

# July 2020

*Perfect Vision: Seeing Through a Spiritual lens*

Play—I play  
“in the zone”—free  
and unrestrained.



*Christ has set us free to live a free life. So take your stand! Never again let anyone put a harness of slavery on you. - Galatians 5:1*

Dear Friends,

July is a month of celebration. Here in the Pacific NW we welcome summer with 4th of July celebrations, usually including fireworks, family, food and friends. Summer brings with it a sense of ease and lightness. July's theme offered to us by Unity Worldwide Ministries is Play.

The affirmation: **I play “in the zone” free and unrestrained.**

One of Charles Fillmore's favorite Bible quotes was that of Paul's: “**Christ in you, your hope of Glory.**” Like the apostle Paul, Charles found the essence of Life itself to live within him as the Jesus Christ presence. He found freedom through living his own Christ expression to its fullest. We have received an invitation to do the same.

We don't have to wait till we're “good enough”; or we've practiced perfect forgiveness; we don't even have to make any “forever” promises to experience the freedom of the Divine. All we have to do is acknowledge it, by whatever name, and practice the only law that must be kept: the law of LOVE.

In a time of uncertainty such as the one we're in now, we must find our center much as a boat must stay centered in a storm. As my ego mind reaches out in multiple directions for solutions (and even ways to get others to “see how right I am”), I return to the foundation of my very life: God is my center. My practice is love.

May you be filled with loving-kindness;

May you be well;

May you be peaceful and at ease, and;

May you be happy.

Dear Friends, I've been praying this prayer for you. I visualize your faces sitting in the sanctuary on a Sunday morning. I see your smiles. I see your radiance. I feel your love. I invite you to join me in this Buddhist loving-kindness prayer. What I've found is that I experience freedom when I'm focused on loving. I'm more playful when I'm interested in other people's peace and happiness. I know the Christ presence within me when I pray for you. May you know the Christ within you.

Love & Laughter - Reverend Terry

*For everything we know about God's Word is summed up in a single sentence: Love others as you love yourself. That's an act of true freedom. - Galatians 5:15*

**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 Delaplaine, 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.

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--

Happy Summer!

I hope you all are enjoying Terri Charles and me Live Streaming from church-- it's such a joy for us to be together again, although we sure miss seeing your smiles! Thank you Terri for bringing your amazing talent and enthusiasm to our Sundays!

During these challenging times, I'm finding it is so important to strengthen my spiritual muscle & emotional resilience with more mindfulness. Whether it's meditation, listening to beautiful music or walking among the trees amid birdsong-- my heart has been craving more intentional peace. I hope each of you are finding ways to bring more peace into your heart this summer.

On the 12th of this month, we have the outstanding pleasure of welcoming John Stringer-- you wont want to miss his Live-Stream performance; John's music and message are sure to uplift and inspire!

I'd like to thank Robyn Fisher for sharing her talent with us in June-- I know how enjoyable it is to get to hear her beautiful, familiar voice.

Wishing each of you, days filled with nourishing sun and nights aglow with wonder.

Much love to you all--  
Janene Cummings,  
Music Minister



## Youth and Family Ministries



June was a powerful month full of change. I am reminded of Michael Jackson's song, Man in the Mirror, as we start with our own inner change, we affect the world around us. "I'm starting with the man in the mirror. I'm asking him to change his ways. No message could have been any clearer: If you want to make the world a better place, take a look at yourself and make that change!" Powerful words!

Starting with mindfulness can help with simple grounding techniques. Using the five senses can remind us to "Be here now," which in turn can help us to connect to the Infinite Source, God, or Spirit. Personally, I've created an alter which includes the following: lavender (smell), an angel named Serenity (see), prayer beads and rose quartz (feel), chocolate (taste), and a small maraca (hear). These small things with a flame-less candle sit on my desk for moments of mindfulness.

Our church is generously supporting the Youth and Family Ministries by giving monies to spend on our children. Either in the mail or on your doorstep, for the months of July and August, your child will receive a mindfulness box filled with one thing for each of the five senses and a descriptive page of how to use your mindfulness box regularly for spiritual connection and support. For the month of July, I will be connecting with families and putting together these boxes. In August I will review some of the items they received with videos and they can use their items with me for their service. If any families want to video or take pictures of their children using the items, I'd love to see them and use them for future videos.

I TRULY love and miss each and every one of you and look forward to the days when we can be together again. Please review some of the videos at the website for the month of July. There are some truly great ones! Let me know your favorites!

Love and Light, Your Youth and Families' Director, Lisa Petrich



Sunday, July 5, 2020 - Karen Drucker will be YFM's guest presenter.

Topic: Moving Into Action

Website: <https://www.karendrucker.com/>

## Special Events



**Special Guest: John Stringer**

**July 12, 10:00a**

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

### **"All Things Work Together For My Good"**

In turbulent times, we can choose alignment or resistance. Both are equally valid/noble choices; however, one typically feels better than the other. When we choose alignment, we invariably recognize and eventually realize that all things work together for my good, regardless of the appearance of things. Join life teacher, healer, Billboard charting singer & author, John Stringer, as he shares music & message to help us navigate what is arising through our oneness, perfection & power.



### **Music is Prayer**

**A Live-Streamed Concert w/ Janene Cummings**

*Hosted by Reverend Terry*

July 24 at 6:30p

**Theme: Enough! Living the Abundant Life**

Dear Friends: We've all been deeply blessed by Janene's presence at Unity of Olympia. Please join me in showing her how much we appreciate all that she gives above and beyond the Sunday morning services. Here's the deal: our Music Minister receives a fixed salary and is invited to provide additional music services to increase her income. She's been doing her part by providing music for our Wednesday Alternative Service, representing Unity of Olympia in the Concerned Clergy Interfaith Pride Service and more. The law of giving and receiving is a two way street and I'm honored to provide a path for each of us to show Janene how much we appreciate all she is and all she does.

Join me in support of Janene Cummings as she supports each of us in sacred, healing music.

This event will be live-streamed:

- On our website at [www.unityofolympia.org/live-stream](http://www.unityofolympia.org/live-stream)
- On our Facebook page
- And on our YouTube Channel

Donations and Love Offerings for our wonderfully talented Music Minister gratefully accepted via Unity of Olympia's Donation button at [www.unityofolympia.org](http://www.unityofolympia.org). Please indicate "Music is Prayer Concert" when you place your donation!



## Special Events



### Conversation Skills Class

Saturdays, July 25, August 1, 8 & 15 | 10:30a - 1:00p  
via Zoom | *Facilitated by Audrey Pitchford, LUT*

Why do some conversations go off track? What can we do to make conversations more effective, and, more importantly enhance our relationships? And how is this connected with Unity and our spiritual practices? Come explore all these ideas and more!

#### Course Description:

Conversation Skills is a course that enhances effective communication skills to include the ability to stay in dialogue when emotions are driving us to “shout out” or “shut down.” This course provides knowledge and tools for listening, creating connection and facilitating dialogue in tough, emotional situations. The principles and models taught are aligned with spiritual practices. The class is based on the model of Nonviolent Communication (NVC), which includes: taking responsibility for our own experience; commitment to increasing our awareness of our own feelings and needs as well as those of the people with whom we interact; and having the capacity to be authentic and compassionate in all circumstances.

#### Recommended reading:

"Crucial Conversations" - Patterson, Grenny, McMillan, Switzler

"Nonviolent Communication" - Marshall Rosenberg

#### For SEE Credit:

This course is available for Spiritual Education and Enrichment (SEE) credit. Students must register with Unity Worldwide Spiritual Institute, complete all 10 hours of the course, read the required books and complete a written assignment.

Registration is required for this class. Please visit our website at [www.unityofolympia.org/classes](http://www.unityofolympia.org/classes).

Cost:\$80

## Within Our Ministry

### Note From the Council

To Our Spiritual Community:

There was discussion of having an outdoor Sunday service on July 5. The Council has reviewed the request and has decided it is not appropriate at this time. Perhaps this will be revisited at a later date. Meanwhile, the church will not be reopened until after Phase 4 of the Governor's plan is implemented. We know this has been difficult for all, and we're asking for your patience.

Joy and Peace,

Nancy Camenzind, Chair, Council of Trustees

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### Prayer Team

The world has certainly changed in the last few months; a pandemic, protests, political rhetoric. It is difficult not to feel overwhelmed and fearful with all these things happening at once. What can we do to ease our minds and reassure ourselves and others and look beyond these troubling circumstances?

Faith in our oneness with God can help us find peace of mind. From Charles Filmore, "The power to see in Spirit is peculiar to faith... It is that which perceives the reality of the substance of Spirit." And from Myrtle Filmore, "Change your mind with living words of faith. Declare your faith in the light of Spirit within you. Keep your spiritual eye of faith single to the fundamental truth that Spirit is the light of your life."



As we become still and let go of all thoughts of fear, doubt, or concern over the present situation, we open our minds and hearts to the influx of Divine light and inspiration. We are One with that Infinite Source that created us. We are whole, healthy, well, and happy. We let nothing and no-one disturb our peace of mind because we reside in the mind of God. God is all there is. A shift in consciousness is occurring on the planet. People are waking up to who they truly are. We bless this awakening and keep our thoughts focused on the Presence and Power that is within and connects each of us one to another. We affirm and know that God's law is higher than any man-made law and that light is infusing all areas of perceived darkness and ignorance in the world and revealing to us what is ours to do to affect positive change on our planet. We bless this experience knowing that all is unfolding in divine order right now. We can let go and be at peace knowing we are guided, guarded, directed, and protected by God's healing light. We are peaceful.

And so it is.

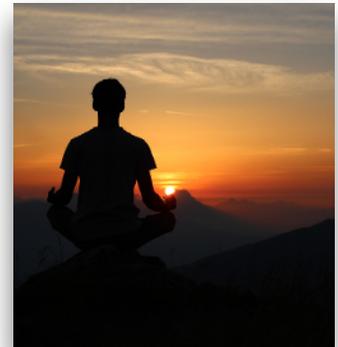
Namaste.

## 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](http://www.unityofolympia.org/prayer-circles) to register



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

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### 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.*

### Unity Launches Lunches for Interfaith Works

A Unity service project for our homeless neighbors began in May when the Coronavirus outbreak led to a new shelter on Martin Way and the needs of its 25 residents.

Through Interfaith Works, Unity groups provided Wednesday lunches beginning May 6 for the shelter residents and staff. Coordinated by **Ann Chenhall, Cathy Evans, Sandy Crowell** and **Reverend Terry Murray**, by end of May the Team leaders of Unity Service Groups had embraced lunches for June.

“The response and desire to support efforts with Interfaith Works increased tremendously and groups were invited to continue through the end of the year,” Cathy Evans, the community volunteer coordinator, reported. Because of the increased interest, she is currently planning lunches for August and September.

The Service Teams include the **Spiritual Explorers, Women’s Prayer Group, Counsel, Audio Visual, Welcome Team, Ushers and Greeters, Flower Team, several Spirit Groups, and families.** Every service team hosts an event and individuals complete the menu. A call list of 18 individuals is available to fill in where needed.

The needs of the shelter guests go beyond food and shelter. A network of Unity members has donated cloth face masks, and \$100 for personal hygiene items while generating more community interest in providing meals. Individuals are asking how else they can support (note the list in the Newsletter).

Through prayer, meditation and **service**, Unity of Olympia is at one with our greater community. With each delivery, the staff shares their gratitude and appreciation.

### Interfaith Works (IW) News

Exciting plans are unfolding as Interfaith Works expands its scope for homeless services in Olympia. Besides transforming a former dental office on Martin Way into an emergency shelter, the group has secured a grant to build a 5-story building on the same site. The building, which will be complete in 2022, will house not only a shelter but supportive housing apartments for those transitioning into secure homes. With the expanded services and funding, the organization has hired new staff for outreach. Also at the Zoom Annual Meeting of June 16, we were introduced to Corey Passons, the new Program Manager for Interfaith Relations.

To reflect the new normal of Zoom meetings, advanced technology and new commitments, the group has revised and updated its bylaws. It will host a virtual garden party on Thursday, June 25, from 6-7 pm.

For further information, see IW Website [www.interfaith-works.org](http://www.interfaith-works.org)

More ways you can help!

[https://www.iwshelter.org/uploads/2/4/6/8/24684061/how\\_you\\_can\\_help.pdf](https://www.iwshelter.org/uploads/2/4/6/8/24684061/how_you_can_help.pdf)

Submitted by Sandy Crowell, Ann Chenhall, and Cathy Evans.