



In Unison

The monthly newsletter of Unity in the Olympics

October 2016

Kim Perkins sold her award-winning Florida book store and gift shop to move here near her son. She's an author and speaker, and currently serves on our Board of Trustees.



Ever Feel Out of “Sync”?

Being in sync, in synchronistic alignment, is defined as being in harmony – in accord. Being out of sync means the opposite - being in disharmony – feeling out of it – off balance.

Synchronicity is a word coined by Swiss psychologist Carl Jung to describe the phenomenon of two simultaneously occurring events that appear to have no causal connection but between which meaning exists.

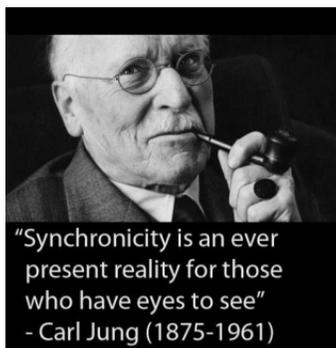
Sometimes we call it coincidence or random happenings, mostly because we don't understand it. The good news is we don't have to understand – we just need to pay attention. We have all experienced synchronicity in our lives. Examples might include:

The day that you receive your last unemployment check, a new job offer comes in.

You are held up in traffic and, due to the delay, run into an old friend that you were glad to see and didn't know how to contact.

You have a sudden insight or answer in meditation and that person or thing appears later in the day.

Or, you are in a hurry to get to an appointment and there are long lines before you. Just as you arrive, a new lane opens and you easily get through without delay.



Synchronicity, or coincidence, is one way that Life speaks to us. Sometimes the messages and answers are subtle, sometimes direct and loud, yet they are always there. It is up to us to listen.

We all know what it feels like to be “out of sync”. Life is pretty tough as we struggle to make sense of it. There is a shortage of time; obstacles appear at every turn, nothing seems to go right. We feel disconnected.

I know that I am out of sync when I allow myself to be lulled into thinking that I am in charge. And gradually, it's just me out here – trying to make life work for me, although I am not really listening to it.

Recognizing that feeling of being off course, alone, and separate is the very thing that can trigger us back into alignment with Spirit.

It's kind of like viewing a television program. When I am looking at a TV movie on the screen, I am involved in how it unfolds and focused on the drama. It seems as if that is all there is to the show.

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To Teia for sweeping the roof

*To Ruth M. for making sure
she didn't fall*

*To Allie for special music
for our 50th Anniversary*

*To those who provided
food for TAFY*

*To Shirley Coker
for the anniversary cake*

*To Parkview Villa
for lending serving tables*

*Your generosity
touches us all!*

OCTOBER BIRTHDAYS

1st Kathy Schreiner
13th Charlotte Coachman
24th Autumn Rose Ruddick
25th Ruth Zinter
19th Glenda Totten-Hatch
30th Margaret Denstad



*You are not a drop in
the ocean. You are the
entire ocean in a drop.*

Rumi

CELEBRATE!

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

August Income		August Expenses	
Tithes/Offerings	\$ 3147.55	Advertising & Promotion	\$ 197.55
Rental Income	320.00	Bank Service Charge	7.70
Book/Lit Sales	5.00	Child Care	60.00
Classes & Workshops	35.00	Computer & Internet	37.95
Fund Raising	5.28	Copy Machine	182.55
		Book/Literature Expense	209.80
		Guest Speakers	800.00
TOTAL INCOME	\$ 3512.83	Kitchen & Bldg. Supplies	82.24
Tithes (July, paid in August)		Janitorial	112.50
Silent Unity	\$ 100.00	Office Supplies	57.36
Northwest Region	100.00	Payroll	1249.36
Unity Worldwide Min.	50.00	Postage & Delivery	94.00
MANNA	50.00	Telephone	27.15
Dream U	40.00	Tithe Expense	422.00
TAFY	40.00	Utilities	320.36
Hospice	42.00	Worship Supplies	150.00
TOTAL TITHES	\$ 422.00	TOTAL EXPENSES	\$4010.52

Peace...
be still



A Force for Good

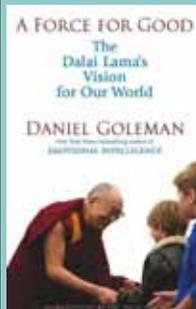
By Daniel Goleman

What kind of world do you envision for your children, grandchildren and great-grand children? Do you have a positive vision of their world 20, 50 or 70 years from now?

You may have heard about a paradigm shift that is already in progress: This shift is in our consciousness that embraces our friends and family, our neighborhoods, our country, our world and our planet. It is not happening overnight but by the time our descendants are our age, the future may have a totally different outlook on life and the many conflicts and challenges we face today.

Even though this book is not a religious book, it is based on the Dalai Lama's observations and conclusions, as well as other revered voices of our time. It will awaken you to how our relationships could work together in harmony in all avenues of our being. How can this happen? In one word—compassion—a special kind of compassion that must work with action. As the Quakers say, "when you pray, move your feet." Think of all the areas of your life that would be affected: Caring for any-one in need; educating our children to suppress destructive emotional responses; healing ourselves and our planet; dialoguing with each other and eliminating the "us vs. them" idea instead of resorting to violence. There are many examples given of these ideas already working to improve lives.

My vision is for this paradigm shift is to change our world to what it was intended for: Compassion, peace, harmony, joy, goodness and a positive outlook for all. I trust you will be able to join me for a discussion of these ideas in the near future. —Margaret Denstad



What We're Reading



Continued from Page 1

Yet, pretend for a moment that you are not watching the show on a device in your home, but that you are the camera person. If you back up even slightly, you get a different point of view. Now you see the actors and director that create the show. And if you were to back up even further, you'd get an even larger perspective of all the additional influences – script writers, producers, editors, set creators – that are necessary so that you can see a program on the TV in your house.

Our ego self has a limited viewpoint, much like looking at the TV your living room. The truth of who we are is the much larger, panoramic view. There is a lot more going on underneath; beyond what we can see, hear, taste, smell and touch.

So, say we feel disconnected and want to move back into alignment with God again, how do we get there?

First, we recognize that no movement is necessary – we are already there. We just can't see it. So the only thing that needs to shift is our perception of our world. We need to move the camera back and see the larger view that is a web of interconnectedness of all things. Sometimes that shift happens "magically" and other times it is a gradual process.

We have probably all had the experience of being disgruntled and then talking to a dear friend who cheered us up and we felt better about everything. Usually this happens when our heart is touched – when we feel acknowledged and loved.

That is why one day we can be upset with our lives and then let someone we admire pay us a compliment, or let us fall in love, and our life looks completely different. Same boss, same kids, same health, same challenges, but an entirely different perspective, so an entirely different feeling – and we did not move one inch! What happened? Our heart opened and when that occurs, things cannot remain the same.



in



What else can we do? We can fill our minds with positive images and take time each day to be still and listen for answers; to honor our spiritual connection. We can watch our thoughts and notice before we get lost in fearful thinking and worry. And we can step outside of our narrow viewpoint and do something helpful for another. A simple kind act can shift your perspective away from your troubles and send vibrations of goodness into the world that cannot help but return to you, magnified.

The Interfaith Community of Clallam County Invites you to: Listening Circles

When: Tuesday, Oct 11, 2016, 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.

Topic: How does your faith or spiritual practice help you prepare and respond to the upcoming 2016 National Election?

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



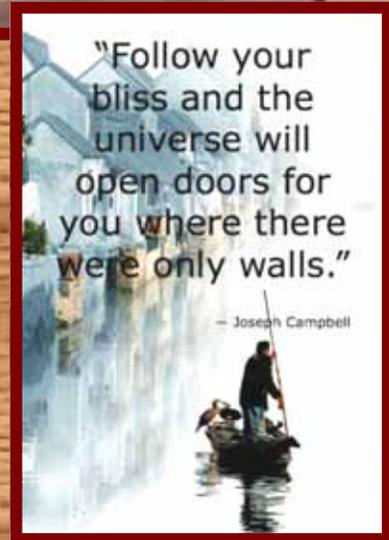
THE ROOF PROJECT

About 3 weeks ago, rain water started leaking through one of the light fixtures in the Community Room. The breaker tripped for that room and the front of the sanctuary. Teia, Duane and Rick from Rix Fix inspected the roof and found the damage you see in the upper and lower photos left. Teia cleaned most of the cedar tree debris from the roof (photo lower left) and found a reasonably priced contractor, Earth Tech. They moved us up on their schedule to get the job done in two days, before the next rain storm. They found rotted decking that hadn't been properly butt-joined and support joists that needed supports sistered-in. During construction, we fed the crew snacks and Gatorade. We were all pleased with their skill and work ethic and our roof is now water tight. In the future, we're having Steve, our yard person, inspect it periodically for debris and clogged down-spouts. As Kim Perkins said, we had an angel that sent some rain through the light to get our attention, but also seems to have kept the damage manageable. After all, there was no damage to the drywall inside, and more importantly, no one fell through the roof.



I fairly sizzle with zeal and enthusiasm, and I spring forth with a mighty faith to do the things that ought to be done by me.

Charles Fillmore (at age 94)



THE TWELVE POWERS OCTOBER

The power for this month is **ZEAL**
 The ability to be enthusiastic, passionate, to start, to motivate

Disciple—Simon the Canaanite
 Area of the body—Back of head
 Color—Orange

Affirmation: *I enthusiastically accept my good*



For more ZEAL go to <http://jimmytwyman.wixsite.com/12powers> to see two clips from the documentary "The Twelve Powers" coming to UITO this January.

BEING IN THE NOW

by Pat Coughlin Mawson

*Practice every day a bit
 Being in the Now
 Breathing deeply in & out
 Not asking why or how
 Floating to my heart space
 Where there is no time
 No stories or events or stress
 Of any other kind
 Breathing into colors
 Breathing into stars
 Floating up into the Light
 Remembering who we are
 Breathing into sunlight
 Feeling warm and safe
 Knowing in this moment
 No harm can come my way
 Breathing into quiet
 Letting go of plans
 Drifting, floating, listening
 Being who I AM*

Lowell Fillmore's Daily Meditations

SUNDAY: I let the Christ light show me how to find the good in my experiences.

MONDAY: With the help of the Christ light within me I seek the kingdom of heaven on earth.

TUESDAY: It is a joy to seek and find the Christ in my neighbor.

WEDNESDAY: Because I go where the Christ light leads me, I see good everywhere.

THURSDAY: The darkness of my negative thoughts is now dispersed by the light of the Christ Mind.

FRIDAY: The Christ light helps me to find my unity with God in Spirit and in Truth.

SATURDAY: I walk safely and joyfully every day in the light of Christ.

From *Weekly Unity*, October 30, 1966



NOTES FROM THE BOARD OF TRUSTEES MEETING:

The Board met on Sept. 18th. Alice Alexander, Duane Morris, Kim Perkins, Teia Stitzel, Charles Mawson, Erik Simpson and Jan Wyman were present.

Finances: The Board authorized payment for roof repairs (\$6949.52) by email before the meeting. The cost to send 3 people to the Unity Youth workshop was \$110. The Board allocated \$100 each to the Minister's Search Fund and to the Bathroom/Sewer Fund; and voted to change the title of the Bathroom Fund to Building Fund to make it easier accounting-wise to authorize payment for projects such as the roof.

Special Report: Tim West and Allie Winter shared their experiences from the youth workshop. They would like us all to hold the vision of an active Children's Church. Allie said she took away a larger view of what Unity is. She was inspired by teachers who have 20+ kids in class and learned about teaching styles. Some suggestions were fund raising in the community and church-on-the-pier to make us more visible.

New Business: Three people have donated funds to purchase a new projector. ♥ The Board wants to ask the congregation for their visions for UITO, then take them to a Board retreat to form an action plan. ♥ Kim volunteered to do news releases for Unity events. ♥ Teia has church items left from a former sale. She'd like a volunteer to set up a sale on eBay or Craigslist. ♥ To clarify who we are, the Board decided only Unity materials and those of the guest speaker will be featured on the entry table.

Maintenance: Teia will get a bid from Earth Tech for a minor roof fix over the offices. Steve, our yard maintenance person, will be asked to clean off the roof and inspect downspouts periodically.

Next Board Meeting: October 16th.



Unity in the Olympics

50th Anniversary Celebration



There were so many angels that helped make this event the grand party it was, that I'm afraid I'll forget to thank someone. So for all of you that planned, weeded, pruned, mulched, dusted, vacuumed, swept, polished, shampooed, arranged, composed, printed, folded, stapled, addressed, stamped, digitized, hauled, lent, borrowed, baked, made appetizers, set tables, served, greeted and many other tasks:



THANK YOU!

Some say God is a verb.
If so, Spirit expressed
graciously through you!

TOGETHER
WE'RE GOLDEN



Coming Up:

The Creative Process:

A Class for Unity Credit. This advanced course focuses on an allegorical understanding of the seven days of creation, as related in the Bible (Genesis 1:1 – 2:3), and the seven steps of the Creative Process.

The book of Genesis was never intended to be history, but rather a poetic account of the principles of divine creative activity of which we ourselves are an activity within the field of divine mind.

Opening the flow of imagination, developing the powers of understanding and discernment, aligning your will with the greater Will, establishing dominion over ideas – these are some of the topics in this powerful class that will bring you to a new sense of your creative potential and help guide you toward its fulfillment.

Students will receive a CD containing:

- 1) The Creative Process Workbook
- 2) Mysteries of Genesis by Charles Fillmore
- 3) Let there Be Light by Elizabeth Sand Turner

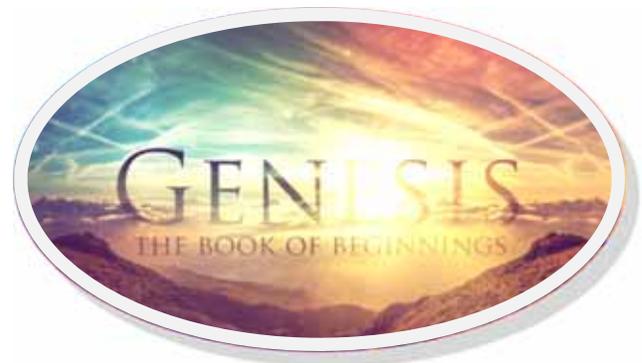
Arrangements to print portions of the workbook can be made with UitO

Dates & Times:

Wednesdays, 6:30 – 8:30 pm
Oct 5 ~ Nov 2, 2016 (5 weeks)

Facilitated by:

Rev. Donna Little, 214.549.4944



Sponsored by Unity in the Olympics

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