

October/November 2018 NEWSLETTER

LETTER FROM OUR MINISTERS, by Rev. Hillary

In thinking of the changes ahead, I have been reflecting on what we've accomplished together here at UATL. Everybody wants to feel they've made a difference and I believe we've all come a long way in recognizing our own wholeness and therefore bringing healing into the world. When Stew & I first started as your Ministers we were meeting in the Senior Center, and every week we had to set everything up (and set it down!) I am proud that we found us a permanent home for the first time—where we were for 6 years-- and then did it all over again last year when our lease wasn't renewed. We demonstrated our clarity of intention, strength and resiliency. Although we left our labyrinth behind we created a beautiful contemplation area that anyone finding themselves in the neighborhood can still use.

I am also proud that our Prayer Chaplain program has grown stronger over the years and that it holds the foundation for UATL as a strong prayer ministry. We can all be so proud of the ways we have embraced Unity's Truth principles to cultivate a deeper relationship with the God of our own knowing. So many of you have shared with me about accepting your humanity with more compassion and grace; about embracing and opening more deeply to the divinity of you; about knowing and affirming with more certainty that you are more than enough. Amen to that!

Personally, I am especially proud of the way that Stew and I have modelled walking the talk of everything we teach, share and believe in. We haven't always succeeded in Being that which we know we are in Truth, but we've done our darndest. And when we've fallen short we've honestly shared that, too – we've shared our process and how we worked it all, with compassion for ourselves. We have never presented ourselves as “having it all together” but have always held the intention of walking on the Red Road, holding these Unity principles as our beacon. How we sorrowed when we fell short, and, we have always tried to live “Joy”.

I hope that we've inspired you with this important point: yes, we may fall short, and often do, but oh, even so, we are ALWAYS deserving and capable of living the good God life. We just need to remember, breathe, know we have everything we need within us and make a different, more loving choice. You are indeed the compassionate arms of God!!!!

SPECIAL EVENTS AND HAPPENINGS:

UATL OCTOBER EVENTS:

HAWAII RAFFLE: We are selling 100 raffle tickets for \$75 each, the winner receiving 1-week's stay in an ocean view condo in Kihei, Maui, plus \$1500 in cash!! Get your tickets soon, either on Sundays or by contacting the office, because these will sell out! Tell your friends...the condo can accommodate a family of 4 or 2 couples (though there's only 1 bedroom [upstairs] with a door). The winner will be announced at our Murder Mystery event on November 16th (more info on that below). This is our big fun(d)raiser & for that we count on selling out, with your help. **Please tell your friends & share the FB post about it from Unity at the Lake's page.** Make sure everyone knows they need not be present to win & they need not even live in town, (although of course we'd love it to be one our "own").

****Guest speakers!** On October 21st, our very own Music Minister, John Eldridge, will be sharing his warmth and wisdom (as well as his music), speaking on, "Good Grief." In case you didn't know, John has begun his studies to become a Unity Minister!

On October 28th, the wonderful Rev. Lucie King returns and will speak on, "*Thank you for being who you are*" (Please note: Masankho Banda, originally scheduled for this day, had to cancel)

UATL NOVEMBER EVENTS:

MURDER MYSTERY EVENING/HARVESTING OUR DREAMS: Our annual autumn celebration and fun(d)raiser, Friday night, November 16th in the Sanctuary. Besides announcing our Hawaii raffle winner, we'll be treated to a live murder mystery where you get to help who-dunnit. Tickets, payable at the door, are \$20, with 1 drink (beer or wine) & sweet nibbles included. Doors open 6:30, show begins at 7pm. There will also be a 50/50 raffle and some silent auction items. In order to help us know how many to set up for, please RSVP if you are coming & how many in your party. Feel free to invite your friends to the FB event on Unity at the Lake's page

****Drum Circle,** after Sunday Celebration, November 11th

OFFICE HOURS:

TUESDAYS, WEDNESDAYS & FRIDAYS 10-2

“Revs. Hillary & Stew: We are available for prayer, spiritual counseling, energy work, life coaching or just to chat. We are always 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.

Hospitality: You’ve been doing a great job bringing small amounts of leftovers from your fridge, as well as plates of food made specifically for Sunday mornings. We bless all of you who bring food to share. Keep up the good work!

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!

NON-UATL EVENTS:

Ecstatic Dance, the 3rd Saturday of each month except in September). 6:30-9, All ages welcome. \$15. Check this out on FB: Ecstatic Dance South Lake Tahoe

FROM THE COUNCIL by Peter Hussmann, member at large

Change. It is the one constant we can rely on in our life and it affects each of us in different ways. We don’t always know right away what the outcome of change will be on our lives. Depending on the kind of change it is, how we choose to react to it and live with it defines the outcome. Personally I have never been a big fan of change and don’t always see the “silver lining” in the moment. Dealing with change that encompasses some type of loss is like the process of grieving. One can experience a range of emotions that can be upsetting and leave us wondering what the future will be like.

Unity at the Lake is in the midst of some major changes that have occurred over the past year and a half. First we lost our music directors, who had been blessing us with such beautiful

and inspiring music over the years. Then we had to give up our beloved sanctuary that we had longed for and worked so hard for, and had to find a new space that would serve us as well as the previous one. Finally getting the news that our Ministers, Stew and Hillary, have decided to retire in March of 2019 came as a shock to some.

I was not surprised that they wanted to retire, but I was saddened, and having recently joined the Council of Trustees, I was also aware of the daunting task the Council faced in creating a new ministry. But I came to realize that this was change that I could decide how to react to. Rather than think of the process of finding a new minister and defining what the future of UATL was going to be as daunting, I could embrace it as an exciting new beginning. I also came to understand that Stew and Hillary had been our Ministers for twelve years and we have been blessed that we have had them for so long a time. They gave a lot of themselves during that time and helped oversee the growth of Unity at the Lake and build a strong foundation for the future. I am genuinely happy for them and will always be grateful for what they have given me and all of us during their tenure.

The other thing I realized is that they by themselves are not Unity. Nor is the Council of Trustees all there is to Unity. Unity at the Lake is all of us! Every one of us that shows up on Sundays or participates in other ways, is what makes up Unity and will ultimately decide the future of our spiritual community. The Council of Trustees is committed to doing everything we can to help guide the process but we cannot do it alone; we need everyone to step up and show up and be willing to do what they can to help Unity at the Lake continue to grow and prosper. The Council will keep everyone up to date on the progress we are making toward that end. I miss Kristina and Jazz, I miss the previous sanctuary, and I will miss Stew and Hillary. But I choose to remember all the good things that came from those times, and look forward to what the future brings.

Change is always going on and we cannot change that, we can only change how we perceive it.

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 in July-August 2018:

*Unity in the Community*West Central Region*Silent Unity*El Dorado Library (we're donating spiritual children's books)*Lead to Life*Annie Davidson*Only Kindness

Total of outgoing tithes for this period was \$1238.26 Thank you, God!

As of September, our bank balances were as follows:

Bank of the West Checking: \$5,648.24 (covers everyday spending and bills)

Bank of the West Savings (2018 Hands and Hearts for Christmas fund): \$210.90

Everbank Checking (general reserve fund): \$8,332.47

Fundraising opportunities for UATL:

RECYCLING BIN: *ONLY for cans and bottles*. Cups, silverware & plastics go in the sink to be re-washed. Thank for your attention to this.

Did you know that you can take your recyclables in & ask them to assign the money to UATL?

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! ***Or, sign up for Amazon Smile (free!), and designate UATL as a regular beneficiary of your purchases (then you don't have to go to our website first, but we do get a higher percentage through the website)***

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, Stew and Hillary's meditation CD *Journeys to the Heart*, plus CDs of Sunday celebration services, via PayPal or credit card.

OUR ESSAY CONTEST: One of our proudest choices for an outgoing tithe this year was when UATL sponsored an essay contest in May for South Lake Tahoe High School students, each grade's winner (9-12) receiving \$500. The essay's theme was, "How I make a difference", and it was difficult to choose the winning essays. Here are the winners from grades 10-12...the essay from the 9th grade winner (Marsha Monroe) will be posted soon...we think you'll agree they did a fabulous job! Click on this link or find it under "events" on our website:

<http://www.unityatthelake.org/images/2018/contest-winning-essays.pdf>

THANK YOU THANK YOU THANK YOU!!!!!!!!!!!!!! To each and every one of you for embracing Love. Your willingness to shine your light more, turn the struggles of life into blessings as you choose to perceive things in a more positive perspective, and generally stepping more fully into the Truth of your Being makes a difference. And if you just read this & quickly disregard it, thinking we don't mean you...please stop, read it again, breathe it in and know that...this...means...you!

9 Ways to care for the Planet: from Green America's article, "Fifteen Things You Should Never Buy Again." I've included my top 9. Check out their website or ask me for a copy of the more extensive list.

1. Styrofoam cups: Never biodegradable. Alternative: Buy recyclable & compostable. Best: take a mug with you
2. Farm raised salmon: high toxin levels present. Alternative: Choose wild. Check out greenamerica.org/safeseafood
3. Beauty/Body Care products with phthalates & Parabens: Toxic. Alternative: check out products that have signed on to the Campaign for Safe Cosmetics
4. High VOC Paints & Finishes: cause an array of health problems. Alternative: choose from a wide array of low- or no-VOC paints, stains & varnishes now on the market
5. Bleached Coffee Filters: linked to health problems & contaminating groundwater & air. Alternative: look for unbleached paper filters. Best: Use reusable filters
6. Overpackaged foods & Other Products: ~ 33% of our trash comes from packaging. Alternative: Consciously buy products with minimal or reusable packaging. Best: Buy in bulk & use your own containers when possible when shopping
7. Conventional Cleaners: toxic to your health, especially children. Alternative: Look for non-toxic, vegetable-based, biodegradable cleaners. Best: Try making your own using vinegar, water, & Castile soap.
8. Plastic forks, spoons, & straws: disposable utensils are NOT biodegradable/recyclable. Alternative: Use items made from plant materials such as corn starch & cellulose. Best: Carry your own utensils & food containers
9. Paper Towels: regular p.t are bleached, waste forest resources & landfill

space. Alternative: Look for recycled, non-bleached towels. Best: Buy dish rags or towels to wash or reuse