

Ministers' Message



We have watched the leaves change color and fall, felt the temperatures dropping and noticed the evening darkness descending. With a nip in the air hinting that snow may be on its way, there are unmistakable signs that winter is approaching. There is much to celebrate during this season as we

move into Christmas, then on to the excitement of a brand new year and the heart-centered festivities of St. Valentine's Day in February.

Even though the winter might appear to be a time of dormancy, when growth seems to stop, the truth is that beneath the snow, if we could peer underground, we would be astonished to see the activity that continues to happen, as nature prepares for the bursting forth of new life in the spring.

Similarly, in our own lives, despite any outer appearances to the contrary, much is happening internally that can bring forth a new depth of spiritual understanding. Nowhere is that message clearer than in the wonderful symbolism of the Christmas story. Every symbol in the nativity story has deep inner meaning as we travel the spiritual path of awakened living and transformation.

We can experience great inner growth by allowing the harmony and peace of the Christ Presence to be born into our awareness and inwardly guide us through the outer "blizzards" of life. Spirit is always present, just awaiting our recognition and ready to melt our winters into spring. When we allow Spirit to guide us, we can remain in a place of peace, no matter what may be happening around us.

We begin a new year-long series in 2016 called "Who Have You Come Here to Be?" Please join us on the path of self-discovery and transformation in the upcoming winter months as we explore the beauty of the Christmas story together, bring forth new beginnings in the New Year and celebrate the power of love in February. Find more information regarding the Christmas Tree of Sharing, the New Year's White Stone Ceremony and the Valentine's Bear Hug program inside this issue.

Blessings, Gary and Jane

Board News	2
Generosity Report	3
Compassionate Care	3
White Stone, Bear Hugs, New Group	4
Youth and Family	5
Bookstore Foundation	6
Tithes	6
Groups at Unity & Save the Date	7
Unity-Changing Lives	8

Unity Spiritual Center

Sunday Services 9 & 11 am
Youth program 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 Minister	Jackie 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
Historian	Gail Hammer
Connections.....	Cristy Lapke
Vision Keeper	Don Daisley

CREDENTIALED TEACHERS

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

Board of Trustees News



In Gratitude,

I find it interesting that this monstrous windstorm occurred the week before Thanksgiving, a time to remember and reflect on what we are thankful for. Maybe we were being reminded that we need to stop from time to time to be in gratitude. I know I get so involved and wrapped up in my daily activities of family time, work, to-do lists, grocery shopping, etc., that I regularly

forget to stop and reflect on what I am grateful for. In fact, I find it hard to carve out time to meditate or pray or make a gratitude list. Sometimes I am hard on myself (on my shadow card) for not making the time to be still and be quiet. Sometimes the entire week goes by, and it's not until Sunday morning at Unity Spiritual Center that time is made for prayer, meditation and my spirituality.

Therefore, in the wake of the windstorm we experienced in November, I find myself reflecting on many things that I am very grateful for. First and foremost, I am grateful for all of the Avista utility crews and the crews from other states that are working very hard and around the clock to restore electricity throughout. I am grateful for the way that friends, families and neighbors have all come together to support and help those around them that still do not have power. I am grateful for all of the restaurants & barista stands for keeping our stomachs full with hot meals and hot drinks, and for grocery stores that kept their shelves stocked. I am grateful the trees that fell on Unity Spiritual Center's property did not hit our building, especially the one that fell right next to the Sanctuary. I am also grateful for many things that I tend to take for granted: loved ones, electricity, heat, a cold refrigerator, blankets, flashlights, candles, friends, lights, hot water, my electric garage door opener, stop lights, nature, the stars at night, my house that kept me sheltered during the windstorm, hot meals, and so on, as the list is endless!

Even though the windstorm brought destruction, chaos, impatience, frustration and more, it also brought me gratitude. It reminded me to find 5 things every day for which I am grateful. It reminded me to take time each day to be still and quiet and to go within. It reminded me to stop every so often and just breathe. So in this time of Thanksgiving and the Holidays, I ask it of you to take a moment each and every day to reflect on what you are grateful for, take a moment to sit still and be quiet and to just breathe. It's working for me, and I am grateful for it.

With Love & Blessings and in Gratitude,
Charlie Ker, President, Board of Trustees

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. Please keep in mind that 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 and to provide support for community members who are going through difficult life challenges.

The onset of fall has kept our building, grounds and landscape team busy maintaining the outer and inner beauty and well-being of our facility. We are very blessed to have so many caring people committed to affirming the lushness of our spiritual home. With the mowing, pruning, raking, weed-whacking, sprinkler purging, and countless other maintenance issues, those who take great care of our grounds and facility have provided us hundreds of volunteer hours this quarter.

Our youth ministry is getting back into the swing of things having coordinated the youth curriculum with the Untethered Soul series that Rev. Jane has recently completed with Mary True. Our current youth ministry staff of 16 dedicated adults each serves at least twice a month at the 9 & 11 am services. Some are here serving 3, 4 and 5 Sundays a month, as well as other gatherings that support our youth. They are STARS in the life of our Unity children! We appreciate their efforts in transforming the lives of our future leaders.

Dr. Gary recently participated in a Train the Trainer program for SpiritGroups, a small-group ministry program that will debut next spring. This will be an extraordinary enhancement in creating a home-based, host-sponsored small-group ministry program that promises to extend our reach beyond the Sunday wor-

ship experience. You can read more about Dr. Gary's experience and the SpiritGroups program by checking out his Unity Spiritual Center Update blog posts: www.drgarysimmons.com. Drs. Jane and Gary met with our credentialed leaders to plan the rollout of our emotional and spiritual development curriculum that will become the basis for bringing people into a deeper relationship with respect to their own spiritual journey and sacred service within the ministry. Folks new to Unity Spiritual Center as well as a majority of established members, continue to engage in classes and workshops.

Your Board of Trustees has approved a proposed by-laws document that will be presented to the membership body for approval on February 21st. A community meeting to discuss the proposed bylaws, budget, and the slate of board nominees will be held after the 11 am service on January 24th.

We are experiencing an influx of first-time guests and lots of former members returning to see what all of the excitement is about. We are pleased to report that we have been greatly blessed by a bequest from Doris Wages, a longtime member of USC, who recently made her transition. Her generosity and love for our ministry has helped us recover from our accumulated financial shortfall, helping us to restore depleted reserves. Thank you Doris for remembering us in your will!

Our revenue at the end of October was \$115,109 going towards nearly \$75,730 in operating expenses for the last three months. After retiring our line of credit, we are now \$27,000 in the black for the entire year. We are also grateful for a \$2,000 donation that has been given toward the repair and sealing of our parking lot. We are so blessed by the tithes and love-offerings that sustain us. You are loved and appreciated!

Blessings, Linda Tweedy, Treasurer, Board of Trustees

Compassionate Care

Looking for a Way to Spread Christmas Cheer? Tree of Sharing - Nov 20-Dec 10!

You may have noticed a Christmas tree in the Fireside Room that has envelopes attached to the branches. It's a TREE OF SHARING! If you would like to participate in the Tree of Sharing program, just choose an envelope from the tree for the age group you desire to support, write your name next to the corresponding number on the sign-up sheet, purchase a gift for the recipient, and bring it into the church unwrapped. You may also give gift cards or donate cash. Gifts and donations can be given to any staff member and will be picked up by [Tree of Sharing](#) coordinators by December 10th.



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!

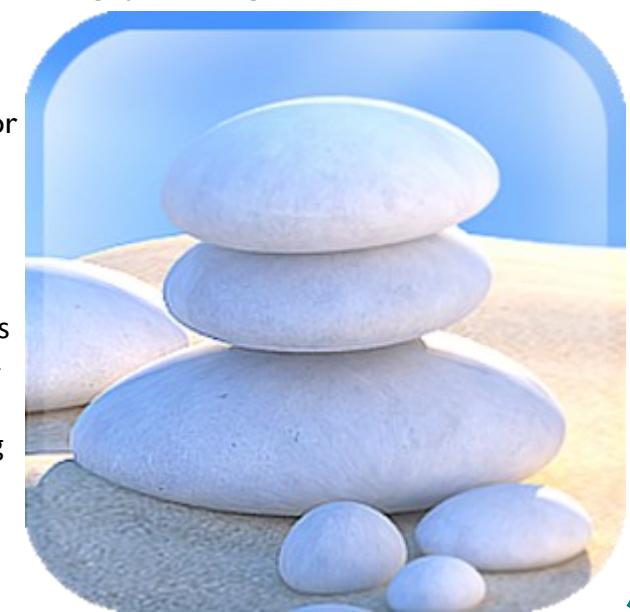
Text unityspokane to 22828 to receive our weekly e-newsletter.



White Stone Ceremony - Sunday January 3, 2016

Who have you come here to be? In the White Stone Ceremony, we are allowing Spirit to bring forth a new name, a new thought, a new idea, a symbol or theme for this coming year. We do that by going within, listening for the still small Voice for a new sense of direction or quality that Spirit is calling us to step into.

We can dramatically change and reshape our lives by what we call ourselves. When the biblical figures names were changed – they showed up in life in new ways because something was calling them deeper to express more of who they were. Likewise, today Spirit is calling us to rise up out of whatever may be holding us back and fully commit to expressing all that we are. What better way to start the New Year?



Let's Do Lunch! with Rev. Jane

Begins January 12th

Do you enjoy reading empowering books? Love in-depth discussion? Want to deepen your understanding of spiritual principle? Looking for spiritual nourishment?

Join Rev. Jane on Tuesdays from 11:30 am to 1 pm for the "Let's Do Lunch," spiritual self-discovery book group.

Bring your lunch and "chew" on metaphysical principles with people of like mind.

By donation.



February Bear Hugs

During February, the month of love, we will once again gather new stuffed animals for organizations that distribute them to folks in need of "bear hugs." When you bring the stuffed animals on Sundays, please tie a "Bear Hug Tag" on each one and sign your name.



Transitions & Celebrations

Our thoughts and prayers are with

- The family of **Jim Mitchell** on his passing.
- The family of **Rev. Weaver Hess** on his passing.
- Gary and Marlene Lock on the birth of their grandson **Ryder James Wick**.

Youth and Family Ministry

A Word From Rev. Jackie Green

Life has so many options for experiencing our own personal enlightenment. The internet has infinite ways we can connect, expand our awareness, share our ideas and develop our spiritual practice. When it comes to experiencing "God-with-skin-on," exchanging positive energy, hearing affirmations of the very one we have come here to be, finding opportunities to be in service, deepening our understanding of our spiritual nature, there is nowhere more powerful than being in community with other like-minded, open-hearted people. Unity provides the sacred foundation, atmosphere and consciousness for eye-to-eye, face-to-face, mind-to-mind, heart-to-heart connections. We look forward to when you participate in one or all of our many gatherings, projects, activities, classes, meetings, services and random serendipitous, divine appointments. My title at Unity is Youth and Family Minister. I think of Family as meaning all of us in our Unity Spiritual Family. I see all ages as being members of one family, all relatives, some parent roles at the present, yet others in the role of aunt, uncle, cousin, brother, sister, grand and great-grand parent, all stronger by the bond they have together.

We are grateful for all our wonderful volunteers: Jeremiah Supon, Cristy Lapke, Sandy Schilling, Ray Clarry, Scott Jamison, Judi Jamison, Marlene Lock, Lois Green, Sue Terry, Elizabeth Herrin, Joan Syverson, Bob Luthmers, Hank Broeckling, Michelle Broeckling, Joan Broeckling and Mary Ladwig!

The quilt created by our young people and shown below, is a loving welcome to all who enter our spiritual community. Lovingly created, it expresses many of our core values and beliefs reminding us of our essence!



Regional Events

January 22 - 24, 2016

Members of our Youth Ministry Team will attend NW Unity Youth Team Conference at Huston Center near Gold Bar, WA. Revitalized in spirit they will bring back tools, skills, connections and resources to enhance their time with our young people. They will have an expanded appreciation of our own Rev. Dr. Jane Simmons who will be our featured presenter at this conference sharing Youth Empowerment, HeartMath and Sacred Doorways—"a look at ways in which your ministry can partner with families in guiding our youth in their spiritual exploration from birth to adulthood."

Connect with Jackie jackienwyou@comcast.net or call 838-6518 for more info on programs offered and ways to volunteer.



Rev. Jackie Green, Youth & Family Minister

Childcare will be provided at Unity...

- Dec 4 — for those attending the Holly Berry Ball
- Dec 24 — during both the 6 & 8 pm Christmas Eve services



PAGE 5

PAGE 6

Unity Bookstore

Please enjoy some holiday savings at our bookstore!

**Take 20% OFF
any 1 item**

**It's our way of saying
THANKS!**

Good thru Dec. 24th

Unity Foundation

After reflection on the center's Genogram project, the Foundation Board rewrote its bylaws to heal some of the reactions to certain eras of our history and entered into the twenty-first century by explicitly allowing votes by email, bringing our by-laws and practice into harmony. We are also reconsidering our investment strategy, specifically around making sure our portfolio is not only financially sound, but also environmentally sound and reflecting Unity's values of being good stewards to Spirit's gifts. As the holidays approach and family comes into focus, please remember your spiritual family by considering donating to the Foundation Board. We will put your money to work, and the interest is available to assist in the upkeep of the physical building of Unity Spiritual Center.

Al Konigsfeld
President
Unity Spiritual Center Foundation Board

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 vision: UWM, Northwest Region & Northwest Region YOU, Volunteers of America, Shalom Ministries, Spokane Humane Society, USA for UNHCR (refugee support), Soul to Soles, Crosswalk.

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

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

Save the Date

- Dec 4—Holly Berry Ball, at the Manito Country Club, 6 pm
- Dec 6—Leadership Training: Board Orientation, Roles & Accountabilities, 1 pm
- Dec 19—Winter Solstice Celebration, 6:30 pm
- Dec 24—Xmas Eve Services: 6 pm with SpiritVoice & 8 pm with the Unity Choir
- Dec 31—First Night Crown Making with the OWWU, 5:30-11:30 pm
- Bear Hug Sundays are Back!—January-February
- Jan 6-Feb 24—Unity From the Inside Out classes, 2 & 6:30 pm
- Jan 10—E. J. Niles speaks at Unity, 9 & 11 am with workshop to follow at 1 pm
- Jan 12-Feb 16—Book Study with Rev. Jane, 11:30 pm
- Jan 14-Feb 18—Art & Practice with Dr. Gary, 2 & 6:30 pm
- Jan 17—New Membership Meeting, 1 pm
- Jan 24—Town Hall (Budget, Bylaws & Board Candidates INFO) 1 pm
- Feb 13—Soul to Soles Valentine's Fundraising Dinner, 5 pm
- Feb 21—Annual Meeting (Budget, Bylaws & Board Candidates VOTE), 1 pm

PAGE 7

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

WINTER 2015

Unity Spiritual Center

**2900 S Bernard
Spokane, WA 99203**

509-838-6518
unityspokane.org

ADDRESS SERVICE REQUESTED

Town Hall-Jan 24
Annual Meeting-Feb 21

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.

Gentle Yoga

with Joy McMahon. Bring your mat, wear comfortable clothing, and join to gain flexibility. Meditation follows.

Tuesdays at 9:30 am—BEGINS JANUARY!

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 sandwright@comcast.net

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.

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 are welcome.

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.

Unity, Changing Lives: Shamsy Sadegh

In September 2014, after moving here from Memphis, Tennessee, Shamsy Sadegh found Unity. Shamsy (whose first name means Sun, and last name means Sincere in Farsi) moved to Spokane to be close to family. And she came to Unity on a recommendation from her life coach. She took her coach's advice, attended last fall, and even joined us for last year's picnic at Comstock Park. Shamsy found the people at our spiritual center to be "friendly and warm." Because she loves music, she decided to join the Unity Choir. Since moving to Spokane, Shamsy has connected with Deaconess, Sacred Heart, and Riverview Retirement Community to volunteer her time. Shamsy says that this Unity community "definitely helps her have a more positive outlook" on life. Staying positive and not getting down is still something she struggles with, but the friends she's made at Unity, and her time singing with the choir, lift her spirit and help her tremendously. Shamsy says that she's been able to lose over 30 pounds since moving to Spokane. She has a few more pounds to go before reaching her goal weight and would love to find a workout buddy. Could that be you? Connect with Shamsy Sadegh if you haven't already!



unity
Spiritual Center
Spokane