

In Unison

July 2020

The Monthly Newsletter of

Unity in the Olympics

IN THE ZONE

By Rev. Donna Little, UitO Minister Emeritis

“Perfect Vision: Seeing Through a Spiritual Lens,” is the annual theme for Unity in 2020. Perfect vision has nothing to do with how far our eyes can focus without assistance. It’s all in how we see the world.

Each month of 2020, we are practicing a different affirmation to focus our attention on a particular way of seeing the world or looking for specific qualities in events and people.

For the month of July, our affirmation is “Play—I play “in the zone”—free and unrestrained. Many of us like the idea of Play, very much; but how many of us actually practice the art of playing?”

A Practice is the customary, habitual, or expected procedure or way of doing of something; i.e., a nursing practice, or an office practice. As a verb, to Practice means the act of doing something again and again in order to learn, improve or maintain a level of skill; i.e., Ballet or running.

And to Play means to engage in activity for enjoyment and recreation rather than a serious or practical purpose, like taking part in (a sport). Doing something enjoyable & entertaining.

The way that a thing is done is a Practice; we do it over and over to maintain our skill. Play may look at the same activity, but see it differently; because, we are doing it for entertainment and fun. And, some activities help us maintain our skill level and they are fun. Maybe these are the ones that help us find the **Zone**.

Psychologist Mihaly Csikszentmihalyi defines “being in the zone” as “flow” —a state of heightened focus and blissful immersion. In [his Ted Talk](#), he describes the experience like this:

“There’s this focus that, once it becomes intense, leads to a sense of ecstasy, a sense of clarity: you know exactly what you want to do from one moment to the other... Sense of time disappears. You forget yourself. You feel part of something larger.”

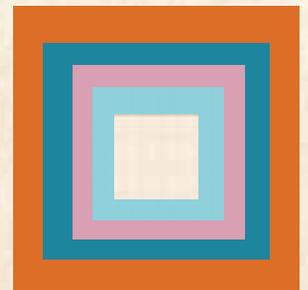
At the [unity.org tab](#) called “Spiritual Tools and Practices” you will find more resources to apply to the idea of Play and other affirmations for the months of 2020.

Unity Spiritual Tools:

Meditation

Meditation is the conscious direction of one's attention to the inner self.

We will be using Meditation as a Playful Practice on July 19, for The White Stone Ceremony. This is a way of doing Meditation where we are guided through an experience of release and given a new spiritual name to center and guide us through our next period of grow-



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“With all that is going on right now, please check your mail box and email regularly for any communication updates pertaining to the status of our Unity community. I will be sending out information as soon as it becomes available.”

- Duane



President's Corner

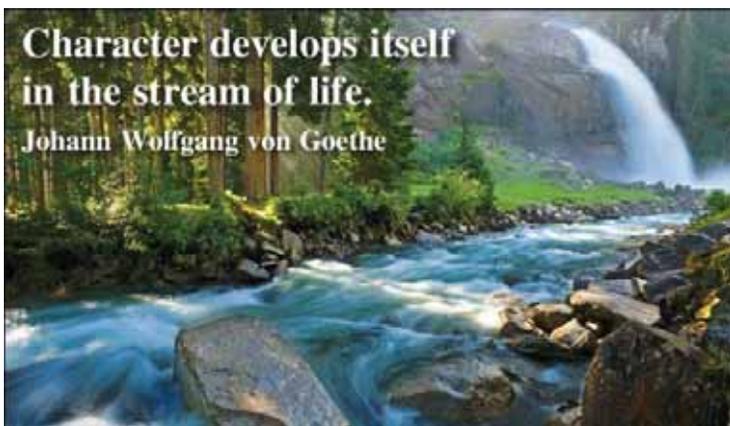
Unending Stream

by Duane Morris

If we were to stand aside from ourselves atop some high, mystic hill, look down on our life, it would not be unlike a stream, and we could see, with eyes free from past or future, how days and months and years flow together, how all is swept along in the ceaseless progress of spirit.

There are no isolated incidents in life, but they may seem so. No experience comes to us that is completely foreign to our consciousness, that has no relation to what we are. Things that seem so tragic now, pass on into an unending stream.

Can you remember the doubts, worries or fears of last year? Are they still as frightening, as important, as they were then? Next year and the year after, will you even be able to remember them? And today's fear, which keeps your mind from rest and peace—will it be different from all the rest? It will not. It too will pass.



Soon the stream of life flows on. We might say “I'll never be happy again,” “I'll never love again,” but almost before the echo of our words has died away we have turned our life toward the new, and laughter and light and love gesture to us from the future.

What we are today is the result of all that has gone before for us. We would not be the unique individual that we are without our particular background, without having passed through the experiences that life brought to us, without having

made the mental, emotional and spiritual growth that we have made through the years. In the honesty of our soul we must admit that we would not want to be anyone else even if we could be. What we really want to be is the best possible self that we are capable of being.

If we ask ourselves: What is the purpose of life? Why am I here? We may not be able to see our purpose clearly, we may not be able to understand ourselves or our life from a human standpoint, but if we will think for a while on a different plane, if we will ascend the hill of Truth, we shall get a view of ourselves and life that is beautiful and inspiring, that reveals new horizons and possibilities for growth and good. We are a living soul on a living voyage, without beginning or end.

Edited from Martha Smock (1913-1984)

FinanÇe Report

May 2020

During the June 28th Board meeting, held on Zoom, the financial reports for May were presented to the Board of Trustees. The May 2020 Profit and Loss (P&L) statement reflects a total income of \$7,781.05 indicating a net income of \$2,430.10 for the month. All monthly Expenses are current.

The May P&L reflects the PPP loan (Covid 19 non-repayable stimulus income) from First Federal to assist in wages as indicated in last month's Finance Report. This is listed in the Misc. Income category.

In addition, during the month of May several designated tithes were given to Unity in the Olympics to purchase technical equipment to be utilized in streaming services. Half of the equipment purchased is reflected in the May expenditure line with the balance to be reflected in the June Profit and Loss Statement expenditure line.

The May Tithe allocation of \$778 was rounded up to \$780 and dispersed to six organizations each receiving \$130: Silent Unity, Unity NW Region, UWM, First Step, the Port Angeles Food Bank and the Sequim Food Bank.

Currently all services that would be traditionally offered in the building are available on-line through Facebook and YouTube. With the conversion to digital services at this time our weekly 38 people/ \$38 tracking has been discontinued. Our average online viewership for our Sunday Celebration Service during the Month of May was 58 on Facebook and 6 on YouTube.

Please keep your tithes and offerings coming in by mail or visit our website at www.unityintheolympics.org and click on the yellow "donate" button! Through the web-site you may make your donation by Debit Card, Credit Card or PayPal.

Income	
Misc. Income	3,741.05
Rent Income	175.00
Tithes/Offerings	
Special Donation for Aud/Vis	100.00
Tithes/Offerings - Other	3,765.00
Total Tithes/Offerings	<u>3,865.00</u>
Total Income	<u>7,781.05</u>
Gross Profit	7,781.05
Expense	
Advertising and Promotion	62.00
Audio/Visual Equipment Purchase	1,682.04
Bank Service Charges	
Paypal Fees	30.68
Total Bank Service Charges	<u>30.68</u>
Copy Machine	120.97
Dues and Subscriptions	100.00
Guest Speakers	600.00
Insurance Expense	216.49
Interest Expense	1.60
Internet and Phone	81.96
Music	31.29
Payroll Expenses	
Admin Assist Wages	610.32
Administrator Wages	680.00
Payroll Expenses - Other	81.47
Total Payroll Expenses	<u>1,371.79</u>
Tithes Expense	637.00
Utilities	365.13
Website Direct Exp	50.00
Total Expense	<u>5,350.95</u>
Ordinary Income	<u>2,430.10</u>



*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

What is the "Prayer Force"?

by Rev Donna Little

I moved to Sequim at the end of May, 2015, and I began attending Unity in the Olympics right away. Although I knew a bit about Unity, I had been a Unity Minister for eleven years, I was not acquainted with Uito. But I did know that most all Unity Churches have the same basic belief structure, and we can differ, somewhat, in the way we practice the details.

For example, Uito calls its Prayer Team, "Prayer Force". As most of you already know, I have an Inquiring Mind; and Inquiring Minds want to know "WHY?" After asking the question "WHY?" for five years, I found no one who could provide an answer. So, I decided to go to Headquarters, as Charles Fillmore used to say. I started asking in my Prayers and Meditations, "What does 'Prayer Force' mean?"

I see the lineage of our "Prayer Force" Team through George Lucas' **Star Wars**.

The **Force** is a mysterious energy field created by life that binds the galaxy together. Harnessing the power of the **Force** gives those who are sensitive to this spiritual energy extraordinary abilities, such as levitating objects, tricking minds, and seeing things before they happen.

In real life, it doesn't exist exactly the way it's portrayed in **Star Wars**, but the force is very real. Because at its most basic, the force is ultimately the ability to use our minds to affect the world around us.

How do you think the name "Prayer Force" came about for our Uito Prayer Team?

Let me know what you think about the name, the process and anything else you want to know about Prayer at Uito.

RevDLittle@gmail.com

How May We Pray with You, Today?

Prayer Support is always available at Unity in the Olympics ♥

Email us at uito@olympen.com or call us at 360.457.3981

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

While Our Sanctuary is closed during July 2020

The Letters FROM GOD that we wrote during the Burning Bowl Ceremony, last December, will be mailed to you on Monday, July 13, 2020.

ALSO, Please notify Rev Donna by Monday, July 13, 2020, if you want to receive a



Unity Spiritual Tools—Continued from page 1

Self-Care

Self-care is being willing and committed to rejuvenate your soul and find your center—the place of unshakable peace and stability where you can weather the storms of ourselves.

Be Grateful.

Bring your attention to your heart. You might want to place your hand on your heart, feel the heartbeat, and thank yourself for taking a minute to care for your soul. Then find one thing you are grateful for in this moment.

"Perfect Vision: Seeing Through a Spiritual Lens," reminds us we have choices.

The following article was written before the announcement of the pausing of moving to Stage Three from Clallam County Board of Health.

"What is Mine to Do?"

by Alice Alexander

It appears that our state is deciding to let our churches open up to small groups of worshipers as we move through the corona virus phases. I am sure this is good news for a lot of people who have isolated themselves and are missing their church friends, but I am struggling with my response.



I want to get back to 'normal', but I am not sure I am ready for 'normal'. The decision to return to a church building is a private decision when the county opens up in phase 3. Some of you are eager to pick up where we left off, but I am not sure that I feel safe to do so at this time. The virus appears to be spreading and I am not sure 'normal' will ever be the same.

I listen to Sunday services on-line and do prayer force via zoom. It's good to see my friends on the zoom screen and I feel safe watching them.

The world has been in a crisis state for a long time with materialism and selfishness among other problems. The time-out the Country has received has been a time to reflect and reconsider things we used to feel were important.

I'd like to stay in this time-out for a while longer. I want the country to heal before I go back out into it.

I have talked to others before writing this article and would like to share the words of Marguerite Snell:

"Yes it is time. I feel like it is time and we need our community to get better. Our church is large enough that we could sit safely six feet apart and wear masks." She says she has been carefully isolating and is just now beginning to go out some, "but it is time to get back to our church community."

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So once again, it is a personal decision to join our friends in our church building. Let God work through you and help you know what is right for you.

Whether you decide to attend in the physical or via the internet, know that Unity in the Olympics is here for you.

That's the beauty of CommUnity!

Alice Bretches Alexander, is one of our Unity in the Olympics' volunteers that gifts UitO with her time, talent and treasures. Alice is a history sleuth of the Pacific Northwest. She has compiled many of her explorations into several publications about the Elwha River and the area's early settlers including "A Pioneer Family: Homesteading The Upper Elwha River Valley" and "Lake Crescent - Gem of the Olympics."



Do you have a story about Unity in the Olympics' for our next "InUnison" edition? We'd love to hear your story! Email or call us at uito@olympen.com or 360-457-3981.

A New Way of Being

by Charlotte Coachman

Independence: *the fact or state of being independent*

Interdependence: *the dependence of two or more people or things on each other*

We celebrate this time of year with family, food, time off work and fireworks to mark our independence from Great Britain. With the Declaration of Independence, which was signed 244 years ago, we became a sovereign nation. Thus separating us from British rule and shifting us, as a nation, to interdependence with each other to continue building on the ideals we have held so dear. Today we are realizing our spiritual independence and interdependence.

Spiritual independence: *the cognizance of the power of free will, choice and awareness*

Spiritual interdependence: *to consciously engage with ourselves and others in ways that honor and nurture our connection with all of life*

We are shifting from our head to our hearts and souls employing those qualities that Jesus lived by and passed on to us. We are embodying what Charles Fillmore quoted as: **"the twelve powers, or twelve interdependent aspects of the Christ self, within us"**. Those being: Faith, Strength, Wisdom, Love, Power, Imagination, Understanding, Will, Order, Zeal, Elimination and Life. All are independent powers yet interdependent upon one another to express the whole spiritual aspect of self. Studying and applying one of these will connect to others of the twelve. Our independence is precious. The Creator of All Things gave us free will. However, to use our independence, or free will, wisely we must stay in tune with our spiritual nature and realize the interdependence we have with each other and this beautiful planet we live upon.

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What is unfolding now in this world that we have created is a shift to that higher interdependence that will benefit all beings. During great change there is always great chaos. Yet, in all of this upheaval, there is a rising up to a new way of being. Each of us contributes something to that uplifting as we practice the powers we have been blessed with. Reach out your hands and heart to your neighbors, friends and family.

Due to the surge of Covid-19 illness in the State of Washington, and the recent announcement made by the Clallam County Health Department, we are suspending all public events at our physical location in an effort to help keep our community safe. The facility will remain closed to all gatherings throughout the month of July. We deeply appreciate your understanding as we continue to monitor the situation.



Unity in the
Olympics
@unityofportangeles

Did you find us on Facebook?

[facebook.com/unityofportangeles/](https://www.facebook.com/unityofportangeles/)



Find us on
Facebook

How to view the Unity in the Olympics' Sunday Celebration Service on Facebook

Many have asked, "How do I find and watch Facebook Live videos on Facebook?"

If you don't have a Facebook account you can still view the service.

From your browser type in <https://www.facebook.com/unityofportangeles/>

Your search engine will take you to a description listing that states **Unity in the Olympics - Home/ Facebook**. Then click on "Videos." Look for the date of the service you wish to view or tap on "Live".

If you have a Facebook account (Please note that these are general instructions):

1. **Open Facebook** Facebook app has a blue icon with a white "f". Tap the icon on your home screen or apps menu to open the Facebook app.
If you are not automatically logged in, enter the email address or phone number and password associated with your Facebook account. Then click **Log in**.
2. **Tap the icon that resembles a TV screen.**
3. **Tap the magnifying glass icon** in the upper-right corner to display the search bar at the top of the screen.
4. **Enter "Unity in the Olympics" in the search bar.** The search bar is at the top of the screen. This allows you to filter videos that interest you.
5. **Tap on Live.** If you are viewing the service at 10:30 a.m. on Sunday. (It will not appear until then)
6. **OR Tap the video.** Live videos have a red icon that says "Live" in the upper-left corner. Tap a video image or title below the video to view the video.
7. **Tap the X icon or back arrow to stop watching.**

Variations occur based on if you have a PC or Mac, type of phone or notepad that you are using.

For More information visit <https://www.wikihow.com/Watch-Facebook-Live-Video-Broadcasts>



Vision Statement

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

Sunday Celebration Schedule

July 5th

Duane Morris

"Brotherhood of Humanity"

July 12th

Rev. Pat Coughlin Mawson

"The Freedom to Love"

July 19th

Rev. Donna Little

"White Stone Ceremony"

July 26th

Rev. Bill Evans

"The Be Attitude"

BOARD OF TRUSTEES

Duane Morris, **President**

Charles Mawson, **Vice President**

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Charlotte Coachman, **Trustee**

ADMINISTRATION

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@olympen.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 98382** 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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