



In Unison

July 2018

The monthly newsletter of Unity in the Olympics



LAUREN LANE POWELL VISITS UNITY in the OLYMPICS

Let me take just a moment to introduce you to my friend Lauren, our Guest Presenter on Sunday, July 29th, 10:30 Worship Service.

Lauren performed a Concert for us last summer, following the 2017 Jeshua Advance. She sang her songs for us and shared her story with the beautiful tones of the Crystal Singing Bowls; it was a heart opening evening that was well attended and enjoyed by All who were present. *We are blessed* to have more time with her for our Sunday Talk on July 29th, A Forgiveness Workshop with Music on Monday, July 30th, and individual sessions to be scheduled through the church office for Monday, July 30th, in Sequim, or Tuesday, July 31st, at the church.

The first time I met Lauren was 2010 when she introduced her Singing/Toning teaching and performance to our Unity Church in Texas. That event began a long, loving, supportive relationship with the Amazing Lauren. Pat and Charles Mawson and I were among those who purchased Crystal Bowls from Lauren that visit, and we began following her example to play bowls for people to provide the experience of the vibration of the Bowls and receiving the benefit of that relaxation and alignment for wholeness.

Lauren shares this about her journey: I have been in love with the human voice since before I could speak. Singing kept me sane in an insane world. I knew music was going to be a big part of life. I did not know that it was going to save it!

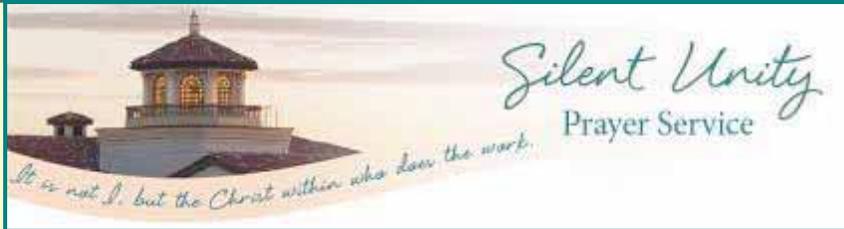
I earned a degree in Voice and Music Education from Indiana University in 1993. I started helping other people learn how to sing in 1989, teaching private vocal lessons. My students began to report strange and wonderful benefits that they linked to singing, some, singing for the very first time. When people learn how to breathe and how to use their CORE muscles, strong, beautiful tones are produced. Singing on key is then muscular and possible for everybody! When I taught with this knowledge and understanding more reports came in about singing and healing!

I knew I needed to reach more people than I could through private lessons so that's when I created my **Sing for Your Soul** workshop. When more and more healing was reported by "new" singers I began to study Sound Healing in depth, particularly vocal toning. **Sing for Your Soul** evolved into **Harmonies of Healing**. For 12 and a half years I have traveled extensively, training people how to use their authentic voice naturally in workshops all across the country.

Then in April of 2012 I was diagnosed with ovarian cancer. In the quiet, I got the message that I have the opportunity to use every single Life Lesson I had ever learned. Rediscovering my authentic, natural, healing voice has been an exciting adventure of motion and emotion, of sound and soul, of healing and hope. Now I share this adventure with you!

Please, join us to Welcome Lauren to our Spiritual Family,

Rev Donna



Dear Friends in Unity,

On warm summer days at Unity Village, hearing from our friends in Unity centers is like a refreshing breeze. We were honored to hear from you recently and to deepen our prayer partnership.

In this partnership, we share a rich history and a common faith and purpose. As we pray with you, we affirm: *I AM*. In Unity we know that *we are* divine love, wisdom, abundance, and peace in radiant expression. As you affirm this truth throughout each day, you more fully realize your divine potential. You see this potential in everyone you meet and find a blessing in every experience.

We are your partners in faith and prayer, and our prayers will enfold you for the next 30 days. May they be days of joy, renewal, growth, and discovery.

In oneness,

Silent Unity



Message from the Treasurer – July 2018 Newsletter

Finances for April 2018

We experienced a dip in income in May and had a net loss of - \$1,654.70. Tithes for the month of April, totaling \$567, were given to Silent Unity, Unity Northwest Region, Unity Worldwide Ministries, Serenity House, Hospice of Clallam County, and First Step.

Part of the above loss was created because we have had additional and unexpected plumbing costs of approximately \$1,000 in April-because the county required the installation of a commercial back flow valve in the new sewer installation. The Board voted to transfer funds from the Contingency Savings account to cover this expense.

I invite everyone to join me in remembering our Prosperity Vision of 38/38. That's 38 people attending our wonderful center each Sunday, and each giving \$38 per week. For the past couple of months our attendance has been down, but the average giving has been consistent, which is a good sign.

What we hold in mind becomes our reality, so, when you think of Unity in the Olympics, envision every seat taken on Sunday morning as we welcome new members and families to our spiritual community!

Blessings and thanks for your continued support of this ministry, **Kim Perkins**

Our Church Finances

May 2018 Income	
Tithes/Offerings	\$2,784.00
Rental Income	225.00
Book/Lit Sales	00.00
Classes & Workshops	156.00
Fundraising	15.64
Special Events	00.00
Memorial	00.00
Misc.	00.00
TOTAL INCOME	\$3,180.64
Tithes (April paid in May)	
Silent Unity	\$84.00
Northwest Region	100.00
Unity Worldwide Min.	100.00
TAFY	00.00
Serenity House	95.00
Hospice	94.00
Rose House	00.00
First Step	94.00
PA Food Bank	00.00
TOTAL TITHES	\$567.00

May 2018 Expenses	
Advertising & Promotion	\$144.04
Books & Literature	9.45
Building Maint./Repair	217.55
Internet and Phone	92.05
Conferences	00.00
Copy Machine	75.65
Excise Taxes	00.00
Gifts	00.00
Guest Speakers & Music	450.00
Insurance Expense	188.96
Janitorial	167.50
Lawn Care	125.00
Minister	1,067.00
Office Supplies	50.00
Payroll	1,138.93
Postage & Delivery	00.00
Tithe Expense	567.00
Utilities	432.21
Worship Supplies	60.00
Website	50.00
TOTAL EXPENSES	\$4,835.34

*I AM Prosperous
I am prosperous,
abundant, and
fulfilled.*

“When I think of prosperity, my mind automatically goes to thanksgiving for the people and things already in my life, and how blessed I am.”

*-Rev. Elis Cowan
Taken from: Courage
to Imagine-Unity
Publications.*

*I AM Grateful
I am alive in the
energy of gratitude.
-Rev. Margaret Flick
Taken from: Courage
to Imagine-Unity
Publications.*

*“Heaven and earth
listen and respond to
the soul that is quick-
ened into praise and
thanksgiving...Praise
is gratitude in action.”*

*-Myrtle Fillmore
Taken from: How to
Let God Help You-
Unity Books*



Heavenly Father,
We are grateful for the children who have been and are a part of our congregation.
We bless and welcome all children yet to come and are grateful for Tim West's devotion to welcoming them!

We are truly blessed!



1968- Helen MacNamara serving tea at Unity.

A Pioneer Lady, by Alice Alexander

As I watch the changes occurring at Unity in the Olympics, it brings my grandma Helen MacNamara to mind. She was one of the early participants of the study group at the library that Lou Lawrence started in 1966. Grandma read and studied Unity principles long before the study group starting meeting. I remember her giving me a subscription to Wee Wisdom, a Unity magazine for children. I was about 8 or 9 years of age, and I devoured the print in those pages, and could hardly wait for the next month to bring a new magazine.

Once John Adams, UitO's first minister, came to Port Angeles and the Unity Church was opened at Lou's little house on 7th and Chase, the movement grew and I started attending the services with my Grandma. My Grandpa died in 1966 and she was living in Port Angeles with her youngest daughter Phrania Jacobson. I had young children and I worked with the kids in the Sunday School Church. We had several teachers at the time, and we started using the old Boy Scout hall, which was next door, as the Children's Church. Valda Morris often brought her to church as Grandma was not driving by then.



Rev. John Adams

Grandma was always there with a smile and helped with whatever she could. She took the Adams family to her heart and supported them with money, food, babysitting and anything else she could. When Unity moved to a larger facility, 206 E. Front, Grandma ran the bookstore and was a strong member of the Women of Unity.

When Adams and his family left Port Angeles to go to a church in California, Grandma went to visit them. She and Adams's mom, Alice Adams became close friends. The two ladies, both in their eighties, travelled up and down the coast and sold Cecil Mitts, oven mitts, at County fairs. They lived out of a travel trailer which they pulled behind their car. In 1976, the Adams family moved to Mesa, Arizona so Grandma went to Lee's Summit, Missouri to stay with her granddaughter Patty and her husband Eddy Edwards. They had just moved to Missouri so Eddy could attend ministerial school. One of Grandma's fondest dreams was to visit Unity Village so when she was able to go stay with Patty and Eddy it was an answer to a prayer. She was able to babysit for the Edwards children while Patty was working and Eddy attended school.



Five Generations-Alice Alexander, Kasi McFall, Barbara Bretches, Micki McFall, and Helen. It's Helen's 90th Birthday!

During the summer of 1976, the Edwards family made a trip to Port Angeles via Yellowstone National Park. They acquired a large station wagon so there was room for all the kids, plus Grandma. In Port Angeles she was once again living with her youngest daughter Phrania Jacobson and her family. They had a nice home on Bryson Street with a grand view of the water. Grandma had her own quarters, the family room at the end of the house. She took care of an elderly lady who lived across the alley, until her nephew Robert Elliott asked her to come to California and stay with her sister Hazel who had just fallen and was in a nursing home. Hazel had a small travel trailer that was parked in a trailer park in Yreka, California.

Hazel was in the nursing home almost a year and Grandma walked to see her very day. When Hazel came home the two ladies lived in the small trailer until they were able to find a nice two bedroom apartment. They both were delighted at the space as the trailer only had one bedroom and Grandma slept in the recliner in the living room. The two ladies kept busy with church activities, visiting friends and having lunch at their favorite restaurant.

When Hazel had her 90th birthday, relatives from all over gathered to help her celebrate. Not long after that, she fell again. When her family realized she would not be returning home this time, they found a small one bedroom apartment for Grandma in a senior complex. It was close to where Hazel was so she could visit her every day. She had a little patio with tomato plants, flowers and a peach tree. Grandma took the bus daily to spend time with Hazel and participated in the activities. She went to Hazel's church there and met many friends. She loved the peace and quiet of the area. After Hazel died, Grandma went to Arizona where John Adams had a church. She worked for several elderly people, but in 1984, when her daughter Phrania and her husband came to visit, they discovered she was ill so they brought her home to Port Angeles. By that time they were living back out in the Elwha. Grandma had her own little room. She took daily walks, listened to taped books and went to Unity church in town whenever she could get a ride. She was 89 when she came back and soon celebrated her 90th birthday.



**1984 Ground breaking for the sanctuary.
Richard Levy is third from the right.**

I took her to Unity as often as I could. In 1975 the church had moved to a house on Myrtle Street, which they converted into a church, and Don Jennings was the minister. Helen did not come back to the church until 1984 and Richard Levy was their minister. I can remember her sitting in the front row taking in every word that Richard had to say. He came in the summer of 1981 and attendance was very light at first. That soon changed as Richard became more popular and the congregation

grew. He was instrumental in building a new sanctuary and the family room which was completed after Richard left in 1986.

In 1988, Grandma fell and broke her hip. After a short stay in a nursing home, she went home to the Elwha Valley where her granddaughter Chris helped care for her. She was still able to get to church from time to time. However in the fall of 1989, she became ill and went to the nursing home at 5th and Race to stay. Her family came every day to help her eat and make sure she was able to get to activities. She was quite cheerful and she used her Positive Thoughts to make the best of her circumstances. Finally at the age of 95, December, 1990, her spirit left the Elwha for the last time. This pioneer woman had lived a long life, much of it dedicated to caring for others. Through-out her life she had been a care-giver for several different people, over extended periods of time. She deeply touched the lives of those who knew her although most of those who knew her have passed away themselves.

There is a rose planted in our Memorial Garden and a plaque with her name on it. I hear her sometimes when I am in the front row of our services; her voice in song or the whisper of her dress. She will always be a part of this church and a part of my heart.



1986-Ground breaking for the family room with Valda Morris on the shovel, and Helen MacNamara and Alice Alexander behind her.

FEEDBACK from UitO Leadership Training

I have attended many Leadership Trainings on my Spiritual Path, both Unity and before Unity; but, I feel that our experience with Rev Cheryl Rohret , last Saturday, June 30th, has been one of the best and most helpful events I have experienced.

We received new information about Church Structure and Operation Perspectives and about helpful resources available in our Region and Nationally. In our sessions we received valuable insight and observations from an experienced Spiritual Leader on how **we** function and what is important for **us** to consider and **DO** at this point in our journey of following God’s Guidance for Unity in the Olympics

The Pre-Session Questionnaire asked, “**What is one thing you want to be sure gets addressed during our time together?**” My answer was this: “**This Board is working very well together as a Team; they share information and responsibilities very effectively. I am so proud of them!** “**I would like to see us Spiritually Fed; Appreciated; and Encouraged by this Training Experience.**”

This training dedicated time and a safe space to open our Hearts to how to Love and Grow UitO. We don’t have all the answers, yet; but, we do have some things we know we need to do and the way is open to do them. I believe that each of us brought our Love and Hopes for UitO to the table, to feed one another, to appreciate one another and encourage one another.

Thank you, to all who participated in this growing event and, thank you, to all who held space for us to do the work. God **IS** Blessing us, Now.

Love, Peace & Joy,

Rev Donna

Birthdays

- 7th Leslie Menia
- 8th Myrle Harding
- 11th Alice Alexander
- 14th Vernon Reidel
- 15th Diane Duncan
- 28th Patsy Adams

Special Thanks to:

- Robbin for coordinating with the Fire Department to renew and replace our Fire Extinguishers.*
- Barbara Mitchell for her dedicated service as Lead Volunteer.*
- Rev. Cheryl Rohret for her Leadership Training Work Shop on June 30th.*
- Alice Alexander’s continuing work on the lending library.*

Seen Around

Mark Welch

June 10th Service

Photo Courtesy Teia Stitzel



White Stone Ceremony: Listen!



Coming Up: July 15th, White Stone Ceremony, “Release the Old and Receive a New Spiritual Name to guide your Path now!”

Also, Receive the “**Letters from God,**” that we wrote at the beginning of this year...How has God supported us this Year?

Followed by: a **Potluck**, bring your favorite dish and join in the fun and fellowship! **Board Meeting to Follow.**



Announcement: I of the Storm will be finishing up its last two sessions on **July 11 and July 18**
Our Next **Unity Class** will be "The Power of Prayer."

Affirmative meditative prayer is at the heart of the Unity spiritual path. The Unity way of prayer is ultimately aimed at experience of the *Divine and Realization* of the practitioner's *Divine Potential*. Along the way there are practical benefits, including guidance, healing and abundance. In this course, students are introduced to **Unity's Five Step Prayer Process** and supported in developing their daily prayer practice.

This Class will begin on **Wednesday, August 1, 6:30 - 8:30 for Five Weeks**



Interfaith Community of Clallam County Two Year Anniversary Party

(In conjunction with Center for Spiritual Living Port Angeles)

Potluck, Community Connections, Art Play & Dances for Universal Peace and More!

When: Saturday, July 21st, 1:00-3:00 p.m.

Where: 254 N. Bagley Creek Road, Port Angeles

Contact Trisha, at csportangeles@gmail.com or (360) 457-4801.



Spiritual Community Reads Continue "Groups are continuing the Journey."

Date & Time: 4th Sundays, July 22nd, 3:00-5:00 p.m.,

Where: Olympic Unitarian Universalist Fellowship, 1033 N. Barr Rd, Port Angeles.

Book: "We'll be reading and sharing, The Book of Joy."

For More Information: Contact 360-417-2625

Listening Circles:



Date & Time: 3rd Mondays, July 16th, 2:00-3:30 p.m.

Where: Sequim Library, 630 N. Sequim Avenue,

Facilitated by: Margaret Denstad.

For more information Email interfaithclallamcounty@gmail.com

CERT Training (Certified Emergency Response Team) is Happening this Summer!

Tuesdays, July 10 thru August 23, 6:00-9:00 p.m., Port Angeles Court House

Interfaith is partnering with the CERT program, flyer soon,

To RSVP: interfaithclallamcounty@gmail.com



Oakbridge University Activities for June

Saturday, July 7th: Jeshua/Jesus Speaks:

101 Emerald Highlands Way, Sequim. All are lovingly invited.

7:30 p.m. **Love offering. His topic this Saturday: "Healing."**

Friday, July 13th: Meditation, based on the words of Jeshua:

Unity in the Olympics, 2917 East Myrtle, P.A.

Facilitator: Eva McGinnis, **Love offering.**

Download archived meditations online at:
<https://www.oakbridgeuniversity.org/Activities/Meditation/>

Pause: *Heartfelt Movie Night* will be on vacation for July but will resume on **August 18th.**

Vision Statement

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

Sunday Celebration Schedule

July 8th: Rev. Bill Evans

"To Unity...and Beyond!"

July 15th: Rev. Donna Little

"White Stone Ceremony."

July 22nd: Rev. Donna Little

"The Power of Understanding."

July 29th: Lauren Lane Powell.

"Forgiveness-The Gift We Give Ourselves."

Meditation 10:00 - 10:15 a.m.

Worship 10:30 a.m.

Fellowship time following service.



Also at UitO:

Thursdays, 1:00-3:00 p.m.

"Way of Mastery Class," Charles Mawson and Pat Coughlin Mawson, Facilitators.

**Wednesday, July 25th, 5:30-6:30p.m.,
Prayer Force. Please Join Us!**

Silent Unity July 2018 Affirmations

Inner Peace

Peace is my center. I am calm and serene.

Guidance

I shine the light of divine wisdom from within to guide my every step.

Healing

My body is a vessel of life and energy.

Prosperity

The rich blessings of divine abundance flow to me and through me. I am prosperous.

World Peace

I bless the world with thoughts of unity and harmony.



LICENSED & ORDAINED UNITY MINISTER

Rev. Donna Little

LICENSED UNITY TEACHER

Margaret Denstad

BOARD OF TRUSTEES

Duane Morris, President
Charles Mawson, Vice President
Kim Perkins, Treasurer
Flora Todt, Secretary
Erik Simpson, Trustee

DAILY WORD Tuesday, July 3, 2018

Animal Blessing: I give thanks for all creatures, great and small."

"All things bright and beautiful,
All creatures great and small,
All things wise and wonderful,
The Lord God made them all."
-Cecil France Alexander

"God made the wild animals of the earth of every kind...And God saw that it was good."
-Genesis 1:25

**Peace,
Robbin**

MISSION STATEMENT

WE WELCOME ALL

To Spirit Awakening within

Through the Wisdom of Love, Peace and Joy.

UNITY IN THE OLYMPICS

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