



July/August 2010



Sunday Celebration Service 10:00 AM

Meditation 9:00 AM

SLT Senior Center—3050 Lake Tahoe Blvd.

*A Letter from our Spiritual Leaders, By Hillary*



It's been an interesting 2 months. There has been a lot of upheaval in my life for many different reasons, some "good" like getting a new ceiling because we've gotten insulation put in, and a new dog; some "not so good" like needing to be out of the house during the installation, Emma, our dog, having some issues, Stew being on jury duty for 2 months, etc. What has been interesting to note is my reaction to all this external commotion - impatience, fear, anger, crankiness (to name just a few). These feelings stemmed from a mistaken belief that life was acting against me, and had conspired to cause me grief and frustration. Whoa! The only place such energies can be initiated are within me. Life/God/circumstances can't conspire against us - I am the only one responsible for how I perceive my world and, consequently, how I respond to it. We are working with Gary Simmons' book, "I of the Storm," on Wednesday nights and he reminds us that "whenever there is change, movement, resistance, pressure, or interaction (in other words, life is happening), there exists the potential for conflict." And it seems our learned instinct is to run away from conflict or push against it in resistance.

In my morning meditation I remind myself that I Am the way of God, but oh my, I sure wasn't being the Way of Love or Understanding in my response to what was going on around me. I was allowing the appearance of things to dominate me with its chaos & inconvenience & I was whirling with the storm. There is so much of the collective consciousness of life that is always coming at us with its chaotic energies. It doesn't even have to be negative, it's just that there is so much of it, so much information, we're always so busy running from one thing to the next, or we're just so busy in our minds as we fill them continuously with images from TV or computer.

Sometimes we can be aware we're on a tread mill or in a funk, as I was, and we're doing our spiritual work, and yet we're still in our stuff, or in the way of God, as Gary Simmons says. We haven't given ourselves the room to remember and access God, our peace, our solutions, and our blessings. Whoa again! Get off the tread mill for a while & do something totally different. It's summertime - get outside with no agenda other than to be fully present. When was the last time you hugged a tree and smelled it? When was the last time you got down in the dirt and was nose-to-nose with a spider web or flower? Have you really & truly ever seen how intricate & heart-shatteringly beautiful they are? Jump in the lake or river - I know it's cold! What a great way to change your energy and your perspective on things.

For me, as far as the story I was telling myself, I realized that I was choosing to focus on the inconvenience, consistently and relentlessly. Otherwise, I could not be suffering so much about it. While I'm still amazed that I got caught up in that since I "know better" (that's a closed-door thought that gets us nowhere except a continuing downward spiral), I used it as an illumination point to give myself empathy (yes, I did that; yes, I'm human) and wrap myself in compassion and see what I could do differently. I came back to God. I breathed fresh air into my thoughts, focused on Spirit, and allowed the Mind of God to uplift my thoughts. It always comes back to God and the Truth of what I am. To know that the solution to my every problem lies within me. Which leads to remembering that the problem is never a problem since it returns me home to mySelf & I find God. Ah, what a glorious blessing Life is!

*Sunday Celebration Services (at the Senior Center, unless noted)*

**12 Power Sundays are the 1st Sunday of each month:**

*August 1st - The Power of Will (wear silver)*

*September 5th - The Power of Order (wear dark green)*

**July 25th:** *Guest musician Dodi Pritchett, former music minister of Unity church of Gainesville, GA. Dodi is now a traveling musician thrilled to share her talents with us during our celebration service!*

**August 8th:** **OUTDOOR SERVICE AT HOLLY'S PLACE** with potluck to follow (1201 Rufus Allen Blvd...directly opposite the exit from the Rec Center parking lot...look for our prayer flags...you can park at the Rec Center or on the street along the ball field).

**September 5th (Labor Day):** **OUTDOOR SERVICE AT SUE HOY'S** with potluck to follow (835 Lakeview...park at Regan Beach just before the playground/lighthouse area...look for our prayer flags).

Immediately following our Sunday celebration services:

Re-circulation Sundays:

The 3rd Sunday of each month (**July 18th and August 15th**). Bring up to 3 gently used items in good condition that you would like to pass along. All items will then be available for a love offering.

OneHeart Drumming:



The 4th Sunday of each month (**July 25th and August 22nd**). Always a fun and uplifting time to join & celebrate the unique heartbeat of God within us all! Come create & express your joy through the rhythms of the divine! Some drums & percussion will be provided, or bring your own. Dancers & listeners invited too! We'll be moving this gathering outside to the lawn for the Summer. L.O.

**NEW EVENT!!!**

Meditation Circle:

**Every other Sunday evening**  
(July 11<sup>th</sup>, July 25<sup>th</sup>, Aug 8<sup>th</sup> & Aug 22<sup>nd</sup>)  
at Regan Beach, 6:30 - 7:00PM.

Join us as we sit in the beauty of nature and in the beauty of our own divine awareness. We'll meet in the office if the weather is inclement...

be sure to check in with us on location if you are unsure.



**Check out our website:**

[www.unityatthelake.org](http://www.unityatthelake.org)



*Our Sunday talks are now available on our website, beginning shortly after each Sunday service. Tell your friends!*

Also, did you know you can now make donations (for regular tithes, Building fund, Minister's fund and Hands & Hearts) and purchase any of our OneVoice, meditation or Sunday service CDs, directly from the website via PayPal or credit card?

CALLING ALL PROSPECTIVE PRAYER CHAPLAINS!

Are you are looking to go deeper into your own spiritual journey? Do you want to better understand how God works in your life? Are you ready to realize your birthright of wholeness and share that with others? If this resonates with you perhaps you are ready to become a Prayer Chaplain.

In support of UATL's mission and vision, the Prayer Chaplaincy is committed to providing comfort and support through affirmative prayer. What this means is that you will learn to align your consciousness with what already is as you fill your mind with thoughts of love, gratitude and spiritual truths. If you feel called to step forward and serve others you will be blessed to discover that you are being served most of all. Talk to Hillary, ask for one of our brochures or attend any one of the Orientation sessions which can help you to get clearer on whether this is the right path for you. Please note that if you are at all interested, the Orientation session is mandatory.

**Orientations** (You only need to attend one orientation session – please call the office in advance to make a reservation for the specific one you will be attending. All trainings will be held at our sacred office space, the Star Tahoe Building at 2489 Lake Tahoe Blvd.):

Saturday August 14<sup>th</sup>, 10 AM

Sunday August 15<sup>th</sup>, Noon

Saturday August 21<sup>st</sup>, 10 AM

Tuesday August 24<sup>th</sup>, 6:30 PM

## Prayer Chaplain Corner

It's been a little over a year since I became a Prayer Chaplain, and what a blessing and honor it has been! I look out at the congregation & see the Face of God in each person there. It is truly God's grace that allows the sacred space to be held to allow you to step into a sometimes vulnerable place to pray together, and I am so honored for the trust you place in the power of prayer. Each prayer is a miracle, & I thank you for the gift of your prayer needs, which are often universal needs & exactly what I also need at the moment. The flow of giving and receiving is ever present and the true oneness we share is so evident and such a blessing.

I am also grateful for the opportunity to make the monthly Wellness calls - a time when I can set aside special prayer time and connect with you each individually. Know that even if only by voice message, you are in my prayers daily, praying for the highest good and Truth of each of you.

I highly encourage anyone who has even a small voice calling them to be a Prayer Chaplain, to give it your attention and prayer, for it is a blessing, even when the small-self voice tells us we're not good enough. You are and We are the highest Truth of ourselves - for we are all perfect children of God, on this earth to love, serve and remember. Thank you for your love and support, and for being such a blessing in my life. Being a Prayer Chaplain has truly enriched my life, and I hope has made a difference in your life as well.

Love and Light, Alysone

## Ongoing Events in the Office

**Prayer/Meditation Circle: Every Wednesday, Noon to 12:45PM.** The best 45 minute God vacation/spa package you can give yourself! Bask in the love of God as you are guided into a short meditation, then send that energy out to the world in a sacred prayer ceremony honoring all of our prayer requests from the week.

**The following ongoing events (OUTDOORS FOR THE SUMMER) are available for a love offering:**  
**We have moved outdoors to Regan Beach when the weather has allowed...be sure to check with us on location.**

**"Awakening Wednesdays": Every Wednesday night from 6:30 - 8:00PM.** We gather for ongoing book study, meditation, heart-opening and spirited discussion, tool sharing &, generally, furthering our spiritual awareness and understanding. Come join this sacred, fun and beautiful gathering! **We are currently studying the book "I of the Storm" by Rev. Gary Simmons. You are more than welcome to join us even if you haven't been to a class or haven't read the book.**

**Healing Circles: Now on the 2<sup>nd</sup> Monday of each month (July 12<sup>th</sup> and August 9<sup>th</sup>), at 6:30pm SHARP.** Bring a healing request or simply bring your loving and healing energy to share with others in this powerful and prayerful ceremony. We have witnessed profound realizations on all levels and areas of life as we affirm and align in consciousness with the Truth that we are already whole. In other words, you don't have to be feeling bad to come or to benefit. When we have a large circle of people involved the energy fairly sizzles! This is simply one of the best ways we know to align our minds with Divine Mind and claim our Divine Inheritance!!

## Our Office/Sacred Space

**Located upstairs (Suite 27) in the Star Tahoe Bldg., 2489 Lake Tahoe Blvd. (530) 544-2266**

**OPEN HOURS (for the Summer only): Wednesdays 10:00AM - 2:00PM**

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**\*\*\* You are invited to come by and sit in the sacred energy, browse the lending library, or just say hello! It's a wonderful space! \*\*\***

**OF COURSE, OUR SPIRITUAL LEADERS, HILLARY & STEW, ARE ALWAYS AVAILABLE TO MEET WITH YOU FOR SPIRITUAL COUNSELING AND/OR PRAYER, TO TALK OVER THE SUNDAY CELEBRATION SERVICE OR UNITY PRINCIPLES...OR JUST TO CHAT!**

**"There are so many of you we would love to know better."**

**PLEASE FEEL FREE TO CALL THE OFFICE ANYTIME AND MAKE A DATE WITH THEM.**

## Faith in action program:

We joyfully affirmed and celebrated our abundance through financial support of the following during April and May, 2010:

### Unity in the Community

**Leesa Busch** (our volunteer webmaster)

**Association of Unity Churches, Intl.**

**Silent Unity**

**Odyssey of the Mind**

**Unity Center of Love and Light**

(Johannesburg, South Africa)

**Unity Center of Davis**

Total of outgoing tithes for this period was \$1284.24.

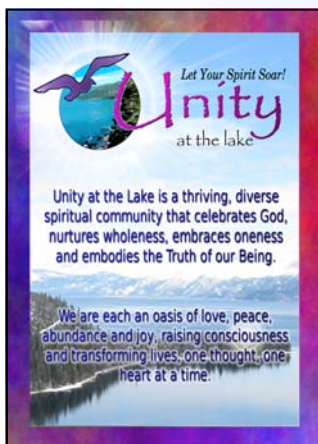
Thank you, God!



## YEP CORNER

Our Youth Empowerment Program, affectionately known as YEP, is asking for your support. It has been blessed to have 4 wonderful ladies, Sarah Knox, Pepper Smith, Jamie Kendek and Monica Givens-Day, be the coordinator over the years. They have cared for and mentored our youth with love, wisdom and compassion. They have shared generously of their time and talents to insure that our beloved young ones grow up knowing that they are special, loved and powerful as they learn to align their consciousness in God, just as we do during our Sunday celebration service. We now find ourselves in the position of seeking teachers. No special skills are needed other than a willingness to see God in each child's face and help them to see it in themselves and each other as well...oh, yes, and a willingness to play. If you believe our children are important and this calls to you, we (Hillary) can do a few weeks of YEP together until you feel more confident. Thereafter, you can teach YEP as seldom or as often as you desire. You will know no greater joy.

### NEW! Unity at the Lake Signs



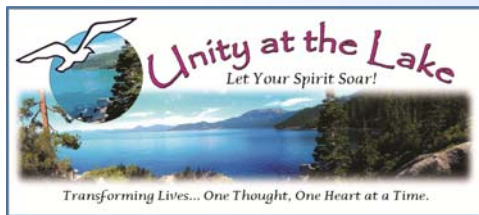
#### Mission/Vision Statement Sizes:

Sm: 2¼ x 3¼ (wallet size)

Med: 4 x 6

Lg: 5 x 7

XL: 8 x 10



#### Logo Sizes:

Sm: 4 x 1¼

Med: 7 x 3

Lg: 12½ x 5½

XL: 18 x 8

**Prices:** \*add \$2/ea print for lamination.

Small: \$3

Medium: \$6

Large: \$10

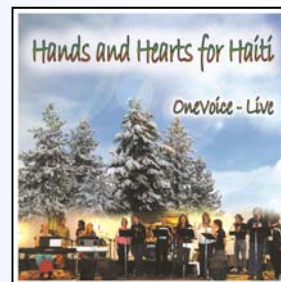
Extra Large: \$15

To order, call the office or fill out an order form at Sunday service.

### Unity at the Lake CDs

#### **Our NEW OneVoice CD "Hands and Hearts for Haiti" is now available!**

This awesome live recording is from the benefit concert for Haiti put on by James Crawford last February (thank you, James!). Another great collection of songs with many of our favorites including "Rising Again" and "Heal This Land" Love offering.



**"Journeys to the Heart"**, our meditation CD consists of 4 guided journeys on healing, prosperity, forgiveness and guidance, each about 15 minutes long. It's a great help to begin a meditation practice or to deepen your existing one. Available for \$15.

**Our NEW "Morning Meditations '09" CD** is wonderful on the drive to work! It is a collection of 5-minute meditations from Sunday celebration services along with the pre-meditation song by OneVoice. Folks have found it to be an important part of their day and a wonderful ally to stay in the awareness of God all week long. Love offering. **"Morning Meditations '07"** is also available.

**And NOW PRESENTING our newest CD "Piano Melodies"**, a compilation of solo piano music played by our music director Kristina. Live improvised melodies recorded at the beginning of our Sunday services, created with the intention to open hearts and set the sacred energy of the day. \$10 each.



## Special Thanks...

Our yard sale was again a huge success (we netted \$1800!), primarily because you all participated whether donating items or showing up or helping set-up and/or take down. That made it all so easy (well, easier).

Also, great thanks to everyone who showed up for our Murder Mystery evening. It was absolutely wickedly delightful! We played, laughed, dressed up and got silly (see pictures below). Our amazing PR committee (Cindy Archer, Alyson Hussmann, Donna Janaczek, Kathi Olsen, Paige Rice) pulled it all together and UATL netted \$800 to further our mission and vision.

THANK YOU & BLESS YOU!



## Greetings from your Council....

Welcome summer! As this season reveals itself, I marvel at the magic of Mother Nature. The snow has melted, the wildflowers are beginning to paint the landscape, and the birds are squawking for their daily treats. Life is a miracle and I am so blessed!

My spiritual journey is ever evolving and I continue, daily, to celebrate my alliance with the Divine Creator. I've been attending our Meditation classes and have managed to find time to practice every day. I experience stronger focus, enhanced performance and a deeper sense of purpose. I Let Go and Let God!

To quote the Daily Word, "I am the artist in my life, and I color my world with Love. I picture myself in harmony with others, and my powerful feelings and thoughts create my experience. Each person I welcome into my heart adds a richer dimension to my life, contributing to an evolving masterpiece of contrast, light and color."

I thank each and every one of you for enriching my life! I am so proud to be a member of your Council of Trustees.



Enjoy the summer! Namaste!  
Kathi O



*Sacred Flower Communion Ceremony  
at our Family Service on May 16th.*

