



# Unity Church of North Idaho

4465 N. 15th Street, Coeur d'Alene, Idaho

208-664-1125 [www.unitycenter.org](http://www.unitycenter.org)



# Unity Happenings

Sunday Services 9:00 & 11:00 AM

August-September 2010

## No Exceptions

Ours is a community where all people are welcome and all people belong – remember our vision statement? *“Centered in Spirit, we celebrate a world of love, peace, and abundance for all.”*

Our vision is a bold one. The power of the statement is in the first three words and the last two. The first three words remind us of our oneness with God and all Creation. The last two words tell us that no one is left out.



Rev. Deidre Ashmore

**Can I be more compassionate with myself, which then allows me to be more compassionate with others?”**

I am reminded of the 2<sup>nd</sup> Commandment. “You shall love your neighbor as yourself.”

It does not say, “except for \_\_\_\_\_” (you fill in the blank).

I’ve been asking myself, “How open and accepting am I of others?” I am attracted to some people more than others. Occasionally, I react to some people. I suspect you are no different. When I have an adverse reaction to someone, I am asking myself the question, “Why? What is it about them that ‘bugs’ me? Do I not have this same behavior, quirk, and idiosyncrasy? If I’m

seeing it in them, I must have it in me otherwise how could I recognize it? Can I be more compassionate with myself, which then allows me to be more compassionate with others?”

It is important for each of us to heal our judgments of ourselves and others. As a matter of fact, once we heal our judgments of ourselves, our judgments of others will cease. Our judgments are what keep us separate and they bring us suffering. As we begin radiating good will from our inner wholeness rather than projecting ill will from our unhealed self, our outer conditions will manifest harmony, well-being and peace. This is a way to live in a world that works for everyone.

The next time you find yourself in church, in this spiritual community “bumping up against another” or “rubbing” up against another and having strong feelings of judgment, criticism and disdain either towards the other person or for yourself, I invite you to be willing to heal your projections.

## August Upcoming Events

Sunday Services  
9 & 11 AM

August 1 - Sunday 12:30 PM  
Caregivers Support

August 6 -Friday 7:00 PM  
Music Meditation

August 8 -Sunday 12:30 PM  
WoodsTalk Potluck Celebration

August 20-22 Weekend  
Transformation Experience

August 22 - Sunday  
30 Year Celebraton

August 27 - Friday 7:00 PM  
Eco-Theatre

August 28 - Saturday 9:00 AM  
Enlightened Leader Webinar

August 29 - Sunday 10:15 AM  
Move Up Ceremony

**See Page 15  
for September Events**

**Childcare is available  
at both services.**

**Be sure to check out this month’s  
calendar on our web site  
[www.Unitycenter.org](http://www.Unitycenter.org)**

**Children’s Sunday Services**  
Sunday School age 4 through 5th  
grade at 9:00 AM.  
Uniteens (middle school) and  
Y.O.U. (high school) at 11:00 AM.

All you have to do is this. Say **first** to your self, “I’m sorry. I forgive you. I love you. Thank you.” Then in your mind, say it to the person you are judging. Say it every time you become aware of judging yourself and/or others. This is a powerful way to heal ourselves.

Won’t you join me in this transforming practice? Together we are creating heaven on earth. And by the way, in the spirit of oneness I’m sorry. I forgive you. I love you. Thank you.”

Blessings, Deidre

## Keeping up with you!

Please contact the church with changes in your home address, phone number, or email address.

We welcome information about a new baby, marriage, celebrations or if you hear of the illness or life transition of a church member. Call us at (208) 664-1125 or you may also send an email to: [unity@unitycenter.org](mailto:unity@unitycenter.org)

## Sunday Lessons & Musical Guests

### August

**August 1 - *Spiral Dynamics – What is It?***

**Rev. Deidre**

The first three Sundays in August we’ll discuss the concept of Spiral Dynamics – what it is, how it relates to us and how we can use it. Part I

**Musical Guest – Michael Robinson**

**August 8 - *The Spirituality of Spiral Dynamics***

**Rev. Deidre**

Spiral Dynamics – Part II

**Musical Guest – Amie Zahara**

**August 15 - *The Evolution of Consciousness***

**Rev. Deidre**

Spiral Dynamics – Part III

**Musical Guest – Patsy Cameron**

**August 22 - *UCNI Celebrates 30 Years***

**Rev. Deidre, Rev. Marilyn Muehlbach, Rev. Steve Towles, Rev. Weaver Hess**

**Musical Guest – Kari Joys & Julie Croteau  
(past & present Music Directors)**

**August 29 - *Family Sunday with our YOU  
(Youth of Unity)***

Y.O.U. share their summer *Rendezvous* experience

**Musical Guest – Members of the Y.O.U.**

### September

**September 5 - *The Power of Affirmative Prayer***

**Rev. Deidre** - Preparing for Unity’s World Day of Prayer

**Musical Guest – Julie Powell**

**September 12 - *Songs and Stories***

**From The Road**

**Robert Anderson and Lori Sandstrom**

**Musical Guest – Musical duo *Devotion***

**September 19 - *Our Connection to Water***

**Rev. Deidre** “Blessing of the Water” Ceremony for all those who’ve collected water from their summer travels – bring your water.

**Musical Guest – Mark Soss**

**September 26 - *Are We There Yet?***

**Rev. Deidre** An overview of the Transformation Experience this past year.

**Musical Guest – Amie Zahara**

# From Our Prayer Chaplain

Guest chaplain: Molly McKenzie-Evans

*“THE WORK” by Byron Katie*

**THE WORK** by Byron Katie is a way to identify and question the thoughts that cause all of the suffering in the world. A bold statement indeed, but lets take a quick look. I will leave researching Katie’s personal story to the reader. Suffice to say that after spending years in a dark depression, she experienced an unexplainable realization; a lasting life-changing awakening.

Katie saw that when she believed that something should be different than it is (“My husband should listen to me,”) she suffered, and that when she didn’t believe this thought, she felt peace. In a flash of insight, Katie saw that our attempt at happiness was backward. Instead of hopelessly trying to change others and the world to match our thoughts about how it “should” be, we can question these thoughts and, by meeting reality as it is, experience unimaginable freedom and joy. Katie went on to develop a simple method of inquiry she calls “THE WORK”. This is a process that folks of all ages around the world are using to become transformed *by finding their own insights and answers.*

The vehicle to knowing our truth is a written worksheet. When confronted with a stressful thought – “My husband should listen to me” – we can ask four questions and then turn it around:

1) **Is it true?** (if the answer is no, move to #3)

Is it true that my husband should listen to me?

2) **Can you absolutely know that it’s true?**

Can I ever really know when someone is listening or not? Am I sometimes listening even when I appear not to be?

3) **How do you react, what happens, when you believe that thought?**

I give him ‘the look’. - - I interrupt him. - - I punish him by not paying attention to him. - - I start talking faster and louder, trying to force him to listen. - - I tell my ‘story’ to others about how he should listen to me. - - I shut down. - - I isolate myself. - - I feel depressed and lonely.

*Notice the painful effects of believing the thought.*

4) **Who would you be without the thought?**

Can you see that you would be free, more patient, more loving, happier?

**Now turn it around:**

To Self – “I don’t always listen to my husband”. See if you can find 3 concrete examples when you didn’t. Write them down.

To the Other – The opposite is, “My husband does listen to me.” Find 3 examples of how this is as true or truer. Write them down.

Another Turnaround – “I don’t listen to myself.” Do you not listen to your intuition? To your inner guidance?

One of Katie’s favorite statements is, “When we argue with reality (what is), we loose – every time.

Here’s what I have found by doing THE WORK.

☞ It’s not a forgiveness technique, but it takes me to forgiveness.

☞ It isn’t about changing anything or anyone but I am changed.

☞ It’s not about letting anything go, but the false beliefs I have been operating from.

☞ I simply am not able to judge another now without immediately asking myself, “Where does that live in me?”

If I really want to know the answer, I do a work sheet and there it is. I am loving ‘what is’ more and more. I am happier.

**AFFIRMATION: God really IS good – all the time!**

**O**ur devoted Prayer Pilgrims honor your prayer requests by praying for thirty days here at UCNI, as well as sending your prayer requests to Silent Unity, which also prays for thirty days.

Prayer Chaplains are available each Sunday for your special prayer support. Each Sunday you will find them wearing the Prayer Stole. They are waiting to serve and support you spiritually. **PRAYER WORKS!**

*Blessings, Frances Ray, Chaplain*

# UCNI Celebrates 30 Years!

**August 22, we are celebrating  
30 years as a Unity ministry!  
Hooray for us!**

Our Sunday service will feature our history and we will have an all-church potluck following the 11:00 AM service outside under the canopies. The church will provide cake and ice cream. We'll have some special guests with us who were there at the beginning when Unity Church of North Idaho started as a study group in people's homes, then stepped out in faith into the Little Red Church, known as the Fort Sherman Chapel, August 1, 1980.

Please mark your calendar and plan to attend as we look back, celebrate where we are, and look forward into our vision of possibility and potential. Congratulations Unity Church of North Idaho!

## Help Wanted



**The sound team is looking for a few good folks to bolster our lineup. Do you have fun tweakin' the knobs? Are you a "CONTROL FREAK" (Or wanna be one?) We may have just the place for you! Contact Mark Soss at 640-6869 for more information.**

## ORGANIZING 101

**with Martha Goss  
Wednesday, September 15**

Unity Church of North Idaho  
1:00 p.m. - 2:30p.m.

Free and open to the public

**A panel discussion on..**

- \* Getting Your Child's Room Organized
- \* Special Occasion Workstations - Getting Organized for a Stress Free Holiday
- \* Pay for Christmas - Sell Your Clutter

Cut the Clutter and Get'er Done!  
ORGANIZE IT! 208-659-4940  
[martha@organizewithmartha.com](mailto:martha@organizewithmartha.com)

## First Friday Music Meditation

**"The Path of Peace"**

**Friday, August 6, 7:00 PM**

Using music conceived in the 5.1 surround-sound space, and imagery derived from original paintings, pianist Ben Dowling from the Agape Spiritual Center, and visual artist Mark Wagner have created a unique collaborative work that immerses the viewer in a multi-sensory environment of exceptional heart and beauty.

That's a lot of big words, that put more simply, say you will totally enjoy this evening of recorded music and beautiful artwork. Come experience "The Path of Peace". Suggested Love Offering of \$5, but all are welcome.

## Animal Blessing and Pet Memorial Service

**August 24**

Tuesday evening, August 24 bring your special pet (dog, cat, chicken, hamster, snake, ferret, bird, bunny, goat...) to our *Blessing of the Animals* with Rev. Deidre starting at 6:30 p.m. in the parking lot.

In addition to the animal blessing, we will conduct a loving *Pet Memorial service*, remembering those favorite creatures in our lives that are no longer with us. Please bring a picture if you have one of your former pet.

To help support our animal shelters, please bring old blankets, towels, or canned or dried cat or dog food and we will distribute them to a shelter.

## Caregivers Support Group

Recently there has been a request to have a CAREGIVERS support group here at UCNI. This would enable caregivers to talk about issues, stress, and share their needs and receive support. If you are interested please come to the informational meeting:

**DATE: Sunday, August 1**

**TIME: 12:30 PM**

**LOCATION: The Ark**

Bring your coffee or tea and let's get acquainted.

Host: Tammy Fitzpatrick and Fran Ray, Chaplain

If you have any questions you can email Fran Ray at:

[fbray41@gmail.com](mailto:fbray41@gmail.com)

# Enlightened Leaders August Webinar

**Saturday, August 28 - 9:00AM**

*Stand Like Mountain, Flow Like Water: Reflections on Leadership Stress and Human Spirituality*

with Brian Luke Seaward August 28, 2010 - 9:00 AM to noon in the sanctuary.

## Course Description

Experts and luminaries in the field of higher consciousness warn humanity of a looming crisis of consciousness (fear-based vs. sustainable living). This virtual course is designed to address both personal growth and professional development skills.

This workshop highlights the relationship between the topics of stress and human spirituality including the aspects of:

- The stress emotions (fear and anger)
- Compassion fatigue (professional burnout)
- Seasons of the soul
- Muscles of the soul
- The hero's journey
- Spiritual potential
- Spiritual health
- Health of the human spirit

You'll also learn strategies for personal balance, establishing healthy boundaries, living in conscious equilibrium, and enhanced teacher effectiveness in message delivery.

## Learning Objectives

At the end of this webinar, you will be able to:

- Demonstrate self-awareness.
- Identify "compassion fatigue" and establish "healthy boundaries."
- Develop the five "Muscles of the Soul."
- Establish four strategies for personal balance.
- Incorporate mind-body-spirit balance to reach your highest potential.
- Help others cope, engage and flourish through stress.

## Benefits of Attendance

- Regain a sense of personal/professional balance with life purpose.
- Enhance personal growth skills for optimal health.
- Enhance professional skills for enhancing a healthy spiritual community.
- Acquire health-promoting skills and ideas that you can implement right away.



## About Brian Luke Seaward

Every once in a great while, perhaps in high school, more likely college, we encounter a teacher who inspires us, who gives us a new outlook on life, who in a short time, becomes our mentor, role model, and a friend. Teachers like these "who touch our hearts and change so many lives," are the unsung heroes of humanity. By all accounts, Brian Luke Seaward is one such teacher.

He is renowned nationally and internationally as an expert in the field of stress management, mind-body-spirit healing and health promotion. In the role of traveler, visionary, mystic, healer and mentor, Brian Luke Seaward has created a legacy in the field of wellness and health promotion for all to share.

His colleague and mentor Larry Dossey, M.D., says, "Dr. Seaward daringly goes beyond the usual approach to the subject (of stress) to speak of the soul and of human spirituality because he realizes that stress management and maximal health are impossible to attain unless the questions of life's meaning are addressed."

As one of the pioneers in the field of mind-body-spirit healing, Dr.

# Board Notes:

## Greetings, Unity!

It is my honor and blessing to serve as your Board President for the next year. I was elected to this position at our June Board meeting. Other officers are: **George Conrad**, Vice President; **Karen Custer**, Treasurer; and **Mark Wilson**, Secretary.

As you will recall, the Board was left with a vacancy after the Annual Meeting in May. The Board was presented with applications for the open Alternate position, and from those applications the Board appointed **Sid Goodwin** to fill that open one-year position. Thank you so much to all of those who listened to the call to serve and submitted applications. We hope you will consider applying again next spring. The balance of the Board is made up of **Loren Walz, Robb Sherman, Sandi Kossman and Reverend Deidre**.

One of the ways we have responded to congregant requests is to commit to holding quarterly “Town Hall Meetings” during which the Board will update the community about current projects and finance, and you will have an opportunity to ask questions and give feedback. Our first Town Hall meeting will be held on September 19 from 1:00 to 2:00 PM.

Another request was to post pictures of the Board members in the hall near the sanctuary as we have done in years past. This will be accomplished in the very near future. We can also be identified by our gold name badges. Which we wear at services and other “official” events. Please feel free to ask us questions and provide us your comments – we value them greatly, and really do take each one to heart.

Our intention and experience is that we seek God’s presence and inspiration at every Board meeting. We begin with prayer, and spend time in silence, listening to what Spirit has to say to us about each aspect of our work. We give each member the opportunity and time to express his or her opinions and ideas. And there is always a great deal of joy involved in our meetings. We truly know that we are called to be of service in this way, and it is our pleasure to do so.

Abundant blessings and love,

Jennifer James, Board President

Brian from page 5

Seaward has authored the popular best-sellers, *Managing Stress, Stressed is Desserts Spelled Backward, and Quiet Mind, Fearless Heart*.

The acclaimed book, *Stand Like Mountain, Flow Like Water: Reflections on Stress and Human Spirituality* (now released as a 10th anniversary edition), has been described as the sequel to M. Scott Peck’s, *The Road Less Traveled*. He’s passionate, witty, humorous, and perhaps most of all, inspiring. He truly touches hearts, and most anyone will tell you, this is how he heals. Through it all, he reminds us, stress knows no demographic boundaries.

## Unity Church Leaders

**Minister** Rev. Deidre Ashmore

### Board of Trustees

<b>President</b>	Jennifer James
<b>Vice President</b>	George Conrad
<b>Secretary</b>	Mark Wilson
<b>Treasurer</b>	Karen Custer
<b>Member</b>	Loren Walz
<b>Member</b>	Robb Sherman
<b>Member</b>	Sandi Kossman
<b>Member</b>	Sid Goodwin

### Office Manager

Jerilyn Whitaker

### Music Director

Julie Croteau

### Youth Ed Director

**Position Open**

### Contact Us:

### Unity Church Office

4465 N. 15<sup>th</sup> Street  
Coeur d’ Alene, ID 83815  
664-1125

### Reverend Deidre Ashmore

Minister

minister@unitycenter.org

### Jerilyn Whitaker

Office Manager

unity@unitycenter.org

### Frances Ray

Chaplain / Prayer Ministry

kfray41@gmail.com

## NEWSLETTER TEAM

**Jim Turner**

**Jennifer James**

**Nancy Jeruzal**

**Jerilyn Whitaker**

**Reporters - Positions open.**

**We welcome stories, poems, articles, photographs, or just bits of information.**

Please send submissions to:

**jimturner1@juno.com**

**Deadline: the 12th of each month.**

# An Attitude Of Gratitude

George Conrad

....so, I woke up this morning and looked at my calendar for the day's activities. "Newsletter due to Jim today!" Actually, this is the fourth revision of this note to myself over the past two weeks. The first one on July 1 simply stated, "UCNI Newsletter due by July 12." Well, a fortnight ago, my immediate response was that I had more than enough time, and there were other priorities looming on that particular day's horizon. Hence, the first revision. Move the very same announcement to July 5.

Since my procrastination skills worked so perfectly on July 1, would they evidence themselves yet again on July 5? Yep! What was once my notation on July 5 easily became the same on July 7. But upon awakening that Wednesday morning, I realized that I was down to just 5 more days. The reminder on July 9 now contained THREE exclamation points: "UCNI Newsletter due by July 12!!!" That should shake me up to get going on this writing come Friday morning.

I forgot how powerful my procrastination skills actually are. Although I awoke the day before WoodsTalk being reminded of the impending deadline, I was not shaken. I simply revised the notation to read come July 11, "NEWSLETTER DUE TOMORROW!!!" (Ooooooh, three exclamation points AND all letters capitalized.) But I was tired come Sunday morning from the previous day. Saturday had started with being on live TV at KHQ-6 with the Angela Marie Project (AMP) setting up by 6:50 AM. Then WoodsTalk set-up at 10:00, music in various sets throughout the day, and break-down afterwards until 9:00 PM or later.

Not only was I tired Sunday morning from Saturday's activities, Steve Croteau, Dan Schmedtje, Angela Marie and myself had another AMP gig in Riverfront Park in Spokane within two hours. Revision to myself this Monday morning simply read, "YOU GOT TO DO NEWSLETTER" Not even one exclamation point (they obviously don't work that well on me, anyway!)

That's when it hit me. I *got* to do it....as in I *have* to do it. What fun is that? Where is the gratitude? Why am I looking at this project as something I *have* to do, rather

than one I *get* to do? I began to recognize that what I wanted to write about, what I wanted to relay to the reader of this article, was exactly what I needed to learn for myself.

Too often we look at our lives counting the negatives in it. Yet we know per one of our Unity Principles, that "*We are co-creators with God, creating reality through thoughts held in mind.*" We are also taught the power and the reality of the "Law Of Attraction" which states simply that you attract into your life whatever you think about. Your dominant thoughts will find a way to manifest.

Putting both of these ideas together, what can we expect to have in our lives? What will Spirit provide to us, if our focus and "natural" inclination is to count the negatives? Spirit is more than willing to furnish us what we are centering our thought upon, and doesn't judge whether it is negative or positive. Whatever is our attention and energy's focal point must obviously be what we want in

our lives. Uh-oh. Sure is logical. Sure is rational. Sure sounds simple on paper. How come we humans make it so complicated? Ahh, the learning curve of life!

So, I personally am beginning a new daily practice. After my realization of how I was interpreting my project for today, I sat on my patio and wrote out 10 things which I am grateful for having in my life. I initially thought that this would be difficult, finding TEN things in my life right then and there for which I am grateful. (Wow, I was even beginning the "gratitude exercise" in the negative. Talk about an ingrained characteristic!)

I was wrong. It was easier than I anticipated. Plus, my entire outlook for the day changed. I still have a fairly lengthy "to do" list. But, my attitude is different. I feel lighter. I have a sense of accomplishment already, having outlined 10 things that I am thankful to Spirit for being a part of my existence. They ranged from "being blessed with a wonderful wife and fantastic son" to "being thankful for all of the music opportunities that were provided to me this past weekend" to "this cup of coffee tastes great as I listen to the birds and feel the morning breeze".

Give it a try. Really. Join me and make an effort for the next 30 days to start the day taking a couple of minutes to write out at least 10 positive items in your life for which you are thankful, grateful. Don't just think about them,

*Too often  
we look at our lives  
counting the negatives  
in it. Yet we know  
per one of our Unity  
Principles, that  
"We are co-creators  
with God, creating  
reality through thoughts  
held in mind." .....  
Your dominant  
thoughts will find a way  
to manifest.*

although even that action is a step in the right direction. Take the small amount of time to write them out. Even if they are repeats from the previous day(s), they are positive aspects that are positively affecting your life and that you are thankful for. Even if you're skeptical, like eating chicken soup when you've got a cold, "It can't hurt!"

Hey, I found another one: thankful for the honor of being a trustee on the board of my church writing a newsletter article. I'm pretty sure it will be completed and sent to Jim in time!

George D. Conrad, VP, UCNI Board of Trustees

## **WoodsTalk Potluck Celebration!**

Now that WoodsTalk 2010 is over and done with, it's time to get together and talk about what went well and what could be improved upon for next year. It seems like the easiest time to gather would be after church.

So let's bring food to share, all our ideas, and plan on de-briefing after church on Sunday August 8 at 12:30 PM. Thanks every one!



**First Friday Music  
Meditation  
with guest musician  
George Conrad,  
September 3  
at 7:00 PM**

George is an active member of the UCNI family, presently the VP of the Board of Trustees, Y.O.U. sponsor and a member of our fabulous Music Team. He has also been the guest Sunday speaker at UCNI on several occasions, as well as other "New Thought, Ancient Wisdom" churches and Unity youth camps. By far, his passions are his family and music.

You may know that George's piano compositions are a rich and complex mixture of jazz, classical music and Broadway story-telling. His music reveals over 15 years of classical training and 20 years of experience as the keyboardist for the North Idaho College Jazz Ensemble. This background, combined with an extensive history of accompanying a wide variety of musicians and musical styles and genres, creates the perfect foundation for contemplative, improvisational music.

As he says, "I am an instrument of God's music. We all are." Join him Friday evening, September 3, 2010, as he leads the Friday Music Meditation at 7pm.

# **Images of WoodsTalk**



**Audrey Fulton spins a fine Alpaca yarn in the Fiber Haven vendor's tent.**



**Susie Hicks gets the bellies dancing on the main lawn!**



**The grounds of UCNI dressed up in festival finery**

# Youth Ed News....

The children have been enjoying their summer schedule of fun. There are still some opportunities for adults to take a Sunday, if you have some craft or game ideas for the children.

**June was a busy time for Camps in our Region.** James Poole and Peter Willits served at Unitreat on June 20-25 at Cispis with campers Ryan, Sita, Zoey, Danielle, Dyson, Patrick, Bailey, Jordan, and Tanner attending. A big THANK YOU to Tami and Patricia for driving the kids to camp (a 7 hour journey 1 way!). The following week Kelley took Leiel and Mackenzie to Kid's Camp. Please ask the kids to share their adventures with you.

**WoodsTalk** was a big success for the kids. Tattoos and face painting were a hit. Both children and some adults enjoyed the fun. Thanks to everyone who volunteered their time, especially Janet, Tammy and Tyler.

**The Y.O.U. is off to Rendezvous on July 23-26.** There will be five sponsors going and 13 campers attending this year in Chewelah. This will be our first event on the east side of the Region and it will only take us an hour or two to get there!!!

**Fall will be here soon and the start of our new Sunday School Year.** There will be a questionnaire going out soon to find out who is volunteering and how the Youth Department can best serve our Youth.

If you have never served the youth before, but would like the opportunity, please contact Kelley. We do a criminal background check on anyone who serves our kids, plus the person must attend UCNI for at least 5 months prior to service.

We will be doing **Twelve Powers** Curriculum plus lots of singing, skits and activities. The more volunteers we have, the more activities we can plan.

Hopefully everyone got the chance to see the kids do their songs and skit at the end of May. Our next Family Sunday will be the end of October. The children will be doing a skit from Twelve Powers called "Vehicles of God". The children enjoy working on a project and sharing it with the congregation and we hope you enjoy it too!



## MoveUp Sunday August 29

At the beginning of each school year, we honor and celebrate our youth with a special "MoveUp" ceremony, between Sunday morning services. This year, our "MoveUp" ceremony will take place **Sunday August 29.**

August 29 is the fifth Sunday of the month. We dedicate the 5<sup>th</sup> Sunday of the month to our families and include our youth during the service. They participate with songs, skits, reading the announcements, greeting, and help with the Sunday message. Our Y.O.U. (Youth Of Unity) will deliver the message on August 29, sharing what they learned from their summer camp "Rendezvous" experience in July.

Please plan to attend and bring your family so they can be part of "MoveUp" Sunday.

**Wake Up !!**  
Decide  
to have a good  
day..

"Today is the day the Lord hath made; let us rejoice and be glad in it" **Psalms 118:24**

## WoodsTalk 2010 - A Huge Success

What a great day it was for all at the WoodsTalk 2010 Music & Arts Festival! With the help of so many people, we expanded and transformed our church property into a magical place.

The place was buzzing with activity. There were children and puppies, grown-ups and singing, tents and tarps, jewels and massage, foods and fineries, and the perfect summer day!



Julie Croteau welcomes revelers to the WoodsTalk Festival.



Bailey Powell and Dillon O'Connor entertain on the main stage.



Steve Croteau and Dan Schmedtje engineer the sound at WoodsTalk.

### WoodsTalk THANK YOU'S

- ✓ Kathleen O'Connor for weeding, putting bricks back in order and weed wacking the perimeter of our labyrinth in order to be ready for WoodsTalk. This was a huge job.
- ✓ Melissa Banks for helping Kathleen weed the labyrinth and making ready for WoodsTalk.
- ✓ Kenny Graves Jr. for donating 150 walking sticks to be sold at WoodsTalk. We still have at least 50 to sell so stop by the office for one, they are \$5.00 a piece. They come from our Idaho woods.
- ✓ There are also 48 WoodsTalk T-shirts for sale for \$10.00 a piece. We have many various sizes, so don't forget to pick one up.
- ✓ **To ALL the volunteers who helped setting up and tearing down and cleaning the grounds after the event. Lisa Serie for the Artwork on the stage.**
- ✓ To ALL the musicians who donated their time - talent and equipment.
- ✓ Mark Soss for the stage backdrop and electrical work.
- ✓ **Thank you to all who helped to make it happen, before, during, and after the event! You are loved & appreciated!**

## Blessing of the Water Ceremony September 19

Water represents purification and the flow of divine energy. 70% of our bodies are made of water. The environment on planet Earth is maintained by the water circulating in various forms – rivers, oceans, lakes, streams, rain, and clouds. If it weren't for water, life would not be possible on planet Earth. Give thanks for water.

Bring in all of the water you collect on your journeys this summer and participate in a special Blessing of the Waters Ceremony September 19 during our Sunday morning services. We will bless all the water and our world and honor the connection we have through water.

During our ceremony, we will bless all the waters of our Earth, filling them with the highest vibration, called HADO in Japanese. Water responds to our thoughts, as demonstrated in Dr. Emoto's book, *The Hidden Messages of Water*, so we will say and send words of "Thank you" and "I love you" to our water. Check out [www.thank-water.net](http://www.thank-water.net)



## “Devotion” Sunday September 12

**Devotion** (Lori Sandstrom and Robert Anderson) have been featured musicians at UCNI many times in the past. On

Sunday, September 12 in addition to being the featured musical guest, they will also be giving the talk “*Songs and Stories from the Road.*” Sharing anecdotal stories and lessons learned during their travels.

DEVOTION's inspiring concerts, landmark recordings, keynote talks, transformational workshops, humanitarian efforts and youth-empowering events reflect their commitment to positive change . . . and their transcendent voices and powerful messages of peace & compassion speak to the heart, spirit and imagination of people around the world!

Experience a day with DEVOTION on September 12. They will be our guest speakers for Sunday Services. Then we'll break bread together at an all-church potluck, followed by a 1:00 PM concert of DEVOTION's powerful music. You won't want to miss this special day!

## Unity Community Life Happenings

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We send loving prayers of comfort to Nancy Beck and family in the passing of her brother.

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### **SPECIAL “THANK YOU!” to:**

- ✓ Randall and Regina Voeller our summer RVers who have graciously volunteered to help out during the summer months until October of this year. Randall is taking care of the back property by mowing, trimming and weed wacking our beautiful property.
- ✓ Regina presented us with a lovely homemade quilted wall hanging for our office. She will also be helping Jerilyn and Rev Deidre in the office once a week. A big thank you to both of you!
- ✓ Thank you to the ladies who help fold our newsletters each and every time.
- ✓ Melissa for putting the Lending Library in order and useable.
- ✓ Fran Ray for all you do in the office to assist Jerilyn, our office manager with office work every Wednesday. Thanks for joining our team that also includes Betty Willingham and Shirley Ellis. Thank you so very much for all you do.

## Ongoing Groups & Activities

Check the calendar page on our website [www.Unitycenter.org](http://www.Unitycenter.org) for dates and times of Unity's monthly activities.



# Keeping Pace With Our Transformation Experience



## It's More Than Just Data Collecting

**Nancy C. Jeruzal**

Evolutionary Council Team Leader

As the Evolutionary Council is engaging congregants in dialogue, something very special is happening - there is a stronger sense of community emerging.

When people talk about what they love and value about Unity and our church community in particular, and the impact it has on their lives, something quickens within them, and it shows in their eyes and body language. Thinking about something and then putting it into words can increase your awareness, change your perspective and result in a new level of appreciation.

It is easy to fall into comfortable ruts and develop habitual behaviors. A dialogue with an Evolutionary Council member allows us to revisit things we may have begun taking for granted, and to examine comfortable, habitual behaviors. It can be an insightful journey - one that presents an opportunity to explore the possibilities of how our personal spiritual experience can be improved or enhanced. It can result in conscious growth of an individual.

As an individual's level of consciousness is raised, so is the consciousness of the entire spiritual community. As one person grows - we all grow.

There is a new, vibrant energy in our church since we have begun our Transformation Experience. Come share in the excitement. The Evolutionary Council looks forward to talking with you!

## Transformation Experience Update

Our consultant, Rich Henry will be with us for his fourth on-site visit August 20-22, which marks the completion of our first year of the three year pilot program. The Transformation Experience consists of two programs in which UCNI is participating:

- **The Thriving Ministry Pilot Program**
- **The Enlightened Leaders Program**

The model for these programs is based in the integral approach formulated by Ken Wilber. The integral approach has Four Quadrants of Ministry. These quadrants are:

1. **Consciousness** - which includes leadership intentionality
2. **Culture** - which is the congregational identity
3. **Organization** - which are the structures, practices, and systems
4. **Social System** - the relational dynamics

During Rich's visit we'll hear from our Evolutionary Council which has been busy these past few months "interviewing" people throughout our congregation. They will share with us in our community meeting what they have heard. We'll also go over the steps and progress we've made and have a meal together. Stay tuned for more details as we get closer to August 20-22.

<p><b>I am a free and unlimited Spiritual Being enjoying a human experience.</b></p> <p><b>From this moment on, I see myself Unlimited by time or space, mind or money.</b></p> <p><b>The desires of my heart, for family and friends, love and abundance, wisdom and fulfillment, all come from God, so my success is assured!</b></p>	<p><b>I am permanently connected to my Source, Empowered by a Divine Energy, within me and around me, a Presence that goes wherever I go.</b></p> <p><b>My life is changed; I shall never be the same; I am so very, very blessed! So be it and so it is!</b></p>
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## World Day of Prayer

**Thursday September 9, 2010**

Unity's World Day of Prayer is an annual celebration to affirm peace, abundance and love on an individual and global level. This year's theme is "**Living in the Flow.**" Our affirmation is: *We are living expressions of Divine light flowing forth into the world.*

The sanctuary will be available for prayer and meditation throughout the day from 9 a.m. to 6 p.m. Feel free to drop in and spend time in the quiet. In addition, please fill out prayer requests and submit the names of those for which you'd like prayer. These names will be read throughout the day in sacred prayer by our Prayer Chaplains and members of our Prayer Ministry Team.

For more information about World Day of Prayer go to [www.worlddayofprayer.org](http://www.worlddayofprayer.org)

### Daily Meditation at the Church

Join us for prayer and meditation daily in the church office at noon.

Here's a good opportunity to expand your spiritual practice in a way that supports you in sticking to it.

## From the Green Team

### Eco-Theater Presents

We are continuing our presentation of BBC's Planet Earth series and welcome you to join us as we explore the beauty and majesty of God's creation. As always, a love offering is gratefully accepted.

**Friday, August 27 at 7:00 pm: Episode 5: Deserts & Episode 6: Ice Worlds**

**Friday, September 24 at 7:00 pm: Episode 7: Great Plains & Episode 8: Jungles**

Namaste,

Russ Fitzpatrick, Green Team Coordinator



**I am the thinker who thinks the thoughts,  
That changes the way things shape my life.  
I am the thinker who thinks the thoughts,  
I have the power to change my life!**

## New Member Classes with Rev. Deidre

**September 26 and October 3**

### Why become a member of Unity Church of North Idaho (UCNI)?

The act of joining or becoming a member demonstrates one's commitment to participate in the church through service, financial support, to have a voice through voting with regard to selecting Board members and/or changes in church by-laws and the business of the ministry.

In addition, members of UCNI are eligible to serve as a Board member which is a key leadership position within the ministry. You also strengthen your commitment to your own spiritual growth by joining with others to support the community that supports you.

What must one do to become a member?

- Participate and complete two 3 hour classes which provide an overview of the history of Unity, Unity's Five Basic Principles and beliefs, and the history of Unity Church of North Idaho.
- Provide 10 hours of service to UCNI, which includes six hours of new member classes.

These classes are being offered two consecutive Sundays, September 26 and October 3 at the church in the ARK from 1:00 to 4:00 PM with a light lunch provided. Please pre-register by signing up in the hall or call the church office. Questions? Call Rev. Deidre.

## Climate Change by Consciousness Shift

Once humans lived and moved to the rhythms of the Earth. One didn't have to be a mystic, a priest, or have special gifts to do this, it was known and practiced by everyone. To mark important times of the year they created festivals. Often these festivals marked an astronomical event, (i.e. solstices and equinoxes), but also had a more earthly purpose.

Drawing from my own Celtic ancestry, the Midwinter festival of Yule (Winter Solstice) celebrated the return of the sun and longer days. A huge oak log (the Yule Log) was burned to represent the light and warmth of the sun. At Imbolc (now Groundhog Day, Feb. 2) the ashes of the Yule Log were spread on the fields to bring fertility to the crops. Without knowing the science, my ancestors had figured out that the ashes added an essential element to the earth which aided the crops growth, nitrogen.

There were two other spring festivals, Ostara (March 21, Vernal Equinox) and Beltain (May 1, now called May Day). These three festivals marked when to prepare the fields, and when to plant different crops, early and late planting. There were also three harvest festivals, Lughnasa (August 1) was the wheat (or other grains) harvest. Lughnasa became a great fair event where many tribes would come together to exchange goods, news, and make alliances. This tradition may also be why we have our county fairs in late July or August.

Mabon (September 21, Autumnal Equinox) was the harvest of later crops and Samhain, pronounced Sow-eeen (October 31, now Halloween) was the meat harvest, when the herds were culled so that the people would have meat and the herds would be small enough to survive through the winter.

These festivals, along with Midsummer (Summer Solstice) or Lamas, divided the year into eight parts, each with a specific agrarian purpose or marking a turning point of the year. Many of these festivals of old are still on our calendar, though we pay them little notice. To our ancestors, however, they were times to pay homage to Mother Earth from whom they drew their sustenance and

their livelihood. People lived in harmony with nature, mastering the techniques and arts necessary to work with the land. We sang the song of the Earth and danced to the rhythm of Her beat.

Today we have mostly eliminated the seasons from our lives, or at least the seasonal rhythms. Summer means BBQs and vacations, while winter means time to put on snow tires or go skiing. We live and work in climate controlled buildings, often with no view of the outside. Most of our food is shipped in from warmer climates, and is processed, preserved and packaged until it is far removed from the healthy, wholesome product it started out being.

In rushing to and fro, we barely glance at the countryside around us. We fill our lives with noise (TV, computers, car stereos, etc.), such that we can't hear ourselves think, or hear each other. We can't hear the voice of nature, or the voice of God within.

We have allowed the "progress" of technology to separate us from the perfection of Nature and stillness. Our song has fallen into discord with the song of the Earth and we no longer dance to honor and celebrate Life.

Could it be possible that the current climate crisis we now face is, in part, the result of our consciousness about it and our disconnection from Nature? Indeed, we have done significant physical harm to the environment. Just thinking happy thoughts will not fix it. But if we accept as truth that our thoughts have the power to create, to manifest in the physical world; then we must accept that humanity's beliefs and fears of a global climate crisis must also be contributing to the acceleration of that crisis.

This is not to say that the efforts of scientists, ecologists, activists, and many others to bring this information forward is a bad thing. No, we need to be made aware of the situation and the consequences it brings. However, our goal now should be not to live in fear of consequences that have not yet come to pass, but rather, to live with a new vision of a renewed world, restored to the perfection of the original Divine Plan. This is a vision which we must hold in consciousness even as we do the necessary work of cleaning up and correcting the errors of the past.

Let us not be paralyzed into inaction by the seemingly monumental task before us, nor let fear of an impending catastrophe make us throw up our hands in defeat. If we believe that “nothing I do will make a difference!” then it becomes easy to hide once again in the noise of our “progress”.

Even small, everyday things can make a difference: turning out a light when you leave a room, throwing that aluminum can in the recycle bin, not using styrofoam/paper plates and cups, taking your own tableware along when going to a picnic or potluck. These small things can indeed change the world, because more important than the actions themselves is the shift in consciousness that they indicate is taking place.

The most significant work before us: clean up our consciousness regarding Nature and the Earth. Get in a habit of being conscientious about our use of resources and disposal of our wastes. As our confidence grows, we can concentrate on bigger things; not just taking physical action, but spiritual as well, using the power of our manifest thoughts to strengthen the medicine of the Earth.

Consider the discordant song our collective consciousness sings and how the Earth is struggling to heal. Our Mother Earth is very patient and tolerant; but while She is trying to heal the damage we have inflicted upon her physically, spiritually we are watering down the tonic, making it weak and ineffective.

For example, when it rains, instead of welcoming it for the life-giving water cycle it is, we curse the rain and wish for sunny days; especially if it rains on our day off of work. Our complaining, demanding, manipulating Nature with our desires for comfort and ease may be confusing the biosphere, disrupting the natural weather patterns.

Here in the northwest, we’ve experienced a winter with record snowfall followed by a winter with no significant snowfall. This June we had more than twice the normal rainfall and July, so far, has had temperatures 10-15 degrees below normal. Is this a part of a naturally occurring cycle? Perhaps, or perhaps the Earth is trying to make adjustments to the discordant energy we are transmitting.

We make changes physically when we have made a change in consciousness. We must begin to work in accord with nature and the natural rhythms of our world, our Mother. We have to sing the song of the Earth once more, dance to the beat of Her drum. Only then will we reverse the damage we’ve done and find Eden once more.

Walk softly, my friends,  
Russ Fitzpatrick & Pat Batie

## September Upcoming Events

Sunday Services  
9 & 11 AM

September 12- Sunday 1:00 PM  
Pot-Luck Lunch  
and Devotion Concert

September 19 - Sunday 1:00 PM  
Town Hall Meeting

September 24 - Friday 7:00 PM  
September Eco-Theatre

September 26 Sunday 1:00 PM  
New Member Class



## UCNI

### Vibrant and Alive!

In the months of May and  
June, Unity Church of  
North Idaho attracted  
1355 congregants and 37  
first time visitors!

**Unity Church  
of North Idaho  
Celebrates  
30 Years!  
Sunday  
August 22, 2010**

***The Prayer for Protection***

*The Light of God surrounds me,  
The Love of God enfolds me,  
The Power of God protects me,  
The Presence of God  
watches over me,  
Wherever I am God is  
And all is well.*

*James Dillet Freeman*



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**YOU!**