

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

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

Blessings To:

*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.*

April 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



1941 N. 68th
Lincoln, Nebraska

April 2020

MINISTER'S LETTER

Can we put Easter on hold this year? Well, no.... and no need! As we are working our way through our **Fasting & Feasting** booklet with shared highlights on Sunday, I hope that you are studying your way through the booklet at home. Your booklet is still available to you at unity.org (by mail or download or both) or by calling Silent Unity (1-800-669-7729) and asking. Sunday Services are online at Unity Lincoln Facebook at the regular time, 10:30am. Please "like" us and let us know you are watching.

As we shelter-in-place, it seems a perfect time to fast from those things which no longer serve us and feast on those things which feed our souls. Fear is high on the list of what doesn't serve us, especially at this time. Rev. Evan and I are sharing a **Fearless Living** program on Facebook at 6:30pm on Wednesday evenings during Coffeehouse Café. Please join us as we erase fear and embrace life!

Our March St. Patrick's Day celebration was great fun as we wore green and ate corned beef prepared lovingly by Connie, Carol and Liane. And, we gave our church a thorough housecleaning on March 14th. Thank you to all who helped, Mickey, Paul, Carol, Connie, Liane and Sharyl. Every surface was scrubbed and all curtains were washed and re-hung. In that spirit, fewer than 10 people are in the building at any time, 6 ft. apart, and all surfaces are wiped down regularly.

At this time we are moving step-by-step through the Easter season. Out of necessity everything is on hold. We intend to be part of the solution, not part of the problem. We are family, a spiritual community. We are here for each other. As we move into the thick of this experience, remember, we are here for each other. If you need something, say so! Please read your Friday E-news for current updates and count on your Heart to Heart connection to inform you of gatherings when the isolation is lifted. It will be so good to see everybody again! We hold that thought. Meanwhile, stay put, stay safe and:

Let Us Join Together to Pray for World Healing

I visualize the world and all people healed and whole.
Each breath I take reminds me of the infinite healing resources of the planet and the healing power of Divine Love.

I take this moment together with you, my spiritual family, as we align our thoughts and feelings with the Divine Presence.

As I take my next breath, I see the world bathed in brilliant white light. There is no boundary this light cannot cross; there is no place this light cannot reach.

Together we envision disease and contagion transformed into Divine Love. The power of Love heals and restores all life on this planet. It lifts each one of us into wholeness and health; a new consciousness is birthed.

Joy and gratitude fill our hearts as we know and experience God's Love. And so it is, Amen.

Love & blessings, Rev. Toni



The Prism Proof

Rev. Sharri Johnson's Blog – March 16, 2020

One of the most common metaphors for God is white light. It appears in almost every spiritual tradition around the globe in one form or another. Most people think of white as the absence of color, but it is actually (according to the science of optics) the combination of all colors. We can see this using a prism which breaks a beam of light down into its constituent wavelengths. Each wavelength by itself produces a different color, and it is only the accumulated effect of ALL POSSIBLE WAVELENGTHS that will produce white light. What that means in practical terms is that if one were to remove a single wavelength from the incoming beam, not only would the rainbow disappear, but so would the white light. In other words, if you want white light, every single wavelength is absolutely essential - none is optional.

Are you wondering where I am going with this? Well, I have been thinking a lot about diversity and inclusion. This is a hot topic in sociological, ethical, and spiritual circles currently. In fact, before the global pandemic arose, I think it was probably in the top five topics under discussion. The analogy of white light is highly applicable in this issue, since God/Spirit/First Cause created all of humanity (and everything else) out of Its own substance. What else could It have used, since God/Spirit/First Cause was all alone before It created our universe, our world, and us?

How does it apply, you might ask? Well, I believe it proves that diversity (the rainbow) and inclusion (the white light) are not options; they are absolute, scientific, ethical, philosophical, and spiritual mandates! Here's the structure of my proof:

God is all there is so God made all that is of itself.
 This means the universe and all it contains is white light.
 That means everything, every person, place and thing is essential to the existence of the universe.
 Therefore, no color, no ethnicity, no sexual orientation, no gender identity, no age group, no spiritual path or physical capability is optional. If we eliminate even one tiny little specimen the universe collapses.
 As they say in mathematics, Q.E.D.
 (Nicely said, Rev. Sharri!)

UWM Prayer

This message about COVID-19 comes from Unity Worldwide Ministries: The first and most important step is always prayer. We know that our consciousness makes a difference and one of the greatest gifts Unity offers is to stay positive and pray. We invite you to join in the following prayer or one of your own choosing.

We know that God is a Love that has no end and a Power that knows no bounds. God's healing power of Divine Life is restoring, healing, and revitalizing our world in this very moment.

We let go of all fear and anxiety and we affirm that we are safe, healthy, and protected. We bless all those who support us in maintaining vibrant radiant health. We express Divine Life in all we think, say, and do. We bless our global family with radiant health, peace of mind, and abundant love.

Remember to use all your spiritual tools, prayer and meditation to help boost your immune system.

*This invitation to pray together was passed out and used in Sunday service beginning March 8. Please join with us as our prayer partner.

SCRIP is Still Available

SCRIP is available; we just need to connect to arrange for pickup at church or delivery. For your SCRIP purchase, contact Paul Fox (402-202-9313) or Rev. Toni (402-432-8108) or leave a message on the church phone. In stock are HyVee, Russ's, Super Saver cards. Nationals can be ordered for all sorts of merchants, airlines, Amazon and more!

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
Jan & Feb.. 2020	\$7.21
	\$1271.60

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
January	22
February	24
March	23

February Finances- 2020

Total Income:	\$ 6462
Total Expense:	\$ 6985
Net	\$ (523)
Tithes Given	\$ 5715
Classes:	\$ 66
Building Fund:	\$ 581

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

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.

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 Eveland

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

Make It Happen
By Coach Kris Thaller

What Great Team Work Looks Like and a Brilliant Question to Ask Yourself

Everyone at some time has been part of a great team. Think of a team you've been on. What did you admire about your team? How did they work well together? What made them great? Think about it....

When you're watching a great athletic team, aren't they skilled at assisting each other? Watch how a volley ball player sets up the ball so her teammate can spike the ball over the net and score. How does the quarterback pass the ball to the receiver who then carries the ball over the goal line? How does the point guard move the ball down the basketball court and pass it off to the teammate under the basket? They work as a team relying on each other, supporting each other so they can successfully play their best game.

Teamwork is a skill set just like learning to drive a car. It takes skill and practice. Every team has qualities and attributes that are needed to make a great team. Great team members know that it is important to be helpful. They pitch in until the work is done and ask things like "Anything else I can do?" They trust in everyone's ability to figure things out, even the stuff that may be intimidating. They are competent. Doing a good job is who they are. They make things easier for the people around them. They are friendly which means they are genuinely interested in other people and treat them with kindness and warmth. They assume good intentions in other people. They listen and then listen some more. They choose to be helpful and teach one another.

Now, for a moment consider this question:
What would it be like to be a member of a team where everyone supports each other 100% and no one gets left out? What might that experience be like?

"The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime." - Babe Ruth

Here at Unity Lincoln and in every area of your life, how can you show up and make great team work happen? If you want to talk about it, email Coach Kris at Kris@mycoachingdimensions.com.

World Peace Meditation

"Namaste. I honor the place in you where the entire Universe resides, a place of light, love, truth, peace, and wisdom. I honor the place in you where, when you are in that place and I am in that place there is only One of us." ~ Mahatma Gandhi

If this resonates with you, you might take 15-20 minutes to sit in the silence with these beautiful words and feel the power of peace fill your being – then share that feeling with everyone you meet today!

Love and blessings,
Rev. Sharri



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

"Love is the only force capable of transforming an enemy into a friend." – Dr. Martin Luther King Jr. Celebrating Season of Non-Violence

Riddle Answers: Footsteps, Clouds, Chef, he was making breakfast but Mr. Brown was killed in the afternoon, Echo Hope you enjoyed the riddles.

Heart to Heart Phone Chain

As we hunker down to protect ourselves and our neighbors it is important that we stay connected. Some of you may remember the old prayer chains from the 1970's and 80's. We've revised the idea with a Heart to Heart Phone Chain. You will soon receive a phone call (or text if you express a preference) from a Unity Lincoln friend to visit, connect and share with you. Feel free to pass the idea along to others who might be unique to your circle of friends. If there is something you need, we will try to help. Prayer is always available. Mostly, share your friendship, a good joke and fellowship.



Magic Pennies Challenge

I'll bet you I've got more change piling up than you have! I've got a "money bag" that's getting full.... I remember when AJ came to church with a liter bottle full of coins. Are you collecting such a container? Going to start now? Let's collect our change for Magic Pennies. When we are past this COVID – 19 lock down, we'll come together on a Magic Pennies Sunday and celebrate our prosperity! Standby for the day of (ac)counting – pennies, that is!

		9	4	1		7	5	
	3							
5				6				9
2								8
							9	
		7	6		2		1	5
3						4		
	4							6
	5		7		1			

Riddles

The more you take, the more you leave behind. What am I? _____

I can fly but have no wings. I can cry but I have no eyes. Wherever I go, darkness follows me. What am I? _____

Mr. Brown was killed on Sunday afternoon. The wife said she was reading a book. The butler said he was taking a shower. The chef said he was making breakfast. The maid said she was folding clothes, and the gardener said he was planting tomatoes. Who did it? _____

Many have heard me but nobody has seen me and I will not speak back until spoken to. What am I? _____

Answers to riddles on pg. 6

Friend's Book Club

The Tuesday 6:00pm book club is studying **Seven Thousand Ways to Listen** by Mark Nepo. The class is meeting via Zoom every week through April 28th. To learn how to connect and become part of the class contact Renee by email: reveland1976@gmail.com. She will share instructions.

Greetings from my Elba by Sherry WhiteOwl Ottmann

Like most everyone else I have been vanquished to my dwelling until further notice. I have found acceptance. After God laughed at all my “plans” this last week for celebrating my sobriety anniversary, I finally just gave up. My son and I picked up curbside food at the restaurant and ate at their home instead of my original plans. It was such a small release compared to what others were going through on other parts of the world. I couldn’t think that far outside my immediate arena though.

I spend a lot of time online...researching and staying in touch with friends and family. One of the things that happened to my recovery population this week (all over the world) was that they became homeless. At least their groups were. They used to meet in such places as churches and hospitals which were now no longer available to them. That was often all the groups. We scrambled online to find or create other resources for our people so they would not feel abandoned. We created virtual groups online. We found taped meetings with speakers who had been at conventions and uploaded those to a central site. We have been talking to others non-stop for the last few days. Another Old timer and I made lists of positive things to do for our newcomers. One of our friends in MN invited us to join their clearinghouse for the country for this same purpose, and I added some friends which quickly made it an international group! When Creator inspires me, I am unstoppable.

Then I heard the news that our veterans had lost their meeting place. I went into overdrive to find a plan for the service men and women who not only suffer from addictions but also PTSD and are susceptible to suicide. Last night, I asked my son for suggestions on how I could get around the red tape and still help these folks. Anonymity and Confidentiality are great for protecting us but sometimes they are just in the way of helping. This morning I connected to the former counselor of their group, assuring her that I did not need any of their names. All I wanted was to relay a link I had found so that they could share some of the benefits. The Counselor agreed without questions. It made my day!

Thank you, God. Thank you, God. Thank you, God. Amen.
Sincerely,
Sherry WhiteOwl Ottmann

Earth Day 2020

Here at Unity Lincoln we had great plans for Earth Day this year. It is the 50th anniversary of the first Earth Day event. Many of us remember it well! We had focused energy towards slowing population growth and air and water pollution.

This year, however, it appears that the situation around us is not going to allow our getting together, having a service and planting a Peace Rose as we wanted. It’s more important that we stay healthy and protect each other. So, just know that we are celebrating in spirit. Every time the world population goes through an experience like this there are some positives gained. The consciousness of the world advances. For example, When England went through the Black Death in the 14th century, the bubonic plague, considered to be the second world pandemic, between 40 and 60% of the population died. Because of the land and wealth freed up, world education took great strides forward and the great universities in Europe were established.

Our health systems are on top of this pandemic and we will not lose half the world’s population. However, it is already reported that the air quality worldwide is greatly improved as driving has decreased. Nations are already stepping up to give people more support. Our American Congress has joined together to solve problems where they weren’t talking to each other a month ago. Mother Earth has time to breathe!

Let us all hold for the highest and the best outcome from this challenge. Pause on April 22nd and say a prayer for our beautiful planet Earth and all the life it supports. Mentally plant a tree or a rose bush and see it thrive and grow to bless the earth with your mind’s eye. Express your appreciation!

April 2020

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Garden Group 11 - 4 6:30 pm Coffeehouse	2	3 5:30 pm Music Team Rehearsal	4
5 Palm Sunday Friendship Sunday 9:00 am – 9:55 am Metaphysics 10:30 am – Service The One We All Might Be 11:45 am Prayer Service	6	7 Friend’s Book Club 6 pm	8 Garden Group 11 - 4 6:30 pm Coffeehouse	9 Holy Thursday TBA	10 Good Friday TBA 5:30 pm Music Team Rehearsal	11
12 Easter Friendship Sunday 9:00 am – 9:55 am Metaphysics 10:30 am – Service Jesus Jesus Jesus 11:45 am Prayer Service	13	14 Friend’s Book Club 6 pm	15 Garden Group 11 - 4 6:30 pm coffeehouse	16	17 5:30 pm Music Team Rehearsal	18
19 9:00 am – 9:55 am Metaphysics 10:30 am – Service Seeds of Hope Earth Day Week 11:45 am Pot luck	20	21 Friend’s Book Club 6 pm	22 Garden Group 11 - 4 6:30 pm Coffeehouse Earth Day Celebration TBA	23	24 5:30 pm Music Team Rehearsal	25
26 Friendship Sunday 9:00 am – 9:55 am Metaphysics 10:30 am – Service Hole Tight to Your Faith 11:45 Prayer Service	27	28 Friend’s Book Club 6 pm	29 Garden Group 11 - 4 6:30 pm Coffeehouse	30		