

March 2023

A Year of Grace & Gratitude



Dear Friends,

Daffodils and tulips are making considerable progress toward their full and beautiful of Life as the winter weather fluctuates between sunshine, rain and snow. I sometimes forget they are already in the fullest expression of Life, perfect right now, without the flower in bloom. It's pretty easy to become focused on the potential that lies within, rather than giving our attention to the beauty that is being displayed in the now moment. It's as if we're conditioned to look to the future rather than see the glory in what is.

These bulbs come alive in the harshest of conditions. The powers of strength, determination, resilience and divine order are being made manifest – not in the blossom of the flower – but in breaking through the soil.

This month's theme from Unity World Headquarters is Health. The affirmation is "I am healed, whole & well." The New Thought movement grew out of spiritual healing that made itself manifest in physical healing. People from all walks of life, with all sorts of illnesses, made remarkable recoveries through the power of prayer. Healing prayer is a focus on the presence of God in the now moment; an awareness that the body is whole and well; a willingness to relinquish punishing thoughts of self-reproach; and a desire to see the whole person (body, mind, soul) as the beloved of God.

In the same way we can choose to see the green leaves of the tulip as whole and complete, we can see our own bodies, minds and hearts as whole and complete regardless of any diagnosis. This practice takes the same strength that it takes to break through soil in the middle of winter...and this divine strength lies within each of us.

Friends, I invite you to agree with our affirmation of Health right here and now:
I am healed, whole & well.

Blessings of peace and well-being – 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
Karen Reddick, Social Media

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

By Appointment Only

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Olympia, WA 98501
(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

Masks are no longer required, but 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.

March Talk Titles:

March 5 – True Grit, with Rev. Terry Murray

March 12 – The Wise Heart, with Rev. Terry Murray

March 19 – 18 More Days of Letting Go, with Audrey Pitchford, LUT

March 26 – The White Flag, with Rev. Terry Murray

U of O's Mission is to:

Celebrate

Meditate

Learn

Serve

Affirm the Divine in all

Our welcoming community Values:

Personal connection

Celebrating diversity

Authenticity

Evolving spirituality

Service



New Year, New Home!

Unity of Olympia is now located at

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.

Greetings Unity Family--

Do my eyes deceive me, is it truly already March? Spring is tip-toeing toward us with evidence of tulips at hand.

Spending time in nature is something I believe most of us enjoy; having contemplative moments with that which is un-nameable, is the elixir that brightens every season.

Ralph Waldo Emerson wrote:

"Our life is March weather, savage and serene in one moment."

That about sums up those March winds of change that usher in fresh goodness-- I'll take it!

This month, the dynamic duo which is, Christina Brewer and James Cochran will be blessing you with their musical gifts-- her powerhouse voice is something you won't want to miss! And for those of you who may not know-- it is James who is temporarily housing our baby grand; I am forever grateful for his kindness, and he is one happy pianist who is enjoying the piano immensely.



I want to say what an honor it is to work with Terri Charles and Steve Mazepa-- both of them are so very talented and always willing to share their gifts. I grew up with two sisters and 3-part harmony was our glory! And so, to have Terri and Steve alongside me feels like home! A big thank you to you both!

I may not mention it often, but being a part of our Unity family is one of the greatest gifts in my life-- thank you for taking me under your wing and encouraging us to shine together through song!

Warmly,

Janene Cummings,

Music Director

2023 March YFM News

by Lisa Petrich, YFM Director, Unity of Olympia

Welcome March!

We have started our Be A Dreamer curriculum with success! Youth have started a Dream Treasure Box and are receiving items each week to help remember their lessons and to follow their dreams. Some adults are joining us in the fun and picking up some of the neat treasures too.

Please remember, all lessons are online and continue to be available for teachers, family, and other interested parties. If you'd like to help in our area by volunteering to work with our youth and families, then please let me know. The future of Unity of Olympia needs to embrace families to continue our growth and to share Unity Principles to help others in their daily lives. Please consider working with the youth this year, even if it is just for a few months.

Our new curriculum is adapted from Diane Venzera's, Be a Dreamer. Youth will look at what their dreams are and how God fits into their dreams through support and love. There is also a lesson on creating a CHEST of dreams! Each week, participating youth will continue to receive special gifts to remember to use what they have learned at home. These gifts will

become our treasures to discuss! Looking forward to it!

Thank you for your continued support!



Board Treasurer's Report

As many of you may already know, the sale of our former property finally closed, and the church received \$1,226,000 after the expenses of the sale. In conjunction with an Edward Jones agent here in Olympia, those funds have been invested in FDIC insured CDs at a return rate of either 4.7% or 4.75%. Half of the funds were invested in 12-month CDs and the other half are invested in 6-month CDs. When all of these CDs mature, the church will realize a return of more than \$43,000.



After some of the funds were invested, the Board decided to contribute \$10,000 of the funds to the remodeling of the Unity Headquarter's Goppert Center. With the remodel, this facility will be multi-purpose, modern and able to host meetings of all sorts. It is thrilling to be able to demonstrate our own prosperity for the Unity home in MIssouri so abundantly.

The finance team and board are working on the budget for 2023-24, but because of the sale and the move, some expenses have yet to be determined. Once the final amounts have been determined, the budget will be completed in time for the annual meeting on April 30.

Conscious contributions continue to hold steady. It is our tangible show of prosperity that make everything possible for our spiritual community. I am personally grateful for the abundance mentality that inspires our congregation to maintain the important and uplifting work that Unity of Olympia provides for both ourselves and the greater community we serve.

Greg Psaltis

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 made the bold choice 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!

Future Church: 8 Church Trends to Watch in 2023

<https://careynieuwhof.com/future-church-trends/>

Unity of Olympia @TBH

As we are all starting to feel more settled as Unity of Olympia @TBH, it is starting to feel like home for the time being. 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.

Event Information & Sign-Ups

Thank you for your flexibility as we revamp our Classes and Events sign-ups. This has been working well. As a reminder: 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!

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.

40 Days of Letting Go - Lent Booklet Discussion Group

Facilitated by Audrey Pitchford, LUT

Tuesday evenings from 7:00 - 8:30pm

February 28 - April 4th via Zoom



What is Lent all about in Unity? What are we letting go of?

Let's explore these questions and our ideas together! I invite you to join Unity of Olympia's Lenten Booklet Discussion Group, Tuesday evenings Feb. 28 - April 4 from 7:00-8:30pm on Zoom. Drop-ins welcome!

Booklets are available at the Sunday Service, or through the link below.

[40 Days of Letting Go Booklets](#)

New Member Classes

Facilitated by Rev. Terry Murray

Sunday afternoons from 1:00 - 3:00pm

April 16 Getting to Know U of O

May 21 The Unity Story

June 11 Unity of Olympia



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.

Sign-up on our website or in the fellowship hall after Sunday service.

OU Men's Breakfast

Wednesday, March 8th 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.

SpiritGroups Host Training

Facilitated by Rev. Terry Murray

Sunday, March 12th from 1:00 - 3:00pm

Unity Classroom @TBH



Small Groups provide a safe space for expression of our authentic selves and to question everything! SpiritGroups are a commitment to your spiritual well-being and the health of our larger community. We're moving beyond the traditional video series and open to INFINITE possibilities for topics to dive into. This is an exciting time for small groups at Unity of Olympia and we're excited to have you join us! We'll begin the next SpiritGroups series the week of April 23rd.

Blintzapalooza! Interfaith Works Fundraiser

March 26th during and after Sunday service

Outside the TBH Fellowship Hall



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

This annual fundraiser for Interfaith Works will be held during and after service right outside @TBH and we highly encourage you to participate by purchasing blintzes and bringing them inside the fellowship hall in place of our regular after service hospitality!

New Thought Bible Study Book Group

Saturdays, 9:30-10:45am via Zoom.

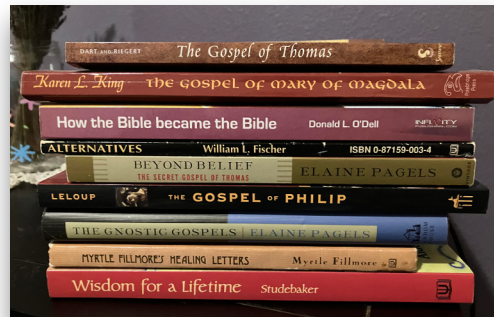
For the curious, the doubtful and the wishful thinkers. Drop-ins always welcome.

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! When you sign up you will also receive info on the current book and chapters we are working through.

Books in this series:

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



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.

Groups are forming now - we invite you to sign-up on our website and join us!

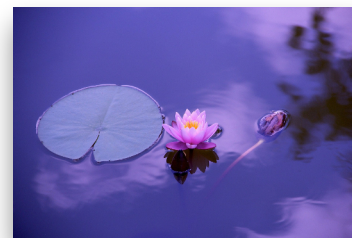


Weekly Meditation Sangha (Community)

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!

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.

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.



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 first registration deadline is coming up on March 31st. 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



FAITH & FAMILY DAY
SATURDAY, AUGUST 26 | 1:10 P.M. | KC vs. S

TICKET PRICES
MAIN-\$26
VIEW-\$16

Join us for Faith and Family Day at T-Mobile Park! Gather your friends and family for some summer baseball and claim a limited-edition Mariners-themed Faith and Family t-shirt when you purchase through this special offer. Stick around postgame for a faith-based concert! Those picture perfect PNW days will be here before you know it.

TO BUY TICKETS OR FOR MORE INFO CONTACT:
Alex Brandt
E: abrandt@MARINERS.COM P: (206) 346-4547



Prayer Team: INSPIRED MEMORY

I got to thinking the other day as a few of my neighbors and I had gotten together and as we were talking the subject of not remembering names or searching for words as we are talking came up. And as usual we all talked about how frustrated we were with our aging minds. Later I came across Martha Smock's article on the inspired memory that is part of the Divine Mind, and this is what she had to say:



“Even if you have thought of yourself as having a poor memory, as unable to recall things when you need to, you can change this picture of yourself. There is nothing wrong with your memory. It just needs a chance to show you how good it is, how inspired it is. Change your thought about yourself by holding this idea: My mind is always keen, alert, intelligent. I have an inspired memory. Do not be tense in trying to remember things, but relax and let go in the realization that your mind is one with Divine Mind. You will find that it becomes easier and easier to recall anything you need to recall. You have an inspired memory.”

I determined I didn't want to participate in negative thoughts about my recall, especially verbalizing those thoughts. I decided I would repeat the affirmation daily and especially when others are engaged in this negative thought. This is quite the realization for me as I have been thinking and saying this particular negative thought for several years.

Well, I thought, this is a practice I want to start during lent. So, I decided that I'd share this with you who also are concerned about recall. Here's her affirmation:

MY MIND IS ALWAYS KEEN, ALERT, INTELLIGENT. I HAVE AN INSPIRED MEMORY.

Stick with it. I have found that it's not quite as simple as it sounds to do. I think that Lent is a good time to practice this mind change for me. I'm a bit more focused at this time.

Nancee Gordana, Prayer Team Member

We invite you to join the prayer team and grow in spiritual friendships.

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 March News

Sergio's Day Center first opened on February 22 due to Code Blue weather warning. This center on Martin Way is a place for those who need help to find resources as they move forward. There will be a small clinic available one day a week. Showers and bathrooms are part of the facility. Neighbors have visited this facility this past month. More information can be found on the Interfaith Works website.

You can also take an online tour of Unity Commons on a UTube video.
interfaith-works.org

Community Events to note this month:

1. March 3, Muslim First Friday open house & service @ Islamic Center of Olympia @ Mosque, 4324 20th Lane NE
2. March 8, @ 6:00, South Bay Grange, Celebrating International Women's Day with a potluck
3. March 10 & 11, First United Methodist Church Rummage Sale
4. March 26, Blizapalooza fundraiser at Temple Beth Hatfiloh
5. Planning for May 6, Youth Sleep Out Event to experience being outside overnight with few resources, Grades 9-12 at Westminster Presbyterian Church.

Celebrating Spring raffle baskets ready for the Eye to Eye Homeless Services Fundraiser, now rescheduled for March 18. Never fear, the living plants have found a new home and will be replaced in time. Also cash donations have been sent to Interfaith Works office. Delighted that James & Cynthia Dallas will be attending the live event at the Lutheran Church of the Good Shepherd. Thank you to all in our Unity Community!

