

# Unity Northwest Church **NEWS**

Happy Thanksgiving!

www.unitynorthwest.org

We inspire and embrace the soul evolution of everyone in our church community.

November 2016

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## Unity Northwest Church

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## MINISTER'S LETTER



### GETTING TO KNOW YOUR SOUL

"You are not a drop in the ocean. You are the entire ocean in a drop." So said the Persian mystic Rumi.

All of God, all of the essence of the whole universe, contained in your very center, the soul of you. THAT is your true identity. THAT is your soul. But you've got to get to know that soul.

If you wanted to become friends with someone, what would you do? You'd hang out with them. You'd spend time with them. You would be fully present with them, as much as you were capable. You'd listen to them.

Well, what are you doing with your soul? Are you spending time hanging out with your soul awareness? What are you doing every day to get to know your soul, to quicken and awaken your soul evolution? Are you making friends with it?

This is a simple analogy. What are your spiritual practices, your walks in the woods, your times that remind you that everything in your life exists to grow you spiritually?

In a time of crisis, I posted two signs by my phone: "This can only bless me," and "This can only heal me." They kept me on track in my quest to connect with my soul. This got me in touch with the fact that everything in my life was moving me forward.

Your soul evolution is always the most important thing. So whatever you think is going on in your life—the things you think are important—are secondary. The only thing is your soul evolution.

Pope Francis says that when he was exiled for two years, it was the making of him. Did you know that in 1986 his superiors thought that he was

## We are souls in evolution

too strict, too stern, too authoritarian? He was seen as harsh, difficult and ultra-conservative. Uncompassionate and uncompromising. Pope Francis!

So they sent him off in exile to a faraway province, restricting him pretty much to one room for prayer and fasting. and told him to get over himself. That would be the end of his career, right?

Except he changed. He says now that, sure, there were some things about it that seemed unjust, but it didn't matter. He used it for healing. After two years he was such a changed person when he returned that he rose quickly to the top.

Where in your life are you finding experiences such that you say, "Oh, I don't like that. I don't want that?" Maybe they are only there to bless you.

Did your dentist ever give you a red pill? When it dissolved, it stained the plaque on your teeth,

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**THE LIGHT OF GRATITUDE**  
Thanksgiving Eve  
Candlelighting Service  
at Unity Northwest Church  
Wednesday, November 23, 7 pm

A candlelight ceremony of thanksgiving will be led by Greg Barrette. Those who attend will have an opportunity to share their gratitude with the congregation as they light a candle.

Even in times of difficulty, we can join together for support and comfort. The simple act of lighting a candle can be a powerful reminder that an attitude of continual thanksgiving can move mountains of old energy and can free us from problems and ailments that may be keeping us stuck in our everyday lives.

Stay up-to-date with  
Unity Northwest Church

Visit our website at  
[www.unitynorthwest.org](http://www.unitynorthwest.org)

AND

Watch past Sunday talks at  
<http://vimeo.com/unitynorthwest>

or at

<https://www.youtube.com/user/unitynorthwestchurch>

## COMING UP IN NOVEMBER ...

### The Enneagram and Spiritual Growth

Thursday, November 10, 7:00 pm  
Facilitated by Jim Ware

The Enneagram (which means "9 points") is a personality assessment that has spiritual origins in both the Christian and Sufi traditions. It describes nine personality styles and provides useful insights about the obstacles that each faces in connecting with the divine. Participants will receive a handout that summarize the nine types.

### Open Your Mind to Receive

Tuesday, November 15, 7:00 pm  
Facilitated by Greg Barrette

How can you open up your mind to receive? What blocks can you remove and what steps can you take that will lead you to the fulfillment of your heart?

*(Continued on page 2)*

*Unity Northwest is a center for spiritual growth that offers tools for living at every level of expression.*

**Our Mission Statement**

We inspire and embrace the soul evolution of everyone in our church community.

**What Is Unity?**

Unity is an interdenominational Christian church based on the practical teachings of Jesus Christ, often referred to as "Positive, Practical Christianity." Our main focus is not on "original sin" but on the "original blessing" of being children of God. We are created in the image and likeness of God, here to live life and live it more abundantly.

**Silent Unity Prayer Line:  
1-800-NOW-PRAY**

**Unity's Five Basic Principles**

- There is only Presence and one Power active in the universe and in my life, God the Good.
- Our essence is of God; therefore, we are inherently good. This God essence, called the Christ, was fully expressed in Jesus.
- We are co-creators with God, creating reality through thoughts held in mind.
- Through prayer and meditation, we align our heart-mind with God. Denials and affirmations are tools we use.
- Through thoughts, words and actions, we live the Truth we know.

**Unity Northwest Newsletter**

Ruth Trailer Editor

**November 2016  
Contributing Writers**

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**BOARD OF TRUSTEES LETTER**

Greetings from your Board,

We are coming into the most wonderful time of the year with Thanksgiving and Christmas right around the corner. Here are some items your church board handled at the last meeting.

- To help souls find our little "peace" of heaven on earth, we are using social media to get the word out about our church. We have put the Tuesday meditation group on Meetup.com and are seeing new people join us for meditation.
- As a not-for-profit organization, Google Ads allows us to advertise for free basically by providing us grants.

**Love, Communicate, Respond**

- We have a vibrant Facebook page. So help spread the word by connecting with us on these social media platforms.

Thank you to those who filled out the Sunday survey forms. We received a good representation of positive responses to keep doing what we are doing in the Sunday services. All is indeed well.

In all things, give thanks. So grateful for YOU!

Blessings,

**Sheila Budd**  
President, Board of Trustees

**COMING UP IN NOVEMBER ...**

*(Continued from page 1)*

**EFT Tapping Group Session**

Thursday, November 17, 7:00—9:00 pm  
Facilitated by Celeste Magers

EFT Tapping is a technique that switches the nervous system from "fight-flight-or-freeze" to "rest-and-digest," allowing us to calm worry, find the hidden beliefs that are working against us and release them. Then our affirmations can work, and we can heal.

Our previous workshops about EFT "Tapping," received such enthusiastic response that we decided to get together periodically to "tap" together on common issues. But attendance at a previous session is not necessary for you to come to this one. Beginners will pick up the process quickly and easily. So join us even if you are new to tapping.

**Rearranging the Furniture of Your Life**

Tuesday, November 29, 7:00 pm  
Facilitated by Greg Barrette

Sometimes, things look different from what you want. What can you do then? In this seminar we will explore ways to manage delays and handle disappointments while still moving towards our spiritually-set goals.

**MINISTER'S LETTER**

*(Continued from page 1)*

revealing what you had been missing with your toothbrush. If you want your "soul-smile" to be beautiful, you have to get rid of the plaque. You've got to know where to brush. And these situations of life are here to show you, as a soul in evolution, what it is that you are supposed to work on. It's just red dye. Smile in the mirror and start brushing!

That's what Francis did. He came out of it a changed person. He got to know his soul.

**Greg Barrette**

**Talk Titles for November**

11/06 God Is Your Source  
*Guest musician: Maggie Bynum*  
Whatever you think you need--all that you really need is God!

11/13 Name It, Claim It!  
*Guest musician: Josie Falbo*  
Aim your prayers in a new and dynamic way.

11/20 Directing Your Thankfulness  
*Guest musician: Julie Rust*  
Thanksgiving gives you a shortcut to your miracle.

11/27 Moving Into Your Greater Mind  
From lower to higher, smaller to greater, outer to inner--that's your journey!

**Weekly  
Silent Meditation Service**

*Ongoing--Tuesdays, 6:00--6:45 pm*

*Facilitated by Greg Barrette*

Being supported by a group makes meditation much easier. Numerous studies by research labs at major universities have confirmed the effectiveness of meditation to heal and reduce stress. We have witnessed healings of mind, body and circumstances that can be attributed to this group practice.

**A free will offering will be accepted  
at most classes or workshops.**

**For more information call 847-297-0997,  
or visit [www.unitynorthwest.org](http://www.unitynorthwest.org).**

The **Simple, Reverent Prayer Circle** gives participants an opportunity to spontaneously speak aloud heartfelt prayers for others.

**Sundays at 10:20 a.m.**

As we support each other in prayer, we experience the power of healing that Jesus said would happen when 'two or three are gathered.'

**IC  
C The Interfaith Counseling  
Center (ICC)**

offers counseling to individuals, couples and families on a love offering basis for up to three visits. By the third visit, you may choose to end counseling, continue offsite, or be referred to a therapist or other community service agency that will best serve your needs.

ICC is available to people of all religious, cultural and socioeconomic backgrounds and provides support for a wide array of issues: spiritual, personal, relationship, parenting, stress release, depression and anxiety.

**Call today for an appointment: 847-297-0997.**

## YOUTH EDUCATION MINISTRY

It is hard to believe it's already November! Where has Fall gone? We affirm that we still have some great days ahead of us, and we are looking forward to continuing our exploration of the Twelve Powers.

Ideas to explore in November include:

**ORDER** is the ability to organize, balance and sequence Divine Ideas, Truth and Spiritual Law. It is knowing that there is a Divine Order to the universe and everything in it. The first thing we must do in any situation is to see God in it.

- Apostle: James, Son of Alphaeus
- Color: Dark Green
- Location In The Body: The Navel
- Nature Symbols: Ant
- Ability: To organize, balance and sequence Divine Ideas

**ZEAL** is the passion and enthusiasm that propels us forward in Truth. It is not noisy and loud. It is a steady energy that helps us keep on in our desire to ceaselessly practice the presence of God.

- Apostle: Simon
- Color: Orange

## We are the world. We are the children.

- Location In The Body: Medulla, Brain Stem
- Nature Symbols: Humming Bird
- Ability: To be passionate and enthusiastic about Divine Ideas

**LIFE** is the Christ presence within us containing the vibrating energy of life and inspiring us to action. Life energy is the power that enables us to grow, heal, empower and restore ourselves. It is the Divine idea that makes wholeness possible for us.

- Apostle: Judas
- Color: Red
- Location In The Body: Generative Function
- Nature Symbols: Flame
- Ability: To enliven and energize Divine Ideas

In light & love,

**Rev. Diane Venzera**  
Director, Youth Education



## SPIRITUAL PSYCHOLOGY

### THE JOY IS IN THE GIVING

One of my favorite sayings of my spiritual mentor, Jane Elizabeth Hart, is: "The joy is in the giving." It has taken me many years to appreciate this as more than just a pretty platitude--especially at this time of year!

Finding joy in giving means to understand that when we are acting only for ourselves, that energy has nowhere to go but back to ourselves. This is important in order to replenish and refresh ourselves sometimes. But when we give freely with joy and loving kindness, that energy ripples out into the far stretches of the universe! For that moment, we have expanded ourselves far outside of where our energy normally resides. It is like an amazing, huge yoga stretch!

Plus, finding joy in giving makes us want to give more—to re-experience that joy, that refreshing stretch beyond ourselves. Once we get out of our box, we don't want to go back inside that small space!

Recently I helped some friends pack Christmas gifts for children in other countries. There were several boxes, and as we filled each one, we silently blessed each toy and piece of candy. I could imagine the love and joy the child would experience as she or he opened the box—an explosion of love and light! And I could feel my own energy

## What does my soul want me to do?

expanding beyond myself, beyond this country, rippling throughout the planet.

A song I sang in childhood that reminds me of this concept is "Magic Penny." Do you remember singing this song? Did you ever realize that the magic penny symbolizes your own energy, multiplying and supporting you in infinitely greater ways? Here are a few of the lyrics.

*Love is something if you give it away;  
You'll end up having more.  
It's just like a magic penny:  
Hold it tight and you won't have any.  
Lend it, spend it, and you'll have so many  
They'll roll all over the floor.*

As you give this coming holiday season, no matter how big or small a gift, put your energy of love and joy into it, and don't let it stop flowing at your gift's recipient—see that love and joy rippling out, sending a wave of blessing throughout the planet.

The joy is in the giving!

**Lynn Barrette, LUT, LCSW**

## Deck the Halls Decorating Party

Sunday, November 27th,  
after the 2<sup>nd</sup> service

We invite all of you to come and decorate  
our church for Christmas!

Get your tinsel on!!

## Unity Northwest Church is a recipient of a Google Ad Grants award.

The **Google Ad Grants** program supports registered non-profit organizations that share Google's philosophy of community service to help the world in areas such as science and technology, education, global public health, the environment, youth advocacy, and the arts.

**Google Ad Grants** is an in-kind advertising program that awards free online advertising to nonprofits via **Google AdWords**.



**FROM THE INSIDE OUT**

*Encourage, lift and strengthen one another.*

**Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.**  
**1 JOHN 4:7**

One night a while back I was watching this crime show on TV about a guy on a train who freaks out, grabs a gun from a passenger and then holds everyone hostage. Then we see another guy, scruffy looking, standing behind him, egging him on. The scruffy guy says things to him like, "They're out to get you," "Don't trust anybody," and "Kill 'em!" Pretty soon the FBI arrives and taps into the security camera to watch the action on the train. It doesn't take long for us viewers to notice that the scruffy guy doesn't show up in the security camera view—only in the troubled guy's view, and we figure out that he's imaginary!

Well, that scruffy guy represents "false evidence appearing real," or "fear." The offender on the train has fears and suspicions so great that they've taken on a life and appearance of their own. Fear can be that powerful, but how, if it's not real? Well, our fears can be only as strong as we believe.

Of course, not everybody's fear takes on that extreme a reality, but it can very well have a strong and even controlling influence on our lives. But, as *A Course in Miracles* says, only love is real, and we always have a choice between love and fear. But sometimes fear gets in the way of our experience of love so what can we do? Well, if living in love is a choice, we can remind ourselves, when something or someone appears to cast a shadow on our well-being, that we can choose love over fear no matter what the circumstances. We can remind ourselves that only love is real, and anything to the contrary is false. Easier said than done?

To know the peace of God's love and be free from the persuasions of fear, we need to reinforce with prayer and meditation the practice of thinking from love. And affirmations are excellent reminders that when fear raises troubling questions, love is the answer. We can also deny the power of anything to stop God's love from coming to us. Remember: God is our source, love comes from God, and love is all there is! And that's the truth! Yes, it is! Thank you, God!

**Ruth Trailer**

Thoughts become things... choose the good ones! ® © www.tut.com ®



*A Course In Miracles*  
 Lesson 310

"In fearlessness and love I spend today."

*"This day, my Father, would I spend with You, as You have chosen all my days should be. And what I will experience is not of time at all. The joy that comes to me is not of days nor hours, for it comes from Heaven to Your Son. This day will be Your sweet reminder to remember You, Your gracious calling to Your holy Son, the sign Your grace has come to me, and that it is Your Will I be set free today."*

We spend this day together, you and I. And all the world joins with us in our song of thankfulness and joy to Him Who gave salvation to us and Who set us free. We are restored to peace and holiness. There is no room in us for fear today, for we have welcomed love into our hearts.



**Be God's Love in Action. VOLUNTEER! Call the church office at 847-297-0997.**



**Sunday Services: 9:00 and 11:00 am**  
**Youth Education: Sundays at 11:00 am**