



In Unison

The monthly newsletter of Unity in the Olympics

September 2016

The Story of Ho'oponopono

"Clean, erase, erase and find your own Shangri-La. Where? Within yourself."

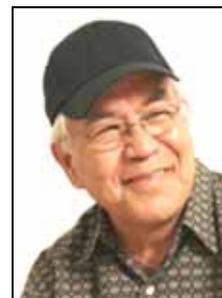
Morrnah Nalamaku Simeona



Morrnah Simeona

Ho'oponopono (pronounced "hoh oh pohno pohno") in its original form, is an ancient Hawaiian spiritual healing practice presided over by a kahuna and designed to mediate a dispute between individuals by helping them realize their part in creating the situation. Morrnah Nalamaku Simeona (1913-1992), daughter of the last Kahuna La'au Kahea or priestess who heals with words and herself a Kuhuna, refined and modernized the practice so that all the cleaning and healing processes involved could be performed on and by oneself. She created "The Foundation of I" to teach the practice to a world-wide audience. One of her star pupils was Dr. Stanley Hew Len who worked with her for over ten years and took over teaching classes after her passing.

Sometime during this period, Dr. Len, a clinical psychologist, was assigned to take over as head of a particularly troublesome clinic at the Hawaii State Hospital that housed the most violent and mentally unstable criminals in Hawaii. The inmates suffered from deep psychological disorders and had committed violent crimes such as murder, rape and kidnapping. They were unpredictable and menacing and were never allowed outside in the yard. Though heavily shackled, staff hugged the walls when inmates passed as hardly a day went by without an attack on employees or fellow prisoners. The staff worked in an atmosphere of intense fear and there was much absenteeism. It was said that the mood at the facility was so negative that new paint wouldn't dry on the walls. Whether this oddity can be explained another way or not, it's an apt metaphor for the dense negativity enshrouding the place.



Dr. S. Hew Len

When Dr. Len was hired, the staff expected another new person with grand ideas who would succumb to the horrid, dreary situation and leave in a month or two. Instead they found Dr. Len to be cheerful and smiling, naturally relaxed and eager to share this odd practice called Ho'oponopono with anyone who showed interest.

Dr. Len began pouring over inmate's personal files and applying Ho'oponopono to each individual. Though he never worked one-on-one with any of these people, he realized and acknowledged his responsibility in bringing them into his world, and asked forgiveness for whatever it was in his energy field that was negatively affecting these individuals, and his and their collective worlds. Slowly over time the atmosphere began to lighten and clear. Inmates seemed more sociable, more engaged with their environment in positive ways. The walls stayed painted, staff began tending the gardens without fear, the tennis courts were repaired and some inmates were well enough to be allowed to play tennis with staff. Shackles came off and medications were reduced. More and more inmates were given permission to go outside without incident. After four years, the last two inmates were transferred to another facility and the clinic was closed.

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THANK YOU SO VERY MUCH

*For the bounties of summer:
Erik's cherries which resulted in
Barbara's cherry pie
Donna's peaches which resulted in
Tim's peach pie—Yum!*

*To the Jeshua group for providing
Potluck lunch on August 7th*

*To Akasha for taking over
janitorial duties and
arranging flowers for Sunday*

*To Nancy for cleaning up after our
August potluck while others were in
the Board Meeting.*

*To the many angels helping
to make our 50th anniversary
celebration special*

SEPTEMBER BIRTHDAYS

- 4th Muriel Faunce
7th Charles Mawson
14th Barbara Miller
19th Jerry Austin
19th Glenda Totten-Hatch
24th Eva McGinnis
28th Debbie Mangano



*Love is old, Love is new,
Love is all, Love is you.
The Beatles*

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@olympen.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

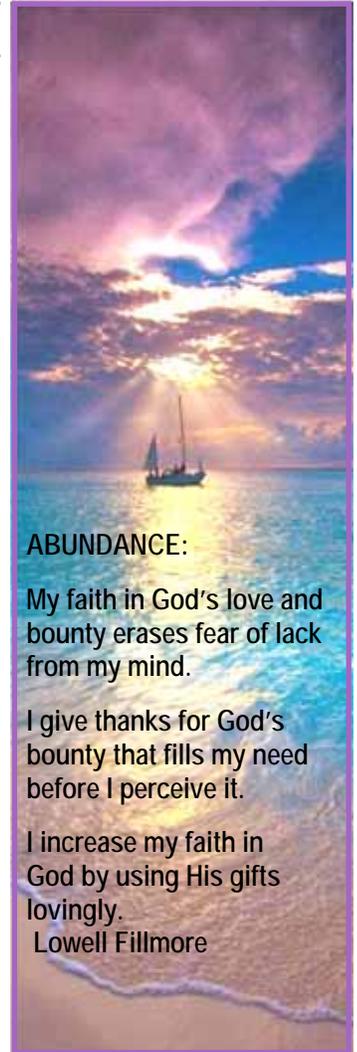


LICENSED UNITY TEACHER

Margaret Denstad

Our Church Finances

July Income		July Expenses	
Tithes/Offerings	\$ 3974.00	Advertising & Promotion	\$ 92.04
Rental Income	145.00	Bank Service Charge	8.80
Book/Lit Sales	10.00	Child Care	80.00
Classes & Workshops	97.50	Computer & Internet	37.95
Fund Raising	0.00	Copy Machine	341.00
		Dues & Subscriptions	0.00
		Guest Speakers	650.00
TOTAL INCOME	\$ 4226.50	Insurance	184.24
Tithes (June, paid in July)		Janitorial	90.00
Silent Unity	\$ 100.00	Office Supplies	0.00
Northwest Region	100.00	Payroll	928.08
Unity Worldwide Min.	50.00	Postage & Delivery	47.00
MANNA	50.00	Telephone	61.63
Dream U	25.00	Tithe Expense	401.00
TAFY	25.00	Utilities	320.36
Hospice	51.00	Worship Supplies	120.00
TOTAL TITHES	\$ 401.00	TOTAL EXPENSES	\$3356.10



ABUNDANCE:

My faith in God's love and bounty erases fear of lack from my mind.

I give thanks for God's bounty that fills my need before I perceive it.

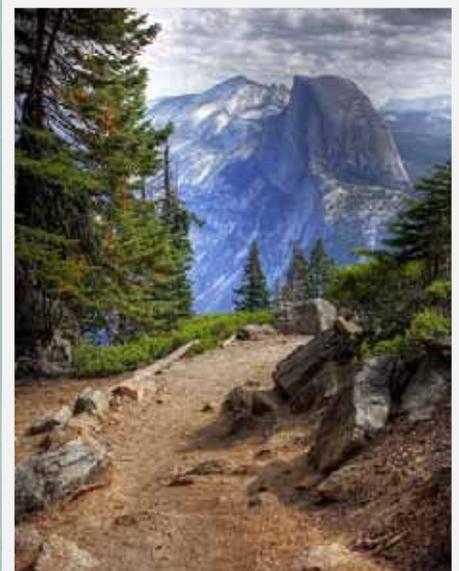
I increase my faith in God by using His gifts lovingly.

Lowell Fillmore

“We may seem to pray and pray without results, but every word of Truth we speak, every affirmation of God’s presence and power, has its impact on us and works in us to heighten our awareness, to bring us to the place where we go beyond the words of prayer or the affirmation to the Clear, Vivid Realization.”

***—Martha Smock,
Halfway Up the Mountain***

(This Unity classic is available in our library)



Continued from Page 1

We all know that there is power in forgiveness...that we're to forgive our "enemies" seventy times seven, which seems to imply an ongoing process. But when practiced in the wrong frame of mind, forgiveness can be an act of elevating ourselves above those we perceive as our enemies. "You have behaved badly, therefore, because of my superior spiritual state, I will bestow my blessing on you even though you don't deserve it". Ho'oponopono eliminates this. There is no "other" out there causing us grief. We attract people and situations in accordance with our state of mind. It's our attitude, our perception that makes the world...not someone or something outside ourselves.

For example, go to any social event and though it's the same event for all who attend, each individual will perceive it differently...some will have a good time, some will not, some will come away annoyed or depressed or enthusiastic...the list of possible reactions is endless. Each person has created their own world as a projection of their mind. But we shouldn't switch blame for our discomfort from "the other" to ourselves. Blame and fault should not be in our vocabulary. Instead, any uncomfortable situation calls for us to take responsibility for our healing...and thereby, the world's.



So how does Ho'oponopono work to heal us? It's a three-step process. First we recognize that whatever comes to us is our creation, the outcome of bad memories buried in our mind (perhaps even from another lifetime). Next we express regret for whatever errors of body, speech, or mind caused those bad memories and ask the Divine Intelligence within us to release them and set us free. And finally, we say thank You (God).

The "short-hand" version can be summed up in this little prayer applied to a person, a situation, an ailing body part, or whatever seems to be upsetting our world: "I love you, I'm sorry, please forgive me, thank you." It's simple, it's powerful and it's a great addition to your collection of spiritual practices. Try it!

Story by Jan Wyman

UNITY
WORLD DAY
of PRAYER
September 8, 2016



DISCOVER
The Power Within
UNLEASH
Your Divine Potential

Make a Positive Difference Through Prayer

You can be a part of [World Day of Prayer](#) in several ways:

- ♥ Fill out and submit your [Prayer List](#) with the names of those you would like us to bless during a 24-hour prayer vigil in the Silent Unity Chapel on Sept. 10th.
- ♥ Light a [Virtual Candle](#) and watch the [Online Map](#) light up as our world community shines in prayer.
- ♥ Find a [Participating Center](#) near you.
- ♥ Check the schedule of [Unity Village Events](#) available via livestream at worlddayofprayer.org
- ♥ Join us in prayer from wherever you are by affirming:

As I pray, I connect my highest thoughts with my deepest faith.

For more information and the links mentioned above go to:
<http://www.unity.org/wdop/participate>

A COMMUNITY EVENT:
International Global Unity Days...Tomorrow Together
September 11—September 21



Schedule:

9/10...Vigil for Victims of Violence: City Pier 7-8 pm: Creating memory flags for display and release, music, sharing flowers (No candles please)

9/11...Day of Service: Service projects at Serenity House, First Step, Food Bank, Healthy Families; followed by a fellowship meal at Holy Trinity Lutheran Church (452-2323)

9/13...Listening Circles: Diversity listening respectfully; speaking honestly: Holy Trinity, 6-7:30 pm. Topic: Global Unity...Tomorrow Together, where and how do we start? (The circle meets every 2nd Tues.)

9/16...Dances of Universal Peace: St. Andrews Episcopal Church, 7-9 pm. Singing & dancing the sacred phrases of the world's religions to raise consciousness & promote peace.

9/17...Peace Choir and Community Sing, followed by Fellowship and Food, Olympic Unitarian Universalist Fellowship, 73 Howe Rd., Sequim, 3-5pm

9/21...International Day of Peace...Blessed are the Peacemakers: An intergenerational worship celebration at Holy Trinity 4:45-7 pm with a common meal and (Messy Church) activities.

For additional information, please contact Marilyn Eash or Rev. Kristin Luana Baumann at: interfaithclallamcounty@gmail.com

Life is about balance.
 Be kind, but don't let
 people abuse you.
 Trust, but don't be
 deceived. Be content,
 but never stop
 improving yourself.



*Happiness is not a matter of
 intensity but of balance and order
 and rhythm and harmony.*
 - Thomas Merton



**THE TWELVE POWERS
 SEPTEMBER**

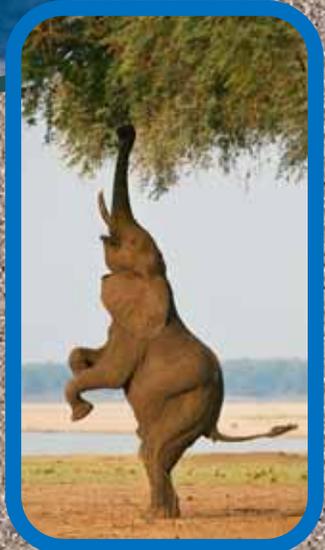
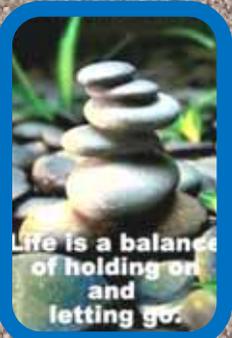
The power for this month is **ORDER:**
 The ability to organize, balance,
 sequence, adjust.

Disciple—James, son of Alphaeus

Area of the body—Navel

Color—Olive Green

Affirmation: *My life is balanced and in order,
 and all is well.*



Peace Choir

Global Unity...Tomorrow Together



Concert and Community Singing

Saturday, September 17, 2016

3:00 pm

Olympic Unitarian Universalist Fellowship
73 Howe Road, Port Angeles

*Freewill offering to benefit
Syrian refugees*

Lowell Fillmore's Daily Meditations

SUNDAY: All things are working together for good as I walk lovingly with my heavenly Father, God.

MONDAY: God is always with me guiding me into paths of righteousness and peace.

TUESDAY: I can do all things well when I work with my Father, God.

WEDNESDAY: I rejoice and give thanks to God as He supplies all my needs.

THURSDAY: I am never lonesome or unhappy as I abide in God's loving presence.

FRIDAY: God is my life, strength, and supply, and I live with Him joyously.

SATURDAY: I have nothing to fear for I know that God is near.

From Weekly Unity, September 4, 1966

Photo: Port Williams by Charlotte Coachman

NOTES FROM THE BOARD OF TRUSTEES MEETING:

The Board met on August 14th. Alice Alexander, Duane Morris, Kim Perkins, Teia Stitzel, Charles Mawson, Erik Simpson and Jan Wyman were present.

Finances: The July tithe was \$422. The Board allocated \$100 to the Minister's Search Fund (new balance: \$5407) and \$400 to the Bathroom/Sewer Fund (new balance: \$10,211).

New Business: Teia wants to create a "volunteer opportunity" dry erase board. Kim says opportunities to serve should also be in the newsletter.

Old Business: The new building rental fees were discussed. They go into effect October 1st. ♥ Duane reported on what would be involved in dividing and selling part of the parking lot. No action is to be taken and much more research and discussion will take place. The Board is examining all options for financing pending upgrades. ♥ The Board is still waiting for an architectural proposal from Charles Smith of Lindberg & Smith concerning our remodel. Alice will call him. ♥ The new shed still needs paint on the inside so we can empty and remove the old shed for salvage.

Administration: There was discussion of splitting the admin. asst. and bookkeeping functions.

Outreach: There was discussion about improving how we greet and acknowledge guests and get information about UITO to them. ♥ There is a new metaphysical study group meeting on North Bagley Creek Road. Three Board members volunteered to meet with them per an invitation.

Next Board Meeting: September 18th. Allie Winters and Tim West to attend to discuss children's church.



"If you are irritated by every rub, how will your mirror be polished?" —Rumi

Unity in the Olympics is celebrating its..



*Sunday, September 25th
Memory Sharing
& Rededication
Service at 10:30 a.m.
A Reception Follows
In the Community Room.
Reminisce with Friends...
Old and New!*

Your Presence would be a Blessing



Unity in the Olympics

Together We're Golden

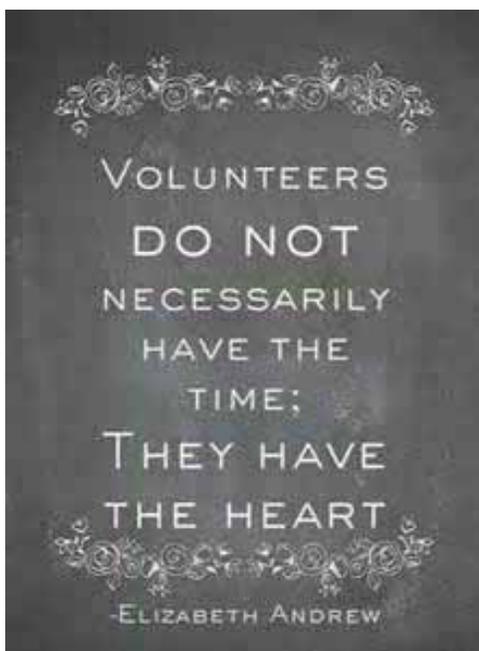
Date: 09/25/16

Service: 10:30 a.m.

Reception: 11:30 a.m.

Slide Show. Open mic for those who want to share memories. Church blessing/rededication. Finger-food, cake and punch. Old photo albums to peruse. Lots of sharing & caring.

2917 East Myrtle Street
Port Angeles, WA 98362
360-457-3981



Opportunity Ads:

Please respond at:
uito@olympen.com - Attn: Jan

50TH ANNIVERSARY:

Card Tables: Do you have a sturdy card table we could use for the reception on Sept. 25th?

Finger Foods: A cake, punch and coffee will be served at the reception. We'd also like a variety of finger foods: Meatballs, small sandwiches, veggies, deviled eggs or other tidbits. Make them small...we're only using dessert plates.

Photographers: We love photos for the newsletter. Please take pics at the 50th or any time and email to UITO.



Reception Set-Up Help: Saturday, September 24th from 6-8 p.m. for table set-up, flower arranging, etc.

NEWSLETTER:

Book Reports: Have you read a book lately that has helped you on your spiritual journey and are you willing to write a paragraph about it for our newsletter? We'd like to have an article called perhaps "What We're Reading". Any ideas for a clever title?

Seen Around: If you've seen something noteworthy happening at church or in our community, or you have a personal event you'd like to share with your Unity family, please submit a line or two for the newsletter.

Thank You: Please be our eyes and ears. If there's someone who needs to be acknowledged for deeds well done, please let us know.





“Going Beyond”

With

Margi Lantos

Author of “Journey Inward” • www.spiritualbridges.com

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**Join us for a fun filled evening with the world beyond the veil!**

**Topic: Transformations in our world and how to work with them**

Margi, Intuitive & Medium, reaches beyond to connect with the other side;  
Deceased Loved Ones, Angels, Spirit Guides and more...  
Bringing messages of Love & Comfort.

**AUDIENCE READINGS!**

At Unity of the Olympics

**Friday September 30<sup>th</sup>, 6:30pm-8:30pm - \$20**

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Margi will present an Empowered Master Class

**Saturday October 1st,
10:30am-3:30pm in the Sanctuary - \$45**

“Enlighten Your Soul: 5 Steps in Healing Illusion”

Master class requires pre-registration – spiritualbridges@comcast.net or call 503 722 8631

Sponsored by Spiritual Bridges

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