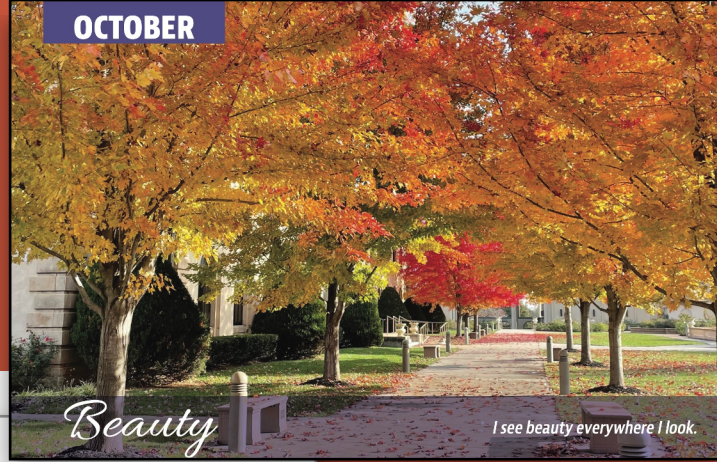


October 2023

A Year of Grace & Gratitude

OCTOBER



Dear Friends,

The principles by which we live are life expanding and can be transformative if we allow them to be so. Our hosts, the good people of Temple Beth Hatfiloh, are completing their high holidays with Sukkot as we enter the month of October. Like so many traditions around the world, Sukkot is a celebration of the harvest. But more than that, it's a celebration of God's protection for the children of Israel when they left Egypt.

Unity teaches the stories in the Bible are most powerful when we realize they're telling us a story about ourselves. Like the Israelites, we left a home we knew and find ourselves to be children of God, blessed with a beautiful home and all of our needs are being met. This is the lens through which I invite you to see. It's an understanding that Divinity has already given us all we need and it's up to us to co-create a world that blesses all life. When we focus on God's presence in every situation and every living thing we can't help but see beauty in all that is.

Unity also offers us another powerful tool - the 12 powers of humanity. Faith, love, strength, order, wisdom, imagination, understanding, will, power, zeal, release and life already live within us. It's up to us to develop those powers to maturity. October is traditionally focused on the power of zeal. We have the ability to harness our enthusiasm and nurture passion for our lives with this power.

When we purposely participate in our own spiritual journey, when we focus on the love and beauty of God, when we plant the seeds of goodness, the harvest is an increase in the spiritual powers that make life worth living fully.

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

**Unity of Olympia @TBH
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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 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.

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.

Hello Unity Family--

I do hope you all are enjoying this shift in season-- we've got some spectacular colors already blessing our neck of the woods! The deeper we get into October, the more likely I am to squeal at the sight of pumpkins and all things autumn. One of my cherished fall quotes comes from the movie, "You've Got Mail"-- see if your brain conjures up the smell of new pencils. LOL

"Don't you love New York in the fall? It makes me want to buy school supplies. I would send you a bouquet of newly sharpened pencils if I knew your name and address."

I don't believe it's possible anymore to submit an article without bragging on the Unity Choir; I am so impressed by everyone's talent and energy; what an amazing bunch to work with. What a blessing it is to have the help of Terri Charles and Steve Mazepa-- it takes a village, you know! And last month, when the community joined us in a little Sunday Aerobics in the song, "Praise Ye The Lord"-- I was blown away! The energy we stir up on Sunday's truly is outstanding. And when we all sang an acapella version of "Kumbaya" for the meditation song-- I could feel my eyes welling up with tears; what an honor to sing forward such sacredness with each of you.

If you're interested in joining choir, even if it's just for the Christmas season-- come see me! We're going to have a blast and just maybe that inner child of yours would get a kick out of participating with us.

This month, there will not be any guest performers-- I feel it's important that our regular music team hold down the fort while our beloved Reverend Terry is on sabbatical. However-- on the 22nd of this month, the Unity Choir will be performing and that's always a treat! Can you believe we have dancers too?

I would like to give mention to all of the Sunday volunteers from our audio/visual team-- their dedication and loyalty to showing up early and making sure you all, plus our online viewers, have an amazing time is vital. Those volunteers are the backbone of our Sunday services. They don't get the luxury of sitting back and taking in the joy of a service, they serve by ensuring the community has an enjoyable experience. Please, let them know you appreciate their service-- I know I sure do!

Wishing each of you an amazing October!

Much love,

Janene Cummings
Music Minister



October 2023

Youth and Family Ministry, Lisa Petrich - Director

Greetings from the Youth and Family Ministry!



Awakening to Spiritual Power

Our new lessons have started based on the curriculum by Diane Venzera, *Awakening to Spiritual Powers*. This month we will explore the following topics: Embracing Change, Freedom, Going Beyond, My Expansive Self, and Living an Awakened Life. Please plan to join us each week as we explore topics for every age. This curriculum follows the book,



The Untethered Soul, by Michael Singer to follow along with the teens and adults.

Welcome Kyle Leapline! Kyle has started to meet with preteens and teens and put together a team to help.

Welcome to our new team members, Wendy Larson, Jared Deel, and Andrea Cunningham! Thank you for volunteering to work with Kyle and the preteens/teens.

Wear Your Costume to Church on Sunday, October 29, 2023

Let's celebrate our imagination and our awakened selves by wearing our costumes to church the Sunday before Halloween. I look forward to seeing you!

Unity Worldwide Regional Events! Unity Northwest Region offers a wealth of opportunities throughout the year for kids, middle schoolers, and high schoolers! <https://www.unitynwregion.org/Youth-Events>

Board Chair Report

by Greg Psaltis

The Board of Trustees continue to imagine the future of Unity of Olympia through discussions of finances, values, and other aspects of how to move our spiritual community into a positive future. Our recent Town Hall meeting was intended to give the board members the opportunity to heard from all who attended about thoughts regarding our current situation in the temple. It was also a demonstration of our desire to be transparent. As those who were in attendance learned, the range of thoughts and feelings was very broad, which underscores the difficulty of the task for the board members to mindfully direct our course.



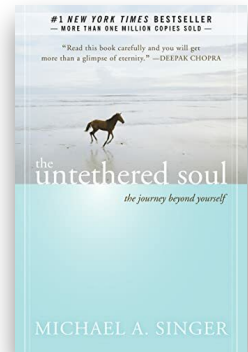
As your chair, I have read several books about the future of all churches and while each had significant points to make, one has stood out for me. The entire board is now reading [The Emerging Church](#), by Bruce Sanguin, and we have planned a board meeting specifically to discuss ideas that the author shared. I cannot say I agree with every concept that is presented, nor do I want to suggest it is the perfect blueprint for our upcoming decisions. However, I will say that it is a cogent discussion about how churches can survive, and it resonated with me in many ways. I hope you will take the time to read this stimulating book.

Awakening to Spiritual Power with The Untethered Soul by Michael Singer

September 17th through October 29th 11:30 to 1:00 pm. Drop-ins welcome!

Join Kyle Leapline for this interactive journey to your own inner mystic. "...you not only have the ability to find yourself, you have the ability to free yourself...upon completion of your journey...there will be no more confusion, no more lack of empowerment. And if you choose to devote yourself to the ongoing journey of self-realization, you will develop a tremendous sense of respect for who you really are...then you will come to appreciate the full depth of the meaning in the advice: "This above all: to thine own self be true."" Michael Singer

[Register Online!](#)



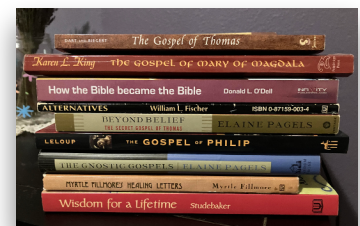
New Thought Bible Study Book Group

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. Beginning September 2nd. [Register online.](#)



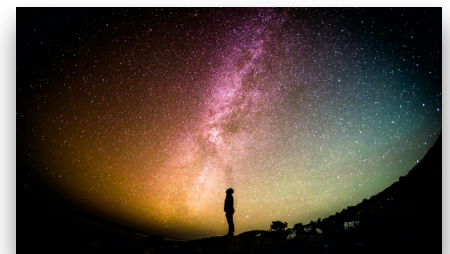
Spiritual Explorers - Women's Book Study Group

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!

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.



October Hike: Saturday Oct. 14, 2023

8:00 AM sharp: Meet at the Unity parking lot for carpooling

Little Mashel Falls out of Eastonville: Moderate Hike

5.0 miles round trip, 500ft elevation, 2 hr. 6 min

No entry fee

Gas money, bag lunch, water

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!

[Register Online!](#)



Prayer Team

Creating a Grace Trail

Grace is a gift from the Divine where we are honored by the Presence with goodness and generosity. Grace is a gift that makes us wonder, "How did I get so lucky?" But it isn't luck. It is love. When grace shows up, it seems as if a miracle has occurred without our effort.



So how do we open to more grace in our lives? Prayer, a gratitude practice, or reflecting on a grace trail, are three powerful ways.

In a traditional Grace Trail, there are different rocks painted with one of these words on them: Gratitude, Release, Accept, Challenge, Embrace. You can create rocks of your own and create a trail in your yard. You can take a nature walk and find rocks on the trail. These are touchstones. Or you can journal these questions, taking them into prayer. Be open to what you receive.

You are invited into an experience of creating your own grace trail. First, take a few deep steady breaths and notice what you are feeling. On your next exhale, name the feelings, thoughts or circumstances that are swirling in your mind.

Imagine taking a walk, pausing along the trail to reflect and feel the presence of the Divine, listening intently. Ask yourself these questions;

1. Gratitude: What am I grateful for?
2. Release: What do I want or need to release at this moment?
3. Accept: What do I need to accept in my life?
4. Challenge: What is my next challenge in life? Where or who do I want to be?
5. Embrace: What is possible for me to embrace that will allow me to move forward?

Take as much time as you need and listen for the nudges from that still small voice. Listen to Spirit and talk about what really matters to you.

You can take this one step further by taking the nudges you receive and turning each into an affirmation. For example:

1. Gratitude: I am grateful for the fresh air I am breathing right now.
2. Release: I am releasing all thoughts of lack.
3. Accept: I am accepting nurturing, giving myself and others compassion.
4. Challenge: I am rising to the challenge of being open to gifts I receive.
5. Embrace: I am embracing awareness of the Divine in each moment.

One of the greatest blessings of grace is the feeling of being heard and guided. When you have deep concerns, take the time to go through each of the questions. You will receive what is for your best and highest good.

The creator of Grace Trails, Anne Barry Jolles, says, "Walk two Grace Trails, and call me in the morning." With grace there is always a solution.

If you want to know more about Grace Trails check out "Cracking the Grace Code" on Ted Talks. There are Grace Trails being built all over the world.

Blessings on your journey, Linda Ihrig

Prayer team member

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





Throughout the weekend participants will get in touch with their sense of wonder and joy. We will celebrate the good within and around us while engaging in some quality spiritual play!

Retreat is for people who sincerely desire to learn more about Truth and are willing and able to contribute by actively participating in Retreat activities.

Financial assistance available.



Register via the QR code or on our website at <https://unitynwregion.org/event-5367820>

Thurston County Food Project - Green bag pick-up date is Sunday, October 1st & 8th!

Sharing Food. Building Community.

You want to help. We make it easy!

There are two dates to bring in food this month!

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 August we contributed to an overall, project-wide collection that resulted in a whopping 9,250 lbs of food donated plus \$2,980 in cash donations, resulting in a grand total value of \$19,815! That's worth 10,887 meals! Together we make a difference.

Our next Green Bag Day is Sunday, October 1st and 8th! 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 provided the 1st Saturday of each month at Sergio Day Center. Fall training begins Saturday, September 2, 10:00am-1:00pm. Registration is required. Can't make this date... never fear! EACH MONTH provides a new session.

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>

SpiritGroups in the Community!

Together we are making a difference in the world! Last month, our very own 4-H SpiritGroup: Hats for the Houseless, Hugs for Hope went out into the community with their hats and hugs made with love and care to be shared with Chemo Bags of Hope. Members of the 4H Spirit Group helped stuff 300 bags of hope! We also brought back 40 bags of hope for patients at Vista Oncology.

What a blessing to our community and a joy to participate in!





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

Interfaith Works in October

The Interfaith Works Program Council began the year with the first hybrid meeting on September 19 with all eyes on the year ahead. Next year will be Interfaith Works 50th year in Olympia!

Notes for your calendars:

- **October 29, 2:00** Mills & Mills Funeral Home, Day of Remembrance to recognize those who made their transition without otherwise being noticed
- **November 19, 2:00** at Gloria Dei Lutheran Church: Resetting Our Sacred Table (aka Community Thanksgiving celebration)
- **October and November 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. Word is getting out about Sergio's services of laundry, showers, charging etc.

Some faith community announcements were made:

On October 28, 9-4:00 the **Unitarian Church (OUUC)** is having their annual Books, Brownies & Beans event to raise money for local nonprofits, one of which is Interfaith Works. Contact www.ouuc.org/books or call 360-634-2005 about details and donations.

Saint Vincent de Paul Clothing Bank is in a new offsite location at 113 DeVoe St. (corner of DeVoe St and Martin Way and a short block from Unity Commons). It is open every Thursday and Saturday from 1 to 3 pm. Donations continue to be collected at **Saint Michael's Parish** on Saturdays from 9 am-noon. Help replenish the Clothing Bank inventory. It needs men's socks and boxer shorts, women's underwear, men's jeans size 32 to 34. We're also getting requests for sleeping bags, day packs, blankets, pillows, sheets and towels. You can drop off your clothing donations at Saint Mike's Parish (1208 11th Ave. SE Olympia) on Saturdays from 9 am to noon. Enter the upper parking lot on Boundary St. The donation shed is on the right.

www.interfaith-works.org 360-357-7224

Submitted by Ann Chenhall and Cynthia Dallas