

July 2023

A Year of Grace & Gratitude



Dear Friends,

"I serve for the joy of service." Having just returned from a week spent at the Unity Worldwide Ministries Convention, I am overwhelmed with the number of people who serve our Unity movement, co-creating with the Spirit of Truth and Love to bring about "a world powerfully transformed through the growing movement of spiritual awakening."

I spent a day with more than a dozen SpiritGroup leaders from around the nation, focused on Inspiring Infinite Connections within their ministries. I spent an afternoon with about 50 spiritual leaders as our CEO Shad Groveland presented his vision for the Unity movement in his workshop aptly named "The Power of Focused Ministry."

I was present for graduation, licensing and ordination ceremonies as dozens of new ministers celebrated the completion of their education. They are prepared to become vital leaders within our movement. And I participated in the business meeting, voting on bylaw revisions and new board members, ready to serve our movement.

The work we do as Unity of Olympia is powerful and changes lives for the better. It happens because of the loving service of more people than we can ever know. And because of the service you bring to this ministry. Through your hands, hearts and minds the Divine Presence blesses every person who walks into our community.

You are making a difference in the world.

Love & Laughter - Rev Terry

Sunday Celebration Services 10 a.m.

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

Rev. Terry Murray, Minister

Board Members:

Greg Psaltis, Chair
Addie Robinson, Vice-Chair
Diana Ehri, Treasurer
Susan McClure, Secretary
Elmo Modes, Member

Staff Team Members:

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

Unity of Olympia @TBH Office hours:

By Appointment Only

Physical Address:

201 8th Ave SW
Olympia, WA 98501

Mailing Address:

PO Box 1523
Olympia, WA 98507

(360) 943-5757

office@unityofolympia.org

www.unityofolympia.org

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

May 11th brings the official end of the pandemic state of emergency. People may choose to wear masks or not. We pray knowing the wisdom of the Divine is making itself known within. 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.

U of O's Mission is to:	Our welcoming community Values:
Celebrate	Personal connection
Meditate	Celebrating diversity
Learn	Authenticity
Serve	Evolving spirituality
Affirm the Divine in all	Service



Hello Unity Family--

Wishing you all a happy 4th of July-- I love this month of patriotism paired with plentiful PNW sun!

When I was growing up, the 4th of July meant a big family gathering with outdoor games, grilling and mouth watering homemade ice cream. Most all of our gatherings included music, and whether it was me and my sisters and cousins performing, or me accompanying the entire family in a round of old gospel favs, music always played a big part.

Speaking of singing-- I do hope you enjoyed the Unity Choir's 1st performance last month-- what a talented, enthusiastic bunch! We look forward to this month's performance on July 23rd-- we hope it brings a smile. It's never too late to join if you feel led to sing with a fun-loving group-- just drop me an email.

This month, we have the privilege of Robyn Fisher returning once more to share heart and soul through her amazing sound. She will be performing Sunday, July 30th-- come tap a toe and say hello!



Each Sunday, beginning at 9 a.m. there's a host of folks that come to ensure that the service runs smoothly-- most are volunteers. This backbone of service is amazing-- my heart is warmed at seeing familiar faces faithfully manning their posts. To be part of such a fabulous team is truly a blessing. If you feel led, reach out to a Sunday volunteer and let them know how much you appreciate them-- I know I sure do!

Wishing you all a joy-filled July!

Warmly,

Janene Cummings--

Music Director

July 2023

Youth and Family Ministry, Lisa Petrich - Director

Greeting the Youth and Family Ministry!

New Curriculum - Music, Art and Butterflies!

This past June was filled with stories about caterpillars and their journey as they transform into butterflies. We will continue the theme in July with lessons on butterflies and their magnificence in this world. The goodies continue as we remind one another of the process we are all in to transform our thinking and our lives into ones of spirit filled possibility and God centered growth. So please come and share in the Youth and Family Lessons as we connect and regroup for the upcoming Fall season.



Check it out - Interfaith Works Summer Camp! When - July 24 through the 28th from 9-3. I plan to help with this camp and be present through the majority of the activities. Also a reminder that this camp is FREE! More information can be found at <https://www.interfaith-works.org/blog/summer-camp>

Unity Worldwide Regional Events! There are youth events for all ages being shared for the summer - please check out the weekly bulletins for more information! Or visit: <https://www.unitynwregion.org/Youth-Events>

Guest Teachers this SUMMER!

I'd like to introduce the children to different crafts, musical instruments, ideas or cultures. Maybe there is something you love to do that you would like to share with our families? I have ideas - we would just love your energy to be part of our team! Guest teachers will be throughout the summer til Mid August. I can be there most Sundays to help guide and direct the youth, so you won't be on your own. Let me know if you are interested!



Treasurer's Report

by Diana Ehri

Prosperity Corner

"There is always enough—money, health, time, creativity. True prosperity lies in knowing Spirit as your unfailing source of abundance. Living the abundant life begins not by changing or rearranging people and things around us, but by gently and quietly opening our eyes to the miracle of the moment and to God. When we do this, an inner spiritual awakening takes place that alters our perception. We see with new eyes."

Unity.org/article/living-abundantly

Opportunity for Abundance. We will be conducting our annual financial review on August 15th. It will take a few hours to complete. We need one person who is not on the finance committee to assist with the review. If you are interested, please let Diana Ehri know at 360-259-4256 or DianaEhri@gmail.com.



Now for the blah, blah, blah Our income for the month of May was \$11,945.63. Expenses totaled \$19,216.22 with a negative ending balance of \$7,270.59. Checking/savings account balance as of May 31, 2023, is \$26,675.30. Don't be alarmed though, our expenses vary widely from month to month because of the inconsistent flow of expenses. Thanks to your generous contributions our year-to-date balance is right on target at a negative 10 cents. As always, we greatly appreciate your continuous support through the automatic giving program.

Prepare for big changes

From Alban at Duke Divinity School

One of the most difficult tasks for any leader is making change that lasts. Behavioral economics tells us about “status quo bias”: a cognitive or emotional preference that conditions people to favor the current or previous state of affairs. Leaders mistakenly assume that resistance to new ideas is rational. In fact, some of the resistance is due to the enormous creative and emotional effort it takes to change individual and group behavior.

In his book “The Heart of Change,” John Kotter describes the critical elements involved in making big changes. It is tempting to initiate change by giving people facts and figures, but Kotter urges leaders to choose a different path. The key is to use “compelling, eye-catching, dramatic situations ... to help others visualize problems, solutions or progress.” People must see and feel the problem and potential solutions before they are open to change. Leaders must be careful not to be manipulative, but they need to be convincing.

Making big changes in churches is a complicated undertaking because the authority needed to make the change does not always rest with the person responsible for the change. Members who have been part of the congregation for a long time — long before the current pastor’s arrival — often wield significant informal power in institutional decision making. Pastoral leaders need to learn how to cultivate trust with these individuals.

For some changes, spreadsheets and charts may be useful — at some point in the process. In most circumstances, however, leaders need to figure out how they will help people see new possibilities. Leaders need to gauge the best approach to understanding how people feel about the issue, and not just what they think about it. What images present the problem in the most compelling way? What stories can help you shift people’s feelings from complacency to urgency? If a leader can answer these questions, she can begin the process of making big changes.



Construction @TBH

If you have been attending Unity @TBH in-person lately, you likely have noticed that the parking lot and courtyard are getting an upgrade! One that we will get to utilize once it is completed as well! But to that end, construction comes with some inconveniences as well. For the next few weeks, the doors we normally enter through from the parking lot will be inaccessible. We will need to enter via the back door in the alleyway. We do not know when construction will be completed, but we will keep you informed. Of note: there are several steps in and out of this entrance, so if you are someone for whom stairs present a problem, we invite you to enjoy our streaming service from home so that you are more comfortable during this transition. We do apologize for the inconvenience, and we will hold the vision that the construction project will complete in a timely manner!

Flower Donations Appreciated

The Flower Team is looking for some help. During the summer months, members Karen Berg and Addie Robinson very generously share the abundance of their beautiful gardens. But in the wintertime, flowers are purchased between the 4 members of our team. If there is anyone out there who would like to bring flowers on a Sunday throughout the remainder of the winter and into spring, or donate funds to help offset these costs, please text Terry (360-464-5715) or email her (t9obtl@comcast.net). Thank you in advance for your assistance.

Unity of Olympia @TBH

While we are here holding Sunday service and other events at this location until we discover what is next for us, here are a few things to continue to keep in mind:

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.

SpiritGroups: Hats for the Houseless - Hugs for Hope

Calling all knitters and crocheters. Do you want to use up all that extra yarn you have been accumulating and put it to good use? Carolyn Hendricks would like us to make hats for the houseless and Diana Ehri would like to make pocket hugs for Chemo Bags of Hope. If you are interested in forming/joining a 4H SpiritGroup, please contact Diana for more information at 360-259-4256.



Getting to Know U of O Class

Facilitated by Rev. Terry Murray

Sunday July 9th from 1:00 - 2:30pm @TBH

If you are relatively new to our community and would like to know more about who we are and what we do, consider joining us at our next Getting to Know U of O on July 9th!

This gathering offers a way to connect to current members of our community, learn a little about the history of Unity of Olympia, as well as what we are all about as a spiritual center. There will be a mix of new faces and long-time members present to mingle with and get to know us a little better.

You are welcome to register on our website or just show up! You are welcome here - please join us!



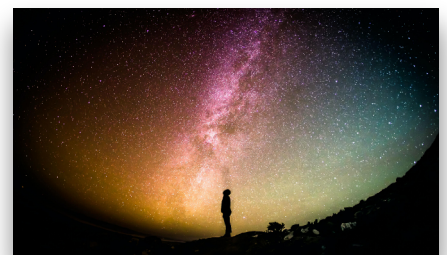
Spiritual Explorers - Women's Book Study Group

Thursdays from 11:00am - 12:15pm

Women Seeking Exceptional Spiritual Growth

The Spiritual Explorers book study group is beginning a new year in July. The group provides a safe place to explore spiritual beliefs, religious historical context, and evolutionary trends in a variety of traditions, providing an avenue for spiritual unfoldment. Members engage, learn, nurture, and inspire one another in pursuit and discovery of joyful, and loving lives. Rev. Terry will begin the year with the group, and then the group will be cooperatively led by the members.

The maximin capacity for the group is 12 members. Interested?[Contact Mary Ellen Psaltis](#)



There's room for one more...Dinners for Six

Would you like to be part of a monthly dinner group? The primary purpose is for personal connection over a meal. Groups will decide their own operational format and meet for about 4 months at a time. Additionally, groups will be encouraged to have enough food so that an extra person (or maybe 2) new to our spiritual community could be invited for a single evening to get acquainted with more people and to see if Unity is a fit for them.



Sign-up to join! New groups forming to begin in September!

OU Men's Breakfast

Wednesday, July 12th at 8:00am

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



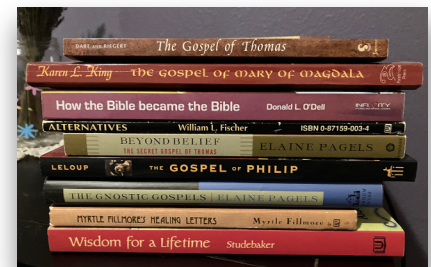
The OU Men's group meets the 2nd Wednesday of every month. We'd love for you to join us! Questions? Contact us at office@unityofolympia.org.

New Thought Bible Study Book Group

The Gospel of Philip, 9:30 to 10:45 on Zoom

Next book to begin on July 1st - The Gospel of Mary of Magdala: Jesus and the First Disciple by Karen L. King.

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



Consider joining us for a thought provoking study of a heretical gospel - lost and now found. The story and teachings of Jesus as understood by Mary of Magdala were shocking to the men the canonical gospels call the disciples. Instead of Jesus being presented as the "son of man," the early 2nd century author of this gospel introduces us to the "child of true Humanity" that is present in everyone! Truly a gnostic gospel that whispers its alliance with our principles and traditions in Unity.



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!

World Day of Prayer Is September 13–14

Affirmative prayer can transform our lives. Every September, we celebrate this with friends from around the globe on World Day of Prayer. It is our privilege to invite you to join us at this year's event. Learn more and register at <https://www.unity.org/article/world-day-prayer-2023?PromotionCode=EP610500>



Basking in the Summertime:

Summer is a great time to tune in to the natural beauty of the world -- the longer days, the warm sunshine, the full bloom of leaves and flowers all around. It is as if everything around us is inviting us to breathe, relax, and be fully present.

Summer can also be a very full time -- we may wish to maximize the warm weather with activities such as fun with friends, travel, enjoying the outdoors, going to a Mariner's game, and even yard work and home improvement projects. With all this activity, summer can pass quickly!

We know that in each moment, no matter what is going on around us or within us, we can always return to our center, and our knowing of the Divine Within ourselves and within all. We can always breathe, relax and be fully present in a place of peace.

[Unity.org](https://www.unity.org) shares 12 free tools for achieving inner peace, most of which can be done anywhere, at any time. Which of these practices are already blessing your life? Which may add further peace to your summer experience?



- 1. Pause and take a deep breath.**

Even if it's just five seconds, connecting to the breath will help you stay centered.

- 2. Put your hand on your heart and connect.**

Feel your heartbeat. Remember, you are human.

- 3. Look up and watch the sky.**

What do you feel? What can you imagine?

- 4. Take off your shoes and feel the earth.**

Take a few breaths as you do this. Remember that the ground is always holding you up.

- 5. List three things to be grateful for.**

Pick up a journal, take five minutes, and put your gratitude into words. Wherever your attention goes, energy grows.

- 6. Reflect on your greatest accomplishments and achievements.**

Give yourself a pat on the back for a job well done. Remind yourself of what you know you are capable of. If you've done it before, you can do it again.

- 7. Notice what in your life brings you joy.**

Give yourself permission to take five minutes and attempt to soak up the joy that is already present in the moment. You are allowed to feel it. Listen for it, acknowledge it.

- 8. Use positive affirmations.**

Positive affirmations are a great tool for staying centered. Grab a journal, or just voice some affirmations out loud. This is a great way to remind your mind of your innate divinity.

9. Release what doesn't serve you with eliminations.

Just as we affirm the positive, we can eliminate thoughts and beliefs we have come to regard as false, negative, or limiting. Denials are often partnered with affirmations. Together, they go hand in hand to release false beliefs and make room for truth. Grab a journal and write an elimination next to your affirmations.

10. Call a trusted friend.

Nobody can do it alone. Humans are interconnected for a reason. If you're struggling to stay centered, don't hesitate to reach out to a loved one. Whether you want advice, or just want to vent, you may be surprised by how much better you'll feel afterward.

11. Call Unity Prayer Ministry.

No matter what, [Unity Prayer Ministry](#) (Silent Unity®) is always there to hold space with you. You can make a prayer request online or speak with a prayer associate by phone. All requests are confidential and free of charge.

12. Meditate.

Meditation is the conscious direction of one's attention to the inner self. Whether you prefer silence or a guided meditation, take a moment to relax your body and mind as you feel the stillness.

However you spend your summer, the Prayer Team affirms with you that you are accompanied, blessed and loved in each moment, in tune with Divine inner peace.

Audrey Pitchford, your Licensed Unity Teacher

Join the Unity Choir!

Enjoy singing? Come join the Unity choir! Janene Cummings is looking for people that love to sing, music reading not required. This choir is all about sharing heart and soul through song.

There will be scheduled rehearsals some Sundays after service and a monthly Sunday morning performance. Bring your amazing spirit and musical talent and let's make a joyful noise!

Email music@unityofolympia.org



Honored at Unity Village!

The last week in June, Unity Worldwide Ministries hosted its annual Convention and many Unity Ministers, Licensed Unity Teachers, and congregants were on campus. They took a moment for Unity CEO Jim Blake to present Rev. Terry Murray, Senior Minister at Unity of Olympia, with a paver in the Tower Prayer Garden in appreciation for their generosity to Unity World Headquarters.





The Youth of Unity (YOU) Rendezvous is a 4-day communion with Spirit outside of Enumclaw, WA. Daily activities include large group workshops, small group discussions, singing, meditation, dancing, prayer and vespers.



Register via the QR code or on our website at <https://unitynwregion.org/event-5185883>



Summer Unitreat 2023

Camp Cedar Ridge in Vernonia, Oregon

August 21-26, Monday through Saturday

Cost: \$450.00

Who is Unitreat for? Unitreat is open to all Uniteens ages 11-14 and their sponsors or counselors.

What is Unitreat? This 6 day, 5 night retreat includes a hillside Slip'n'Slide, a Challenge Course, trails to explore, a swimming pool, camp fires, creative expressions, silence & prayer in nature, along with meditation. All while making friends with Uniteens from throughout the Northwestern Region.

Questions? Contact Chris via email at cbchris.2010@gmail.com.



Register via the QR code or on our website at <https://unitynwregion.org/event-5152366>



Thurston County Food Project - Green bag pick-up date is Sunday, August 6th!

Sharing Food. Building Community.

You want to help. We make it easy!

You are invited to join with us in partnering with the Thurston County Food Project to provide food for our community via donations for the Thurston County Food Bank. Unity of Olympia member, Karen Reddick and her three children have been involved in this project for several years in her own neighborhood and they are hoping to extend their reach even further by collecting bags of food from our Unity Community as well.

For the month of June we contributed to an overall, project-wide collection that resulted in a whopping 8,896 lbs of food donated plus \$2,645 in cash donations, resulting in a grand total value of \$18,835.72! That's worth 10,249 meals! Together we make a difference.

Here's how it works: When you sign-up, you will receive a Thurston County Food Project "Green Bag" to fill with food donations. Then on the first Sunday of every even month (February, April, June, August, October, and December) you bring your filled green bag to church with you and Karen and her children will exchange your bag with a new one, and take the food to the Food Bank for you. It's that simple! And if you'd rather support either of these donation-run institutions with a monetary donation instead, that is welcomed, too. Just be sure to notate the program your donation is intended to support (the Food Project or the Food Bank. Both are non-profits and welcome your donations to support their programs!).

Ready to join with us in August? Sign-up on our website! Questions? Email socialmedia@unityofolympia.org.



Thurston County Talk Article: <https://www.thurstontalk.com>

[/2023/03/16/food-friends-fun-create-heartfelt-connections-through-the-thurston-county-food-project/](https://www.thurstontalk.com/2023/03/16/food-friends-fun-create-heartfelt-connections-through-the-thurston-county-food-project/)

TCFP Homepage: <https://thurstoncountyfoodproject.org/>

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 and it is easier than ever to participate in this shared community service project. We invite you to consider joining our efforts to serve the hungry.

You can create your 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.



If you are interested in donating money, you can write a check to IFW and add "for shelter meals" in the memo line. The funds will be used to buy groceries for guests to use (ie milk, bulk rice, pasta, pasta sauce etc.).

Another option could also be getting gift certificates/cards from a restaurant (like Dominos pizza) that can be stored in the IW office for when they don't have a meal scheduled. 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.*

Interfaith Works July 2023

Our world powerfully transformed can lead through many paths. Congratulations to Sandy Crowell who has just been elected to the Interfaith Works Board of Directors. This leaves a need for someone else to join me, Ann Chenhall, on our Unity Representative team. The Interfaith Works Program Council is an amazing collection of representatives from many different spiritual communities in Olympia. We meet every third Tuesday 7:00-9:00, either in person at TBH or zoom from your home. We do not meet in August. Here are the Interfaith Works Mission and Vision statements to further clarify the goals of the organization:

Our Mission: Social justice and peace through interfaith understanding and cooperation.

Our Vision: Interfaith Works promotes interfaith understanding and serves the community through charitable, social and educational endeavors.

On June 20, our Program Council meeting was preceded by the Interfaith Works annual meeting. There was a brief, but important revision of the bylaws and a review of the 2023 IW Budget, beginning with a carry over from 2022. Much of the budget is related to the IW homeless services provided at Unity Commons and Sergios Day Center. Grants are the largest income source, payroll and benefits are the largest expense. Meg Martin inspired us with details of the operations of Sergios. Showers, laundry, bathrooms, charging stations, and expanding services are available for the unhoused during the day. Sergios is also available during extreme weather conditions. Plans are in the works for some job training. Tours are available when you contact Interfaith Works office to set them up.
www.interfaith-works.org 360-357-7224

Upcoming events:

- July 24-28, TBH- IW Summer Camp, Faith Explorations, Free, grades 2-6
- August 12 @ 7:00 Garden Party & Dessert to honor leaders in community & organization- Center for Spiritual Living, 3437 Libby Road NE, Olympia
- Planning will begin for Fall community events: Indigenous Peoples Day, Resetting our Sacred Table, Day of Remembrance

Ann Chenhall, annlc325@gmail.com

Faith Explorations

AN INTERFAITH WORKS
SUMMER CAMP

July 24-28, 2023
9 AM - 3 PM
GRADES 2-6

FREE

Donations
Warmly Accepted



CONTACT

Please contact Corey Passons at
corey@interfaith-works.org
if you have questions.

Masks are welcomed, but
not required. If anyone in
your household is sick,
please keep your kids
at home.



YOU are invited to Interfaith Works annual Interfaith
Summer Camp, Faith Explorations.

- ☀ Each day will feature excursions to local parks
and interfaith programming from volunteers
from the Interfaith Works member network.
- ☀ Kids will also be given a t-shirt which
they will tie-dye!



LOCATION

Temple Beth Hatfiloh
201 8th AVE SE, Olympia WA 98501



ORGANIZED AND SUPERVISED

Catherine Carmel, Director of Jewish Family Life and Learning
at Temple Beth Hatfiloh and former Interfaith Works Board
member, will organize and supervise our summer camp.
Learn more about Catherine online at:
www.Interfaith-Works.org/Events



REGISTER @ www.Interfaith-Works.org/Events