

DISCOVERIES

2900 S BERNARD
SPOKANE, WA
99203



WINTER 2017

Ministers' Message

You don't have to be a Game of Thrones fan to see that winter is coming. The signs are everywhere – leaves blanketing the earth, temperatures plunging, a hint of snow in the air and nature preparing to enter its time of dormancy. Tucked away in these days of increased darkness, is the light-filled holiday season. What better time to share the warmth of the heart?



From the joys of gift giving with loved ones at Christmas to extending kindness at Valentine's Day - opportunities abound to be love in action during this holiday season. It is an exciting, magical time of the year.

But it is not just about the outer expression of love – equally important is to do the inner healing work of self-compassion and releasing of old beliefs and past hurts in order to move into a greater awareness of who we really are. Carl Jung tells a story about a Taoist master, who was asked by some villagers if he could help bring rain during a time of great drought. He moved into a small hut in the community and spent three days quietly tending the garden that was there. On the fourth day, it began to rain and he was asked how he had achieved the miracle. The master explained that he was not responsible for the appearance of rain. Each day, as he tended the garden, he had let go of any disharmony that he found within himself and when he had achieved balance, the rain came naturally.

And that's the work. That is what the spiritual path is really about. It may not be easy but the results can be extraordinary. As Teilhard de Chardin reminds us, "Someday, after mastering the winds, the waves, the tides and gravity, we shall harness for God the energies of love, and then, for a second time, [humanity] will have discovered fire. "

Never underestimate the power of the heart to make change no matter what the outer appearance may be telling you. The dormancy of winter gives the appearance that all growth is suspended and yet underground, behind the scenes there is much going on in preparation for spring's new growth. In the same way, doing the inner work under the surface - feeling gratitude, radiating love, sharing kindness, releasing judgment and limiting beliefs – is leading to growth and transformation. Wholehearted living is the key to the transformational journey.

Blessings, Gary and Jane

- Board News 2
- Generosity Report 3
- Unity Outreach 3
- Ownership 4
- SpiritGroups 4
- Transitions & Celebrations 4
- Youth and Family 5
- Bookstore Foundation 6
- Tithes 6
- Save the Date 7
- Groups at Unity 7
- Billboard TY 8

Unity Spiritual Center

Sunday Services 9 & 11 am

Office & Bookstore Hours

Sunday 9-1

Monday Closed

Tues-Thurs 10-3

Fri-Sat Closed

Office(509) 838-6518

Fax.....(509) 838-5537

Website.....www.unityspokane.org

Twitter.....twitter.com/unityspokane

Facebook...www.facebook.com/UnitySpiritualCenterSpokane

STAFF

Co-Ministers.....Jane & Gary Simmons

Family MinisterJackie Green

Administrator.....Terri Lewis-Sander

Communications.....Liza Mattana

Music Director.....Tawni Wright

Choir Director.....Shawn Wright

SpiritGroups Leader.....Tara Wear

Custodian.....Bee Reynolds

2016 BOARD OF TRUSTEES

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Revs. David & Donna McClure, Mary Teresa True, Dennis Ashley

Board of Trustees News



Thank You! Thank you so very much and from the bottom of my heart for allowing me to serve on your board for the last six years. You see, I am completing my 2nd straight term and 6th straight year overall as a board member and that means my time on the board will come to an end in February. And WOW, what a journey it has been for me personally. So in my final

Discoveries article as both President and a member, I'd love to share with you what I experienced during my time on the board.

During my time, I had the pleasure of serving alongside four ministers: two years with Clare Austen, two years with David McClure and the last two years with Gary & Jane Simmons. I had the opportunity of being a part of two major transitions from Clare to David and David to Gary and Jane. I had the opportunity to take part in a ministerial search as well as changing our name to Unity Spiritual Center. My roles included being Treasurer, Historian, Vice President and President. I've experienced connections, challenges, self-development, trust, transformation, safety, companionship, fear of not enough, disappointment, fun, enthusiasm, empowerment, stress, excitement, joy. The list is endless! I've personally grown as my own spiritual journey has been enhanced while being a member of the board. I've made friends. I've learned the business side of Unity Spiritual Center. I've experienced declining membership and revenues. I've learned how to be more grateful. I developed my own core values as well as struggled with my own sense of not enough. I received tons of support, especially from my wife Rebecca – thank you sweetheart. I have been part of this great transformation that is happening now at Unity Spiritual Center. I have had the honor of deepening my friendship with Dr. Gary over our many Saturday morning get-togethers. But the one thing that I cherish the most and will always carry with me is that sense of fulfillment I have in my heart for serving Unity Spiritual Center and giving my best and always showing up. I remember the call I received from Jeff Hunter six years ago asking me if I would consider serving on the Board of Trustees. After praying about it, I called him back and said YES, and I am so grateful I did. Being a trustee is an experience that I can always look back on and know that I did my best and gave my all. I have been very blessed to serve here at Unity Spiritual Center. So again, I thank you for allowing me to gain this life experience. I will always treasure it.

With Love & Blessings, Charlie Ker, Board President

Generosity Report

Unity Spiritual Center (USC) is about transforming lives and helping people to make a difference in their world. This Generosity Report is about sharing how USC uses its funds to fulfill its mission. USC is both a spiritual community and an organization that is entirely supported by the generosity of our members and friends. We rely upon your financial support to manage the needs and commitments of our ministry.

Billboard on Bernard was a great success. Proceeds from ticket sales were split between the general fund which received \$6500 and the Choir fund which received \$1700. Shawn and Tawni plan to buy new digital sound equipment with the proceeds from the show.

SpiritGroups have just completed their second round of meetings with a new round to start the second part of January. This will be an extraordinary opportunity for more people to get involved in the home-based program.

Our revenue YTD at the end of October was \$240,193.06 going towards \$266,666.16 in operating expenses, leaving a net loss of \$26,473.10 year-to-date. We are so blessed by the tithes and love-offerings that sustain us. We would invite those with the means to help us make up the shortfall. See Terri or Dr. Gary for further information.

You are loved and appreciated!

Blessings, Linda Tweedy, Treasurer, Board of Directors

Unity Outreach: Compassion Games & Crosswalk Pantry

This fall, volunteers from our center assembled 1,000 Bite2Go bags at 2nd Harvest Food Bank and 2,250 lbs. of food at NW Harvest Food Bank. We also delivered a car full of food—items that will provide good nutrition—to the hungry kids at Crosswalk Teen Shelter. The support of our congregation always warms my heart as people respond in such a positive manner. The Crosswalk shelves were filled up with canned soups, chili, vegetables, mac-n-cheese, and pancake mix. In addition to the food donations, the packages of socks were a big hit and so needed this time of the year. Denise Derrickson put her love into making hats and scarfs to warm the boys and girls this winter and used such cheerful yarn, which will bring joy to these deserving kids. I also shopped with the donated money for items the staff has expressed a need for: small-sized deodorant, gloves, and more food to round out all of the lovingly donated items. I thank each and every one of you who have blessed our community with your donations or your prayers. ~Diane Bisson



Have you visited our Facebook, Twitter & Instagram pages? Look for us on [Facebook at "Unity Spiritual Center, Spokane"](#) and [@UnitySpokane on Twitter & Instagram](#). It's a great way to get the latest info and photos, especially when you're on the move. Join the conversation!

Text unityspokane to 22828 to receive our weekly e-newsletter.



SpiritGroups

We just wrapped up a second series of SpiritGroups, and here are just a few things group members said they enjoyed about their SpiritGroup: connecting on a spiritual level, learning about the unique journey of each member, new and deepening friendships, the exploration and practice of compassion for self and others, sharing struggles lightening them, new understanding of my Spirit.

Groups also organized service projects: walking the labyrinth in USC parking lot on election night, feeding kids at Crosswalk, helping with National Adoption Day, holding a blood drive, providing Thanksgiving dinner to a Clean and Sober house.

Join us! Be a host or join a group and be a part of our community's spiritual expansion. Our next SpiritGroup series kicks off the week of January 22. Groups will be forming in December and early January.

See Tara or email her at twear@unityspokane.org for more information.



Ownership Opportunity

Attention Unity Spiritual Center Governing Members,

It's time to renew your membership to Unity Spiritual Center! If you want to continue voting on how your ministry is organized, you need to renew. We will have several opportunities available in the coming months...

1. Verify your contact info and sign up Sundays, Dec 4, 11 & 18
2. Complete the postcard, mailed to those who did NOT sign up at our center
3. Complete the online form, available in January.

Please contact Dr. Gary

drgary@unityspokane.org or Liza lmattana@unityspokane.org with your questions.

Transitions & Celebrations

Our thoughts and prayers are with...

- Steve & Leslie Yach on the passing of Leslie's father, Henry Hanson.
- The family of Mel Jones on his passing.
- The family of Mary Gardner on her passing.



Youth and Family Ministry

A Word from Rev. Jackie Green

Our UniKids, UniFriends and Uniteens have been playing Compassion "Giving Games" Survival of the Kindest. They are striving together to make our planet a better place to live through community service and acts of kindness. The youth staff is providing fun and creative ways to ignite and catalyze compassionate action. Their activities will extend into the new year. They created a Caring Tree on a Compassion Wall for all ages at Unity to decorate with stars noting acts of kindness. A Parent Compassion Day (to give parents a break during this busy season AND build community amongst our kids) is being sponsored Saturday, Dec 3rd with 4 hours of free childcare and a children's program for infants through 11 years of age. Older kids are helping staff to facilitate crafts, games, snacks and more. The youth decorated their family kindness jars to hold slips of paper recording acts of kindness they have given and received as well as those they have seen.



Also, our youth will be gathering supplies for Refugee Baskets Dec 11 - Jan 8. These baskets will contain items that families can use when they arrive and get set up in their new environments. The kids have chosen to create baskets for the bedroom and the kitchen. Some items can be used, in good condition, and some must be new. You can help "Share the Love and Welcome the Stranger" by helping the kids put together medium-sized laundry baskets for refugees in need. The game is to experience the joy of giving with compassion.

Regional Events

NGU event on January 8th at 1:30 at the North Spokane Unity. Anyone 18-35 is welcome to attend. This will be a Y.O.U. reunion for many. We will have lots of conversation and snacks to get everyone reconnected. Contact Kelley 208-597-1384 for more info about this event.

Contact Rev. Jackie jackienwyou@comcast.net, or call 838-6518 for more info on our youth education programs and camps.



Join us in Appreciation!

16.5 years ago the interim minister at USC, Weaver Hess, called Terri Lewis-Sander to request she fill the accounting position. From there Terri moved into the Administrator position. She has coordinated events, staff, volunteers, calendar, bookstore and supported the Ministers and center in countless ways. Terri is retiring at the end of the January and will be dearly missed.

Our beloved sound guy, Doug Ladwig, is also stepping down from his lead volunteer position in the south booth. Doug has been our go-to-guy for over 10 years for all things audio visual, and he will also be sorely missed. We send them both light, love and happy blessings.

Join us **January 15 at 10:15 am** for an appreciation gathering!

Unity Bookstore

Do You like Having the Bookstore here in our Center?

If the answer is yes, please considering shopping in our bookstore over the next month. Do you need a new calendar for 2017? We have them! Do you buy cards for birthdays, weddings, sympathy, inspirational? We have them! Do you like to read what current book Dr. Gary or Rev. Jane are using for their new series or talks? We have them, or we can usually order them within a week.

Please consider shopping at our bookstore. I know Amazon is sometimes more convenient, but to keep your bookstore open and financially healthy please consider shopping at our center.

We also have hundreds of used books. Thanks to everyone who brought in their books from overstuffed shelves, we have plenty of choices in that category, and it changes weekly. This also benefits the bookstore.

Thanks for considering us for your shopping needs, Terri Lewis-Sander

Unity Foundation

Happy Holidays to all from the Foundation Board. It looks like this year will have been good for our investments, and we will be allocating some money to help the church with long-needed roof repairs. If you would like to help, the Foundation always gratefully accepts donations.

Al Konigsfeld, President, Unity Spiritual Center Foundation

Unity believes in the practice of tithing. As we share our income with others, we also generously receive. Unity Spiritual Center gratefully tithes 10% of our revenue to those who share our spiritual vision: Unity Worldwide Ministries, Unity NW Region YOU, Volunteers of America Crosswalk, Transitions.

Support Unity Spiritual Center when you shop on Amazon by starting your shopping at...

[SMILE.AMAZON.COM/CH/91-6000703](https://www.amazon.com/ch/91-6000703)

Save the Date

- Dec 4—Blood Drive with the INBC, 8:45 am-12:45 pm
- Dec 10—Dream Workshop with Murphy, 10 am-2 pm
- Dec 16—Winter Solstice Celebration, 7 pm
- Dec 24—Christmas Eve service with the Unity Choir, 7 pm
- Dec 25—Christmas Day Meditative service, 11 am
- Dec 26-Dec 31—Closed for the holidays
- Jan 1—New Year's Day service, 11 am
- Weds, Jan 4-25—Meditation for Beginners with Mary True, 6pm
- Jan 22—James Tyman "A Sound Called Unity-12 Powers" film event, 7 pm

Weekly Meditation
for a spiritually enriching, and fulfilling life - dedicated to love, unity, and peace.

SUNDAYS
12:30 pm, Science of Spirituality meditation, facilitated by Regina Merritt, in our Youth Area

Unity Spiritual Center
2900 S Bernard
Spokane, WA 99203

509-838-6518
unityspokane.org

ADDRESS SERVICE REQUESTED



Ongoing Unity Groups

The Outrageous Wild Women of Unity (OWWU)

Spiritual circles held the 2nd Saturday at 1 pm. Contact Joyce at joyce@swanlight.com or 242-9980.

Unity Book Group

Meets 4th Mondays at 6:30 pm, except December. See web calendar for book titles.

Unity Choir

Weekly rehearsals for anyone interested in joining a joyful singing community, Thursdays at 7pm in our Sanctuary, See Shawn Wright to join! Or email sandtwright@comcast.net



Oneness Blessing (Deeksha)

The gift of a quiet mind, every Sunday, 11:15-11:45 am in our Chapel, donations accepted

Drum Circle

Bring your percussion instruments and make some music! 3rd Fridays at 7 pm, Chapel, donations accepted. *Co-hosted by the Wolf Clan of the PNW

Next Generation Unity (NGU) Ages 18-35

Meeting the spiritual needs of Unity's young adults. Periodic special events are listed in *Discoveries* and our website.

Gentle Yoga with Joy McMahon

Wear comfy clothing and bring your yoga mat. Tues, 9:30 am, \$12

Attitudinal Healing Peer Support Group

Mondays at 6:30 pm in Youth Area. This group works to transform hearts and minds. All are welcome.

Other Groups at Unity

Al-Anon Serenity Seekers

Thursdays at 12 pm

A Course in Miracles

Tuesdays 6:30 pm, by donation

Dances of Universal Peace

Sufi dancing, 1st and 3rd Thursdays at 7 - 9 pm in our Chapel. Call Bruce at 220-5160. All welcome.

Thanks to Everyone Who Participated & Attended Billboard on Bernard!

