

# November 2023

*A Year of Grace & Gratitude*



Dear Friends,

As we enter Gratitude Month, I give thanks for our Spiritual Community and the love and care that we give to one another. I also celebrate the love and care we give to those in need – many people we don't even know. Through the Green Bag program facilitated by Karen Reddick and the Shelter Lunch program facilitated by Cathy Evans, this community puts the principles of abundance into practice.

The first principle of abundance is to recognize and give thanks for all that we are. We are spiritual beings living into a divine human experience. God – by whatever name or understanding the reader may have – is living in and through each one of us and through all of us as a community. This understanding of who and what we are is foundational. This is the consciousness of heaven.

The second principle of abundance is to give. Not only do each of us support this community through our time, talent and treasure – we give beyond this community. I'm so grateful that we continue to give several hundred dollars to Interfaith Works every month so we can be part of the solution in our little corner of the world. We also helped to support graduating seniors in the North Thurston school district graduate by giving toward their student debt and contributed to GRuB – Garden Raised Bounty. We give from our abundance, simply because we can.

I look forward to sharing our time on Sundays this month as we honor Native American Heritage Month with Reverend Roy Wilson of the Cowlitz tribe on the 5th; sharing our gratitudes in a community meal on the 19th; and honoring our Oneness with the Divine through a communion service on the 26th.

I give thanks for the blessing of each day.

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:

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

### Staff Team Members:

Janene Cummings, Music Director  
Indira Goins, Office Administrator  
Marlisa Hollinger, Bookkeeper  
Kyle Leapline, Minister's Assistant  
& Teen Youth Lead  
Lisa Petrich, Youth Director  
Karen Reddick, Social Media

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By Appointment Only

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**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

The many volunteers at Unity of Olympia work diligently to bring the Sunday Service to FaceBook and YouTube through our website at [www.unityofolympia.org](http://www.unityofolympia.org) on Sunday mornings. It continues to be available for viewing on Facebook and YouTube following the service and on our website in the media - recorded services section. Our at home members are important to us and we bless you with patience as we continue to do the best we can.

**November 5th**– Reverend Roy Wilson – Native American Heritage Month

**November 12th**– Falling Forward - Reverend Terry Murray

**November 19th**– Community Gratitude Banquet

**November 26th**– Communion Service

Unity of Olympia is an engaging spiritual community dedicated to the fullest expression of the Divine in all.

**Our vision is** a world powerfully transformed through the growing movement of spiritual awakening.

**Our mission is** to celebrate, meditate, learn and serve - to affirm the Divine in all.

**Our welcoming community values** personal connection, celebrating diversity, authenticity, evolving spirituality, and service.

# Sundays in the Sanctuary

Join us Sunday, November 5, for **INDIAN CHURCH** at 10:00am. In honor of our indigenous neighbors, **Rev. Roy Wilson** will present an entire Native American service.

“Grandfather” Roy is an ordained Methodist minister who has been the speaker at Unity churches throughout the Northwest for decades, as well as being the spiritual leader of the Cowlitz Tribe. His life’s mission has been to create a bridge between Native beliefs and Christianity with his messages, books, and medicine wheel teachings. He has been a pastor for 70 years and is the author of over 50 books. He will share drumming and songs in Chinook jargon, and an inspiring message about our mutual beliefs.



Hello Unity Family,

The month of Thanksgiving has arrived and that means one step closer to Christmas. Perhaps not everyone is a huge fan of Christmas, but if you are of the Music Director persuasion-- you are looking forward to a choir of caroling angels. I do enjoy Thanksgiving as well, and am really looking forward to our celebratory time together in the Social Hall on the 19th-- the Unity Choir will be performing!

We are so blessed to have such a colorful pacific northwest palette, but if I snap one more picture of leaves and share it on facebook, my friends list just may shrink to zero. I do hope all of you are spending some transformative time together in the splendor of nature; the calming effect is such a great antidote to our current, unsteady world. Leaning into more meditative experiences, I find this helps me pull back from the fear and uncertainty of world events and center my heart in peace.



*Praying for peace is powerful.*

*Speaking from a place of peace is potent medicine.*

*Singing songs of peace is music to angelic ears.*

*Living from peace, is the grace in which my feet stay planted.*

On November 12th, Mike and Caryn Mercker will be sharing their musical talent with us. The Mercker's perform regularly at the Unity Center For Positive Living in Centralia, and we are so grateful to have them bring their fabulous harmony to our neck of the woods.

For those of you who are in the Unity Choir-- I just want to say, thank you! You all are such an amazing group, I can't believe how talented and fun you are. With varied talent such as yours, we will never be satisfied with mere singing, nope-- there must be dancing and humor. Thank you for your dedication in blessing our community with your vocal & toe-tapping love.

If anyone is interested in joining choir for the Christmas season, please reach out to me on Sunday or send an email at [music@unityofolympia.org](mailto:music@unityofolympia.org) we welcome your holiday spirit and voice!

Much love and peace to you all--

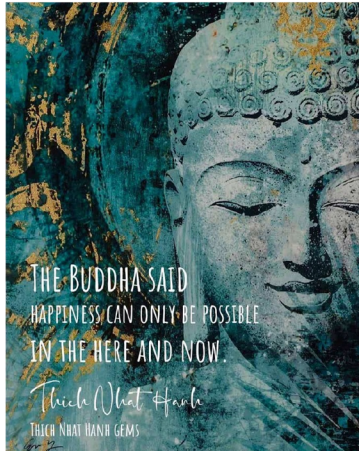
Janene Cummings,

Music Minister



**November 2023**

*Youth and Family Ministry, Lisa Petrich - Director*



Greetings from the Youth and Family Ministry!

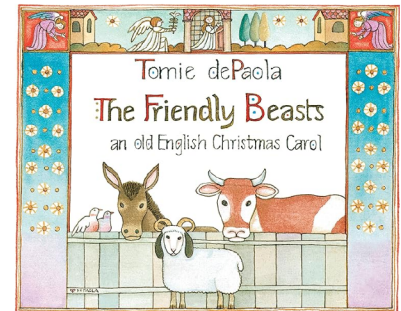
**Celebrations of Gratitude and Thanksgiving!**

We will be working with Diane Venzera's lessons this month, Celebrations of Gratitude and Thanksgiving.

These lessons will focus on the following spiritual topics:

- Working together blesses all.
  - Giving and sharing multiplies blessings.
  - Seeing blessings everywhere.
- Being grateful!

**Sunday, December 3, 2023 - Youth Sunday!** Mark your calendars for the first Sunday of December! This will be a family friendly lesson in the sanctuary for all youth, teens, and choir members. This promises to be a fun event for all! We will have a rehearsal the Sunday after Thanksgiving, November 26, 2023, to bring the story, **The Friendly Beasts** by Tommie DePaola to life! If you are interested in helping, please talk to either Lisa, Kyle, or Janene for more information.



**Unity Worldwide Regional Events!** Unity Northwest Region offers a wealth of opportunities throughout the year for kids, middle schoolers, and high schoolers!

[unitynwregion.org/collections/youth-family-programming](http://unitynwregion.org/collections/youth-family-programming)

## Prosperity Corner

"I am rich in divine ideas, wealthy in divine abundance." Daily Word, September, October 2023

It's a Breeze! A big thanks to Karen Reddick for all her hard work getting Breeze up and running. Several of you have already transitioned over to this new system, thank you! For those of you who still need to do so, or if you are new to online giving and want some assistance, Karen or Diana Ehri can help you. Just let us know.

If you missed the treasurer's update on October 1st there are a few features we want to highlight. First, you still have the ability to give one-time or set up recurring gifts from your credit or debit card. And, you can now also give through direct deposits from your checking or savings account with ACH transfers. Utilizing the ACH transfer will result in lower transaction fees. We do pay a small transaction fee to process online payments, and Unity covers this because we feel this is well worth the convenience. With our new system, if you choose to, Breeze gives you the option of covering that fee instead by checking a little box if you want your entire contribution to go to the church. Breeze also gives you the opportunity to split your gift over multiple funds if there are specific places you'd like your donation to be allocated like for flowers, the choir, and children's program - to name a few.

Now for the blah, blah, blah ..... Our income for the month of September was \$28,387.39. Expenses totaled \$16,891.08 with an ending balance of \$11,496.31. Our checking/savings account balance as of September 30, 2023, is \$15,245.88. The interest earned from matured CDs from the sale of the church is \$16,441.15. Our year-to-date ending balance is negative \$4,220.67. Don't be alarmed by this though, our expenses vary widely from month to month because of the inconsistent flow of expenses and the CDs keep accumulating interest.

We greatly appreciate you and your heart felt generosity as you continue to support Unity of Olympia and our mission.

Submitted by Diana Ehri

Unity of Olympia Board Treasurer



## Getting to Know U of O

Facilitated by Terry Murray

Sunday November 5th from 1:00-2:30pm



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 November 5th!

This gathering offers a way to connect to current members of our community, learn a little bit 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 a little bit better.

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

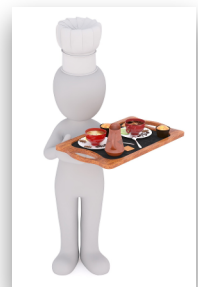
## SpiritGroup Host Party

Sunday, November 12th at 3:00pm

For all current and past SpiritGroup hosts. Please join us for a party in honor of you!

Reverend Terry cannot express in words how much your volunteerism as a SpiritGroups Host means to our spiritual community. In honor of your efforts over the years, Reverend Terry would like to treat you all to a gathering at her home.

Dress is casual and light refreshments will be provided. There will be a small agenda to discuss future hosts, ideas, and opportunities for the upcoming year. Email [unityservices@unityofolympia.org](mailto:unityservices@unityofolympia.org) for more details.



## Gratitude Breakfast Potluck

Sunday, November 19th at 10:00am

You are invited into a joyous celebration of togetherness and gratitude at the Unity of Olympia Gratitude Breakfast Potluck!.

We believe that unity and gratitude are powerful forces that bring us closer, and what better way to celebrate this than through a delightful potluck! Click on the link button above to sign up for a dish to bring and come prepared to share something you are grateful for!

Sign-up on our website to bring a dish to share! Reminder: TBH keeps a Kosher kitchen - no meat dishes please!



**Gratitude Breakfast Potluck**

Join us in community

## Emerging Church

November 19th at 11:30am

Join us for a discussion about the book, *Emerging Church - A Model for Change and a Map for Renewal* by Bruce Sanguin, as we further explore the future of Unity of Olympia together.

## The History of Unity & Unity Teachings

Facilitated by Terry Murray

Sunday November 19th from 1:00-2:30pm

The History of Unity & Unity Teachings is a required class for membership at Unity of Olympia. If you are interested in learning more about the history of Unity and its teachings, we encourage you to join us - regardless of your

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



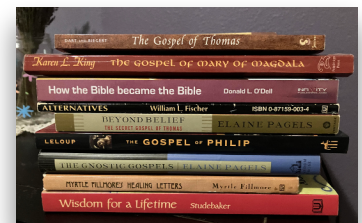
## New Thought Bible Study Book Group

9:30 to 10:45 on Zoom

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

We are continuing the book: *How the Bible Became the Bible* by Donald L. O'Dell.

This book is a call for honest spirituality rather than guilt-laced religiosity. This author tells the story of how the religious and the spiritual have been at odds throughout the history of the Bible as well as in the selection of materials to include and/or exclude in the Bible. [Register online.](#)





### **Spiritual Explorers - Women's Book Study Group**

Thursdays from 11:00am - 12:15pm

Women Seeking Exceptional Spiritual Growth

The Spiritual Explorers book study 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. The group will be cooperatively led by the members.

The maximum capacity for the group is 12 members. Interested? [Register on our website!](#)



### **SpiritGroups: Hats for the Houseless - Hugs for Hope**

The third Tuesday of every month at 2:00pm

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? We will make hats for the houseless and pocket hugs for Chemo Bags of Hope.

If you are interested in joining this 4H SpiritGroup, [please register online](#) to connect with Diana Ehri!



### **Warm Heads, Warm Hands, Warm Feet and Happy Hearts**

The 4H spirit group is happily making hats for the houseless. In addition to hats, they thought it would be nice to add gloves, socks, and hand warmers to the collection. You can be a part of this giving experience by donating new hats, socks, gloves, and hand warmers at the Gratitude Breakfast Potluck on November 19th.

If you are interested in learning more about the 4H spirit group you can visit our website or talk to Diana Ehri. The group gets together once a month to knit, crochet, make pompoms, laugh, and enjoy each other's company.

### SpiritGroups: Unity Hiking Group

Lead by Nancy Link & Geoffrey LaForce

Dates & Locations vary. [Register to stay informed](#)

Physical, Emotional, Social, and Spiritual

If you are looking for authentic and meaningful conversation while hiking- that's the goal. Every month the Unity Hiking group will plan a brisk less than 5-mile walking hike in the Puget Sound area that incorporates prayer, guided walking meditation, and other topics/ activities that help foster genuine connection and intellectual stimulation.

**November Hike:** Saturday November 4, 2023

Burfoot Park 6927 Boston Harbor Rd NE Olympia

Easy Hike: Saltwater beach and nature trails

9:00 AM meet at park entrance

Roughly 2 hours

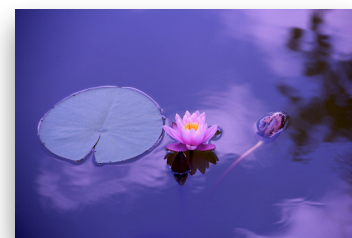


### Weekly Meditation Sangha (Community)

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](mailto:office@unityofolympia.org). Please note: if this is your first time attending, plan to arrive 10 minutes prior to 6:00pm. Thank you! [Register Online!](#)

### Cielo Holiday Toy Drive

This year for our holiday giving tree, we will be partnering with Cielo and facilitating a toy drive for children ages 4-6. More information coming soon!

About Cielo: <https://www.cieloprograms.org/>

#### Mission

CIELO promotes community, self-sufficiency, and leadership of Latinos in the South Puget Sound.

#### History

In 1996, a group of 8 dedicated Latinas founded CIELO. Their purpose was to help the growing Latino population in the South Puget Sound access mental health services (since then, we have significantly expanded our services). In 1997 CIELO was incorporated as a 501(c)(3) organization.

CIELO has been a trusted and respected resource for the Latino community and other immigrants and refugees. We also work alongside other agencies and organizations that serve our community. We aim to be a hub for the South Puget Sound, where people of all generations and life experiences celebrate cultures and traditions in an atmosphere of respect and dignity. ¡Viva CIELO!



### Save the Date!

**Youth Sunday** - Sunday, Dec. 3rd at 10:00am

**Holiday Potluck** - Sunday, Dec. 17th, 1:00-3:00pm

**Winter Solstice Spiral Walk** - Dec. 21st, 6:00-8:00pm

**Christmas Eve Candlelight Service** - Dec. 24th (evening)



**Tuesdays, December 5 - January 2nd** from 7:00-8:15pm, Audrey Pitchford, LUT, will be facilitating a weekly booklet study group over Zoom about the Unity 2023 Advent booklet, [The Sweetest Christmas](#). The class is by donation. More information to follow.

## “Every Brilliant Thing”

### Words from the Prayer Team

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denials into acceptance, chaos into order, confusion into clarity. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” Melody Beattie



Now that is a powerful statement. Gratitude is the final step in our five step Unity prayer practice, the wrap up affirmation. Yet sometimes the words of gratitude arise as just words and without the feeling that “It is so.”

November is the time we focus on gratitude which is one of the most powerful forces on earth. If we truly live in the world of gratitude, everything that arises is for good. When we are able to be grateful for both the hard circumstances and the glorious parts of our journey, we gain strength, love, energy. We are able to keep our hearts open to the flow of good in our lives.

Yet, sometimes our gratitude practices get stale.

A few weeks ago, I was fortunate to see a play entitled “Every Brilliant Thing” by Duncan Macmillan. It reminded me of the power of living in a space of gratitude. The protagonist rose from a traumatic childhood with a mentally ill parent into living a successful thriving life. She did so by creating a list of 1,000,000 brilliant things about life, beginning as a child and continuing into adulthood.

Many of us have used the practice of a gratitude journal, but this woman had a few twists that made it even more powerful:

1. There could be no repeated items.
2. Each brilliant thing needed to be written with specific attributes, so instead of “sleeping in”, it might be “sleeping in on a Monday morning while burying my head under the blankets”.
3. Instead of keeping her list in a journal, she put them on post it notes all over the house, in books, on the back of her shopping list, or in a letter to a friend...so that she might happen upon them at unexpected times to bring delight again.
4. Some days she wrote a hundred to lift her out of her funk, some days she wrote one.

So, I invite you to spice up your Thanksgiving by giving this a try. Notice the wild and crazy things that we take for granted these days...pink hair on a 70-year-old lady, candle light that changes color, people walking around a park talking to someone thousands of miles away, or the luscious drip of a s’mores ice cream cone. Our world is an amazing place, if we cultivate the eyes to see.

As Unity’s third principle states, “Thoughts have creative power to determine events and attract experiences.” Wouldn’t we all love more love, peace, joy, and pumpkin pie? Of course, and we can make it so.

Have a blessed Thanksgiving season,

Linda Ihrig, from your Unity of Olympia prayer team

November 2023



## 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](mailto:music@unityofolympia.org)





## Fall Unitreat 2023

**Cispus Learning Center** in Randle, Washington

November 10-12, Friday - Sunday

Cost: \$250

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

**What is Unitreat?** The weekend is designed to grow & strengthen the bonds within your Uniteen group and to other Uniteen groups while exploring and gaining awareness of self & Spirit.

We encourage all Uniteen Sponsors to come with their group.

**Questions?** Contact Chris via email at [cbchris.2010@gmail.com](mailto:cbchris.2010@gmail.com).



Register via the QR code or on our website at [unitynwregion.org/events/fall-unitreat/2023-11-10](http://unitynwregion.org/events/fall-unitreat/2023-11-10)

# Community Outreach

## Thurston County Food Project - Green bag pick-up date is Sunday, December 3rd!

### 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 extending their reach even further by collecting bags of food from our Unity Community as well.

**For the month of October we contributed to an overall, project-wide collection that resulted in a whopping 9,583 lbs of food donated plus \$3,575 in cash donations, resulting in a grand total value of \$21,016! That's worth 11,547 meals! Together we make a difference.**

Our next Green Bag Day is Sunday, December 3rd! Bring your bag full of non-perishable items to church that Sunday and see what we can do when we work together to help our community!

[Register Online!](#)



## Lunch Service for the Homeless Shelter

Interested in being of service to neighbors with limited access to food? Unity of Olympia has been supporting the homeless through the Interfaith Works Shelter Program, Unity Commons, for over 5 years! Several groups within Unity join together to provide lunch for the Day Shelter twice a month.

You can become a member of a serving group OR You can become a volunteer for an on-site service. Training is provide the 1st Saturday of each month at Sergio Day Center. Registration is required.

Would you like to join us? Contact Cathy Evans for further information.

Go ahead and reach out to our neighbors! Our connection is truly a blessing.



<https://www.interfaith-works.org/get-involved.html>



theolyMPIapeacechoir.org



*The Olympia Peace Choir*

# **FREEDOM IS COMING**

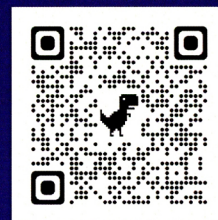
**Concert at the Capitol**

**Saturday, November 18**

**Washington State Capitol Rotunda**

**2:00 PM**

**ALL OLYMPIA PEACE CHOIR  
CONCERTS ARE FREE!  
Donations Gratefully  
Accepted.**







## RESETTING OUR SACRED TABLE

*An Annual, Autumnal  
Celebration of Community,  
Culture, and Music*

You are invited to attend this year's offering of Resetting Our Sacred Table wherein we will welcome and celebrate the Nisqually Indian tribe as central contributors.

Our theme this year is about story, and how our stories draw connections between us and help us relate to the journeys we each are on.

### SUNDAY

November 19, 2023

2:00 - 3:30 p.m.

Free to the public,  
family-friendly event

### LOCATION

Gloria Dei Lutheran Church  
1515 Harrison Ave NW  
Olympia, WA 98502



Visit us online for more information.  
[Interfaith-Works.org/Events](https://Interfaith-Works.org/Events)

## In Remembrance of Dawn Reveile

Dawn Marie (Brophy) Reveile Feb 7, 1963 - 1 Sept 9, 2023

Dawn Marie (Brophy) Reveile, age 60, passed away peacefully September 9th, 2023, in Silver Springs, Florida where she currently lived with

the love of her life Levi Minnich & their dog

"Sunny". Dawn grew up in Sharpsville, Indiana. She attended Tri-Central H.S class of 81. She also studied at Alexandria School of Scientific Therapeutics, where her passion first began for natural healing & positive energy. Dawn loved nature & the "Beauty of the World" whether she was alone or with family and friends. She loved it all; spending time on the beach, watching the sunset, evening campfires and listening to music (Hank Williams to Cliff Dorsey and

overall favorite Bob Marley). Dawn was preceded in death by her Parents (Carl & Bernice Brophy) & Husband of 20 years

(Mike Reveile).

Dawn will be lovingly remembered by her

Partner; Levi Minnich, Daughter; Sashia (Brian)

Mikesell, Brother; Carl (Ginger) Brophy, Sister; Paralee (Rick) Parsons, Grandchildren; Tristan, Trenton, Kira, Nieces; Arika, Rachel, & Balee, Nephews; James, Cory & Jimmie, Lifetime

Friends; Sherry Scott & Tammy Hicks. Dawn desires that only happy and funny memories be shared.

WE LOVE YOU SIS





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

## Interfaith Works into November

The Interfaith Works Program Council met on October 17 with both Cynthia and Ann on Zoom. Next year will be Interfaith Works 50th year in Olympia!

Mark your calendar for upcoming Olympia events:

- November 19, 2:00 at Gloria Dei Lutheran Church: Resetting Our Sacred Table (aka Community Thanksgiving celebration), including Nisqually support of Willie Frank III, music, and stories of inspiration & reflection. **Don't miss it!**
- November 4, 1st Saturday, 10-1:00 Community Volunteer Training at Sergio's Day Center. This enables community members to volunteer at Unity Commons, Sergio's Day Center, and for hazardous weather events. Sergio's received 60 Red Cross cots to help. Word is getting out about Sergio's services of laundry, showers, charging etc.
- November 19, 12:30-2:00 Dances for Universal Peace at CSL
- November 12, 12:00-6:00 TBH Hanukkah Bazar

Other IW news: Meg Martin will be on sabbatical next spring and Ivy Ayers is preparing to lead the organization in her absence. IW Staff now have an awarded leave policy. IW has received a grant from the State to purchase space to provide housing for those folks relocated from state right of ways.

Please note that Interfaith Works office downstairs at United Churches is accepting donations to help the homeless during the cold: gloves, wool socks, hand/feet warmers, emergency blankets, coffee, tea, cider, instant noodles. These could be taken to Sergio's if you are going to the training there.

Our next meeting will focus on BIG dreams/visions for our IW Program Council using [25/10 Crowd Sourcing](#) exercise. 30 minutes to generate and sort ideas in a large group. Check it out online to see if you could use this somewhere else.

[www.interfaith-works.org](http://www.interfaith-works.org) 360-357-7224

*Submitted by Ann Chenhall and Cynthia Dallas*