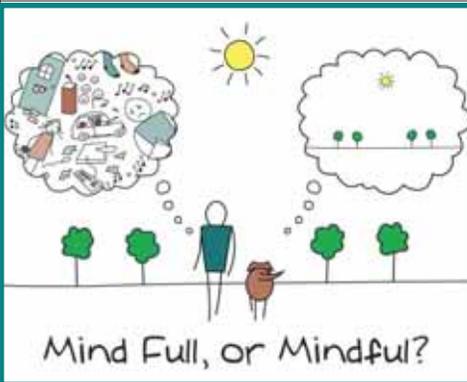


August 2019

In Unison

The monthly newsletter of Unity in the Olympics



Now...

by Duane Morris

I have so enjoyed Reverend Donna's White Stone Ceremonies that I'd like to share my thoughts with you about releasing the past and focusing on the now.

While we often find ourselves thinking through what has happened in the past or looking for new experiences in the future, why don't we focus more on the **NOW?**

Looking backward gives us such an opportunity to judge, evaluate, critique, disapprove and complain about all those events that cannot be changed. The past are life's lessons, good and bad, that teach and allow us to develop wisdom. The future will always be there, but constantly making future plans is a distraction from what's available to us in the present. When we are multi-tasking, feeling stress, anxiety, being somewhere else, we are not in the NOW zone. If we're focused in the NOW, we can't be disparaging the past or yearning for the future.

Probably the best way to describe Now is to reflect on mindfulness. **Mindfulness** very simply is **'being present for your life'**. We've been issued a life (we only get one at a time) so live our life without wishing things were different. Another way to say it is - live without grasping and holding onto a specific moment or without being afraid or pushing away when it's a difficult moment. This approach helps to overcome sorrow, grief, distress, regret, trouble, despair, anxiety and more.

In Buddhist teachings there are 52 states of mind, kind of like the deck you have been dealt. Mindfulness is the one quality that can weaken all the un-wholesome states of mind and strengthen the wholesome states. Mindfulness increases an open heart, wisdom, clarity, patience, kindness and weakens states of anger, fear, and wanting. Working through your heart allows you to balance the mind with the spirit and listen to spiritual guidance.

Mindfulness practices cultivate universal human qualities and do not require anyone to change their beliefs. Mindfulness is more than just a practice, it brings awareness and caring into everything we do. Even a little mindfulness makes our lives better. Both science and experience demonstrate its positive benefits for our health, happiness, work, and relationships. Mindfulness recognizes and cultivates the best of who we are as human beings.



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Meditation is a brilliant exercise to enhance mindfulness and be in the NOW. A few helpful hints:

- **Make Gratitude a part of your routine**
- **Work on your breathing: Practice calm breathing**
- **Increase your awareness: Through non-attached observations**
- **Be non-judgmental in watching the world go by**
- **Take 10 minutes to do – Absolutely Nothing**

Let's study Christ's teachings together and be in the NOW.



Message from the Treasurer – Aug 2019 Newsletter

Finances for June 2019

The June financial report shows Net Income of \$1,210.34. June was a five Sunday month. All accounts payable are current.

Tithes for the month of June, totaling \$487.00, were given to Silent Unity, Unity Northwest Region, Unity Worldwide Ministries, Port Angeles Food Bank, and TAFY.

Average Sunday attendance in June was 25 and average weekly giving per person was \$36.00.

The board approved \$100 transfers to savings for each of the following funds: Minister, Music, Building and Contingency.

Upcoming expenses include the removal of a dead tree on the church property.

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

Did You Know You Can Now Donate On-Line to Unity in the Olympics?

We now have a **Donate** button on our website where you can make a donation to **Unity in the Olympics** with a credit card or via your **PayPal** account.

If you go to the UITO website www.unityintheolympics.org and look in the right side of the page at the end of the option line, you will see a **Yellow Button** that says **Donate**. When you click on it, you can make a donation by entering your credit card information or using your **PayPal** account. It's quick and easy! A receipt is then sent to your email account.



There is also an option to make your donation monthly if you have a **PayPal** account. (If you don't have one, it is very easy to set up.). If you need any assistance, please see **Kim Perkins** or **Duane Morris**.

Our Church Finances

June 2019 Income		June 2019 Expenses	
Tithes/Offerings	\$4,538.00	Advertising & Promotion	\$127.50
Rental Income	290.00	Book & Literature	29.95
Book/Lit Sales	00.00	Bank S/C (Paypal)	9.17
Classes & Workshops	00.00	Copy Machine	166.24
Fundraising	38.00	Excise Taxes	00.00
Special Events	00.00	Guest Speakers & Music	275.00
Memorial	00.00	Insurance	203.41
Misc.	00.00	Interest Expense	10.47
TOTAL INCOME	\$4,866.00	Internet & Phone	92.80
Tithes (May paid in June)		Janitorial Supplies	00.00
Silent Unity	80.00	Lawn Care	45.00
Northwest Region	80.00	Minister	1,067.00
Unity Worldwide Min.	80.00	Office Supplies	00.00
Volunteer Hospice of Clallam County	00.00	Payroll	902.35
Rose House	00.00	Postage	13.20
Sequim Food Bank	79.00	Tithe Expense	479.00
TAFY	00.00	Utilities	184.57
First Step	80.00	Website	50.00
Rose House	80.00	Worship Supplies	00.00
TOTAL TITHES	\$479.00	TOTAL EXPENSES	\$3,655.66



Creative Energy:

“Divine energy finds creative expression through me.”

Creativity: A Prayer

Divine direction comes to me as clear, creative ideas.

My inner spirit of wisdom inspires me to new and unique ways to see all that is before me.

I give thanks for God’s presence and activity working in and through me as a creative reflection of the Creator.

**Taken from:
The Daily Word
Friday, August 11,
2017**

***“I can do all things through him who strengthens me.”
-Philippians 4:13***



“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.”-Traditional Unity Offering Blessing

**“Heaven and earth listen and respond to the soul that is quickened into praise and thanksgiving.”
-Myrtle Fillmore.**

Unity Village Fountain

Thank you !

♥ to Marguerite Snell for her lovely Japanese Maple tree in the Memorial Garden and her attention and watering of the gardens.

♥ to Mitch Mantooth, our maintenance and janitorial person, for repair of the steps off the children's room, replacement of the ramp outside the community room, and repair to door handle in the community room.

♥ Thank you, God, for Your Divine Guidance for our New Minister!

♥ God Bless Our Staff and Volunteers!

August Happy Birthdays!

- 3rd Linda Reidel
- 5th Susan Kreml
- 12th Penny Grover
- 14th Roger McGinnis
- 24th Linda Moeder

Reminder: Wednesday, August 28th,
 ♥ **Chaplain Care Meeting: 11:00 to 12:30p.m.**
 ♥ **Prayer Force: 1:00 pm.**
 Thank you for your service!



Photos Courtesy Duane

Seen Around
 Duane Morris' trip to England & Scotland.
 Left
 "My Scottish friend at Edinburgh Castle."
 Below
 Duane's son Jeff, his wife Charlotte and their son Hugh visit Edinburgh 'Black Medicine' Coffee House.

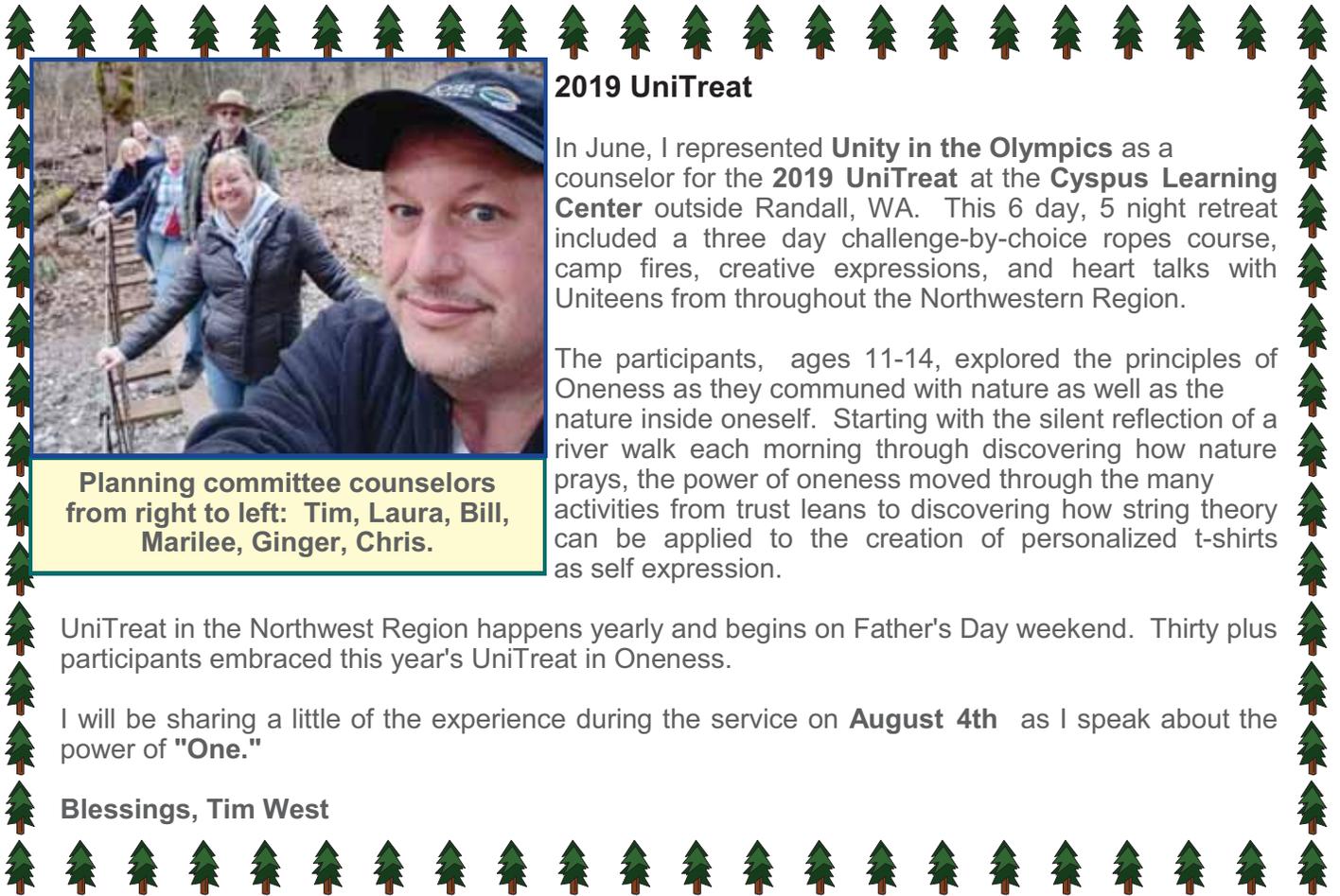


Above
 Rev. Donna's Gratitude Potluck. Marguerite Snell, Teia Stitzel, Char Coachman, and Rev. Donna Little in foreground.
 Photo Courtesy Kim Perkins



Coming up: Sunday, August 18th, "Celebrating Our Volunteers Potluck," following service. Join us for Food, Fun and Fellowship!

Board Meeting to Follow



2019 UniTreat

In June, I represented **Unity in the Olympics** as a counselor for the **2019 UniTreat** at the **Cypus Learning Center** outside Randall, WA. This 6 day, 5 night retreat included a three day challenge-by-choice ropes course, camp fires, creative expressions, and heart talks with Uniteens from throughout the Northwestern Region.

The participants, ages 11-14, explored the principles of Oneness as they communed with nature as well as the nature inside oneself. Starting with the silent reflection of a river walk each morning through discovering how nature prays, the power of oneness moved through the many activities from trust leans to discovering how string theory can be applied to the creation of personalized t-shirts as self expression.

Planning committee counselors from right to left: Tim, Laura, Bill, Marilee, Ginger, Chris.

UniTreat in the Northwest Region happens yearly and begins on Father's Day weekend. Thirty plus participants embraced this year's UniTreat in Oneness.

I will be sharing a little of the experience during the service on **August 4th** as I speak about the power of "One."

Blessings, Tim West



Scenes from Duane Morris's trip.

Top Left: Natural History Museum London



Top Right: Leigh Scotland



St Pauls and Millenium Bridge

Chrysanthemums at Hampton Court



Photos courtesy Duane Morris



Why Come to Unity?

“Bill, you and Kathy must come to Unity this Sunday since I’m speaking!”

Having just moved to Port Angeles, I had planned on spending my first Sunday here attending my denominational church and letting them know I was in the area. After that, I thought I’d visit other churches to experience different ways of worship. But Eva and Roger had been so gracious to us while we were looking for a house the month previous, that I couldn’t disappoint them. I could attend my old denomination the following week. I was pretty sure that I didn’t wish to get tied down to any one church, and going to Unity would be my first experience with a different denomination. So, I agreed to be there on that first Sunday to hear Eva speak.

The first Sunday was interesting. Kathy and I sat in the back half of the church so we could see the other people in front of us and follow what they did. The atmosphere was informal and laid back - I knew that immediately because none of the men wore a suit and tie. In fact, one of the men who spoke at the beginning of the service was wearing jeans and a T-shirt. So far I liked it!

When we sang the “hymns” I wondered what the songs we sang had to do with religion, but what the heck, they were good songs. I recognized the Lord’s Prayer, although it was changed from what I was familiar with. But the prayer for protection — that was the same one my spiritual group back in Kentucky had used before each channeling session. I could join in with that one (as long as I remembered the added line about the “Health of God”).

And the talk Eva gave: Beautiful, but not what I was expecting. I was used to reading Scripture and explaining what the scripture meant and the situation in which it was uttered, and how that applies to our lives today. Instead, Eva’s talk was all about putting joy into our lives — but she did that without referring to scripture! Everything in the service was positive, without any of the guilt of “real life.” As someone said, “All fluff and no substance.”

The following week, I visited my denominational church. The service was familiar, the hymns I knew, the sermon was predictable. Everything felt “safe.” But I missed the “fluff” from the previous week. I missed the positivity and the relaxed atmosphere. Oh, the minister of my old denominational church did everything right - he even visited our house before the middle of the week, inviting us to return.

Instead, I returned to Unity in the Olympics. A church which encouraged me to grow rather than reinforce my weaknesses. A church that provided the company of spirituality instead of religion.

I had found a new home.

Bill Evans

**Olympic
National Park
From
Hurricane
Ridge**





Tribute to Reverend Donna by Alice Alexander

Over the many years I have been a part of Unity in the Olympics, I have worked with many ministers. A few stand out as exceptional but Reverend Donna stands out the most. She was always a quiet force behind the scenes that went about the business of the church without a lot of noise.

It took me a little while to get to know her as I did not jump in with both feet as I usually do when we have a new minister. I have always helped a minister in some way either by becoming a part of the board or being involved in the office, but this time, I was more reluctant to take on more tasks. Her serene beauty crept up on me and when I least expected it, I was hooked.

She added to and helped grow our church into a more organized entity and spiritual center while preparing the way for our new minister. I enjoyed the calmness that she brought to our services and I especially like the reminder of Unity Principles. She helped expand and nurture our thinking to accept different paths of thought. However the Unity teachings were the foundation of everything she taught.

Sometimes it is hard for someone like me, who has been around Unity for so many years, to open my mind to new ideas. But I believe the Fillmores were open to many new ideas and that inspired them to start the Unity movement.

All I can say is Thank you Father for Donna.

So once again, I say thank you dear Donna and may we continue to enjoy your friendship here at Unity in the Olympics.

Your friend in Unity, Alice



To the Reader:

In Unison will be taking a hiatus for the month of **September** but will resume in **October**. **Friday, October 4th** is **National Blessings of the Animals Day**. I would love to have pictures and stories about your pets to share in the **October** issue of ***In Unison***.

Office Hours may vary in **August** while I am away. **Tim West** will be filling-in during my absence. Please feel free to stop by and welcome him.

In Gratitude, I would like to thank all my friends and spiritual helpers at UitO who have loved and supported me and will during my time away.

“Love one another as I have loved you.”-Jesus: John 15:12

Peace, Robbin

Vision Statement

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

Sunday Celebration Schedule

August 4th : Tim West
"One."

August 11th : Rev. Pat Coughlin Mawson
"Remembering Who We Are."

August 18th: Reverend Donna Little
"Celebrating Our Volunteers."

August 25th : Asha Burston-Johnson
"Creativity."

Meditation 10:00 - 10:15 a.m.
Worship 10:30 a.m.
Fellowship time following service.



In our Spiritual Community

Oakbridge University

The Heartfelt Movies Series is on Hiatus
and will resume in **September**.

Interfaith Community of Clallam County

Coming up in September:

Interfaith Peace Choir Fall Schedule

Rehearsals begin on **Saturdays, September 7th** at
Olympic Unitarian Universalist Fellowship and run
through the **Performance on October 5, 2019 at 2pm**

Silent Unity August 2019 Prayers

Inner Peace

"The peace of God flows within
each breath."

Guidance

"In all circumstances, I heal
knowing I am whole."

Healing

"In the harmony of divine love,
I bless my relationships."

Prosperity

"Freely I give and freely I receive,
in divine abundance."

World Peace

"In a spirit of peace, I seek to
understand and appreciate
others."



LICENSED & ORDAINED UNITY MINISTER EMERITUS

Rev. Donna Little

LICENSED UNITY TEACHER

Margaret Denstad

BOARD OF TRUSTEES

Duane Morris, President
Charles Mawson, Vice President
Kim Perkins, Treasurer
Marie McCartney, Secretary
Jerry Austin, Trustee

DAILY WORD Thursday August 1, 2019

Pet Blessing:

*"I bless and am blessed by my
pet."*

*"These dear ones express
unconditional love and allow
us to give love in return."*

*"The man gave names to all
cattle, and to the birds of the
air, and to every animal of the
field."-Genesis 2:20*

Peace, Robbin

MISSION STATEMENT

WE WELCOME ALL
To Spirit Awakening within
Through the Wisdom of Love, Peace and Joy.

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