

MAY - JUNE
2013

UATL NEWSLETTER



MAILING ADDRESS:
P.O. Box 10742
SOUTH LAKE TAHOE, CA
96158

*Our sanctuary & annex
is located at:*
**1195 Rufus Allen Blvd.
South Lake Tahoe, CA
96150**

OFFICE HOURS:
TUESDAYS 11-2
WEDNESDAYS 10-2

****PLEASE NOTE THAT
FRIDAY HOURS ARE
SUSPENDED FOR THE
SUMMER****

Office phone #
(530) 544-2266

WE'RE ON THE WEB!

VISIT US AT:

WWW.UNITYATTHELAKE.ORG

& ON FACEBOOK:
"UNITY AT THE LAKE"

EMAIL:
**UNITYATTHELAKE@
SBCGLOBAL.NET**

Message from our Spiritual Leader (by Stew)

I've been speaking lately about how we are all the same. Well...99% the same, anyway. You probably don't have to trim your beard before you come to Unity on Sundays, but you and I both have fears and doubts, we all judge people (and ourselves) in various degrees; we all miss the mark at times. We've all said and done angry and hurtful things to others and to self. We're all human.

On the other hand, you and I are not *just* human. We are all expressions of the One Presence and Power. We are all spiritual beings having spiritual experiences. Each and every one of us is the inlet of all there is in God. Sometimes as outlets we fall a bit short of that, but that can never change what we truly are. Beyond the superficial differences between us that seem so real, there is an essential truth of us that is not only the same, it is one. And it is divine.

For me, Unity principles are not about ignoring, resisting or denying our human limitations and forgetfulness, they are more about focusing on our unlimited spiritual potential, remembering it, and allowing it to enfold and enrich our lives. We don't put our heads in the sand and refuse to see what's going on in ourselves and in the world, we just believe that we serve ourselves and the world much better when we stand firm in the truth of our loving, wise selves and bring that out in our thoughts, feelings, words and actions. Our purpose is to bring heaven (goodness, love, kindness, joy, wholeness and peace) to earth. We do that every time

we remember and express from our sameness and our oneness.

When I forget my highest truth, which happens often; when I judge or get angry or have thoughts of lack or limitation, my intention is, in that very next moment, to make a different choice. For instance, instead of beating myself up for "not acting spiritual", I intend to remember that I already *am* Spirit and then make the very next expression of my consciousness reflect that. Instead of justifying or making excuses for my limitations, I intend to affirm my greatness. Instead of blaming myself and others, I intend to take responsibility for what I think, say or do in that moment. And when I invariably still forget, I intend to start the process of making these different choices by accepting that I am human, and sending myself some compassion. Will you join me?

We're all the same love. This is truly a life-changing and world-changing message whose time has come. I feel so blessed to have the opportunity to not only share it week after week, but also to share in it with you, to see it play out more and more in our lives and to witness our transformation on so many levels. It is an incredible gift to me to be part of this spiritual community as we all grow into the huge vision we hold for it, for ourselves and for each other. When I forget my highest truth, it helps me so much to remember that we're all doing this dance together. Together, we are truly creating the kind of world we all choose to live in.

"Beyond the superficial differences between us that seem so real, there is an essential truth of us that is not only the same, it is one. And it is divine."

FAITH IN ACTION

We joyfully affirmed and celebrated our abundance through tithing to the following during March/April 2013:

- *Lake Tahoe Historical Society and Museum
- *The Polyphony Foundation
- *Unity Institute
- *Unity in the Community
- *Sierra Nevada Alliance
- *Playground of Dreams
- *Silent Unity



Total of outgoing tithes for this period was \$1,634.46.
Thank you, God!

As of 4/23/13, our bank balances are as follows:

Bank of the West Checking: \$2,077.09
(covers everyday spending and bills)

Bank of the West Savings: \$69.66
(2012 Hands and Hearts for Christmas fund)

Everbank Checking: \$8,735.81
(general reserve fund)



NEW
OneVoice Live
CD!

**"Singing Into
Love"**

*A collection of songs
from 2010/2011.
16 great songs to
inspire and remind
you of your Truth!*

*Available now for a
love offering.*

*To order, you can go
to our website, call
the office, or pick one
up on a Sunday.*



DID YOU KNOW???

...YOU CAN LISTEN TO EACH WEEK'S LESSON ON THE WEB FOR FREE? IT'S TYPICALLY LOADED JUST HOURS AFTER SUNDAY CELEBRATION. THIS IS A WONDERFUL WAY TO INTRODUCE FRIENDS TO THE UATL MESSAGE. JUST CLICK:

[HTTP://WWW.UNITYATTHELAKE.ORG/AUDIO.HTM](http://www.unityatthelake.org/audio.htm)

WANT MORE THAN THE LESSON? WANT TO HEAR THE PRAYERS, THE MEDITATION AND THE DELIGHTFUL MUSIC BY ONEVOICE? FOR THAT, YOU CAN PURCHASE A \$5 CD OF EACH WEEK'S CELEBRATION. ORDER FORMS IN THE BACK OF THE SANCTUARY.

TELL YOUR FRIENDS!!

SPECIAL EVENTS & HAPPENINGS

Mother's Day Ritual: Sunday, May 12th. In the Annex, right after Sunday Celebration and Hospitality (11:45am). Honoring the feminine face of God...we will gather to honor all the women teachers in our lives...our mothers, especially those no longer in physical form, as well as acknowledging all the women who have passed through to bless and enrich our lives. Bring a picture of your mom (you are also welcome to bring a picture of any of the other women who have made an impact on your life and contributed to who you are today). Love offering.

Community Event: Thursday, May 23rd, 7pm in the sanctuary. *Lake of the Sky Outfitters* will present an entertaining and informative evening with long distance hiker Justin Lichter.

UATL ANNUAL YARD SALE!: Saturday, May 25th, 8:30am-1pm. **We are NOW accepting donations**, anything and everything welcome in clean/good condition. Please fold clothing & label bags/boxes. In addition to all the 'little' items that add up so we have a lot to sell, we are looking for 'big' ticket items, too. Please no old skis or TVs. Tuesdays and Wednesday during our hours are the best times to bring things by, however if that doesn't work for you, please contact us and we can arrange another day and time. Other ways you can support this fundraiser: you can help transport large items, help sort, help set up, be there for the sale &/or help pack up. Let us know. Thank you in advance!

Full moon/Summer Solstice OneHeart Drumming
Sunday, June 23rd, after celebration. All are welcome!

ONGOING UATL EVENTS

Wednesdays, NOON-12:40: **PRAYER/MEDITATION CIRCLE** in the Annex. Every Wednesday we sit and meditate on the presence of love and hold the high watch for ourselves and for everyone on our prayer slips ...please join us!

Awakening Wednesdays, New Book Study!! 6:30-8pm in the Annex: Beginning on May 15th, we'll embark on a 10-week study of Brené Brown's book, *The Gifts of Imperfection* (no class on June 5th). The subtitle says it all: "The lifelong journey from 'what will people think' to 'I am enough'." Check with us on the exact location as at some point, we'll be moving the class outdoors. Please join us even if you can't make every class.

SUNDAY CELEBRATIONS

On every 12 Powers Sunday, immediately after hospitality, join us in the Annex for a 1-hour Playshop where we will delve more deeply into that month's Power and make it accessible and practical for our everyday lives. Love offering.

**June 2nd:
12 Powers Sunday;
the Power of Imagination
(wear light blue)**

**June 9th:
Guest speaker Rick Gunn**

**July 7th:
12 Powers Sunday;
the Power of Understanding
(wear gold)**

I honor the place in YOU where the whole UNIVERSE dwells and I honor that place in ME. And when YOU are in that place and I am in that place, WE are ONE

FUNDRAISING OPPORTUNITIES FOR UATL



You can make donations (for regular tithes, building fund, Minister's Fund and Hands and Hearts) **and purchase** all of OneVoice's CDs, Stew and Hillary's meditation CD *Journeys to the Heart*, plus CDs of Sunday celebrations, directly **from the website via PayPal or credit card.** We can even automatically charge your credit card monthly for tithes if you choose.



RECYCLING! We now have tubs outside of the Sanctuary for you to **drop off your glass, jars and cans.** Especially preferred are glass that is a "moneymaker" such as beer bottles and soda cans (California CRV). We would appreciate that these are deposited in the bins empty and clean. While we are on the subject of recycling, **please do NOT throw away the plates we use at Hospitality...** return the plates to the kitchen sink, we wash (*usually Donna Hawksford, thank you*) and reuse them. Also, there are a few trash cans around that say "paper only" and by that we mean.... Not dirty napkins, plates or tissues. **Do you have any other ideas for ways we can be more "green"? We'd love to hear them.**

E-SCRIP: Unity at the Lake is a now member of Safeway's new electronic scrip program. **By signing up for this program, there are rewards for UATL whenever you use your Club Card.** You can either sign up online yourself at eScrip.com or use the signup sheets at Sunday Celebrations. **If you do it yourself, use our group name (Unity at the Lake) and our group ID# (500043268).** Either way, you have to use **the actual number on your Safeway Club Card.** If you don't know it because you just use your phone #, call 877-SAFEWAY or 877-723-3929... they ask a few simple questions and then they'll give you the card number to the phone # that you use.

AMAZON: There is now a link to Amazon.com on our website. **We will receive credit for any purchases made through Amazon when you go through our website:** www.unityatthelake.org. (Look on the left sidebar of each page right under our phone #).

THANK YOU THANK YOU

Carol Lehnert, for designing the new Martin Peace Chapel sign and **Mort** for hanging it in the Annex (have you seen it?)

Paige Rice, for running with the Hand & Foot Game Night and the rest of our Fun(d)raising team, **Donna Hawksford, Nancy Nance and especially Cindy Archer**, for helping Paige put it through. And, of course, **Sandy Myron** for helping to organize and **Frank Riley** for emceeing.



PRAYER CHAPLAIN CORNER

BY
JANICE



Prayer: An Attitude of Gratitude

If the only prayer you ever say in your whole life is "thank you," that would suffice.

~ Meister Eckhart

Such a simple statement, yet so true. How often do we simply stop and give thanks to God, to the Divine, to the Beloved, to the Universe? Do we use prayer only to ask for things we want, or do we simply give thanks and affirm that what we want is already present in our lives and in our selves? The most joy-full part of my role as a Unity Prayer Chaplain is that I get to help those I pray with appreciate and affirm what is already there, but may be below the level of consciousness. As a prayer chaplain, I will not pray that you "become healthy". I will help you to give thanks for, and affirm, the health that you ARE. I will not pray that you will find "the perfect job". I will help you to affirm and give thanks that the perfect job is already there for you. I will not pray for you to "find peace". I will help you to give thanks for and affirm that the peace you seek is who you ARE. God is in all things. God is in all beings. God IS all beings and all beings ARE God. There is nothing that is of God that is not also of YOU. There is no separation except that which we allow our false and restrictive thoughts to create. The 'magic' is that, as we affirm and give thanks, our good increases and our consciousness expands to see blessings everywhere. This is basic Unity principle. What we focus on expands. If we focus on lack, we see and manifest more lack. If we focus on good, we see and manifest more good. Whether this is actually manifestation in action or whether we are simply seeing our world with more grateful eyes is probably a debatable point. I don't know the answer to that question. What I do know is this: I start and end every day by giving thanks to God and I name specifically what I am grateful for. This is as powerful a prayer as any I have ever engaged in and it works in my life. I encourage you to engage in this practice yourself and behold the positive effect it will have on your life. Gratitude. Prayer. They are one in the same.

Namasté!



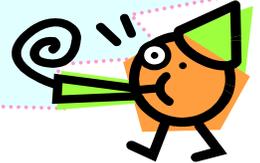
Hillary & Stew



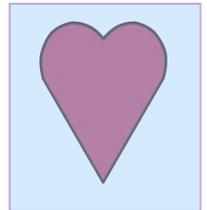
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We'd love for you to come by and we can share some inspiring or cheerful conversation or just get to know each other better. Of course, we are ALWAYS available and eager to meet with you (except Sundays or Mondays, unless in an emergency) during the week for spiritual counseling and/or prayer, or to talk over the Sunday talk or Unity principles... Just give us a call!

Stew and Hillary will be
ordained as Interfaith
Ministers at Riverside Church
in New York City on
June 9th, 2013!



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S. Lake Tahoe, CA 96158



Sent with Love to:



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If you no longer wish to receive these hard copy UATL Newsletters, no problem! Just email us and let us know! Blessings!!
unityatthelake@sbcglobal.net