

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

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



1941 N. 68th
Lincoln, Nebraska
February 2020

*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:

February 2020

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.

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.**

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

www.unity.org/prayer/request-prayer
Visit us at www.unitylincoln.org,
email office@unitylincoln.org,
or phone (402) 476-6887

MINISTER'S LETTER

Here I am in the thick of ice and snow and slush looking forward to Spring and I'm working on our Lenten programs. If you've been here you know that Unity Lincoln has been a warm and cozy spiritual home through all the holidays. In spite of the winter snow and ice, last week there were twenty-five people in Sunday's Worthship Service and eighteen members attended the Annual Membership Business Meeting. Our growing edge is growing our numbers.

The Business Meeting went smoothly as usual. Out-going President Merry Ford reported that The Consecration Weekend in March was our biggest event of 2019. I reported that we had many successes. You may want to see a copy of the reports online at unitylincoln.org. Subtitle Board of Trustees and Ministry Teams. Please especially look at the Teams and see where your heart directs you to serve. Talk to me or any board member.

Following the Unity theme: **Perfect Vision: Seeing Through a Spiritual Lens**, the word for the month is **Possibility**. If you've got ideas for activities you want to do at Unity Lincoln step forward into possibility! We will be restarting the Minister's Planning Team and the Celebration Team will be forming after church service February 23rd. These two teams work together and can have a lot of cross-over. Working with the minister, the Minister's Planning Team brings ideas and sets the calendar of events. The Celebration Team manifests the ideas and brings the plans to fruition (you get to decorate!).

Lent begins on Ash Wednesday, February 26th, so the first Sunday of Lent is March 1st. As in past years, we will follow along in the Unity Lenten publication, a beautiful day by day booklet with stories, poems and prayers. Last year's theme: **Fasting & Feasting** was so successful that it is being used again this year, with all new content. Booklets will be available at church or with a phone call to Silent Unity. You may download a copy at unity.org/booklets/download. Enjoy!

As a Unity minister I am required to be engaged in ongoing education. Ministers and licensed teachers require continuing education credits each year. Usually I collect my CEU's at convention and with an online class or two. This year I am doing something I have wanted to do ever since I moved here, take the *Introduction to Judaism* class at South Street Temple. Evan is joining me in the class.

A few days after our first class, vandalism was perpetrated on the sacred building and as Rabbi Appleby said, "wounded our souls." She wrote: "I want to talk about the power of community, prayer, and song to lift our spirits, to heal our souls, to inspire us, and yes, to strengthen our resolve to protest all the injustices around us." We join with the Congregation B'nai Jeshurun / South Street Temple and declare **"Love is Stronger than Hate!"**

Each year Unity and other New Thought and wider world groups join together for The Season for Nonviolence (SNV). It commences on January 30 in cities across the globe. The annual 64-day campaign is an educational, media, and grassroots awareness campaign spanning the January 30 to April 4 memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King Jr. We here at Unity Lincoln will be joining in some of the activities of SNV. As we do we will hold South Street Temple in the Light for strength and healing. For more information about SNV visit the Association for Global New Thought website to access resources. Join the Minister's Planning Team and / or The Celebration Team to help organize activities, publicize, transform, and celebrate.

Let us each know that "We are each one a portion of God made manifest." – H. Emilie Cady,
Unity teacher.

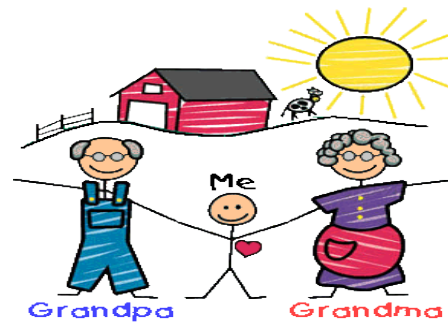
Blessings, *REV. TONI*

Circle of Security Grand Parent's Class Begins February 25th

Being a grandparent is a unique relationship and can require unique skills. Circle of Security classes, which focus on supporting grandparents, will start Tuesday mornings from 11:30am to 1:30pm. Plan on two hours because reflection and discussion times are rich. This class will contain a Mindfulness component at the beginning and at the close of each session.

Circle of Security is an eight week parenting, foster parent and grandparent program based on decades of research into building strong relationships with children. This session will focus on grand parenting to help grandparents give their children a feeling of security and confidence so they can explore, learn, grow and build positive relationships – all essential skills for life-long success. It teaches grandparents how to respond to their grandchild's needs in ways that enhance connection. Grandparent participants will be drawn from the larger Lincoln community. This is a great opportunity to meet people and make new friends. The program is conducted by Barbara L Dewey, LICSW.

The cost of the 8-week class is \$200 per person or \$300 for a couple. If Unity members would like to attend classes, cost will be half price, \$100 or \$150 couple. You may register at www.necosp.org "Class Calendar" or call Barbara Dewey at 402-525-9825.



Make It Happen – by Coach Kris Thaller

Remember: Worry will never solve tomorrow's problems. Although some choices may slow our Life's Journey, every path we take gives us more familiarity with how our actions affect the world around us giving us more opportunities to learn how to help ourselves and others.

Use your imagination creatively – without worry. Imagination needs noodling – long inefficient, happy dawdling and puttering. It's just the Best!

Positive use of your imagination will lead to creative decisions and successful solutions. Just refuse to worry or get upset or be fearful. It doesn't do one particle of good. Imagine the best possible solution in every situation – then manifest it or better.

Ask yourself: What single courageous decision do I need to make today? Go Make It Happen. Email me at kris@mycoachingdimensions.com. Remember to reserve your place at our **Goal Setting Workshop at Unity Lincoln**, Saturday, February 22nd! Bring a friend!

Goal Setting Workshop with Kris – February 22nd

This is not your father's goal setting! The goals you will identify in this workshop will not conform to what you usually think about goals. The emphasis will reflect what has meaning for you; what brings you enjoyment and has real **juice** for you so you can focus precisely on what really matters to you.

- You will learn: Where goals lie on the Playing Field of Life and how to accomplish your goals with ease and grace.
- You will design: A goal you love so much you can't wait to get started!

Kris Thaller is a professional coach who is a long time member of Unity Lincoln. Over the years she has used her coaching talents to guide us in spiritual growth and making wise decisions peacefully. She has used her skills to guide many professionals and organizations in the Lincoln area. She has generously offered to share this \$47 workshop with her church community for a generous love offering from you. Be sure you take advantage of this gift and bring a friend! Saturday, February 22nd, 11 am to noon.

Magic Pennies Report

Keep it up!
You're doing great!



Magic Pennies Accounting

2016	\$132.22
2017	\$615.80
2018	\$290.31
Jan-June 2019	\$117.30
July 2019	\$12.61
August 2019	\$31.38
September 2019	\$14.00
October 2019	\$9.05
November 2019	\$33.27
December 2019	\$8.45

\$1264.39



Unity Lincoln logo t-shirts
now available-see Rev. T
Teal with embroidered white logo -
\$18 each M, L, XL
(others can be ordered pre-pay)
(note on check: T for Building Fund)



Monthly Attendance

	Ave./Sunday
October	24
November	24
December	24

Finances- 2020

Total Income:	\$ 8136
Total Expense:	\$ 7047
Net	\$ 1098
Tithes Given	\$ 6062
Classes:	\$ 137
Building Fund:	\$ 1696

BULLETIN BOARD

New Members

Would you like to be a member of Unity Lincoln? We invite you to join us! Are you returning to Unity Lincoln after a time away? We welcome you back! Kindly RSVP to Unity Lincoln (402) 476-6887 or 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 and ask to be added to our weekly email list.

Online Tithing

You can contribute to Unity Lincoln online via the 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.

Ministerial Services Available

Personal and family services including the rituals: marriage, christening, baptism, blessings of various kinds as your heart directs. Memorial services. Counselling by appointment. Call: 402-432-8108. Email: minister@unitylincoln.org. Some services by fee and some on a love offering basis.

When you write to us

Though we are located at 1941 N. 68th St., mail you send us must include our P.O. Box. Send mail to: Unity Lincoln P.O. Box 30209 Lincoln, NE 68503

To unsubscribe from this Newsletter

Write to us at the above address, or email office@unitylincoln.org. Please refer to the printed Newsletter in your note, with your name and address for confirmation.

BOARD MEMBERS



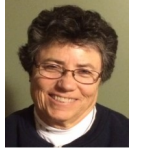
Adeline Mickens, President



Liane Schmidt, Vice-President



Janet Carlson, Secretary



Connie Rose, Treasurer



Paul Fox, Member-at-Large



Kathy Hutchinson, Member-at-Large

Ministry Team Leaders:

- 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, Connie Rose, Janet Carlson, Adeline Mickens
- SCRIP—Paul Fox
- Website—Paul Fox, Rev. Evan Coleman
- Worship Team—Carol Cunningham
- Worship Leaders—Fred Berry, Merry Ford, Kris Thaller, Rene Evland

Staff:

- Minister—Rev. Toni Stephens Coleman
- Associate Minister—Rev. Evan Coleman
- Speaker—Rev. Fred Berry
- Music Director—Rev. Evan Coleman
- Pianist—Svetlana Yashirin
- Office—Sharyl Klawitter

The Five Levels of Attachment at Coffeehouse Café – February 26th

Rev. Evan will host Rev. Sharri Johnson of *One Heart Retreat Center* by Zoom as she presents **The Five Levels of Attachment** by don Miguel Ruiz, Jr. beginning February 26th. Study the sequel to **The Four Agreements** to complete **The Wisdom of the Toltecs** series.

Learn how attached you are to your own point of view. See what the agreements you have made with yourself have to do with shaping your reality and affecting your future. Discover what options you have to release old attachments and change how you show up in the world.

Enjoy this friendly class room environment with music and discussion, beverages and snacks as usual. A \$40 tuition is requested on the first night to cover the 4 week class series. Books will be available before the class, please sign up.

Peace Meditation

The Hawaiians have an ancient traditional healing practice called Ho’oponopono. While the words are simple and straight forward, they are powerful when used between people.

I love you

I’m sorry

Please forgive me

Thank you

The word Ho’oponopono is translated as *reconciliation* or *forgiveness*. Similar practices are found throughout the islands of the South Pacific. Today the practice is used as a prayer blessing in Unity and other New Thought Churches. It is often called the Ho’oponopono Blessing.

In the beginning of the year, the beginning of a decade, in this month of love let’s pray this prayer and receive its blessing. Sit for 15 to 20 minutes and repeat the words to yourself for yourself. Release anything that you have not forgiven yourself for and truly wrap yourself in self-love. Accept love for yourself.

Next bring to heart anyone who needs your loving forgiveness and repeat the process for them. Envision them releasing and receiving your loving forgiveness. Gratefully accept freedom for yourself. Expand your prayer to include all your relationships. When complete, encircle your community, your country and the world in loving forgiveness.

Rev. Sharri Johnson
Senior Minister
(with Rev. Toni)



One Heart Retreat Center
185 White Acres Lane
Marshall, AR 72650

February 16 – Elvis Day – Why Can’t My Dreams Come True?

Sunday, February 16th come to service to celebrate Elvis Day, what is Elvis Day, you might ask? Well, hopefully fun! Two days after Valentine’s Day, we will mix thoughts on love and **The Season for Nonviolence** (SNV) with a little rock ‘n’ roll. It’s potluck Sunday too – anybody for a peanut butter and banana sandwich? (Elvis’ favorite!)



BIRTHQUAKE! By Dr. Jim Lockard

Article reprinted in two parts from AGNT –

Association for Global New Thought Newsletter – January 15, 2020

“Transformational evolutionary times make the status quo shake and fracture. Those wedded to the status quo shout the loudest. It can be jarring, but it's not surprising.” ~ Jim Lockard

“If one were to crystallize twentieth-century psychology into a single problem, it would be the problem of fear in the face of overwhelming evolutionary forces in humanity as a whole. At the end of the century we thought we were past that problem. We are now in the thick of it.” ~ John Campbell

I heard Rev. Dr. Michael Beckwith, President of AGNT, use the term “BIRTHQUAKE” a number of years ago. Being a visionary spiritual leader, he was able to see that humanity was, and continues to, heading into a period of disruptive evolutionary quickening. Jean Houston called it “JUMP TIME” – a time of great uncertainty as the tectonic plates of the old and the new ways of being rub against each other; the old trying to hang on despite fading relevance, the new trying to emerge as a series of unknown potentials.

We are living through the effects of these forces every day. They include climate change, where we are being forced to confront the effects of our ignorance of our behaviors on the environment. They include rapid technological innovation, which challenges us to keep up mentally, ethically, and economically. They include a collapse of trust in institutions – religions, governments, and others, challenging us to find our way without the traditional compasses to guide us (they no longer work). They include a falling back toward a past status quo represented by the rise of nationalistic politics in the developed world, challenging us to find a way forward and not be dragged backward toward ways of being which are inadequate to the challenges of the present and future.

All of these and other forces are combining to push us toward transformational changes in the ways of living; no aspect of human life will be untouched. As I have noted many times, these changes require us to transform, not merely to change.

All is not lost, not yet, but we are on a collision course with evolutionary developments which will make life difficult, if not impossible, on this planet. Even if we act now in the strongest possible ways to mitigate the effects of climate disruption, we will still have great challenges, from fires to floods to increasingly powerful storms to unseasonal weather to rising sea levels around the globe. Climate disruption is only one of our major challenges. And yet, we collectively seem to be in denial about the challenges, the realities, which we face. What is required is a massive shift in human consciousness to new levels of being from which we can act with greater vision, intelligence, and compassion across nations, populations, and industries.

Five tips for navigating these difficult evolutionary times:

- Anchor in your spiritual center and strength;
- Take a break from the digital barrage and take a longer evolutionary view;
- Exercise your brain to understand what led to these crazy-making times to learn the way forward;
- Sync with the next evolutionary impulse to balance the intuitive and rational parts of your brain;
- Take the long view. All times have their challenges and the evolutionary impulse requires resistance to manifest.” ~ Gary Lachman

(Read Part 2 of this article in the March Newsletter. Unity Worldwide Ministries and Unity World headquarters are members of The Association of Global New Thought.)

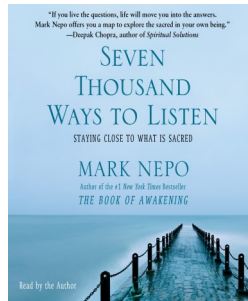
Spring Cleaning Coming March 14th – Mark Your Calendar

Join in! Plans are being made to come together to deep-clean our house. Our cleaning person vacuums, takes out the trash and more every week but since we've been in our new church home there are things we've never cleaned. We've got windows to wash, cob-webs to sweep, dust to... well, dust! Let's wash the hand prints off the woodwork and wash the curtains! Come join in this labor of love. Supplies will be provided unless you have your favorites you want to bring. Saturday, March 14th from 9 am to 1pm or done.

Friend's Book Club on Tuesday Evenings

Seven Thousand Ways to Listen: Staying Close to What is Sacred by Mark Nepo is the new book being studied on Tuesday evenings at 6:00 pm starting February 11th. Talk to Toni about ordering your book.

Deepok Chopra says of this book, "If you live the questions, life will move you into the answers. Mark Nepo offers you a map to explore the sacred in your own being."



The following is a list of all items that were donated to the Husker Pantry. Thank you for your generous donations to our future.

Body/Hand Lotion 4 small travel size 1 large	Dawn detergent (sm bottle) Detergent 3 bottles	Oatmeal (1) Stuffing mix (1) Honey small jar (1)
Emery boards (10) Shampoo 4 small travel size 4 large	Baking soda (1) Cornstarch (1) Strawberry jam (1)	Mayo small jar (1) Olive oil (1) Cheerios box (1)
Conditioner 2 small travel size 3 large	Refried beans (2) Canned beans (2) Canned pears (1)	Pasta sauce (2) Apple juice, small (6) Instant coffee (1)
Soap 13 bars 1 travel size facial cleanser	Canned peaches (3) Ro-tel (1) Canned green beans (5)	Tea bags (1 box of 48) Nutrition drinks (2) Diet Dr. Pepper (6)
Deodorant (1) Shave gel (2) Disposable razors (17)	Canned corn (5) Canned sweet peas (1) Canned mixed vegetables (1)	Ramen (3) Pizza crust mix (1) Carrot cake mix (1)
Carmex Lip Balm (1) Tissues (1 box) Mouthwash (1)	Canned potatoes (2) Dried packaged potato mix (3) Peanut butter medium jars (11)	Taco shells (1 box) Crackers (2 boxes) Canned cooked chicken (5)
Dental Floss (2) Toothpaste (1) Toothbrushes (9)	Peanut butter large jar (1) Macaroni/cheese (9) Pasta, various (7)	Canned tuna (2) Canned cooked ground beef (1) Evaporated milk (1)
Floss picks (120) Toilet paper (1-4 pack) Kitchen towels (3)	Pasta salad mix (3) Pasta sides mix (4) Brown rice (2 bags)	Cream of mushroom soup (3) Tomato soup (1) Chicken noodle soup (4)
Feminine Hygiene 1 box - 20 regular tampons 1 pack - 14 pads Ibuprofen (1 bottle of 80)	Rice sides mix (7) Hamburger helper (1) Instant oatmeal 10 pack (3)	Vegetable beef soup (2) Christmas candy (2 bags)

 <h1 style="font-size: 4em; margin: 0;">February</h1> <h1 style="font-size: 4em; margin: 0;">2020</h1>						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 <i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics 10:30 am – Service Ground Hog Day 11:45 am Prayer Service	3	4	5 6:30 pm Coffeehouse	6	7 5:30 pm Music Team Rehearsal	8
9 <i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics 10:30 am – Service Miraculous Life of Love 11:45 am Prayer Service	10	11 Friend's Book Club 6pm	12 6:30 pm Coffeehouse	13	14 5:30 pm Music Team Rehearsal	15
16 Elvis Day 9:00 am – 9:55 am Metaphysics 10:30 am – Service Why Can't My Dreams Come True 11:45 am Pot luck	17	18 Friend's Book Club 6pm	19 6:30 pm Coffeehouse	20	21 5:30 pm Music Team Rehearsal	22 Goal Setting Workshop 11-noon
23 <i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics 10:30 am – Service What does it Mean 11:45 Prayer Service Minister's Planning Meeting	24	25 Friend's Book Club 6pm	26 6:30 pm Coffeehouse 5 Levels of Attachment with Rev. Sharri Ash Wednesday	27	28 5:30 pm Music Team Rehearsal	29