

# *In Unison*

*December 2020*

The Monthly Newsletter of

Unity in the Olympics

## *Isn't it Madrigal!*

*by Tim West*

I love this time of year. The merriment of Christmas. The coming together of music, food, family and friends. The exchanging of gifts with each other and of one another. The season is truly magical with all the lights and the abundant love. There are so many great memories that come to mind and heart at this time of year.

One of the blessings I have had the opportunity to experience from many perspectives is the holiday tradition of the Madrigal Dinner.

As a child I found the independent melodies performed together in point/counter-point contrast of tone, rhythm, chord, lyric and limerick somewhat disturbing and chaotic. As I matured, I began to appreciate the banter and sometimes tasteless humor. Although each Madrigal Dinner independently was scripted differently, the core or foundation of the event remained constant: the coming together of Food, Family, Music, and Merriment. Each time I participated, I appreciated the experience more as the format became more familiar.

During a madrigal dinner the process begins with the fanfare of the arrival of each guest. As each course of the meal is paraded throughout the dining hall with grandeur, it is called forward with descriptions so imaginative that your mouth waters waiting for the plate to be placed in front of you. Each course is blessed and serenaded until the next course begins. With each course comes the unfolding of the Christmas story set to music. Think of it as an ancient form of musical dinner theatre.

The Medieval Madrigal Dinner is based on the Boar's Head Ceremony. It is the oldest continuing ceremony of the Christmas season, presented as early as 1340 at Queen's College in Oxford, England and in time becoming part of Christmas celebrations in the great manor houses of England.

### **IT IS MADRIGAL**

This traditional English celebration uses the word madrigal to describe this ultimate feast of plenty. The word madrigal has its roots in Italian, from the Medieval Latin word *mātriāle* meaning primitive or being the first or earliest in existence. This is apparently associated with the Latin word *mātrīcālis*, meaning, "of the womb." (Note: The Latin word *matrīx* means womb.) In Spanish the word MADRE means Mother and the variation MADRI represents of the Mother.

The ancient Boar's Head Festival being reenacted around the world during this time of year brings to life the story of Christmas. Through the engagement of minstrels utilizing parody, metaphor and irony the dinner becomes a timeless demonstration of how to call forward "substance," or "manna," while preserving the nature and integrity of the story of Mary giving birth to new life.

May your holiday season be both Madrigal and Magical — filled with all things Good.

*Merry Christmas!*

# President's Corner

~ Duane Morris



## JOY

Fill our hearts with Joy this December. As we approach the Christmas season let us remember the difference between Joy and Happiness.

Happiness is the feeling that comes over you when you know life is good and you can't help but smile. Often you are happy when you are successful, or safe, or lucky, and is often defined by the acquisition of things. We are often happy at giving or receiving gifts at Christmas, but have you ever noticed how long this happiness lasts?

Joy is a feeling of great pleasure, is born from within, through conviction, love, and has very little to do with possessions. Think maybe of the first time you fell in love. You couldn't explain where that feeling of joy came from that was filling your life. Meditation and prayer are methods for producing joy in your life. You feel the joy of being alive, the joy of doing what you are doing, the joy of your chosen labor, of your friendships, of your family. If you have appreciation and love, you have joy.

In 1719 Isaac Watts wrote 'Joy to the World', based on Psalm 98 "Make a joyful noise unto the LORD, all the earth: make a loud noise, and rejoice, and sing praise". Notice that in the lyrics of the song 'Joy to the World' there is nothing about shepherds, a manger, wise men, angels, or any other character or element that we normally associate with Christmas. The original theme of this song was the second coming of the Lord. In 1839, Lowell Mason adapted and arranged the song into a melody many believe to have been written by Handel.

As you hear and sing this beloved carol this season, think about the words. Yes, they apply to the Christmas story in that the Lord has come! With love in your heart and joy in your

being, think not so much about the things of life, as, sharing with the world your own Joy.

### *Joy to the World*

*Joy to the world! The Lord is come;  
Let earth receive her King;  
Let every heart prepare Him room,  
And heaven and nature sing,  
And heaven and nature sing,  
And heaven, and heaven, and nature sing.  
Joy to the world! The Saviour reigns;  
Let men their songs employ;  
While fields and floods, rocks, hills, and plains  
Repeat the sounding joy,  
Repeat the sounding joy,  
Repeat, repeat the sounding joy  
No more let sins and sorrows grow,  
Nor thorns infest the ground;  
He comes to make His blessings flow  
Far as the curse is found,  
Far as the curse is found,  
Far as, far as, the curse is found.  
He rules the world with truth and grace,  
And makes the nations prove  
The glories of His righteousness,  
And wonders of His love,  
And wonders of His love,  
And wonders, wonders, of His love.*

*"There are three chief things to remember about joy if we want its power to live by. It is the cause, not the effect, of good in our lives. It increases for us through use, because when we speak, think, and act with joy, there is no room for anything else in our lives. We can cultivate joy with material helps and by serving others, turning our attention outward rather than inward, and giving sincere thanks to God for all our blessings."*

—Thomas N. Hopper

# Finance Report

Presented at the November 15th board meeting, the October 2020 Profit and Loss report shows a net loss of - \$1,191.17. The loss this month was a result of reduced tithes and offerings. There were no out of the ordinary expenses. All outstanding bills have been paid.

The September tithe allocation (paid out in October) was \$658 out of which we allocated \$110 each to Silent Unity, Unity NW Region, \$109 to Unity Worldwide Ministries, \$50 each to TAFY and First Step, \$115 to PA Food Bank and \$114 to Sequim Food Bank.

Thank you, as always, for your support of this ministry. Please send your tithes and offerings by mail or visit our website at [www.unityintheolympics.org](http://www.unityintheolympics.org) and click on the yellow **“donate”** button.

We appreciate each and every contribution!

In love and prosperity,

Kim Perkins

UITO Treasurer



<b>Ordinary Income/Expense</b>	
<b>Income</b>	
Interest Income	0.14
Rent Income	25.00
Tithes/Offerings	2,820.53
<b>Total Income</b>	<b>2,845.67</b>
<b>Gross Profit</b>	
<b>2,845.67</b>	
<b>Expense</b>	
Advertising and Promotion	62.00
Bank Service Charges	
Paypal Fees	29.53
<b>Total Bank Service Charges</b>	<b>29.53</b>
Building Improvements	
Repairs and Maintenance	53.15
<b>Total Building Improvements</b>	<b>53.15</b>
Conferences, Meetings and Camps	120.00
Copy Machine	146.85
Guest Speakers	600.00
Insurance Expense	216.12
Internet and Phone	60.36
Music	3.87
Office Supplies	75.07
Payroll Expenses	
Admin Assist Wages	673.31
Administrator Wages	680.00
Janitorial Wages	128.00
Payroll Expenses - Other	144.78
<b>Total Payroll Expenses</b>	<b>1,626.09</b>
Tithes Expense	658.00
Utilities	335.80
Website Direct Exp	50.00
<b>Total Expense</b>	<b>4,036.84</b>
<b>Net Ordinary Income</b>	<b>-1,191.17</b>
<b>Net Income</b>	<b>-1,191.17</b>



*Divine Love, through me,  
blesses and multiplies  
All that I am,  
All that I have,  
All that I give,  
And all that I receive...*

# Prayer Chaplain's Corner

by Rev. Donna Little, Unity in the Olympics' Minister Emeritus



## PRAYER OF ABUNDANCE:



*Thank You, God, for abundance that is making my life richer, for blessings filling my life now. Thank You for loving me and being with me right where I am, and for Divine ideas that are helping me prosper in a continuous way in every area of my life, now, and in the future.*

*Dear God, You have blessed me with peaceful, guiding, healing thoughts that remind me of how prosperous I truly am! I hold thoughts of abundance, and I praise You for answering all my needs.*

*My heart is filled with thanks for the many gifts You have given me, and I praise You for continuing prosperity:*

*- I praise You for the abundance that fills me! My needs are met.*

*- I praise You for the abundance that fills me! My needs are met.*

*My journey has been filled with joy, praise, and satisfaction, and I am ready to face daily activities with renewed strength and enthusiasm.*

*I praise You for this special spiritual time together and look forward to future times of prayer.*

*Thank You, God, for blessing me and for creating abundant living in my life.*

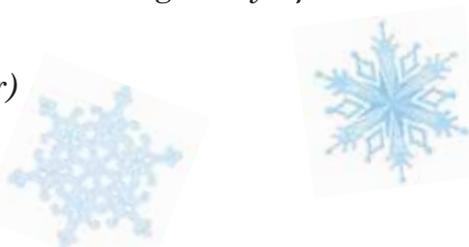
*In Jesus Christ's name, Amen*

*(From the Positive Christianity Encyclopedia of Prayer)*

*Thank You to Rev Christopher Chenoweth  
Positive Christianity Ministry*



P  
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## How May We Pray with You, Today?

Prayer Support is always available at Unity in the Olympics  
Email us at [uito@olyopen.com](mailto:uito@olyopen.com) or call us at 360.457.3981

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



# The Pace of Guidance

by Rev. Donna Little

*When we pray, asking for something, like employment, a friend, a partner, health, wellness, or abundance, the answer is as good as our request.*

*We may create a Vision, a Treasure Map or draw a Picture to represent what we want, or it may be a prayer that we repeat or that we share with others, to support our Vision. Here's the question: How specific is your request? Is it specific enough to be understood: or, is it so specific that there may be no perfect answer at this time?*

*The Universe, God, Source always answers our request, but the answer may be "Yes", "No", or "Not Now!". The answer may even be, "Yes, but not as you are requesting right now."*



*The best request is to be clear in our desires, a combination of Clear Vision and Emotions so that the Universe can understand what we want. But also, to be flexible in our specifications to allow room for the Universe to offer something Better than our original thought.*

*Once I created a Treasure Map for a White Chrysler Convertible. I gave a lot of energy to this project, and when the car came to me it was a Chrysler Convertible, but the color was burgundy - we want to be OK, Flexible.*

*Another time I wanted a partner who would give good back rubs. As I would fall asleep, I would visualize and feel comforting hands massaging my neck, shoulders and back. This part of the relationship was easy to manifest....*

*So, what is the best way to ask for something we really want?*

- ♥ *Specifics (measurable): Details are helpful to clarify and infuse energy into the process.*
  - *Details can limit if you insist that all be met within your request.*
- ♥ *Feed the Energy of the Flow: Watch for signs from the Universe – "Is this the one, or is it like that?" Be Grateful! Meister Eckhart said, "The only prayer we ever need to pray is 'Thank You!'"*
  - *Release all fear, worry, anxiety and discomfort. See a Divine result evolving and moving toward you,*
- ♥ *Allow room for Spirit to bring forward a Better Idea. "This or something better." "Highest and Best for ALL concerned."*

*When we create and hold a Vision, we set the direction for forward action and forward motion toward our goal. Changes (Covid19, Elections, Weather, etc.) can alter our direction on the path to our Vision.*

*Divine Order is a set of small adjustments (Trust the GOOD! Keep your eye on the GOOD!) to our direction to turn it back toward the Vision. The result is not necessarily the same Vision as our beginning, but it is an evolved, enhanced Vision, modified by Trust in the Good, Flexibility, Willingness to adjust for the Highest and Best for ALL concerned,*

*Hold your Vision for Unity in the Olympics with Gentleness and Passion. Open your Mind and your Heart to the possibility of a Better Idea that Spirit is bringing to us, every day. We do better when we know better. We do better when we allow Spirit to guide our direction to our Vision, the Highest and Best for All. This is how we will thrive in the time of Covid19 and how we will find and unite with our new UitO Minister.*



H O P E



## Thoughts on Christmas 2020

by Alice Alexander



Once again we are in the Christmas season and at the end of a chaotic year. Christmas is sometimes tough for people due to family circumstances and emotional overloads, but this year we have much to be thankful for. Our country will once again be led by a president who knows how to govern and hopefully can unite us.

For me, this Christmas season will be the beginning of a new year with endless possibilities and hope for a brighter future. The pandemic will slow and people will start taking responsibility for their actions. We may never return to the way things were, but maybe that is a good thing. We find our own new normal. I see jobs opening up as our economy works its way back, but I hope people have learned from this past few months, what can happen when rules are ignored and medical advice goes unheeded. So let's accept the good that God has for us and allow ourselves to heal spiritually and physically. We thank our heavenly Father for giving us the wisdom to do what we need to do—to make our lives better- however that may look.

## Salvation Army ANGEL TREE

Although we don't have a physical Angel Tree at the church this year there are many ways you may participate in helping another in our community through the Salvation Army. In addition, this year, with the current health advisory, the salvation army will also not be ringing bells. Here is how we can support them in this time of change.

To participate in the Kettle or Angel Tree Programs we have been directed to visit our local army online at <https://portangeles.salvationarmy.org> for monetary donations or to visit one of the local retailers to discover a child to shop for. Please note, there are a limited number of physical angel tree cards due to the state health advisory and the current phase of the Covid-19 classification. Currently Angel Tree Tags have been distributed "sparingly" physically to retailers, such as Walmart, to reduce the number of "in-store" shoppers.



As an alternative Walmart has provided a "cyber" shopping option:

<https://www.salvationarmyusa.org/usn/walmart-angel-tree>. This program is similar to the Amazon Wish list option. Simply type in your Zip Code and the total wish list appears. Complete the process by following the instructions provided.

## BURNING BOWL CEREMONY – COVID STYLE

*I Release and Let Go*

The past few years I have been leading a Burning Bowl Ceremony at Unity in the Olympics. This event has been at the end of December – as we prepare our Minds and Hearts to release the blocking energies (thoughts, feelings and beliefs) that we have carried during the previous year. We do this so that we may enter the New Year with a clean Heart and with renewed Faith and Trust.

It is a moving Ceremony that I dearly love to share with my people, each year.

In this Ceremony we:

1. Identify those blocking energies that hold us back in meeting our Greatest Good.
2. Name the blocking energies and write them on a small piece of paper.
3. Place the papers in a shared burning container (my Grandmother's Crystal Bowl).
4. Light the **Fire of Transformation** and experience the "swift swoosh" of the fire consuming the papers; leaving no ash, no smoke, and no residue, just a Clean container and a Clean Heart.

The released energies are Transformed. They are freed and we are freed to enter the next year filled with Love, Light, Enthusiasm and JOY.

This year, our beloved building is closed to protect us ALL from exposure to the Covid19 Virus. Regardless of how we may feel about this experience, it is a way that we have chosen to Love and Honor our UItO Sisters and Brothers – so that our building remains a safe place for ALL of us, when the time comes for us to return. I know we ALL miss being in one another's presence and in the Presence of Holy Spirit in our Spiritual Home. But, not this year!

So, how will we do our Transformation Ceremony on Sunday, December 27, 2020?

- 1-2. We will identify and name the blocking energies we release this year, during our Ceremony.
  - In the past I have given you a small piece of Flash Paper. The paper is quite flammable and makes a big burst of flame when it is lighted.
  - It must be managed with great care. Very Dramatic (But, Great Fun!)
  - You will **NOT RECEIVE** Flash Paper this year.
  - Instead, you will need to find a small (3X3) piece of paper to use. Write any keywords on the paper that remind you of the blocking energies you are releasing.
- 3-4. We will **NOT BURN** our papers this year.
  - We will Transform and release the blocking energies in a guided meditation, thereby clearing them from our Being.

I look forward to our Virtual Gathering on Sunday, December 27<sup>th</sup> as we accommodate the changes of this year and celebrate this Ceremony of Release and Renewal that is symbolic of who we are as Unity in the Olympics, Port Angeles, WA.

*If you would like to participate in the ceremony, but are not able to attend electronically, please send a request with your Name, Address and Phone number to:*

**Unity in the Olympics, 2917 E Myrtle St, Port Angeles, WA 98362, 360.457.3981,  
Attn: Rev Donna Little or Email RevDLittle@gmail.com**

**This year's Burning Bowl Ceremony will be on Sunday, December 27th**

# COMMA vs. A PERIOD IN LIFE

Rev. Chris Chenoweth, [PositiveChristianity.org](http://PositiveChristianity.org), is one of my favorite Inspirational Muses. Here is a excerpt from one of his recent Daily writings.- EnJoy, Rev Donna Little

"Now we have received not the spirit of the world, but the Spirit that is from God." -1 Corinthians 2:12

While waiting for his car to be serviced, Rev Chris was looking through a complimentary real estate magazine on the table. He noticed a 5,499-acre parcel with 100-year-old mansion. The price was well under \$500,000.

He began thinking about and daydreaming about the property. As he talked on his cell phone with some friends and told them about this huge parcel of land, he started to see the potential for a Positive Christianity Retreat Center.

One friend said that "You have to look into this, because that's only \$90 an acre, with a mansion thrown in."

Vibrating with excitement over this property, he called the realtor. Saying, "I'm interested in the 5,499-acre parcel with the mansion."

She said, "What? We don't have anything like that."

She put him on speaker phone so that the other realtors could also help in the search for this property.

Then, she started laughing and kept laughing.

She said, "Put on your glasses. **It's NOT 5 comma 499, its 5 period 499.**"

In other words, 5 ½ acres. She was still laughing when he hung up the phone.

It is a lot like life. Life contains commas and periods. A period means an end, and a comma means a continuance. Many times, what appears to be the end is just a comma in the road of life—like losing a job, only to find a better one waiting through an open-door opportunity of God, or being disappointed, as a relationship comes to an end, only to find the true love of your life waiting for you.

And many times, what appears to be a comma in life is really a period. So often, in the middle of our problems, we believe in human mind that they will never stop or change for the better. We believe falsely that our challenges are permanent, instead of temporary.

It is important to laugh every day, and to laugh at ourselves. It is important to not take life too seriously. Otherwise worry and anxiety will play tricks on our human mind.

Thank God, that life provides both periods and commas for us in the right proportion for the ongoing of our soul's journey. God will provide Divine Order in each day. Life is an adventure to be enjoyed and savored.

I pray you have commas to all your good. I pray you have periods to all your challenges.

POSITIVE DAILY AFFIRMATION: God is the governing power in my life. Trusting God, my mind is at peace, my life is divinely adjusted, and I am prospered.

**GOD BLESS YOU!**

**~ Christopher Ian Chenoweth**



# PARADE OF LIGHTS & HONOR

In honor of Marguerite Snell turning 100 on Thursday, November 26th (Thanksgiving Day) a "Drive By Party/Parade of Light" was held in her honor. The parade was led by the **Clallam 2 Fire Rescue Fire Station 21 (Gales Addition)** volunteer fire fighters and first responders of Clallam County. Family, neighbors and friends celebrated via drive by blessings, by sending cards and letters and through writing well wishes on the Unity in the Olympics' Facebook page. Over 250 people participated in the blessing of our beloved Marguerite.

facebook



222  
People Reached

44  
Engagements



## Volunteer Readers needed for our **Virtual Christmas** Program & Celebration

The program will be at 6:30 p.m.  
Saturday, December 19th On ZOOM™

Contact Rev. Donna at [RevDLittle@gmail.com](mailto:RevDLittle@gmail.com)  
or call 214-549-4944 to volunteer.



## Vision Statement

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

### Sunday Celebration Schedule

**December 6th**

**Rev. Bill Evans**

*"Peace Be With You."*

Second Sunday of Advent *"Peace."*

**December 13th**

**Rev. Pat Coughlin Mawson**

*"COME LET US ADORE THEM."*

Third Sunday of Advent *"Love."*

**December 20th**

**Rev. Eva McGinnis**

*"Align with God's Gift of Joy."*

Fourth Sunday of Advent *"Joy."*

**December 27th**

**Rev. Donna Little**

*"Burning Bowl 2020."*

### BOARD OF TRUSTEES

Duane Morris, **President**  
Charles Mawson, **Vice President**  
Kim Perkins, **Treasurer**  
Jerry Austin, **Trustee**  
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 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](mailto: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 98362** or visit us online at [www.unityintheolympics.org](http://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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