

January 2023

A Year of Grace & Gratitude

JANUARY



Grace

*Grace and gratitude lead me to
a deeper awareness of God.*

Dear Friends,

Happy New Year! As I write this letter, I'm so excited to see you all in our new temporary home at TBH. The end of an era has come upon us, and we are in that stage we all go through as adolescents. We are officially "tweeners".

It seems to me that the month of January is the perfect time to enter the wilderness. Having called forth and affirmed the birth of the Christ within humanity through the Christmas season, we now practice letting go and affirming our willingness to move into something new. Sunday services in January are opportunities to stretch and grow our divine power of Faith. We affirm the infinite possibilities in our future will coalesce through the grace of God. We engage in gratitude in advance.

The 2023 theme provided by Unity World Headquarters at Unity Village is **Grace and Gratitude**. TBH has extended their grace by sharing their spiritual home with us until we find our next right and perfect home. It's beautiful and I've no doubt that all our needs will be met there. The Hebrew words at the front of the sanctuary translate to "A House of Prayer for All People". Certainly, they are living into that message.

Friends, I'm so grateful to be on this journey with you. Daniel Nahmod's words keep playing in my mind: "Bring it on: Everything different, everything new. I am ready for my next thing to do. Oh, I know it's going to be everything true." Together we move mountains.

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

**Unity of Olympia @TBH
Office hours:**

By Appointment Only

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Olympia, WA 98501
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office@unityofolympia.org
www.unityofolympia.org

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 and on FaceBook at 10:00 on Sunday mornings. It continues to be available for viewing on Facebook and YouTube following the service.

January Talk Titles:

January 1 – Release & Renew – Burning Bowl Re-imagined – Reverend Terry Murray

January 8 – Everything New – 30 Days to Fearless Living – Reverend Terry Murray

January 15 – A God that Looks Like Me – White Stone Ceremony - Audrey Pitchford,
Licensed Unity Teacher

January 22 – Spiritual Experience - Faith as a Power and a Practice - Reverend Terry Murray

January 29 - Celebrating Divine Life – A Taize Service – Reverend Terry Murray

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.

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

Hello Unity Family--

I do hope you all have had an enjoyable holiday season. And now as the new year says hello, we shift into our new space. It is so comforting knowing that we all will be walking this change together-- after all, It's the foundation of family that makes each Sunday so memorable!

Thank you to each of you who attended our musical holiday events, including Solstice-- I look forward all year to spending this sacred time with you.

I just read an amazing quote from an unknown author-- see how it feels:

"Every year you make a resolution to change yourself; this year, make a resolution to be yourself."

Now what could be more liberating than that? I know that for me, the more I allow my authentic self to shine, the calmer my nervous system is-- ahhhh finally! And it's not a delirious resolution to give up all things sweet! Lol

As for January music-- this month, Terri Charles and I will be performing and Steve Mazepa will be joining as a special guest later in the month-- but other than that, I have not scheduled a guest performer. The three of us absolutely love sharing music with you-- you're such a gracious community and we thank you kindly!

I look forward to seeing each of you at the Temple-- good things are comin' our way!

Warmly,

Janene Cummings
Music Minister



Youth and Family Ministries

2023 January YFM News

by Lisa Petrich, YFM Director Unity of Olympia

Welcome January! A sincere, Thank you to all of the friends of Youth and Family Ministry that helped us move our space to TBH. Many hands make light work, and I couldn't have done it without the people who shared their time to pack and move our stuff to the new space. I have so much gratitude for our community! The YFM is in and up and ready to go for the second Sunday of January!



Also, we had a successful Solstice with 26 attendees - 10 adults and 16 children! People loved painting, coloring, reading and more! Thanks to all who attended!



Continuing through January the focus for all ages will be based on THE FOUR AGREEMENTS, by Don Miguel Ruiz. We will be using DIANE VENZA'S curriculum to guide our virtual and in person lessons. We will spend one whole month on "Always do your best." Students will explore how God helps us to be brave, taking action on their ideas, keeping agreements with themselves, and why God is Life! Please follow along with the lessons that are posted on the website for the month and enjoy the extra videos and ideas that go with each lesson.



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



Board Chair's Report

In October, Suz Aird resigned from the Board of Trustees due to a move to the mid-west. In her place, Susan McClure has been appointed to serve until the following annual meeting. Welcome Susan!

The Board of Trustees gathered for their December meeting with a potluck at Nancy Camenzind's home to celebrate the season.

The Board approved, and our community welcomes, five new governing members to Unity of Olympia: Larry Modes, Stacy Suin, Susan Roberts, Rodney Jones and Carol Nietzelt.

A new policy was approved that directs a Unity team, chaired by the Treasurer, to perform an annual review of Unity of Olympia's finances. This is in lieu of spending hundreds of dollars to hire an outside entity to do an audit. This review, performed yearly for the last two years, finds our bookkeeping to be without errors.

Our new policy assures that the review will continue to be done annually.

Unity's current policy regarding accepting funds says that we do not accept funds for a dedicated purpose, unless approved by the Board. That means that all monies received go to the general operating fund. Due to the anticipated upcoming expenses for buying and moving into a new permanent location, however, your Board made a new policy in November. We will now accept dedicated funds for the purchase of a new home.

Wishing you a Joyous and Prosperous New Year from your Board of Trustees!

Nancy Camenzind, Chair



Treasurer's Report

Here at Unity of Olympia we believe in prosperity. As treasurer, I have the privilege of seeing it in action as I marvel at our spiritual family's generosity in supporting our church. It is with great joy that my report for this first newsletter of 2023 can convey conscious contributions that have exceeded numbers I have ever seen, which includes two years as treasurer more than 15 years ago. In short, in consecutive months, individuals donated \$5,000 (designated for the funds for our eventual new home), \$6,000 and \$7,000. Additionally, another individual contribution of just under \$4,000 arrived as well as a recent one of the brought our donations in one week up to \$11,378!



To be clear, the church does not live on large contributions of this sort only. Each person who has chosen to support the church at any level is doing her/his part to keep our spiritual home fiscally stable. Every contribution, no matter how big or small, adds to our abundance. It makes me to realize that our community recognizes the value of our church community and that we are already stepping forward with support of our new home.

As a result of ALL contributions, our checking account, which normally sits between \$35,000 and \$40,000, currently stands over \$68,000. The council is pursuing means of investing some of these funds in secure and insured CD's so that we can earn interest while we determine our next location.

Much like the support of the children of the Evergreen Vista Apartments and our ongoing support of meals for the Unity Commons, our congregation has shown its prosperity for our own well-being. I'm proud to be the overseer of this tangible display of generosity. As we move into the Temple as our interim home, I feel blessed knowing that our congregation is prepared to move into the future with open hearts and minds and that our finances will remain strong during our search for our new spiritual home.

Greg Psaltis

Unity of Olympia @TBH

Welcome to our new spiritual home at Temple Beth Hatfiloh! Unity of Olympia, lovingly dubbed "Unity of Olympia @TBH" while we call this building home, will hold Sunday service and other events at this location until we discover what is next for us. Here are a few things to keep in mind while we are in this space:

TBH is a secure location. This means that the doors to the building remain locked at all times.

- Access to the building is granted based on event attendance. Please be prepared to state the name of the event you are attending, as this will be required before you will be admitted.
- It is very important to always be on time for every event - including Sunday service. Once the service or event begins, you may not be able to enter and participate.

We are grateful you are here and deeply appreciate your cooperation and assistance in this.

Event Information & Sign-Ups

We have a new process for event registrations! All classes and events will be listed on our website at unityofolympia.org/events. Where possible, we encourage you to help us save paper and sign-up online!

There is an easel located in the fellowship hall that will have flyers for upcoming events, along with a single sign-up sheet should you be unable to utilize the website. Please be sure to clearly write your name and information and indicate the specific event you are registering for.

Where possible, we are introducing QR codes to aid in the registration process. These black and white square symbols can be accessed using your smart phone's camera setting. When you point your camera at the code, your phone will recognize it as a QR code and when you tap on your phone screen on the highlighted square, it will take you directly to the registration page on our website! Give it a try!

Announcements

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.

If you would like to learn more, or are seriously planning to participate in this trip - please join us for a meeting right after Sunday service on January 8th in the sanctuary!

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 Unity Temple on the Plaza.



SCAN ME



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

Questions? Contact
office@unityofolympia.org

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 your 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!

Register online or scan the QR code with your smart phone photo setting to start receiving your weekly emails!



OU Men's Breakfast

Wednesday, January 11th at 8:00am

River's Edge Restaurant
4611 Tumwater Valley Golf Course
Tumwater WA 98512

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.



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 Temple Beth Hatfiloh and is facilitated by Nije' Pinder. Donations are accepted. Questions? Contact office@unityofolympia.org. Please note: if this is your first time attending, plan to arrive 10 minutes prior to 6:00pm. Thank you!

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

Facilitated by Linda Ihrig

Thursdays from 5:00-7:00 PM at her home

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 to receive my address and contact information.



New Thought Bible Study Book Group

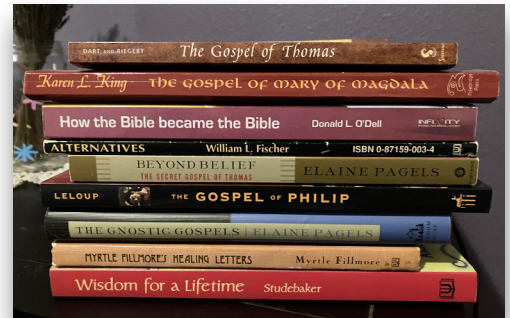
Saturdays, 9:30-10:45am via Zoom beginning Jan. 21!

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



SCAN ME

Spiritual Mind Treatment Workshop

Saturdays, February 4th & 11th from 1:00-4:00pm

Location: Center for Spiritual Living, 3437 Libby Road NE, Olympia, 98506

Facilitated by: Rev. David Robinson

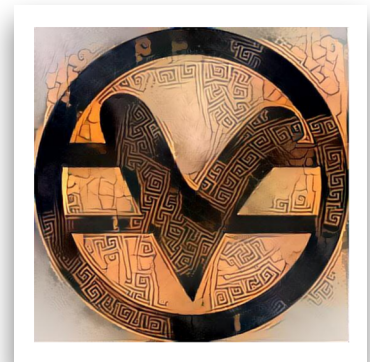
Cost: Suggested \$50 conscious contribution - pay what you are able, no one turned away.

The practice of affirmative prayer can transform your life as well as those you support! We invite you to join with Unity of Olympia's Prayer Team as well as members of Center for Spiritual Living in this class on affirmative prayer. Rev. David will lead this two-class series for you to dive into learning more about this powerful process.

Register online or scan the QR code for more details.



SCAN ME



Creating A Rule of Life

As this New Year begins you are invited to dive into a contemplative practice called “A Rule of Life”. This practice has been used in monastic life since the 6th century.

The purpose? A rule of life is to make a commitment to become more aware of the Divine in your life and experience a deeper connection to the Divine on a daily basis. It is a promise you make to Spirit to live every day as a divine expression to the very best of your ability. This practice is gentle, inviting you inward, without a time frame or an expiration date, right or wrong. Your rule of life will change as you change, grow as you grow.



To start, reflect on these questions:

Who do I want to be? How do I want to show up in the world?

What makes my heart light up, bringing me joy?

What practices make me feel connected to the Divine?

As you reflect, it is helpful to write notes, journal, create a vision board, or meditate. Re-frame your answers into affirmative statements. Finally, reflect on your affirmations to make sure each feels perfectly right to you. Say them out loud, place them where you can revisit them daily.

My rule of life began with a vision board, created many years ago at a prayer team retreat. The vision on that board still resonates with me today. It answers that first question about who I am and how I want to show up in the world: to be awakened, to connect, to be a guide for others. It hangs behind me in my office and speaks to me every day. *I am present, aware, and awake to the sacredness of each moment.*

The second question, what brings me joy, took me much longer to discover. There were some obvious things-music, hosting, deep conversations, and walking in nature. But I was quite surprised when painting showed up for me, not for public display, but for the process of creation, private inspiration. *I am open to Divine ideas.*

The third question illuminated what connects me to God, the purpose and practices for my life. It is these practices that keep me grounded when life gets tough. Through prayer and meditation, journaling and poetry, communing with the natural world and people, I practice being present. Through all of life's joys and sorrows, with all of life's unanswered questions, in all that I say and do, I am connected. *I am living in gratitude.*

When I feel stuck or when I am joy, I return to my rule of life to guide my actions throughout each day:

I am present, aware, and awake to the sacredness of each moment. Through the practices of prayer, painting, poetry, and presence, I am open to Divine ideas. I am living in gratitude.

Blessings on your journey, friends,

Linda

If you want more information or awareness of this practice, view “What is A rule of Life?” from the Northumbria Community or “Crafting A Rule of Life” by Stephen Macchia. I will also be happy to share more, just ask.

Envisioning Our Future

Open hearts, open minds...

As a community, we have come together to envision a future where we are both serving and served by the space we inhabit. We have made the bold move to not only move our physical beings to a new church home, but to also be brave enough to embrace the unknown. To be open to new ideas and infinite possibilities. In this spirit, we would like to share interesting and thought provoking information through various articles we read or threads we come across. Join us in expanding our understanding of what a spiritual community looks like, and what our future could hold. Click on the hyperlink below to read an article on this very topic. Have an article like this you'd like to share with the community? Email office@unityofolympia.org and let us know!

What are we rebuilding and why?

(<https://faithandleadership.com/what-are-we-rebuilding-and-why>)

Community Outreach

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 or by phone at (360) 489-0885.

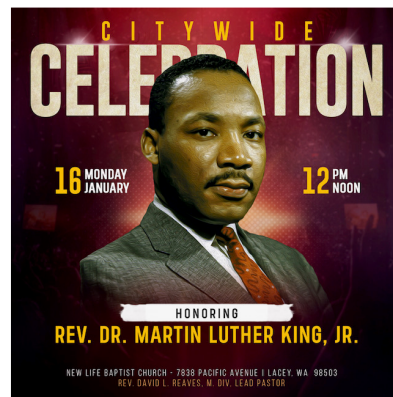




*Social justice and peace
through interfaith understanding
and cooperation.*

Save the dates for two big Interfaith Works events coming up at the beginning of 2023. These are great opportunities for participating and supporting our wider community in peace and understanding.

Sunday, January 15, 12-1:30 Silent Meditation Peace Walk, Meet at Marathon Park at 11:45 to walk around Capitol Lake, led by Buddhist Koro Kaisen Miles. This is to celebrate Martin Luther King Jr. as well as a re-pledging of our allegiance towards both inner and outer peace. Dress warmly and be ready for introductory inspiration. This event will be followed by a community-wide celebration at the New Life Baptist Church at 7838 Pacific Avenue in Lacey on January 16 at noon.



Saturday, February 11, Eye-2-Eye, 6th Annual fundraiser dinner for Interfaith Works Homeless Services. Details will follow in January. Lutheran Church of the Good Shepherd will once again host this big community event. This will be a sharing of our journey over the past 2 years and all that is on the horizon for the IW Homeless Services in 2023. Each faith community will be asked to donate a gift basket for the silent auction so begin thinking if this is something you feel called to help. There will be limited tickets, buy them early.

Extra Shelter for Extreme Cold, Overnight Code Blue, 8 pm- 8am for 25 beds, Upstairs at First Christian Church. Thurston County Public Health declared an emergency in December and will add days when necessary. Donations of Cup o'Soups, granola bars, blankets, hand warmers, gloves, socks are welcomed when this shelter is open. When Sergio's opens in January it will help the unhoused.

Ann Chenhall & Sandy Crowell, Unity Representatives to Interfaith Works