

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

Non-Profit Org.
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Permit No. 319
Lincoln, NE

Blessings To:

«AddressBlock»

*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.*

May 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

May 2020

MINISTER'S LETTER

Beloved Community,

Take a breath! Know that you are loved. I look forward to joining with you in the spirit of love and inspiration soon and send highest blessings to you and your families. Let us see the alchemy of love growing our community even as we cannot meet in person. Keep your vibrations high and visualize our expansive future as a spiritual community.

As we are hunkered down in solitude or with our family cluster we can be doing our incubation work. Unity Lincoln is called to do greater things. This is the time to be about dreaming, visioning and finding new purpose. I invite you to seed your imagination to capture our next incarnation.

I believe the human race as a species is shifting its consciousness away from tiny little viewpoints of me/my/mine and towards we/us/our. I believe we are doing this in little ways and in big ways, and I believe the changes will be permanent. What do you see us evolving into?

Unity Lincoln as individuals and as a community is evolving. Ask yourself: Why are we here? We have asked: What is ours to do? What is our answer? More important than ever before: Ours is not to sit and knit, but to ask, what are we knitting and why? Who are we to evolve towards? We have a wonderful property – a place to do and be. Now, what do we want to do and be? As a community we are each part of the puzzle, part of the answer. We each have the next part of the response. What is yours to contribute? What seeks to come through you to manifest here to serve the greater good?

I invite you to sit with the questions. The answers will likely not come all at once and may come as a collection of ideas and visions from several of you. Unity Lincoln is a Soul Cluster. You will recognize the answers leading to the direction by the high frequencies and the newness or recombining of energies. Tender these ideas like a newly planted seed and when emerged and formed, share with each other and please share with me. We may be hunkered down, but we are not isolated. Communicate heart to heart!

Parks and play grounds may be closed, but our property is here available for you to come, visit, walk around, bring your lunch and have a picnic! Are you feeling confined? Stretch your legs! You are welcome in your own back yard. If someone else is here just maintain your distance. Folks are periodically coming to weed, trim and garden, with more than an acre; there is plenty of space to distance.

We will be moving through this time. The most important thing is to stay healthy. Stay open and receptive to all the good God has in store for you!

I hold you in love and hope to hear from you and see you soon.

Love & blessings, *Rev. Toni*

Prosperity

Mother Teresa said: "It is not how much we do, but how much love we put in the doing. It is not how much we give, but how much love we put in the giving."

First, please accept this deep expression of gratitude to each of you who have sent tithes and gifts to continue your support of Unity Lincoln, your spiritual community, as we go through this challenging time. It is difficult to have such a wonderful spiritual home and not be actively using it!

Second, we extend to you gratitude because no one has been laid off or released from our employ. Your minister, music director, pianist, office assistant, accountant and cleaning person are each working for you to continue caring for you and the church.

We have been presenting two services a week, Sunday and Wednesday on Facebook and YouTube. It is still a learning curve as we adjust to all the newness, requirements and competition for space. It has been a scamper to pull equipment and know-how together. Each week we learn something new. We are open to your suggestions. And, know that your minister is available for you for prayer, support and counseling by phone.

We are not planning to be the first to open. Your minister and board are following best advice and divine guidance. We have all invested due diligence in staying well and keeping each other well and it seems fool hardy to "jump the gun" (a track & field race phrase meaning to start before the gun has fired!) Hold with us the re-opening of the building in prayer. We will celebrate the day!

Prosperity teacher Bob Proctor said: "Givers receive. Always give more – the more you give the more will come back. It is the Law of the Universe. Change your life, make a decision to give. It will change your life."

If you are able, we gratefully encourage you to participate in scheduled giving, setting up regular giving through your bank. Most banks don't charge for the service and include the postage! PayPal is also an easy way to send your gift. Please use our P.O.Box 30209, Lincoln, NE 68503. Enclosed in this newsletter you will find a self-addressed envelope for your ease in sending your love offering. Thank you for your generous support of your church home!

Affirm with me: "My prosperous thoughts create my prosperous life!" and know this for yourself.

Pet Memorial Service – May 23rd

Mark your calendar! Saturday, May 23rd, we celebrate the lives of our pets who have passed with a **Pet Memorial Service** from 1:00 pm to 2:00 pm via Unity Lincoln YouTube and Facebook. Hold photos or small mementos in your hand to place on the altar of your heart. We love, we remember and honor our special friends at this time. If they are on our hearts, it doesn't matter if the loss is recent or still alive from long ago, share and feel your grief.

Now is a good time to mark your calendar for the **Pet Blessing** that we traditionally do around October 4th, St. Francis Day. This year it will be Saturday, October 3rd, the day before St. Francis' Day.



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
Feb—March 2020	\$5.31
	\$1276.91

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

Finances- 2020

Total Income:	\$ 6223
Total Expense:	\$ 7243
Net	\$ (1020)
Tithes Given	\$ 6157
Classes:	\$ 199
Building Fund:	\$ 429

BOARD MEMBERS



Adeline Mickens,
President



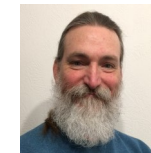
Liane Schmidt,
Vice-President



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 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

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.

Make It Happen by Coach Kris Thaller

How to spring back into shape... At times like these you want to be cognitively agile. You see which thoughts or actions are no longer appropriate and you are willing to practice courage and resilience regardless of the chaos that surrounds you. Resiliency is the capacity to recover quickly from difficulties and spring back into shape.

Next, you will need to practice surrendering to the current situation. Surrender does not mean giving up. Surrender is not an action rather, it's insight. Insight is simply discernment and discernment is the capacity to see clearly what is before you so that your next action is obvious, authentic and productive.

Until you develop the capacity to discern, your actions are often aimless and waste your energy. Remember, you have whatever it takes to meet the challenges that exist on your Life's Journey.

Willa Cather said it like this: "Miracles rest not so much upon healing power coming suddenly near us from afar, but upon our perceptions being made finer, so that, for the moment, our eyes can see and our ears can hear what has been there around us always." Until next time take care and make it happen! To talk with Coach Kris contact her at – kris@mycoachingdimensions.com

World Peace Meditation

Today we will try an experiment in visualization – with a slight twist: our eyes will be open. It is the illusion of separation that enables us to hold judgments about people, places, and things – the belief that there is "me" and there is "other than me." In order to truly experience peace, not only in our own hearts, but in our world and our universe, we MUST dispel that illusion. So, just for today, whatever you look at and especially whatever you touch, I invite you to squint, just a little bit, so that your focus diffuses. Then you can visualize the very atoms of your body and that which you have encountered mingling together.

Imagine that you see only the one Life of God that animates all living things – and remember that everything IS a living thing. Imagine you can feel the pulse of the person you look at, see and feel the warmth of the sun on the tree branch, experience the heartbeat of the red bird – it is, we are, you are ONE.

If this resonates with you take 15-20 minutes to sit with the idea, try it on for size, and then go out and see what happens when you see, as God sees, a whole new world around and within you.

Blessings, Rev. Sharri



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

Rev. Toni requests that you let her know of any pastoral needs in our congregation. Call, 402-432-8108 or email: minister@unitylincoln.org If you need something, call! If you want to talk, call! We are available for graveside services as well as gratitude services.



The Number 40

If you are a Unity metaphysics student, you know that forty is a highly significant number. It stands for "as long as it takes." Currently we are experiencing "shelter in place" instructions and we hear the word quarantine a lot.

The word quarantine comes from a French word derived from Latin first used in 1617 when a ship was held in port for 40 days to assure the sailors did not spread disease. The original Latin word is "quadraginta" or forty. Forty days is the time frame used in history to protect populations from the spread of disease. It was the only defense they had. Today, due to modern science and medicine, fourteen days quarantine are recommended for isolation to stop the spread of illness. Fourteen is also from the same Latin root.

Other evidence supporting the metaphysics of the number forty are various Biblical stories: the flood lasted forty days; the people of Israel spent forty years in the wilderness; Moses spent forty days on Mount Sinai receiving the Commandments; Jesus fasted forty days.

Many theologians consider the number forty to represent change, or the time required to clear away the old way of thinking and make way for new thought and new consciousness. For example, the people of Israel could not enter their new paradigm until those who had been slaves and had slave-consciousness had passed away.

We are in the year 2020. It is no coincidence that 20 + 20 = 40. The change of consciousness on this planet is in motion and it will require as long as it takes. A new paradigm will emerge. It is significant that we recognize that 2020 represents perfect vision. I invite you to recall that our theme for this year is **2020 Vision in 2020!** And, the theme for the Unity Movement is: **Perfect Vision: Seeing Through a Spiritual Lens.** This is a time for us to envision the highest and the best that we can conceive of.

Let us hold all these observations lightly as we move through this time of quarantine. Let us find the good in this experience: see our rivers refreshing, the air becoming cleaner, the earth balancing and harmonizing in a time of rest, new solutions coming forth for many problems and a new value system emerging. Let us claim health and healing for all life upon the planet and for the planet itself. Practice your Truth to claim the Good for yourself, your dear ones, and all people. It will take as long as it takes and we will evolve to a higher awareness of our divinity. Know yourself to be safe and divinely guided through every challenge.

New – Best Choice AND Clearly Brand Labels

We have news from **Best Choice** that they have added a new product line for us to collect SKU's from. In addition to **Best Choice**, clip the bar codes (or SKU's) from **Clearly** brand products. These can be collected, brought to church when we can again meet and put in the receptacle there in the Fellowship. Merry and Margaret will count and at the end of the year we will send 1000 in to receive \$60 for Unity Lincoln.

Many of us are using more canned goods than before due to our food preparation changes. It's the perfect time to collect the codes from the can labels, egg boxes, pet food bags, soda boxes and other packaging. Please do not remove the name if it is on the SKU.



These are excellent products which can be found at Super Saver and Russ' Markets. The new product line, **Clearly** offers an excellent organic and gluten free line.



Waking up to Wisdom in Stillness and Community

Reprinted from Awakin.org

We are the Ones We've Been Waiting For
From the Hopi Elders

You have been telling people that this is the Eleventh Hour, now you must go back and tell the people that this is the Hour. And there are things to be considered...

Where are you living?
What are you doing?
What are your relationships?
Are you in right relation?
Where is your water?

Know your garden.
It is time to speak your truth.
Create your community.
Be good to each other.
And do not look outside yourself for your leader.

Then he clasped his hands together, smiled, and said, "This could be a good time! There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water.

And I say, see who is in there with you and celebrate. At this time in history, we are to take nothing personally, least of all ourselves. For the moment that we do, our spiritual growth and journey come to a halt.

The time of the lone wolf is over. Gather yourselves! Banish the word 'struggle' from your attitude and your vocabulary. All that we do now must be done in a sacred manner and in celebration.

We are the ones we've been waiting for.

--Hopi Elders' Prophecy, June 8, 2000

Prayer of Healing

From May /June Daily Word
2020

Beloved, I pray that all may go well with you and that you may be in good health,
just as it is well with your soul — John 1:2

May 2020

SUN	MON	TUE	WED	THU	FRI	SAT
<p>3 <i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics 10:30 am – Service Use Your Four Bones 11:45 am Pause in Prayer</p>	4	<p>5 Friend's Book Club 6 pm</p>	<p>6 Garden Group 11 - 4 6:30 pm Unity Café</p>	7	<p>8 5:30 pm Music Team Rehearsal</p>	9
<p>10 <i>Friendship Sunday</i> Mother's Day 9:00 am – 9:55 am Metaphysics 10:30 am – Service Your Soul's Calling 11:45 am Pause in Prayer</p>	11	<p>12 Friend's Book Club 6 pm Vote</p>	<p>13 Garden Group 11 - 4 6:30 pm Unity Café</p>	14	<p>15 5:30 pm Music Team Rehearsal</p>	16
<p>17 <i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics 10:30 am – Service Dreamweaver 11:45 am Pause in Prayer</p>	18	<p>19 Friend's Book Club 6 pm</p>	<p>20 Garden Group 11 - 4 6:30 pm Unity Café</p>	21	<p>22 5:30 pm Music Team Rehearsal</p>	<p>23 Garden Group Work Day 9 – Noon Pet Memorial Service 1pm (live stream)</p>
<p>24 <i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics 10:30 am – Service Common Sense Spirituality 11:45 Pause in Prayer</p>	25	<p>26 Friend's Book Club 6 pm</p>	<p>27 Garden Group 11 - 4 6:30 pm Unity Café</p>	28	<p>29 5:30 pm Music Team Rehearsal</p>	30
<p>31 <i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics 10:30 am – Service Memory Alchemy 11:45 Pause in Prayer</p>						