



In Unison

The monthly newsletter of Unity in the Olympics

November 2017

Giving Thanks for Thanksgiving!

by Kim Perkins

If you think about it, it's pretty wonderful that we have a national holiday set aside for the express purpose of giving thanks. Not that our gratitude should be limited to one day, but it's great to have a day that causes us to stop and think about our many blessings.

Being grateful can change us and our life circumstances. Appreciation and gratitude lift our attitude and outlook. Have you noticed it's difficult to be appreciative and unhappy at the same time? We become more loving and peaceful every time we give thanks. Maybe that's one reason that we like a day of thanksgiving – beyond the food and family and friends – because it makes us feel good!



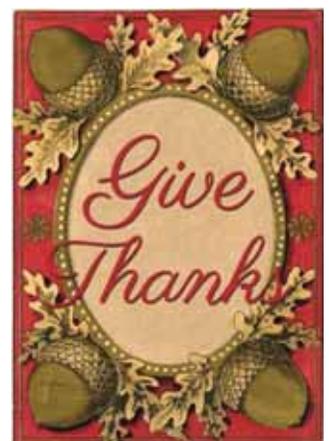
We have all heard about making a gratitude list - writing down all the things in life that you give thanks for. It's a way to take inventory and "count your blessings" in a meaningful way. You list your loved ones, home, health, opportunities, freedoms, and so on. You can also include things that you might not have thought to give thanks for before. For instance, just about every day of my life I am grateful for the person who invented hot showers!

It's pretty easy to be grateful for things we really like in life. Giving thanks for things we are not so fond of is harder. Even if you aren't crazy about your job, include it in your list. Might sound nutty, but if you give thanks for it, it will go easier and you will do a better job. You might even give thanks for the problems at work because, without them, they might not need you.

To expand your gratitude list, dig a little deeper. Make a list of things that you cannot yet give thanks for – the things that you do not think have any redeeming value. This can be a tough one. Why give thanks for something unpleasant? How can I give thanks for pain or

for illness? If there seems to be a lack of money for next month's rent, how can I give thanks for that?

If nothing else, you can give thanks that there is a lesson that lets you grow, or that the sticky places in consciousness give you a clue about where you need to open up and explore. There is something almost magical about giving thanks for things you don't like and didn't ask for. Being willing to be grateful for everything, no matter what it looks like, is a sure way for the solution to be revealed.



Continued on Page 4



To Greg Wyman for disassembling and removing the old garden shed.

*To Teia, Duane and other Board Members for following through and monitoring the Sewer Installation.
Yeah, TEAM!*

To Kim Perkins for the many ways she serves: Board, finances, speaking, writing.

We are so grateful that you share your time, talents and treasures here at UITO

Blessings!

NOVEMBER Birthdays

- 12th Clara Lakatos
- 12th Geno Menia
- 18th Erika Hughes
- 23th Tim West
- 26th Marguerite Snell
- 28th Allie Winters



Remember that happiness is a way of travel...not a destination.

Roy M. Goodman

*Happy Birthday!
Happy Journey!*

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

Office Hours: Mon., 10 a.m. to 12:45
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
Kim Perkins, Treasurer
Charles Mawson, Secretary
Flora Todt, Trustee
Erik Simpson, Trustee

LICENSED & ORDAINED UNITY MINISTER

Rev. Donna Little

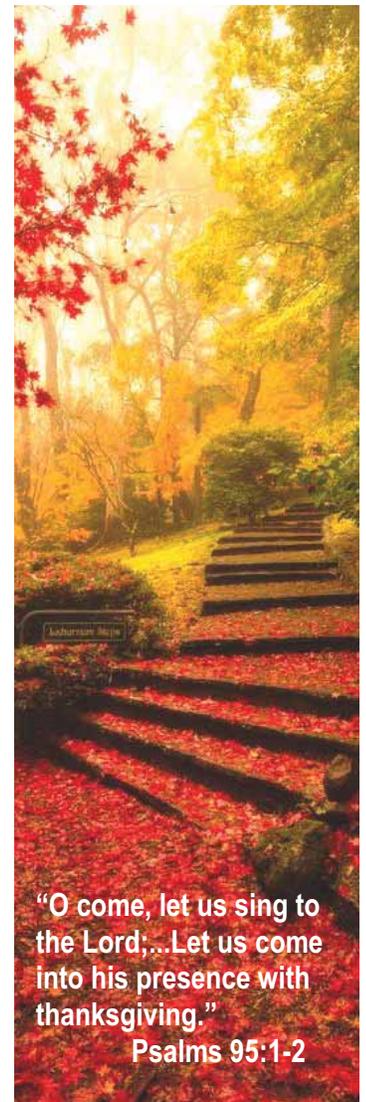
LICENSED UNITY TEACHER

Margaret Denstad



Our Church Finances

| September Income | | September Expenses | |
|--------------------------------------|-------------------|-------------------------|-------------------|
| Tithes/Offerings | \$ 3452.71 | Advertising & Promotion | \$ 108.55 |
| Rental Income | 310.00 | Book/Literature | 134.55 |
| Book/Lit Sales | 5.00 | Building Maint./Repair | 0.00 |
| Classes & Workshops | 191.60 | Computer & Internet | 131.91 |
| Special Events | 56.75 | Copy Machine | 233.08 |
| Fundraising | 0.00 | Guest Speakers & Music | 550.00 |
| | | Insurance Expense | 0.00 |
| TOTAL INCOME | \$ 4016.06 | Janitorial & Lawn Care | 85.00 |
| Tithes (August paid in Sept.) | | Minister | 867.00 |
| Silent Unity | \$ 100.00 | Music | 125.00 |
| Unity NW Region | 100.00 | Payroll | 799.67 |
| Unity Worldwide Min. | 50.00 | Postage & Delivery | 0.00 |
| TAFY | 0.00 | Telephone | 307.31 |
| Hospice | 0.00 | Tithe Expense | 432.00 |
| Serenity House | 91.00 | Utilities | 401.82 |
| First Step | 91.00 | Worship Supplies | 30.00 |
| TOTAL TITHES | \$ 432.00 | TOTAL EXPENSES | \$ 4205.89 |



*“O come, let us sing to the Lord;...Let us come into his presence with thanksgiving.”
Psalms 95:1-2*

JOIN US FOR A **THANKSGIVING POTLUCK**

HAM & TURKEY PROVIDED

**SUNDAY
NOV. 19TH
After the Service**

**Sign-Up to Bring Your
Favorite Appetizer, Vegetable,
Salad or Dessert to Share**



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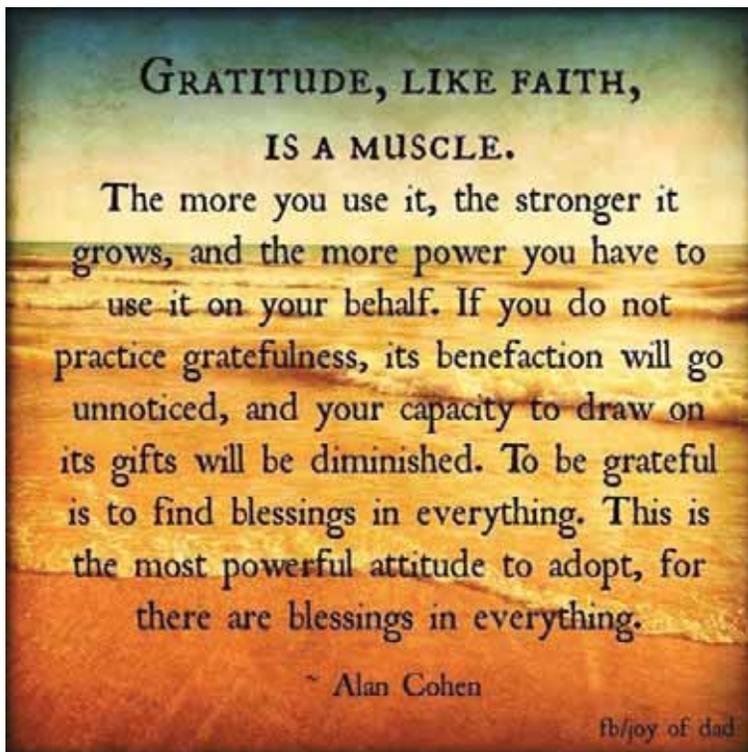
Beyond that, give thanks in advance for things that have not yet manifested. This is a part of Jesus' teachings that is often misunderstood. In the gospel of Mark, 11:24, Jesus says, "Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours."

This is a concept that is sometimes hard to get our minds around. How can you believe when you don't have it yet? Jesus didn't only say this, he taught it by example. If you remember the story of the loaves and the fishes, Jesus gave thanks before there was anything but a few loaves and fishes. In short order, there was plenty of food for all.

Jesus was teaching us how to manifest. He was showing us how to bring things forth from the invisible to the visible. He was saying that giving thanks is the first step to manifestation.

Being grateful in advance can change everything in our lives. If we give thanks for health and vitality, even before we feel it, or give thanks for prosperity before it appears in our wallet, we are sending a message to the Universe, and every cell in our body, that we are expecting great things. And great things are what we will attract into our lives. Let this Thanksgiving be meaning-full and grate-full and thanks-full!

Kim Perkins is a business consultant, author and national speaker. Kim has enjoyed successful careers in retail, telecommunications and nursing. She grew up in a large family where both of her parents were Unity ministers and has been an active participant, board member and guest speaker at many church centers.



SHARE YOUR BOUNTY WITH THOSE IN NEED:

There will be a basket in the front hallway throughout November and December to collect non-perishable food for our local food banks. Unsure about what to give? There are several good website sources, but here's an abbreviated run-down:

Holiday Ingredients such as canned pumpkin and canned milk, stuffing mix, cranberry sauce.

Shelf-stable Protein Sources such as canned tuna, chicken and beans, dried beans, nuts and nut butters, canned soups, stews and chili.

Pantry Staples such as rice, oatmeal, pasta, canned tomato products, canned vegetables and fruits, flour, sugar, cooking oil.

Healthy Snacks such as popcorn and granola bars.

Do not donate expired food, food without labels, food with damaged packaging, homemade food.

Helpful Hints: For those on the street, pop-top cans are great.



The Golden Rule:

Donate whatever you would be willing to eat.

THE TWELVE POWERS NOVEMBER

The power for this month is **ELIMINATION**

The ability to release, remove,
denounce, deny, let go.

Disciple—Thaddeus

Area of the body—Abdominal region

Color—Russet

Affirmation— *I release anything and everything
that no longer serves my unfolding good.*

I release all things from
the past year that has
caused any negative
attachment. I prepare and
welcome new changes, new
lessons and new
adventures. I welcome new
opportunities to grow
emotionally, mentally and
spiritually.



We sometimes try to accumulate new spiritual ideas as we might accumulate new clothing or shoes. We squeeze them into an already-packed mental closet where we may have a hard time finding them when we want them... That's why elimination is one of the essential Twelve Powers... Do some of the old beliefs need to be released to make room for the new?... We release them in deep appreciation for the ways they have served us, and we give thanks that new ideas of empowerment and infinite love have ample room to enter our consciousness.

Today I appreciate the flow of life in my consciousness.

*I dissolve all resistance as outdated beliefs and fears disappear and are replaced
by new ideas and deeper understanding.*

Rev. Ed Townley

SIMPLIFY SHOPPING AND SUPPORT UITO:



Go to smile.amazon.com—Choose **Unity in the Olympics** as your charity—Start shopping. Pricing is the same as usual but Amazon donates 0.5% of your purchase to our church.



Go to www.iGive.com/UITO, choose UITO as your cause, then start shopping at over 1700 online stores—all the major ones you know and lots of specialty stores. These vendors donate a percentage of every purchase you make to Unity in the Olympics.

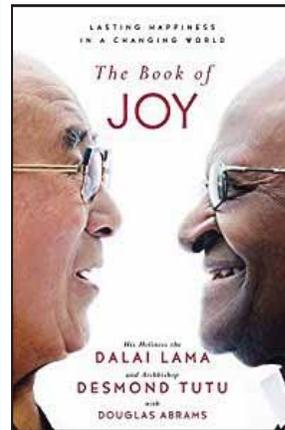


Winter Community Read THE BOOK OF JOY

In "The Book of Joy", His Holiness, the Dalai Lama, and the Archbishop Desmond Tutu talk about how true joy is **essential** for our lives. They highlight several ways in which we can embrace joy and find a purpose.

Sponsored by:

**THE INTERFAITH COMMUNITY
OF CLALLAM COUNTY**
www.facebook.com/InterfaithClallamCounty



Please join one of the Community Study Groups that will be forming in Port Angeles, Sequim and Forks. (See website above).

Rev. Donna will be facilitating a study group here at UITO on Wednesdays at 6:30 beginning Jan. 24.

NOTES FROM THE BOARD OF TRUSTEES:

Special Meeting Oct. 1:

Rev. Donna Little, Charles Mawson, Duane Morris, Kim Perkins, Erik Simpson and Teia Stitzel were present. This meeting was called to vote on a bid by Kuchan Excavating to complete the sewer hook-up for the kitchen and three bathrooms. The bid including taxes is \$11,382. The Sewer Fund Account stands at \$6414. Donna is in charge of securing a loan for the \$5000 balance needed and Duane will oversee the project.

October 19th board Meeting:

In Attendance: Rev. Donna Little, Charles Mawson, Duane Morris, Kim Perkins, Erik Simpson, Flora Todt, and Teia Stitzel.

Finances: The September tithe of \$402 was distributed as follows: Silent Unity—\$100, TAFY—\$76, Hospice—\$76, NW Region—\$75, WWAUC—\$75. Designated Funds: Minister—\$6659, Contingency—\$600, Scholarship—\$76. We are averaging 32.59 attendees per Sunday at \$32.56 offering per person.

Maintenance: Kuchan Construction began the sewer project Oct. 16th. The shortfall of \$5000 for that project was donated anonymously. Harry Bidasha is being hired to tear-off the old roof on the sanctuary at a cost of \$800. Earth Tech will re-roof and seal the skylights at a cost of \$3032.37

Administration: Our copier contract is expiring. Of several options, the Board opted to lease a new copier for \$195 per month (the least costly and most reliable option). Teia, Kim, Erik and Rev. Donna will be working on bylaws updates.

Special Events: A Thanksgiving Potluck and a Past Board Gratitude Dinner were planned.

Next Board Meeting: Sunday, November 19th at 12:30.

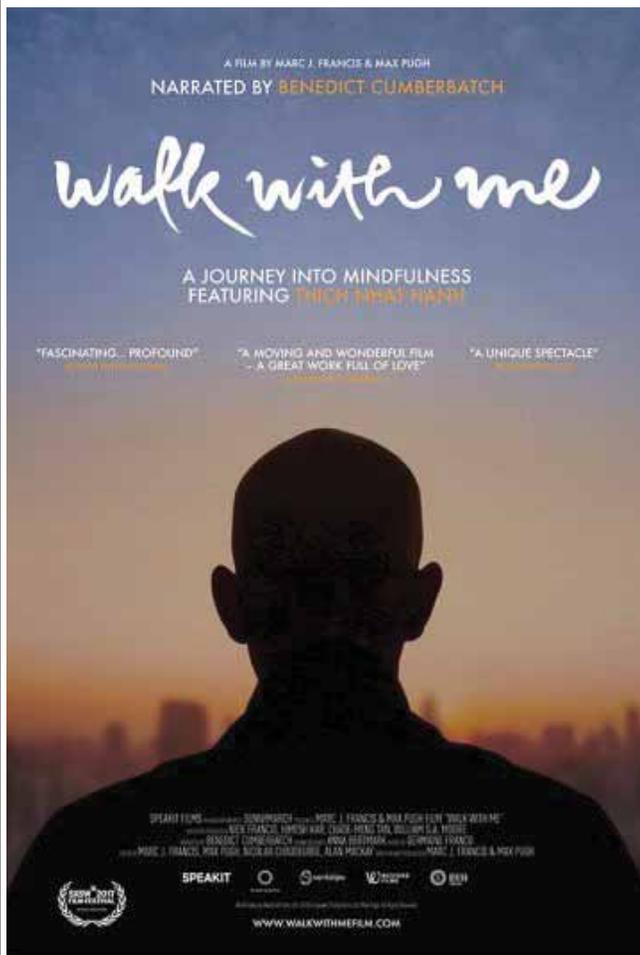


BIG HAPPENINGS OVERHEAD & UNDER FOOT

Handyman Harry Bidasha (pictured top right and referred by Charles Mawson) stripped down the failing roofing over the sanctuary in preparation for new roofing to be installed by Earth Tech Construction. This is the last segment of the roof to be redone, and when completed, we should be water-tight for many years to come.

Kuchan Construction completed laying pipes and filling in septic tanks for our sewer line hook-up to the City of Port Angeles main. A second handicap friendly toilet to match the one in the men's restroom has been donated and will be installed in the women's restroom. Next project: Inside remodeling to make both restrooms handicap accessible.

Let the fundraising begin.



The Interfaith Community of Clallam County is sponsoring a showing of "Walk With Me"

With unprecedented access, **Walk With Me** goes deep inside a Zen Buddhist community who have given up all their possessions and signed up to a life of chastity for one common purpose – to transform their suffering, and practice the art of mindfulness with the world-famous teacher **Thich Nhat Hanh**.

Filed over three years, in their monastery in rural France and on the road in the USA, this visceral film is a meditation on a community grappling with existential questions and the everyday routine of monastic life.

As the seasons come and go, the monastics' pursuit for a deeper connection to themselves and the world around them is amplified by insights from Thich Nhat Hanh's early journals. Narrated by **Benedict Cumberbatch**.

February 1, 2018
Deer Park Cinema
 Reserve tickets online now at:
gathr.us/screening/21399#

HIGH PRAISE

*Our fathers paused and set one day apart
To thank Thee, gracious Lord, for food to eat.
I too would thank Thee from my inmost heart
For the harvest yield. But oh, I find it sweet
To pause today, remembering the things
Throughout the year that gave my spirit wings*

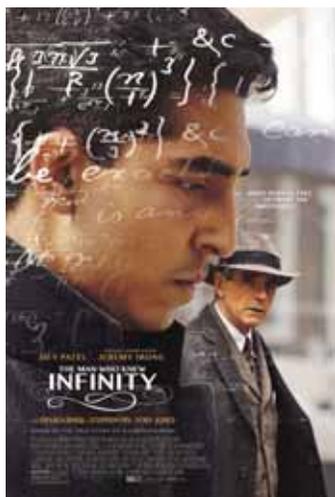
*No less than gifts of corn and wheat and rye,
No less than this Thy gift, my sheltering roof,
Are the elusive things: The star-drenched sky,
High winds, the sun, blue distance, crags aloof,
Unreachable, yet beckoning me to climb
Higher than earth through limitless space and time!*

*I do not need a dim cathedral's light,
An organ's rolling thunder as I pray.
I want a hill, wind-swept and clean and bright,
Where I can reach and thank Thee, Lord, today
For a thousand things so often we pass by
Without a prayerful word or lifted cry.*

GRACE NOLL CROWELL

FREE MOVIE NIGHT: THE MAN WHO KNEW INFINITY

SATURDAY, NOVEMBER 18TH - 7 PM
SOLANA PARKWAY CLUBHOUSE
SEQUIM



SPONSORED BY OAKBRIDGE UNIVERSITY

Meditations Guided by Jeshua's Words as channeled by Judith Coates Eva McGinnis, facilitator 2nd Friday 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