



*Plenty—I have plenty. Plenty is enough.  
Plenty is enough to share.*

Dear Friends,

In a year of great challenges, the ancient story of moving through the darkest nights in the sure Faith that Light always returns is poignant and meaningful. Our Christmas story brings this ancient tale of ‘darkness to light’ into a very personal experience of light being made manifest in the world through the person of Jesus. In Unity we teach that this is only the beginning. We believe that Jesus taught that we also are bearers of the Light of God.

*Matthew 5:14 “You are the light of the world.”*

I consider the numbers of people who feel alone in the darkness of social distancing, a pandemic, and political unrest as we get closer and closer to the darkest day of the year; and I wonder how we might shine a light for them. I wonder if you might be the light they seek.

At Unity of Olympia we hold this vision:

*A world powerfully transformed through the growing movement of spiritual awakening.*

For many of us the week of Thanksgiving is the jumping off place for Christmas. That makes gratitude the foundation from which we move into the Advent season. I invite you to reach out to your friends and family and tell them how grateful you are this year. Call or email; or send them a note or card by snail mail. Share your hopes, offer them peace and love, and experience the joy of connection. Through this activity you bring light into the world. Through this activity you recognize the abundance you have in your life and you share it with others.

In Faith,  
Reverend Terry

**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  
Mark Delaplaine, Vice-Chair  
Paul Swanda, Treasurer  
Betty Bailey, 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](http://www.unityofolympia.org) under the Media tab. *Please note that it can take several minutes to appear on our website once the stream begins. You will want to wait a few minutes and then refresh the page to try again.*

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

Happy Holidays, Unity family!

What an unprecedented year we have nearly completed. Our courage and strength, as well as our ability to sail among these ever-shifting seas, proves just how heroic we are! Wow!

I'm reminded that during the holidays, now more than ever, many could use an extra bit of warm conversation or holiday card-- especially those who have been weathering this storm on their own.

If you are like me, you may not have realized what a privilege it was to meet up every week and bathe our spirits in each others hugs and smiles. This season, I am especially grateful to lean on the memories of past gatherings and can hardly wait to be in your company again. Our time is coming!

On the 13th of this month we have the talented Johanna Beekman to indulge our hearts in her beautiful music-- you won't want to miss this

May each of you uncover new ways to give and receive from the Light of Love that you are-- I'm holding you all in my holiday heart!

**Snowflakes falling like  
White angel feathers,  
Blanketing our world  
With the promise  
Of a new dawn.**

Merry Christmas all!

With Love,  
Janene Cummings,  
Music Director



## Youth and Family Ministries

December 2020

Throughout November the leaves dropped more and more and now the weather is a bit colder and the trees have lost most of their leaves. The change of fall to winter is upon us. We have now experienced our first virtual Thanksgiving and have found unique ways to connect with friends and family. Even though I have not seen most of you in months, I am appreciative of all of you that are reading this article who support our Youth and Family Ministry through your thoughts and prayers. Please help us to find ways to connect more often. I'd like to make time to talk with families more regularly. Let me know if you are interested.

Although the videos have been created, I am moving into a time to create a virtual classroom and opportunities for us to see one another. Reverend Terry has agreed that if families show up on Sunday's Fellowship, we can have our own separate room to check in and support one another. So please join us at fellowship, after the service for this experience.

The weekly lessons will continue throughout December in the format of a virtual classroom. Please see the website for more details.

Our YFM December Lessons:

December 6 – Mindful Walking and Overcoming Obstacles

December 13 – Change-Stop Practice and Our Gifts to the World

December 20 – Breathing Buddy and Helping Others

December 27 – Yawn to Reset and Forgiveness



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  
YFM Director

## Business News

Earlier this year The Council of Trustees and Reverend Terry requested that a task force be assembled to consider how the church property might best be used moving into the future. There were several concerns that led to this request including, but not limited to:

1. Increasing vandalism, which has become a greater problem during the pandemic when the church property was unattended
2. The aging septic system, drain field and the possibility that replacing the system would require hooking up to sewer because the city would not allow us to repair or replace the septic system
3. The Bishop Wing, now called the Youth Ed building, which is significantly underused
4. The possibilities for using the Youth Ed building for community social action

Given these realities and the demographics of our congregation, it feels that the status quo is difficult to imagine into the future and a change of some sort will be necessary. Change is always difficult, but our community has proven resilient during minister changes, a significant move of the fellowship room into the entryway and a total renovation of the backyard area. Whatever comes next could be viewed as the next step in the evolution of our church.

The task force, headed by Betty Bailey, includes Arland Schneider, Mary Ellen Psaltis and Greg Psaltis. They have met several times and have researched a number of options and you will be kept informed about their findings through both the newsletter and announcements. **There will be a Town Hall meeting in January** to more fully discuss the details of these options and to solicit ideas for others. For now, it is important to know that a process has begun, and ideas have been discussed with the understanding that no decision has been made and none will be made until the congregation is involved.

## NW Regional News



### NW Youth of Unity Sunday Activities

The purpose of the NW Youth of Unity Sunday Activities is to create a safe place for people to connect, share, and explore spiritual ideas together. Each session will involve discussion about spiritual ideas and personal sharing.

#### Upcoming Sunday Activities (starting at 11am PST):

Dec. 6 - Movie Talk - Star Wars: A New Hope (Episode IV)

Dec. 13 - Sacred Sunday Meeting

Dec. 20 - Cody's Corner - Join our Regional Officer for Spiritual Discussion

Dec. 27 - Sacred Sunday Meeting

Please share this information with the YOU-age people in your community (14-18 years old).

Participants can register here: <https://forms.gle/MrRHAe7XuKwDgepm7>

## Special Events

### 30 Day Challenge Energizing your Consciousness

You are invited to join the Unity Community for an empowering start to your 2021.

The new year is a popular time to initiate ideas for changing - lose weight, exercise, save money, be nicer. The Unity 30 Day Challenge is an alternate path to support you in the results you desire.



#### Here's the way it will work:

Identify the habit or behavior that you want to modify, release or add. Maybe you want to reduce added sugar or want to add exercise. Write it down with as much detail to help you get clarity. Make a commitment to stay with the program the whole way through - from January 1st to January 31st . Find your special jar. Decide how much money you want to put into the jar each day. Perhaps you decide on a \$1.00. In the morning you put in your dollar and call to mind your desired results. Or maybe you put the money in the jar at night and reflect on how it went. Each week you will receive an e-Blast with power statements and ideas for Acts of Kindness. The church will also be supplying each participant with a copy of "Thirty Days to Fearless Living" to support you on your way.

Consciousness is all about bringing recognition into the now. The daily checking in with your stated desires is powerful. All through the month you will see your money growing. It is a reflection of the consciousness you are also growing.

The challenge will culminate on Sunday January 31st with a drive-thru event at the church. You can drop off your financial contributions and pick up a special gift. Your giving is above your regular giving and meant to be an expression of your growth and gratitude for what has transpired for you over the previous 30 days.

The goal for the 30-Day 2021 Challenge is to collectively raise \$5,000, which will be contributed to the anticipated annual fundraising for the church.

Here's to your best year yet!

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#### Special Upcoming Services

**December 13 | 10:00am:** Special musical guest, Johanna Beekman

**December 24 | 6:30pm:** Christmas eve service with Reverend elect, James Tierney

**January 3 | 10:00am:** Burning Bowl service with Reverend elect, James Tierney

## Metaphysical Musings

### Reverend Terry's Interpreted Beatitudes

When you see circumstances, thoughts or emotions closing in around you, turn within to connect with your highest consciousness, the Christ that is the truth of your being. And after you surrender, everything you need will come to you. Then speak; teach those thoughts and emotions by speaking the truth.

- **Blessed are you** who know you don't know everything all the time, for you are awake.
- **Blessed are you** who hit bottom in grief, for you will be lifted up.
- **Blessed are you** who surrender to God, for you will be at ease in all worldly conditions.
- **Blessed are you** who hungrily seek the right use of your thoughts, words and deeds, for you will experience of life of satisfaction.
- **Blessed are you** who live compassionately, for you will receive compassion.
- **Blessed are you** who live as if there really is only One Source of all life, for you shall be consciously aware of the presence of God.
- **Blessed are you** who have made peace with yourselves and others, for you are proof of a Divine Presence that lives in and through all humanity.
- **Blessed are you** who are ridiculed for living authentically, for you are enlightened.
- **Blessed are you** when people gossip about you and turn you away when you come to know the Christ in your own life. Celebrate and be happy, for your reward is a life in the conscious awareness of God, right here, right now. The same was done to all the great mystics before you. You're in good company.



## Within Our Ministry

### Prayer Team

#### ADVENT

The word Advent comes from the Latin meaning “coming” or “arrival”. In Christianity it’s a time of waiting - waiting for the birth of Jesus the Christ. For us we celebrate a time of hope, preparation, joy and love. The season’s colors represented by the candle wreath are purple and pink. These colors represent two of the twelve powers or truths about ourselves. I am Power. I am Love.



I like to consider Advent as a time of preparation dusted by hope, joy and love. It’s a time of the year to spiritually prepare for greater consciousness in the coming year. Preparation is getting ready for what I am awaiting. It keeps me focused on that arrival. My preparation this Advent is writing a prayer for daily use to bring forth a deeper truth in my life. My focus truth is that God unconditionally loves me. This truth for me seems to be a multifaceted jewel that turns ever so slightly in the light of my days revealing a newness to its beauty. I catch a glimpse of my truth in different ways on different days. I am grateful for the depth of truth in my life. So, I’ve decided to take time this Advent to prepare to invite a new glimmer of this jewel into my life regardless of when it will appear. I wrote this prayer for myself to bring my awareness daily to this truth, not until its depth appears but just until Christmas.

Divine Spirit, you encompass the universe in your sight and yet the universe longs for your light like my soul yearns to be absorbed in your love. You are ever present to me right here and right now. I need go nowhere but within to find you. In surrender, I release thoughts of powerlessness, and hopelessness for you are the one power and presence in my life. I release resentment, anger, and blame for I am harmony, serenity, and love. I am most grateful for how wonderfully you have made me and the experiences of my life that have shaped me. I am grateful for the depth of your truth in my life. How grateful I am that I am always, eternally with you. It is with joy that I await your whisper in my heart of a deeper, truer self that is yet unknown to me. And So It Is. Amen

And so, you may want to think about what you want to prepare for this Advent in your spiritual life. There are so many different ways that you can prepare beside writing a prayer. (Journaling, vision board, or writing your own affirmation, meditation etc.)

**Affirmation: I am lifted in Spirit, guided and loved.**

Peace and Love,

NANCEE GORDANA Pastoral Care Coordinator/Prayer Team Coordinator

## Within Our Ministry *cont.*

### Community Outreach

We give generously from Our collective hearts. WE give thanks for all the limitless forms of prosperity that come into our lives enabling us to bless others. Through our continued acts of kindness and compassion, we are making a difference in our World.

#### **CHRISTMAS GIFTS: THE GIVING TREE**

Another Tradition successfully launched!! At Pie on the Fly gathering - November 22, names were shared. We received names of 15 children, ages 16 to 2 years of age. Children asking their Secret Santa for their hearts desire, a special gift. As expected, the stockings quickly began disappearing from the tree. Our Secret Santa's were busy finding the child they hoped to surprise. There are 4 stockings still available; boys ages 10, 11, and 13.



The Church will again be open **EACH Thursday**, 2pm to 4pm beginning December 3. Special arrangements can be made for pickup by contacting Cathy, [communitycoordinator@unityofolympia.org](mailto:communitycoordinator@unityofolympia.org).

Gifts are to be wrapped and labeled with the child's name. If more than one gift is being giving, please bag together so that packages are not lost. Santa's Helpers will deliver on December 21.

Questions? Contact our Christmas Elf-Indira, [office@unityofolympia.org](mailto:office@unityofolympia.org).

#### **THANKSGIVING HOLIDAY BASKETS**

Thank you to all who participated in the donation of food items for the Thanksgiving Holiday Baskets. It was a grand success. "Baskets" went to Evergreen Vista distribution event on November 23rd. The \$178.00 money donated enabled each family to receive either a ham or turkey as well! Our partnership with Thurston County Food Bank expanded our giving; providing 34 completed Thanksgiving meals. THANK YOU, thank you, thank you.

## Within Our Ministry *cont.*

### Ongoing Service Activities:

#### **SHOWER BUS -SHOWER POWER**

In partnership with Build a Bus Home (BABH), we are hosting the Shower Bus for the homeless. The bus is located on our campus each Tuesday, 10am to 4pm, thru January. This is a community based service project supported by the efforts of local volunteers. There are many areas to volunteer in; setup of equipment, welcome check-ins and scheduling, assisting guests with process and many small hosting activities. Volunteers are needed. More information is available at [buildabushome.org](http://buildabushome.org) or just come by and visit the Shower Power in operation. Currently, Unity provides seven volunteers, Arland Schneider, Dave Petrich, Mary Ellen and Greg Psaltis, Betty Bailey, Deb Cacace, Cathy Evans.

#### **THE SHELTER-Temporary location First United Methodist Church**

The guests and staff are settled. At this site, they have their personal dedicated space AND indoor toilets and showers. A guest shared “like being at the Hilton”. They are very grateful. Our commitment is thru December. We have the weeks covered EXCEPT December 16 th . There is a strong desire to continue this serve- I will open the calendar for January 2021. Further months will open based on Service Teams and Fellowship Groups willingness to continue.

This Holiday Season, Amy and Giogi Chiappowest are providing a traditional holiday meal for both Thanksgiving and Christmas. What a gift they are giving our “extended family.” Blessings to you both.

I am so grateful for our capacity to rise to the challenge of our times. In unity of purpose, faith in the greater good for all, and our divine powers, OUR light illuminates. We bring a spirit of transformation to our communities and our world. WE are shining!

“Community Engager” - Cathy





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

## Interfaith WORKS for Housing

December, 2020

- **Ground-breaking news!** Interfaith Works purchased property at 3444 Martin Way for a **Sprung Structure**—a 5,250 square-foot modular--to serve as additional shelter space beginning as soon as January 2021. Eventually this will become a new day center for unsheltered people. In the interim, construction will begin this month at 2828 Martin Way for 65 apartments in a supportive housing model. The building projects are funded with a combination of city, county and state dollars, as well as local support and fund-raising.
- The City of Olympia is taking over the construction project started by the United Churches of Olympia to build **50 micro-homes** at the Port of Olympia. Donations and volunteers are needed to assist in construction.
- The Interfaith Works office is looking for donations of twin bed sheets, towels, and winter wear to support our homeless communities.
- The Program Council will separate into four subgroups to respond to issues in Olympia, all integrating the theme of *racial justice: Environmental Stewardship, Sacred Services, Interfaith Understanding, and Social Justice*. The Program Council will continue to meet monthly.
- We had a presentation by **The Area Agency on Aging** for Lewis-Mason-Thurston Counties which provides older adults and those with disabilities with resources and services such as mobility assistance and meal planning. Call 888-545-0910 For further information see [www.Lmtaaa.org](http://www.Lmtaaa.org)
- **The Unity Lunch Bunch** continues to provide Wednesday lunches for those housed at the First Methodist Church. A **shout out** to all those who contribute as part of Unity service to our community and to **Cathy Evans** for coordinating it.

Submitted by Sandy Crowell and Ann Chenhall