

UNITY CHURCH
OF TRUTH
2900 S BERNARD
SPOKANE, WA

OF
SPECIAL
INTEREST

Our Unity
Players
present a
comedy
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NOVEMBER 2009

I Am Grateful for Me

In Unity we know that giving thanks is a very practical habit because whatever we focus on expands. Noticing all the good in our lives, all the big and small moments of joy, can be a life-changing spiritual discipline.

This year as Thanksgiving draws near, I am reflecting back on my Sabbath time this summer, and remembering the many sweet moments of quiet, self-reflection, and healing. I realize now, the thing I most often forget to be thankful for is my own true self; the *me* I enjoyed spending those weeks getting to know.

If we could peel away our to-do lists, appointments, and competing needs (ours and those of others), and if we could set aside our own critical self-talk, we would find a *me* at the core of us that is our divine nature. When we experience moments of knowing this self, we truly feel the beauty and wonder of who we are.

I found this summer that there are many ways to invite glimpses of my

soul. Although I loved having time to meditate, walk, and read, my favorite activity was interviewing myself in my journal. The person I discovered in those pages is a re-



Clare Austen

source and an ally: someone who is eager to shine forth through my ego-imposed limits.

I found that **this true Self is a spiritual cafeteria** offering us food that nourishes our daily living and helps us thrive. When we lose touch with it, we damage our bodies and diminish our self-esteem by substituting substances (whether it is drugs, alcohol, potato chips or candy bars) for the real soul food we crave.

Our true Self is our GPS, our global positioning system. We can't be

lost, or even go in the wrong direction for long, when we take the time to seek guidance from our own inner voice.

After spending time with our 10-month-old granddaughter recently, I also realized **the true self is our "mommy's lap."** It is that safe place where comfort and unconditional love are always found.

Having a relationship with this inner self takes time and effort, but it rewards us with many new and wonderful things to be thankful for every day. This Thanksgiving be bold, be beautiful, be thankful, be you.

"When you're in solitary confinement and you're six feet under without light, sound or running water, there is no place to go but inside. And when you go inside, you discover that everything that exists in the Universe is also within you."

- Rubin
The Hurricane
Carter

Unity Church

(509) 838-6518

Office & Bookstore Hours

Tues. and Thurs. 10:00 - 3:00 pm

Wednesday 10:00 am - 5:00 pm

ClosedMon., Fri. & Sat.

Prayer Center.....(509) 624-2700

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Minister - Family.....Jackie Green

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Pastoral Care.....Dennis Ashley

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Communications...Judy Merrill-Smith

Music Director.....Tawni Wright

Choir Director.....Shawn Wright

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Mary Teresa True

From Our Board



Cerena Lauren,
President, Unity
Board of Trustees

Your Board has continued to meet regularly to further define our visioning process, which began last spring with a congregational meeting where we invited you to share your ideas. "Visioning" can seem a bit nebulous, but the Board has continued to diligently hone your offerings into specific ways we can grow our spiritual community.

At a recent Board retreat, we organized our process around 4 basic questions: *Who are we? Why do we exist? Where are we going? How are we going to get there?* Here is a quick overview of some of our thoughts. We affirmed our mission statement: We are a community of love and acceptance dedicated to spiritual discovery. We committed to embracing all who show up and to providing a safe place for self-discovery. We reflected that we exist to remind people of their own divinity, to joyously support each other in shared spiritual communion, and to provide roadmaps through Unity principles.

We affirmed that we get there by first each living more authentically, by supporting individuals to use their talents and interests as spiritual practice, and through service to others.

Most recently we looked at what we do well and areas of service we would like to strengthen. We would like to create more connection with new people, build community by increasing participation in small groups, offer more support to families, young adults, and singles, and continue to grow our volunteer force and strengthen our children's programs. Our wish list includes an electronic sign on our corner to offer inspiration to passers-by and to increase our visibility in the community.

The next step involves sharing more with you and asking again for your input to bring these ideas into fruition. What ideas do you have for growing this ministry to the best we can be?

Intentional Giving Program

In November we will invite everyone to once again participate in our Unity Intentional Giving Program. We don't ask that you tell us how much you will give in 2010, only that you have considered a commitment to support this ministry financially and that you have prayerfully set an amount that feels right for you. In Unity we know the power of intention, and so through our IG program we hold the vision together of Unity Spokane as prospering, thriving and making a difference in people's spiritual lives.

Abundance Report

	September	YTD Date	Budget YTD Date
Revenue			
General Revenue	\$22,644.14	\$221,308.22	\$232,230.03
Special Event Revenue	\$1,049.00	\$15,995.77	\$32,499.94
Total Revenue	\$23,693.14	\$237,303.99	\$264,729.97
Expenses			
Special Event	\$107.00	\$5,137.83	\$13,841.66
Personnel	\$15,726.64	\$143,693.83	\$151,934.96
Tithes	\$2,358.62	\$23,216.59	\$25,049.98
Operating Expenses	\$6,460.36	\$69,884.45	\$74,284.86
Total Expenses	\$24,652.62	\$241,932.70	\$265,111.46
Income/(Loss)***	(\$959.48)	(\$4,628.71)	(\$381.49)

We give thanks for all the joyful giving that sustains this ministry!

“Diane and I have been attending Unity for 31 years. In all that time, we never really thought about our giving. We just gave if we were in church on a particular Sunday. When the Finance Team developed the Intentional Giving program, we sat down and for the first time discussed our giving to the church. It felt good. I believe that whatever we do in life, we should do it with intent.”

– Jeff Hunter

Tithes

Unity believes in tithing. We know that as we share a tenth of our income with others, we also receive in new ways.

In September 2009, Unity Church gratefully tithed 10% of our revenue to these organizations or people that share our spiritual

vision...

The Association of Unity Churches International

Our Unity NW Region and the NW Youth of Unity

Silent Unity Prayer Ministry, Unity Village, MO

Rev. Toni Niemiec from the Spokane Center for Spiritual

Living (for her work with our board this year)

And to ...

The Volunteers of America, Family Assistance Program

Because they feed, clothe, and give hope to those in need...



Unity Foundation

Thank you to our Unity Foundation Board (Doug True, Maxine Alloway, Ron Cunningham, Ron Thies, and Diane Hunter). They provided flowers for the October 4 services, hospital-ity treats for Sunday, October 18, **and** cooked an Oktoberfest dinner on Wednesday, October 21st that was

greatly enjoyed by all.

The Foundation Board invites you to invest in the future of this ministry by making a donation.

Foundation Funds as of September 30, 2009:

It's beginning to look a lot like Christmas! Take care of your holiday list by purchasing gift cards through our Scrip Program. You can buy cards on Sunday in the Seva Center or online — ask us how! A percentage of each gift card's retail value, paid by the retailer, comes immediately to the church. If you plan to mail your gift cards to far-flung recipients, we suggest that you order by December 2.



Volunteer for Prayer-Centered Service



Dennis Ashley,
Coordinator of Seva
(service) and
Compassionate Care

Here is something to think about as you move through your spiritual journey. We need more Prayer Chaplains and more volunteers in the Prayer Center. Both groups perform a powerful service for the people who come here. We have a deep commitment to these two programs because of the power of prayer. Let me tell you a little more about each one because they probably appeal to two personality types.

The people who work in the Prayer Center keep a little lower profile. That makes sense. The prayer requests that people submit each Sunday and throughout the week are very private and personal. So as people read those prayer requests, and then pray over them, we want to know that everything is held in the

strictest of confidence. But it is actually more than that. The people in the Prayer Center rarely post their photos around the church because they don't want people to be embarrassed during the week when they see a Prayer Center volunteer (whom they suddenly realize has seen their most intimate prayer request).

The Prayer Chaplains have a higher profile. That makes perfect sense, too. Some people want to talk to a person and share their difficulties or joys with them. They go to a chaplain after a Sunday service, so they need to know what the chaplain looks like. That is why we introduce the Prayer Chaplains at each service.

Moreover, we try to match up chaplains with

congregants and each month to have the chaplains either call or send people emails, asking if they have prayer needs. People establish relationships with their Prayer Chaplains so they become more visible.

Both are excellent programs that seem to appeal to different types of volunteers; however, all people who work in these programs obviously have a deep commitment to prayer and to the people of this church. So consider becoming a Prayer Chaplain or a volunteer in the Prayer Center. Start imagining it now. See it in your mind, "out-picturing" yourself as someone who lends their presence to people in difficult situations.

It will change your life forever.

Join Us for Thanksgiving Celebrations

The holiday season is nearly here. As we head into the hustle and bustle, we invite you to ponder the joy of simplicity during this season, with your Unity family during Thanksgiving week.

On Wednesday, November 25, we will share

our annual Simple Supper at 5:45 pm. Please sign up in the Seva Center if you plan to attend, and to bring a pot of soup or a loaf of bread to share if you are able. A short Thanksgiving Gratitude service will follow the supper at 7 pm.

On Thanksgiving Day, there will be a Potluck Dinner at 2 pm. If you are interested, please sign up by November 19th in the Seva Center with the dishes you'll be bringing. Kelli O'Connor will be our hostess; you can contact her at 216-6248.

Rev. Jackie Green - Youth and Family

Assets for Stepping Up



Jackie Green

On Sunday, December 6, our Y.O.U. members will once again be leading our celebration services. This tradition began years ago with Rev. David McClure. David, a former Y.O.U. member himself, invited our teens to share their spiritual nature in a leadership role during the service.

As time passed, the younger kids saw the older ones lead the service in various functions, starting with the love offering blessing and reading the announcements. Each generation of our children continued stepping up to be more a part of our Sunday service. When Reverends Rich and Kris Broderhausen served as Y.O.U. Sponsors (before ministerial school), the Y.O.U. did the entire worship service. The teens' wisdom and openness touched many hearts.

With Rev. Clare's blessing, this tradition has evolved, into the 1st Sunday in December being designated as Y.O.U. Sunday. This opportunity to give voice to their truth has been a gift to

our youth, and to the youth ministry in our NW Unity region and internationally, where our Spokane teens have stepped up their leadership. Many have been peer leaders in their high schools.

You deserve credit. Yes, **you**. Your support of and faith in our kids is a tremendous asset to them. Thanks for stepping up and encouraging them in leadership. They look forward to seeing you Dec. 6.

Sunday, December 18 at 5 pm will be a special Christmas Service featuring many of our children. Check in the youth area to see how you and /or your children can be involved.

Ever since David slew Goliath, youth has never been a barrier to leadership.

John F. Kennedy

Kiss the Pig

Our Y.O.U. will kick off their annual fundraiser on November 1. The pig-kissing candidates collect donations; whoever gets the most money "wins." The actual smooching takes place on Sunday, Dec. 6.



Our Y.O.U. Leadership Team at the NW Y.O.U. Retreat. Back row: Cristy Lapke, driver; Amy Godwin, Fundraisers and Service Projects; Haley Schwartz, Historian; Amelia Yach, Fundraisers and Service Projects; Logan O'Connor, Activities. Second row: Sterling Lapke, Activities; Diane Figuera, Historian; Sarah Godwin, Communications. Front row: Tyler Stiles, Prayer; Jay Wolfer, Treasurer; Gini Stiles, sponsor.

“The Complete History of America (Abridged)”

Some of the “Complete History” cast & crew: (front) Salli Sledge and Patty Ashley; (back) Alan Bisson, John Cook, and Pat White. Not pictured: Rick Gibson-Smith and Moira Moore.



“During this manic, ninety-minute program, the 6 actors and actresses mine dozens of landmark events and trends for comic gold that will split your gut.”

“THE COMPLETE HISTORY OF AMERICA (Abridged)” is a stage play that interprets the past as a breathlessly paced sequence of silly vaudeville sketches, word-association games, puns and parodies of movie and television genres. Nothing is sacred, and many of the facts have been skewed to suggest the paranoid ravings of a loony bunch of actors as they cheerfully run riot over five-hundred years of our country's history.

During this manic, ninety-minute program, the 6 actors and actresses mine dozens of landmark events and trends for comic gold that will split your gut. They not only give American history an irreverent boost, they actually turn it into something alive.

Whether it is Salli Sledge with her inexplicable Vietnamese accent during the Vietnam War, or Thomas Jefferson, James Madison and Ben Franklin getting stoned as they pen the Bill of Rights, we think this

comedy will provide you with a hilarious evening.

Bring your friends and family to Unity Church on Sat., November 21 and Fri. and Sat., November 27 and 28 at 7:00 pm. The suggested love offering is \$10. What does that mean? Well, we'd like everyone to be able to come, so that's why it's a love offering. But if you can give \$10 or more, it all goes to support the work of this ministry in its general fund.

“Hope for Heroes”

Help us support overseas military personnel by donating personal items to “Hope for Heroes,” a nationwide project sponsored by Epsilon Sigma Alpha, an international service organization.

From November 1 – 15, a basket will be in the Seva Center for your donation of small items such as:

- Toothpaste (small) and toothbrushes
- Combs (pocket-sized)
- Shampoo (small)
- Deodorant
- Small wrapped candies and gum

- Cough drops
- Facial tissue (pocket-sized)
- Postage stamps
- Greeting cards
- Playing cards
- Soap
- Pencils
- Pens
- Lip balm
- Hair gel



Unity member, Jeanne Williams, the local representative

for “Hope for Heroes,” will collect these items. She and her team will use them to create care packages for service men and women around the world.

Thank you for your generous donations!

Wednesday Nights

Wednesdays at Unity are a great time to recharge your Spirit mid-week, share a meal and make new friends.

Dinner: 5:45
\$5 Adults, \$4 Seniors
\$3 Children under 12

Meditation: 6:30-6:50

Evening Program:
7 - 8:30 (or 8:00)

November 4: Interviewing Yourself. Using Sacred Journaling for opening up closed places within and inviting breakthroughs in self-awareness. With Clare Austen.

November 11: From Pain to Peace - Part I with Dennis Ashley. Strategies for creating a more joyful and

meaning-filled life.

November 18: From Pain to Peace - Part II with Dennis Ashley.

November 25: Simple Supper and Thanksgiving Eve Gratitude service. For more information, please see the article on page 4.

*You need
never
overexplain
or
overdefend
your actions.
Just tell the
simple Truth.*

*- Cheryl
Richardson*

Ongoing Unity Groups

The Explorers - Coffee and Discussion with Rev. Clare - Wednesdays at 10.

The Outrageous Wild Women of Unity (OWWU)

Spiritual circles held the 4th Saturday of most months. Next meeting Nov. 21, at 10:00 in the chapel. For more info, please contact Joyce@swanlight.com or 242-9980.

A Course in Miracles Study Group

Tuesdays, 7 pm. Everyone welcome anytime. By Love

Offering.

Prayer Shawl Ministry Wednesdays 2:00 pm

All knitters, including beginners, welcome. Every shawl made is a blessing wrapped in love!

Unity Choir

Rehearsals-Thursday, 7 pm. Wanted: everyone interested in singing and fun! Talk to our music team, Shawn and Tawni.

Men of Unity

Personal growth, fellowship, service, and retreats. Breakfast meetings held quarterly.



Weekly Meditations

Wednesdays
8:30 am,
6:30-6:50 pm
Sundays 1-3 pm

Next Generation Unity (NGU) Ages 18-35

Meeting the spiritual needs of Unity's young adults. Contact Deanna Brown, 619-957-6125 or mrsdeannabrown@hotmail.com about activities.

*The world
rewards
those who
take
responsibility
for their own
success.*

- Curt Gerrish

Other Groups at Unity

OA Overeaters Anonymous

Sundays at 6:00 pm.

Al-Anon Serenity Seekers

Thursdays at Noon.

AA New Soil, New Roots

Thursdays from 7 - 8 pm.
(Enter downstairs from West parking lot.)

Toastmasters-Southsiders at Unity

2nd and 4th Mondays at 5:30 pm. Have fun & develop your public speaking skills. Visitors are always welcome.

Gentle Stretch Yoga

Saturday, 9-10 am.
Call Robin Marks at 455-5931 for more info and fees.

Mindful Mamas

10:30-noon on Thursdays. Kid-friendly parenting and support group.

Dances of Universal Peace

Dance with the Sufis
1st and 3rd Thurs, 7-9 pm.
Contact Bruce at 220-5160 for further details.

Unity Church of Truth
2900 S Bernard
Spokane, WA 99203

509-838-6518

unityspokane.org

ADDRESS SERVICE
 REQUESTED

DISCOVERIES MAILING LIST

To **Add** or **Remove** your name from our mailing list or to **change your address**, please send your request with your full name, email address / postal address to **communications@unityspokane.org**, or drop it off or mail it to the church - attention Judy.

Sundays in November

As we conclude our Commit to Life Series with a very special guest speaker, we enter the Thanksgiving season and give thanks for all the ways we have been and are Waking Up and Waking Down.

1 - Burning Up Hell

Speaker: Rev. Clare Austen
Music: Greg Tenold and
 Rick Hutchins

8 - Guest Speaker

Thubten Chodron,
 Sravasti Abbey in Newport, WA
Music: Shawn Wright and
 Cathy O'Rourke

ABOUT OUR GUEST

Thubten Chodron is an American Buddhist nun. She previously lived in Seattle before coming to Eastern Washington. She is the author of *Open Heart, Clear Mind*, and



Happy Thanksgiving

Working with Anger. She has traveled around the world extensively, teaching and leading meditation retreats.

15 - Sweeping Away Cobwebs

Speaker: Rev. Clare Austen
Music: Tawni and Shawn and Spirit Voice, a Unity ensemble.

Your Unity Board of Trustees invites you to this special Sunday of releasing and re-visioning together as a spiritual community.

22 - Stone Soup

Speaker: Rev. Clare Austen
Music: Our Unity Choir

29 - Growth is Consciousness

Speaker: Rev. Clare Austen
Music: Tawni and Shawn Wright