

**I release resistance and
experience acceptance.**

Acceptance—I release resistance and experience acceptance.

Dear Friends,

As I sat down to write this month's newsletter article, I found myself in resistance to the task. Did I immediately release it and move into acceptance? Kind of. What I noticed was that there were several tasks I'd been resisting recently.

Sometimes resistance can look an awful lot like procrastination. Recognizing this, I decided to move to prayer...a more acceptable form of procrastination, in my opinion.

In prayer I asked to know more about this topic and the affirmation. What came to me is humbling. Although the affirmation reads: I release resistance and experience acceptance, what I heard was: What you resist persists. In my mind the words meant the same thing. If I don't get it done, it will still need to be done. In prayer, however, Spirit directed me to focus more on acceptance of all of life's current conditions. The divine idea I was blessed to receive in prayer is that of acceptance.

So many spiritual practices focus on acceptance that I've come to believe it to be one of the foundational practices of all spiritually mature people. Mystics and gurus throughout the ages, regardless of religious affiliation, share a certain quality of peace. It's easy to see in them; hear from them - peace and love are their very essence.

Acceptance is the practice - peace and love are the results.

Once we move into a state of accepting "what is" then resistance drops away on its own. It's kind of a spiritual miracle. When we drop resistance to events, history, and circumstances, we suddenly free up all the energy we need to address the very same.

As we deal with a global pandemic and social unrest and political upheaval, let us not turn our eyes away. Let us not practice resistance to what is. Let us not fool ourselves into believing that we are any less than Expressions of the Divine capable of making a difference in our lives and the lives of others. Through the power of acceptance, we shine a light on the world.

Love to each of you this day.

Reverend Terry

"Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: but I say unto you, That ye resist not evil"

Matthew 5:38-39

**Sunday Celebration
Services 10 a.m.**

**Live Stream and
recordings are available
on our website under the
Media tab**

Rev. Terry Murray, Minister

Council Members:

Nancy Camenzind, Chair
Betty Bailey, Vice-Chair
Carolyn Hendricks, Treasurer
Mark Delaplane, Secretary
Dolly Hansen, Member
Dennis Godwin, Member

Staff Team Members:

Janene Cummings, Music Director
Lisa Petrich, Youth Education
Marlisa Hollinger, Bookkeeper
Indira Goins, Office Admin.

Unity of Olympia Office hours:

*The office is currently closed
Please email us if you are in
need of assistance.*

1335 Fern Street SW
Olympia, WA 98502

office@unityofolympia.org
www.unityofolympia.org

Sundays in the Sanctuary

At this time, our building is closed. We invite you to join us on Sundays at 10:00a for a live stream of our Sunday service, or view the recording at your convenience. Both of these services are available on our website at www.unityofolympia.org under the Media tab.

We also invite you to learn more about the activities and services we that are available to you during this interim time. They can be found on our website at:

<https://www.unityofolympia.org/interim-services-activities-beginning-march-2020>

Music News

Greetings Unity Family--

I'm so excited to announce that we have an amazing guest lined up for Sunday, August 16th. The incredible Karen Drucker will be speaking and sharing her musical gifts-- and even though it will be my day off, you can bet I will be watching the LiveStream-- I hope you'll join me!

My deepest gratitude to all who shared their time, love and conscious contributions toward the "Music is Prayer" concert-- it brings sweet tears to feel so much kindness & appreciation from each of you. Reverend Terry and I had so much fun doing this event-- it is always such a delight to serve with the amazing leader of our community! It is absolutely my greatest honor to serve as your Music Director-- I could not find a more beautiful fit! Thank you for always making me feel so welcomed.



Twice weekly, I get the privilege of working with Reverend Terry and I want to tell you how blessed I feel to have her as a boss, a mentor and as a friend-- her leadership is simply outstanding. Working with her is guaranteed laughter, as you might guess! She also exudes so much love and dedication in serving our community at the highest level possible-- especially during these very challenging times. It is Reverend Terry who has spent countless hours learning new programs, new equipment and new processes in order to bring you the best LiveStream possible. So, when you are kicked back, enjoying Sunday's LiveStream-- know that it takes a village but at the helm of that village is our fearless, dedicated, ever-hilarious leader.

To all who have been joining our Wednesday Alternative Service-- thank you for sharing your heart with us. This service is such a soft place to land mid week; it is a great way to plant seeds of self-comfort during these ever changing times.

I trust you all are finding beautiful ways to enjoy this amazing weather! And as always, I hold each of you in my gentle heart.

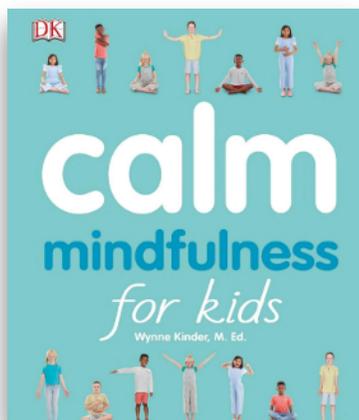
Much love & many blessings to you all!

Janene Cummings,

Music Minister



Youth and Family Ministries



Hello Unity Families! I hope your summer is full of time together, laughter, and self-nurturing. For the last month I have been blessed to relax and enjoy the summer! Also I was fortunate to participate in a Zoom Woman's Retreat called Awaken the Wonder Woman Within! This call was led by Karen Drucker and Carolyn Bennett (in the UK) with a select few ladies around the world. I was able to connect with them virtually and spiritually. This call allowed me to look higher than present circumstances and find what nurtures, connects, and inspires me to follow my heart. Self-awareness is always the key to transformation. My summer was transformed by this experience and it has awakened the part of me that truly knows she is one and guided, she has all she needs, and she knows everything is unfolding

with love and grace.

I tell you this because I am also in a new place spiritually and inspired to create videos for our children using some tools that have been sent in the mail this month and next month. I will continue to send some things in the mail to connect our Unity Families to the lessons each Sunday. Lessons starting this week will focus on mindfulness for kids using a book titled, *Calm, Mindfulness for Kids* by Wynne Kinder, M. Ed. And another book for journaling for Self-Realization titled, *Made out of Stars*, by Meera Lee Patel. Older students may want to have *Made out of Stars* for journaling and following along. I will order books to send if you and/or your child is interested in having one. These books will be guiding the lessons through next year as there are about thirty lessons and activities included. For the month of August:

August 2 - Mindfulness and Self Reflection

August 9 - Focus and Visualization

August 16 - Spotlight Focus and Happiness

August 23 - Five Senses - What's in the bag? And Doing

August 30 - Attention - Feet, seat, and hands practice and The Magic of Nature

Some of these lessons will ask for parent participation by preparing something ahead of time, so please watch your e-mails! I hope you children have enjoyed their Mindfulness through the Senses Package! I appreciate those who have let me know if their children have received and enjoyed the package. One more package in August will be coming!

If there is anything I can do to support a spiritual practice at home with you and your family, please let me know. Truly, a good spiritual practice will follow your children and they will remember the foundation because it starts at home. Lighting a candle, saying a prayer, drawing a picture, and listening to a song that provokes a positive vibration or oneness in the world, are examples of ways to start.



Lots of LOVE, Lisa Petrich, your YFM Director

Business News

Council Chair Report

In lieu of Sunday church announcements, due to the pandemic, the Council Chair and the Treasurer are now switching to newsletter reporting to better serve you.

Recently some members of the Council put together a survey to get your input regarding: inviting the 'Shower Bus' to our property, and your feelings about returning to church under the COVID restrictions. Thank you to those who responded.

With our church building sitting empty, particularly this summer, vandalism has increased. Betty has formed a task force that is researching solutions to address this problem.

We haven't forgotten about the Appreciative Inquiry. Mark has been busy tallying the results, and hopefully we'll soon move forward with that information to begin setting strategic goals.

Last but not least, the Council will be participating in its annual retreat by Zoom, the last Sunday in July and the first Sunday in August. This gives us bonding time and unification to move forward with running the business of Unity of Olympia.

Hope you are having a blessed summer!

Council Chair,

Nancy Camenzind

Unity of Olympia Council of Trustees



Chair: Nancy Camenzind

I became a member of Unity in 2005 and have been involved ever since. It's been fun to see our community grow in prosperity. I enjoy watching Unity's business unfold with Spirit through the work of the Council. Being on the Council affords me an opportunity to serve, to work on special projects, and to be involved in the decision-making for our spiritual community. I look forward to another three years.



Vice-Chair: Betty Bailey

Interest in my spiritual journey has guided my steps from Baptist, Congregational, Episcopal, Unitarian Universalist and now, to Unity. Throughout this progression, I enjoyed reading the Course in Miracles or other metaphysically oriented books, so I was a "closet reader" throughout my young adulthood. Educational pursuits took me from CWSU, PLU and WSU, then to University of New Haven, Antioch and Salve Regina University in Northeastern United States. My most enjoyable coursework was Holistic Counseling, my least enjoyable, yet profitable was the MBA. Throughout life I've experienced my work as ministry and have found myself in new careers every 15 years. Careers include: hospital administration, social worker/management of human services non- profits, and currently I serve others as a real estate agent (my most favorite career to date.)

Business News



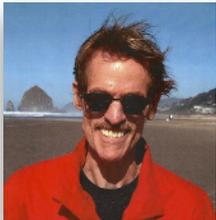
Secretary: Mark Delaplane

I am a 60 year old retired Army officer, Washington State employee and a parent of two beautiful children; Nicholas, 18 and Katheryn (Katie), 13. God-given talents for which I have a passion include art, photography, music, technology and writing. I play the clarinet and Native American flute, enjoy landscape photography and digital painting. I am currently pursuing a Masters of Fine Arts (MFA) Certificate in Creative Writing. My children re-energized my spiritual path sixteen years ago. Feeling led to provide Nicholas exposure to spiritual practices, I sought a spiritual home that would provide such exposure. In the process, I tried several denominations. None felt right. Eventually Nick, I and eventually Katie attended the Unitarian Universalist Church but it still did not feel quite right. In the meantime, my father and I had been studying A Course In Miracles. I asked what church most closely aligned with ACIM. My father said he attended the Unity Church of Morrison, Colorado and found it to be completely consistent. The next Sunday I attended Unity of Olympia, continued to attend and about two years ago made the commitment to be a member.



Treasurer: Carolyn Hendricks

It is an honor to serve as a Council Member and Treasurer at Unity of Olympia. I have been a member of the Finance Team for 3 years and have enjoyed other volunteer activities such as special events and fundraising coordination, potlucks, choir, study groups and classes. When I first joined Unity in 1981, I knew I had found my church home and it is a joy to share my spiritual journey with like-minded friends.



Member: Dennis Goodwin

I went to Iowa State University with a major in Restaurant Management. It was on a scholarship provided by the restaurant that I was working at the time. After completing the two-year course, I enlisted in the Marine Corps for four years. It is where I learned that my passion was paperwork. After being a marine, I got a job with an insurance company on the advice of my father-in law. I loved it, but the company went under in 1985. That same year is when I got divorced and came out of the closet. It took a long time to realize who I am. In 1986 I became HIV positive which provided for a long period of growth. From 1986 to present, I have worked at the Washington State Office of Insurance Commissioner. Another one of my dream jobs. So now I am moving out of my comfort zone to be on the Council of Trustees to continue my growth. I figure that I will not pass on to the next life until I stop learning or I reach 100, whichever comes first. But. if my dad lives pass 100 (he'll be 98 this year), I'll have to keep up with him.



Member: Dolly Hansen

My life changed because of Unity's Who have you come here to be classes. In 2013, Idell Hansen (my birth name) went to Memphis, Tennessee to the Elvis Tribute Artist contests. Randomly, my registration came back to Dolly Hansen. I went by "Dolly" that week and won a raffle to be "Queen of the World" and crown the new "Elvis" king. When I came home to the question "Who have you come here to be?" It was obvious, I have come here to be Dolly. Since that time, I have retired for a second and moved into a mobile home in Colonial Estates. I live with my little dog, Buddy. My daughter and her three sons live in my former house in Lacey. My granddaughter and great grandson live in Tacoma and another daughter and her husband live in Arkansas. I retired from the Department Ecology in 2007, was widowed in 2009 and worked at EPA until 2014. I am a native Washingtonian having grown up in Aberdeen. I attended college at Oregon State University, the University of California at Irvine and Pacific Lutheran University.

Special Events



Special Guest: Karen Drucker: Self Care For Turbulent Times
August 16, 10:00a

Live-Stream on our website, Facebook page and YouTube channel

I have learned that anytime I pick a title for a talk or a workshop the title starts working me. I have to dig deep to be able to communicate what I am feeling and hopefully inspire anyone who is listening. And right now, in these wacky times, I am noticing when I watch the news, I feel squeezed, anxious, and less hopeful. And yet, I see how we have spiritual tools to help navigate around our fear. Years ago I wrote a song called “Hold

On To Love” where the lyrics said: “Everyday I have a choice in how I want to live and I refuse to let all the bad news affect me.”

This is still true for me today. But the thing I knew when I wrote that song, is that it’s my choice. And everyday, every moment, I get to choose if I want to focus on what is not working in the world or choose to see the good. **I am going to keep choosing the good.**

Karen Drucker is a singer, songwriter, speaker, author and retreat facilitator. She has released 20 CDs of her inspirational songs, and a book called “Let Go of The Shore.” She was awarded an Honorary Doctorate from United Centers for Spiritual Living and Grace Note Award fro Unity Churches. She loves making a difference and touching hearts.
www.karendrucker.com

Summer Sizzle

August 30 | after service until 12:30pm



The Annual Summer Picnic has a new look this year. Since we are unable to meet as we have in the past, Unity of Olympia is hosting an event called the **Let’s Have our Cake and Eat it, Too! Drive Thru.**

From the end of service until 12:30pm August 30th, you and your family members can come to the church, drive through the parking circle in a clockwise manner, stop your vehicle by the front door and receive pieces of cake and individual ice cream cups. You’ll be met by the worship team members, who will be wearing masks and gloves.

You are welcome to drive to the overflow or youth ed parking lots to park at 6-foot intervals and visit with those that show up or go about the rest of your day. We’ll be there to direct traffic and wave!

Donations will be accepted, and all proceeds will support programs for the safety and security of our building and grounds. See you there!

Within Our Ministry

Prayer Team

Charles Fillmore states in *The Revealing Word*, “The development of the faith faculty is a key to spiritual realization.”

Ponder for a minute on your faith. Does it come and go with life? Often we hear people quip, “I wish I had more faith,” when they can’t see their way through grief. Or perhaps we are told, “You just have to keep the faith”, when it seems our plans aren’t going as we want. Sometimes it seems that in our human experience our faith rides the tides of our life, up and down, in and out, faltering. We are not alone in this experience. When our faith is tied to our sense experiences, it will slip and slide.



Fortunately, faith can be cultivated.

In Unity teachings, faith is considered one of our twelve divine powers, represented by the apostle Peter. Peter, as you might know is not always steadfast in his faith; fears and doubts wrack his experience. We are all born with this faculty, we all experience ups and downs, but faith requires development.

Where we place our faith determines our experience. Is it in our bank account, our significant other, our job, the house we live in, the natural cycle of the rising and setting of the sun, or in our indwelling higher self? Challenge yourself to look at your faith.

Look at the cultivation of a raspberry plant. We plant a start, water, weed, allow creatures to pollinate, and let it grow. We have faith that it will bear fruit. It is protected by thorns and hides its berries beneath leaves. Often its fruit is hard to find, but one step to the side, one slight bend and we see berries galore. Lifting that protective leaf or changing our vantage to see the underside of the plant provides a whole different perspective. We can always change our perceptions, seeing the purpose and the gift.

This is not always easy. Yet we have marvelous tools to cultivate our spiritual practice: thinking affirmatively, gently denying the power of any negative experience, praying, and sitting in the silence. We can cultivate and deepen our faith.

Myrtle Fillmore wrote the most beautiful example of prayer in her *Healing Letters*.

“Be still. Be still. Be still. God in the midst of you is substance. God in the midst of you is love. God in the midst of you is wisdom. Let not your thoughts be given to lack, but let wisdom fill them with the substance and faith of God. Let not your heart be a center of resentment, fear, and doubt. Be still and know that at this moment it is the altar of God; love so sure and unfailing, love so irresistible and magnetic, that it draws your supply to you from the great storehouse of the universe. Trust God use God’s wisdom, prove and express God’s love. As you come out of the Silence, count your blessings and give thanks for them. Realize that only good exists.”

In faith and love,

Namaste

Within Our Ministry

Community Outreach

There are several ways we can help the 2 homeless shelters operated by Interfaith Works:

- Money donations through www.interfaith-works.org
- Donating supplies at Interfaith Office 110-11th Ave., basement of United Churches. Monday-Thursday 9-4:00. Call 360-357-7224 first.
 - twin bed blankets
 - towels
 - personal products like hotel soaps & shampoos
 - Homemade cloth face masks
- Unity of Olympia donation of meals will be coordinated through our Community Coordinator. Please let her know if you can do this: at (360) 489-0885 or communitycoordinator@unityofolympia.org



Meal Donation Calendar Notes: July is COMPLETE! August is COMPLETE! September 2- NEEDED, the rest of September COMPLETE.

I'm starting the October Calendar....

The Unity community has embraced this service project resulting in care and love going out to many. There have been over 67 folks (some individuals with repeat visits) bringing food over the last 4 months. Wow...my words will never be able to share the delight I see when our donation arrives.

Joyful,

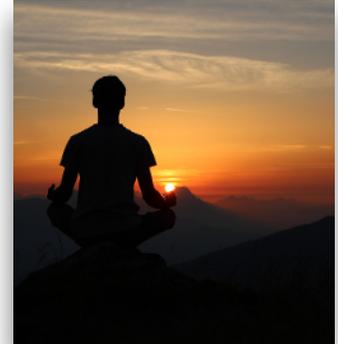
Cathy

Within Our Ministry *cont.*

Prayer Circle

At Unity we believe that prayer works. We are honored to offer prayer to our community members and anyone who would be supported by positive, affirmative statement of truth at this time. Unity of Olympia will facilitate this prayer circle knowing the truth of the Divine in all circumstances and all people.

Please register if you would like to participate in this prayer circle, currently being held via Zoom. Once you register you will be sent a link to join. Registration closes 1 hour prior to each prayer circle start time. Please visit www.unityofolympia.org/prayer-circles to register



Prayer Circle Offering: Rev. Terry Murray | Thursdays, 10:00-10:40 AM

Community Connection: Wednesday Alternative Service

Come rest, refresh and renew among gentle souls for your mid-week revitalization.

Join Reverend Terry Murray & Janene Cummings in this secular, nurturing space for the Olympia community to gather in group singing and expansive conversation.

- 40 minutes of speaking circle
- 20 minutes of meditative music

Please join us - you are welcome here!

Wednesdays | 5:30p - 6:30p



This event is taking place via Zoom. Registration is required. Please visit our website at <https://www.unityofolympia.org/community-connection-alternative-service> to register.

Happening at Unity of Olympia

Life Explorers

Coming Soon to Unity of Olympia!! Life Explorers groups for children and their caregivers, a collaboration of Our Peace of Mind, members of Unity of Olympia, and other community members.

Our Peace of Mind's mission is twofold: instilling hope and helping people to enjoy peace of mind by teaching life skills, and empowering individuals who have experienced trauma to go from surviving to thriving.

Our goal is to create an organization that brings together spiritual communities, support resources in our community, and anyone who desires to help the underserved. The Life Explorers groups, under the umbrella of Our Peace of Mind, will focus on:

- American Sign Language of safety and emotional regulation
- Resilience
- Growth mindset
- The strategies behind the Science of Hope

We are starting a pilot group in collaboration with members of Unity of Olympia and other interested people. At this point we are attracting “our tribe”—bringing together volunteers to participate in each and every aspect of this project. We welcome help in the following categories to bring this vision to fruition:

- General health professionals
- Oral health professionals
- Nutritionists
- Mental health professionals
- American Sign Language-proficient individuals
- Accountants
- Website builders
- Attorneys
- Social media experts
- Publicists
- Board members
- Grant writers
- Marketing professionals
- Like-minded investors

We will be hosting an introductory Collaboration gathering July 7th, 2020 7p.m. on Zoom. If you are interested or if you know of anyone who might be, please let us know so that we can send further information and the gathering's Zoom link.

For more info please contact Deb Cacace 310-986-7109

debradcacace@gmail.com





*Social justice and peace
through interfaith understanding
and cooperation.*

Shout Out to Ann Chenhall

Interfaith Works Representative

Ann Chenhall is pursuing other interests after representing Unity of Olympia in Interfaith Works for 6 years. The faith-based group represents some 37 belief communities in the Olympia area, and Ann actively worked on the annual Hunger Walk, the Interfaith Thanksgiving Dinner Celebration, Eye-to-Eye, and Learning Right Relations, among others—all dedicated to improving lives and understanding differences in our community. Thank you, Ann, for your dedication on behalf of Unity.

Ann is mentoring Sandy Crowell to ease into the position. Sandy served in a leadership position in Unity of Lewis County for years and occasionally delivers the Sunday service for that group. She is a retired adult educator who writes regional history and holds a position on the Thurston County Historic Commission. Sandy and Ann recently met virtually with Corey Passons, the new Interfaith Works liaison who is strengthening ties with each faith community.

- The Providence Foundation discontinued its Community Care Center in March, which had provided hygiene and other services to some 300 people daily. This has created a gap in care for those without homes in our community.
- Thanksgiving during the pandemic? A challenge for Interfaith Works, as members debate how to continue the major event of music, food, and fellowship. Watch for virtual possibilities!
- Unity groups continue to provide Wednesday lunches for the Martin Way Shelter residents and staff. Each time Community Coordinator Cathy Evans delivers food, she is thanked by grateful people.

Submitted by Sandy Crowell

For further information, see IW Website www.interfaith-works.org

More ways you can help!

https://www.iwshelter.org/uploads/2/4/6/8/24684061/how_you_can_help.pdf