

June 2023

A Year of Grace & Gratitude



Dear Friends,

We are practitioners of a faith that relies not on appearances, but on enduring principles of love and spiritual growth. Many of us have focused our attention on our individual spiritual growth. This is a vital part of the legacy of Charles and Myrtle Fillmore. They forged a paradigm, new to their time, that we are co-creators with Spirit and as such, we have the power of God available to us and through us. In the Spiral Dynamics model, this comes directly out of Orange, the mastery of cause and effect, the use of the scientific method applied to spirituality and religion.

As the 20th century progressed, along with the spiritual maturity of humanity, our movement and its members became more and more interested in relationships, our undeniable connection to and reliance on the planet (and one another) and being part of the solution to the many inequities we see in our world. This is the evolution of Green, an awareness that we're all connected, Oneness is primary.

Recently we've seen an increase in attendance at our Sunday services and the energy this generates is palpable. It may give us the idea that there's really no reason to question how we do church in general, and even suggest that we can continue doing what we've always done. Perhaps though, we are being called to be different so that these beautiful souls who are visiting us now, don't become part of the community who "used to go to Unity."

I love the evolutionary nature of our faith tradition. I'm excited about where we might be headed. How can you and I invite people into spiritual development that becomes leadership? How can you and I live out a faith that is open to the changing world? And share that with others? What will Unity of Olympia look like in two years? Or five or ten or twenty? These are exciting questions. I look forward to our discussion of the book Weird Church: Welcome to the Twenty-First Century on June 8th. Co-creation invites your presence in the (re)formation of our community.

Love & Laughter – Reverend Terry

"Now faith is the assurance of things hoped for, the conviction of things not seen." Hebrews 11:1

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

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PO Box 1523 Olympia, WA 98507

(360) 943-5757 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

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.

June Talk Titles:

June 4 – "Weird Church" Audrey Pitchford, Licensed Unity Teacher

June 11 – "A New Paradigm" Reverend Terry Murray

June 18 – "The Faith of Job" Reverend Terry Murray

June 25 - "Overcoming Our Stumbling Blocks" Audrey Pitchford, Licensed Unity Teacher

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



Music News

Happy June, Unity Friends!

To all of the fathers and father figures, we celebrate you this month! And a special way we will be celebrating you is through melodies from our new Unity Choir. I am so happy to see many men have signed up-- we are going to have so much fun blessing our community together. Our inaugural performance will actually be on Father's Day and I can hardly wait!

The summer-like weather has been outstanding and I hope each of you are finding new and exciting things to do amid the sun. I enjoy lake swimming, and have had a great time watching the eagles, while others have passed by, wondering if i were half crazy to already be in the water. "Isn't it cold?" They ask, and I just say, "Only in places." Lol.

Another great happening this month-- drum roll please: Our own Robyn Fisher will be the guest musician on Sunday, the 25th! With her beautiful spirit and unstoppable talent, I already know it's going to be amazing! Come say hello.



I must give another shout out to our musician friends who shared their talents on Beatles Sunday-wow, what a group of fun folks! And to all of you solid-gold dancers—thank you for making the day extra special.

May we each enjoy wringing out every ounce of joy within this glorious weather as we continue coming together shining our amazing light on Sunday!

With Love,

Janene Cummings

Music Minister

Youth and Family Ministries

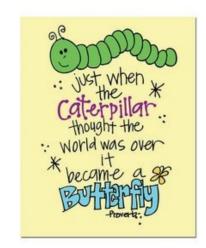
June 2023

Youth and Family Ministry, Lisa Petrich - Director

Greeting the Youth and Family Ministry!

New Curriculum - Music, Art and Butterflies!

Our summers are a normal time for family and for self care and reflection. For June and July we are focusing on the transformation of caterpillars to butterflies. For all of June we will have stories of caterpillars with lessons on patience and confidence. Then July comes 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.

<u>Check it out - Interfaith Works Summer Camp!</u> When - July 24 through the 28th from 9-3. More information can be found at https://www.interfaith-works.org/blog/summer-camp

<u>Unity Worldwide Regional Events!</u> 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/event-5233369

Faith Explorations AN INTERFAITH WORKS SUMMER CAMP July 24-28, 2023 9 AM - 3 PM GRADES 2-6 FREE Donations Warmh Accepted YOU are invited to Interfaith Works annual Interfaith Summer Camp, Faith Explorations.

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!

Business News

Board Chair Report

by Greg Psaltis

I am honored to be the incoming chair of the Board of Trustees for our spiritual community. I want

to tip my hat to Nancy Camenzind, who so tirelessly filled the position for several years and supported Unity of Olympia with such dedication. I am inspired by her example and am committed to continuing her energetic efforts on behalf of everyone in the congregation.

Years ago, when I first served on the Council, (now Board), I wondered what it was that qualified me. At that time, I was still pretty much on the periphery of the church—I attended Sunday services and made my modest contributions both in the youth education department as well as tithing. I frankly did not feel like a "leader." As I pondered this question, two thoughts came to my mind. The first was that while I didn't feel like I



was "in the middle of things," the truth was that that the word conGREGation plainly showed me that I certainly was. This cute observation is uniquely true for me, but obviously, not for everyone. This concerned me until I then noticed another sign for everyone else. Lest you feel that you may not be in the middle of things yourself, let me point out that you actually are. Within the word chURch, it clearly shows that "UR" in the middle of it.

This year will be both exciting and challenging. The sale of the Fern Street property and the herculean task of moving out of it has shown that our community is up to big challenges. Now we are faced with the exciting opportunity to move into the future with a new vision that will ensure the long-term viability of our spiritual community in whatever form we decide. I invite you to embrace this challenge with the same vigor you did the ones last year. In my mind, the church IS the community, not the building. Since UR in the middle of it, I trust each of you will step into this exciting moment in the history of our spiritual home and participate fully in seeing it into its new incarnation.

Envisioning Our Future

PREPARE FOR LAUNCH

June 8th & 15th 6:00 – 8:00 PM Will you be a part of Launching the new Unity of Olympia?

Join us to participate in shaping the direction of our spiritual community as we go forward. Our world has changed a lot since the 1970's and 80's. Those were the golden years of church in America. Since then, more people are calling themselves "spiritual not religious" and Christianity has taken on a specific connotation in our culture that seems exclusive. What we claimed as New Thought teachings are becoming mainstream: meditation, mindfulness activities, and ideas like "Change your thoughts; Change your life" are promoted everywhere. The world has changed a lot – but church hasn't.

Get the book <u>Weird Church – Welcome to the Twenty-first Century</u> by Beth Ann Estock and Paul Nixon. And read it before the 8th. These gatherings will be part book study and part minister's report from the class I'm attending weekly - Integral Ministries.

Register online. This will be an in-person gathering unless requests for zoom attendance are received in advance.



Announcements

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. The prediction right now is that this will be the case through at least Sunday, June 18th. 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 on time or EARLY!

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.

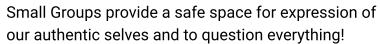
- Access to the building is granted based on event attendance. Please be prepared to state the name of the event you are attending, as this will be required before you will be admitted.
- It is very important to always be on time for every event including Sunday service.
 Once the service or event begins,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

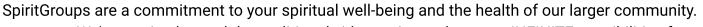
We are grateful you are here and deeply appreciate your cooperation and assistance in this.

Events

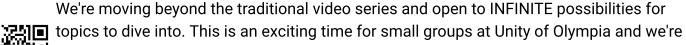
SpiritGroups: Transformed by Truth

Beginning the first week of June!





excited to have you join us! Please sign-up in the lobby or online!







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.

History & Vision of Unity of Olympia Class

Facilitated by Rev. Terry Murray Sunday June 11th from 1:00 - 2:30pm @TBH

History & Vision of Unity of Olympia is a required class for membership at Unity of Olympia but anyone is welcome to participate. If you are interested in learning more about the history of Unity of Olympia and our vision, we encourage you to join us - regardless of your membership path! More information is available on our website.

You are welcome to register on our website, scan the QR Code or just show up! You are welcome here - please join us!



Events cont.

Website & Online Member Directory Training

June 11th after Sunday service

Questions about our online system? Join us in this training for all things Unity in the digital world.



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





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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.

Groups are meeting now - Sign-up to join! New groups forming to begin in September!

OU Men's Breakfast

Wednesday, June 14th 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.

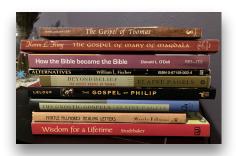
Events cont.

New Thought Bible Study Book Group

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

Next book to begin on June 17th - 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 this thought-provoking study of one of the gnostic gospels found at Nag Hammadi in 1945. The author writes in the introduction, "To reach into Christian origins is to find ourselves in a space of freedom without dogmatism, a space of awe manifested in the person, the deeds, and the words of the Teacher from Galilee. There is a freedom in interpreting these deeds and words as a force of evolution, transformation, and Awakening for everyone, as well as for those who believe in him".

The first class will complete a discussion of the forward and introduction. The following seven weeks will be open discussion about the verses themselves. Register for the zoom link online. The Gospel of Philip: Jesus, Mary Magdalene, and the Gnosis of Sacred Union by Jean-Yves LeLoup.

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 fist time attending, plan to arrive 10 minutes prior to 6:00pm. Thank you!

Practice Opportunities

A mini retreat has been scheduled for Saturday, March 18, 2023 at the Olympia Timberland Library (313 8th ave) and plan to begin at 10:15am to 1:15pm for 3 hours of practice. We will be sitting and walking, and listening to a supportive Dharma Talk. More information will be provided in the next couple of weeks. We hope you will join us.



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 a monthly Sunday morning performance, and it all begins on June 18th.

Bring your amazing spirit and musical talent and let's make a joyful noise!

email: music@unityofolympia.org







Save the Date cont.

Mariners Baseball Game - Faith & Family Day

Saturday, August 26th at 1:10pm

Join us for a ballgame! Details regarding potential group transportation are being worked out, but the second registration deadline is coming up on June 30th. If you are interested in attending, please register on our website. If you would like to help sponsor a scholarship fund for this event, you may do so via the website as well. Here's what's included:

- * \$26 per person (100 level)
- * T-shirt
- * Post-Game Concert
- * Panel discussion as well following the concert



Within Our Ministry

From the Prayer Team by Linda Ihrig

A Labyrinth Walk

On May 6, 2023, National Labyrinth Day, Unity Village dedicated their new labyrinth on the Unity Village Campus. Created by Marty and Debi Kermeen, it is the largest paver labyrinth in North America.



Labyrinths have been used for centuries to allow individuals to take a spiritual pilgrimage close to home. Through walking and breathing intentionally, releasing the cares of one's human life, and allowing an awareness of the Sacred, the spiritual journey takes place. Step by step, you will become closer to the Divine.

Today, I invite you to take the spiritual journey of entering the labyrinth. Use your power of imagination through this guided meditation. Take it in slowly. With each step, breathe, release any thoughts and feelings, and allow the Divine to enter your consciousness.

As you enter... Stand at the threshold, on the beginning circle. Breathe. Notice the presence of the Divine all around you. Feel your feet on the solid, sun warmed ground and the night breeze caressing your skin while the sun sets behind your back. Hear the oak trees rustling and the bird calls. Smell the freshness of cooling air, the gentle scent of flowers. See the shadows stretching behind you, then in front, as you take in the gray and red stones forming the universal path. Hear the footsteps of another pilgrim. Feel the mist of water from the fountain. Taste the moisture in the air. Feel the breeze on your skin, tickling. See the lamp ahead, emerging from beneath the bench. See Grandmother Moon rising slowly in the east peeking between the oaks. Hear the Chimney Swifts in a symphony of swirling wings. See the century old red tiled roof of Silent Unity. Sense the shadows of your teachers, leading the way. Feel your breath feeding you, in and out. Notice and release these thoughts.

Breathe and set your intention or ask your question. Open to the stillness.

Step, step. Slowly place your feet. Follow the gray, softly lit path, winding toward the center. Each step placed with the love. Step, step, step. Around corners, down longer stretches. In towards the center, then back out again. Turning and returning, just like life. Slowly, as slow as you can go. Step, step, step.

And there before you... rests the center.

Enter in Breathe and feel yourself held.

Sit on the marble bench. Release all thoughts and concerns. Give them up. Be with the Divine Holiness, Sweet Spirit, Source. Rest in the stillness.

Listen for the Silent voice of the Sacred. Beyond all. Within all. Stay here in the silence until you feel complete.

Return when you are ready. Stand at the center circle. Stand tall and realize your Oneness. Follow the path back, the way you came in, yet somehow different. Breathe and step, step, step.

Let your thoughts drift to gratitude... for the light shining on the shadows... for the dusk dropping deeper... for other pilgrims on the journey as they greet you with a namaste... for the subtle fragrance of the rose blossoms... for this body that carries you through life... for the hooting of night owls...for trees dancing around... for the music that drifts through the sky...for your heartbeat...for strength...for insight...for life.

As you leave, breathe, pause, bow your head in gratitude. Return to humanity with loving kindness, wholeness, and peace. Namaste.

For more meditations on the labyrinth go to unity.org/how-walk-labyrinth by Rev. Paul Hasselbeck

You can walk a local labyrinth outside of Saint Michaels' Parish in downtown Olympia or use labyrinth locator.com

Unity Northwest Region

"The Me In We"

Saturday, July 1st-Tuesday, July 4th



A Y.O.U. Service Project, Kids Camp is a 4-day, 3-night communion with Spirit. This event is created, planned, facilitated, and supervised by YOUers from regional ministries. At camp, teens become "parents" to their campers providing all daily structure and are supported by a team of adults. Activities include large group funshops, small family groups, singing, meditation, swimming, walking, games and prayers.

Cost: \$375 (\$345 early bird rate thru 6/5)

Register at unitynwregion.org



Unity Northwest Region



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



Unity Northwest Region





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

Community Outreach

Thurston County Food Project - Green bag pick-up date is Sunday, June 4th!

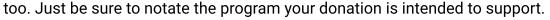
Sharing Food. Building Community.

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.

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,



Below is a link to a recent Thurston Talk article that was written by Mary Ellen Psaltis about this project as well as a link to the Thurston County Food Project website if you'd like to learn more. If you are interested in signing up to be a neighborhood coordinator to collect food from your own neighborhood, you can do that too!

Ready to join with us in June? 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/

TCFP Homepage: https://thurstoncountyfoodproject.org/

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 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.

Interfaith Works



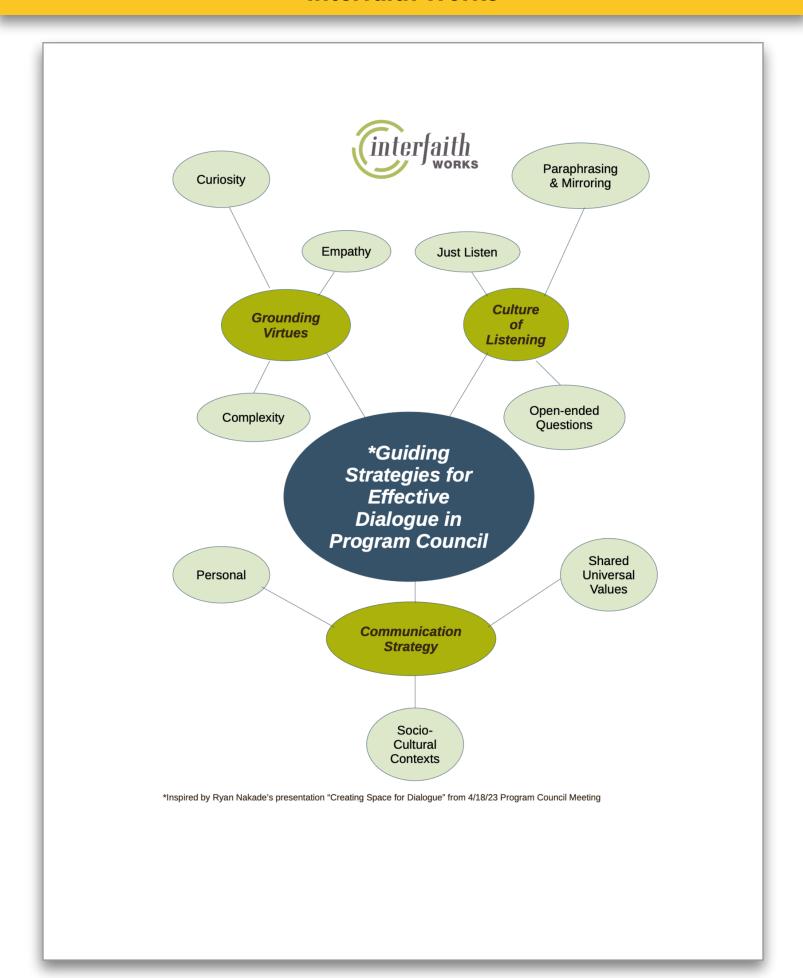
Social justice and peace through interfaith understanding and cooperation.

Interfaith WORKS!

Newsletter for June 2023

- Sergio's Shelter at 3434 Martin Way is open as a day center with access to showers and laundry facilities. It has also been open as a refuge from hot weather for our unsheltered neighbors.
- This year's Thurston County Hunger Walk on May 7th will benefit our hungry neighbors through the Thurston County Food Bank and Community Kitchen. Shout out to all those who participated and/or contributed.
- On June 20, IW will host its annual meeting at the community room in Temple Beth Hatfolah. Departing board members will be recognized, and new ones welcomed. Among the three new board members to join the leadership team is our own Unity member, Sandy Crowell. Sandy has represented Unity on the Program Council with Ann Chenhall since 2019. She welcomes the opportunity to serve the community in an organizational capacity.
- Opening for Unity representative on the Program Council of Interfaith Works: Do YOU have an interest in meeting people from other faiths and learning about faith communities? Do you want to expand your service to Unity and the community? Do you like to use your writing and communication skills? See Ann, Sandy or Rev. Terry for more information.
- Interfaith Summer Camp for Children July 24-28, detailed flyer attached
- Looking ahead: The annual IW Garden Party will be Saturday, August 12, at Squaxin Park. Watch for details about this fun gathering and dinner in support of the valuable services of IW!
- Planning will be underway this summer for the annual November celebration, Resetting
 Our Sacred Table. As you may recall, the event features talents from many faith
 communities and affirms our gratitude for diversity.
- The Program Council has been engaged in building communication skills with those whose backgrounds differ from ours. Some tips for every situation can be useful from this attached chart.

Interfaith Works



Interfaith Works



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

FRFF

Donations Warmly Accepted



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.



- 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