



# In Unison

The monthly newsletter of Unity in the Olympics

November 2015

**Rev. Sherry Schultz** is an ordained Unity minister. She served as senior minister in Lawrence, KS and as associate minister in Edgewood, WA. She's completed Clinical Pastoral Education (chaplaincy training) and certification with the Association of Professional Chaplains. Rev. Schultz is currently Manager of Volunteer Services and Community Integration at Franciscan Hospice and Palliative Care in University Place, WA. Sherry is a much anticipated guest speaker at Unity in the Olympics and has graciously shared the following narrative about gratitude.



## GRATEFUL, GRATEFUL

My daughter is now 17 years old and just attended her final school homecoming dance last weekend. How did she get so tall, so lovely? I looked in wonderment at the photo of her group of friends. Who is this young woman, beautifully dressed, a stunning smile and carefully applied makeup? I remembered the book, and the song she and I used to sing at Thanksgiving, written by Art Garfunkel.

*I've got a roof over my head  
I've got a warm place to sleep  
Some nights I lie awake counting gifts  
Instead of counting sheep*

If I'm absolutely honest, sometimes I lie awake thinking about the future – my daughter in college, inevitable aging, unceasing projects at work. This simple song and lyrics remind me that in spite of our busy-ness, most of us could use that lying-awake time to count gifts instead of sheep. Let's see – the gift of safety, the gift of belonging, the gift of meaning, the gift of laughter...love...sleep... knowledge...

*I've got a heart that can hold love  
I've got a mind that can think  
There may be times when I lose the light  
And let my spirits sink  
But I can't stay depressed  
When I remember how I'm blessed*

This afternoon I watched a YouTube clip of Sheldon Solomon, a professor and social psychologist at Skidmore College. Twice I've had the opportunity to hear Dr. Solomon speak in Seattle. It just occurred to me that he would be a great speaker to bring to Tacoma, for our staff, our volunteers, the general public. So I wrote to him last night, and today heard back. He'll be in Seattle in January for just 24 hours; perhaps he could speak to our staff and volunteers this spring, he wondered. Well, yeah!

We sometimes call them "divine ideas." We refer to the cultivation of an idea as the creative page 4

## THANK YOU!

To the anonymous angel who donated a new laptop.

Our anonymous loan angel

Jan, Char, Alice and Gayle for working on the newsletter

Barbara, our snack and coffee hostess

Prayer Chaplains Charles, Pat and Donna

All of our guest speakers

Alice for her bookkeeping skills

Marguerite and Duane Gardening and watering

*Our church works because of all of you, and we are grateful!*

# NOV BIRTHDAYS

- 12<sup>th</sup> Geno Menia
- 12<sup>th</sup> Clara Lakatos
- 18<sup>th</sup> Erika Hughes
- 19<sup>th</sup> Dan Mangano
- 21<sup>st</sup> Ron Hatch
- 23<sup>rd</sup> Liz James
- 26<sup>th</sup> Marguerite Snell
- 28<sup>th</sup> Allie Winters



THESE ARE THE GOOD OLD DAYS

*Carly Simon*

## 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

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Email: [uito@olyopen.com](mailto:uito@olyopen.com)  
[www.unityintheolympics.org](http://www.unityintheolympics.org)

### BOARD OF TRUSTEES

Teia Stitzel, President  
Duane Morris, Vice President  
Janice Wyman, Secretary  
Alice Alexander, Treasurer  
Steve Schach  
Charles Mawson

Office hours 9 a.m. to 2 p.m. Mondays & Tuesdays



## SUNDAY CELEBRATION

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



### LICENSED UNITY TEACHER

Margaret Denstad

## Our Church Finances

September Income		September Expenses	
Tithes/Offerings	\$ 3168.25	Guest Speakers	\$ 550.00
Rent	240.00	Advertising & Promotion	62.04
Book/Lit Sales	10.00	Copy Machine	225.93
Fundraising	207.00	Insurance	184.24
Classes/workshops	50.00	Maintenance	50.00
		Office Supplies	92.13
		Kitchen/Building Supplies	15.97
<b>TOTAL INCOME</b>	<b>\$ 3675.25</b>	Payroll	1147.32
<b>Tithes (August, paid in Sept.)</b>		Telephone	93.66
Silent Unity	\$ 100.00	Janitorial	100.00
Northwest Region	100.00	Utilities	260.91
Unity World Wide	50.00	Computer & Internet	75.90
MANNA	50.00	Tithe Expense	356.00
Dream U	30.00	Bank Service Charges	4.35
Salvation Army	26.00		
<b>TOTAL TITHES</b>	<b>\$ 356.00</b>	<b>TOTAL EXPENSES</b>	<b>\$ 3218.45</b>

Like any family, we are always in need of certain staples:

- ♥ Cough drops
- ♥ Toilet paper
- ♥ Paper towels
- ♥ Paper napkins
- ♥ Tissues (small)
- ♥ Postage stamps
- ♥ Hand Soap (No antibacterial)

*Thank You!*



### Pranic Healing at Unity

gayle@pranichealing.com  
360-477-1872

**PLEASE COME & BRING A FRIEND!**



Twin Hearts Meditation:  
Every Friday 9 am—10:30 am

Lord's Prayer Meditation:  
1st & 3rd Friday 6:30 pm-8:30 pm

### RIDE ROSTER:



Often we have requests from people who would love to attend Sunday Service but need a ride. We're looking for drivers to be on a call list. It will be up to the rider to call and make arrangements each Sunday they need a ride. To volunteer, call (457-3981) or email church (uito@olyphen.com) with your name and phone number.

*Continued from Page 1*

cess (mind/idea/expression). Because we develop intentions to pray, to meditate, to get quiet, we make room for the creative process, those marvelous ideas, to germinate in the fertile soil of consciousness. Whether your divine idea is a painting or a sitting area in your garden; whether it is a desire to become a parent or to contact a brilliant speaker, I am grateful for the divine ideas that developed in the receptive minds in Myrtle and Charles Fillmore. Ahead of their time, they taught others, and eventually the message was shared with us.

Like me, I imagine you are grateful for the expectation of good in our lives, even when we can't quite see it yet. I imagine we are all grateful for the faith that shapes us, that binds us to one another, that contributes to our sense of connection to all people. I am grateful for our trust in divine order, that our lives are moving in an upward direction.

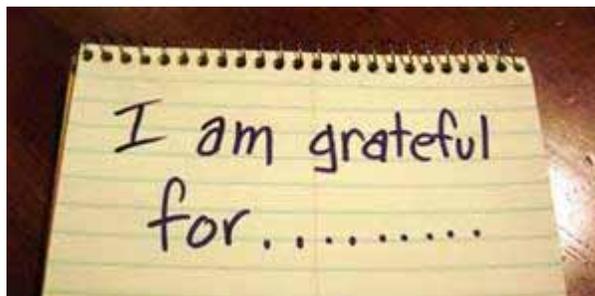
Although I can't quote the research, I heard Dr. Solomon refer to the amazing power of gratitude. He cited research about fears people experience as they are nearing the end of life. The question was whether a grateful person might be less fearful than a person who was not especially grateful. The finding was that yes, gratitude informs us, shapes us to become less fearful. How about that?

***It's not that I don't want a lot  
Or hope for more, or dream of more  
But giving thanks for what I've got  
Makes me happier than keeping score***

So as you prepare for your own Thanksgiving, remember the power of gratitude, to actually change our minds, our hearts, our bodies, our nature. Take time to watch Sheldon Solomon on YouTube (you may be surprised; his is a unique presentation). Take time to write about the gifts that come your way, to voice or write about or sing your thanks. Take time to slow way down. And notice how blessed you are. Be grateful.

And though I will not be back in beautiful PA for a while, I give thanks for you – a loving community of Truth, people who pray and sing and laugh and love each other. I look forward to our next meeting. Namaste.

***Grateful, grateful  
Truly grateful I am  
Grateful, grateful  
Truly blessed  
And duly grateful***



### What Unity Means to Me...

I first attended a Unity service in 1974. It was a Sunday in May in Pittsburgh, Pennsylvania. It was Mothers' Day. I remember it well because I had a terrible problem with my eyes and nose: The tears would not stop and I kept having to quietly blow my nose, for, you see, I had found "home". I had found people of like mind, and a minister who spoke to my heart.

Many years later, having served as a Unity church secretary and having been married to a Unity minister for over thirty years, I still find my Home at Unity. I find friends of like mind and principles which guide me.

The Unity teachings provide a complete way of life, a fabric of positive Truths which apply to all areas of life. Unity's fundamental principle, "There is only one Power and one Presence in the universe and in my life: God the Good omnipotent" is the Truth of my life and is my guiding touchstone. Whenever the world invades my peace, I reflect back on the teachings and wisdom I have found in Unity and its fellowship.

They say, "Home is where the heart is" and my heart finds a Home in Unity.

**Judith Coates**

### THE GUEST HOUSE

This being human is a guest house.  
Every morning a new arrival.

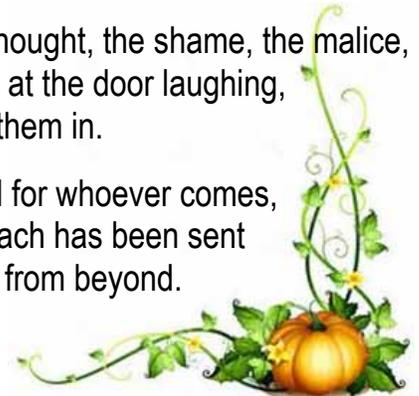
A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

**RUMI**



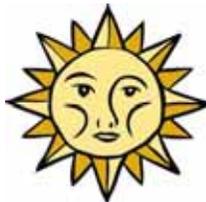
### GOOD MORNING, DEAR GOD

Thank You for this day—a new, clean, freshly illumined day in which I can live and learn and love and give and grow.

I trust You utterly today to pour Your love through me all day long, so that I have a plentiful supply of strength, wisdom and substance to live every moment at its best.

I thank You for this gift of another day in which to serve You.

Good morning, dear God!



### GOOD NIGHT, DEAR GOD

Thank You for bringing me through all the experiences of this day—to this moment of rest and peace and sleep. While Your shades of night are drawn, hold me in Your loving presence.

I now place myself and all that pertains to me and my world in Your care and keeping, trusting You utterly, leaving You the vigil while I sleep in heavenly peace.

Thank You for everything!

Good night, dear God!



*By Viola Lukawiecki*



# ANGEL OF THE MONTH

## Charles Mawson

Charles shares from his heart in so many wonderful ways. This list is just a sample of his many gifts.

- ♥ Has served on the Board of Trustees
- ♥ Has been as Sunday Speaker
- ♥ Has served as Worship Assistant
- ♥ Serves as Prayer Chaplain
- ♥ Provides regular & generous financial support
- ♥ Has made many donations of materials & labor to improve church infrastructure
- ♥ Donated a computer for the sound board.
- ♥ Provides healing through Singing Bowls services
- ♥ Shares his wonderful sense of humor
- ♥ He's a giver with a capital "G".



We are grateful  
to Charles for  
all he does for our  
Spiritual Home.

### Notes from the Board



The Board met on Oct. 20th with Teia Stitzel, Steve Schach, Jan Wyman, Duane Morris and Charles Mawson present. Alice Alexander was out of town.

Guests: Don Knight, Judith Coates and Donna Little asked the Board to consider creating the paid position of Spiritual Leader in order to compensate Teia for her many contributions to running the church.

Finances: The Sept. tithe of \$356 will be allocated as follows: Silent Unity \$100, Unity NW Region \$100, MANNA \$50, UWWM \$50, Dream U \$30, and Salvation Army \$26. Two hundred dollars each was allocated to the Minister's Search Fund (now at \$3456) and Bathroom/Sewer Fund (now at \$7130).

Administration: Admin. Asst. Gayle's hours have been increased for the next month.

New Business: Unity has been offered an anonymous \$15,000 loan toward the Sewer/Bathroom Remodel project. ♥ A new laptop was donated anonymously. ♥ The Board is pricing a projection screen for the sanctuary. ♥ The Board is purchasing a "Sacred Ceremonies" flash drive from Unity Worldwide Ministries. ♥ Projecting announcements on the wall before Sunday Service will be tested. ♥ A search for new music and a piano player continues.

A Thanksgiving potluck is planned for Sunday, November 15.

Next Board Meeting: Sunday, November 15th following the potluck.

# Sunday, November 15th

(After Church Service)



**Turkey & Dressing plus  
Tofurky and Vegetarian Dressing Provided**  
**See the sign-up sheet at church to:**  
**Help with set-up and clean-up and/or**  
**Provide a side-dish, salad, dessert or beverages**

**Alanis Morissette** moved to Los Angeles, CA at age 19 after having two successful CD's in Canada. Her next CD, *Jagged Little Pill*, skyrocketed her to fame as a talented, angry, in-your-face female rock star. But the fame she had always craved didn't solve her problems as she had envisioned and left little time for the quiet, introspective and spiritual person she truly was off stage...the "God Girl" as she calls herself. She wrote the song *Thank U* when she returned from a six-week spiritual journey to India that came at the end of a grueling year and a half tour for *Jagged Little Pill*. "Gratitude, I discovered, is a portal for me for getting grounded and really seeing everything I already have in my life—the love, the heart-to-heart connections, and the intimacy—so I can get out of that go-go-go, achieve-achieve-achieve treadmill. It keeps me from taking my life for granted, which is so easy to do when I'm sleepwalking. That song became like a prayer for me, and I often end my show with it."

([www.youtube.com/watch?v=r5mTJKg26jg](http://www.youtube.com/watch?v=r5mTJKg26jg))

How bout getting off of these antibiotics  
How bout stopping eating when I'm full up  
How bout them transparent dangling carrots  
How bout that ever elusive kudo

Thank you India, Thank you terror  
Thank you disillusionment  
Thank you frailty, Thank you consequence  
Thank you thank you silence

How bout me not blaming you for everything  
How bout me enjoying the moment for once  
How bout how good it feels to finally forgive you  
How bout grieving it all one at a time

Thank you India, Thank you terror  
Thank you disillusionment  
Thank you frailty, Thank you consequence  
Thank you thank you silence

The moment I let go of it  
Was the moment I got more than I could handle  
The moment I jumped off of it  
Was the moment I touched down

How bout no longer being masochistic  
How bout remembering your divinity  
How bout unabashedly bawling your eyes out  
How bout not equating death with stopping

Thank you India, Thank you Providence,  
Thank you disillusionment  
Thank you nothingness, Thank you clarity  
Thank you thank you silence...

## WHAT DO YOU BELIEVE?



*The following came from a document entitled “**Unity Beliefs**” compiled from various Unity resources. But they might better be called the general consensus, always subject to discussion, revision or new insight. As Rev. Thomas Shepherd, professor of theology and church history at Unity Institute says of official Unity doctrine, “We have none”. If some of these guidelines don’t resonate from your location on your spiritual journey, no one at Unity is going to shun, stone or excommunicate you. Belief is an ongoing, personal process...not a destination.*

**BAPTISM:** The act of baptism traditionally represents a washing away of sin so that we can become acceptable in God’s sight. But we are already God’s beloved children. The only cleansing needed is to wash away the limiting beliefs of our own minds, so that we may become aware of our true Christ nature. Most Unity churches do not baptize adults, but christenings for babies are common. The ritual does not redeem the child from any perceived sin but reminds adults to see the perfect Christ nature inherent in each of us.

**COMMUNION:** The Jewish meaning of “communion” is “common union.” In Unity, the phrase “communion with God” generally means a time of prayer and meditation. Some Unity churches offer communion, or the Lord’s Supper, as a way to heighten awareness of the Christ within. We believe the bread signifies Truth and spiritual substance, and the broken bread represents the multiplying power of the Divine Word. The water/wine symbolizes the divine life force flowing through our bodies.

**DEATH:** Unity believes that our souls are eternal and ongoing, and at death, they leave behind the physical body like an old suit of clothes. Our spiritual journey includes taking human form for a time, but the journey continues even after our life on Earth has ended. Unity often refers to funerals or memorial services as Celebrations of Life.

**EVIL:** Unity’s founders did not believe in evil. Charles Fillmore wrote in Christian Healing, “If we think that evil exists as a power in the world, that it is working in our lives and in the lives of those about us, we make it an active force, and it appears to be all that we imagine it. “Be wise: pronounce nothing evil, and only good will come.” Evil is the subjective label we give to events we do not understand, and it is usually the result of humans misusing their God-given powers. Evil does not endure.

**FORGIVENESS:** God does not forgive sins, because God is not watching from afar, judging our behavior and deciding whether we merit forgiveness. Sin means “missing the mark”, and we miss the mark whenever we fall into the belief that we are somehow separate from God. No matter what the appearances, we know that no separation has taken place, and oneness with God is the only reality. Unity emphasizes the need for humans to forgive each other as a way to clear negative blocks to our divine good. Better yet, we can refrain from judging others, so that no forgiveness is necessary.

*We’ll be sharing more of these topics in the next few months. In the meantime, if you’re interested in discussing them with someone or are considering becoming a member of Unity in the Olympics, please contact the church and we’ll organize a class.*