

DISCOVERIES

2900 S BERNARD
SPOKANE, WA
99203



SUMMER 2017

Ministers' Message

Are you on the Transformation Transition Team?

There is change in the air. We are not just talking about a movement to a new season, although the welcome signs of summer's arrival are all around us. The transformation we are witnessing goes well beyond a seasonal change to an evolutionary paradigm shift. To paraphrase the famous Joni Mitchell boomer anthem, written as an ode to Woodstock: Maybe it's the time of year or maybe it's the time of humanity. Maybe it's a little of both. The jury may still be out as to a definitive answer, but there is a visceral arising that is unmistakable when we pay attention, and it is pointing to the latter – it is humanity's time.



And it can't come soon enough. We live in challenging times with a highly charged political and cultural divisiveness. The nightly news offers up a steady stream of reports that paint a picture of a dominant paradigm of global and domestic violence, climate-related disasters, corruption and discord. It appears that we are steadily marching toward a future that looks to be dangerously in peril.

It can be easy to sink to a place of hopelessness, frustration and anxiety, especially when looking at the youngest on our planet and wondering what the future holds for them.

In the midst of this chaotic sociopolitical and cultural climate, there is a ray of hope. A positive redeeming factor inherent within the current divisiveness appears to be the mobilization of a force for positive change. This arising is a powerful collective evolutionary impulse that transcends religious, political, racial and economic polarities. And it links us in our common humanity.

What if we are poised to make a paradigm shift in cultural development? Imagine if our spiritual principles could help with the emergence of a kinder, more compassionate world. If so, how might we be a part of bringing that forth? What actions can we take that will support movement beyond the last vestiges of an ailing paradigm, facilitating the emergence of something new and greater?

These are the exciting and inspiring questions we are exploring as part of the monthly Transformation Transition Team gatherings.

So, are you on this transition team? Do you feel a call to put into practice the spiritual principles we study here at Unity Spiritual Center in order to help hospice the old, while midwifing the new? It sounds like a tall order and it is. But tall does not equal impossible. We just need to drag out the stepladder of Spirit and rung by rung, take the steps we need that lead us to the emergence of what is ready to be revealed. (Continued on page 8)

- Board News 2
- Generosity Report 3
- Music Ministry 3
- Ownership 4
- SpiritGroups 4
- Transitions 4
- Youth and Family 5
- SG (cont.) Foundation 6
- Tithes 6
- Save the Date 7
- Groups at Unity 7
- Ministers' Message (cont.) 8

Sunday Services 9 & 11 am
July 2-Sept 3 10 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.....Rebecca Ker
Accountant/Bookstore.....Linda Tweedy
Communication.....Liza Mattana
Music Director.....Tawni Wright
Choir Director.....Shawn Wright
SpiritGroups Lead.....Tara Wear
Custodian.....Bee Reynolds

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

Board of Trustees News



It takes a lot to run Unity Spiritual Center. While it takes a lot of steady financial support to pay the bills and the staff salaries, it takes a lot more to provide the myriad of services. As you look around on Sundays or any other day of the week you will see a lot of folks volunteering to help out. Often the same few people are filling multiple roles. If you are not already volunteering for something I want you to look around and think about where you might fit in, where you might be helpful. I have found that in life, you tend to get out what you put in. The more you put in, the more you get back out of life. The cool part is what you get back is most often multiplied in good and rewarding ways.

Volunteers are needed everywhere: Youth Ed, Baristas, Bookstore, Landscape Crew, Sound Booth, Sunday Snacks, Spirit Group hosts, Rummage Sale, Choir, Unity Foundation Board, the Board of Trustees, the list goes on. Some of the roles that need filling require training (which we provide), but many others are open to anyone jumping into right away.

When you do figure out where you might fit, grab a volunteer, a board member, or one of the staff members and ask them how you get involved. Ask them what they get out of volunteering. You will make new friends, you will get love, satisfaction, and more back. We need you working with love, in service to others. *You* need you working with love, in service to others. Give it a try. You have nothing to lose and everything to gain.

David Leinweber, President, Board of Trustees

Generosity Report

One of Unity Spiritual Center's guiding tenants is a prosperity consciousness. We are grateful for the opportunity to practice that consciousness through our support to this ministry whose mission is transforming lives. We are seeing an increase in those of you who are making your monthly gifts automatically. This is such a simple way to be sure your tithes and love offerings continue even when you miss a Sunday. Please talk with Linda Tweedy to set up yours.

Revenue for the period of January- April is at \$116,492 which is a substantial increase over the same period last year! This reflects increased giving and a very successful Sacred Rubble. Our expenses are on track with the budget and we can report a net income over expenses of more than \$9000. Thank you to all for your generosity and service!

Blessings,
 Jim Sledge
 Treasurer, Board of Trustees

Music Ministry

The music team wants to thank you, the Unity Community, for sending us to the Unity Positive Music Convention in Tampa Bay last February. The new sing-along preludes and meditation songs that you are enjoying are part of the voluminous amounts of positive music we experienced. While at the convention, we also had a chance to play a couple of our original songs that were also well received.

Finally, choir wraps up another season this June and thanks you for your support for what was another wonderful year of music making. Special thanks to Tawni Wright, Jeff Hunter, Liz Ryburn and of course Salli Sledge for all their help in keeping the choir organized.

Thanks,
 Shawn Wright, Choir Director

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

Wondering what differentiates a "SpiritGroup" from a class, a regularly scheduled event or an interest group?

Below are the definitions of each spiritual discipline practiced in a SpiritGroup as well as criteria on how to put these principles into action:

Communion. This is the practice of heightening your awareness of your sacred calling and your personal relationship with your higher power. Criteria: Each group is to include prayer and/or meditation as part of each group's gathering.

Connection. This is the practice of joining with people who uplift and support you as you learn and grow together. Criteria: Each group is to include time, food and beverage for fellowship before, during or after each gathering. (continued on pg. 6)



Ownership Opportunities

- Hospitality—we love snacking and visiting on Sundays. Sign up on the treat sheet at the counter near our Fireside Room.
- Youth Angels—help with babies and toddlers, elementary-age, pre-teen or our teens on Sundays & have fun engaging your & their hearts and spirits.
- Grounds Crew meets on Thursdays from 9-12, join them in beautifying & maintaining our grounds.

Talk to any staff member to help!

Transitions

Our thoughts and prayers are with...

The family of Sue Rutledge on her passing

The family of Wanda Brown on her passing

The family of Larry Derrickson on his passing



Youth and Family Ministry

PAGE 5

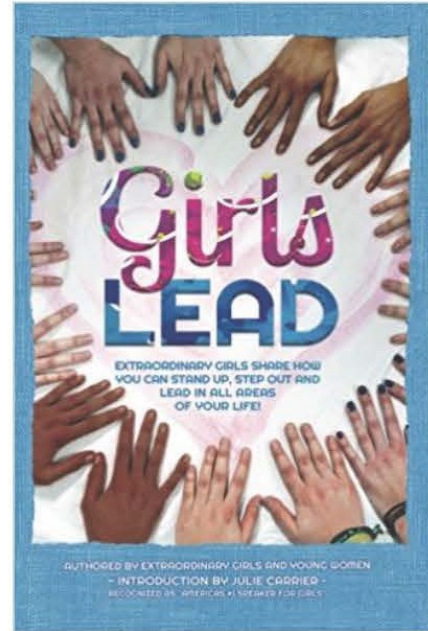
You probably know Sophia Waldenberg by sight. She is our graduating senior in our Y.O.U.



group AND an amazing LIGHT! Her latest amazing way of showing up in this world is as a contributing author in a fresh off the press book "Girls Lead". Twenty four extraordinary girls, like Sophia, share how you can stand up, step out and lead in all areas of your life! Her words courageously open the window on her world to give us a view of how she transformed her experiences by seeing the upside. Her story encourages us to see the up side in our lives too.

Learn about Sophia's book and more at BEYOUTIFULCLUB.COM or engage Sophia in conversation.

Hear her inspiring story and attend her book signing, June 25th!



Regional Events:

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



Design Your Dreams Kids Week — Aug 7-11
Supercharge your daydreams and goals by creating your own dream book, poster or motivational video. With mindful self-awareness, young people will affirm their unique gifts in a spirit of gratitude as a reflection of who they have come here to be.

From 8:30 am—12:30 pm

For youth ages 5-14, \$30

REGISTER TODAY!

PAGE 6

SpiritGroups (continued)

Compassion. This is the practice of looking out for and supporting each other. Criteria: Group members celebrate milestones together and support each other in times of need beyond the established gathering schedule.

Community. This is the practice of expressing these spiritual principles in the world beyond the walls of Unity. Criteria: Each group is to engage in service to the greater community.

Challenge. This is the practice of stretching and growing while expanding our understanding of spiritual principles. Criteria: Each group is to provide opportunities and tools for members to set intentions for their own spiritual growth, while checking in and providing accountability in the striving toward those goals.

These five disciplines are specific spiritual practices that work together in support of our soul's growth and evolution. Our goal as individuals, as group leaders, and as a spiritual community is to maintain balance in each of these five areas.

Join a SpiritGroup or host one of your own to take your spiritual life to the next level! Contact Tara Wear to learn more: twear@unityspokane.org

Unity Foundation

After a long, gloomy, wet spring season, summer is finally in our sights and many of us are thinking of vacations, lake houses, hikes, and boating trips. Before we go though, there are always a few things to take care of first. For the Foundation Board, we would first like to welcome Jane Geisel to the board. Second, we remind everyone that the expenses of the center continue while we are out having fun, so it is a great time of year to make sure your tithes and offerings are set up automatically. And finally, we are looking forward to seeing the roof repairs, which we funded earlier this year completed. We would love to be able to fund more badly needed repairs. If you are of an age where the word "legacy" is now resonating with you, please consider a bequest to the Foundation in your will. Have a great summer.

Al Konigsfeld, Foundation Board President

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

Unity Worldwide Ministries, Northwest Region, Northwest Region YOU, Never Alone Outreach Program, Shalom Ministries, 2nd Harvest, Meals on Wheels, The Fig Tree, Alternatives to Violence, Women & Children Free Restaurant, Hospice of Spokane, FINCA, Soul To Soles, Spokane Humane Society, The United Nations Refugee Agency: USA for UNHCR.

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

- Saturday, June 3, Unity Home Companion, 7 pm
- Sunday, June 4, YOU Carwash
- Fri-Sunday, June 9-11, AVP workshop
- Wednesday, June 21, Community Member Orientation meeting, 6:30 pm
- July 9-Sept 3, one Sunday service, 10 am
- July 16, Blood Drive, 9am-1pm
- Aug 7-11—Kids Week, 8:30am-12:30pm

Weekly Meditation
EACH SUNDAY

- 10:15-10:45, meditation in the Chapel
- 12:30 pm, Science of Spirituality meditation, facilitated by Regina Merritt, in our Youth Area

FIRST SUNDAYS

- 2 pm, Lightworkers Coalition world peace meditation, in the Chapel

Ongoing Unity Groups

Unity Book Group

Meets 4th Mondays at 3pm. See web calendar for book titles.

Unity Choir

Weekly rehearsals resume in September! Interested in joining a joyful singing community, 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.

Sisters in Spirit (SIS)

Unity's Women's Group,
—Meeting monthly, 2nd Saturdays of the month at 11:30 am
—Lean-In discussion group, meeting on Tuesdays at 6:30 pm
—Activities, TBA

Transformation Transition Team

Be part of a cultural paradigm shift! Summer dates: June 17, July 22, Aug 19 from 9am-12pm

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 6:45 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



Unity Spiritual Center
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ADDRESS SERVICE REQUESTED



As always, it begins within. Sigh. Why? Because peace is homegrown. It can be very easy to claim a big vision of creating peace on earth while neglecting what is right in front of us. As the writer, Tish Harrison Warren woefully laments, "I'm a pacifist who yells at my husband." So it is about healing the *internal* divide, ending the *inner* war, cleaning our own backyard and then moving outward into the greater cultural landscape.

The psalmist writes, "Deep calls unto deep." To borrow from the wisdom of one of our board members – there are so many directions we can go but deep is the starting point. So we begin by deepening our own connection with Source and then continue doing the work of moving outward into the interpersonal, relational and cultural realms. Aligned with Life, as we do the inner work, we become more available to consciously co-create a world of peace, and we can aspire to be living examples of what we want to bring forth.

As Margaret Mead reminds us, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." Imagine if one person's empathy or kind act could serve as the contagion that kick starts an evolution revolution!

If you are feeling the nudge to being a part of a cultural paradigm shift, consider joining the Transformation Transition Team. The only requirement is a willingness to be the change.

Blessings, Gary and Jane