

MARCH/APRIL 2015 NEWSLETTER

LETTER FROM OUR MINISTERS, by Rev. Stew

March's Sunday talks will all center on health and healing, so I thought it would be appropriate to reprint an article I wrote in 1995 on the subject. My concept of God has changed a bit since then, but it's interesting to see how my mission really hasn't changed at all, though I now take a different approach to it...

Above down inside out. These 4 words refer to the basic principle, the "big idea" of chiropractic. The words describe a way to live. They underlie the essence of the universe, of life and of health. They represent a radical departure from the status quo, i.e., from how most of us were programmed to believe. They are also the backbone of my purpose, my mission, my reason for living and for being a chiropractor. It is very important for me that you all understand these words.

Is the universe equal to the sum of its parts? Is the human body? Is all this just some incredibly fortunate accident that allows us to live and breathe and think and survive with everything we need just miraculously right at hand? Or is there a design? A magnificent design that oversees the creation and existence of EVERYTHING; from atoms to galaxies? If so, are we as human beings either responsible for this design or in control of it? Or is there a Power, an Intelligence, a spiritual energy that runs the show? It might surprise you to know that modern-day science greatly concurs with this idea.

The smaller known parts of an atom are not parts, they are energy. When an atom bomb explodes (God forbid) and atoms are split, guess what's left? Energy (not little atom bits). Since all stuff in the universe is made of atoms, then all stuff is really energy that is ORGANIZED into certain forms. What creates these forms of organized energy and maintains their form? In chiropractic, we call "it" Universal Intelligence (very acceptable synonym: God).

What are we, then, but energy organized into form. Created and maintained magnificently by a part of Universal Intelligence that was given to us alone. It is the presence of this Intelligence, what we call Innate Intelligence, that differentiates you and me from a cadaver, that allows these bodies to do 600 octillion functions simultaneously, and that allows 70 trillion cells to act in balance and harmony in spite of the abuse to which these bodies are subjected, from the environment and from ourselves. (continued on next page)

Our Innate Intelligence is our connection to the Power that created the universe and maintains it in existence. That is what is meant when we say that life comes from "above down." If that is true, then what we express to the world from the "inside out" should be perfection, wisdom, order, balance, love, health and harmony. When that is not the case; when we experience anything else, it can only be because something is interfering with the natural above down inside out expression of Life.

OFFICE HOURS:

TUESDAYS and FRIDAYS 11-2 (Hillary) and WEDNESDAYS 10-2 (Hillary & Stew alternate weeks)

We are very happy to make an appointment and meet with you at a different time and day if our office hours don't work for you. We are available for prayer, spiritual counseling, energy work, life coaching or just to chat.

SUNDAY CELEBRATIONS:

March 8: Guest Speaker. Dr. Peter Amlinger, internationally renowned speaker on natural health and healing, will lead our Celebration

April 5: Special Easter Celebration, featuring the return of the UATL Easter choir

April 26: Guest Speaker, Gail Minogue. Author of *Divine Design*, Gail has lectured and presented classes at Unity Centers around the country. She has studied Sacred Geometry, Ancient Mystery School information since the 80's and works closely with numbers and cycles. She speaks on cycles, trends, what's ahead and how numbers impact our lives. She will also be offering a workshop from 12-2 after Celebration (\$25)

Hospitality: We bless all of you who bring food to share. Sometimes folks ask if it's OK for anyone to bring food...the answer is a resounding yes! ***We remind everyone that Hospitality only happens through us...if we each brought a "little left-over" that is in the fridge, we'd have a feast!***

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: 6:30-8pm in the Annex. See "Special Events and Happenings"

SPECIAL EVENTS AND HAPPENINGS:

UATL EVENTS:

NVC: As part of Awakening Wednesdays, we're diving into Nonviolent Communication (NVC...also known as Compassionate Communication) for the month of March. Rev. Hillary will be approaching it from her recent Be-Peace training. Gandhi told us to be the change you wish to see in the world. It IS possible to connect with our compassionate nature no matter what is going on around us. Please feel free to join us whenever you can...and, you'll get the most benefit if you come all 4 Wednesdays in March! From this class we're hoping to start up an ongoing NVC practice group (1X or 2X per month). 6:30-8 in the Annex

Re-Unity Saturdays: *Re-Unity Saturdays* have moved to the 2nd Saturday of each month, 11am-1pm in the Annex (March 14th and April 11th). We (Revs. Stew & Hillary) spent much of our lives sharing our healing gifts with the mission to reunite the physical and the spiritual, and now we're thrilled to share them with you. Rev. Hillary will be doing her energy work and affirmative prayer to help open the healing flow of God consciousness within you and Rev. Stew will be "opening the mouth of God" by aligning the upper cervical spine. All will be done in a sacred, prayerful and intentional energy and will take 5-10 minutes. This is not about treating any conditions or symptoms, it is simply another powerful tool for allowing the greatest healer in the universe, your God Self, to express Its unlimited Love and Power! 50% of all love offerings will go to Unity at the Lake. Just come on down any time between 11-1. **PLEASE SEE THE MINISTER'S LETTER FOR MORE REASONS TO CHECK THIS OUT!**

Friday, March 20th: Meditation. 7-8pm in the Sanctuary. Celebrate the spring equinox by joining with others for a guided meditation followed by time in the silence. All levels of experience welcome. Love offering

Friday, March 27th: Movie, *Walking the Camino; 6 Ways to Santiago*. 7pm in the Sanctuary. Winner of many awards in the U.S. and abroad, this documentary follows 6 pilgrims on the ancient 500 mile path as they journey this intense physical challenge and find themselves. We'll provide the popcorn! Love offering will be gratefully accepted

Sunday March 29th: 2nd ANNUAL "EAT PRAY BID" and POTLUCK, immediately following our Celebration. *Everyone* has a gift or hobby or knowledge to share that can bless someone, foster connection and support UATL! **Let Hillary know yours by March 8th.** Based on last year's suggestion, a list of what's available will go out by email and also posted at UATL for 2 weeks, starting March 15th. Also, as per suggestion, we have changed the bidding process so everyone has an equal chance to win rather than the one who is the fastest at raising their hand. We hope you will stick around for good food, good company and a ton of fun

Saturday April 4th: Sugar pine planting. Save the date and join us as we assist the Sugar Pine Foundation in planting seedlings and love up our Tahoe land. This day to plant is reserved especially for UATL (your friends and neighbors are cordially invited, too). Location & time tba (undoubtedly in the morning)

Friday, April 17th: Meditation. 7-8pm in the Sanctuary.

Wed. April 22nd: Movie/workshop. *Consider the Conversation* a documentary on a taboo subject is a powerful and inspiring (50 minute) film on the American struggle with communication and preparation at the end-of-life. This is not a story about death, it's a film about living life to its fullest up to the very end. Discussion to follow. 6:30-8:30pm.

NON-UATL EVENTS:

Sound Healing with Journey: An Ancestral Healing Ceremony of Forgiveness (rescheduled from January) In the Sanctuary. Thru the oceanic vibrations of the Paiste gong and other instruments, we will bring in the Music of the Spheres to cleanse our genes of age old debris and the results of living in the 3rd Dimension. **We will create an ancestral altar with pictures and objects that you bring.**

When: Saturday March 14th beginning at 2PM! Please plan to arrive at least 15 min. early.

Cost: \$25, Stay for light, healthy refreshments.

Contact/RSVP: 530-544-2266 or Tara: 530-318-7677, basecampstudios@yahoo.com

It helps in our planning if you RSVP! Please bring blankets, mats and pillows for your warmth and comfort as you lay on the floor (chairs also available)

Sierra Club Meeting Thursday April 2nd

Tai Chi*Qigong: Tuesdays & Thursdays, 11-Noon in the Annex, all levels welcome, no experience necessary. Instructor Freedom Journeyhawk, Love Offering.

FROM THE COUNCIL by Ken Cross, President

"What are you telling yourself?"

In a line from a movie, an actor asks, "You are amazingly self-assured, has anyone ever told you that?" The reply, "I tell myself that every day, actually". So, what are you telling yourself? I'll share what I'm doing this year.

All of us at Unity at the Lake learned so many valuable lessons in 2014. On a spiritual level, I remember them all. On a mental level, I decided to keep it simple and just pick two of my favorites to share with you.

First, I can start with a clean slate. I love the practice of seeing the past written on a blackboard, and then taking an eraser and just erasing what no longer serves me. Being right here, right now, with no extra baggage. Yahooooo! My eraser was so full, I had to burn it.

Second, I wrote down my core values. Answering the question, "Who did I come here to be?" About 13 words immediately came to mind. I narrowed it down to 5. I am Loving, Kind, Courageous, Joyous and Amused. I know these are my values because I see them in others, especially my heroes. I keep this short list on my inside staircase, so I see it daily to remind me of who I came here to be. Who did you come here to Be?

In Loving Kindness and Loads of Amusement, Ken

FAITH IN ACTION

Please note you can use a credit card to make any kind of donations and we can automatically charge your credit card monthly if you choose. You can also choose to have your bank send an automatic monthly donation.

We joyfully affirmed and celebrated our abundance thru tithing to the following during January/February 2015:

- * Marty and Amrito Cross * Center for Nonviolent Communication
- * Unity West Central Region * Story Corps * Paige Rice
- * Silent Unity * Unity in the Community

Total of outgoing tithes for this period was \$1241. Thank you, God!

We're thrilled to announce that we will also be donating \$450 to the Sierra House Elementary School Dome Project. After months of research and roadblocks, this will finally fulfill our desire to leave something lasting for the community in honor of UATL's 20th anniversary last year.

As of 2/19/15, our bank balances are as follows:

Bank of the West Checking: \$1623.60 (covers everyday spending and bills)

Bank of the West Savings (2015 Hands and Hearts for Christmas fund): \$45.66

Everbank Checking (general reserve fund): \$3770.68

Other Fundraising opportunities for UATL:

RECYCLING! We have a recycling tub outside of the Sanctuary, when we're there, for you to drop off your glass, jars and cans. Or just leave your bag on the deck. 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.

AMAZON: Before shopping at Amazon.com, go to our website first! There is a link to Amazon.com on our website, www.unityatthelake.org (on the left sidebar of each page right under our phone #). We will receive credit for any purchases you make from Amazon when you go through our website first! ***And, if you sign up for Amazon Smile (free!), you can designate UATL as a regular beneficiary of your purchases (then you don't have to go to our website first).***

CHECK OUT OUR WEBSITE: UNITYATTHELAKE.ORG

Our Sunday talks are available on our website, beginning shortly after each Sunday Celebration. The archives go back several years. ***Tell your friends!*** This is a wonderful way to introduce other folks to the Unity message.

You can also use the website to make donations (for **listening to talks online**, regular tithes, building fund, Minister's Fund and Hands and Hearts) and to purchase all of OneVoice's CDs (including our newest release, *Songs of Healing*), Stew and Hillary's meditation CD *Journeys to the Heart*, plus CDs of Sunday celebration services, via PayPal or credit card.

OUR FABULOUS COUNCIL OF TRUSTEES FOR 2015:

President: Ken Cross

Vice President: Leonard Smith

Treasurer: Keith Williams

Secretary: Carol Lehnert

Trustees-at-Large: Darya Vogt and John Friedrich

THANK YOU THANK YOU THANK YOU

Kathleen Harris and Sandy Mathiesen for giving of yourselves so unreservedly and graciously on our Council in the past 3 years and in so many other little and not-so-little ways!

Kristina & Jazz Christianson for Be-ing willing to be at UATL every single week and for always giving their all

(Prayer Chaplain Corner is on the next page)

PRAYER CHAPLAIN CORNER: by Janice Eastburn, "Prayer as Gratitude Practice"

You may notice that whenever a prayer chaplain prays with the congregation we say "thank you" to God. I think we sometimes get so used to hearing a phrase that we neglect to stop and think about what that phrase really means. Saying "thank-you" is a crucial part of Unity prayer. As a prayer chaplain, this is what that phrase, when said during prayer, means to me.

"Thank you" is a way to acknowledge God's abundance in our life. This is important always and especially when our prayer need is one that feels heavy or sad. When we ask for something in prayer we are simply tapping into the abundance of Spirit that is already there. In other words, saying "Thank you" during prayer is a way of expressing our faith and belief that whatever we are praying about already exists, *through* God/Spirit, and *as* us. Jesus was known for giving thanks "to the father" in advance of his prayer requests. We give thanks for what we "want" by acknowledging it is already here for us.

Small prayers of thanks, expressed throughout the day, help keep us in the Divine flow. I make a habit of saying, "Thank you God" several times throughout the day, whether it is to acknowledge being brought through a difficult situation (i.e. a near miss while driving) or simply to acknowledge a blessing. Sometimes, when I'm really in tune with my spiritual practice, I will give thanks to Spirit for a perceived barrier (i.e. a conflict with another person) in the knowing that this "barrier" contains a blessing (even when I don't yet see the blessing). I don't always remember to do this, but, when I do, the simple act of giving thanks seems to raise the vibration of the "troublesome" situation.

Gratitude is a powerful universal force. When we feel gratitude we attract more experiences into our lives for which to feel grateful. Is expressing gratitude, in and of itself, a prayer? I believe it is.

With this belief in mind, I will end this article with the following quote from Meister Eckhart: "If the only prayer you ever say in your whole life is "thank you," that would suffice."