



## *Spiritually Speaking* . . . newsletter

### From the Vice President

This month in the United States we set aside a day as Thanksgiving Day. It is a time especially to look appreciatively at our many blessings. It awakens a new spirit of appreciation within us. It brings joy, builds faith, and opens the way for more good to come.

Here at Unity we are thankful for all we have accomplished with God in the past year. As we say Thank You and Farewell to the board that led us this past year, we say Welcome to the new board as they take their place to guide us through the coming year.

Our new Board has a new name. After adopting an updated version of Yakima USLC bylaws at the Annual Membership Meeting last month, they are now the Board of Trustees instead of Board of Directors. Barb Allen is the new President, Juanita Beetchenow is Vice President, Lori Warnick is Secretary, and Rick Welke is Treasurer. Our new members at large are Tracy Arostegui, and Rob Leaming.

Since we have a new board, our Board liaisons have changed. In case you aren't familiar with this position, the board liaison is a person who acts as a link between the Board and our Teams. They pass information from the board to the team, and bring ideas from the teams to the Board. For this year Barb is liaison for Platform and Prayer Ministry, Juanita is Worship & Music, Speaker, and Policies teams, Lori is Children & Teens, Tracy is Usher/Greeter, Rick is Facilities and Minister Search teams, and finally Rob is Sound Team and Imagineers Team liaison.

While November is the time of year we celebrate Thanksgiving Day, we are grateful every day for this community where together we hold a vision for "A world powerfully transformed through the growing movement of a shared spiritual awakening". Together "We empower individuals to collectively transform the world". We encourage and support each other to go within to connect with Spirit to learn and grow in God's presence. As we do this, we invite Spirit to guide our words, thoughts, and actions. And as the new Board begins their term, we say Thank You to them for saying YES to this Sacred Service.

Blessings,

Marilyn Freed



### *Our Vision*

A world powerfully transformed through the growing movement of a shared spiritual awakening.



### *Our Mission*

We empower individuals to collectively transform the world.

### *Our Minister Affirmation*

We affirm our new minister is love in action, wise, joyous, a dynamic leader, open hearted and an inspiring teacher.

We excitedly welcome our new minister who is here in God's Perfect Timing. We see it, we claim and affirm it. And so it is.

Thank you, God!



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509-575-5551

**Dial-A-Blessing: 426-4988**

**Website:** UnityYakima.org

**Email:** Minister@UnityYakimaMail.org

**Office:** Chris@UnityYakimaMail.org

**Sunday Celebration - 10:30am**

**Office hours - 10:30 am - 3:30 pm**

Minister.....Coming Soon!  
Music Director.....Sylvia Holtman  
Adm. Assistant.....Chris Roybal  
Newsletter.....Chris Roybal

**Board of Directors**

Barb Allen	Tracy Arostegui
Juanita Beetchenow	Rob Leaming
Lori Warnick	Rick Welke



**The Oneness Blessing is Back!**

*The first Sunday of each month,*

*9:45am—10:15am*

*Downstairs in the Library*

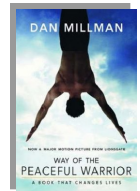
**Wednesday Morning Group**

This class meets every Wednesday from 10:45-noon. Beforehand, from 10:20-10:45am, there is quiet meditation with music in the sanctuary.

**Now reading: “The Way of the Peaceful Warrior”**

*~by Dan Millman*

*All are welcome!*



Come check out

**the Imaginers**



**We want to hear your ideas!**

*The 2nd Tuesday of each month, from 4:30 -5:30pm, we will gather to listen, discuss, and brainstorm ideas people have for our spiritual community.*

*Do you have ideas for a fundraiser, decorations that might really add to our décor, ideas about the website or newsletter, a different way of distributing information, or something else entirely? **We want to hear it! Any and all ideas are welcome!***

*All ideas will be documented, discussed and either tabled for further discussion or we'll implement the first step. You don't have to join the group, but you may want to come often to hear the ideas being brought up. **Next Meeting: Tuesday, 11/12.***

Support Groups that meet at Unity **Alcoholics Anonymous: “The Early Birds”** Mon, Wed & Fri - 6:30am,

**“Step Sisters”** closed women's group - Wednesday - 2:00pm

**“Sisters in Sobriety”** closed women's group - Thursdays - 6:00pm

& **Al-Anon: “Steps to Recovery”** Every Wednesday– 5:30pm



# Be Thankful...

## Sunday Celebration Service

*Once again our Speaker Team has set up some wonderful guest speaker for November. Thank you, Juanita, Kyllie and Marilyn H.*

### November 3 The Power of Prayer

Guest Speaker: Rev. Libby O'Day

*Scientists are giving credence to many of the beliefs we hold in Unity, that our mental attitudes and daily thoughts have the power to heal. Not only that, but we have the power to change our DNA.*

*"What used to be science fiction is now science fact," says Dr. Gregg Braden. Braden elaborates on how cinematic scientists in the movie "Jurassic Park" extracted DNA from the fossilized remains of ancient forms of life and that we now, in real laboratories, extract DNA from forms of life that are believed to be our evolutionary ancestors and compare those samples to our DNA today. These advances promise to blow open the door to revelations and realizations that have the power to change the way you think, act, and live on a daily basis." Join us this Sunday as we explore how to break free from the patterns of our past through the Power of Prayer. It is one of the most powerful tools for transforming our lives, even our DNA, as Myrtle Fillmore, the cofounder of Unity, proved in her own body in the early 1900's. Seems like science is just catching up.*

### November 10 Oneness Through the Eyes of Rumi

Guest Speaker: Salam Awad

### November 17 Are We Truly Grateful?

Guest Speaker: Marilyn Freed

*With an attitude of Gratitude we discover a new dimension in living. We find it easy to express our Christ Nature. And when we are grateful, our mind and heart are receptive to the inflow of God (good). Let's look at this deep meaning of Thanksgiving.*

### *November 20: Interfaith Thanksgiving Eve Service*

*7:00 pm at St Paul Cathedral Chapel*

### November 24 Love is a Two Way Street

Guest Speaker: Cindee Hudson

*We often are so busy giving and showing love, but are we missing out on receiving love? The Greek language differentiates between several kinds of love which may afford an expanded point of view.*

*And know peace*



Welcome

*New Members!*

Sa'ra Earthdove-Tinker  
Kerry Hager  
Rob Leaming  
Isreal Rollinger

Mernie Graham  
Madison Hager  
Julie Presson  
Dave Trick



*Get registered now for the upcoming 8 week*

**Grief Recovery Group!**

Thursdays, 11:30 - 1:30pm

**January 9th—February 27th**

**COST: \$150**

Call Kerry at 509/480-0945 to register

*I open my mind and my heart to new understandings.*



# Financial Report

October Operational Income: **\$6678** Planned Monthly Income: **\$9,000**

Expenses: **\$5781** Planned Monthly Expenses: **\$9,000**

*You make a difference!*

*Unity Spiritual Life Center of Yakima is prosperous. We are self-supporting through our own voluntary contributions and we invite you to share and be a part of our abundance. Thank you, thank you God!*

*If you have any questions about the finances, you can call Chris in the office and make an appointment anytime.*

We gratefully share what we receive! Unity believes in the spiritual practice of tithing.

As we share our income with others, we also generously receive.

In October, we tithed 10% of our total income to: Unity Worldwide Ministries, Unity NW Region, Silent Unity, and Unity Spiritual Center of Port Townsend, WA

## Veterans Day



**Monday, November 11**

*Office closed*

## Security Gates

Wow! In just a little over a month we have raised all the funds for both security gates! The Meditation Garden gate is in and the stairwell gate is being scheduled.

When there is a need, you all step right up! Thank you!

*Give Thanks*



## Christmas Outreach... Bears in Chairs!

Everybody enjoys watching the chairs in our sanctuary fill up with teddy bears which we hug and fill with love before sending them out to children in our community. We'd like to get started early. Bring in new bears and we'll fill them with love! We also need to decide where they're going this year and a family (or two) to help for Christmas. If you have suggestions, please contact a board member or Chris.



# Meet Our New Board Members!

## *Barb Allen . . .*

Hi everyone. Let's pretend you don't know me and let me introduce myself to you:

I am Barb Allen. I have been a member of Unity Spiritual Life Center of Yakima for over 20 years. I first learned of Unity when I lived in Bellingham and my friend was forever asking me to go to church with him....but I declined because I was ok. I next encountered Unity in Seattle when a very dear friend lost her son-in-law and asked me to come with her to the life celebration for him. The church was packed and the atmosphere was very celebratory and I believe this was the first time I had ever really been to a Celebration of Life for someone. Soon after I moved back to Yakima and the first thing I did was to find this Unity. And I knew from the moment I walked through the doors this was my place and you were my people. I am also a grateful recovering member of Al-Anon and these two entities are the very backbone of my Spiritual Journey.

I am divorced and have 3 children and 9 grandchildren (who are the absolute light of my life). I am pleased to be part of this new Board of Trustees and excited to be part of the team that is going to help lead us on to whatever is next for us.

As we embark on this leg of our journey let us always remember that Spirit walks with us and we walk with spirituality, grace and confidence. Pack a lunch and let's get started! In joyful anticipation ~ barb allen

## *Tracy Arastegui . . .*

What brought me to Unity? Like many people, I would have to say that all of my life I have felt drawn to the teachings of Unity, even if I didn't know the particulars of this church's existence. Since I was very young, and was being raised by a mother who was a strict Southern Baptist, I sensed that there was a greater truth, a greater love, and a greater connection with all in the universe that was not fully expressed or celebrated in the teachings of Christ I was being exposed to. Later in life, as an adult, finding myself challenged by raising an autistic son, I moved toward acupuncture, meditation, and yoga, and then, finally, Unity. Here I am at home! There is peace and acceptance here that I've long searched for and believed others must be searching for as well. I have found my community that has a guiding principle of love—not confined to or restricted by the teachings of any specific religion--that resonates with me. So, thank you to all of you for welcoming me into this church just over a year ago, and thank you for welcoming me into this new leadership position.

## *Rob Leaming . . .*

Hi, My name is Rob Leaming, I came to Unity about 3 1/2 years ago seeking a local spiritual community which I have found here. My diverse background includes business management, community relations, problem solving and education which I feel will be of great resource as a board member here at Unity Spiritual Life Center of Yakima. I have been making Yakima County my home for the past 18 years, the longest I have ever lived in one place. I currently work privately building a model of transformation I call Hawkshaven. From this platform I teach ways that we can create our landscape into a sustainable symbiotic relationship (permaculture) where people and nature thrive. Nature's influence has helped me dive deeply into my spiritual path implementing the practice of Yoga that I also teach at Hawkshaven. Additionally I have enjoyed teaching Yoga/Meditation this past year at the Yoga Collective of Yakima, a workshop here at Unity, and most recently in local schools. Thank you for giving me this opportunity to serve you.

## *Rick Welke . . .*

I have been in pharmacy since I was 18 years old, first as a technician in the Army later on as a pharmacist after a stint at WSU. I came to Yakima in 1986, and attended the Nazarene Church with my wife Joy and our 3 children. After our children were grown we drifted away from that spiritual community, and after a few years two friends who attended Unity invited us to visit. Joy attended services for a couple of weeks before I did, and when I came for the first time I was very pleased, indeed surprised at the positive spiritual energy that we encountered. That was 11 years ago, and USLC has become a very important part of my life since then.

In the fall of 2008 I was asked by the nominating committee to "throw my hat into the ring" and become a board member. At our first meeting a vacancy as treasurer opened up, and I thought that might be an important way to serve USLC. I had no previous experience as a treasurer, but managing pharmacies helped me wrap my mind around the task. I would come to learn over the next 4 years that church finances are quite different than business or family budgeting, and this period of my life proved to be an enormous growth experience for me. Over this 4 year period a lot of important events and challenges came before the Board, and we met those circumstances with deliberation, teamwork, and faith. Although our Center faces daunting challenges now, that is nothing new over the history of Unity in Yakima since its inception. What lies before us is not much different than Unity has faced over its 80 year history, and with the teamwork of a dedicated Board of Trustees, and an involved and supportive congregation, I believe that with faith, creativity, perseverance and love - we can navigate any upcoming rapids until we enter the calm placid waters, and be better off for the journey.



In November the office will be closed on  
**Wednesday, Thursday and Friday**  
(Nov. 27—29)  
for Thanksgiving.

## *Opportunities to Give:*

*Here is a list of things needed here at Unity that you can donate your extra time, talents and/or treasures to:*

**Minister's Salary:** We have one month salary set aside for the new minister, we'd like to have at least three. Memo your gift "Minister's Salary"

**Men's Restroom:** The men's restroom downstairs needs some TLC. The desires expressed are to get a new sink, new flooring, take out the shower and put in a urinal, etc. A fund has been created and we've already received a \$100 donation! Memo your gift "Men's Room".

**Snow Removal:** Last year the unexpected amount of snow brought unexpected snow removal expenses. We had to pay people to shovel all the walks everyday and pay a snow plow to clear our parking lot, not to mention the bags and bags of ice melt. Memo your gift "Snow Removal".

**Window Frame Painting:** The window and sill downstairs in the classroom has been replaced thanks to the generous donation from a congregant—now we just need someone to paint it. We have the paint, we just need you! Talk to Chris if you can help.

**Little Free Library Roofing:** The roof of our Little Free Library is peeling and it was suggested that we put roofing shingles on it to really protect it and help it last a long time. Talk to Chris if you'd like to help with this.

*The light of God shines bright in me!*

401 S. 8th Avenue - Yakima WA 98902

If you do not want to receive this newsletter,  
please mark the box and return to your letter carrier

*November 2019*

**We're on the Web:**  
**[www.UnityYakima.org](http://www.UnityYakima.org)**

Sent with love and blessings to:

## November Affirmations:

**Well-Being:** *The spirit of peace is my well-being.*

**Inner Wisdom:** *Centered in divine wisdom, I know  
the way to go.*

**Vitality:** *I am one with the flow, energy and vitality of  
divine life.*

**Prosperity:** *I live in joyful expectation, knowing  
God is my source.*

**World Peace:** *One God, one life, one mind, one heart.  
We are one.*

