

Unity Lincoln  
135 N. 31st St.  
P.O. Box 30209  
Lincoln, NE 68503

Non-Profit Org.  
U.S. Postage Paid  
Permit No. 319  
Lincoln, NE



*The light of God surrounds us  
The Love of God enfolds us  
The Power of God protects us  
The Presence of God watches over us.  
Wherever we are ...God IS  
And all is well.*

Blessings To:

*May 2017*

### OUR CORE VALUES

#### LOVE

We are a nurturing community connecting with all from caring hearts and compassion.

#### SPIRITUALITY

We consciously connect with Spirit and allow it to guide us. We affirm this Divinity within all creation.

#### JOY

We delight in and encourage our deeply centered happiness.

#### GRATITUDE

We recognize, rejoice in, and give thanks for all of God's gifts.

#### INCLUSIVENESS

We embrace each person as a unique expression of God.

Daily Inspiration: Dial-A-Prayer  
(402) 476-7172

[www.unity.org/prayer/request-prayer](http://www.unity.org/prayer/request-prayer)

Visit us at [www.unitylincoln.org](http://www.unitylincoln.org),  
email [office@unitylincoln.org](mailto:office@unitylincoln.org),

or phone (402) 476-6887

### OUR VISION FOR UNITY LINCOLN

- **We have a beautiful facility that is receptive and responsive to the needs and desires of our congregation.**
- **We have an abundance of resources to accomplish our mission with ease.**
- **We support a minister who exemplifies the Unity Principles and our Core Values, with the capacity to recognize and maximize the strengths and talents of congregants and stimulate individual spiritual growth.**
- **We have an equally shared, healthy, and productive relationship between the congregation, board, and minister resulting in effective governance of our community.**
- **We provide transforming and positive programs for people of all ages for increased spiritual development.**
- **We practice our spiritual awakening through service and action within the congregation, community, and beyond.**
- **We are well-known in the Lincoln area as a healthy, thriving, spiritual community that welcomes all.**



135 N. 31<sup>st</sup> St.  
Lincoln, Nebraska

*May 2017*

### MINISTER'S LETTER

Mark 4:8

"... other seeds fell into good soil and produced grain, growing up and increasing and yielding thirtyfold and sixtyfold and a hundredfold."

Each of the Gospels has a story of Jesus talking about seeds being sown in fertile soil. Fillmore says in *The Revealing Word*: "Seeds are divine ideas." He goes on to say: Life is the "expression of Being that manifests as animation, activity, vigor.... Life is the acting principle... Life is not in itself intelligent; it requires the directive power of an entity that knows where and how to apply its force in order to get the best results."

Yet, what happens if seeds, divine ideas, are not sown or are sown along the path or in weeds? What happens if seeds, divine ideas, are held in a safe, dark, dry place and not planted? Most of us have learned that eventually the energy will dissipate. Divine ideas will dry up.

Unity Lincoln is a creative community of people. This was beautifully demonstrated in our Easter Service as seven readers (including Evan and me) told the story of Easter with expressive readings from our 2017 Lenten booklet, *Be Ye Transformed*.

In addition, the Music Team wrote and sang an Easter anthem written as a group project! Do you know what an incredibly amazing creative activity this is?

To be defined as "alive" there must be action, vitality and growth. Over the past three years we have developed our skills and created some expansive spiritual opportunities for ourselves and others. In this community we have a core of people who have diverse creative skills which can and could grow to be the core

of interest groups to expand and gift greater numbers of people in the Lincoln community.

We are a community of people who love to work together and be of service. We know each other and each other's strengths and talents. We like to share and we are open for others to grow with us. We have the potential to be dynamic.

Life has to be shared and grown to be defined as "alive." If you think of the times when you feel most alive, joyful and happy, they will be the times when you are working together with and for each other. Friends, our seeds are being held safe and dry in the dark. We need to plant them in fertile ground!

More creative opportunities for spiritual growth and expansion will draw others to us who are like minded if we get out of our safety zone. All of this is available to Unity Lincoln - if we move and allow our seed ideas to be planted in fertile soil.

Due diligence has been done. This community has investigated the situation and arrived at decisions and conclusions. This building no longer provides the fertile location necessary to grow and thrive here.

Unity Lincoln talent awaits movement, vitality and use. Life requires our "directive power." Ask yourself: are you ready to stretch and become all that you can be? What are you waiting for? There are so many areas of expansion that we can grow into together as we shift our consciousness and claim the right and perfect new location.

***As God in Action Unity Lincoln is moving forward into a new church home.***

And so it is, amen.

~ REV. TONI

## Feelings, Faith and Prayer

by Georgia Feiste

Each day, I take time to read and contemplate what I'm reading to determine what is being brought to me that I might need in order to continue to grow and go about my day. Today, the topic appears to be feelings, faith and fear.

Here are some of the quotes that were presented to me this morning, within the context of my reading:

"If you do not experience your emotions and the depth of your pain within you when violence strikes, you will find yourself irresistibly and self-righteously drawn to thoughts of revenge." - Gary Zukav

"If you act lovingly, you will be acting naturally. If you react fearfully, resentfully, angrily, you may be acting normally, but you will never be acting naturally." - Neale Donald Walsh

"Faith is to believe what you do not see; the reward of this faith is to see what you believe." - St. Augustine

Have you noticed how frightened people are lately? It shows up in anger, resentment, self-righteousness, frustration, bizarre behavior, hate, and often despair. But, it boils down to fear.

Fear lowers our vibration, making us vulnerable to illness, and blocks us from moving forward to the life of our dreams. Our fears are based on our experiences, and I believe we all have the power to stop them, by replacing them with faith and love.

Anne Lamott, one of my favorite authors, said that her most helpful and powerful prayers are "Help me, Help me, Help me" and "Thank you, Thank you, Thank you". There is nothing that is not helped by prayer, no matter what belief system you might follow. What really matters is that we have a deep desire to connect with Spirit. And, faith that what we believe, will be so.

Tosha Silver, author of *Outrageous Openness* and *Change me prayers: The Hidden Power of Spiritual Surrender*, offers a brief prayer on fear, faith and surrender, which I have altered somewhat, and use almost daily:

*"Creative Spirit, change me into one who truly trusts. Change me into one whose fear melts away like dew in the sunlight. Strengthen my faith in the power of the Universe, and in the fact that all things work out for me. Always."*

Feel your feelings, pray and let go, and live life in love, caring and joyous service to yourself and others, finding the perseverance to discover what **will** work by fully experiencing the opportunities presented. Use what you discover and live in the light.

And, remember, it is a process.

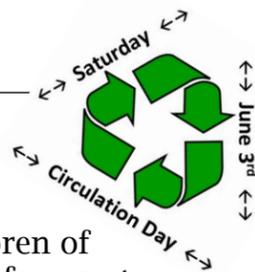
Blessings, ~ Georgia

## Panel of Religions

Reverend Toni participated on a panel at Doane College in Crete, April 6th.

There were seven world religions represented, in addition to Unity, Nancy Coren of Tifereth Israel, Rev. Jim Keck from First Plymouth, Dr. Abba Hasan, a Muslim Professor at UNL, and the Right Rev. Michael Melchizedek, Episcopalian Priest and Buddhist Practitioner. Basics of each faith were discussed then a period of question and answer followed.

The program was put together by student Matthew Villarreal as a special project. Over 50 students attended, most for special credit, as well as several professors.



## A Healthy Dose of Comic Relief

### Comedy Concert With Greg Tamblyn



Saturday, May 20<sup>th</sup>, at 6:30pm  
Unity Lincoln  
135 N. 31<sup>st</sup>

Funny, heartfelt, award-winning songs and stories that elevate endorphins, amplify amusement, improve digestion and energize you! Get filled up with inspiration and tools for living through the right-brain doorway of music and laughter. It's "Ha-ha" with an "Ah-ha!"

Songs like: "I'd Like to Be the Man My Dog Thinks I Am," "Jesus Was a Bachelor," "Analog Brain in a Digital World" and more!

For more information: [www.unitylincoln.org](http://www.unitylincoln.org)

[GregTamblyn.com](http://GregTamblyn.com)

<https://www.facebook.com/greg.tamblyn.7>

<http://youtube.com/c/gregtamblyn>

<http://jokequote.com>

*"I don't give myself enough time off, and I do give myself flack*

*And sometimes I make fun of myself behind my back*

*And then just when I thought I had a shot at real advancement*

*I took myself to court for sexual harassment"*

<http://gregtamblyn.com/analogbraincd.html>

## Finances- March 2017

Total Income:	\$ 5,909
Total Expense:	\$ 6,761
Net:	\$ (852)

### Sources of Income\*-

Service Love Offerings:	\$ 5,844
Classes:	\$ 153
SCRIP Prosperity:	\$ 282.83

\*not intended to equal Total Income shown above

## BULLETIN BOARD

### New Members

Would you like to be a member of Unity Lincoln? We invite you to join us! Returning to Unity Lincoln after a time away? We welcome you back! Kindly RSVP to Unity Lincoln (402) 476-6887 or [minister@unitylincoln.org](mailto:minister@unitylincoln.org).

### Talk to the Board

If you would like to present an item to the Board of Trustees in person, please let a board member know. The Board will then reserve the first 10 minutes of its next monthly meeting to listen to you.

### Email List

If you would like to receive emails of breaking news and last-minute schedule changes, send an email to us at [office@unitylincoln.org](mailto:office@unitylincoln.org) and ask to be added to our weekly email list.

### Online Tithing

You can contribute to Unity Lincoln online via the [www.unitylincoln.org](http://www.unitylincoln.org) PayPal account. Log onto <https://www.paypal.com> and send your contribution directly to the Church's Online PayPal account by whatever method you like — credit card, checking account, or savings. Click on "Friends & Family" to waive the Paypal fee so that your entire gift goes to UL.

### When you write to us

Mail you send us must include our P.O. Box, as follows:

Unity Lincoln  
P.O. Box 30209  
Lincoln, NE 68503-0209

### To unsubscribe from this Newsletter

Write to us at the above address, or email [office@unitylincoln.org](mailto:office@unitylincoln.org). Please refer to the *printed* Newsletter in your note.

**Music Team Creativity**

If you were at our Easter Service you experienced the fruits of our Music Team's creativity. A month ago Evan came to choir practice with a lyric and snippet of melody going round in his head. We all shared the tune: "I am alive...." It grew into harmonious chords. Then Janet added verses. Phrases were expanded. The five of us sang and explored possibilities. We recognized that it was in 6/8 time. We recorded it on cell phones. Janet and Evan wrote notes. Janet crafted the final sheet music. We selected a piano allusion for Svetlana to adapt and insert; discovering that the allusion was indeed in 9/8 time! And it worked. Over five weeks a new Easter anthem was written, rehearsed and ready to present. With a little more polish and formatting it will be ready to submit to Unity's New Thought music organization.

This was not the first time your Music Team has created arrangements; however, it is the first time they have written a complete anthem from scratch.

Music appropriate for New Thought purposes used to be difficult to find. We often have to remove "sin, blood (of the Lamb), guilt and shame" from the old hymns. Even the idea of separation and male pronouns are not appropriate. In the past fifteen years great work has been done to create a repertoire of positive affirmative music. As we become more aware, it is important that we be conscious of the "Word" as we sing... It is the musical nourishment that we take into our minds and bodies. And it matters.

**Positive Thinking?**

As novelist C.S. Lewis said: "The future is something which everyone reaches at the rate of sixty minutes an hour, whatever he does, whoever he is."

In that regard, we're all the same... So clearly, it really matters a lot what we do with that time.

I would like to ask you a question. Have you heard someone say "think about it in a positive way?" Would it be ok to stop and notice how we can overemphasize the impact of positive thinking?

And of course, that's much better than getting caught up in negativity and it can serve us tremendously well... However, ultimately, positive thinking alone isn't going to be what makes all the difference for us. What we need instead is something more - Positive Doing.

Unity Lincoln has done the following to commit to our new home, which when completed, will be filled with rich everlasting love for all to experience in the pure setting of a Spiritual Community where with God as our Creator, we are all family.

Our congregation working towards our new home, knows they can't do everything, but can commit to doing whatever they can whenever they can. We believe that positive thinking must be accompanied by positive doing and are committed to getting into action.

We believe that a little step brings about big change and we are committed to putting one foot in front of another the finding possibilities and opportunities which only Spirit knows at this time.

I'm just asking, "Do you believe positive thinking is going to get the work of our Father and Mother done, or is positive doing?"

Living our lives is all about relationships, and serving others to that end. Might we commit to getting good at getting along and commit to serving others? ~ Ed Love

**Circulation Day Re-Set - June 3rd**

Time to clean out closets and garages again to pass along good usable items to those who will be blessed by them! We're hoping that Saturday, June 3<sup>rd</sup> will be 'just right,' not too hot and not too cold! Helpers needed. Talk to Liane or Rev. Toni or sign up in the lobby.



**Grow - Grow - Grow!**

In our Town Hall meetings April 2<sup>nd</sup> and 30<sup>th</sup>, your Board of Trustees worked to build our inner network and foundation towards our move and growth. It will be important to develop consensus as a community.

April 2<sup>nd</sup> we began work developing our public identity and promotion as a community. Paul asked the question: What do you want your Unity experience to be? The topic to be discussed on April 30<sup>th</sup>.

The question was expanded with three points to help us recognize the answer. (1) What got you here initially? (2) What keeps you coming back? (3) What isn't here that you want or want more of?

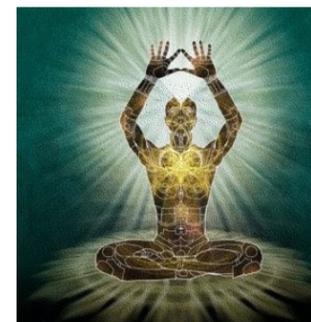
We discussed the importance of testimonials. We will be inviting congregants to share your first experience at Unity and why you return. We also want every Sunday to be **Friendship Sunday**.



**Peace Meditation**

It is said that a candle loses nothing when its flame is used to light another candle. This is a powerful truth. More important is the fact that every time one candle lends its flame to another candle the light is increased. So it is with the flame of oneness that burns in every human heart. When we share our light with someone the light grows. There are no longer two separate lights. Instead, there is a larger one, a beacon of peace, harmony, and oneness.

Today we focus our attention on the flame of oneness as we breathe deeply and slowly, watching the glow of our light expand your awareness.



There is only one light.  
There is only one life.  
There is only One.  
One Light.  
One Life.  
One.

Please take 15 minutes to breathe into the flame. Let these words be part of your consciousness.

Love and blessings, ~ Sharri Johnson, RScP

**Magic Pennies Report**



Yet another great Magic Pennies month. Great work everybody!

Keep it up!

**Magic Pennies Accounting**

10/29/16	\$55.90
11/30/16	\$62.59
12/26/16	\$13.73
1/30/17	\$79.44
2/28/17	\$58.60
3/31/17	\$62.39
4/27/17	\$86.48

\$419.13



**BOARD MEMBERS**



Merry Ford, President



Kris Thaller, Vice-President



Janet Carlson, Secretary



Mickey Seefeld, Treasurer



Paul Fox, Member-at-Large



Sharri Johnson, Member-at-Large

**Ministry Team Leaders:**

- Bookstore — Annie Nuss, John Jones
- CAST — Cari Dicks, Merry Ford
- Community Care — John Jones
- Hospitality — Dee Tonniges, Liane Schmidt
- Leadership/Coaching — Kris Thaller
- Licensed Unity Teacher — Rev. Evan Coleman
- Music — Rev. Evan Coleman
- Prayer — Connie Rose
- Recording Team — Paul Fox, Bob Kaenel, Janet Carlson
- SCRIP — Paul Fox
- Website — Paul Fox, Rev. Evan Coleman
- Worship Team — Kris Thaller
- Worship Leaders — Fred Berry, Annie Nuss, Merry Ford, Kris Thaller, Carol Cunningham

**Staff:**

- Rev. Toni Stephens Coleman, Minister
- Rev. Fred Berry, Speaker
- Rev. Evan Coleman, Music Director
- Svetlana Yashirin, Pianist
- , Children's Ed.
- June Niemann, Office



## This I Believe

by John Jones

I just got my church newsletter for April, and in the article telling about the Unity People's Convention, 2017, in San Antonio it mentions that the theme for this year is 'Keep Unity Wide Open - Freed by Truth, Moved by Spirit.' Then I thought how this might be a great subheading for our church right here, a phrase that simply explains who we are and what we are all about. 'Unity in Lincoln, Freed by Truth, Moved by Spirit.' Somehow that just turns me on.

I have a DVD at home and titled "We Are Marshall." The theme of the movie is about the response of the people associated with Marshall University, after the entire football team is wiped out in an airplane crash, in November of 1970. Marshall University, at the time was operated as (I think) a municipal school, owned by the city of Huntington, West Virginia. Also, on the plane were various civic leaders and their wives. There were no survivors of the crash. Three team members hadn't made the trip because of injuries, and one coach wasn't on the plane because he left on a recruiting trip right after the afternoon game was over.

At one point in the movie the board of governors of the University is meeting to consider whether or not to continue the football program. One of the injured players who hadn't made the trip, organized nearly the entire student body to be in front of the building where the meeting was held. (The building looks very similar to the 'Old Main' at Nebraska Wesleyan.) When the player breaks into the meeting and draws the governors to the front windows the students below begin to chant "We are Marshall" over and over.

Well, we are "Unity," and we have a message that needs to be heard, wherever people gather together to hear the truth about their spiritual lives.

Someday soon, we'll have a new facility to project that truth from. In the meantime, we'll live our lives and project that truth every day in our actions. Soon, we will have a new facility that will have adequate seating for all of our members and all of the new folks who will join us. The new place will be handicap accessible and will have a heating and cooling system that works without adjusting anything but the thermostat. It will have special rooms for students and a great fellowship hall with a kitchen and lots of the other amenities we've only dreamt about for years now.

In the meantime, get used to saying out loud "We are Unity, Freed by Truth, Moved by Spirit!"  
Peace, love, & blessings, ~ **John**

**An Ever Changing Memory**

by Annie Nuss

An ever changing memory  
Nurtures my present thoughts. I

Explore my subconscious  
Visioning for the learning  
Experiences of my growth. I  
Remember lessons taught to me, through  
the

Challenges in my life. I  
Honor the wisdom that I am  
Attaining. I have a  
New understanding of the  
Gifts given to me from God.  
I believe in our own  
Never ending relationship. I  
Gain and ongoing perspective of

My awakening quest. I  
Envision new dynamics in  
My unfolding journey. I am  
Open to new adventures within my  
Reality. I surrender my  
Yearning to an ever changing memory of  
who I am now becoming.

**Amen**



# Unity Lincoln



# 2017

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b>	<b>2</b>	<b>3</b> 11:45 am Prayer & Brown Bag Lunch  6:30 pm A Course In Miracles <i>no class</i>	<b>4</b>	<b>5</b> 5:30 pm Choir Rehearsal	<b>6</b>
<b>7</b> <i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics with Evan Coleman, LUT 10:30 am - Service talk: <b>Beloved Community</b>  11:45 am Prayer Service	<b>8</b>	<b>9</b>	<b>10</b> 11:45 am Prayer & Brown Bag Lunch  6:30 pm A Course In Miracles	<b>11</b>	<b>12</b> 5:30 pm Choir Rehearsal	<b>13</b>
<b>14</b> <i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics with Evan Coleman, LUT 10:30 am – Service talk: <b>Mother God</b>  11:45 am Board of Trustees meeting	<b>15</b>	<b>16</b>	<b>17</b> 11:45 am Prayer & Brown Bag Lunch  6:30 pm A Course In Miracles	<b>18</b>	<b>19</b> 11:00 am Ministers Planning Team meeting  5:30 pm Choir Rehearsal	<b>20</b> 6:30 pm A Comedy Concert, with <b>Greg Tamblin</b>
<b>21</b> <i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics with Evan Coleman, LUT 10:30 am – Service talk: <b>Body, Mind, &amp; Spirit Healing Service</b>  11:45 am Pot Luck  1:00 pm Heartland Light Circle <i>(non Unity event)</i>	<b>22</b>	<b>23</b>	<b>24</b> 11:45 am Prayer & Brown Bag Lunch  6:30 pm A Course In Miracles	<b>25</b>	<b>26</b> 5:30 pm Choir Rehearsal	<b>27</b>
<b>28</b> <i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics with Evan Coleman, LUT 10:30 am – Service talk: <b>Time to Remember</b>	<b>29</b>	<b>30</b>	<b>31</b> 11:45 am Prayer & Brown Bag Lunch  6:30 pm A Course In Miracles			