



# In Unison

The monthly newsletter of Unity in the Olympics

December 2017

## Journey to Christmas

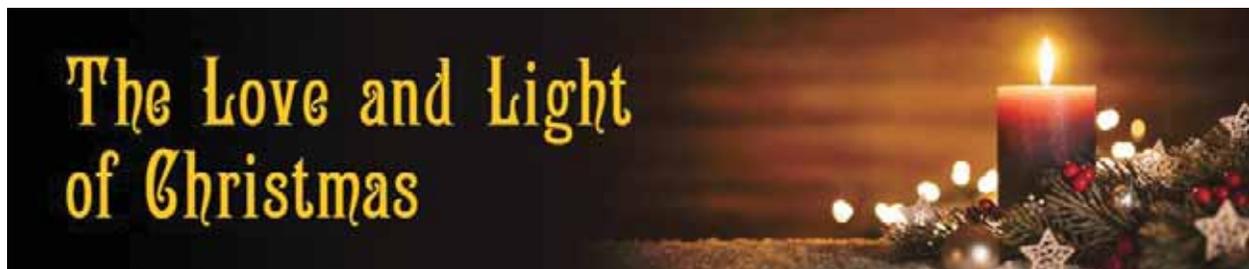
by Rev. Donna Little

It is said in many ways that *it is not the destination that is important, but rather, the journey*. So many people are disappointed in the destination if they haven't enjoyed the journey, this is especially true at Christmas time.

So, how can we open our hearts more fully to the approach of THIS Christmas? In December, Unity in the Olympics is focusing attention on the lessons of the four Sundays leading up to Christmas – the Season called Advent.

Advent is a powerful spiritual tool to use in our journey towards Christmas – it is that time before the celebration of Christmas when we prepare ourselves for experiencing the rebirth of our spiritual life. The four Advent weeks are celebrated in this order: **Hope** and/or **Faith, Peace, Love** and **Joy**.

We will join many churches that light a candle on an advent wreath each Sunday to represent each theme. Our wreath will sit on a table on the platform. It is made of evergreen branches and holds four candles - three purple and a pink one for the third week, **Love**. A white Christ candle is placed in the center and will be lit on Christmas, representing the Light and Love of God shining into the world through Christ Consciousness.



You may want to pick up a copy of the Unity Advent Booklet for 2017, "**The Love and Light of Christmas**". Inside you will find daily readings including poetry, essays and meditations to feed your heart for Christmas. The booklet is available in our lobby area for a Love Donation; or you can access it online at:

<http://www.unity.org/publications/resource-materials/love-and-light-christmas>

In addition, check out our lobby Christmas Tree with Children's names on tags for your gift buying pleasure. These are **local children** for whom we can help to provide a happy Christmas. Your gifts should be returned to the Church by Sunday, December 17<sup>th</sup>, to allow for timely delivery to the children.

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*Thank You*

To Tim West,  
Barbara Mitchell,  
George & Annette  
Lindamood and  
Sandra Blanchard  
for holiday  
cleaning of our  
Church Home.

To the Board and Teia for  
the Past Board Appreciation Luncheon  
at Common Grounds.

To Tim for setting up chafing dishes and  
baking a ham, to Teia for roasting a tur-  
key, to Alice for making gravy and to the  
40 plus people who made the  
Thanksgiving Potluck a wonderful event.

To Barbara, Teia, Allan and Alice  
for putting up Christmas Decorations

To those sharing poinsettias to  
decorate the sanctuary.

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

***Blessings!***

## DECEMBER Birthdays

4<sup>th</sup> Carol Clark  
7<sup>th</sup> Kathleen Moore  
18<sup>th</sup> Judith Coates

*And in the end,  
it's not the years  
in your life that count.*

*It's the life  
in your years.  
(author unknown)*

*Wishing you  
life abundant.  
Happy Birthday!*



### 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

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[www.unityintheolympics.org](http://www.unityintheolympics.org)

Office Hours: Mon., 10 a.m. to 12:45 p.m.  
Wed., 10 a.m. to 3:00 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

October Income		October Expenses	
Tithes/Offerings	\$ 4921.34	Advertising & Promotion	\$ 143.04
Rental Income	225.00	Books & Literature	18.50
Book/Lit Sales	20.00	Building Maint./Repair	1405.30
Classes & Workshops	154.00	Computer & Internet	178.31
Special Events	0.00	Copy Machine	206.33
Memorial	100.00	Guest Speakers & Music	550.00
Misc.	0.02	Insurance Expense	0.00
<b>TOTAL INCOME</b>	<b>\$ 5420.36</b>	Janitorial	211.25
		Minister	867.00
<b>Tithes (Sept. paid in Oct.)</b>		Office Supplies	49.00
Silent Unity	\$ 100.00	Payroll	569.68
Northwest Region	75.00	Postage & Delivery	0.00
Unity Worldwide Min.	75.00	Telephone	0.00
TAFY	76.00	Tithe Expense	402.00
Hospice	76.00	Utilities	401.82
Rose House	0.00	Worship Supplies	75.00
<b>TOTAL TITHES</b>	<b>\$ 402.00</b>	<b>TOTAL EXPENSES</b>	<b>\$ 5077.23</b>

“The true light,  
which gives light  
to everyone,  
was coming  
into the world.”  
John 1:9



**XMAS AND EXCESS:** The two have become synonymous in some very uncomfortable ways. At Christmas time, we tend to eat too much, drink too much and spend too much. Also, our emotions are intensified. We may feel an abundance of joy, but we may also feel extra worry and stress, or even sadness and pain.

This Christmas let's consider reining in some of those excesses by being gentler with ourselves. When we're making our lists, and checking them twice, we can ask ourselves, "Is this really necessary?" If peace, joy and love are the fruits of Spirit, and worry, stress and fear are ego saying "You should do this or that", we can alter our lists to increase the first and diminish the second. Do we really need one more Christmas decoration, trip to the mall, or festive food that we may well regret on January 1st? How can we decrease "busyness" and material excess, and increase our heart's connection with others?

Question your choices. Search your heart for those actions that will nurture the fruits of the Spirit and fill you with peace and joy, then take a deep breath and just let go of the rest. Peace and Merry Christmas!

*I have faith that what I do in moderation and with a grateful, peaceful heart will be enough.*

*(Martha) had a sister named Mary who sat at the Lord's feet listening to what he said.  
But Martha was distracted by all the preparations that had to be made. (Luke 10:39-40)*



*Continued from Page 1*

And, remember we are continuing to collect non-perishable foods for the Food Bank. Let's help our less fortunate neighbors celebrate Christmas, too.

Put Saturday, December 16<sup>th</sup> on your calendar and join us for our **Christmas Program and Party**. Beginning at 6:30 pm we will share in a Candle Lighting Ceremony, lighting candles for each of the Twelve Powers. George Lindamood and Allie Winters will lead us in favorite Christmas Carols and Special performances of their talents.

The Program will be followed with a time of celebration and a "Dirty Santa gift exchange". Please bring finger foods for sharing and a Gift for the Exchange (no more than \$10).

Christmas is almost here! Sugar plums are gathering to dance in our heads, in our hearts let us find the essence of the Christ Consciousness, bringing Light and Love into our world.

***Love, Peace and Joy,***

***Rev Donna Little***



### **Unity Basics Class**

**Sunday afternoon,  
January 14th,  
12:30 - 4:00 pm.**

For anyone interested in learning more about Unity or becoming a voting member of UitO, we recommend taking this overview class. Taught by Rev Donna, this class receives high marks from previous attendees. And, if you want, you can sit in again!



**End 2017 with the  
UitO Burning Bowl Ceremony  
December 31st  
at our regular service time.**

***Clear your slate and Heart  
for the New Year!***





# candlelight service

SATURDAY

DECEMBER 16TH ~ 6:30 PM

TWELVE POWERS CANDLE LIGHTING  
CAROLS & MUSIC BY ALLIE WINTERS

& GEORGE LINDAMOOD

CHRISTMAS PARTY FOLLOWS:

BRING FINGER FOODS &

A GIFT TO EXCHANGE

(\$10 OR LESS)

## THE TWELVE POWERS DECEMBER

The power for this month is **LIFE**  
The ability to energize, vitalize,  
enliven, animate and invigorate.

Disciple—Judas

Area of the body—Generative Organs

Color—Red

Affirmation— *I am filled with life, sweet life.*



## Twelve-Power Meditation Exercise on Life

By Charles Roth

Placing your center of attention at the lower abdomen, speak these freeing, vitalizing words of Truth:

**The Christ in me is quickening my faculty of life. I am calm, serene and in complete mastery of my emotions, thus allowing the universal life force to flow through me to heal, energize, and recharge my physical body. I am grateful.**

Conclude your meditation by repeating the "Prayer for Protection" and feel yourself bathed in light.



### Salvation Army Angel Tree

This is your opportunity to be a Secret Santa. Pick a tag from the tree in the lobby and buy a gift or two from the list on the tag. Bring the unwrapped gift with tag attached and place it under the tree. A Salvation Army Angel will make sure your gift gets to the hope-filled child you've chosen. All gifts must be at church by Dec. 17th.



### FOOD BASKET

Share your bounty with those in need.  
Help fill the basket in the foyer with  
non-perishable food.

- ∞ Canned proteins
- ∞ Canned fruits & veggies
- ∞ Rice, pastas, oatmeal
- ∞ Flour, sugar, cooking oil
- ∞ Nuts & nut butters
- ∞ Holiday ingredients

Your gifts are  
A blessing.



## NOTES FROM THE BOARD OF TRUSTEES:

The Board met on November 18th. Donna Little, Charles Mawson, Duane Morris, Kim Perkins, Erik Simpson, Teia Stitzel and Flora Todt were present.

**Finances:** The October tithe was \$542 (dispersion in Jan. "Church Finances"). (We've had an awesome increasing income—see "Church Finances" on page 3—and a generous, anonymous gift of \$5000 to complete the sewer project). The sewer hook cost was \$10,500 (paid), roof tear-off was \$800 (paid), plumbing costs are \$1084 of which \$500 has been paid. The \$293 net income for October was put in the Contingency Fund. Average attendance for the month was 32.73 per service, average giving was \$32.56.

**Worship:** Plans for a candlelight service on Dec. 16th were made. ♡ A new permanent bulletin cover was discussed and a sample viewed.

**Administration:** The Board is looking for a new newsletter editor. ♡ The Annual Membership Meeting was set for April 15th. Up to three new trustees could be elected.

**Maintenance:** Alice Alexander suggested requesting a donation of grass seed from Green Crow. A letter will be drafted. ♡ Teia has asked for \$210 for church decoration.

**Outreach:** Rev. Donna, Charles and Duane will lead the new website design team with input from the congregation.

**Next Board Meeting:** There will be no formal Board Meeting in December and no potluck on the 17th.





## Unity in the Olympics Longtime Friend

### Louella Lawrence

Passed on Nov 5th, 2017.

A Memorial Service will be held

Dec 2nd at 11:00 am

IBC Church

116 E. Ahlvers Rd, Port Angeles.

## Saying goodbye to our dear friend Lou Lawrence.

Lou Lawrence was actually the founder of Unity in the Olympics in Port Angeles. In 1964, she and several friends started a study group to study Unity principles. She had been reading about those principles and wanted to learn more. They met at the Port Angeles library at first, and then moved to a member's apartment. After meeting Marion Brown, a Unity minister from Bremerton and John Adams, a new Unity minister, they began a church here in Port Angeles. Lou provided a little house she owned at 7<sup>th</sup> and Chase, and Adams became the minister.

Lou was very active in her clothing shop, Willi-Lou's, and many organizations. She always kept a spot for Unity in the Olympics, even though she was very busy with her other activities. She opened her home to Unity for church picnics at least two or three years. There was a badminton net and of course lots of food and good fun. She was a strong supporter of the church and was instrumental in the church getting a nice parking lot. She also supported having a minister, and was on the board several times. She attended as often as she could until just a few years ago, when driving became a problem for her. Unity celebrated Lou's 90<sup>th</sup> birthday with cake and lots of good friends.

Lou stopped coming to church when she couldn't drive anymore, but Unity kept in touch with her by telephone calls and visits and cards and Lou's daughter-in-law always responded to cards and letters. She celebrated her 97<sup>th</sup> birthday August 19, 2017.

She and her family recently visited Vern Reidel, who was recuperating at Crestwood.. We will always remember her smiling face, and words of faith, and her stunning outfits, always ready to meet her public. Thank you Lou for coming into our lives and leaving us the legacy of this wonderful church. Blessings, Lou, on the next part of your journey.



Picnic at Lou's, August 1989



With Guest Musician Jim Valley



Coffee Hour Conversation



## Your Christmas Guest

*James Dillet Freeman*

*Take time this Christmas Day to go  
A little way apart  
And with the hands of prayer prepare  
The house that is your heart*

*Brush out the dusty fears, brush out  
The cobwebs of your care  
Till in the house that is your heart  
It's Christmas everywhere.*

*Light every window up with love,  
And let your love shine through,  
That they who walk outside may share  
The blessed light with you.*

*Then will the rooms with joy be bright,  
With peace the hearth be blessed,  
And Christ Himself will enter in  
To be your Christmas guest.*

**Unity in the Olympics** and **Teia Stizel** honored the board and past board members with a lovely lunch at **Common Grounds Café** on Sunday the 12<sup>th</sup>. **Tom Cline** and **Diane Duncan** attended along with **Marguerite Snell** and other past and present board members, including **Rev. Donna Little**. The restaurant was showcasing some of their menu items, so attendees were blessed with several different kinds of food. It was a beautiful event with sharing of what our church means to us and a letter Teia read, discussing our past and forward future. **Thank you to Teia and the present board for this event.**



**Meditations Guided  
by Jeshua's Words**  
as channeled by **Judith Coates**  
**Eva McGinnis, Facilitator**  
**The 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).



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