

June is the Month of Well-being!

One of the ways we care for ourselves is through prayer and connection. Unity.org has great articles at <https://www.unity.org/resources/articles/well-being> to aid in self care.

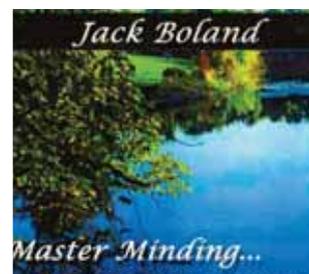
What goes on in Prayer Chaplain Spiritual Care Meetings?

Are you curious about what happens during the prayer chaplain's spiritual care meetings held once a month at Unity in the Olympics? We come together to practice the Master Mind Principle™.

So what is MasterMind Principle™?

The basis of the Master Mind Principle™, developed by Jack Boland and Renaissance Unity, is the combined energy of two or more people in order to tap into the creative genius, wisdom and power of the Source that created and directs our universe and lives.

As Jack indicates, “the principle is based on an ancient premise that the combined energies of two or more like-minded persons is many, many times greater than the sum of individual energies.”



The Master Mind Principle is implemented through a Master Mind group.

A Master Mind group consists of two or more persons (two to six is ideal) who meet regularly in an atmosphere of trust and harmony for the purpose of providing mutual support and encouragement—and to believe for each other things which each, alone, may find difficult to conceive and believe for himself or herself.

A Master Mind group is not established so that individual members can solve each other's problems. Rather, such a group is established to surrender to the Master Mind any problem areas, challenges, needs for healing, or any other positive desires of each member. When such requests are fully and properly made of the Master Mind, answers and solutions occur in a most amazing way.

If you are interested in the Master Mind Principle and the steps of the practice there is a series of videos online at https://www.youtube.com/playlist?list=PLXwxq0X8suj6m52_LH1pON5EtFQ9wRrJ4

To learn more about Jack Boland visit <https://www.truthunity.net/people/jack-boland/>



*“For where two or three are gathered together
in my name, there am I in the midst of them.”*

-Matthew 18:20 KJV

“With all that is going on right now, please check your mail box and email regularly for any communication updates pertaining to the status of our Unity community. I will be sending out information as soon as it becomes available.”

- Duane



President’s Corner

We Are All One

by Duane Morris

Have you ever heard it said that if you knew another person’s story, you couldn’t help but love them. Each one of us has known adversity and sorrow, just as each of us has known joy. Some people have overcome unimaginable difficulty while others seem to have been blessed with all a person being could ever hope to want.

We are all one. This greater story overarches them all. Despite the appearance of separate bodies, individual personalities, and different pursuits, we are one humanity. Much like a prism separates light into a rainbow of colors, we humans express God in endless ways, each of us may convey a different color.



Our Unity in the Olympics spiritual community is made up of individual rays of light. Each of us has a favorite a color, as Allie Winters has pointed out during our services over the last few years. Somewhat like the tides ebb and flow these rays of light, our members, come and go. Many stay for a long while. Then occasionally members find their physical body becomes exhausted and still other members find themselves moving on to other spiritual pathways.

Rev. Donna Little has finished a monumental task of updating our membership list. Over several months she, with some assistance from Alice Alexander has come up with a list that reflects our current membership going forward. Thank you all for replying to questionnaires and participating in this endeavor. And please thank Rev. Donna for her efforts.



As well as our current members we have a record of those who have passed on while being a member and those who have found another path. Let us hold in our hearts all of those who have shown their light in our sanctuary and wish them Love and accomplishment in their striving.

Thank you to all who have sent cute cards, donations, and words of encouragement for the Board and the Staff who are “holding down the fort” while the building is closed. I have the cards displayed on the desk to remind me and us to hang in there and that you love us! Robbin



Finance Report

During the May 17th Board meeting, held on Zoom, Tim presented the financial reports for April as well as a year over year comparison: fiscal year 2020 over fiscal year 2019 report. The April 2020 Profit and Loss statement reflects a total income of \$6371.32 indicating a net income of \$2210.22 for the month. All monthly Expenses are current.

Many sent in additional tithes when they received the federal stimulus checks creating additional income. \$1200 in tithes were received as designated for the pass-through expense of new technical equipment for "streaming" services and an additional \$100 came in designated for emPowerma licensing fee to enable us to utilize Positive Music Artist music for streamed services. (Thank you for the blessing!)

The year over year comparison report indicates that the recommended/budgeted fiscal and operational adjustments by the board of trustees in 2019 are now in position for fiscal year 2020.

Payroll expenses are currently aligned and with Duane's and the board's quick actions we were able to obtain a PPP loan (Covid 19 non-repayable stimulus income) from First Federal to assist in wages. This too will be reflected next month.

The March Tithe allocation was \$438 out of which we allocated \$73 to Silent Unity, \$73 to Unity NW Region and \$73 to UWM. We also donated \$110 to the Port Angeles Food Bank and \$109 to the Sequim Food Bank.

Currently all services are available on-line through Facebook and YouTube; therefore, we do not have attendance data for our weekly 38 people/ \$38 goal achievement tracking.

Please keep your tithes and offerings coming in by mail or visit our website at www.unityintheolympics.org and click on the yellow "donate" button! Through the web-site you may make your donation by Debit, Credit or PayPal.

April 2020 Income	
Tithes/Offerings	\$4,855.00
Designated Tithe: AV Equip.	\$1,200.00
Rental Income	\$315.00
Book/Lit Sales	\$0.00
Classes & Workshops	\$0.00
Fundraising (other)	\$0.00
Special Events	\$0.00
Misc. Income	\$1.32
Misc. (interest)	\$0.00
TOTAL INCOME	\$6,371.32

April 2020 Expenses	
Advertising & Promotion	\$62.00
PayPal Fees	\$59.56
Consulting	\$250.00
Copy Machine	\$146.42
Guest Speakers	\$600.00
Insurance Expen	\$216.49
Interest Expense	\$2.42
Internet & Phone	\$82.02
Outside Services: Lawn	\$100.00
Music	\$75.00
Payroll Expenses	\$1,611.79
Repairs and Maintenance	\$0.00
Supplies: Kitchen/Building	\$0.00
Supplies: Office	\$0.00
Misc: Ladder rental - sanct cei	\$10.00
Books and Literature	\$0.00
Property Tax: Waste Water	\$0.00
Tithe Expense	\$438.00
Utilities	\$457.40
Website	\$50.00
Other: Tithe designated fund	\$0.00
TOTAL EXPENSES	\$4,161.10
Net Income	\$2,210.22

Tithes (March paid in April)	
Silent Unity	\$73.00
Unity Northwest	\$73.00
Unity Worldwide	\$73.00
Rose House	\$0.00
Hospice of Clallam Co.	\$0.00
Sequim Food Bank	\$109.00
TAFY	\$0.00
First Step	\$0.00
PA Food Bank	\$110.00
Serenety House	\$0.00
TOTAL TITHES	\$438.00



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



Prayer Chaplain's Corner

Reverend Donna shares with us the article:

My Mystical Experience

by John Connor

I was at the Unity Institute taking classes in the summer of 2003, singing a song to myself that repeats the line "Pour yourself in me, pour yourself into my heart, wonderful Spirit..." I was sitting on the bed when I began to feel an overwhelming "goodness" filling me. I began laughing and crying at the same time. I felt filled to overflowing, like big, 55 gallon drums of goodness and love were pouring into me. It was something that I had never experienced before.

Although this is not a phrase that I used in my spiritual background, one of the thoughts that came to me was the idea of being filled with the Holy Spirit, that it was a physical and a spiritual sensation of being filled up, and Up, and UP. It was a feeling of elation, but it was so unbelievably big that I did not know how much more I could contain. Finally, I was laying on my back on the bed, and I had my hands up and I said, "I get how good you are. I get how good you are..." And then the filling stopped and a calmness began to come over me. That whole experience was amazing and transformative.

I used to believe that a mystical experience or a spiritual experience had to be able to cross religious and cultural boundaries to be real. For instance, a Christian having an experience seeing Buddha or Mohammed (or vice versa) would be very powerful indeed, and seem to attest to the veracity of the mystical experience. But I do not believe that any longer. I do not believe that the experience has to be divorced from or "above" the consciousness of the experienter. The mystical experience takes a shape through the mind of who has the experience.

Wisdom resides within, and as I let go and let go some more, I am able to access and hear that wisdom. And that divine consciousness, the divine identity that Jesus realized in himself, is available in all of us. Now is the time for us to wake up and pay attention to the divine in ourselves.

John Connor is a professional chaplain and an ordained Unity minister who serves patients at the end of life's journey, at Odyssey Hospice in Austin, Texas. Unity.org

How May We Pray with You, Today?

Prayer Support is always available at Unity in the Olympics ♥
Email us at uito@olypen.com or call us at 360.457.3981



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

If you would like to speak with one of our trained Prayer Chaplains, please let us know and one of us will return your call.

Checking In Part 2

compiled by Alice Alexander

This is a continuation of our story last month about how you, our community are coping with the COVID-19 situation. We sent our Unity in the Olympics' explorer, Alice Alexander, on a mission to "check in" on our community (electronically). What do you miss most that you are restricted from doing? and What have you noticed in these "stay at home" times in yourself and others due to this change? Here is more of what Alice uncovered:

Duane Morris writes that he missed visiting his friends. While Zoom, Facetime, What's App and Skype, among others are effective in seeing them, there is not the energy as there is in seeing someone in person. He says he is continuing to read the books of Agni Yoga, Active Hope (Macy & Johnstone) and The Garden, a monthly magazine published by the Royal Horticultural Society in England, which is chock full of interesting and timely gardening articles. Duane says he gets outside as it is too easy to stay inside and get restless. He continues to volunteer at Sprouting Hope Greenhouse, The Answer for Youth (T.A.F.Y.), 4 hours a day. He says, "It is interesting to see many people/neighbors out walking in the neighborhood –that I have never seen before.

Charles Mawson says he misses the people and the Community. The services Tim is doing are wonderful but he misses the energy and love that is shared with person to person. He has noticed the changing times that he didn't before. The later daylight and the brilliant skies. He spends lots of time watching television and sitting outside in their yard.

Judi Coates says that she has been working from home, keeping busy with the special Oakbridge University Press sale of the Jeshua books. Especially popular have been Volume I, which talks about channeling, earth changes and predictions, marriage and relationships; Volume III, messages given on Sundays at the Oakbridge Chapel, discussing various passages in the Bible (the Beatitudes, the Lord's Prayer, the Ten Commandments, and Jesus' life); and Volumes V and VI (You Are the Power of the Future, and You Are the Power of Now) which talk about what we are experiencing now in our world and politics. She says, "I am in awe of how simple, yet how deep each chapter/teaching is, and how beautifully his Love comes through. And how comforting His words are." She misses everyone in the physical and is looking forward to hugging again!

Pat Mawson read an autobiography entitled "ME" by Katherine Hepburn and two or three Danielle Steele novels and, some Amish romances by Brenda Maxfield and this week - a book on Prayer entitled "Help, Thanks, Wow" by Anne Lamont - she loves her expression! She reads 3 or 4 books a week. She misses church family in person. She misses going out to lunch with her friends. She misses facilitating the workshop with crystal bowls at the Shipley Center. She misses friends coming for impromptu dinners. She misses you! She misses visiting her children in Connecticut. She notices nature on a deeper level. She can listen to the trees, flowers and animals. She notices "time distortion" -- not always realizing what time it is or what day it is. She listens better - not having to rush!

There are many more comments out in our church community but space limits us, in this issue.

Who are you checking in with?

Alice Bretches Alexander, is one our Unity in the Olympics' volunteers that gifts UitO with her time, talent and treasures. Alice is a history sleuth of the Pacific Northwest. She has compiled many of her explorations into several publications about the Elwha River and the area's early settlers including "A Pioneer Family: Homesteading The Upper Elwha River Valley" and "Lake Crescent - Gem of the Olympics."



If you have a suggestion for an article or exploration for our Unity in the Olympics' "InUnison" publication, please let Alice or Robbin know.

Reflections of my Dad

by Alice Alexander



My Dad, George, was born in Kansas in 1918 during World War I. Because his dad was a farmer he was exempt from serving in the military. When his family lost their farm due to crop failure, they moved to Portland, Oregon after a brief stop in Colorado where Dad's mother's family lived.

Times were tough in Portland and Dad's mom left for greener pastures when Dad was five years old. Grandma and Grandpa Bretches came out west to help with the five children, so basically Dad was raised by his Grandparents, who were strict Christians. Dad left school as soon as he could to earn money and at age 20 he went into the Army. The last years of his service he spent at Fort Worden, Port Townsend.

They stayed in Port Angeles for a short time and then moved back to Portland, where I was born, in 1942. Mom got sick a few months later so they moved back to the Elwha. Dad worked for Sound

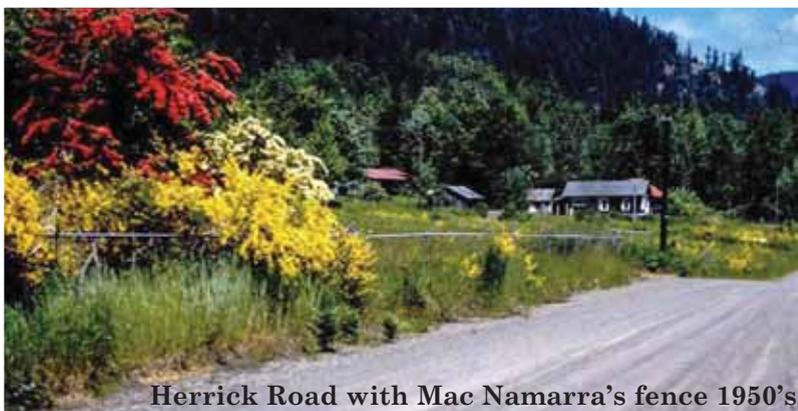
Construction working on the gun emplacements at Camp Hayden and then after the Selective Service found his lost records he went back into the Army. When he came back to Port Angeles in 1945, he went back to work at Fibreboard Mill, where he worked until 1959.

Dad loved trucks and had dreamed of being a truck driver most of his life, so when he had the chance, he retired from the mill and bought a truck and became a Mayflower Van Lines owner/operator. After a year on the road he came back home and was soon able to get a job with the State Highway where he could drive a large dump truck.

Dad loved his gardens and always had large ones where he worked a lot of his spare time, planting, weeding and harvesting with the help of his family.

Dad believed that families took care of each other so when his dad, who lived with Dad's grandparents in Salem, Oregon needed at home, Dad went down to Salem and brought Grandpa back with his 100 New Zealand Whites rabbits. Grandpa had crippling arthritis and used two canes to get around.

Even though Dad was a city boy he learned to milk cows and was up early every morning to milk before he went to work. He took his vacation time during summers so his children could help him get the winter wood. We had three sources of heat, so it took a lot of wood to get us through the year. I remember riding with Dad to the Joe Cecil Mill on Marine Drive to get the reject wood that the mill couldn't use. We



Herrick Road with Mac Namarra's fence 1950's

came into town by way of Dry Creek and then down the I Street Hill. At that time a train trestle went over the road and the tracks connected with the mills. One of Dad's jobs at Fibreboard was to load boxcars from the finishing room. We kids didn't get to go many places so it was a real treat to go to work with Dad on Saturday mornings.



Dad loved his dogs. The first one I remember was a border collie named Boots we got when I was little. Another was Tippy who was somehow related to Boots. Dad also loved his new pickups which he managed to buy a new one most every year. He spent lots of time washing, waxing, and decking them all out.

Boots

continued from page 6

I remember the winters, that Dad and I would read the entire series of Zane Grey books. I must have read them four or five times.

Dad loved his family, but it wasn't until we were gone from home and he and mom moved into town that he was able to let us know that he loved us.

I think of him and some of the challenges we faced growing up in the valley.

~ Alice Alexander



Fall at the end of Herrick Road 1989

Photos Courtesy Alice Alexander



Unity in the
Olympics
@unityofportangeles

Did you find us on Facebook?

[facebook.com/unityofportangeles/](https://www.facebook.com/unityofportangeles/)



Find us on
Facebook

How to view the Unity in the Olympics' Sunday Celebration Service on Facebook

Many have asked, "How do I find and watch Facebook Live videos on Facebook?"

If you don't have a Facebook account you can still view the service.

From your browser type in <https://www.facebook.com/unityofportangeles/>

Your search engine will take you to a description listing that states **Unity in the Olympics - Home/ Facebook**. Then click on "Videos." Look for the date of the service you wish to view or tap on "Live".

If you have a Facebook account (Please note that these are general instructions):

1. **Open Facebook** Facebook app has a blue icon with a white "f". Tap the icon on your home screen or apps menu to open the Facebook app.

If you are not automatically logged in, enter the email address or phone number and password associated with your Facebook account. Then click **Log in**.

2. **Tap the icon that resembles a TV screen.**

3. **Tap the magnifying glass icon** in the upper-right corner to display the search bar at the top of the screen.

4. **Enter "Unity in the Olympics" in the search bar.** The search bar is at the top of the screen. This allows you to filter videos that interest you.

5. **Tap on Live.** If you are viewing the service at 10:30 a.m. on Sunday. (It will not appear until then)

6. **OR Tap the video.** Live videos have a red icon that says "Live" in the upper-left corner. Tap a video image or title below the video to view the video.

7. **Tap the X icon or back arrow to stop watching.**

Variations occur based on if you have a PC or Mac, type of phone or notepad that you are using.

For More information visit <https://www.wikihow.com/Watch-Facebook-Live-Video-Broadcasts>



Vision Statement

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

Sunday Celebration Schedule

June 7th

Rev. Eva McGinnis

"Putting the 'J' back with the 'Oy!"

June 14th

Teia Stitzel

"Hesitation?"

June 21st

Rev. Donna Little

"Conversation with my Dad."

June 28th

Tim West

"Are We There Yet?"

BOARD OF TRUSTEES

Duane Morris, **President**
Charles Mawson, **Vice President**
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 hours 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** 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 98382** or visit us online at **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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