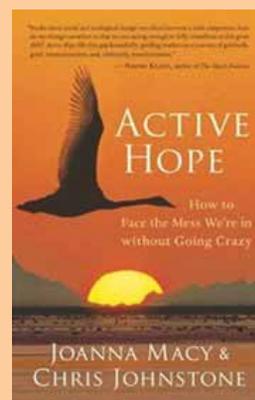
**2020 Winter Read "Celebration of the Journey":**

**When:** Friday, March 20th, 6:30-9:00 p.m.,

**Where:** Olympic Unitarian Universalist Fellowship  
1033 Barr Road, Port Angeles, WA.

**The Friday evening Celebration event will also be the opening of a weekend workshop to deepen in "The Work That Reconnects" Saturday March 21 & Sunday March 22, 2020."**

**For more information check our Facebook page!**



## Where does Lent come from, and how do we "do" Lent?

The Lenten season developed as part of the historical Christian calendar and is typically celebrated by Catholics and some mainline Protestant churches that follow a liturgical calendar. Although its format has varied throughout the centuries and throughout different cultures, the basic concept remains the same: **to open our hearts to God's refining grace through prayer, confession, fasting, and almsgiving as we anticipate Easter, New Life.**

The goal is to honestly examine your life in light of God's Word and to make a commitment to change in any areas you feel are not in alignment. A good way to start an examination of conscience is by **praying** Psalm 139, verse 23-24: **"Search me, O God, and know my heart; Try me and know my anxious thoughts; See if there be any hurtful way in me, And lead me in the everlasting way."** Fasting is a way of denying ourselves the excesses of life so that we might be more attuned to God's voice. It is also a way of disciplining yourself, strengthening your "spiritual muscles" so to speak, so that when temptations arise in life, you are already used to saying "no" to your desires.

### **"How Do You Keep a True Lent." *Compiled by Alice Alexander***

According to a 2020 Unity publication, Lent is a season. It is a season of preparation for Easter. It begins on Wednesday, Ash Wednesday, February 26, 2020 and continues 40 days plus six Sundays until Easter on April 12<sup>th</sup>. "Lent is a season of spiritual growth, a time for progressive unfoldment," Fillmore wrote in *Keep a True Lent*, which was published posthumously in 1953.

Much of Fillmore's instruction on Lent reflects mainstream understanding. He wrote that observing Lent involves fasting, which means "abstaining from." Abstinence is overcoming human consciousness during the 40-day observance, he said. Fillmore called on his followers to abstain from errant thinking and to meditate upon spiritual Truth until the achievement of oneness with God.

**Eva McGinnis** writes that when she was growing up in the Catholic Church it was about identifying with Jesus "giving up" his life for us. So the idea was to give up something you liked so it would hurt.

Eva continues to say that she stepped out of that tradition many years ago and let that practice go. But when she got into metaphysical teachings, she recalled the practice of "giving up" and saw it in a different way. Now she sees it as releasing habits and things that no longer serve your highest good. Fasting has become a way of turning away and releasing patterns or negative thoughts or old beliefs. For example, she focused on giving up resentments against people who she thought had wronged her and she felt freer for it. Another practice was releasing habits that no longer served her. One year she released drinking all carbonated soft drinks, when she found out they leach calcium from your bones. When she started it as a Lenten "give up" for the 40 plus days she was able to completely stop the use of carbonated beverages.

Because it takes at least 30 days to change a habit, she likes the Unity approach of substituting positive **habits for the not so loving habits.**

**Pat Mawson** shared words of **Pope Francis**. Some of his suggestions were: Fast from hurting words and say kind words, Fast from sadness and be filled with gratitude, Fast from anger and be filled with patience, Fast from worries and have trust in God. Pope Francis went on with many

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**Kim Perkins** said she is giving up judgment of others and herself. She wants to give up preconceived notions and assumptions about how others behave. She wants to stop judging herself by some imagined perfectionist standard and allow her heart to fill with more love and acceptance and grace for all.

**Teia Stitzel** said that she would give up negative emotions and unhappy thoughts that keep her from her true God self and being aligned with Christ Centered thinking.

**Robbin Eaves** says, "What I am giving up for Lent: The use of negative conversations to myself. **Why:** I recently was at my physical therapy session for my partial knee replacement surgery in December. My therapist was instructing me on an exercise. As I was struggling to accomplish the exercise I was talking to myself in a negative manner. After completing the exercise she said, "Don't be hard on yourself you are doing great considering it's only been two months since your surgery." I immediately replied, "My negative talking to myself comes from being raised by an alcoholic." I was shocked that I had said that and my therapist was shocked too. So I decided then and there that I was going to "let that pattern of negative self-talk go." Later when I came to work at Unity in the Olympics, I opened the **Unity "Fasting and Feasting 2020"** Lenten pamphlet that was on my desk. In Rev. Eric Butterworth's article on page one he states, "No matter what people say or do, no matter what may happen around you, take up the idea, "Why should I let these things determine how I am going to think or act?" Keep the spirit of joy, the attitude of gratitude, in good times and bad." This is an excerpt from Celebrate Yourself! By Eric Butterworth (Unity Books, 1984)



### Circle of Love

Thank you God for our church and the love and care we show for everyone.

Photo Courtesy Duane Morris



## Vision Statement

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

### Sunday Celebration Schedule

**March 1st: George Lindamood**  
*"Judas: Reconsidered."*

**March 8th: Duane Morris**  
*"Agni Yoga-A Living Ethics."*

**March 15th: Roy Holman**  
*"Play as Spiritual Practice."*

**March 22nd: Rev. Bill Evans**  
*"Allowing God's Light  
through Our Lives."*

**March 29th: Rev. Eva McGinnis**  
*"Welcome Home Beloved."*

#### BOARD OF TRUSTEES

Duane Morris, **President**  
Charles Mawson, **Vice President**  
Vacant, **Treasurer**  
Vacant, **Secretary**  
Jerry Austin, **Trustee**

#### ADMINISTRATION

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

#### LICENSED & ORDAINED UNITY MINISTER EMERITUS

Rev. Donna Little

#### LICENSED UNITY TEACHER

Margaret Denstad

### SUNDAY SERVICES

Meditation 10:00 a.m.    Worship 10:30 a.m.    Youth Center 10:30 a.m.  
*Fellowship time following service.*

### Coming Up in April

#### **Guest Speakers**

April 5th:    Rev. Donna Little  
April 12th:    TBA  
April 19th:    Rev. Asha Burson  
April 26th:    Rev. Bill Evans

#### **Special Events & Services**

Palm Sunday  
Easter Sunday  
Choir Sunday, Potluck, Board Mtg.



**Also:** Wednesday April 22nd: 1:00 p.m. Prayer Force, Please join us!

### 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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Port Angeles, WA 98362  
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Email: [uito@olympen.com](mailto:uito@olympen.com)  
[www.unityintheolympics.org](http://www.unityintheolympics.org)  
**Office Hours Mon., 10 a.m. to 12:00 p.m.**  
**Wed., 10 a.m. to 2:00 p.m.**