

DISCOVERIES

2900 S BERNARD
SPOKANE, WA
99203



SUMMER 2016

Ministers' Message

The Healing Journey

Summertime has arrived, abounding in opportunities to rest, relax, and become immersed in the healing beauty of nature. While all of the seasons hold out the promise of supporting our healing work, the summer seems to be tailor made for it. It invites us into spending time releasing the stresses of everyday living, while focusing on the abundant gifts of nature and has great potential for healing.



The Unity movement sprang out of a seemingly incurable healing of tuberculosis in its co-founder Myrtle Fillmore. Inspired by the words, "I am a child of God and therefore do not inherit sickness," she took on a practice that, in essence, consisted of loving her body back to wholeness, with miraculous results.

Many have been drawn to Unity's teachings through the healing path over the years, following Myrtle's lead and seeking their own expression of wellness. This includes not only physical healing, but also emotional, mental and psychological wholeness. In addition, the internal healing effect can extend outward to aid in transforming relationships, finances, career, addictive behavior and all aspects of one's life.

Healing happens by removing the stress from the body, allowing the neuro-immune system to take over its job of healing whatever is wrong. Although the effects of healing can be as varied as the needs of those seeking healing, the root cause remains the same – it is a spiritual healing and a journey of the heart.

Last March, Dr. Gary shared with the congregation news of his cancer diagnosis and how his healing journey would unfold. You can learn more about his story and his efforts from his blog: drgarysimmons.com. Recently, he joyfully reported that his tumors have shrunk as a result of the many varied approaches and treatment regimens including alternative therapies and a self-directed, heart-centered, energy healing process, in addition to his Keytruda treatments.

Charles Fillmore affirmed, "I have faith in the glorious infusion of the more abundant life of Christ vitalizing me. I am lifted up and healed." As we allow this glorious infusion within us to fill our awareness, we open the door to loving ourselves back to wholeness. Let us step into this sacred, bountiful time of year, prepared to rest, relax, get still and let the power of Spirit bring forth healing for whatever is showing up in our journey of the heart.

Blessings, Gary and Jane

- Board News 2
- Generosity Report 3
- Unity Outreach 3
- Transforming Lives 4
- Ownership Opportunities 4
- Transitions & Celebrations 4
- Youth and Family 5
- Bookstore Foundation 6
- Tithes 6
- Save the Date 7
- Groups at Unity 7
- Transforming, continued 8

Unity Spiritual Center

Sunday Services 9 & 11 am & 10 am
7/4 thru 9/4

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

President.....Charlie Ker
 Vice President.....David Leinweber
 Treasurer.....Linda Tweedy
 Secretary & Chaplain.....Gail Hammer
 Member.....Kathy Fisher
 Member.....Cristy Lapke
 Member.....Cerenia Lauren
 Member.....Gary Howard

CREDENTIALLED TEACHERS

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

Board of Trustees News



It was sunny, cool and absolutely beautiful when we arrived at the Stage Neck Inn in York Harbor, Maine in the late afternoon on Friday, April 29th. The Inn was perched on a small cliff right above the water looking out to the Atlantic Ocean. Next to the inn was a small crescent shaped beach. It was so beautiful and serene; we were instantly transformed into a calm and peaceful state.

Rebecca and I took this trip centered on a Self-Care retreat for Women that was hosted and led by Cheryl Richardson. Rebecca had registered for this retreat over a year ago, and the original plan was for her to go by herself. Then in January after realizing that getting to York Harbor would be all all-day affair, we decided I would go on the trip too and be her travel companion! Rebecca would spend her time at the retreat for women, and I would do whatever I wanted. I'd hang out, walk on the beach, watch TV, walk around, drink wine and explore. Not only did Rebecca attend and enjoy her self-care retreat, I too ended up having a self-care retreat of my own.

So, what did I do for self-care? Well, I read a book. When Rebecca went into her conference room on Saturday morning, I curled up on the sofa at the inn's sitting area by the fireplace and started reading. The next thing I knew, two hours had gone by. And you know what, I completely enjoyed it. I lost track of time. I was engrossed in the book. I was comfortable and cozy and best of all, my attention was on the book and not in my head. My mind was quiet. I can't remember the last time that happened. I spent most of that afternoon and all day Sunday reading. In the end, I had the most relaxed, calm and peaceful weekend, and it was wonderful.

That weekend, I gave myself the gift of self-care. I can't even remember the last time I did something like that for myself because I normally don't take time for myself. By getting caught up in a book, I had one of the most memorable self-care times I've had in a long, long time. Most of all, I came away with an appreciation and deep understanding that I need to make time for myself and to take care of myself. And as I write this article, I realized I need to do a Q worksheet on my lack of self-care. I have reached a point in my life where I now have an awareness of how important self-care is. My personal pursuit is to start carving out time every day for self-care. I'm hungry for it, and I deserve it. And, I'd like to invite you to examine how your self-care is going. We all need to take care of ourselves. If you need a suggestion, I recommend curling up in your favorite chair and reading a book.

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. 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.

SpiritGroups were launched with 80 people participating in 10 groups led by 13 hosts. The next series launch will be in September, with groups meeting for 10 weeks from September through November. There will be lots of opportunities for anyone interested to participate. You can read more about Dr. Gary's experience and the SpiritGroups program by checking out his Unity Spiritual Center Update blog:

www.drgarysimmons.com

The Center has been very active with a wide variety of classes being held both during the day and evening. Let's Do Lunch book-study group with Rev. Jane continues with *The Healing Code*

by Alexander Lloyd through June 7, then will break for the summer. *The Healing Code* teaches us six minutes to heal the source of your health, success or relationship issues.

Your board of trustees has elected new officers for the year: President Charlie Ker, Vice President David Lienweber, Treasurer Linda Tweedy and Secretary/Chaplain, Gail Hammer.

Our revenue at the end of April was \$94,675.56. Included in this revenue are the proceeds from Sacred Rubble of \$11,932. Can you believe you helped raise nearly \$12,000 from the sale!! Operating expenses were \$106,338.55 leaving a net loss of \$11,662.99 year to date 2016. We were very blessed with the proceeds from Sacred Rubble. Sacred Rubble also brought in a riding lawn mower worth \$1,200.00 that will be put to good use by our landscape team. 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

Unity Outreach

Clothing, sporting goods, musical instruments, tools, pet supplies, toys, books, furniture, art...That was some of the treasures we saw at our Sacred Rubble Rummage Sale. Aside from all the amazing STUFF, there was love, organization, community, fundraising, laughter, sweat, commitment, dedication, creativity, energy and transformation. We had it all! Sacred Rubble is us living our values and fulfilling our mission: Transforming lives and making a difference in the world. Post sale, we kept spreading the wealth. Your generosity rippled throughout the community. Unsold items went to the Center for Spiritual Living for their fundraiser. Clothing was donated to VOA's Crosswalk teen shelter, East Valley School District to their students for a textile drive, and the Civic Theater. Thank you for donating your time, talent and treasure to our 2016 Sacred Rubble sale! Thank you for helping us make a difference in the world!



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.



Unity: Transforming Lives

Brianna Dirks started coming to Unity when she was pretty young, around 3 years old. She and her mom recently returned to Unity about 6 months ago. What brought Brianna back were the discussions with her mom and the memories these sparked about church being an important part of her childhood. Brianna wanted the same kind of experience for her two boys, so she's returned. Since she's been back, Brianna, her husband and her mom joined the gardening Spiritgroup that Dee Mueller and Linda Tweedy lead. It has been a wonderful experience for her to build closer connections with others in this small group. Meetings are fun and full of laughter and camaraderie and good food. You can see some wonderful recipes online at the website that her husband developed for their SpiritGroup: unityspokane.iscookin.com



(continued on back page...)

Ownership Opportunities

Coffee-Tea Angels: We love to share treats & hot drinks after services. Can you come a few minutes early to make a pot of coffee and tea? This is especially needed for the 11 am service.

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!

Landscape: Summer is here and we're busy this growing season. Join us Thursdays from 9-12 to beautify our Unity grounds.

Please contact Liza

lmattana@unityspokane.org or Terri
tlewissander@unityspokane.org to help!

Transitions & Celebrations

Our thoughts and prayers are with...

- Shirley Dicus on the passing of her mom, **Bella Dicus**,
- James Funke, on the passing of his son, **Jamie Funke**,
- Donna Prothe, on the passing of her father,
- John Cook, on the passing of his father, **John Cook**,
- The family of **Bill Burkhardt** on his passing,
- The family of **Jan Bowman** on her passing.
- Jeannie Williams on the passing of her husband, **Capt. Reginald A. Spindler**
- The family of **Fran Church** on her passing,
- **Floyd McComas** on completing his 40th Bloomsday

A Word from Rev. Jackie Green

I want to feature Emily Michels, pictured below, from USCSpokane who is our NW Regional Youth Of Unity (YOU) Officer. She was elected at Rally in April to lead and guide all the regional youth events from July 2016 through July 2017. Judi Jamison will accompany Emily to iYOU the international gathering of teens at Unity Village hosted by Unity Worldwide Ministries. I will have the great pleasure of being there with them also this July 3-8. Here is an excerpt from Emily's application...

Describe prayer in your life and in YOU.

"I think prayer is not just a statement of gratitude, it is a meaningful communication with Spirit. A prayer can be a single word, or an intention or simply a feeling of energy and spirituality. I use prayer during meditation to get myself in a calm and open state of mind. I use prayer to set an intention for an activity and to define the energy of a space. I use prayer to be thankful for what I have and who I am."

What is your vision and mission as a regional officer?

"My vision is to create an inclusive, supportive and engaging environment where individuals can have positive, spiritual, educational experiences. I want to make the YOU community stronger and more encouraging than ever. Events are safe spaces where anyone can make friends, have fun and even discover some truth about themselves, I wish to continue this mission. Specifically, I want to teach others how they can find joy in their own lives and in their own identities and through this joy, find love in themselves, others, and in life. I want to teach spirituality not just as an ideal but to teach the useful practical applications of everyday spirituality. The true power of spirit lies within everyday moments."

We are blessed to have Emily, parents Joni and Tim, brother Johnathon, and cousin Sylas in our Unity family!



Regional Events

Register for upcoming Unity youth-focused regional opportunities today!

- ♦ June 19-22 **Kids Camp** (NWYOU Service Project) at Camp Waskowitz, for ages 7 - 11
- ♦ June 19-24 **Summer Unitreat** at Cispus Center, or all 6th, 7th, 8th grade graduates
- ♦ July 4-8 **IYOU** at UNITY VILLAGE, for ages 15 - 18
- ♦ July 11-15 **Kids Week** at Unity Spiritual Center, for ages 4 - 11 and support staff of all ages
- ♦ July 22-25 **YOU Rendezvous** at Chewelah Peak Center, for ages 14 - 18
- ♦ Aug 18-21 **Multigenerational Camp** at Cispus Center, for all ages.



Go to nwregionunity.org website, contact Jackie jackienyou@comcast.net, or call 838-6518 for more info on programs offered and ways to volunteer.

Unity Bookstore

Did you know that we have a Unity Lending Library? We have had this library in many forms throughout the history of this center. Jane Giesel was key to bringing it back as it is today. Ann Howard currently heads the volunteer-run library, and she is adding books to our inventory every week. You can check out our books for 4 weeks at a time. Check out is easy! We do it the old fashioned way—pull the card that is in the book, sign and date it. When you return the book, just drop it in the basket, and we will do the rest. Not only do we have books, but we have reference materials and DVDs to checkout as well. The Library is located in the bookstore just behind the Used Book section.

Speaking of Used books we have an abundance of titles and a constantly changing selection. Our intention is to move the books out to you and our community. Please feel free to ask anyone in the bookstore, and we will guide you to the Library and Used section.

Terri Lewis-Sander



Jane & Ann

Unity Foundation

After a lot of volatility, your Unity Foundation account balance has begun rebounding, with three straight months of increases. We continue to discuss the successes and shortcomings of our long-term investment strategy, and to entertain suggestions for modifications that would be both more successful and make us better stewards of your gifts to our center. We have also begun to discuss how we can better contribute to Unity Spiritual Center. We continue to thank you for the trust you put in us, for your prayers for our guidance, and for your generous gifts.

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 Spiritual Center gratefully tithes 10% of our revenue to those who share our spiritual vision: UWM, Unity NW Region, Unity NW YOU, VOA Crosswalk, 2nd Harvest, Meals on Wheels, Infinite Connection (SpiritGroups), Unity Center North Spokane, Unity Center North Idaho, The Fig Tree, Sravasti Abbey, Soul to Soles.

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

[SMILE.AMAZON.COM/CH/91-6000703](https://www.amazon.com/?ref=af_pill_text)

Save the Date

- June 11—Find us at the OutSpokane Pride Parade, 12 pm
- June 12—Michael Moran speaks, 9 & 11 am
- June 15—The Cure is...movie, 6:30 pm, hosted by Regina Merritt
- June 19—Father's Day service at 9 & 11 with Dennis Ashley
- July 3-Sept 4—One Sunday Service, 10 am this summer
- June 21—Walk Summer Parkways with your Unity friends, 6-9 pm
- July 11-15—Kids Week, 9 am-12 pm, for kids 4-11 yrs of age
- July 15-17—Alternatives to Violence Project workshop, times vary
- Aug 3-31—Spiritual Gifts & Sacred Service, 6:30 pm with Rev. David
- Aug 20—Volunteer at our Unity in the Community booth
- Sept 11—Unity Picnic at Comstock Park, 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

PAGE 8

SUMMER 2016

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.

Gentle Yoga

with Joy McMahon. Bring your mat, wear comfortable clothing, and join to gain flexibility. Meditation follows. Tuesdays at 9:30 am

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

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

AI-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, every Sunday, 10:15-10:45 am in our Chapel, donations accepted

Drum Circle

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



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: Transforming Lives, continued

When asked how her return affected her and her family, Brianna said, "It has been an emotional journey for me to return to Unity Spiritual Center. It was months before I could make it through the Peace Song without getting tears in my eyes. I struggle with an anxiety disorder and depression. Church actually became the first place that I have been able to go to without having panic attacks. Unity Spiritual Center is truly a safe place for me, full of loving caring people. Gary and Jane have impacted my life in so many ways that I cannot even begin to express them all. The Art and Practice workshop as well as their Sunday sermons have helped me heal numerous deeply embedded injuries to my soul. I still have lots of work to do, but I am positive about what my future holds! In addition, Sunday school has already become a transformative experience for my younger son. He told me that everyone is accepting and caring in a way that he has never experienced outside of our home before." Thanks for sharing your story Brianna and for returning to your spiritual home!