



**My heart knows well-being
no matter the circumstances.**

Dear Friends,

June greets us with a cacophony of life. Mother Nature is in full bloom while much of our country is in chaos. The earth appears to have been healing since we've been staying home protecting ourselves and others from a global pandemic. Connection with our families, friends and our spiritual communities have both expanded and contracted. Some relationships have been strained literally to the breaking point while others have taken root and flowered. Broken social contracts have been exposed and we are challenged to see any or all of this through a spiritual lens. **Yet that is what we are called to do and that is exactly what will provide peace and a path to a new way of life.**

Uncertainty is met with a moment in which we turn within to find our spiritual ground. We must remember our own Center to meet these times. For myself and our community, I'm feeling the call to make a shift into being of service to the disaffected and dis-empowered. We are One People, One Mind in God. The apostle Paul is quoted in Corinthians:

Your body has many parts—limbs, organs, cells—but no matter how many parts you can name, you're still one body. It's exactly the same with Christ.

We don't know what the coming days will bring in the world but we can commit to what we will bring to the world. Let us bring the Conscious awareness of God in all circumstances and all people. Let us bring the commitment to peace and love in our prayers, our words and our actions. Let us bring an openness to the Holy Spirit speaking to each of us individually and collectively as we turn within for guidance in this challenging time. In other words, let us practice our faith.

I believe God's good is working toward its perfect expression in this seeming time of chaos. I believe God's grace is working in and through all people for a better tomorrow. I believe our prayers and our words make a difference. I believe that evolution of consciousness can be made manifest so that all people may find freedom and justice and peace in the United States and the world. I believe in abundance and prosperity so great that no one has to go without.

Our affirmation for the month of June is this: **My heart knows well-being no matter the circumstances.** Let our hearts and minds know a collective well-being is being made manifest now. Let our actions lead the way. Let the love that lives in you and me spread beyond our homes to the whole world.

Love & Peace - 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
- Betty Bailey, Vice-Chair
- Tomi Helm, Treasurer
- Mark Delaplane, Secretary
- Dolly Hansen, Member
- Carolyn Hendricks, 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

Hello Unity Family,

It is such a joy to see how many of you are joining us LIVE on Sundays! Even though, these times are unusual, it's such a blessing to have a platform where we can regularly connect.

June is our month of celebrating Fathers and I wish each of you a month filled with amazing familial memories as well as taking time to honor your own role as fathers.

For the past few weeks, I've been reminded of just how strong we are-- just how resilient we are. No, that doesn't mean this unusual time in history is a cake walk-- but what it does mean is that innately we are survivors and carry survivor-ship in our DNA; we will get through this!

The song, "My Strength" has helped carry me through many moments of frustration-- give it a listen as a reminder of just why we have the fortitude to withstand this storm.

Here is the video:

<https://youtu.be/j4LKwy1yHbQ>

For those that have been joining Reverend Terry and I on the Wednesday, "Community Connection" service-- we are finding this to be such a great mid-week spiritual re-fuelling. I love seeing your faces and hearing how you're doing. Thank you all for sharing your heart's so freely.

I hear the words, "Chin up, stand tall for together we rise!" And I do believe it is our compassionate, collective strength as a community, local and world wide that will lift us to a new, unparalleled normal.

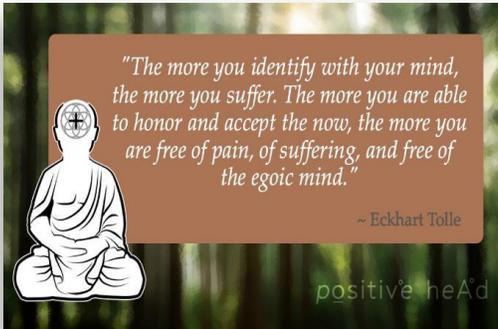
Much love to you all!

Janene Cummings

Music Minister



Youth and Family Ministries



The month of May brought more discovery and more changes throughout our lives and the world. As we remember that we are all connected, when others are hurt, we are too. These world events can bring feelings of distraught and despair. Here at Unity, we believe that, “God is good all the time and all the time God is good!” Reverend Terry reminds us of this in her lessons and I use it on a regular basis to shift my thinking. Eckhart Tolle says, “The more you identify with your mind, the more you

suffer. The more you are able to honor and accept the now, the more you are free of pain, of suffering, and free of the egoic mind.” His words are powerful and sometimes hard to wrap our heads around. Does this mean the anger and frustration I feel are wrong? Shouldn't I be actively participating in some way? Don't I need to voice my opinion and join forces to stop the madness? Yes, and no. If your Spirit is calling you to be active, be active. If your spirit wants peace, be peaceful. There isn't one way to respond, so respond in the way that feeds you and those around you by going within and centering before you react. The world is shifting and changing to heighten our awareness about what is important. Therefore, if we are to free the egoic mind, we are to embrace the suffering like a screaming child and create a space for healing by being present to the now moment.

Please continue to explore your understanding of your spiritual self by watching the videos through the Youth and Family Ministry. This month is Melodies with a Message Month, music for our Unity Families, and I am excited to bring you some of my favorite musicians to present a 15-20-minute video geared around the themes from Children on the Quest II. I am so excited for their presence! Please mark your calendars for the following musicians who are giving of their time for our Youth and Family Ministry presentations by recording videos for our families:



Sunday, June 7, 2020 - Bob Sima and Shannon Plummer will be YFM's guest presenters.

Topic: Law of Mind Action

Website: <https://wherethelightgetsin.us/bob/>



Sunday, June 14, 2020 - John Stringer will be YFM's guest presenter.

Topic: The Power of the Spoken Word

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

Youth and Family Ministries



Sunday, June 21, 2020 - Glen Roethel will be YFM's guest presenter.

Topic: I AM

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



Sunday, June 28, 2020 - Nathen Aswell will be YFM's guest presenter.

Topic: Release and Affirmations

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

And moving into July. . . .



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

Topic: Moving Into Action

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

In Our Community



Ann Chenhall has been the Unity of Olympia representative to the Interfaith Works Program Council since 2014. She is passing that position on to Sandy Crowell this summer. A long and dedicated service, indeed.

Ann told me she was honored to have been asked to serve as our representative and has enjoyed the teamwork with those of different faith communities. She has been part of the planning for many Interfaith Thanksgiving celebrations. She has enjoyed the Buddhist-led Silent Meditation around Capitol on MLK Jr. Day, The Learning Right Relations meetings, the Crop Walk/Feed Your Neighbors efforts, The Eye to Eye fundraiser and support for the Interfaith Works Homeless services. She has attended meetings and written monthly reports for our Unity Newsletter to keep us up to date and to encourage our participation in

the events and outstanding work of Interfaith Works.

Thank you, Ann, for your dedication, involvement and representation of Unity of Olympia. Although Ann is leaving this position, she says that she will not be letting go of the rich Interfaith connections between Unity and the wider community of Olympia.

Jean Garwood, Former Interfaith Works Representative

The Native Winged Globe created by Chuck Magnussen and displayed on the gazebo was recently vandalized. The Winged Globe was chosen by Charles Fillmore as the symbol for Unity as it has historical significance across time and culture related to divinity and oneness. Chuck's work is a museum quality Native American design. The craftsmanship and value of this fine piece of artwork is immeasurable in my honest opinion.

The youth who damaged this art have been charged and will be held accountable for their actions. I hold them in my thoughts. I hope they find uplifting guidance towards peace and an awareness of the importance of anthropological symbology. Damaging cultural symbolism is not cool to say the very least. I hope they learn that one day.

Chuck picked up the pieces at Unity and decided to ask for help. Our dear friends Michael and Sandra Petty were able to restore this piece of artwork back to its original glory! The teens who did the damage probably just saw a painted piece of wood, but I see cultural significance and symbolism that needs to be upheld and celebrated.

I love you guys! Y'all the best!!

Indira Goins



Within Our Ministry

Prayer Team

We are all in different boats, but we are all in the same storm. I saw that graphic recently on Facebook and shared it. I've been thinking about it and realize it applies to our world and our human condition in many ways and at many times.

This time we are all living through right now is challenging. But there is one thing in all of this turmoil and upheaval and uncertainty that is steadfast. That is the Presence and the Power of God, Spirit, First Cause, Life Force, The Infinite; whatever name you choose to give it. We are spiritual beings having a human experience that is testing us in many ways.



This is the time to reaffirm our faith and belief in a Power greater than we are. Divine action and Divine order are unfolding right now even in the midst of everything happening all around us. Divine order has its own divine timing. It is not on a human schedule. The universe is vast, and we are just small specks, but we can tap into that Divine Source and use its power for Good in our lives. Through our thoughts, we can lift up our consciousness and open our minds and our hearts to the vast Goodness in the universe. We can commune with that God-Presence that made everything out of Itself including us.

We will weather this storm. We will stay grounded and centered and know the Truth for ourselves and others. We will persevere. We are god-power beings. And God is all there is.

For prayer support please go to prayer@unityofolympia.org. You may also contact Silent Unity for prayer support at unity.org/prayer or call 816-969-2000 anytime.

Namaste,

Penny Parsons

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



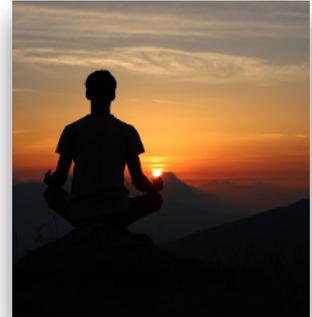
This event is taking place via Zoom. Registration is required. Please visit our website at <https://www.unityofolympia.org/community-connection-alternative-service> to register.

Within Our Ministry *cont.*

Prayer Circles

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. The Unity of Olympia Prayer Team Members will facilitate these prayer circles knowing the truth of the Divine in all circumstances and all people.

Please register for one of the prayer circles below. At this time, all prayer circles will be 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 Offerings:

- Audrey Pitchford | Mondays 7:00-7:40 PM
- Rev. Terry Murray | Thursdays, 10:00-10:40 AM

Community Outreach: How You Can Help!

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 will provide lunches for the shelter on Martin Way each Wednesday in the month of May. Please contact our Community Coordinator at communitycoordinator@unityofolympia.org or call (360) 489-0885 to be a part of this gift to those in need.

SpiritGroups

We're rolling out Spirit Groups starting the first of June via Zoom. The topic will be **Touching The Stillness** with Rev Pipe

Here are the group times and leads:

MaryEllen Psaltis Tuesdays at 10 a.m.

Rev Terry Murray Friday at 11 a.m.

Mark Delaplane & Geene Felix Friday at 7 p.m.

Deb Cacace Sunday at 1 p.m.



If you're interested and haven't signed up yet, you'd better run to our web site to sign up!
Groups start the week of **June 1st**.

Community Service

Phantom Gardeners...WE are thankful for your loving care given to the Unity grounds. This Spring has graced them with tremendous natural beauty; the rhododendrons' glorious blossoms, the trillium is magical, and the GROWTH throughout is wildly free!! Every visit there is presence of care and attention - piles of twigs and branches, debris raked-out from around the brushes, and pulled weeds along the walkways. Such a wonderful surprise. Your loving contributions are greatly appreciated. We thank you.

We invite these visits to continue and others welcome to join the Phantom Gardeners. Most important, when you have a moment, a need to connect to nature, come sit awhile.

Spirit of Nature

How much you have to offer!

Where thoughts have a place to nest and Calm comes to rest.

When something feels wrong or you just need a place to belong,

Nature awaits you.

Come Home to Our Outdoor Sanctuary. Be Healed



The Gardeners,

Arland, Cathy, Pat, Terry, Forest Lady



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

Interfaith Works Program Council Meeting May 19, 2020

Zoom has now arrived at Interfaith Works (IW), not only for meetings but in revised bylaws for conducting business. Facilitated by Ivey Ayers, IW Business & Operations Manager, the May 19th revision in bylaws reflects a new era of responsibility for IW as the group manages million-dollar grants. Sandy Crowell is now part of our Unity Interfaith Works team and joined us at the meeting.

- **Update of the Interfaith Works shelters:** There have been no positive Covid19 cases in either shelter or in the staff. Temperatures are taken and new masks are given every day. Since the shelters are now open 24/7, guests are not out in the community. Each of the two shelters has 25 guests and 5 staff. Reopening of the Community Care Center is being worked out so unhoused folks can again receive services there. Thurston County Health wants low barrier access and Providence wants appointment only access. No date has been set for the reopening of the Community Care Center, and Interfaith Works is part of these negotiations.
- **Board of Directors report:** In preparation for some large grant applications and the new shelter construction, Interfaith Works is having an audit and bylaw revisions that involve electronic communications and additional transparency. Each faith community will have just one vote, but others can be present at meetings, including the Board meetings
- **Shared information:** The National Guard will leave the Food Bank on June 24, so volunteers are needed. The Methodist church is working with Blood Works for blood donations at their building June 2 at 10 a.m. St. Michael's is working with St. Vincent de Paul and Sidewalk to help with propane, laundry, and gas for homeless folks living in tents. The LDS (Mormons) are having several food drives. Ann shared how Unity has organized to provide Wednesday lunches for the Martin Way shelter.
- **The final Hunger Walk proceeds** were just over \$31,000 and the receiving agencies have expressed great gratitude.

We concluded with a brief discussion about the decision to open our buildings for live services. The Methodists are leaning toward waiting until our governor declares Phase 4 and planning what would make their members most safe and comfortable. We are all in this together.

The Interfaith Works Annual Meeting is scheduled via Zoom for June 19 at 7:00 p.m. For additional information & calendar: Website www.interfaith-works.org

Ann Chenhall and Sandy Crowell, Interfaith Representatives for Unity of Olympia