

August

In Unison

The monthly newsletter of Unity in the Olympics

August 2016

Cate Montana is a fearless explorer of inner and outer worlds. She has a master's degree in psychology and writes and speaks about evolutionary psychology, intelligent evolution, consciousness and quantum physics. She has traveled to sacred places around the globe and hob-knobbed with shamans and yoga masters. Cate puts on a one-woman show that you won't want to miss when she's **our guest speaker August 21st and 28th.**



You Are Not Who You Think

Once upon a time my step-dad insisted that the only place to raise a kid was on a farm with room to roam and lots of horses and dogs and cats and cows to play with. It was probably the only thing we ever agreed on in our 48-year relationship. But, by God, it was the only thing that really mattered.

As an only child living on a 350-acre farm in Virginia, I was left alone a LOT. And I turned to nature for answers to the questions I asked my parents and teachers, priests and nuns—things like “Who am I?” and “What is God? What’s life for?” and “What’s death?” ... all the important stuff they wouldn’t, or, as I finally figured out, *couldn’t* address in any sort of sensible way.

The whole God-is-a-white-man-with-a-beard-in-the-sky thing seemed primitive to me at age twelve—an intuition that only deepened as I got older. So, at age 30 when I finally figured out the way society had things rigged was a total crock (a steady job, money, and a double-car garage full of crap will make me happy ... um ... really?) I turned to “spirituality” and not religion for answers.

That was a deep dive—at least the way I approached it—a dive that involved ditching my lucrative TV job as a sports editor for ABC, NBC & CBS, leaving my great Atlanta condo, and heading to the woods where, for six years, I lived alone in cabins with no indoor plumbing in the middle of nowhere, examining my navel.

It took that for me to even begin to unravel the bullshit in my brain—all the stuff I’d learned at home and in school and in the work world—all the pat answers—all the programming—all the “right” things to do and think and believe. And from there ... well, from there the search for Truth with a capital “T” only deepened.

I won’t go into all the ins and outs here—the hundreds of books read, the gurus followed, the years in south and central America working with shamans and sacred medicine plants, the inner psychic realms explored, the fear, the wonder, the exultation as the walls in my mind began to crumble, the profound gratitude I felt as my heart tentatively followed, the time in India. That’s all detailed in my book *Unearthing Venus*.

What I want to get across here is that, from a very early age I wanted answers. REAL answers. Not fabrications and stories and belief systems from other times and other people. I took Jesus’ word for it when he (apparently) said, “The kingdom of heaven lies within” and went looking for it. And I found it. And in the process learned the mechanics of what keeps humans outside the gates.

The kingdom of heaven is not a fantasyland in the sky. It is a STATE OF MIND. A state of mind that is obscured by the veil of what we think we know and think we are and think we must be and

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**To those working on our
50th Anniversary Celebration:
Alice, Jan & Charlotte**

**To Rev. Donna for
conducting classes &
to Tim for bringing treats**

**To Akasha for arranging
flowers for Sunday**

**To Robbin for the beautiful bulletins
and electronic announcements**

**To Teia for juggling many tasks
to keep us going**

**To Duane for his many
Garden talents and tasks**

**Your generosity
touches us all!**

AUGUST BIRTHDAYS

- 3rd Linda Reidel**
- 5th Susan Kreml**
- 12th Penny Gruver**
- 14th Roger McGinnis**
- 19th Lou Lawrence**



*Age is strictly a case of
mind over matter.
If you don't mind
It doesn't matter.*
Jack Benny

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

2917 East Myrtle Street
Port Angeles, WA 98362

Phone: 360-457-3981
Email: uito@olyopen.com
www.unityintheolympics.org

New 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
Alice Alexander, Treasurer
Charles Mawson, Trustee
Kim Perkins, Trustee
Erik Simpson, Trustee

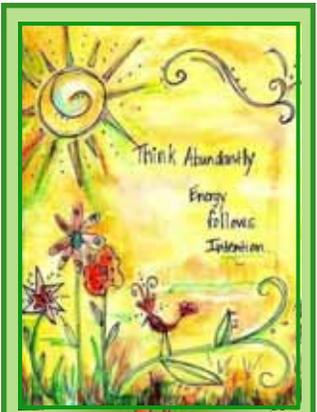


LICENSED UNITY TEACHER

Margaret Denstad

Our Church Finances

June Income		June Expenses	
Tithes/Offerings	\$ 3388.50	Advertising & Promotion	\$ 92.04
Rental Income	545.00	Bank Service Charge	36.10
Book/Lit Sales	2.75	Child Care	60.00
Classes & Workshops	78.00	Computer & Internet	37.95
Fund Raising	0.00	Copy Machine	171.71
		Dues & Subscriptions	0.00
		Guest Speakers	800.00
TOTAL INCOME	\$ 4014.25	Insurance	184.24
Tithes (May, paid in June)		Janitorial	100.00
Silent Unity	\$ 100.00	Office Supplies	24.98
Northwest Region	100.00	Payroll	848.36
Unity Worldwide Min.	100.00	Building Maintenance	224.93
MANNA	50.00	Telephone	61.18
Dream U	50.00	Tithe Expense	491.00
TAFY	50.00	Utilities	261.36
Hospice	41.00	Worship Supplies	204.55
TOTAL TITHES	\$ 491.00	TOTAL EXPENSES	\$3598.40



Letting Go Affirmation

I AM Prosperity

I let go of the misconception that anyone or anything can withhold from me all that is abundant.

Sunday August 14th

Following the Service
Roast Chicken Provided
 Bring a Summer Salad or Dessert

The Big Potluck

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what we think reality is—a veil better known as the ego.

The E Word is the sum total of what I've learned so far about both the "kingdom of heaven" and the ego (or at least what would fit in a 200 page book.) And I really had no choice in the writing of it. Spirit/Source Intelligence/Life/the Universe/God—whatever you want to call it—pummeled me relentlessly until my years-long silence was forcibly shattered and it all spilled out on the page. And now ... well, now we're here. Apparently.

So welcome. I hope you find hope here. For despite appearances to the contrary, this is actually the most hopeful time and age and stage in human evolution ever.

There really is such a thing as Truth. And, although I call it by another name, if we eradicate ALL the desperate human projections, storybook fears, superstitions and legend-based dogmas about "God," and learn to expand our minds into a totally different and fabulously abstract dimension of thought and subtle inner knowing (a BIG job but we're finally up to it!) I will even go so far as to say there is such a thing as God.

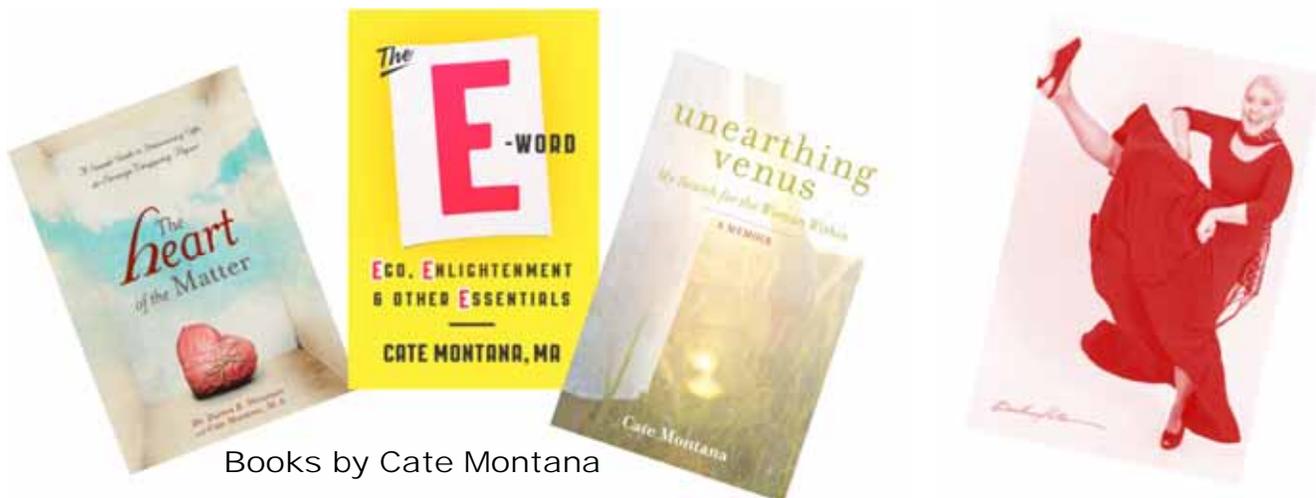
But if we're going to use the "G" word (a word fraught with millennia of misunderstanding and thus endless bloody warfare) you need to know this: Quantum physicists (and all great mystics) are aware that existence/Creation is composed of limitless, interconnected, interpenetrating energy/information fields. There is no such thing as inside and outside, "over here" and "over there" in Creation. Science has proven what profound meditation also reveals: Everything—all existence—is ONE unified whole.

Unfortunately, this wholeness is the *one* thing the ego cannot see, understand, or relate to because its existence is based in the false perception of physical separation. And herein lies ALL of humanity's problems—including yours.

So, this is what "I" am about and what my books, talks and workshops are about: giving you the opportunity to discover all the things you should know about how life works, how perception works, the mechanics of the ego and the erroneous views it holds about life and self and reality.

Once you know that stuff, life gets better. In fact it becomes potentially great because you finally know what you're dealing with. And then, for the first time ever, the tiller is in your hands. And for the first time ever you have the freedom to be what/who you really are.

That is the goal.



Books by Cate Montana

Seen Around

♣ TAFY youths and counselors having a fun-filled Fourth of July barbecue and celebration at the church. Our neighbors were contacted about plans for fireworks in the parking lot and were quite okay with it...even joined in with their own.

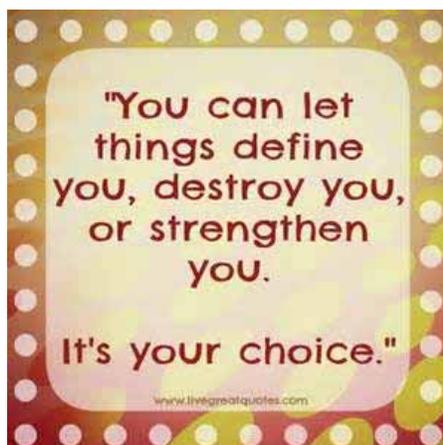
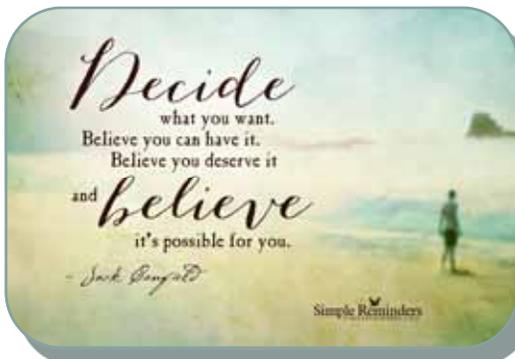
♣ Bumper Sticker: Meditation is not what you think.

♣ Grandmothers and Granddaughter having a grand time. Alice Alexander and Allie on an over-nighter in Kitsap shopping, beach-combing, dining and catching a movie. Jan and Lauren Wyman hiking to Marymere Falls, swimming at the Lodge, getting soft-serve at Granny's, going to the movies for "The Secret Life of Pets" and "The BFG" ("Big Friendly Giant" was the hands-down favorite).

♣ T-Shirt Quote: SILENT and LISTEN have the same letters...coincidence?

♣ Charlotte Coachman walking Relay for Life with team "Never Say Never" captained by Anita Bonham. They raised over \$2800 for cancer cure research.

♣ Tim West in action teaching a children's church lesson...inspiring!



THE TWELVE POWERS AUGUST

The power for this month is **WILL**:

The ability to choose, decide, command, lead, determine.

Disciple—Matthew

Area of the body—Front of brain

Color—Silver

Affirmation: *I choose my good based on spiritual understanding*

Expectation

By Dorothy Pierson

*O God,
I will enjoy this day!
My expectation is of good.
I am open to the new
Though it may not yet be
Understood.*

*If I find myself in a place
I have not been before,
Though I cannot see the outcome,
I trust You even more.*

*Today I set my mind
In tune with Your loving care.
I will enjoy this day
And look for You
Everywhere!*

Lowell Fillmore's Daily Meditations

SUNDAY: With the help of God I meet every problem in a loving, peaceful way.

MONDAY: The changes in the world have no power over the Christ in me.

TUESDAY: God's love, through Christ, can overcome the storms of the world.

WEDNESDAY: I am not disturbed by the troubles of the world, because I am lifted above them on the wings of God's love.

THURSDAY: God's love is eternal and unchanging while hate, fear and greed come and go in the minds of men.

FRIDAY: Greater is the Spirit of Christ in me than the imagination of the minds of men.

SATURDAY: I have nothing to fear when I have faith enough to know that God is with me.

From Weekly Unity, August 7th, 1966

NOTES FROM THE BOARD OF TRUSTEES MEETING:

The Board met on July 17th. Alice Alexander, Duane Morris, Kim Perkins, Teia Stitzel and Charles Mawson were present. Charlotte Coachman, guest. Kim provided lunch.

Finances: The June tithe was \$401. The Board allocated \$100 to the Minister's Search Fund and \$400 to the Bathroom/Sewer Fund. The Bathroom/Sewer Fund balance is \$9743 (\$2091 was withdrawn for the new shed). The Minister's Search Fund balance is \$5306.

Administration: Our computer will be updated to Windows 10. There was discussion about upgrading our website.

Maintenance: Arrangements are being made to increase timed and spot watering of the gardens due to the warm weather.

Construction: There was discussion concerning plumbing, outlets and grab bars for the bathroom remodel.

Next Board Meeting: August 14th.



[The Interfaith Community of Clallam County](#)

Invites you to: [Listening Circles](#)

Tuesday, August 2 at 6 p.m.

Holy Trinity Lutheran Church, 301 East Lopez, Port Angeles

Topic: *What is a common misunderstanding about your religion or faith practice? And what is one helpful insight?*





Hell in the Hallway, Light at the Door:

How to move gracefully through Change into Renewed and Abundant Life

By Rev Ellen Debenport, Unity Minister, Wimberley, TX

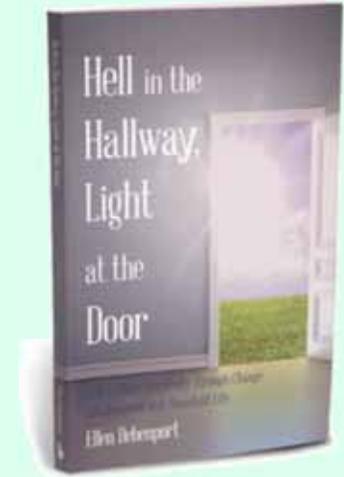
"WHEN ONE DOOR CLOSES, ANOTHER ONE OPENS, BUT IT CAN BE HELL IN THE HALLWAY."

The hallway is that place between jobs, between relationships, after a death or divorce, whenever life as you know it has changed, and you don't know what's coming next.

No matter how difficult or painful, the hallway can be a place of tremendous inner growth and renewal.

Ellen Debenport understands that every challenge in life is spiritual, whatever the circumstances. She will walk with you through the dark until you can see light at the door.

- » Find out which kind of hallway you have entered.
- » Learn the spiritual steps to move through transition.
- » Create what you want behind the next door.



Hell in the Hallway, Light at the Door will lessen your fear of change and open your heart to the gifts of a renewed life.

Book Study Dates and Times:

Wednesdays, 6:30 ~ 8:30 p.m.
July 27th ~ Sept. 7th
(No Class on August 3rd)

Facilitator:

Rev. Donna Little
214.549.4944

Book Available on Amazon.com

New and Used Copies (order soon)
Use Smile.Amazon.com and
Support [Unity in the Olympics](#)

Reading Schedule:

7/27	Introduction ~ Ch 5 (VII-XIV & 1-34)	
8/3	No Class	
8/10	Ch 6 ~ Ch 10	(35-71)
8/17	Ch 11 ~ Ch 14	(73-111)
8/24	Ch 15 ~ Ch 18	(112-151)
8/31	Ch 19 ~ Ch 21	(153-185)
9/7	Ch 22 ~ Ch 24	(186-215)

Meditation Practice:

5:30 ~ 6:30 p.m.
7/27, 8/17, 8/31



Save the Date

Unity in the Olympics

50th Anniversary

Open House

Sunday September 25th

After Service

We're planning to have appetizers, cake and punch. A continuous slide show is being created from our old photos. We're also inviting old friends to join us, so if you are in contact with former attendees please invite them or pass their addresses on to us for an invitation. Please bring your favorite finger foods, and reminiscences. Say hello to some old friends and maybe make a few new.



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