



# *In Unison*

The monthly newsletter of Unity in the Olympics

May 2017

## **Why You Don't Have to be Perfect**

By Dr. Dain Heer

Do you try to be perfect? To get it right? To not get it wrong? Do you strive to do things the way you are supposed to in order to feel good enough?

Many of us have the point of view that we have to be perfect. If our parents required perfection, if our teachers compared us to other students or always pointed out where we were wrong, if our friends made fun of the things we did, we may have bought into the idea that perfection is what is required.

People often think that striving for perfection is beneficial – that it somehow makes you better. It's actually not true. Perfectionism is very damaging. Perfectionism puts us in a constant state of judgment; always trying to be good enough while believing that we are not, always trying to feel ok about ourselves while believing we are wrong.

What if you didn't have to be perfect? What if you could simply be you? What if being you makes you far greater than all of the striving of trying to get it right?

No matter how long you've been stuck in the perfection trap, you can change it by using these three tools:

### **1. When you notice that you are judging you – STOP**

You CAN stop judging you. It is possible and it begins with a choice.

The moment you notice that you are judging you, imagine a stop sign or a hand in front of you. That stop sign or hand is your reminder to stop judging. Now, ask this question, "What's right about me that I'm not getting?" The moment you ask this question, the judgment dissipates and you start to perceive the gift of you rather than the wrongness of you.

### **2. Greatness Not Perfection**

The idea that seeking perfection makes us better is not true. Seeking perfection keeps us in the self-perpetuating cycle of never enough; never right enough, never good enough, never successful enough. No matter how good you are, it's never enough.

Instead of striving for perfection, let's strive for greatness. In greatness, you allow yourself to be greater than you were yesterday and you don't judge you for not being enough. In greatness, you recognize that the "mistakes" you make actually contribute to you being greater today than you were yesterday. In greatness, you see that every choice you have ever made has created the person that you are today.

Perfection is the judgment of you. Greatness is the gift of you that includes all of you and judges none of you. Choose greatness.



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THANK  
YOU

*To Sandra Blanchard and Barbara Mitchell for volunteering to coordinate volunteer services.*

*To Charles and Pat for donating white boards for volunteer sign-up.*

*To Alice for her many years of dedicated service to UITO on the Board of Trustees.*

*To Kim for filling in as Board Secretary so Jan could visit her family on Easter Sunday.*

*We know you enjoy the talents you share and we are grateful that you share them here at UITO.  
Blessings!*

## MAY BIRTHDAYS

10<sup>th</sup> Zoe Bayton  
16<sup>th</sup> Carl Alexander  
19<sup>th</sup> Debbie Fredson  
22<sup>nd</sup> Akasha Atherton  
27<sup>th</sup> Kim Soares

"A birthday is just the first day of another 365-day journey around the sun...Enjoy the trip!"

*Happy Birthday!*



### 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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**Office Hours: Mon. & Wed., 10 a.m. to 3 p.m.**

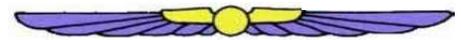


### SUNDAY CELEBRATION

Meditation 10:00 - 10:15 a.m.  
Worship 10:30 a.m.  
Fellowship time following service

### BOARD OF TRUSTEES

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



### LICENSED UNITY TEACHER

Margaret Denstad

## Our Church Finances

March Income		March Expenses	
Tithes/Offerings	\$ 3309.00	Advertising & Promotion	\$ 0.00
Rental Income	300.00	Bank Service Charge	0.00
Book/Lit Sales	11.00	Building Improvements	261.00
Classes & Workshops	167.05	Computer & Internet	37.95
Special Events	0.00	Copy Machine	0.00
Fundraising	95.83	Food for Potluck	0.00
		Guest Speakers & Music	800.00
<b>TOTAL INCOME</b>	<b>\$ 3882.88</b>	Insurance Expense	187.26
		Janitorial & Lawn Care	130.00
<b>Tithes (Feb. paid in March)</b>		Payroll	1262.01
Silent Unity	\$ 100.00	Postage & Delivery	98.00
Northwest Region	100.00	Office Supplies	33.50
Unity Worldwide Min.	50.00	Telephone	59.35
MANNA	50.00	Tithe Expense	392.00
Rose House	92.00	Utilities	24.82
		Worship Supplies	60.00
<b>TOTAL TITHES</b>	<b>\$ 392.00</b>	<b>TOTAL EXPENSES</b>	<b>\$3345.89</b>



SPRING

POTLUCK

Sunday, May 21st  
After the Service

*Continued from Page 1*

### 3. Start Living Your Life Now

Where are you limiting you? Are there places in your life that you say, "When this happens, then I can do this..."? For example, "When I lose weight, then I can date." Or, "When I get my college degree, then I can have the career I desire."

When you leave your house, do you wait for all of the stop lights to turn green before you go? No! You leave the house, you get in the car, you drive and you navigate as you go.

Start to live your life this way. All of the lights may not be green but don't let that keep you from starting. Start now! Where would you like to go in life? What would you like to do? What would be fun for you to create?

When you aren't letting perfectionism control you, you can change anything. You don't have to have it all figured out. Start, choose and navigate along the way.

Ask yourself, "What's one choice I can make today to start creating the life I desire right away?"

Perfectionism doesn't exist. Ask anyone who's ever created a book or a piece of art, built a building, architected a park, it's never perfect enough. At some point, they simply decided to let it go and to be a gift of creation in the world.

If you will let go of the illusion of perfection, you will lose the judgment of you that will allow you to be the greatness of you, because in the greatness of you there is no judgment, no wrongness and no limitation. In the greatness of you there is ease and joy and the freedom of life and living. It starts with a choice. It starts with a question. What IS right about you that you're not getting?

*Dr. Dain Heer is an internationally renowned author, speaker and facilitator of consciousness and change and Co-creator of Access Consciousness. This article was reprinted with permission from ConsciousLivingTV.com. To access more articles by Dr. Heer, go to [drdainheer.com](http://drdainheer.com)*



## *Recipe for Beauty*

*Molly C. Rodman*

*How much more beautiful are trees  
When blossoms come from them in May!  
How much more beautiful are you  
When loving words are all you say!*

*How much more beautiful the sky  
When sunset gives it golden hue!  
When every thought is tender, kind,  
How much more beautiful are you!*

## The Interfaith Community of Clallam County Invites You to: Listening Circles



**When:** Tuesday, May 9th, 2017 at 6pm

**Where:** Holy Trinity Lutheran Church, 301 East Lopez, Port Angeles

**What:** Listening Circles are a type of dialogue that fosters curiosity, compassionate understanding and deeper respect for the experiences of each person present.

**Who:** Members of churches and faith groups, including those not affiliated with a church; followers of spiritual practices, including those who are “spiritual but not religious.” Invite friends. All are welcome.

**Why:** At their best, religions and spiritual traditions inspire billions of people in wise and wonderful ways. Interfaith dialogue, at its best, is people deeply rooted in their own tradition creating a bridge across differences to respectfully share with one another.

**How:** A multi-faith team will facilitate the evening. Participants share their personal understanding and experience on a group topic.

**Topic:** Who was the major teacher for you as a child? Who inspires you now?

For more information, contact Marilyn Eash at [marilynnoe@msn.com](mailto:marilynnoe@msn.com) or (360)477-0681.

### THE TWELVE POWERS MAY

The power for this month is **POWER**

The ability to master,  
have dominion and control.

Disciple—Philip

Area of the body—Root of the tongue

Color—Purple

Affirmation—

*I have the power to create my world.*

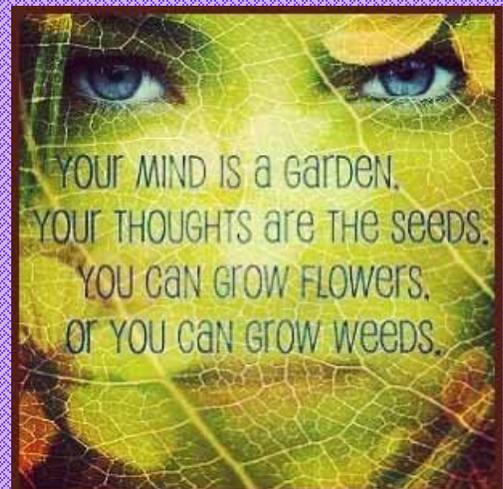
Our spiritual power of dominion is not to be used on others, but on our own egoic self. As we mature spiritually, we claim dominion over our thoughts and our actions. We need not be victims of what we think. We can claim our divine power to be and become the Christ Consciousness expressing.

*Centered in the consciousness exemplified by Jesus, our Way Shower, we are powerful spiritual beings.*

*Rev. Pat Veenema*

We can, in the words of the apostle Paul, transform our selves through the renewing of our minds. The power to choose our thoughts is our birthright.

Rev. Pat Veenema



# Bits & Pieces



Spring Bloom at UITO



Easter Life Board Alive with Flowers



Retiring Trustee Alice:  
Many Thanks!



Sheena and the Easter Bunny

## NOTES FROM THE BOARD OF TRUSTEES:

The Board met on April 16th. Charles Mawson, Duane Morris, Kim Perkins, Erik Simpson, Teia Stitzel, and Flora Todt were present.



**Finances:** The March tithe was \$388 (see distribution in next months "Church Finances"). From income, \$100 each was allocated to the Minister's Search Fund, the Building Fund and the Contingency Fund. The transfer of \$261 from the Bathroom/Sewer Fund to the Operating Fund was approved to cover the cost of permits. The church will provide \$150 to Teia and Rev. Donna for lodging and travel to attend the leadership conference in Lynnwood. A gift costing up to \$50 will be purchased for outgoing Trustee Alice Alexander. Repairs to the front entry-way roof of \$1491 was paid to Earth Tech from the Operating Account.

**Administration:** Board Officers were elected: Teia Stitzel (President), Duane Morris (Vice President), Jan Wyman (Secretary). Barbara Mitchell, Co-Coordinator of Volunteers reported progress on gathering information and setting up a service sign-up board. Charles provided a sample "Incident Report Form" our renter could use. The Annual Meeting Questionnaire analysis was discussed: 70% of the congregation wants a full or part time minister. Music was also considered an important element. Rev. Kathryn will be asked to play guitar once monthly. It was decided musicians will be paid \$100 per service. Rev. Donna Little was hired as temporary part-time minister for at least the next six months.

**Next Board Meeting:** May 21st at 12:30.

*What We're Reading:*

## The Peace Book

### 108 Simple Ways to Create a More Peaceful World

By Louise Diamond



The second edition of this book was released after the attack on the World Trade Center in 2001. “It calls each and everyone one of us to action in our daily lives, to create a culture of peace.” Then as now, “We are...witnessing, in world events, the logical consequences of a way of life based on separation and dominance. We have a rare opportunity to choose a new path for our evolution.”

From the second edition prologue:

*Now more than ever, we need to practice speech that includes, not divides...*

*Now more than ever, we need to reach out to those who seem different...*

*Now more than ever, we need to build bridges of dialogue across the divisions in our human family...*

Now more than ever, we need to mend what needs healing in all our relationships...

Now more than ever, we need to see ourselves in the other...

Now more than ever, we need to be the peace that we seek, and live what we want for our children.

The 108 suggestions could be used as daily devotionals. Each is just a few paragraphs long and include stories, resources and suggestions for further reading. Beginning with **Inner Peace**, the first suggestion is **Breathe**: Its importance as a stress reliever; learning to breathe deeply; techniques for mini-meditations. The second is **Relax**: Learning to tighten and relax muscle groups; becoming aware of “favorite” tense spots in the body and relaxing them; relaxing to music; relaxing in or around water. Some selections from other chapters include: **Broadcast from the Peace Frequency, Understand the Hypnotic Effect of Violence, Adopt One Place in the World as Your Special Concern, Change One Thing in Your Environmental Habits, Give Teenagers a Safe Place**, and many more small steps that can make a big difference and enrich life.

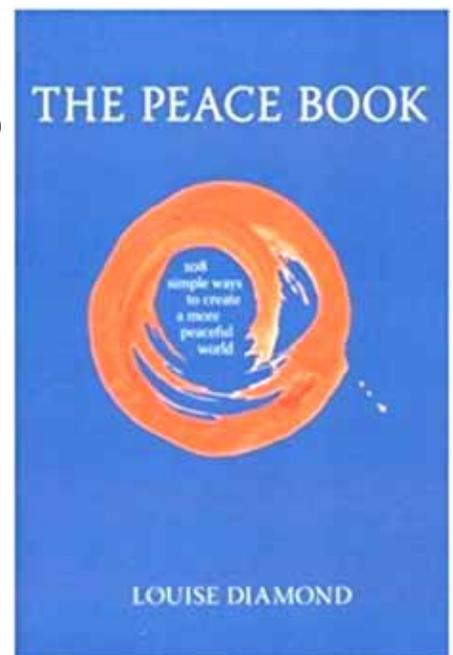
Other chapters in the book concern (among other issues) children, business, diversity, social and environmental justice, always promoting peaceful ways to engage in creating peace for all.

**The Peace Book** is available in our library (Dewey Decimal #151.1) or on amazon.com or other used book sellers.

Also by Louise Diamond:

## The Courage for Peace: Daring to Create Harmony in Ourselves and the World

“Based on her life's work and that of other peace-builders, Louise Diamond has uncovered the four spiritual principles that create the essential foundations for peace. This text explores the practical applications of these principles in her writing and analysis of the peace process.” Available on amazon.com for \$9.32. Reviewers give it 4.5 stars out of 5.





## Lowell Fillmore's Daily Meditations

**SUNDAY:** God's love is my salvation.

**MONDAY:** I harmonize my disturbing feelings by thinking loving, forgiving thoughts.

**TUESDAY:** All things in my life and affairs work together for good when I love God with all my heart.

**WEDNESDAY:** I will open my mind to let God's love be expressed through me to heal, bless, and prosper me.

**THURSDAY:** As I give love to my neighbors I receive love from them according to the law: As you give you receive.

**FRIDAY:** I love God so truly that I can feel His love in my life and affairs at all times.

**SATURDAY:** God's love, active in me, saves me from being distressed by the changing in-harmonies of the world.

From *Weekly Unity*,  
May 15th, 1966

### CRYSTAL BOWL WORKSHOP

Fridays 11 am—12 noon

SHIPLEY CENTER

9210 Hammond St.

Sequim, WA

Presenters: Charles Mawson  
& Pat Coughlin Mawson



Sponsored by: Creative Changes

### Meditations Guided by Jeshua's Words as channeled by Judith Coates Eva McGinnis, facilitator The 2nd & 4th Fridays from 7:30—8:30 p.m.

The focus of the ongoing meditation experience will be to deepen (or start) your meditation practice as you breathe and relax into Jeshua's beautiful healing words. "In this sacred space of Oneness you can reconnect with Spirit energy and experience Jeshua's blessing. As we join together we will create an even more powerful energy of Peace and Love." Judith Coates. (Love offering accepted)



Sponsored by Oakbridge University