

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

Non-Profit Org.
U.S. Postage Paid
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.*

August 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.

Please join us at [Facebook.com/UnityLincoln](https://www.facebook.com/UnityLincoln)

Or Unity Lincoln [YouTube channel](https://www.youtube.com/channel/UC...)

Visit us at www.unitylincoln.org,

email office@unitylincoln.org,

or phone (402) 476-6887

www.unity.org/prayer/request-prayer

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.



1941 N. 68th
Lincoln, Nebraska

August 2020

MINISTER'S LETTER

Beloved Community,

We will be carefully, ever so carefully opening our doors on a limited basis this month. No more than a total of ten people will be in the building at a time – with masks and 6 ft. apart at all times. Sunday in addition to our production team of 4 people, 6 people are welcome by reservation. Please call in advance and leave a message saying you would like to attend. (402)476-6887. Rev. Toni will call you back to confirm your reservation.

August 16th we will have an outside service at 3:00 pm. The format will be similar to what we did with our special meeting a few months ago. However, we will have a little party element! This is a perfect opportunity to bring your school supplies to share. The response to the special meeting was so good and people were so careful that we are going to do it again. As long as everyone honors the restrictions we will also have an outside service on September 20th and October 18th which will facilitate our Annual Selection Day for choosing our new board members. Please read about this elsewhere in the newsletter.

Thank you to all who are gifting regularly. We especially appreciate those of you who are tithing and have made the commitment. While our income has slipped, we are holding on. A few months ago we had to install a new water heater as the old one failed in March before our final pot luck. It was obvious to the kitchen ladies that there was no hot water and we found that the old water heater was leaking badly. Projects like that and paying our Church Mutual insurance keep us on our toes. We trust in God within each of you to prosper us through this time of challenge. Thank you.

Our Unity Lincoln prayer chaplains are active. Paul has re-instituted the 15 minute Silent Unity Prayer service after our Sunday Service. Contact him to get the Zoom number and learn details to join in. If you haven't participated when it was in the building in the past, there is a Silent Unity Service created each month which is shared in the Prayer Chapel at Unity Village every week. We join using the same prayer service. Prayer is a core of our service here at Unity.

I hope you are joining us at Unity Lincoln YouTube or Unity Lincoln Facebook. You may join the live recording or join into the recorded video any time after. We are happy to be meeting some new people online! Thank you to the folks who are holding watch parties – What a great idea!

The Board, Rev. Evan and I are looking forward to seeing you August 16th in a Circle Service outside! We hope to make it very special.

Stay well and keep in touch. Knowing that the presence of God is with you.

Love & blessings,

Rev. Toni

Church Get-together – August 16 – Outside Service @ 3 PM

Come together for church outside! Several people have suggested church outside and church in the parking lot so we’re going to give it a try for the next few months. On the third week of August, September and October we will hold services outside at 3 PM. Sitting 6ft. apart, wearing masks and visiting from a distance, we will enjoy each other’s company. There will be a fun aspect to each gathering. This first gathering will be Luau Day, so come in your Hawaiian wear and enjoy a smoothie! Online services will continue in the regular times.

Annual Selection Meeting – Sunday, October 18th (Check this date)

Unity Lincoln’s Board of Trustees is more important than ever during this time of Covid-19. Serving on the Board of Trustees is an honor and a privilege. It is stepping up into leadership in your church family and it is expanding your spiritual growth as you work closely with a dedicated group of people on the same path.

In accordance with the Bylaws of Unity Lincoln, the Nominating Team will be inviting several qualified people to be candidates to stand for service on the Board. When you are called, please go to your heart and if you are led to be nominated, please immediately contact Rev. Toni or Adeline Mickens about the requirements. We will get you a candidate packet. There are two openings on the board each year.

The qualification to serve on the board is to be a member in good standing with a minimum of six months in membership. If you want to be on the Board, please come forward.

Unity Lincoln Opportunities to Serve

Beginning around this time of the year, Unity Lincoln has traditionally embarked on a series of opportunities to be of service in our community. This month we are collecting school supplies for Park Middle School; with each item we send love, support and prayers for children to succeed. Whether students are in class rooms or learning from home, they need supplies and support. During August call Rev. Toni to set a time to deliver your supplies to the church or bring them by on Sundays from 9 AM to 1 PM or Fridays 10 AM to 3 PM.

Mid-September we will shift to collecting pet supplies for Lincoln’s no-kill pet shelters. Supplies will bless The Cat House and the Lincoln No-Kill Dog Rescue. They appreciate metal bowls, clean bedding and towels, and unopened food. Did you know that dogs love peanut butter?

Often, as we move towards the end of the year, we collect for Matt Talbot Kitchen. This year we may join with them in a service project. Who would like to do that? Stand by for further information.

Five Step Prayer Process

- 1. _____ Relaxation A. Gentle focusing on the mind
- 2. _____ Concentration B. Being grateful before the answer appears
- 3. _____ Meditation C. Releasing physical & mental tension
- 4. _____ Realization D. Puts you in contact with the Silence
- 5. _____ Thanksgiving E. Deep inner knowing of the Truth

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-Dec 2019	108.76
January 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

Finances- 2020

Total Income:	\$ 4822.85
Total Expense:	\$ 6887.72
Net	\$ (2064.87)
Tithes Given	\$ 500.00
Classes:	\$ 20.00
Building Fund:	\$ 410.00

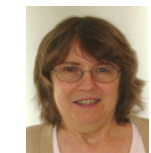
BOARD MEMBERS



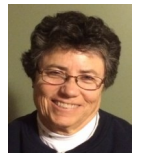
Adeline Mickens,
President



Liane Schmidt,
Vice-President



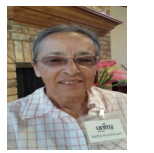
Janet Carlson,
Secretary



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

Unity Today

N C D R E B M E M U C N R G C A M L D H
 X H X T P Q H I Z M E F R L M D Y E P V
 I A Q R U N S E J T E Z S E I J E C R V
 D N M H U M A N I T Y G D V O O H A A T
 D G X Y G B L Z R S F I E X S E M E Y H
 T E O T A Z T U F F T R M H A H I P E O
 U H G V R S S U Q A S O I L I W K E R P
 L S S H D T W E T I D I I E Z T V V P A
 G A Q T E D H I T E A N Y A N I U V I J
 H L T E N D O Y J A G C F N T D W O G T
 L W F M E N B H H U C F O C O I S A V F
 C U T H M C G C I M I U A L C V J H S E
 T H N Q Z R N D H R T L D I E Q D Y I X
 E Q U I M P A A M Y O O M E U M T C N P
 M B E X T N J A T F S E Z V C A A Y O B
 B N E M C Y T N R P D P V V D N L N B O
 R P O E A I L T M N E F Q V V V Z T R K
 A I I Z O D G T A I A C N P U X W W E E
 C M K N Z Q W P B T H Y C U X H M Q B F
 E P F K T Q C P X A M D T A X K L X O U

ACCEPTANCE
 ACTIVE
 AFFIRMATION
 CHANGE
 COLEMAN
 DIVERSITY
 EDUCATE
 EMBRACE
 FRIENDSHIP
 GARDEN
 GUIDANCE
 HEALING
 HUMANITY
 MEDITATION
 MEMBER
 PANDEMIC
 PEACE
 PRAYER
 TRUSTEE
 UNITY

The Gratitude Protocol: How to Disrupt Anxiety

With Kris Thaller

Monday, August 24, 2020, at 6:30-7:30PM

Learn how to use the Gratitude Protocol to train your brain and disrupt anxiety during the pandemic and anytime you desire. You will receive an exercise to train your brain to focus where you want it. Join us on Zoom for this event.

Preregister: <https://registrations.planningcenteronline.com/events/472408/details>

Tickets: registrations.planningcenteronline.com

Mindfulness Focus Exercise

Try this little exercise anytime you want to refocus your mind. It will put you, "in the moment," and allow you to appreciate all that is going on around you.

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

This I Believe

I took my car in for service this morning. My nephew, Chad, does all the working on my car and keeps it running well in his shop (named "The Shop"). You're welcome Chad. Anyway it's quiet in the waiting room, so when the little boy and his daddy came in I could listen to them. The son, maybe three years old, never let go of his dad's hand and he was full of questions as most three year olds are. After all, most everything is new to them. Chad has several miniature cars around the waiting room. "What kind is this one, daddy?" "Is this one over here the same kind?"

"No this one is a GTO." And so it went. They didn't stay long and I was sorry to see them leave. What a happy way to start my day! I wish I could have been that good a father when my kids were that age. I hope the youngster never forgets the good times with his daddy and that daddy is always as patient and loving as that when the son becomes a teenager.

Lots of times as we grow up stuff happens and the same with countries and groups within countries. Too often whole countries act like teenagers who are trying to figure out their place in the world. Now this kind of behavior is expected in teenagers all over the world because they've never been to this place in their lives before and it's nice, but at the same time, it's strange and it can hurt. I think that with countries it should be different. After all the people in most countries can read and have some sort of connection with history. Over the years folks should have discovered (and remembered) that no country needs to be or can be the best at everything. Every country and/or ethnic group has talented people in different fields but for anybody to say "Our country is the best at everything," is the worst kind of example to show the world.

Even those of the worlds' community of nations who have been blessed with abundant natural resources and climate need to step back from time to time and ask, "What can we do to help this be a better place for everybody?" Somehow I think that if our own outlook was like this, we wouldn't have to spend so much money on bombs and new fighter planes, and we could spend more on research and education and be the world leaders in good will. Then maybe other folks wouldn't be constantly trying to destroy us and we could concentrate on stuff that means more than being a world power who can destroy everybody else if they displease us somehow.

I don't know about you, but I really don't want to destroy anybody. I'd rather make them a friend.

Peace, Love and Blessings John Jones

School Supplies Collection

I love pencils, pens and papers! One of my favorite things about going back to school was having new supplies! To me they were very beautiful! I can smell the new pencil and the ink on the paper.

This is the time of the year when classroom supplies are available everywhere – and cheap! So indulge your senses and memories by selecting a pile of school supplies to gift to Lincoln kids. Like last year, we will gift supplies to Park Middle School, an inner city school always in need of supplies. School opens the end of the month. Find a box to receive your gifts near the church entry. Remember what it was like to be a kid and experience your new school supplies!



World Day of Prayer 2020: From Fear to Faith

Thursday, September 10th, 2020 is World Day of Prayer. It is celebrated throughout the Unity Movement and beyond as a day of prayer and commemoration.

You are invited to participate in Unity World Day of Prayer during the 24-hour Prayer Vigil and Meditation. The vigil at Unity Village begins Wednesday, September 9th, at 7:00 p.m. (CT) and closes at 8:00 pm Thursday. We encourage you to send your names and prayer requests to Silent Unity via mail or email. At Unity Lincoln we will collect the names and requests that you share with us and send them to Silent Unity to be held in silent prayer for 30 days and during the vigil in the Prayer Chapel.

Ways that you can participate in the Days' activities: submit a prayer request and light a virtual candle. You can join online for the events at Unity Village. Follow our hashtag #WDOP20 and join us at the Unity Facebook page to connect with our reflection questions and watch live events. Observe the day as a sacred day of prayer wherever you are.

Attend the event at Unity Village. The grounds are always peaceful, prayerful and beautiful for World Day of Prayer. You will find an agenda for events on the web page so you don't miss the live music, a candlelight vigil, live-streamed prayer service, sacred prayer circle, amazing speakers, and more. Talk to Rev. Toni if you have any questions.

World Peace Meditation

World Peace has been the goal and prayer of truth seekers and teachers for millennia, as demonstrated by this poem by Chinese philosopher, Lao Tzu, called, "If There Is to Be Peace."

If there is to be peace on earth,
 There must be peace among nations.
 If there is to be peace among nations,
 There must be peace among cities.
 If there is to be peace among cities,
 There must be peace in the neighborhoods,
 If there is to be peace in the neighborhoods,
 There must be peace in the home.
 If there is to be peace in the home,
 There must be peace in the heart.

Realizing that we must let peace blossom in our hearts in order to let it blossom in race consciousness, we focus our time today on allowing the eternal Presence within us to express as peace that suffuses our whole being. Peace that becomes our full focus and that is our essence. Please take 15 – 20 minutes to invite this experience into your heart. Take hold of it, let it take hold of you, and let it fill your heart and be your Truth. Envision peace filling every place, every niche and every heart. Envision peace spreading across the land. And make it so

Love and blessings, Rev. Sharri



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

August 2020

SUN	MON	TUE	WED	THU	FRI	SAT
<p>2 Friendship Sunday 9:00 am – 9:55 am Metaphysics 10:30 am – Service Acceptance 11:45 am Prayer Service</p>	3	<p>4 Friend's Book Club 6 pm</p>	<p>5 Garden Group 11 - 4 6:30 pm Unity Café</p>	6	7	8
<p>9 Friendship Sunday 9:00 am – 9:55 am Metaphysics 10:30 am – Service Magic of Commit- ment 11:45 am Prayer Service</p>	10	<p>11 Friend's Book Club 6 pm</p>	<p>12 Garden Group 11 - 4 6:30 pm Unity Café</p>	13	14	15
<p>16 Friendship Sunday 9:00 am – 9:55 am Metaphysics 10:30 am – Service Beloved Community Outside Service 3PM</p>	17	<p>18 Friend's Book Club 6 pm</p>	<p>19 Garden Group 11 - 4 6:30 pm Unity Café</p>	20	21	<p>22 Garden Group Work day 9-Noon</p>
<p>23 Friendship Sunday 9:00 am – 9:55 am Metaphysics 10:30 am – Service The 10% Solution 11:45 am Prayer Service</p>	<p>24 Gratitude Protocol With Kris Thaller 6:30pm Zoom (see article)</p>	<p>25 Friend's Book Club 6 pm</p>	<p>26 Garden Group 11 - 4 6:30 pm Unity Café</p>	27	28	29
<p>30 Friendship Sunday 9:00 am – 9:55 am Metaphysics 10:30 am – Service Infinite Life 11:45 am Prayer Service</p>		<p><i>The Time Is Now:</i> A Call to Uncommon Courage By Joan Chittister This months book club book</p>				