

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

Return Service Requested

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:

«AddressBlock»

*March 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](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



1941 N. 68<sup>th</sup>  
Lincoln, Nebraska

*March 2020*

### MINISTER'S LETTER

We're in Lent! The beautiful *Fasting & Feasting* booklets are available at church or call Silent Unity or go online to request yours. In Unity, fasting is not releasing physical or favorite things, it is releasing those thoughts and things that hold us back from spiritual growth and our feast on the joy of our new growth and understanding.

As in years past, we are following along in the booklet with our Sunday growth pattern. I love the metaphor that Rev. Eric Butterworth uses talking about that which is eternally evolving, the constancy of growth and renewal. "Could it be," he asks, "that the season of growth is really the autumn, because behind the old leaf that falls, the new leaf is safely embedded?" He speaks of the tree constantly budding... I think that no matter what our age and time in life, this can be said of us. We are constantly in a cycle of growth no matter what the outer appearance.

Elvis Day was great fun as we shared memories, trivia, music and pot luck. More fun and wondrous moments are in store for us all here at Unity Lincoln. The Minister's Planning meeting after service last week proposed several programs and activities for the coming months. I hope you will participate in future meetings to help further develop the ideas. For now we are focused on March with St. Patrick's Day (see article) and April with Easter Holy Week and then Earth Day (April 22<sup>nd</sup>). There is still plenty of time to join in with your ideas. What would you like to contribute to our Earth Day celebration? Arbor Day is that same week.

Mickey and others on the Garden Team tell me they are ready to start up the outside work again. I know I'm itching to get outside! The once a month All Church Garden Work Day will resume on the fourth Saturday of the month starting March 28<sup>th</sup> from 9:00 am to lunch at noon. Yes, this is Veteran's Day weekend.... Gardeners are again invited to join on Wednesdays (I'm not sure of the start date). Co-ordinate with Mickey for other times and tools and tasks. We have a fresh pile of mulch to spread (smells good!) and raking and clipping to do!

At Unity we celebrate Holy Week differently from other denominations. I always say, "My Jesus doesn't hang on the cross and his message isn't about sacrifice. My Jesus is about life and living and his message is about love." We call Jesus our Way Shower, Elder Brother and Teacher. It is a very different way of relating. We do not require that people believe in the resurrection. We consider it metaphysically and recognize that we can all have resurrection experiences that are meaningful to us. If you are holding on to traditional Holy Week stories that don't serve you, if you are challenged by the old beliefs you were taught, we invite you to let them go! The joy of this season is in the renewal within each of us. New Life! Come and join us to experience a different way to understand Easter.

This quote is from the forward of a Unity booklet titled *Lessons from Jesus* printed several years ago. "At a 1915 building dedication ceremony in Kansas City, Missouri, Unity cofounder Charles Fillmore said: "[Unity School of Christianity] is a link in the great educational movement inaugurated by Jesus Christ, which not only taught the Truth, but demonstrated it also." The forward continued: "Unity is dedicated to following and applying the teachings of Jesus, our Way Shower, Master Teacher, and the Great Example." The booklet is dedicated to sharing the real-life experiences of people seeking to put into practice the teachings of Jesus. We say: We seek to follow the teachings *of* Jesus, not *about* Jesus. That's why we're called Practical Christianity. So we look for practical value in Lent. I hope this serves those of you asking!

Love & blessings,                      Rev. Toni

**World Peace Meditation**

Deep within the still center of my being, may I find peace. Silently within the quiet of the Grove, may I share peace. Gently and powerfully within the greater circle of humankind, may I radiate peace. May the peace of the goddess grow in our hearts, and the dance of the god enliven our days. And may we care for the Earth and each other because our lives depend on it. May our intention be to empower the true light within that enables us to transform our lives, reach out to others, and heal our ailing Earth.

~ Pagan prayer for peace from "Peace in the Midst, Interfaith Prayers for Peace," Unity World Headquarters

If this resonates with you, you might take 15 – 20 minutes to absorb this affirmation and make it your own. Allow it to color your outlook as you take it into your heart space and experience its Truth.

Love and blessings,  
Rev. Sharri Johnson

Senior Minister



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

**Unity & the Association for Global New Thought**

AGNT definition:

Unity is part of the New Thought movement. New Thought is a spiritually motivated way of life that embraces the ancient wisdom traditions of east and west. We embody the belief that consciousness is elementally creative, reciprocates thought, and allows us to co-create with the Divine to shape the reality of our lives. New Thought is committed to global healing achieved through personal transformation, community-building, interfaith, intercultural, and interdisciplinary understanding, and compassionate activism. (2020)

**Minister's Planning Meeting**

Scattered throughout this newsletter you will find the fruits of our Minister's Planning meeting, held February 23<sup>rd</sup> after service. Activities were presented, discussed and selected for the coming months. Specific events that are known were placed on the church calendar so future month's events can be worked around.

Ideas were presented for an Earth Day Celebration on Earth Day, April 22<sup>nd</sup>, the 50<sup>th</sup> anniversary since the first one. Plans to date are to plant a Peace rose and set a new Peace Pole. Other ideas are being researched. There's lots of room for your ideas so bring them forth!

One question that came up – Is there anyone or do you know people – who would like to play lawn games on our wonderful lawns? Please share your answers and choices of games with Paul Fox or Rev. Toni.

Ask Rev. Toni to see the church calendar. Or go into the minister's office and find it on the wall beside her desk. The calendar is a way to organize and hold ideas. It is flexible. Do you have something that belongs on the calendar? Please share so everyone can enjoy!

**Data for 2019.**

Attendance was recorded on 49 Sundays in 2018. Average attendance per Sunday was 20.

Attendance was recorded on only 39 Sundays in 2019. Average per Sunday was 23

~ Mickey Seefeld, Past Board Treasurer



**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
January 2020	\$7.21
	<b>\$1271.60</b>

**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
September	24
October	24
November	24

**Finances- 2020**

Total Income:	\$ 5365
Total Expense:	\$ 6921
<b>Net</b>	<b>\$ (1556)</b>
Tithes Given	\$ 4659
Classes:	\$ 73
Building Fund:	\$ 526

**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

**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](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.

**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](mailto: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](mailto:office@unitylincoln.org). Please refer to the printed Newsletter in your note, with your name and address for confirmation.

**BIRTHQUAKE! By Dr. Jim Lockard**

Article reprinted in two parts from AGNT –

Association for Global New Thought Newsletter – January 15, 2020

## Part Two

The good news is that we have these next levels within us, lying dormant, awaiting the opportunity to emerge. They are called forth when we are challenged as we are now but must be nurtured into being. Fear constricts our ability to invite these new levels to emerge; we must become spiritually awake and poised, preparing the soil of our consciousness for new expression.

“The great mystery is living and wanting to transcend itself through us toward greater expressions of beauty, truth and goodness. And so evolutionary spirituality says that, for lack of a better word, God is implicate, intrinsic to that evolutionary push.” ~ Rev. Bruce Sanguin

If we see the unfolding of Spirit in all things, then that must include the times in which we find ourselves. It’s either all God or it isn’t. The changes in our living conditions are caused by humans and are, therefore, part of the natural expression of the evolutionary process. We have the capacity to shift our experience by first changing our consciousness and then acting from that new consciousness. The great clue to when one needs a change is consciousness is that one is dissatisfied with current conditions. We either wallow in the existing conditions and suffer, or we change our mind and alter the conditions. And we do our spiritual work until our consciousness IS changed.

BE YE TRANSFORMED BY THE RENEWAL OF YOUR MIND.” ~ Romans 12:2

“The transformative process is our job, so that we are not ruled by fear but love.” ~ Ram Dass

We have co-created a situation on our beloved planet where transformation (which is change turbocharged) is needed. Small changes, while part of the solution, are by themselves inadequate. Are we up to this challenge? Driving around Southern California these past weeks after being away for some time, I did not notice much difference in how people are living their lives. Fewer plastic bags and straws, yes; more Teslas on the road, yes; but still the roads are clogged with large vehicles burning fossil fuels, public transportation is barely visible, packaging clogs dumpsters, and Amazon packages fill small vans – I saw at least six such vans a day. Suburban living seems to offer few easy alternatives to the above. So again, are we up to this challenge?

“What can I do to transform this quaking mess into the mind of the true mystic?” ~ Alan Watts

Here is what I believe: I must increase my spiritual practices in order to generate within myself a consciousness which is up to the task of doing my full part in co-creating a new paradigm for humanity. If I want to contribute to a sustainable world for human beings, I need to up my consciousness. I need to fly and drive less, use little or no plastic, avoid processed foods, eat more locally (all easier in France, by the way). I also need to speak up about these issues to others and support larger projects dedicated to sustainable living. But all of that will not be enough.

We – our governments, institutions, industries – need to support and enact major shifts in how we consume, how we extract things from the earth, how we dispose of what we use, and how we treat one another in the process. At the same time, we will have to provide for millions more refugees from climate crises (and stop adding war refugees to the total), encourage green approaches to every aspect of life, and develop economic systems which do not require vast consumption and weapons sales to work.

It’s a lot. Time to get started.

Actually, it’s PAST TIME to get started, so let’s get going. Begin with one thing.

“Nothing is lost... Everything is transformed.”

(Find part one in the February Newsletter.)

**The Five Levels of Attachment at Coffeehouse Café Continues**

Rev. Evan is hosting Rev. Sharri Johnson of One Heart Retreat Center by Zoom as she presents *The Five Levels of Attachment* by don Miguel Ruiz, Jr. The study is 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. A \$10 per class is requested.

**SCRIP – a little thing that’s BIG!**

Unity Lincoln has long participated in a SCRIP program. What is SCRIP? With the same money we buy our groceries, goods and plane tickets we can give our church a small gift. It just takes thinking ahead a little – planning. SCRIP is basically gift cards for ourselves that benefit the church. We buy our grocery cards for example: \$50 for \$50 value and the church gets a dollar or so value in return. The dollars add up! We have SCRIP available at church every Sunday, see Paul. Most major markets in town are in stock. Major stores and businesses can be ordered and take about a week to come in: Amazon, restaurants, box stores, home stores, and many others. Ask Paul to see the list, especially if you are making a large purchase. You will be blessing Unity Lincoln!

**Spring Cleaning Coming March 14<sup>th</sup> – 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 14<sup>th</sup> from 9 am to 1pm.

**Movie – *Harriet* – March 26<sup>th</sup> at 6:00pm**

Come join our watch party to see the acclaimed movie *Harriet* about the life of Harriet Tubman. This 2019 American biographical film is about abolitionist Harriet Tubman who escaped slavery then returned time and again to lead others to freedom. *Harriet* is directed by Kasi Lemmons who also wrote the screen play.

**Celebrate St. Patrick’s Day – Sunday March 15<sup>th</sup>**

Wear your green! After service we will potluck with Corned Beef and Cabbage curtesy of Chefs Connie & Carol. Please bring selections to fill out the menu: Carrots, Potatoes, Soda Bread, Cornbread, and the like.

**Suddenly It Is Spring!**

After a long winter, it is good to witness the springtime pageant. Through the forests and meadows, across farms and gardens, spring has touched the earth with a gentle hand and warmed it with a sweet breath. .... And as spring happens in your garden, may Easter happen in your life.

Excerpt from Celebrate Yourself! By Eric Butterworth. Fasting and Feasting 2020

**Make It Happen by Coach Kris Thaller**

There's an old story about an American who's visiting Tibet. He has just a few days to see all the temples. He finds the head Sherpa and says, "I have to be in Bombay in 3 days and I have all these temples I want to see. I'll pay you extra if you can get a group of Sherpas together so I can see all the temples on this list."

They start porting his stuff to the temples. The first day, they are hurrying and trekking, and he's checking things off his list. Okay, been there. Okay, been there. On the second day, the same thing happened. He's booking it!

On the third day, about mid-morning, all the Sherpas are walking along and suddenly they stop and sit down by the side of the road. The guy gets agitated and says, "Look, I said I'd give you money. There are still a lot of temples on the list. What's happening?"

The head Sherpa looked at him and said, "We've been walking so fast the last couple days, we have to sit here awhile and let our souls catch up with us."

When do you have the opportunity to just sit and give yourself a sense of place, a sense that you have arrived, a space of peace? This upcoming week think about where you are getting ahead of yourself. Practice stillness to allow your soul to catch up. Until next time go make it happen. Check out my new website! Schedule a meeting with me if you need to Slow Down.

- Coach Kris kris@mycoachingdimensions.com

**The Five Levels of Attachment**

**Toltec Wisdom for the Modern World**

Are you carrying old "stuff" around? Why?? Would you like to let it go?

Come to Coffeehouse Café on Wednesdays, at 6:30pm. Enjoy a bit of music and prayer then at about 6:45pm we'll join together by ZOOM with Rev. Sharri Johnson to study *The Five Levels of Attachment* by don Miguel Ruiz, Jr.

The 4-week class, based on ancient Toltec wisdom, builds on the principles found in *The Four Agreements* by don Miguel Ruiz, and completes the series. *The Five Levels of Attachment* invites us to take the next step and gauge how attached we are to our own point of view. Gaining awareness into the agreements we've been making, we see how they shape our reality and affect our future. By the end of the four weeks the option to release old attachments is clear. We become able to let go of what no longer reflects how we want to show up in the world. Requested \$10 per class (no one turned away).

**Unity People's Convention – June 15<sup>th</sup> – 19<sup>th</sup>**

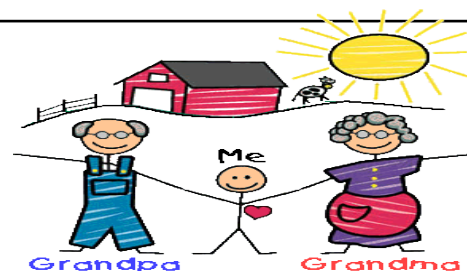
Each year in June Unity people from all over the world come together to meet and greet, study and share together. This year the convention is again in Overland Park, KS, just outside Kansas City, MO. and a short drive from Unity Village. Opening night is held on the beautiful historic grounds of Unity Village.

There will be wonderful speakers and musicians. Find all kinds of information at: <https://www.unityworldwideministries.org/unity-peoples-convention-home> Rev's Toni and Evan will be going as usual; if you are interested talk to Rev. Toni. People can register for the entire week or per event. Fees are required and lodging is separate. The convention is held at: Marriott Kansas City in Overland Park, KS.


**Grandparents' Circle of Security**

This 8 week presentation has been postponed. Please stand by for re-scheduling. With questions call

Barbara Dewey at 402-525-9825.



# March 2020

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>1</b></p> <p><i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics 10:30 am – Service Suddenly It is Spring &amp; New Thought Day 11:45 am Prayer Service</p>	<p><b>2</b></p>	<p><b>3</b></p> <p>Friend's Book Club 6 pm</p>	<p><b>4</b></p> <p>6:30 pm Coffeehouse</p>	<p><b>5</b></p>	<p><b>6</b></p> <p>5:30 pm Music Team Rehearsal</p>	<p><b>7</b></p>
<p><b>8</b></p> <p><i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics 10:30 am – Service The Mystery of God in You 11:45 am Prayer Service</p>	<p><b>9</b></p>	<p><b>10</b></p> <p>Friend's Book Club 6 pm</p>	<p><b>11</b></p> <p>6:30 pm Coffeehouse</p>	<p><b>12</b></p>	<p><b>13</b></p> <p>5:30 pm Music Team Rehearsal</p>	<p><b>14</b></p> <p>Spring Cleaning 9:00 – 1:00</p>
<p><b>15</b></p> <p><i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics 10:30 am – Service Let God Sing a Song in You (St. Pat's Day Celebration) 11:45 am Prayer Service  Pot Luck</p>	<p><b>16</b></p>	<p><b>17</b></p> <p>Friend's Book Club 6 pm</p> 	<p><b>18</b></p> <p>6:30 pm Coffeehouse</p>	<p><b>19</b></p>	<p><b>20</b></p> <p>5:30 pm Music Team Rehearsal</p>	<p><b>21</b></p>
<p><b>22</b></p> <p>9:00 am – 9:55 am Metaphysics 10:30 am – Service The Meaning of Grace  11:45 am Prayer Service</p>	<p><b>23</b></p>	<p><b>24</b></p> <p>Friend's Book Club 6 pm</p>	<p><b>25</b></p> <p>6:30 pm Coffeehouse</p>	<p><b>26</b></p> <p>Movie Night <i>Harriet</i> 6pm</p>	<p><b>27</b></p> <p>5:30 pm Music Team Rehearsal</p>	<p><b>28</b></p> <p>All Church Garden Work Day 9 - Noon</p>
<p><b>29</b></p> <p><i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics 10:30 am – Service The Allness of Life  11:45 Prayer Service</p>	<p><b>30</b></p>	<p><b>31</b></p> <p>Friend's Book Club 6 pm</p>				