



Spiritually Speaking. . .newsletter

From the Board

Hello, Unity Spiritual Life Center of Yakima! I've been asked to write this month's newsletter, and I have been told the topic is whatever I choose. That is quite a responsibility! In other words, I am to look inside my life, my spiritual health, my daily meditations, and to look outside at the events of the world, both good and bad, and determine what topic is worthy of 300 words. Huge sigh.

Considering the immensity of such a task, I believe I'll start in a safe place and note the excitement we feel here realizing that we have a ministerial candidate coming for a visit the weekend of March 29th. This is simply great news! Reverend Ron has agreed to give a workshop that weekend and to speak to the congregation on the 29th. I am excited to see what he prepares for us and presents to us. I'm sure many of you feel the same way!

As part of Reverend Ron's interview with the board, he mentioned and praised the works of Eric Butterworth. So, recently I have begun reading Practical Metaphysics: A New Insight in Truth by Butterworth. Thus far, I have read only the first chapter, but I can say that I'm finding the text quite interesting and would like to share some of Butterworth's words with you. He writes, Think about the first words of the Bible, "In the beginning, God..." We're simply saying, in the beginning, Allness.

At the foundation of you, your life, and your experiences, is the wholeness of the universal process expressing itself as you. Just think of yourself for a moment as being the central point of focus of light. Light is in sharp focus, and you never lose it. You are a point of light in the infinite light of God. You are an expression of love in the limitless love of the Infinite. You're an experience of wholeness and health and activity of the Allness of healing life. You are a flow of substance within the all sufficiency of infinite supply, and this flowing pours through you, as you, and it feels good. Don't let yourself wonder how. Don't question who made God. Don't think in terms of what was there before. There was nothing. Let all of these human thoughts go. Just feel your oneness with the Allness of the Infinite. In the beginning, Allness.

So we begin. Not so much a beginning in time, although it can be that, too, but that it begins here in terms of a principle that is realized here. In the beginning, Allness. Thinking in terms of what lies before you, the work you'll be involved in tomorrow, the physical experience, even the diagnosis and prognosis of doctors who have judged your physical form. In every case, in the beginning, Allness, Allness, Allness. Remember, wherever you are, the Allness of God is present, and the Allness of God is present because you're present. You are always and in all ways an eachness within the Allness that is God. Amen.

Respectfully submitted,
Tracy Arostegui, Member at Large



April 2020

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 New 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!

Financial Report

March Operating Income: \$7061 Expenses: \$6782
Budgeted: \$9000

The Metaphysical & Wellness Event raised \$793

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 March, we tithed 10% of our income to: Unity Worldwide Ministries, Unity NW Region, Silent Unity and Unity Community of Central Oregon.

Prayer Ministry

Are you looking for something you could do from the comfort of your home or office? Something that takes just a short amount of time? You are in luck!!

We are looking for a few volunteers to record the Dial A Blessing, no experience necessary. You can do it from the privacy of your home. The script will be provided - you just have to read it aloud.

If you make a mistake, no problem - a simple fix with one click on the phone and the message can be rerecorded. It usually takes less than 5 minutes a day. We ask that you would do it for one week at a time, usually Sun thru Sat. The more people who volunteer, the fewer weeks it would be yours. Interested? Call or email the office: 575-5551/
Chris@UnityYakimaMail.org.

Little Free Library

Our Little Free Library is a gift to our neighbors more than ever right now. If you need to get out for a bit and have some extra books, our Little Free Library is in need to be stocked each day. Or, you can drop off books to us and we'll restock. it
Thank you to those who have already been doing it!



*Christ-like ideas rise up in my thoughts. I am uplifted in spiritual consciousness, strong and free.
The stone has been rolled away and all obstacles to my good are removed!*

APRIL'S SUNDAY TALK LINE UP

We have wonderful people lined up to do video's of their Sunday talks, and as you can imagine, we've run into a few bumps in the road as this is all new to all of us. We will send out emails to everyone each time we post a video on our website. Here is who is scheduled—in alphabetical order.

Cindee Hudson
Rev. Libby O'Day - April 5th
(already posted on our website)
Rev. Ron Palumbo
Joan Woolard



Events at Unity!

Have you been practicing with Zoom? We have plans to hold some Zoom events. You'll want to create an account on Zoom so you can easily access the events.

Wednesday Morning Coffee: Tracy Arostegui will be hosting a 30 minute Coffee Club every Wednesday morning, starting April 8th at 10:00am. We'll send out an invitation via email to join her on Zoom.

Rev. Ron Palumbo: We have rescheduled his plane tickets and plan to have him come out the first weekend in May. We may also have a Zoom meeting with him. With Zoom, you can have up to 100 people in the meeting, for 40 minutes.

We are looking for easy ways for all of you to create a 5 minute video; just a short check in with how you and yours are doing, what you've been doing and then maybe sharing a short inspirational reading or thought. We'd like to keep these at 5 minutes or less and not give out too much personal information as the video will be public. Imagine how fun it would be to go to Unity's YouTube channel and seeing all kinds of little check ins from our spiritual family members!

Another suggestion was that we do a 5 minute introduction of ourselves for new members. These are things about me I'd like to share with you, these are the reasons I love Unity, these are the reasons I love living in the community I live in.

We are being called to interact and stay connected in different ways right now. So if you have an idea or suggestion, let us know, we love to hear them.



APRIL 2020

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

We're on the Web:
www.UnityYakima.org

Sent with love and blessings to:

Affirmations for April

Inner Peace: Breathing in, peace. Breathing out, peace.

Faith: With every step forward, I am faith-filled and faithful.

Wholeness: Attuned to divine life, I heal and live fully.

Strength: By the power of spiritual strength, I stand steady and ready.

Harmony: Centered in divine love, I am a harmonious presence.

