

## ONE GOD, MANY PATHS, SPIRITUAL NOT RELIGIOUS



**WORK** like you  
don't need the money.  
**LOVE** like you've  
never been hurt.  
**DANCE** like  
nobody's watching.

*-Satchel Paige*



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## **Then Peace Be Mine**

*By Courtney E. Cottam*

Let me be still: still as a mountain pool  
After the storm; still as a praying pine  
In winter's twilight:  
Let me be still and know God's love is mine.

Let me be calm; calm as the noonday sky  
Warmed by summer's sun:  
Calm, knowing no fear of the unseen:  
Let me be calm and know that God is here.

Let me be silent; silent as moon gleam  
Shadowing into beauty each harsh line  
With misty glow:  
Let me be silent, and God's love be mine.





## Heart Talk

by Bernadette Voorhees



I received this amusing story from Reverend Christopher Ian Chenoweth:

There was a man and woman who had been married for more than 60 years who had shared everything. They had kept no secrets from each other except that the woman had a shoebox in the top of her closet that she had cautioned her husband never to open or ask her about. For all of these years, he had never thought about the box, but one day the woman got very sick and the doctor said she would not recover. In trying to sort out their affairs, the man took down the shoe box and took it to his wife's bedside. She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted doilies and a stack of money totaling \$25,000. He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doily." The man was so moved, he had to fight back tears. Only 2 precious doilies were in the box. She had only been angry with him 2 times in all those years. "Honey," he said, "that explains the doilies, but what about all of this money?" "Oh," she said, "that's the money I made from selling the doilies."

Let us remember that our first step to inner and outer peace is to realize that, when anger, upset or irritation well up within us, it isn't the fault of some person or thing but our own improper response to others. We must accept the fact that it is 'we' who have to change by deciding that we are not going to place blame outside ourselves for what goes on in our world. There is great power in a peaceful response. Let us practice nonviolence and peace in every experience until it becomes the habitual way that we choose to live. As Jesus said, "Blessed are the peacemakers, for they shall be called sons of God."



## Bookstore Ministry

### Lighted Path Bookstore Ministry

Team Leader: Grace Conners



Once again it is time for a sense of fresh beginnings and the opportunity to set our intentions towards making this our best year ever.

We can review the past year, while keeping in mind that all is just “water under the bridge.” Then we can consider possible course changes and seek guidance for our path that moves us in a direction that is for the highest good for ourselves and for everyone around us. It is so comforting to know that wherever our path takes us we are not alone and we have nothing to fear. We are guided and protected. Wherever we are and wherever we go, “God is, and all is well.”

Please stop by the bookstore on Sundays, look around and visit with the volunteer on duty.



### Lighted Path Bookstore Volunteer Schedule

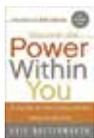
January	4	Grace Conners	3	February
	13	Sandy Wilson	10	
	20	Shaun McCarton	17	
	27	Grace Conners	24	

Volunteers: Please contact **Grace Conners** or another volunteer if you cannot work your scheduled Sunday. Thanks.

## *Bookstore Ministry*



Here are just a few of the wonderful books that we have for sale in our Lighted Path Bookstore to help you greet the new year and that are perfect reading for long winter days.



### **Discover the Power Within You by Eric Butterworth**

Eric Butterworth shares the greatest discovery of all time: the ability to see the divine within us all. Jesus saw this divine dimension in every human being, and Butterworth reveals this hidden and untapped resource to be a source of limitless abundance. Exploring this “depth potential,” Butterworth outlines ways in which we can release the power locked within us for better health, greater confidence, increased success, and inspired openness to let our “light shine” forth for others.



### **Gandhi The Man by Eknath Easwaran**

Eknath Easwaran grew up in India and witnessed how Gandhi inspired people of all races, backgrounds, and religions to turn anger into compassion and hatred into love. Easwaran, a leading authority on the Bhagavad Gita and on spiritual living, explains the principles underlying Gandhi’s nonviolence. He highlights how we can all use Gandhi’s teachings to make our families, workplaces, and communities more peaceful in the world today.



### **The Five Things We Cannot Change by David Richo**

Why is it that despite our best efforts, many of us remain fundamentally unhappy and unfulfilled in our lives? In this provocative and inspiring book, David Richo distills thirty years of experience as a therapist to explain the underlying roots of unhappiness—and the surprising secret to finding freedom and fulfillment.

## **Bookstore Discount Sale**

During the month of January we will be having selected items displayed separately in the bookstore and marked down with discounts ranging from 10% to 40%.



## Prayer Ministry

### You're never far from our prayer support:

email: [phaedra@unityofvancouver.com](mailto:phaedra@unityofvancouver.com) or call: 360-696-0996

### Daily Word Team Leaders: Larry & Joanne Turner

Call 360-694-4325 for a 24-hour taped inspirational message.

Silent Unity Prayer Circle meets every Sunday from, 9:30-9:50am

## Affirmations

**January:** Draw in a calming breath and withdraw your attention from the activity of the day as we pray.

**February:** Let us begin our prayer time by drawing upon God, the creative principle, which is our Source and ever present resource.

<i>January Affirmations</i>	<i>February Affirmations</i>
I am centered in infinite peace.	God is the author of my inner peace.
Divine wisdom is the light shining upon my path.	The harmony and unity of divine love lead my way.
Realizing my divine nature, I am healed.	God is my health and well-being.
I thrive as I live in awe and gratitude.	I am abundance, giving and receiving good.
Openhearted and open-minded, I promote peace.	I uphold the power of peace in all people.
<i>We invite you to focus on these affirmations. Spoken aloud or silently, these affirmations support you in creating a spiritually centered life.</i>	

Affirmations are positive statements of Truth. By affirming Truth we are lifted out of false thinking into the consciousness of Spirit. Each time we pray positively and faithfully, we are calling forth the divine activity that is always within us.



**I AM AT PEACE by William A. Clough**

I AM AT PEACE in the midst of strife, because I know that God is with me. I am at rest in the midst of confusion because God's loving arms sustain me. I am quiet and serene and secure. The Lord God of Hosts is my Father and my Mother. I am a child of God and I know that God loves me. The voice of God within my soul says, "Peace, be still." Its tones are sweet and clear and quieting. "I am here with you. I am your Lord. I will take care of you. Rest and receive."

I lay my burdens down. I give up all my fears and all my strivings. I give God all my confidence and trust. Joy that no words can tell engulfs me. All the good in all the universe is mine. I bless everyone and seek to share my joy. God is with all. God is everywhere. He gives rest and peace and power. I feel God's presence now. God, You are with me, as the life that fills me, the power that strengthens me and the peace that sustains me. Amen.

**LORD, TAKE THIS DAY by Halbrook Zimmerman**

Lord, take this day and shape it to  
Some golden service done for You.  
Some loving deed, some kindly word,  
Some shining truth the heart has heard.  
Some peace that on uncharted seas  
Speaks of eternal verities.  
Some steadfast faith that in a storm  
Will keep a weary traveler warm.  
Some shining dream, some loving thought  
By which your miracles are wrought.  
Some stillness, Lord, some depth of prayer  
In which our heart is made aware  
O You! Lord, take this day and bless  
It with the gift of usefulness!



## *Youth Ministry*

### **Youth Ministry**

Team Leader:  
Katherine Schuh



**Youth Education:** Katherine Schuh

**Nursery:** Phaedra Karoy

**UNITEENS & Y.O.U.:** Shari Frisbie

### **HAPPY NEW YEAR!**

Let peace, love, health, prosperity, and compassion fill your heart and life in 2019. Children are now returning to school and families are settling into post-holiday routines and schedules. As we start the New Year the first day of January we have 8 hours and 43 minutes of daylight, by February 28 we will be blessed with 11 hours and 4 minutes of daylight. We must have faith that the bleak mid-winter does not last forever! I am planning, as my Grandmother used to say, "to get the good (God) out of every second of every day," daylight or dark!

In January and February we celebrate our spiritual powers of Faith and Love using these powers to fulfill our New Year resolutions, achieve our goals, nurture relationships and bless our planet. Youth Ministry will focus on ways to demonstrate these powers in our lives through art, music, stories and actions.

### **Volunteers are you out there?**

Our Youth Ministry Team strives to bring the toddlers, children and teens a joyful meaningful spirit-filled experience each Sunday. Youth Ministry is a very special way to connect with our church family, deepen your understanding of Unity principles and experience unexpected blessings. If you are interested in volunteering at least one Sunday a month in either Youth Education or Y.O.U. and Uniteens please contact **Phaedra** or **Katherine**.

#### **January Affirmation for Faith:**

My faith is strong for I know my good is there when good cannot be seen.

#### **February Affirmation for Love:**

God's love enfolds me. I am a happy healthy loving child of God.

## Youth Ministry & Teams



New Year blessings to all. Our church family is awesome. The consistent support given our Y.O.U through our food fundraisers and scholarships has nurtured our spiritual growth in so many ways by involving us in the larger Unity Community that connects around our planet. Thank You!

Our 1st Sunday of the month Foodraisers will continue in 2019:

**January 6 – Spaghetti Brunch**

**February 3 – Annual Sweetheart Breakfast**

### Affirmations For Meditation

All things are forgiven in the Christ Consciousness.

The forgiving love of God has wiped out the mistakes of the past, and I am cheered.

Old things have passed away, and I am made new.

I am radiating thoughts of love and forgiveness, and my life is filled with peace and plenty.

Today is a new beginning of an age of inner peace, love, and happiness.

**Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal.**

*~Martin Luther King, Jr.*



### Volunteer Teams & Team Leaders

Bookstore: Grace Conners	Grounds/Building: Harvey Schuh
Caring For Each Other: Bernadette Voorhees	Dial-a-Prayer: Larry & Joanne Turner
Greeting: Sandy & Ken Hattan	Lending Library/CD : Sandy Wilson
Office/Mailing Support: Phaedra Karoy	YM: Katherine Schuh / Y.O.U.: Shari Frisbie



### **The Season of Nonviolence 2019: January 30 – April 4**

The “season” for nonviolence commences on January 30, in cities across the globe. The annual 64-day campaign, co-founded in 1998 by Dr. Arun Gandhi and The Association for Global New Thought (AGNT), is an educational and grassroots awareness campaign spanning the January 30th and April 4th memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr.

The purpose of the campaign is to focus educational and media attention on the philosophy of attaining peace through nonviolent action as demonstrated by legendary leaders Mohandas K. Gandhi, Rev. Martin Luther King, Jr., Cesar E. Chavez, and President Nelson Mandela, as well as living legends such as His Holiness, Tenzin Gyatso, the 14th Dalai Lama of Tibet.

The secret of self-control is that we have only this moment in which to live and only this moment in which to respond to anyone or anything. Take a few moments each day to affirm, “My thinking, feeling, believing, and responding are now centered in the perfect peace of God, and you will find yourself responding to people and conditions with more of the inner peace of God.”



### **Annual Chocolate Indulgence Fundraiser February 10, 2019 - Featuring “All Things Chocolate!”**

**Sandy Wilson** and **Shari Frisbie** have volunteered to coordinate our Valentine Fundraiser this year which will take place immediately following our Sunday service in the Lending Library area. Sign-up sheet for donations is in the Sanctuary. Plan to donate something yummy & buy something to sweeten and raise Chocolate Consciousness this Valentine’s Day. Thank you for your continued support of Unity of Vancouver.

## *Board Update*



**AFFIRMATION:** "In our Unity of Purpose, we are guided by Infinite wisdom and prospered by Divine Love."

### **NOVEMBER 2018**

Board Meeting postponed until all the information regarding the attempted break in and vandalism of our church is gathered and glass cleared from all areas.

### **OCTOBER 2018**

The Board approved the Y.O.U. Foodraisers for January and February to be Spaghetti Brunch and Annual Sweetheart Breakfast, respectively..

We are getting bids to upgrade our security system and repair the pillar on the front of the church.

**The next Board Meeting will be January 6. There will not be a Board Meeting on February 3 since there will be a Discussion Group Meeting after service during the Gandhi Series led by Grace Conners.**

### **PROSPERITY BANK Sundays: January 6 & February 3**

We maintain our church home through monies collected the first Sunday of each month in our Prosperity Banks. If you don't have a Prosperity Bank a Ziploc bag works just as well!

**YOU CAN HELP:** A six-line informational message in *The Columbian* newspaper is \$26 per week. Your extra gift of a \$26.00 or \$112.00 will help us to advertise Unity of Vancouver's services and workshops. Thank You!



# Unity of Vancouver

WHERE LOVE IS FELT AND LIVES ARE CHANGED



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Sunday Celebration Service 10–11am

Bookstore open after Sunday service.

Midweek Service Wednesdays, 7–8pm

Daily Word: 360-694-4325

Silent Unity: 816-969-2000

Español: 816-554-2580

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