



In Unison

The monthly newsletter of Unity in the Olympics

January 2016

Denials & Affirmations – the Twin Cornerstones of Unity **By Carl Alexander**

“And be not conformed to this world: but be transformed by the renewing of your mind, that ye may prove what is the good and acceptable and perfect will of God.” Romans 12:2

In her letters to Unity, Myrtle Fillmore has written: “God not only has created the earth and us, but He is actually the very essence of all that we see about us, and all that is within us. We are the free agents, who must learn to take and combine His ideas and the manifest materials, into the soul and body we are to use. We are not sitting off here doing something by ourselves and occasionally asking God – outside of us – to help. In reality, God is working out through His offspring, that which He has conceived to be the Ideal Creation and Life.

When we ourselves make health, wholeness, holiness the dominant thought of our mind, re-educating all our physical senses to their true purpose, our body temple will be sure to manifest its God-given perfection, because our body is the fruit of our mind.

Thus, we remake our consciousness so that it will correspond with God’s perfect idea of us. Our part is to consecrate all our senses to the Truth, and train our thought children to express joy, love, faith, wisdom, life & health.” *Letters of Myrtle Fillmore, pg. 96 & 97*

Following her example, Unity teaches two main ways of transforming our minds to Higher Truth: The twin concepts of Denial and Affirmation. Both are relatively simple to comprehend intellectually – fully embracing them into habits of daily living is where the hard work comes in, because as the Romans told us: *Repetitio mater studiorum est* - ‘Repetition is the mother of all learning’.

So, what are these twin methods we can use to transform our lives? How do they work, and how can we best go about putting them into practice?

DENIAL is not exactly what it first sounds like... it is not about being negative, or refusing to accept reality. Nor is it about abnegation, or any form of self-denial, or self-sacrifice. Instead, the term --as Unity uses it – means exactly the opposite.

Denial is the recognition that God is truly all that exists in this world, and that any belief other than that is a falsity and un-truth. Denial is the understanding that there is Higher Truth, and that anything which does not express that Higher Truth is a stumbling block to God’s Reality, and impedes our full happiness.

Evil is an un-truth, put into action; Sin, a false way of seeing this world; Illnesses, even death, are the physical consequences of erroneous ways of thinking. Do such imbalances exist in life? Yes, of

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Blessings to all those who participated in making our Candlelight Service a memorable event.

Thanks to all those who donated to our food basket. We sent over 100 pounds to the food bank

Thanks to those children-at-heart who provided lions and tigers and teddy bears (oh my!) and who loved and blessed them in the pews before they were donated to First Step Family Support Center

Kudos to our Angel Tree angels who provided gifts of clothing and toys to fifteen needy children.

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

JAN BIRTHDAYS

13 th	Ruth McNeece	
16 th	Bob Eash	
16 th	Teia Stitzel	
22 th	Barbara Wilson	
23 rd	Michele Menia	
31 st	Jan Wyman	



Live your life with arms wide open.
Today is where your book begins.
The rest is still unwritten.

Natasha Bedingfield

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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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

November Income		November Expenses	
Tithes/Offerings	\$ 3340.57	Guest Speakers	\$ 900.00
Rent	255.00	Advertising & Promotion	91.04
Book/Lit Sales	42.75	Copy Machine	171.71
Classes & Workshops	121.21	Insurance	290.84
		Maintenance/Lawn Care	54.00
		Office Supplies	24.92
		Worship Supplies	30.64
TOTAL INCOME	\$ 3759.53	Payroll	1050.84
		Telephone	57.62
Tithes (Oct., paid in Nov.)		Janitorial	162.50
Silent Unity	\$ 100.00	Utilities	260.91
Northwest Region	75.00	Computer & Internet	70.35
Unity World Wide	50.00	Tithe Expense	361.00
MANNA	50.00	Bank Service Charges	5.60
Dream U	43.00	Postage & Delivery	00.00
Salvation Army	43.00	Book/Lit Expense	20.35
TOTAL TITHES	\$ 361.00	TOTAL EXPENSES	\$ 3552.32

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!



MEMORY GARDEN

This spring we hope to start paving our memory garden. Handsome 4" x 8" red-brown bricks are available to be inscribed with your tribute for \$60. Memorialize a special event in your life, a friend or loved-one, a pet or even a favorite quote. We already have one with our "Aloha" to our beloved Richard Levy. And one for Laura Burton, who was our faithful organ player...never missed a Sunday for years on end (Love you Laura!)



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course, but Unity denies the POWER of such false beliefs, and confronts them with the Truth. And we know that to meet them and overcome them, we have to see them for what they are – to let them go & let God have full reign in this world.

The 'flip-side' of Denial, is the process of Affirmation. Each works side-by-side, and together form a single whole... Affirmations are statements that we cause to become real, by gradually absorbing them into the way we think, feel and behave... by taking them into WHO WE ARE. They are the transformative process which allows us to make changes for the better, so that we can become the person God truly wants us to be.

As human beings, we come into this world with minds to help us think, emotions so that we can feel, and bodies with which to act. Affirmations help us put all those abilities to their highest good, by showing us how to use God's gifts most effectively.

An Affirmation is simply a thought that you want to become Truth – a positive declaration of a trait or change you want to make happen in yourself, or in your life. It can also be about something you want to learn, or achieve. It should be short, simple and direct. It should be couched in the present tense ("I am..."), or in the present progressive tense ("I am becoming...").

Negative statements or ideas should be avoided. Words, like 'can't', 'won't', 'shouldn't', 'didn't' etc. contradict the purpose of an affirmation. For example, it is better to say, "I am free of fear" rather than "I am not afraid". Likewise, it is better to use a phrase like, "It's okay to be human" than to say, "I'm not a perfect person".

A good way to begin using Affirmations is to make a list of 2 or 3 changes you would like to take place within yourself, or in your life. Concisely write each one down, and then begin to repeat each one about 5 – 10 times, as you go through each day. Put the list of Affirmations where you can see it easily, and re-affirm them to yourself each day. Incorporation of a single affirmation into your daily meditations will also accelerate its effectiveness. You can also work with a partner, taking turns repeating each statement, and confirming their truth to each other.

The amazing part of Affirmations is that you don't even have to fully believe in them, for them to work... over time, and with repetition, you will discover the transformative power in your daily life for yourself – and then you can deliberately harness the process, for even greater results!

Here are a few examples, to get you started:

I accept myself for who I am.

I am a good and worthy person.

I can let go of worries and fears.

I am learning that it's okay to make mistakes.

The more I love myself, the more I am able to love others.

I will let go & let God rule my life.

"Now faith is assurance [or, a guarantee] of things hoped for, a conviction [or, a proof] of things not seen." Hebrews 11:1



a con-

Warm & Cozy

That's what we like to be in these cold winter months. And speaking of warm and cozy, have you ever noticed



the basket of hand-made afghans and lap robes at the back of the sanctuary. They were provided by Leslie Menia and her knit/crochet buddies. Leslie always attended church with her latest knitting project in hand...a type of meditation as she absorbed the sermon. Her husband, Geno was our Santa for many years and daughter Michelle was always willing to lend a hand wherever she could. Because of mobility challenges, the Menias no longer attend services but support their church home financially. We entertain warm and cozy thoughts about you Leslie, Geno and

Michelle, because you've touched our lives. Many blessings for a wonderful 2016 from your Unity Family!



Every Man Is King

“Every man is king in his own mental domain, and his subjects are his thought... The body is the instrument of the mind, and the mind looks to the Spirit for its inspiration.”

Charles Fillmore



Our Candlelight Service



You are
The Light of
the World.
Be a Prince
of Peace.
Go out and let
your light shine!





ANGEL OF THE MONTH

Ruth Zinter

Ruth has been our sweet song bird almost since the beginning of Unity in Port Angeles.

- ♥ Leads the hymns during Sunday Service
- ♥ Is a potluck specialist in homemade goodies
- ♥ Has made beautiful hand decorated cakes for Valentines Day dinners and fund-raisers.
- ♥ Hosts an annual Christmas Open House
- ♥ Is a member of our Prayer Force
- ♥ Has served as Worship Assistant
- ♥ Ruth is a faithful attendee and supporter of our church.



We are grateful
to Ruth for
all she does for our
Spiritual Home.

Notes from the Board



The Board met on Dec. 20th with Teia Stitzel, Steve Schach, Alice Alexander, Duane Morris, Charles Mawson and Jan Wyman present.

Finances: The Nov. tithe of \$376 will be allocated as follows: Silent Unity \$100, Unity NW Region \$100, MANNA \$50, UWWM \$50, Dream U \$38, and TAFY \$38. The Board allocated \$500 each to the Minister's Search Fund and Bathroom/Sewer Fund. Unity received a \$500 gift for the Bathroom/Sewer Fund. (The balance in the designated funds accounts are: Minister's Search—\$4556 and Bathroom/Sewer—\$8350). There are no outstanding bills.

New Business: Funds were allocated for Christmas bonuses for our paid staff.

Old Business: Charles said the Computer Club couldn't find anything seriously wrong with the tower computer they donated to us. He's not sure if we'll get it back. He and Tim are looking into providing a laptop for the minister's office. * Jan will research pricing for a new calculator for the office. * Teia is researching options for name tags for the congregation.

Kudos to Duane were expressed for the digital announcements that are projected before Sunday Service.

Next Board Meeting: Sunday, January 17th at 12:30 p.m.

NOTE: Another gift of \$250 came in after the Board Meeting bringing the Bathroom/Sewer fund to \$8600.

Begin Your Good

R. H. Grenville

“God sends the thread for a web begun,”
The words of an ancient proverb run.
So whatever it is you hope to win,
Create, or accomplish, or be —begin!

The fruitful harvest for which you pray
Is locked in the seed that you sow today;
The joyous journey you long to make
Begins with the first firm step you take.
So lift your eyes to your special star
And Step out boldly from where you are,
Beginning the task that you long to do—
And God will help you to see it through.



Yes, You Can...

We collect aluminum cans to support our Youth Ministry. Unity Youth Retreats are a wonderful experience and we'd love to send a child or two to camp this spring. Cans can be deposited in the hamper in the back hall by the offices.



Finding the Christ in Ourselves

H. Emilie Cady

An excerpt from The Unity Treasure Chest, compiled by Lowell Fillmore and available in our library (289.9 Fill, L.)

If we want the Father within, which is the Christ, to manifest Himself as all things through us, we must learn to keep the mortal of us still, to still all its doubts and fears and false beliefs, and to hold rigidly to the “Christ only.” In His name we may speak the words of healing, of peace, and of deliverance to others, but as Jesus said of Himself, so we must also say of ourselves: “I can of myself [that is, of the mortal] do nothing.” “The Father abiding in me doeth his works.” He is the ever present Power to overcome all errors, sickness, weakness, ignorance, or whatever they may be. We claim this Power, or bring it into our consciousness where it is of practical use, by declaring over and over again that it is ours already. Saying and trying to realize the truth, “Christ is my wisdom, hence I know truth,” will in a short time make us understand spiritual things better than months of study will do.

The Answer For Youth

TAFY is a drop in center for needy and at-risk youths. We support them from our church tithes and with meals on the 3rd Saturday of every other month.

Saturday, January 16th its our turn to provide dinner. Please bring a potluck dish, salad, dessert or juice (no pop please) to the church by 3:45. Your washed dishes will be returned to church the next day.

You can also donate cash. Just be sure to note it's for TAFY. Alice delivers the food and buys fried chicken with the cash. When the clerks find out its for TAFY they often make sure we get a hefty portion or extra goodies.



UNITY IN THE OLYMPICS: 50 Years in the Making

Unity's first few years in Port Angeles were filled with education and surprises. Many Unity speakers from other areas came as guest speakers. Among the visitors were James Dillet Freeman (Unity's Poet Laureate), Katherine Bosworth, Marian Brown, Max Lafser, Roy Davis, The Stovins, and Ralph Bruksos. Glenna O'Toole, local voice teacher from Sequim was often a guest speaker. Dr. Marcus Bach, Unity minister and author from California was also a welcome guest.

Many different activities were started in the beginning years. One was the organization of The Women of Unity who held luncheons and worked on fund raisers such as plant and bake sales to support the church. Our first minister, John Adams also sponsored a radio program on KAPY called "Focus on Living". The Daily Word was also broadcast daily on the radio. Rev. Adams also started a prayer line that received many calls over the time it was in effect.

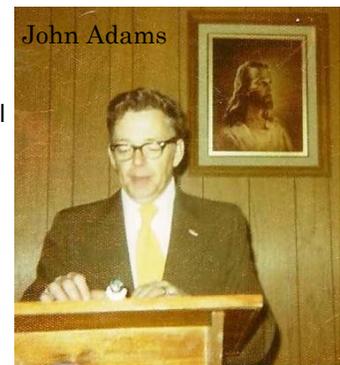
In 1970, Unity Center became incorporated and the name was changed to Unity in the Olympics. The first board of directors were Lou Lawrence, Margaret Pohl, Verna Blackburn, and Valda Morris. Laura Burton was their first organist and her husband built a beautiful wooden lectern for the minister.

Often the church rented other facilities to hold events that they expected to overflow the little building on 7th and Chase. The YMCA often served the church as a meeting venue. Also, the Methodist Church often rented their activities room for special services. The Boy Scout Hall across from 7th and Chase was rented on Sundays for the "Children's Church of the Golden Key". Helen Baker, JoAnne Williams, and Alice McFarland (Alexander) were three of the new teachers.

As the congregation grew, in 1973, the church moved into the Salvation Army Church on Front Street (The brick building behind Mathew's Glass). The first floor had a large sanctuary and smaller area that Unity used as a bookstore with the minister's office located in back. Later, the upstairs floor was opened for the Children's Church. There were several teachers at first and then Alice McFarland was the only teacher. The numbers of children varied from just 3 or 4 to 15 or more. She taught them songs, taught them prayers and kept the format of the children's church as much as possible. The teachers always had to keep in mind that if the children flushed the upstairs toilet, the sound of water would be heard downstairs in the main sanctuary during service.

Ruth Hutton (Zinter) joined the congregation as the vocalist and has been with Unity ever since.

In 1973, John Adams moved on to another church and Unity needed an interim minister until things came together so they could hire a full time minister. The church was lucky enough to find Leone McMillian from Vashon Island. She came on Thursday evenings, had classes on Friday and left after church on Sunday. Often members of the congregation joined her for lunch at one of our local restaurants before she left for home. Leone McMillian was a delightful person, who brought many people into the church. So in spite of not having a full time minister, the church grew.



A Letter from Lou Lawrence (One of our founding matriarchs)

2015 has been a wonderful year for me and I hope it has been for you as well. I am 95 and I still do not have an ache or a pain. My caregivers take very good care of me and I keep in shape with daily exercises.

The farm is improving little by little. George and Danielle raised Cornish Cross broilers, heritage breed Narragansett turkeys and established a bee hive this year. They also re-established the garden. I am still enjoying the Swiss chard, kale, tomatoes, cabbages and lettuce. In addition, they are raising three American Guinea, Kune Kune cross pigs. The farm now feels like it did in my younger years.

2016 brings with it more projects for the farm. Unfortunately, the barn was not rebuilt this year, so it will be the priority for 2016. Since August, we have lost power four times, so establishing a back-up energy source that can run the entire farm is also at the top of the list. In addition, more bees are coming. A kind man from the local beekeeping club is giving us six hives in the spring, so we are building housing and planning food plots for them. It will be a busy year!

I do not get out much anymore, but I do enjoy visitors. If you are in the neighborhood, please give a call to arrange for a visit. I love my people of Port Angeles.

I am looking forward to enjoying life in 2016 as much as I did in 2015. I hope you will, too.

Love and blessings to you and your family,

Lou