

## ONE GOD, MANY PATHS, SPIRITUAL NOT RELIGIOUS



How  
*wonderful* it is that  
nobody need wait a single  
moment before starting to  
improve the *world*

-Anne Frank



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# Beginning Again

*By Frank B. Whitney*

It matters not what may befall;  
Beyond all else I hear the call  
“You can begin again.”

My courage rises when I hear  
God’s voice allay the thought of fear  
And when He whispers gently, near,  
“You can begin again.”

When once quite all the world seemed wrong,  
Throughout its din I heard His song,  
“You can begin again.”

An inner joy within me stirred,  
I treasured each assuring word,  
My heart was lifted when I heard,  
“You can begin again.”

Begin again? Another chance?  
Can even I make an advance?  
“You can begin again.”

Begin at once by taking heart  
And knowing God—of you he’s part!  
New life to you His will impart!  
You can begin again.





## Heart Talk

by Bernadette Voorhees



When I was just starting out in ministry I received a piece of tough advice from a well-seasoned, successful Unity Minister who had served in the same Unity Church for over 34 years. He said, *"Try to serve a church that is committed to exist far into the future; avoid any church that sees itself as existing solely to please and satisfy the people who happen to be there this moment. A Spiritual Community is not a roller coaster you ride until you grow tired of it – and then seek out some other carnival amusement. It is something we perpetually build, to last long after we are gone, and whose final shape we will never see, because we'll be dead and gone before it is completed. A church community like a family should last beyond our years and the only way that it will is if we see that it does."*

What he was talking about is a living legacy. I invite everyone reading this to come and help me to build something that lasts. For me, what is worthy of our love is worthy of our love. What is worthy of our sacrifice is worthy of our sacrifice. And what is worthy of us deserves us. *"What will our legacy to the next generation and all future generations be?"*

Membership in Unity is much more than signing a book, making a financial pledge or volunteering. Those are important, but those things are not what true membership in Unity is all about. Membership is being transformed, a change in heart, a life seen differently. It is being gifted, 'growth' from this change. Membership in Unity involves listening and discernment. *"How am I called?"* Then it is being equipped to live that call. *"What resources can I rely on? Where is my strength?"* And finally, Membership is being sent to share your transformed, gifted, called, equipped life with others in your church family, home, workplace, community and beyond.

In your prayer times bless Unity of Vancouver and all those who have gone before who built what you & I now enjoy. Let us we respond to this blessing by strengthening it, that it may bless others long after our transient ministries and our mortal days are over.

♥ In love and light, Bernadette



Spring is coming! A joyous time of the year as new leaves start appearing on the trees and flowers start to bloom! Spring is a time of hope, anticipation and new beginnings. Do you feel inspired to do some “spring house cleaning”? It’s a great time to clear out clutter and make our inside spaces look new and fresh to match what is happening in nature.

Don’t forget that we also need to do “spiritual house cleaning”. Releasing spiritual/mental clutter and old baggage helps us feel lighter and more open to receive joy and new inspirations into our lives. You just might find a new meditation tape or book in the bookstore to help with this process.

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

<b>Lighted Path Bookstore Volunteer Schedule</b>				
March	<b>6</b>	<b>Grace Conners</b>	<b>3</b>	April
	<b>13</b>	<b>Denise Denver</b>	<b>10</b>	
	<b>20</b>	<b>Don Divens</b>	<b>17</b>	
	<b>27</b>	<b>Christine Bauman</b>	<b>24</b>	
Volunteers: Please contact <b>Grace Conners</b> or another volunteer if you can not work your scheduled Sunday. Thanks.				

**The best of a book is not the thought which it contains, but the thought which it suggests; just as the charm of music dwells not in the tones but in the echoes of our hearts.**

*-Oliver Wendell Holmes*





Here are just a few of the wonderful books that we have for sale in our Lighted Path Bookstore to help you be more prosperous.



***Keep A True Lent*** by Charles Fillmore

Charles Fillmore, the co-founder of Unity, presents a Lenten observance based upon the denying of negative thought. He presents the practice and metaphysics of Lent. Recommended readings and daily lessons are provided to help the student maintain this period of spiritual practice to achieve a greater appreciation of God's presence.



***The Three 'Only' Things*** by Robert Moss

In this book you'll discover that these "only" things can be keys to finding and living your bigger story. You'll access your intuition, heal yourself, and bring juice to your everyday life. When we claim the power of the Three Only Things, we reclaim tools that are profoundly simple yet have the power to remake our lives and the world.



***The Four Agreements*** by Don Miguel Ruiz

Sit at the foot of a native elder and listen as great wisdom of days long past is passed down. Don Miguel Ruiz exposes self-limiting beliefs and presents a simple yet effective code of personal conduct learned from his Toltec ancestors.



***The Mastery of Love*** by Don Miguel Ruiz

In a refreshingly honest investigation of the true nature of love, don Miguel Ruiz brings to light the commonly held fallacies and misplaced expectations about love that permeate most relationships. The themes explored include the Toltec wisdom of the heart, the track of love, and the war of control.

**“The starting point in spiritual realization is a right understanding of that One designated as the Almighty.”**

*-- Charles Fillmore, Co-founder of Unity*



## Prayer Ministry



You're never far from our prayer support. Call, request by mail or email

### Dial a Daily Word

Coordinator: **Dan Walz**  
Call 694-4325 for a 24 hour taped inspirational message



### Chanting Circle

Sundays, 8:45–9:20am

### Unity's Circle of Prayer

Sundays, 9:30-9:50am

Our Prayer team invites you to join us after service on the 4th Sunday of each month for food, fellowship and fund raising. Love offerings collected will help support our Buildings / Grounds and operational expenses.

**PLEASE NOTE:** The Prayer Team is now hosting their brunch on the **4th Sunday of the month** after the service!

<i>March Affirmations</i>	<i>April Affirmations</i>
I AM centered in the peace of God.	I AM one with Divine Presence. I AM at peace.
Divine guidance gives me clear direction.	In the quiet, I AM aware of divine possibilities.
I AM a living expression of God's perfection.	I AM renewed by the healing power of God.
I AM a worthy and powerful co-creator.	I give thanks that I AM now and forever one with Source.
The Spirit of God moves through all people to manifest peace on earth.	I share the peace of my heart with the world.
<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.



**Light Thoughts**

from the Prayer Team



*we are so Blessed*

Do you realize that everyday is the dawn of a new day in your spiritual life? Like birds that sing to celebrate the break of day, sing a song of praise and celebrate each new dawn by joining us in a few moments of silent prayer. Unity's song of prayer is one of peace, prosperity, and love. It is a song of harmony, as our hearts unite in prayer.

**Let us pray:** God, in Your loving presence every moment is a new beginning. I am filled with Your life and love. Before each new dawn, the earth is peaceful and calm. As I begin my prayer time, I, too, am peaceful and calm. Prayer is my quiet time. It is my time to relax, regenerate, reflect and to peacefully and joyously experience the dawn of each new day in spirit and in faith. In the silence of prayer...

I take a deep breath and I relax and release, aware of God's sacred presence. I am peaceful, relaxed, and confident. I gently release the questions of my heart, trusting the answers I seek to be there. For God is there. God, You are the true light. I have faith in You to gently guide me and those I care about. In the silence of prayer. . .

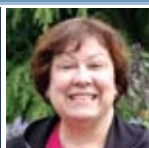
In this moment of prayer, I experience a greater understanding of my spirituality and myself. With this understanding comes a more attuned consciousness, a heightened spirituality, and a greater realization of Your direction in my life, dear God. There is a new awakening in my mind and my body to Your powerful, healing light. I look forward to the dawning of greater energy, strength, and vitality. The healing light of God is working in every area of my body temple, strengthening the tissues and the organs, and renewing and restoring each one.

As the day dawns, once again in each of our hearts, we celebrate the light that fills us and fills our world. Every moment of the day and the night, we are in God, and God is in us. And ALL is well!

**Amen.**



**Youth Education**  
Director: Katherine Schuh



**Thank You YM Volunteers!**

1 <sup>st</sup> Sunday	Terry Marvin
2 <sup>nd</sup> Sunday	Shuntel Rogers
3 <sup>rd</sup> Sunday	Mark Hendrickson
4 <sup>th</sup> Sunday	Dan Walz

Music: Dan Walz  
Uniteens: Leslie Zimmerman  
On call: Sandy Wilson & Sandy Hattan

If you are interested in volunteering,  
please contact Katherine Schuh.  
A Free CD of the service is provided.

**Team Members: Dan Walz, Terry Marvin, Shuntel Rogers, Pauline Gough, Mark Henrichsen, Leslie Zimmerman**

Spring forth in Joy - March 9th, Ash Wednesday, begins our Lenten journey. We will be preparing for Easter on Sunday April 24th. During this time we will be sharing the stories of Jesus' teachings and miracles. On March 20th we will celebrate the first day of spring and welcome the signs of new life in the world around us.

**Children's Easter Celebration**

Please have your children join us for our children's Easter Celebration during Sunday Service on April 24th . We will share music, stories, crafts and an Easter Egg Hunt.

**Uniteens, Y.O.U. - Sponsor: Leslie Zimmerman**

Thank you to our church family for their support of our fundraisers. Funds raised at these events provide scholarships for retreats and regional events.

**Fundraiser "Irish Sundaes" March 13**

On March 13th we will be having our annual St. Patrick's Day Potato Bar; in addition to the usual toppings Green Sour Cream will be available on request. We send you this Irish blessing "May our blessings out number the shamrocks that grow."

**Y.O.U. Rally April 29-May 1**

Rally will be held at Cispus Center, Randle WA. Cost is \$160 if postmarked by April 11th. Contac Katherine Schuh or our church office for more information.

**Affirmations**

Our Spiritual powers of Strength and Wisdom are the focus for March and April. Please use these affirmations with the children.

**March—Strength:** I AM strong in the Lord.

**April—Wisdom:** I AM guided by Divine Wisdom in all I say and do.



**Women Sharing Wisdom (WSW) Study Group**

Next Meetings: Tuesday, March 8th 6:30pm to 8:30pm

Tuesday, April 12th 6:30pm to 8:30pm

The Women Sharing Wisdom Study Group meets on the second Tuesday of each month. The group thrives on the participation of all of its members. We take turns facilitating and leading discussions at meetings, so that we may all grow as learners and teachers. The theme for 2010-2011 is Self Care. The book *'The Art of Extreme Self Care'* by Cheryl Richardson is available in the church bookstore.

**March:** At our March meeting we will be discussing how our work on Chapter Four 'The Power of Rhythm and Routine' in "The Art of Extreme Self Care" affected us, and discussing chapter 5, 'Take your Hands off the Wheel.'

**April:** At our April meeting we will be discussing how our work on chapter five 'Take your Hands off the Wheel' affected us, and discussing chapter 6, 'The Absolute No List.'

If you would like to facilitate or lead the discussion in either April or May, please email **Laura Hall** at [lauraahall@comcast.net](mailto:lauraahall@comcast.net).

**Building & Grounds Team: Dan Walz and Harvey Schuh – Team Leaders**

**Annual Spring Clean-Up** – Sunday, April 10th immediately following our fellowship time. Please bring your gardening clothes & tools. "Many hands make light work!"

Volunteer Teams & Team Leaders	
Bookstore: Grace Conners	Grounds/Building: Harvey Schuh & Dan Walz
Caring For Each Other: Katherine Whitney	Hospitality Team: Denise Denver
Housekeeping: Dan Walz	Lending Library & CD Ministry: Marcy Boyer
Dial-a-Prayer & Circle Of Prayer: Dan Walz	Office/Mailing Support: Phaedra Karoy
Greeting: Sandy & Ken Hattan	Youth Ministry Director: Katherine Schuh
For the Love of Unity: Les Lomax	WSW Support Group: Gayle Starker & Kathy Divens
Prosperity & Fund Raising: Mark & Brenda Henrichsen	



## *Classes & Special Events*

### **Beginning Energy Class with Rob Abbott**

**Saturday, March 19th – 10am – 4:00pm; Cost: \$100.00**

This is Rob's entry-level class. It delves into energy work to resolve disease and illness issues. Sign up in the Sanctuary.

### **Masters Of Energy Class 3 with Rob Abbott**

**April 16, 10am – 4pm, Cost \$100**

Please bring your dowsing rod and pendulum and review the previous class notes before attending.



Rob Abbott is a psychic (informational) and healer (energy applications) that has been tested and evaluated by many well-respected Scientists. He is well known in the Dowsing and the Remote Viewing Community, as a highly accurate Psychic who has repeatedly provided 96–98% accuracy in information exchange. He has appeared on the Fox television program *Strange Universe* several times, after the network documented his healing of a blind person after one hour of work. He has been responsible for turning around many maladies such as cancer, eye sight problems, macular degeneration, healed broken bones in days, documented cases of improving Congestive Heart Failure, Emphysema and other Chronic problems.

### **Disaster Preparedness Training Seminar**

**Sunday, March 27th from 12:30 – 2:30, Facilitator: Joy Lasseter, Ph.D**

**Suggested Donation: \$25.00 per person or family.** (\$5.00 covers handouts & the remainder supports of our church. No one will be turned away for inability to pay)

When a disaster overwhelms our first responders, it is prepared citizens who save lives in the first hours afterwards. Learn what food and medical supplies you need to have on hand and how to organize your neighborhood before an emergency. **Joy** teaches practical and safe food and water storage. Sign up in advance to receive handouts! **NOTE: Child care will be provided during the workshop if needed.** Please sign-up in the Sanctuary so that we can plan for a great day for all!



**January, 2011**

**MOTION APPROVED:** Set the manse and mileage allowance for Unity of Vancouver's Minister for 2011 as proposed in the letter received from the Administrative Director.

**MOTION APPROVED:** Approved the annual Women's Sharing Wisdom retreat dates to be held at Menucha September 16th through 18th, 2011.

**February, 2011**

**MOTION APPROVED:** The Y.O.U. to host a Potato Bar on Sunday March 13.

**MOTION APPROVED:** Operation bills may be paid via bank's online bill pay system (not an automatic withdrawal) and all reimbursement/payroll checks to be paid with two signatures in house.

**NEXT BOARD MEETINGS:** March 6 & April 3

**Question and Answers**

By Don Divens

What is this strange and urgent pulse I feel  
So deep inside?

What is this empty ache I feel?

The Presence here betide?

Can it be God?

Can it be Truth?

Can it be Love?

Yes, for all are God

Guiding me

To God knows where.

Thank You God

For Truth, and Love And Guidance.



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Chanting Circle, Sundays 8:45–9:20am  
Prayer Circle, Sundays, 9:30–9:50am  
Sunday Celebration Service 10–11am  
Bookstore open after Sunday service.  
Mid-week service, Wednesdays, 7–8pm

Daily Word: 360-694-4325  
Silent Unity: 816-969-2000  
Español: 816-554-2580

**Planning to move? Please let us know  
if you are moving or no longer wish  
to receive this newsletter**

*Sent with love and blessings to:*