

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

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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.*

November 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

November 2020

MINISTER'S LETTER

Hello Unity Friends!

November is a month of gratitude and I hope you will all join together to celebrate all that we are blessed with. We have determined to have a safe and fun Thanksgiving together on ZOOM on Thanksgiving Day at 1PM. Please read the article with details elsewhere in your newsletter and mark your calendar to join with your Unity Lincoln friends and family. For security reasons we need to ask you to contact us to get the ZOOM numbers just before the sharing. They will be the same numbers that the Board of Trustees has been using for their meetings.

The month of November Unity Theme is **Interconnection** – *Like rivers flowing from one Source, we are all connected.* Take a little time to absorb this thought into your being this month, recognizing how connected and interconnected we all are. If you search this on the Unity website, you will find that your minister, Rev. Toni, was honored to create the materials for the page this month. I learned that there is a difference between connected and interconnected. “Connected” can be like the leaves on a tree limb, while “interconnected” means like the threads in a carpet – if the threads are released the carpet no longer exists. So, when we are interconnected, as a species, as life on this planet, we exist together. If we disconnect, we no longer exist. Our very existence as life is determined by being together, working together, living together. Join me this month as we practice and celebrate our interconnectedness.

I hope you enjoy the articles sent in by your fellow Unity Lincoln members. Please send your submissions for the December and January editions of the Newsletter. At this time of separation, it is a joy to share with each other.

Please share ideas that you have for holiday celebration! And thank you to those who have shared for Thanksgiving. I look forward to our sharing on the day of Thanksgiving. Several people actually suggested that we create things to share – like songs, poems, readings, perhaps a dance!

Advent begins the last Sunday of November. Order your Unity Christmas booklet now available free at <https://www.unity.org/publications/booklets/advent-christmas-2020>. You can also receive the booklet by calling Silent Unity and asking for it. They are happy to share it with you free. As is our tradition, we will read and use the Advent booklet, *The Spirit of Christmas*, through the holiday season. Allow yourself to be enriched and your soul to be fed.

I also want to thank you who are sending your tithes regularly and sending in generous love offerings. It is keeping us going!!

Christmas is coming! Remember SCRIP as we go into the holiday gift-giving season. Contact Paul Fox to purchase local gift cards and to order cards for travel and national purchases of many types. Local food store cards are in stock for you, just call the office or Rev. Toni to set a time to pick them up, and national stores can be ordered but need about a week advance time. SCRIP is a program where you purchase a gift card for the amount you plan to spend and a small amount is paid from the merchant to us – so we make a little bit on every item you purchase. SCRIP can make your holiday gift-giving easy! It's a sweet deal!

If you need food for Thanksgiving, please let Rev. Toni know. We have a few folks who have generously offered to share. They will deliver to you. Ahead of time, call the office: 402-476-6887, leave a message, or Rev. T at 402-432-8108. See you on ZOOM! Love and Blessings *Rev. Toni*

Thanksgiving Day Fête – 1:00 PM

A fête is a North American word with roots in French. It is a lavish celebration, party or festival. After the woes of this trying year – we deserve a fête!!!

You and your pod (or family unit) are invited to join together with your Unity Lincoln family to celebrate. Join us at 1:00 PM wherever you are. It has been suggested that you bring something virtually to share – a creative art piece, a song, a poem, a story, a recipe, a dance – something that can be shared on ZOOM. And we will share our dinners in the spirit of breaking bread together.

Everyone has said it doesn't matter if it's a TV dinner as long as it is together. Rev. Toni & Evan are sharing a roast chicken this year. If you don't know where your dinner is coming from – call 402-432-8108 – and your friends at Unity Lincoln will deliver your dinner.

Join us on ZOOM at 1 PM. The connect information will have to be gotten closer to the day. Please read your Weekly ENews or call Rev. Toni (402-432-8108) or Rev Evan or other board member.



Best Choice Label Time Approaching

Now's the time to clip Best Choice labels off the cans in the cupboard! Margaret Kendall and Merry Ford will count and sort the UPC symbols (SKU's) you bring in. We need all labels brought to church by the end of November. It is not too early! Best Choice labels need to be trimmed, counted and packaged to mail in. Only Best Choice and Clearly UPC symbols are accepted in the Save-a-Label program. You will find the container on the table at church, send in or give them to Merry and Margaret.



World Peace Meditation

Peace on earth does not mean one universal government, one universal culture, one universal religion:

It means one universal heart, one universal life, one universal mind that encompasses, recognizes, and honors all governments, all cultures, all religions, and in which all governments, all cultures and all religions recognize, honor, and respect all others as unique, but not separate.

This is universal love, expressing in a multitude of forms, each unique and valuable, each aware of its true nature of peace and oneness. This is harmony in every heart.

If this resonates with you, I invite you to take 15 – 20 minutes to sit in this possibility. Let harmony arise in your inner world and watch it spread across your life, your neighborhood, and the planet.

Love and blessings,
Rev. Sharri



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

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:	\$ 7811
Total Expense:	\$ 7083
Net	\$ 729
Tithes Given	\$ 465
Classes:	\$ 54
Building Fund:	\$ 465

BOARD MEMBERS



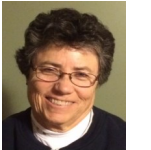
Adeline Mickens,
President



Liane Schmidt,
Vice-President



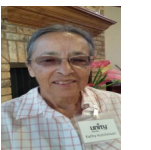
Janet Carlson,
Secretary



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

The Earth Library – Celebrates One Year Anniversary – Born in Metaphysics Class

A year ago, Rev. Evan asked Sherry Whiteowl Ottmann’s Metaphysics Class what **She really really wanted**. Her hand shot up and he called on her. As she responded her voice cracked: "I want it to tip back." He looked at her questioningly. She explained that she had been doing a lot of research on the environment recently.

Sherry says: I went home that evening knowing that I needed to do something but I did not know what or how. By early morning I had started developing a group on Facebook called **The Earth Library**...a resource of solutions for the earth's problems with ideas on how to reverse or solve those problems which had affected the environment and the creatures in it...and it was to be totally free to everyone on the planet.

Within the first month **The Earth Library** became international. It is now self-sustaining. The Units help to guide people to solutions. My theory is that there are solutions for every type of damage done and so far, scientists have been keeping up with that idea. Answers are available for our Earth to heal. We celebrated one year on Oct. 20th. <https://www.facebook.com/groups/TheEarthLibrary>

THE EARTH LIBRARY

The Library is a grass-roots, volunteer movement designed to provide ideas for the people of the world to continue healing the planet from pollution and protect our wildlife from endangerment. It is a virtual library where anyone can find hope and solutions to the problems plaguing our Earth right now. We provide free access to ideas and innovations in the Library. The users have access to the one who submitted the invention or idea and the user is responsible for any costs of any materials or instructions needed from the one who submitted the idea. ©



Peace Pilgrim

She left us with some steps for all of us to use to find our Inner Peace.

1. Be willing to face life squarely and get beneath the surface where the verities and realities are to be found. Realize that no problem comes to you that does not have a purpose in your life and cannot contribute to your inner growth, and solve these problems in accordance with the highest light.
2. Bring your life into harmony with the laws that govern this universe. Central among them are the laws that evil can be overcome only by good; that only good means can attain a good end; that those who do unloving things hurt themselves spiritually. Live all the good things you believe in.
3. Realize you have a special place in the life pattern. By listening to your inner guidance, you will feel drawn to some role in the world. In the beginning I helped people with errands or chores, assisting the ill and the physically challenged. My lack of expertise was more than offset by the love I extended. Do what you feel guided to do.
4. Purify your mind, body and spirit. Eat only foods that are nourishing and wholesome. Keep your thoughts positive. Forgive yourself daily and use the energy expended in condemning yourself to improve your actions, motives and desires. Seek to do that which will uplift others.

Please share with others so that we can all shine the highest light of Peace!

Most of you are familiar with the Peace Pilgrim. She was a beautiful woman, Mildred Lisette Norman, who from 1953 until 1981 walked more than 25,000 miles on a personal pilgrimage for peace.



I Planted a Rose – By Mickey Seefeld

The Unity Lincoln garden has been a joy for me this summer. Our property came with beautiful plants, shrubs and trees. We are just beginning to know about the trees and shrubs. And then there were surprises as what we planted last year sprung up. The biggest area along the west end of the parking lot is a lovely merge (marriage) of what we inherited and what we planted.

In March 2019 we placed our Time Capsule to the east of our front entrance. We identify this area as our memory garden. The pink rose planted at the same time as our Time Capsule bloomed prolifically this summer.

My special friend Linda Hedges passed away unexpectedly in June. She had joined us for Worthship Services and other Unity Lincoln events over many years. To honor her, I planted a yellow rose in the memory garden. When gathering is safe again you can join me in remembering Linda and speaking a blessing over the roses.

In the spring more memories can be planted. See Mickey or Rev. Toni about that.



Thanksgiving at Gramma's

As soon as father was finished with his patients for the week, we could hit the road for Grandmother's house in Omaha. We would spend the time singing or listening to the radio programs or playing license plate games to while away the time. We knew that Granny had spent the week baking and cooking all of our favorites. There would be a huge turkey thawing downstairs in the refrigerator. She would put that in tonight when we arrived and start roasting it overnight. There were white potatoes to be mashed tomorrow and sweet potatoes which would be sopping with butter and brown sugar, marshmallows and some secret spices. Homemade rolls (nothing store-bought from Gramma's kitchen on Thanksgiving! Green beans, of course. Cranberry sauce, both kinds (some folks are picky, you know). Real butter for the rolls, and Gramma makes the best gravy. I wished that she had taught me how.

There is an appetizer dish going around the next day for those trying to sneak a bite full of black olives and carrot sticks and celery sticks and whatnot. We never seem to have enough olives though. I get to set the table. Grampa and Daddy put in the extra leaves of the table. Then I get the table pads so the hot dishes won't burn the wood. Then Gramma's good linen and finally the lace tablecloth. I set the plates and the rest like I was taught. Then Mother & Gramma bring out the food. What a production!

Everyone gets their chairs and settles in quietly so Grampa can say the prayer. And the PASSING begins. Clockwise. Always. We don't start eating until the plates are full. Sighs and comments and compliments. Some groans.

Finally the men get up and roll toward the television for the football game. Pie is served at halftime...with LOTS of whipped cream...REAL whipped cream.

And yes, someone gets to clean up the mess in the dining room and the kitchen. Guess who?

Gramma's Pecan Pie

Ingredients

- 1 cup light corn syrup
- 1 cup packed dark brown sugar
- 3 eggs slightly beaten
- 1/3 cup butter melted
- 1/3 teaspoon salt
- 1 teaspoon vanilla
- 1 cup pecans
- 1 unbaked pie crust



Instructions

Preheat oven to 350 degrees. Mix the first six ingredients together, pour into pie crust, and top with pecans. Bake 45 to 50 minutes. It is done when a toothpick inserted in the center of the pie comes out clean.

November 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1 <i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics 10:30 am – Service <i>Spirit of Gratitude</i> Silent Prayer 11:45	2	3 VOTE	4	5	6	7
8 <i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics 10:30 am – Service <i>Service – always</i> <i>part of the Journey</i> Silent Prayer 11:45	9	10 Friend's Book Club 6 pm	11 6:30 pm Unity Café	12	13	14
15 <i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics 10:30 am – Service <i>Spiritual Warrior</i> Silent Service 11:45	16	17 Friend's Book Club 6 pm	18 6:30 pm Unity Café	19	20	21
22 <i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics 10:30 am – Service <i>A Spiritual Meal</i> Silent Service 11:45	23	24 Friend's Book Club 6 pm	25 6:30 pm Unity Café	26 Thanksgiving Day Fete 1pm Zoom	27	28
29 <i>Friendship Sunday</i> 9:00 am – 9:55 am Metaphysics 10:30 am – Service <i>First Day of Advent</i> <i>Faith and Hope</i> Silent Service 11:45	30					