

DISCOVERIES

2900 S BERNARD
SPOKANE, WA
99203



SPRING 2015

Ministers' Message



The lightness of spring is in the air! In like a lion and out like a lamb. The chilly winds of winter give way to the milder and gentler breezes of spring. The snow begins to melt and the sights, colors and sounds of new life burst forth throughout all of nature. Soon, the buds and blossoms will begin to open as the ground's covering of snowy white gives way to spring green.

This is a time of joyful celebration and renewal, as we welcome the return of spring and share in the wonder of rebirth. What better time to celebrate Easter? The message of the Easter story is one of overcoming and rebirth. As we take the meaning deep within ourselves, it can lead us to awakened living.

We are excited that our arrival as your new ministers coincides with spring-time and the Easter celebration. Awakening and renewal is the perfect prelude to what we will suggest as the first of many yearlong themes we will be exploring with the Unity Spiritual Center community.

If you have been in Unity for a while, you have probably experienced the challenge of trying to explain to someone what Unity is all about. In some ways, our theology defies explanation because we have little dogma or prescribed doctrine.

Over the years we have found an explanation that is both accurate and thought provoking: **Unity is the art and practice of living with nothing and no one against you.**

We have also found that this explanation exposes a conundrum. Unity's foundation principle is: There is only One Presence and One Power active in my life and in the Universe,

God the Good.

And then it appears that there are the exceptions. Illness, relationship issues, prosperity challenges, it is not difficult to find apparent exceptions to the principle of Oneness.

How do we use our spiritual principles in order to live our lives in such a way that we can work with those exceptions? This can be our biggest challenge as we walk the talk of demonstrating the principle, One Presence and One Power. Here is the question we want to explore together - what if awakening is about overcoming those apparent exceptions and proving this principle in our daily lives?

We plan to explore this theme of awakened living during our first year at Unity Spiritual Center. We invite you to join us as a community in pursuit of a greater expression of the Divine and truly inhabit the principle that nothing and no one is against us.

Love and Blessings,
Jane and Gary

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Unity Spiritual Center

Sunday Services ... 9 & 11

Office & Bookstore Hours

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

Wednesday 10:00 am - 5:00 pm

ClosedMon., Fri. & Sat.

Office(509) 838-6518

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

Website.....www.unityspokane.org

Twitter.....twitter.com/unityspokane

Facebook...www.facebook.com/

UnitySpiritualCenterSpokane

STAFF

Senior Ministers.....Gary & Jane Simmons

Family MinisterJackie Green

Administrator.....Terri Lewis-Sander

Communications.....Liza Mattana

Music Director.....Tawni Wright

Choir Director.....Shawn Wright

Custodian.....Bee Reynolds

2015 BOARD OF TRUSTEES

President.....Charlie Ker

Vice President.....Tara Wear

Secretary.....Kathy Fisher

Chaplain.....David Leinweber

Treasurer.....Linda Tweedy

HistorianCristy Lapke

Connections.....Gail Hammer

Vision Keeper Don Daisley

LICENSED UNITY TEACHERS

Donna McClure, Mary Teresa True, Dennis Ashley

Board of Trustees News



Wikipedia's definition of Love is "Love is a variety of different feelings, states, and attitudes that range from interpersonal affection ("I love my mother") to pleasure ("I loved that meal"). It can refer to an emotion of a strong attraction and personal attachment. It can also be a virtue representing human kindness, compassion and affection—"the unselfish, loyal and benevolent concern for the good of another." It

may also describe compassionate and affectionate actions towards other humans, one's self or animals.

On Sunday, February 15th, our new ministers, Jane and Gary Simmons were in town, and Jane's talk, "What's Love Got to do with it?" helped me remember how I want to live my life. I want to be Love: a virtue representing human kindness, compassion and affection and living with compassionate and affectionate actions towards other humans, one's self or animals. When I am irritable, grumpy or frustrated, I'm not giving or receiving Love, and I don't like the way I feel during those times. In fact, as Jane said in her Sunday talk, when we do not love ourselves, we do not love others. When we do not have compassion for ourselves, we do not have compassion for others. When we do not have kindness for ourselves, we do not have kindness for others. Jane also pointed out the opposite truths. She said when we start by loving ourselves, we're able to pass Love onto others through kindness and compassion. As I continued to listen to her message, I realized that when I give love, compassion, and kindness to myself, I am happier, lighter, more joyous, and have much more self-respect, and therefore, I find I am able to share these feelings and virtues with others. It's amazing how Jane's message helped me on Sunday. It helped me remember that I am Love, and Love is everything. I deserve Love and so do you. I want my garden to be nurtured and grow. I want my dogs to feel loved and special. I want my community to feel warm and loving. I want to be connected to my wife and bring love, emotional safety and understanding to our marriage. So from this day forward, I am going to do my best to bring compassionate and affectionate actions to my service as board president, towards other humans, myself, and all situations. Would you like to join me? I'd love it if you would!

With Love,
Charlie Ker, Board President

Sacred Rubble is Coming!

Friday, April 24 from 9-4 pm

Saturday, April 25 from 9-2

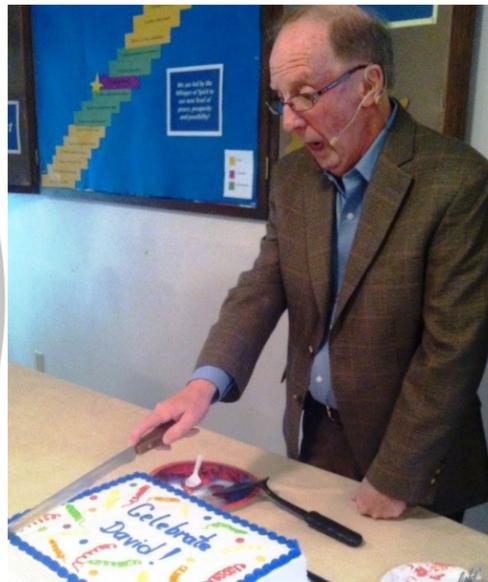
Sacred Rubble is one of our biggest fundraisers, bringing in hundreds people from the community and raising money for our spiritual center. People have found amazing treasures at our annual rummage sale, and we continue to host this event every spring. Please considering volunteering or bringing nearly-new items on the following dates. See or email Gary Lock or Liza Mattana if you can help: gmrlock@gmail.com, lmattana@unityspokane.org

Donation drop-off dates!

- Wed, April 8, 5—8 pm
- Fri, April 10, 5—8 pm
- Sat, April 11, 10 am—4 pm
- Sun, April 12, 10 am—2 pm
- Wed, April 15, 5—8pm
- Fri, April 18, 10 am—4 pm
- Sat, April 19, 10 am—2 pm
- Sun, April 20, 3—6pm
- Mon, April 21, 3—6 pm
- Tues, April 22, 4—8 pm
- Wed, April 23, 10—8 pm



We LOVE You Rev. David! Thank You for All Your Humor, Kindness and Love!



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!



Seva Star features stellar volunteers who provide sacred service, or Seva, to our Center. They are shining stars! This season, we are featuring Lyla Brekke.

Why do we try new things? For many of us, myself included, we take the plunge because we know someone who’s trying something and invites us along. This is exactly what happened to Lyla Brekke when she joined the Unity Choir. Soon after coming to Unity 15 years ago, Lyla joined the choir because “a friend talked her into it,” she recalls with a smile, and she’s been singing ever since! Lyla is a co-owner of The Scoop with her daughter and is also a librarian at Eastern Washington State Hospital. She pulls from these business talents as she helps support our music program. In 2005, Lyla signed on as our music librarian. The choir and our music collection have grown significantly over the years. Currently, we own over 300 pieces of music that Lyla keeps organized and up to date. She also works closely with our administrator, Terri Lewis-Sander, during our musical revue, *Broadway on Bernard*, with tickets sales. Lyla loves singing with the choir, and she extends a personal invitation to you to join the fun!

Seva Star:

Lyla Brekke



Seva Opportunities

Kitchen Angels: Can you tidy the kitchen after the 11 am service. We have one person to help but two helpers boosts the fun and makes the work go quicker!

Bookstore: Please see Terri if you can help in the bookstore on Sundays or for special events. It’s easy, and it’s a fun way to help our Unity community!

Greeters: Smiley, happy people needed to greet people when they enter Unity. It’s simple and helps so much.

Please contact Liza Mattana at lmattana@unityspokane.org if you have the time and are interested in offering Seva and filling these Unity needs.

What is SEVA?

The word *seva* comes from the Sanskrit root, *sev*, meaning to "attend" or "to go towards."

We use *Seva* to describe using one’s **time, talent or treasure** to support community.



We are all connected. *Seva* means giving back to each other.

Transitions & Celebrations

Our thoughts and prayers are with:

- The Wear family on the passing of Tara Wear’s grandma, Mary Fountain Hunt.
- The Dayharsh family on the passing of Fred Dayharsh.

Youth and Family Ministry

Regional Events for Young People from our Ministry



April 17-19 **NGU Retreat** at Shiloh Bible Camp, Cosmopolis, WA, for ages 18 - 35

April 24-26 **YOU Rally** at Cispus Center, near Randle, WA, 9th -12th grade

June 21-26 **Unitreat** at Cispus Center, near Randle, WA, for 6th-8th grade (ages 11 - 14)

June 21-24 **Kids Camp** (NW YOU Service Project) at Camp Waskowitz, North Bend, WA, for ages 7-11

July 6-10 **IYOU** at UNITY VILLAGE, MO - 9th - 12th grade

July 24-27 **YOU Rendezvous** at Chewelah Peak, WA, 9th -12th grade

August 20-23 **Multigenerational PLAY Camp** at Cispus Learning Center, Randle WA, all ages

Connect with Jackie jackienyou@comcast.net or call 838-6518 for more info.

A Word From Rev. Jackie Green



Between now and Easter our Youth Ministry is using the "All Together Now" material created by Unity and geared to multi-age groups.

Unit 1: What Is God? The lessons are God Is Love, God Is Life, God Is All-Good and All-Powerful, God Is All-Knowing, Everywhere Present.

Unit 2: What Am I? The lessons are I Am God Expressing, God Shines Through Me, I Am Unlimited Potential!, All of Me Expresses God.

Unit 3: Oneness With All Life. The lessons are God's Universe Is Orderly and Beautiful, Our Universe Expresses God, All Creation Is Valuable, All Creation Is My Family.

Beyond Easter, lessons focus on Spiritual Practices of the World, and are being created to explore other ways of connecting with the Divine. Do you have a personal experience to share? Or connections to enable us to visit other places of worship? Let me know!

People of all ages are coming together to create another super **FUNtastik Kids Week, 9am till noon, July 13 - 17.** Continuing with the Jungle Safari theme, we will delve deeper into the **WILD** place within ourselves to experience our natural state. Designed to be a fun and creative experience for children ages 4 to 11, guided by staff, ages 12 thru 112+. Will you be one of the ones to answer the call of the wild and trek with us? Let me know!

Our UniFriends wrapped up as the gifts they truly are!



Monthly Abundance Report

Discovery Newsletter
January 2015
Income Statement

	Current Date	YTD Date	Budget YTD Date
Revenue			
General Revenue	\$17,486.34	\$17,486.34	\$29,765.00
Special Event Revenue	\$1,199.00	\$1,199.00	\$1,100.00
Total Revenue	\$18,685.34	\$18,685.34	\$30,865.00
Expenses			
Special Event	\$844.00	\$844.00	\$550.00
Personnel	\$16,493.27	\$16,493.27	\$16,863.50
Tithe	\$1,813.51	\$1,813.51	\$2,800.00
Operating Expense	\$8,969.02	\$8,969.02	\$7,706.00
Total Expenses	\$28,119.80	\$28,119.80	\$27,919.50
Income/(Loss)***	(\$3,583.83)	(\$3,582.83)	(\$599.98)

Unity believes in the practice of tithing. As we share our income with others, we also generously receive. Unity Church gratefully tithes 10% of our revenue to those who share our spiritual

Unity Bookstore

Spring Cleaning is Now! Please donate your purses, jewelry and scarves that are no longer beautiful or useful to you. We have just the right and perfect people to give a love offering and take items to a new home. In order for this fundraiser to be successful, we need your help.

Dee Riggs and Judi Grubb are organizing this event again this year, so please help them make this the best sale ever!



Unity Foundation

We continue to work with Ameriprise Financial Services and currently have a balance of \$90,558.00. We have VERY exciting news for the coming year: The Foundation is joining forces with the BARISTAS in order to raise money to improve our Fellowship Hall! The Baristas will have a special drive to raise money each week at their stand. On July 11th, we will hold a STREET FAIR in our parking lot. We expect to have music, dancing, food booths, bake sales, crafts, a kids area and so much more. If you want to help plan, please let Alan Bisson or Al Konigsfeld know. We hope to replace the flooring, but our plans are for so much more. What we do will depend on your support! See you at the Fair (and the Barista stand),

Alan Bisson, Outgoing Foundation Board President

Save the Date!

- Friday, March 20, Spring Equinox Celebration, 6:30 pm
- Saturday, April 4, Landscape Clean Up, 9 am—12 pm
- Wednesday, April 1, Revs. Drs. Jane & Gary join our Unity Family!
- Sunday, April 5, Easter with Revs. Drs. Jane & Gary at 7, 9 & 11 am and Sunrise Breakfast at 8 am
- Monday, April 6, Closed
- Friday, April 24 Sacred Rubble, 9 am—4 pm
- Saturday, April 25, Sacred Rubble, 9 am —2 pm

Ongoing Unity Groups

The Outrageous Wild Women of Unity (OWWU)

Spiritual circles held the 2nd Saturday of most months. Contact Joyce at joyce@swanlight.com or 242-9980.

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.

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



Other Groups at Unity

AI-Anon Serenity Seekers

Thursdays at 12 pm

A Course in Miracles

Tuesdays 6:45 pm, by donation

Dances of Universal Peace

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

Gentle Yoga

Tuesdays at 5:30 pm in our Chapel, \$12/class. Contact Joy 844-7560

Oneness Blessing (Deeksha)

The gift of a quiet mind, 3rd Sunday at 12:30 pm in our Chapel, donations accepted

Attitudinal Healing Peer Support Group

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

Toddler Movement Games

Nicolekuhncpt@gmail.com for class schedule.

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Weekly Meditations

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

SUNDAYS

12:30 pm, facilitated by Regina Merritt, Children's Area

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SPRING 2015

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2900 S Bernard
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509-838-6518
unityspokane.org

ADDRESS SERVICE REQUESTED



New To Unity—Welcome Donna Prothe

You may have noticed Donna Prothe working in the Unity bookstore. Maybe she copied a CD or helped you find a book after the 11 am service. I'm sure you've noticed Donna's ever-present smile and happy spark.

Donna started volunteering in the bookstore shortly after joining Unity Spiritual Center in March of 2014. She says "She loves working in the bookstore!" helping people and organizing the books and other special items. Donna lives on the south hill with her husband and her children, one of whom was recently accepted to Sacramento State on a soccer scholarship. Her faith is important to her, as is her family, and her community.

The Unity principles and mission really resonate with Donna, and she is looking forward to meeting our new ministers, though she will be sad to see Rev. David go.

If you haven't done so already, say hello and welcome Donna to Unity!



unity
Spiritual Center
Spokane