



In Unison

April 2019

The monthly newsletter of Unity in the Olympics

One of the best loved books that **Charles Fillmore** authored is [Keep a True Lent](#). Consider this article from the **Unity Archives**, about this book, as we continue our journey through these last weeks to **Easter 2019**.

Blessing of Love & Light,

Rev Donna

Unity cofounder **Charles Fillmore** believed Lent marked a time for personal transformation. “Lent is a season of spiritual growth, a time for progressive unfoldment,” Fillmore wrote in [Keep a True Lent](#), which was published posthumously in 1953.

The hardcover book drew material from Fillmore’s published and unpublished writings about Lent and provided 47 lessons for inspiration and guidance during the Lenten period. The original book and reiterations, including a 2005 paperback edition, are among the many treasured publications found in the Unity Archives collection.

During their married years **Charles** and **Cora Fillmore**, whom he married in 1933, traveled extensively to give lectures on different topics, including Lent and Easter.

In 1937, the couple—when Charles was 83 years old—gave 60 talks about the Lenten-Easter season in Unity center classes in the Los Angeles, California, area. That same year, they also lectured on the topic in Northern California, including in Oakland, San Francisco, and Alameda, and on Easter Sunday spoke to a congregation of 1,300 in Portland, Oregon.

Some of those early teachings can also be found in [The Unity Movement: Its Evolution and Spiritual Teachings](#), published in **2002**. (Cora was a known collaborator on Charles’ later writings. Unity historians speculate she may have compiled his Lenten teachings for publication after his transition in 1948.)

Much of Fillmore’s instruction on Lent reflects mainstream understanding. He wrote that observing Lent involves fasting, which means “abstaining from.” Abstinence is overcoming human consciousness during the 40-day observance, he said. Fillmore called on his followers to abstain from errant thinking and to meditate upon spiritual Truth until the achievement of oneness with God.

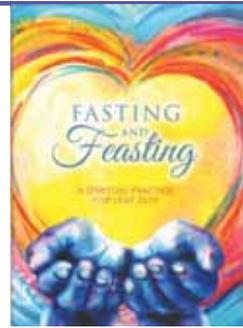
Fillmore’s studies convinced him that the **Western Church** had observed this special season “**since the First Century of Christianity**.” The observance lasting 40 days became a recent practice following the example of Moses and Elijah, and to commemorate the 40 days of fasting and prayer that Jesus spent in the wilderness.

Fillmore said the six Sundays in Lent were not included in the 40 days because in the early church Sundays were “**days of feast**.” He observed, however, that the fifth Sunday in Lent known as **Passion Sunday** was so named because this day begins the last two weeks of Lent, commemorating the Passion experiences of Jesus following the Last Supper.



Fillmore noted that **Easter Day**, the day of resurrection, "is the awakening and raising to spiritual consciousness of every individual."

As in Fillmore's **Keep a True Lent**, the **Unity Lenten** booklets, issued each year before **Ash Wednesday**, offer a daily focus and message for guidance for the 40 days of Lent. The **2019** booklet, **"Fasting and Feasting"**, can be found at **Unity.org**, (<http://www.unity.org/publications/resource-materials/fasting-feasting>) and can be read, ordered or downloaded from there.



Fasting and Feasting: A Spiritual Practice for Lent 2019

Monday, April 1st

"I Fast from Hostility." "To fast from hostility, we need to recognize that what we are doing or saying may be harmful to ourselves or others." ♥

Message from the Treasurer – April 2019 Newsletter

Finances for January & February combined 2019

The January and February 2019 combined financial reports show a Net Loss of \$-1,521.44. This is partially due to missing one Sunday for a snow day, and also because attendance was down during the inclement weather.

All accounts payables have been paid.

38/38 Vision update: Attendance in January was 19 people average per Sunday. Average tithe per person was \$42.00. In February, average attendance on Sunday was 20 people and the average giving per person was \$47.00.

Tithes for the month of December, totaling \$650.00 were given to Silent Unity, Unity Northwest Region, Unity Worldwide Ministries, Tim West, Serenity House and Clallam County Hospice.

Opportunities for Giving:

We truly appreciate your donations of supplies such as paper towels, coffee, cleaning supplies, Kleenex, and vacuum bags.

Scholarship Fund is Growing!

Our scholarship fund, to benefit Allie Winters as she graduates in June, is now over \$500 and growing. If you would like to contribute, you can write a check to Unity in the Olympics and note it for scholarship fund, or you can add cash to the glass jar by Allie's photo on the long table near the kitchen.

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

Our Church Finances

January/February 2019 Income	
Tithes/Offerings	\$6,006.92
Rental Income	490.00
Book/Lit Sales	5.00
Classes & Workshops	20.00
Fundraising	33.31
Special Events	00.00
Memorial	00.00
Misc.	00.00
TOTAL INCOME	\$6,555.23
Tithes (December paid in January- January tithes will be paid in March)	
Silent Unity	100.00
Northwest Region	100.00
Unity Worldwide Min.	125.00
Tim West	200.00
Serenity House	75.00
Hospice	00.00
Rose House	00.00
PA Food Bank	00.00
Sequim Food Bank	00.00
Hospice of Clallam County	50.00
TOTAL TITHES	\$650.00

January/February 2019 Expenses	
Advertising & Promotion	\$188.00
Book & Literature Expense	10.45
Building Improvements	311.97
Conferences	00.00
Copy Machine	326.54
Excise Taxes	20.38
Gifts	00.00
Guest Speakers	625.00
Insurance	406.82
Interest Expense	27.96
Internet & Phone	185.35
Janitorial	176.00
Minister	2,134.00
Miscellaneous	10.00
Office Supplies	93.52
Outside Services	30.00
Payroll	1,752.30
Postage	00.00
Tithe Expense	650.00
Utilities	995.91
Website	132.47
TOTAL EXPENSES	\$8,076.67



I am the law that you
can live by.

I am the love that you
can cling to.

I am your assurance.

I am your peace.

I am one with you.
I am.

Though you fail to find
Me, I do not fail you.

Though your faith in
Me is unsure, My faith
in you never wavers,
because I know you,
because I love you.

Beloved, I am Here.

James Dillet Freeman

Photo courtesy
Pat Coughlin Mawson

CONGRATULATIONS

Happy Service Anniversary to Robbin Eaves, our Administrative Assistant. Robbin celebrated **Three Years** with us on **March 22nd**. We appreciate your hard work and dedication to our church.

We are so **Blessed** to have you here with us!



Thank you !

- *Unity of Hawaii: for their generous, loving support of Pat and Charles during their extended stay in Honolulu.*

- *Alice for All you Do: coordinating food for TAFY; Reorganizing the Library; Care of the Refrigerator; deliveries to the food bank; and more....*

- *Duane: for Excellent Leadership of our Board; coordinating repairs for the kitchen light and outlets, and for the men's toilet; for spreading gravel in the parking lot pot holes.*

- *Special Donors: for gravel; for yard clean up; for hi-lighters for our Treasurer.*

- *Tim and Donna: for leading our two Compassion Classes with the Interfaith Winter Read program.*

- *Tim for the traveling and planning activities for Unity Youth.*

- *Duane for keeping the church clean while we searched for a janitor.*

April Happy Birthdays!

5th	Steve Schach
7th	Sandra Blanchard
8th	John Wingfield
9th	Lisa Schlaffman
10th	Megan Grover
19 th	Jennilee Fukumoto
19 th	Annette Lindamood



Opportunity to Help: We are continually collecting for the **Food Banks in Port Angeles and Sequim**. The food banks have a need all year round. So please help us support our community and the food banks. **Thank you, Alice**



Welcome to Mitch Mantooth, our new Janitor and Maintenance Person.

Thank you Spirit!

Update: Allie will be leaving the **2nd of April** for a week to **New York**. She is going with the choir class from the **Port Angeles High School** along with their teachers and chaperones. There are over 100 kids going. They will be doing a competition performance in **St Patrick's Cathedral**, and two other venues. Also they will see two **Broadway Shows, Dear Evan Hansen and the Phantom of the Opera**, shop, dance, party and see the sights in **New York**. This is a trip of a lifetime and she is looking forward to it. **Safe Journey, Allie.** Enjoy this opportunity to experience the **"Big Apple."**



Reminder : Chaplain Care Meeting, April 24th, 11:00 to 12:30p.m. and Prayer Force, Wednesday, April 24th, 1:00 pm.
"For where two or more are gathered in my name, there I am in the midst of them."-Matthew 18:20
All are welcomed!



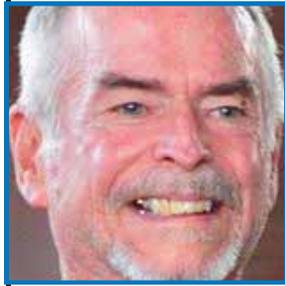
Betty Gowler, an old friend, teacher and minister passed away; March 3rd at the age of 93. Betty was an Ordained Minister in the Science of Mind and a teacher of yoga. She and her husband lived in Port Angeles and she was an active part of Unity in the Olympics. She was known for her wonderful meditations. She often had classes at her home on the bluff. Eventually she became a part of the Sequim Science of Mind group and was active there for many years. For those who knew her, she will always have a place in our heart.

*We wish her well in her next phase of life. There will be a **Memorial Gathering at Parkwood Estates Clubhouse April 13, from 1-3. Alice Alexander***

Annual Meeting and Fellowship

Join us Sunday, April 28th, following the Service for our Annual Meeting and Potluck. Bring your favorite dish and join in on the fun and fellowship!

Board Meeting to Follow



The Board

by Duane Morris, Board President

You may have heard this term mentioned in any number of various contexts, representing those people who manage an organization.

At Unity in the Olympics we like to refer to the group that guides and manages church business as The Board of



Trustees. These are the people that are voted by the members as the leadership for the church and have overall responsibility for the management of church affairs. They are individuals who are fed by and Love Unity in the Olympics. They are also the visionaries in guiding our growth as a compassionate, Spiritual Community applying Universal Truth Principles. The purpose of our trustees is to oversee the financial aspects and physical structures of our church while upholding Unity principles.

Some of our duties include:

- ◆ Sustaining the spiritual purpose of the ministry.
- ◆ Conducting the business of the Ministry while holding the highest interest of its Membership within the principles of Truth and Love.
- ◆ Establishing policies and procedures related to the Church's tithes and stewardship programs.
- ◆ Managing the assets of the Church.
- ◆ Determining business needs of the Ministry & authorizing payments for these purposes.
- ◆ Working with Church Teams to expand the effectiveness of the trustees and to create a community effort.



UITO trustees' **Vision Statement** is: 'Love is the Answer, Spirit is the Way' and our **Board Mission Statement** is: 'The Mission of the Board of Trustees is to provide spiritually inspired guidance for Unity in the Olympics'.

Our trustees normally gather in our community room on the third Sunday of the month for a two hour meeting. The meeting is open to **any member of the congregation** wishing to attend. We value your input. If you have a particular topic of interest you would like to present, please visit with a trustee prior to a meeting. Our trustees open and close every meeting with prayer, are guided by Truth principles and are a compatible TEAM – that laughs, bonds and helps each other.

Serving as a trustee is an important and impactful way to live your values while helping to maintain and grow a strong base that can support and sustain our spiritual community.

As a member of the Unity in the Olympics congregation we invite **you to consider** becoming part of the **Board of Trustees Team**. Please call or visit with one of our nominating committee members, **Rev. Donna, Tim West** or me, **Duane Morris 360-457-3981**.

Companions and Friends

By Duane Morris

Have you ever thought to yourself how great it is to be surrounded by friends and the grand feeling and security you gain amongst spiritual companions? How about plants? They too enjoy the companionship and friendliness of other plants.

Since we've experienced enough winter for one year, the weather is warming, the sun is shining and we're looking forward to gardening, with good things to eat from our vegetable garden. Let's talk about companions and friends in and

around our vegetables.

A good example of companion planting is the **Three Sisters** trio—maize, climbing beans, and winter squash—which were commonly planted together by various Native Peoples communities due to the plants' complementary natures: the corn grows tall, supporting the climbing beans; the squash stays low, shading the area with its big, prickly leaves to discourage weeds and pests; and the fast-growing beans provide a supply of nitrogen.

Companion plants help each other out when it comes to preventing damage from pests. The strong scents of plants like **lavender**, **rosemary**, and **mint**, for example, can discourage grazing animals from snacking on nearby vegetables, and **nasturtiums**, which are a favorite of aphids, can be used as bait plants to keep the pests off of your main crops.

Far from taking up valuable space, **flowers** planted in and around your vegetable garden offer several benefits. Vegetables left to grow alone are more vulnerable to pests, so by growing flowers such as **calendula** or **cosmos** nearby you'll naturally attract beneficial insects like insects that feed on these pests.

This is confusing to many insect pests because they will find it hard to pick out the vegetable they want to munch on. Another hard-working flower is **nasturtium**, which attracts pests such as aphids away from broccoli, cabbage, radishes, squash and others, so your vegetables remain untouched. Calendula and nasturtium flowers color highlights to a salad of greens.

Some flowers, such as **marigolds**, go a step further, repelling unwanted pests such as whitefly while attracting the insects you do want, making them a great choice for growing alongside plants such as tomatoes that are prone to attacks.

Once introduced, many of these flowers will reproduce themselves by self-seeding from one year to the next. Must-grow self-seeders include **poppies**, **foxgloves**, **cornflowers** and the gardener's best friend, **calendula**.

By growing flowers among your edibles, you will create a mosaic of colors, textures and smells. Look around to find bright colors of nasturtiums, marigolds and calendulas. Textures of cosmos, poppies, foxgloves and hollyhocks create interest and contrast. And smells of lavender, rosemary, dill, oregano and fennel will make gardening a joy for you.

Continue to page 7





Perennial flowers to grow include plants in the daisy family such as **Helenium** (sneezeweed-allergy victims don't worry, it was used in making snuff), and those in the carrot family, such as **Astrantia** (masterwort). Other eye-catchers include magnificent **Monarda** (bee balm – and one of my favorites), perky **Penstemons** (beardtongue) and the towering spires of **hollyhock!** Don't forget that many herbs, including **oregano** and **fennel**, produce flowers that pull in beneficial like ladybugs, whose larvae will feast on fleshy pests such as aphids.

Now think about how you can make your vegetables happier, healthier and more secure by including their friends in the mix.

Ref: Old Farmer's Almanac: <https://www.almanac.com/>
Mother Earth News: <https://www.motherearthnews.com/>

We are missing the Mawsons!

Charles and Pat left on March 7 for a one week Joyous Journey to Honolulu, HI. On Sunday, March 10th, Charles entered Queens Medical Center experiencing complications from various medical issues that were exacerbated by his air travel.

The good news is that Charles has been examined from head to toe, and he is ready for discharge to a Rehab Center. He will need to prepare his body for the trip home to Sequim.



"Pat and Annie"

Meanwhile, Pat has spent some of her time as an advocate for Charles at the Hospital, and some experiencing sites in Honolulu. She has connected with Unity in Hawaii at Diamond Head and they have been very supportive of both Mawsons, even finding someone who offered her a room in their home during her stay. She has had her feet in the warm waters of the Pacific Ocean; she has been making new friends, and writing awesome new poems, Here is a new one, fresh off the Internet!

Don't turn your back on the ocean
Step forward into her waves
Beauty is waiting in front of you
Feel warmth as you learn to bathe

Glide with your arms and legs a while
As you move into this bliss
Float and dive up and down
Feel the Oneness of every fish

Enter the salt and her healing
Swim as you did as a child
See the sun glistening around you
And never forget to smile

Don't turn your back on the ocean
She welcomes you more than you know
For all your experiences up until now
Allow you to remember and grow!

Appreciate all of her energy
And the creatures that call her their home
Sink into this warmth and beauty
And know you are never alone



Vision Statement

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

Sunday Celebration Schedule

April 7th : Kim Perkins
"You Are God's Living Enterprise."

April 14th : Rev. Donna Little
"Holy Week."

April 21st : Rev. Donna Little
"Roll Your Stone Away."

April 28th: Rev. Bill Evans
"Doubting Thomas: I Doubt It!"

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



In our Spiritual Community

Book Study: *The Rainbow Promise: The Book of Revelation in a New Light* by Rev. Bill Evans
Alternating Wednesdays, 3:00-4:30 p.m.

Also: "Archangel Chamuel's Worthiness & Adoration Activation" with Rev. Kimberly Marooney,
April 13th, 1:00-4:00, For more information on both events please go to:

<https://oakbridgeuniversity.org/Activities/>

Oakbridge University Presents:

"Celestine Prophecy."

Heartfelt Movies Series, April 20th, 7:00 pm,
101 Emerald Highway Way, Sequim

Interfaith Community of Clallam County

April 6th, ***Celebrate the Journey***

"Compassion Winter Read,"
1:00 – 3:00 pm, Shipley Center,

Silent Unity April 2019 Affirmations

Inner Peace

"Peace flows like a river through my mind and heart."

Guidance

"Immersed in divine wisdom, I listen, learn, and live."

Healing

"One with God, I am the flow and vitality of life."

Prosperity

"All things are possible in divine mind."

World Peace

"Let there be peace in all people at all times."



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
Open, Secretary
Erik Simpson, Trustee

DAILY WORD Monday, April 1, 2019

Consciousness

"I give thanks for a divine revelation."

"When I give thanks in advance for blessings not yet received, I activate spiritual healing in my consciousness."

"I pray that the God of our Lord Jesus Christ...may give you a spirit of wisdom and revelation as you come to know him."-Ephesians 1:17

Peace,
Robbin

MISSION STATEMENT

WE WELCOME ALL

To Spirit Awakening within

Through the Wisdom of Love, Peace and Joy.

UNITY IN THE OLYMPICS

2917 East Myrtle Street
Port Angeles, WA 98362

Phone: 360-457-3981

Email: uito@olympen.com

www.unityintheolympics.org

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