

# December 2022

*Embrace Your Unlimited Good*



Dear Friends,

As we enter the last month and the darkest time of the year, we prepare to meet the Light within and without. Advent is a time of preparation for that Light. In our faith tradition we recognize that Light by many names. The closest to my heart, however, is The Christ. It is the presence of God living within us as exemplified by our teacher and way-shower, Jesus the Christ. Unity offers a path to alignment of our human nature with the Christ nature through prayer and meditation especially focusing on the 12 Powers. These Powers are part of all humanity's potential and through our study and reliance on these powers, the Christ presence within us becomes more and more available, that we might each be blessings to the world and one another. That we might each shine our Light of God.

Faith—Peter—center of brain.

Strength—Andrew—loins.

Wisdom—James, son of Zebedee—pit of stomach.

Love—John—back of heart.

Dominion—Philip—root of tongue.

Imagination—Bartholomew—between the eyes.

Understanding—Thomas—front brain.

Will—Matthew—center front brain.

Order—James, son of Alphaeus—navel.

Zeal—Simon the Cananaean—back head, medulla.

Release—Thaddaeus—abdominal region.

Life Conserver—Judas—generative function.

This month I invite you to nurture the Christ child within through meditation on these attributes. You may wish to focus on the associated regions of the body or the representative disciple. Sundays in Advent will focus on the 12 powers and our Christmas Eve Service will pull them all together to celebrate the dawn of Christ Consciousness through the life of Jesus. I look forward to sharing this time with you.

Love & Laughter - Reverend Terry

## Sunday Celebration Services 10 a.m.

*Broadcasts & recordings  
are available on our website  
under the Media tab*

Rev. Terry Murray, Minister

### Board Members:

Nancy Camenzind, Chair  
Paul Swanda, Vice-Chair  
Greg Psaltis, Treasurer  
Susan McClure, Secretary  
Addie Robinson, Member  
Nancee Gordana, Member

### Staff Team Members:

Janene Cummings, Music Director  
Lisa Petrich, Youth Education  
Indira Goins, Office Administrator  
Marlisa Hollinger, Bookkeeper  
Matt Olason, Janitorial Services  
Karen Reddick, Social Media

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# Sundays in the Sanctuary

*Please note: As there are many in our community with chemical sensitivities, we ask you please leave your scented lotions, perfumes, and other fragrances at home. Thank you.*

## Sunday Services | 10:00am



Masks are no longer required, but strongly encouraged when attending in-person. The Sunday service is being streamed online through our website at [www.unityofolympia.org](http://www.unityofolympia.org) and on FaceBook at 10:00 on Sunday mornings. It continues to be available for viewing on Facebook and YouTube following the service.

### December Talk Titles:

Dec 4 - Born of a Woman/Youth Sunday

Dec 11 - Jesus is the New Moses/Rock & Roll Sunday

Dec 18 - Jesus is for Everybody.

Dec 24 - Light is at Hand.

Dec 25 - Your Christmas Story.

*Please feel free to attend in person if you are 100% healthy and well. If you are experiencing ANY cold symptoms, including fatigue, or if you are still not 100% recovered from a bout with COVID, please enjoy our Sunday service from home.*



## New Year, New Home!

**Beginning January 1st**

Unity of Olympia will host its first Sunday service at the  
**Temple Beth Hatfiloh**

**New Location:** 201 8th Ave SE in Olympia.

**New Mailing Address:** PO Box 1523 Olympia, WA 98507

Our phone number and email address will remain the same:  
360.943.5757/[office@unityofolympia.org](mailto:office@unityofolympia.org).

**Join us for our Celebration Services - Sundays at 10:00 am.**

Happy Holidays, Unity Family!

I do hope you all are doing well, and are warm and cozy as you stitch together beautiful moments with family & friends. For me, this season is all about music, and we have a bunch of musical goodness lined up for you.

As the clock ticks quickly on our time together in our building-- my heart wishes to leave a musical imprint. I envision us making a conscious joyful noise over and over, and that our sacred songs will be hanging in the air, excited to bless the next stewards of the land.

Here is our Holiday Musical Line-up:

This holiday season, one of the ways we'll create a joyful noise is by having a "Rock & Roll Sunday" on December 11th. Terri and I will be joined by the Ted Clark Band and we can hardly wait to make you smile-- and yes, dancing is allowed!

On the 18th of December, the fabulous Christina Brewer will be blessing you with her Soulful talent.

And on the 21st of December, Terri and I will once again be providing Soul-stirring Sounds of Solstice. The 24th of December, Terri and I are also looking forward to singing Christmas Carols with you again-- we do love our Christmas tunes!

And then on Christmas day, Reverend Terry and I are looking forward to stirring up some heartwarming holiday joy with those led to spend one more sacred Sunday in our building.

So, grab your hat & coat-- warm up your voices and join us. Let's leave a lasting impression of God's goodness through communion & sound, so that it may honor that which has blessed us so richly.

Much love--

Janene Cummings,

Music Minister





## 2022 December YFM News

by Lisa Petrich, YFM Director Unity of Olympia

Welcome December! What would a message from God look like to you? We discussed this last week in our small group of 5 children. Would there be angels? Would there be thunder? What do messages from God look like? In the birth of Jesus story, Mary received an angel who gave her a message from God that she would be entrusted with the birth of a baby. We listened to the song, "Mary, Did You Know," sung by a youth choir. The goal of the lesson is to create empathy for Mary and to think about how this story can apply to us.

For December, we will take a break from the Four Agreements and continue to look at the birth of Jesus and through the Advent season. Topics for advent are discussed each week and the lessons can be found on the website if you'd like to follow along.

Thank you to all of the friends of Youth and Family Ministry that helped organize and clean in the month of November. As the move gets closer, there is excitement as to what it all will look like. I look forward to discovering our new routines with you! For this month:



### Upcoming Youth Events:

**YFM Sunday Service - December 4, 2022:** Join us this Sunday as we recreate the Christmas Story! Come early and claim a costume to help with the performance. A fun time to be had by all!

**Winter Solstice Wednesday, December 21, 2022:** There will be a few activities for children in the Youth Building - come join us as we celebrate the darkness by holding the light! I do need 2-3 volunteers for this event as well, please let me know if you are interested.

**Polar Express Sunday, December 25, 2022:** Children can come on Christmas morning dressed in their pajamas and ready for hot cocoa and marshmallows! I will be creating the opportunity for a Polar Express Sunday filled with an interactive story and some goodie bags for the children.

I TRULY love leading our Youth Ministry. Each week brings new opportunities for new faces and friends. If you are interested in serving our youth, please let me know. We can always use a few new friends in our department.

Lots of LOVE, Lisa Petrich, YFM Director



## Susan McClure Appointed as Newest Member of the Board

The Board of Trustees for Unity of Olympia is pleased to announce the position of Secretary has been filled by Susan McClure. Susan has agreed to complete the remainder of the term - till May 2023. Although she's a new member at Unity, she's already co-facilitated a Spirit Group with Dolly Hansen, attended an online class on the Enneagram, and participated in our New Home Search Team. Susan is a bright light, attending most Sundays in the sanctuary. When you see her on Sunday, please give her a warm Unity welcome. And Thank You Susan for joining the Leadership Team at Unity of Olympia!



Looking to join Unity of Olympia?

Consider signing up for a New Members Class.

Upcoming class dates\*: 9/11, 11/13, 12/4 from 1:00-3:00 PM

Facilitated by Rev. Terry Murray

Class #1: Unity - a Spiritual Experience (9/11)

Class #2: History & Teachings of the Unity Movement (11/13)

Class #3: Unity of Olympia History & Business Model (12/4)

This New Member orientation is an opportunity to learn more about Unity of Olympia and the history of the Unity Movement. New members will get to spend time with each other and some of our church leaders. This is a sacred time of renewal and community. \*Classes do not need to be taken in any particular order

*Getting to know U of O*



## Annual Giving Tree for the children at Evergreen Vista!

Be a part of making Christmas special this year. There are a few children who are still available to shop for!



- Pick up a gift tag and fill out the online form (we can help you in the lobby after Sunday service!)
- Shop for the items listed.
- Fill out the fulfillment form online (we can help you with this on Sunday as well!)
- Partner with another member of Unity of Olympia just for fun.
- Hold the child and their family in prayer for abundance in all things.
- Deliver the wrapped gift with the name of the recipient on a Sunday by the **December 11th deadline.**

Questions? Email [office@unityofolympia.org](mailto:office@unityofolympia.org)

## OU Men's Breakfast

Wednesday, November 9th at 8:00am

River's Edge Restaurant  
4611 Tumwater Valley Golf Course  
Tumwater WA 98512  
(360) 753-5100



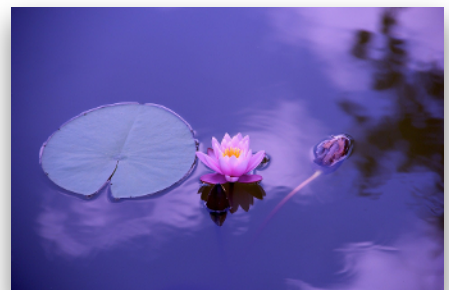
The OU Men's group meets the 2nd Wednesday of every month. We'd love for you to join us! Questions? Contact us at [office@unityofolympia.org](mailto:office@unityofolympia.org).

## Weekly Meditation Sangha (Community)

Wednesdays 6:00-7:30 pm

This is an open invitation to join in community to simply enjoy the moment of now, and sit together in meditation.

- 20 minutes of sitting
- Short walking meditation or mindful movement
- 10 minutes of sitting
- Dharma sharing, reading wisdom of Thich Nhat Hahn or his students.
- Mindful sharing about your practice



This event takes place at Unity of Olympia and is facilitated by Nije' Pinder. Donations are accepted. Questions? Contact [office@unityofolympia.org](mailto:office@unityofolympia.org). Please note: if this is your first time attending, plan to arrive 10 minutes prior to 6:00pm. Thank you!



### Unity's 2022 Advent Booklet Discussion

Tuesdays, December 6, 2022 - January 3, 2023

Want to more deeply explore some of the blessings of the Christmas season? Please consider joining me and others for a discussion group of Unity's 2022 Advent booklet, [A Christmas of Light and Peace](#).

Note: You may pick up a copy of this booklet at Unity of Olympia, or order a printed or electronic copy from the link above.

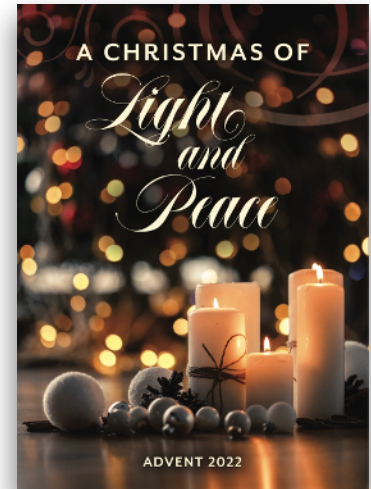
What: Discussion Group of Unity's 2022 Advent booklet, [A Christmas of Light and Peace](#)

Where: Online/Zoom (see link below)

When: Tuesdays Dec. 6, 2022 - January 3, 2023

Cost: By donation

Facilitated by: Audrey Pitchford [she/her/ella](#), LUT



Please register on our website at [www.unityofolympia.org/Events](http://www.unityofolympia.org/Events) to receive the Zoom link.

### Sacred Women's Circle: Connections, Prayer, and Meditation

I am hosting a sacred women's circle at my home (not church).

Thursdays from 5:00-7:00 PM

It is not necessary to attend every week. Because of family needs and plans, I am unable to host every week. I will let everyone know on Sunday the week before via email whether the group is meeting or not.

The format will be a light dinner from 5:00-6:00, while we gather. I will provide the meal, if you want to bring something, just let me know. The actual circle will begin at 6:00, beginning with sharing, then followed by a sacred reading, prayer requests, music, and meditation.

I respectfully request that you do the following:

- Let me know if you are planning to attend.
- Be fully vaccinated against COVID. Let me know if you want others to wear a mask.
- Bring a journal, writing utensil (or colors), and a sacred object.
- Arrive prior to 6 PM. (We will then be in prayer or meditation.)

Please register on our website at [www.unityofolympia.org/events](http://www.unityofolympia.org/events) to receive my address and contact information.

I am hoping you will join us. In peace and love, Linda Ihrig



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## New Thought Bible Study Book Group

Saturdays, 9:30-10:45am

For the curious, the doubtful and the wishful thinkers. Drop-ins always welcome.

Many people believe the best way to study the Bible is to read the Bible but maybe it's not. Unity teaches that the Bible is the story of the evolution of consciousness; the changing awareness of humanity's relationship with God and one another. The Fillmore's (Unity's founders) were more interested in the meaning behind the stories than whether the stories of the Bible were factual or not. Current biblical and archaeological scholarship offers us information that just wasn't available a hundred years ago, or even fifty years ago. Join Rev. Terry on a new adventure in 2023 as we read texts from and about the Nag Hammadi library, the history of the Bible, and a few alternatives.



Register online under "Events" to receive the Zoom login. Join us according to your schedule and interest!

The Gnostic Gospels - Elaine Pagels  
Beyond Belief - The Secret Gospels of Thomas - Elaine Pagels  
The Gospel of Philip - Jean-Yves Leloup  
The Gospel of Mary of Magdala - Karen L. King  
How the Bible became the Bible - Donald L. O'Dell  
Alternatives - William L. Fischer

## World Peace and Harmony Meditation

December 15th at 6:00pm on zoom. Sponsored by Center for Spiritual Living Olympia. You're invited! On the 3rd Sunday of every month, we gather for no more than an hour to contemplate, embody and meditate on peace within ourselves and the world. As students of New Thought, we recognize the power of focusing our attention on that which we would like to see manifested. When we raise our individual vibration and consciousness it has a ripple effect moving out into the world to help raise the vibration of our shared Universal consciousness. When we do so with others the effect is amplified.

In an article published in the Nov/Dec issue of Unity Magazine, Rev. Jim Gaither, TH.D writes, "Regular meditation gives people more consistent access to their inner realm, expanding awareness and facilitating harmony....the more each of us expands our awareness and harmonizes with the universe, the more awareness and harmony there is in the world."

Please join us as we experience more peace and harmony within ourselves & radiate that experience of peace and harmony out into our communities and the world. We look forward to sharing this sacred time with you.

For more information, please sign up here: <https://cslolympia.org/world-peace-meditation/> or contact Barb Yanagimachi at 360-359-0533 (text or phone) or our admin assistant at [cslolyoffice@gmailcom](mailto:cslolyoffice@gmailcom)



### 30 Day Challenge: *Now is the Time*

You are welcomed to join the Unity Community for an empowering start to your 2023.

The new year is a popular time to initiate ideas for changing - lose weight, exercise, save money, be nicer. Unity is settling into a new home at Temple Beth Hatfiloh. Join the annual Unity 30 Day Challenge to support you in the results you desire.

Identify the habit or behavior that you want to modify, release, or add. Maybe you want to read daily or reduce snacking. Write it down with as much detail to help you get clarity.

Make a commitment to stay with the program 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 there will be an e-blast with power statements and ideas for Acts of Kindness.

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 29th in the fellowship room at the Temple. We will celebrate after the service to share our experiences. Bring your financial contributions.

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 2023 Challenge is \$5000.00, which contributes to the anticipated annual fundraising.

Here's to your best year yet!



## Visit UNITY VILLAGE with your Unity Community.

Start setting aside your funds now. Total cost is approximately \$1500 pp.

Let's take a trip! Join Reverend Terry at Unity Village in May of 2023. This is a great opportunity to connect more deeply with one another, enjoy Unity Village, explore its history and much more. Unity Village staff are committed to creating an experience of joy for us. Actual registration and fees are yet to be determined. More information will be shared as it becomes available.

## Come Home to Unity Village

*May 4-9, 2023!*



### Trip Details to Include:

- Lodging at the newly renovated Hummingbird Chateau
- Participate in the opening ceremony for the new Labyrinth on World Labyrinth Day, May 6th.
- Meet with Unity World Headquarters CEO Jim Blake
- Tour of Unity Village including Unity Worldwide Ministries new offices on site
- Visit to the first Unity Headquarters & Publishing House at 9th & Tracy in Kansas City
- Visit to the Unity Temple on the Plaza.



**Sign up in the lobby or online if you are interested in learning more!**

**Questions? Contact  
[office@unityofolympia.org](mailto:office@unityofolympia.org)**



## Something new is on the way!

The word "Advent," from the Latin for arrival or visit, reminds us that something unusual, noteworthy, and rare comes to us at Christmastime. And reminders of this arrival are everywhere! We read Bible stories about angels visiting Mary, Joseph's dreams, and the shepherds. Artwork depicts three wise men visited by a star and visiting King Herod. And even the background music at the grocery store mentions the arrival of the baby Jesus, while his parents travel out of town and seek shelter in an unlikely place.



If we look at traditional Christmas stories from a metaphysical perspective, we may remember that something new is always seeking to be born in our lives. Isn't winter a great time to ponder this? Outside, the natural world appears lifeless. Bare branches reach into the sky while the rain pounds piles of brown leaves into slimy, slippery mush. But we know that Life is present even in the naked trees and the cold ground, waiting for springtime to emerge! As a community, we remember that every ending is a chance for our good to begin again.

Christianity has often viewed Advent as both the preparation for the birth of Jesus, and the "second coming" of Christ. Unity co-founder Charles Fillmore interpreted this second coming as the expression of Divine Fullness through human souls, something that may happen daily or at any time of year. As we walk through Advent together, we remember that endings are part of new beginnings. We focus on and affirm our [Divine Power of Life](#), one of 12 spiritual powers in the Divine and in each of us, that Unity acknowledges in the month of December. We remember that our brother and way-shower Jesus the Christ is quoted as saying he came that we may have life, and have it in abundance.

Want a deeper exploration of these ideas? If yes, I invite you to please consider joining me and countless others worldwide as we read from Unity's 2022 Advent booklet, [A Christmas of Light and Peace](#). Copies of this booklet may be downloaded at the previous link, or picked up at Unity of Olympia. And if you are interested in connecting with others reading this same booklet, I invite you to please consider joining our Zoom [discussion group](#), which will be on Tuesday evenings Dec. 6-Jan. 3 from 7-8:30pm, and is open to all.

Friends, affirming that each of us is the light showing the way, the peace in the storm, and the Life that is always present. Blessings to you all during Advent, on the Winter Solstice, during Christmas and always, with love, your Licensed Unity Teacher Audrey Pitchford [she/her/ella](#)

## Lunch Service for the Homeless Shelter

The ongoing service project that Unity of Olympia has been participating in, known as the Wednesday Lunch Service, is still in full swing but there have been a few changes. Now it is easier than ever to participate in this shared community service project, and we invite you to consider joining our efforts to serve the hungry.

Now that the community at Unity Commons has had a chance to settle, we have more flexibility on BOTH the dates we deliver as well as the time of day that the food items can be taken. It is now possible for folks to create their own "community group" or volunteer on an individual basis and a group will be created for you. Here are the important details:

- Lunch service is for 30 individuals (although there are options for up to 60 any one day for either lunch OR dinner)
- There are no long-term commitments, help when you can
- We currently serve twice a month.

Are you in? Please contact the official chairperson for this project, Cathy Evans, by email at [evanscl@earthlink.net](mailto:evanscl@earthlink.net) or by phone at (360) 489-0885.







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

The Interfaith Works program *Resetting Our Sacred Table, The Path of Healing*, on November 22, set the stage for our new location at Temple Beth Hatfiloh. This live event was inspirational and a reaffirmation of our part in a large community that values understanding and cooperation. The music and speakers represented a broad swath of the faith community.

In the center photo, you will see the Peace Singers which included our Steve Mazepa. The keynote speaker on the left was Jerad Koepp, the Washington State Teacher of the year, speaker, and resource for indigenous studies. He wove an Indigenous Creation story together with his family story of being Native Americans. Valuing the sacred earth and animals, he put the story of the Pilgrims & Indians into context.



The Interfaith Works **Raise the House** campaign is still underway to financially support the wonderful work happening at Unity Commons. Learn more at [2828MartinWay.org/Campaign](https://2828MartinWay.org/Campaign) If you want to know more about Unity Commons please go to [IWShelter.org/Unity-Commons](https://IWShelter.org/Unity-Commons)

**Sergio's** will be a daytime resource center to connect people with hygiene services, vital social services like medical and mental health care, and overflow shelter during inclement hazardous weather and short-term emergencies. This is located at 3434 Martin Way and is just passing its final inspections.

**Save the Date for the Eye-2-Eye** event On February 11, 2023. This is a big, fun fundraising dinner. This event will share the homeless services program in 2023. There will be more detailed information in January.

Sandy Crowell and Ann Chenhall, Unity Representatives