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

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.

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.

IOY

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

Or Unity Lincoln YouTube channel Visit us at <u>www.unitylincoln.org</u>, email office@unitylincoln.org,

or phone (402) 476-6887 www.unity.org/prayer/request-prayer

OUR VISION FOR UNITY LINCOLN

Non-Profit Org.

U.S. Postage Paid

Permit No. 319

Lincoln. NE

• We have a beautiful facility that is receptive and responsive to the needs and desires of our congregation.

October 2020

- 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.



We live in traumatic times. Every day the news is distressing; more than ever before we are called to stand on Principle. We are blessed to have Unity in our lives to guide us. There are over 900 Unity Centers in the world, each one a prayer center and center of peace and compassion. Each center is a place and a way to connect with what is good and honest and decent in the world. When you feel pulled down remember you have a place and a way to connect. Remember your core value is Unity.

Due to the Covid-19 virus, Unity Lincoln has had to make some adjustments in our Electing a new Board of Trustees. We have had no one come forward for nomination. Adeline has agreed to stand for another 3 year term on the Board, which is in compliance. (Thank you Adeline.) However, Janet would ordinarily go off the board. The current board has determined that we should follow the model of the Unity Worldwide Ministries (UWM). Because they could not hold the Convention nor proceed with their authorized board election of new members, they have determined to hold fast for the year. Officers have advanced, but all board members are staying on the board. Thus, Janet will serve another year so that we have a full board of trustees.

The October 18th Outside Service will be followed by a short Annual Nomination Meeting discussing this decision. Please return your membership card signed, as usual.

Our theme for October was, of course, chosen through a prayer process well over a year ago. It seems to provide an opportunity for us to take a deep breath – so needed at this time. The theme is **Beauty** – Nature's beauty reflects my own true nature. We are encouraged to "Rather, let your adornment be the inner self with the lasting beauty of a gentle and quiet spirit, which is very precious in God's sight." - I Peter 3:4. When the coming months become bleak and difficult, remind yourself of the beauty. Take into yourself the beauty of your gentle and guiet spirit, the spirit of God.

We have several important things happening this month. Elsewhere find details about the fun PLANT SHARING the morning of October 10th. Volunteers are needed to help throughout the morning. Come and meet the neighbors! We can also use some helpers to spread flyer invitations throughout the neighborhood. This will be an outside and masked event.

The afternoon of October 10th we will Bless our Pets – a Unity Lincoln tradition, though this year we will do the blessing virtually. Join in online at Facebook or YouTube. Share your pet's photo and enjoy!

If you have ideas for Thanksgiving and Christmas celebrations in a safe mode, please share them with me or the Board. Advent Booklets (The Spirit of Christmas) are now available from Unity. https://www.unity.org/publications/booklets or call Silent Unity and ask for a free booklet.

Stay well, dear ones. I hold you in prayer. Rev. Toni

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October 2020

MINISTER'S LETTER

Important Announcement

Rainy-day Green

August 31, 2020

In the midst of the hurricane (who'd have thought a landlocked state could be affected by a hurricane?) I found myself thinking about something that really puzzled me when I was a child. In fact, I wondered if I was just imagining it, and it wasn't until I went to college and took a class in optics (required for a minor in physics) that I discovered that colors really do change when it rains. Well, the colors don't actually change, but how we see them does.

I noticed that on a rainy day, although the skies were definitely dull and grey, the grass and trees were an amazing, vibrant, gorgeous green. What's more, the rain was silver, the flowers actually seemed to glow, and every color looked deeper, more intense, more THERE somehow. My optics instructor explained the physics of rainy day colors – the water in the air changes the wavelengths we see by bending the light. I really didn't care how it happened, I was just grateful to know I hadn't imagined it.

Then I thought, "So what if I had imagined it?" Would that have made my enjoyment of the colors any less valid? Would the rain have been any less silver, the air any less glowing, or the world any less alive? NOPE!

That was how I discovered the metaphysics behind the optics. How we look determines what we see. When we look for vibrant life, we see brighter colors. When we look with appreciation, we see beauty in everyday, 'ordinary' things. This is true whether or not it is raining. This is true whether it's daylight or night.

This is even true when you look in a mirror.

BTW, my favorite color is rainy-day green . . . (just sayin') Rev. Sharri

Peace Meditation

I live and move and have my being in God. God made me out of Its own Self, Its own Substance. There is no place where I end and God begins – there is no place where God ends and I begin. There is only the One Life expressing in an infinitude of beings, and I am one of them. So are you. So is your mother, so is your son, so is your friend, and so is the one you cannot yet call "friend." So is every living being. That means we cannot wish harm to another without wishing it for ourselves. We cannot wish ANYTHING for another without wishing it for ourselves.

Likewise, we cannot intend any experience of good, of joy, of peace for ourselves without intending it for all living beings. Let us, therefore, stop sending mixed signals to the Universe – no more ill wishes for ANYONE, regardless of what we perceive their intentions to be! Let us intend only Peace, affirm only Peace, accept only Peace and live only Peace.

If this resonates with you, please take 15 – 20 minutes to sit with these

thoughts. Let them sink in – into your mind, your heart, and your soul – until you feel the Peace, until you ARE the Peace, until you radiate the Peace.



One Heart Retreat Center 185 White Acres Lane

Marshall, AR 72650

Thanksgiving This Year

In the past years we have celebrated Thanksgiving here and had a wonderful time. It looks like that is not going to be wise this year. If you have a safe, smart way to celebrate this year, please contact the office and Rev. Toni to share your idea. Meanwhile, how about sharing your favorite Thanksgiving Recipes? If you get them to me by the end of October I will print in the November Newsletter.

Magic Pennies Uni Report 1 Teal w Keep it up! You're doing great! (oth Magic Pennies Accounting (note d 2016 \$132.22 2017 \$615.80 Mon 2018 \$290.31 Jan-June 2019 \$117.30 108.76 July-Dec 2019 January2020 \$7.21 Tota Tota \$1271.60 Tithes Gi Classes: Building F

BULLETIN BOARD

New Members

Would you like to be a member of Unity Lincoln? We invite you to Unity Lincoln after a time away? We welcome you back! Kindly RSVP to Unity Lincoln (402) 476-6887 or <u>minister@unitylin</u>

Talk to the Board

If you would like to present an item to the Board of Trustees in pers know. The Board will then reserve the first 10 minutes of its next n

Email List

If you would like to receive emails of breaking news and last-minut to us at <u>office@unitylincoln.org</u> and ask to be added to our weekly of

Online Tithing

You can contribute to Unity Lincoln online via the <u>www.unitylincolnttps://www.paypal.com</u> and send your contribution directly to the whatever method you like — credit card, checking account, or save to waive the Paypal fee so that your entire gift goes to UL.

Ministerial Services Availa

Personal and family services including the rituals: marriage, christe kinds as your heart directs. Memorial services. Counselling by app Email: <u>minister@unitylincoln.org</u>. Some services by fee and some

When you write to us

Though we are *located* at 1941 N. 68th St., *mail* you send us must in Send mail to: Unity Lincoln P.O. Box 30209 Lincoln, NE 68503

To unsubscribe from this New

Write to us at the above address, or email <u>office@unitylincoln.org</u>. Newsletter in your note, with your name and address for confirmation

	Осто	BER 2020			
<i>ity Lincoln logo t-shirt</i> now available-see Rev. T with embroidered white log <i>\$18 each</i> M, L, XL ners can be ordered pre-pay <i>on check: T for Building Fu</i>	;o - /)				
Ithly Attendance Ave./Sunday	BOARD MEMBERS				
Finances- 2020	Adeline Mickens, President	Liane Schmidt, Vice-President			
al Income: \$ 6890 al Expense: \$ 5573 <i>Net</i> \$ 1317					
iven \$ 606	Janet Carlson, Secretary	Connie Rose, Treasurer			
\$ 268 Fund: \$ 552					
	Paul Fox, Member-at-Large	Kathy Hutchinson, Member-at-Large			
to join us! Are you returning to <u>dincoln.org</u> . rson, please let a board member monthly meeting to listen to you. ute schedule changes, send an email y email list. coln.org PayPal account. Log onto e Church's Online PayPal account by vings. Click on "Friends & Family" able tening, baptism, blessings of various pointment. Call: 402-432-8108. te on a love offering basis. include our P.O. Box. 03 wsletter	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 Worthship Team— Carol Cunningham Worthship Leaders—Fred Berry, Merry Ford, Kris Thaller, Rene Eveland <u>Staff:</u> Minister—Rev. Toni Stephens Coleman Associate Minister—Rev. Evan Coleman Speaker—Rev. Fred Berry Music Director—Rev. Evan Coleman Speaker—Rev. Fred Berry Music Director—Rev. Evan Coleman Pianist—Svetlana Yashirin Office—Sharyl Klawitter				
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School Supplies Report

Last month we collected 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. Board President and retired teacher Adeline Mickens Berry delivered them to the school September 21st. Thank you to those who shared. Supplies collected this year are:

- 1-box quart zip lock bags
- 1-box gallon zip lock bags
- 26 notebooks
- 18 boxes of crayons
- 10 boxes of fine tip markers
- 10 boxes colored pencils with sharpener
- 10 boxes of colored markers
- 1 pack of pink erasers
- 1 pack of flair felt tip markers

- 27 packages of #2 pencils
- 10 folders
- 8 white Elmers glue
- 2 packs of glue sticks
 - 4 dual hole pencil sharpeners
 - 4 packs of cap erasers
 - 5 packs of dry erase markers
 - 2 packs of bic pens

Pet Blessing – October 10th from 1pm to 2pm

Each year around the Feast of St Francis of Assisi on October 4 we celebrate our pets. The feast commemorates the life of St Francis, who was born in the 12th century and is the Catholic Church's

patron saint of animals and the environment.

In years past we welcomed people with their pets to visit us. We prayed with them and blessed them for happy families and long healthy, lives. This year because of Covid-19 we will be virtually blessing. Please send pictures of your pets for blessing. We will put them on the screen so you can see them on YouTube and Facebook. If you send your address we will return the photos and also send a Blessing Certificate.



Pet Blessing October 10th 1:00pm-2:00pm

Send pet pictures to office@unitylincoln.org

Receiving donations for Lincoln no-kill shelters

VOTE

November 3, 2020. Polls are open from 8:00am to 8:00pm. This year your vote is more important than ever before! Don't bite the hook! Don't believe lies. Do your homework, study the issues. Look for honesty, decency and justice and vote using good sense and your heart. Be Spirit in action.

Be sure you are registered to vote. This is especially important if you have moved. Go to <u>www.lancaster.ne.gov/election</u> for information.



Plant Sharing October 10th 9am to Noon

Saturday, October 10th we are having a Plant Give-Away in our yard. Depending on the weather it will be in the parking lot or the breezeway. You are welcome to take plants and also to bring some to share if you'd like. Unity Lincoln was gifted many, many wonderful plants recently and we want to see them planted and enjoyed by you, our neighbors. There are many irises from the Lincoln Iris Club as well as many other bulbs, tubers and other plants. For information contact Mickey.



Member Margaret Kendall sent in this quote with her tithe: "No one becomes poor by giving." – Anne Frank

No-Kill Pet Support Project

As the weather changes Lincoln's rescue pets need loving care. We are blessed to have The Cat House to rescue cats in need and The Canine No-Kill Rescue people in our community to help. Over the past several years Unity Lincoln has collected pet supplies for Lincoln's no-kill pet shelters. They appreciate metal bowls, clean bedding and towels, and unopened food. Did you know that dogs love peanut butter? We kick off the Pet Support Project on our Pet Blessing Day. This year it is October 10th. Please share and call Rev. Toni to set a time to deliver your supplies to the church or



Halloween

Halloween is going to be a bit different this year. The kids still want to dress up and go out and trick or treat but there are other things on parents minds. Please be cautious this year and plan ahead. Make sure you are

finding ways to ensure things are being done safely. Wear a glove to hand out candy. Do not let the children put their hands in your candy dish. Make sure everything is individually wrapped. Answer the door with a mask on—Halloween spirited or medical. Think outside the box to keep everyone safe this year.



Happy Halloween.



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SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4 Friendship Sunday 9:00 am – 9:55 am Metaphysics 10:30 am – Service Spiritual Pilgrimage Silent Prayer 11:45am	5	6 Friend's Book Club 6 pm	7 Garden Group 11 - 4 6:30 pm Unity Café	8	9	10 Plant Share 10am-Noon Church parking lot Pet Blessing Begins at 1pm Send pictures
11 Friendship Sunday 9:00 am – 9:55 am Metaphysics 10:30 am – Service Bright & Beautiful Silent Service 11:45am	12	13 Friend's Book Club 6 pm	14 Garden Group 11 - 4 6:30 pm Unity Café	15	16	17 Garden Group Work day 9-Noon
18 Friendship Sunday 9:00 am – 9:55 am Metaphysics 10:30 am – Service <i>Life Force</i> <i>Silent Service</i> <i>11:45am</i> Outside Service 3PM Annual Selection Meeting	19	20 Friend's Book Club 6 pm	21 Garden Group 11 - 4 6:30 pm Unity Café	22	23	24
25 Friendship Sunday 9:00 am - 9:55 am Metaphysics 10:30 am - Service Heart Wide Open Silent Service 11:45am	26	27 Friend's Book Club 6 pm	28 Garden Group 11 - 4 6:30 pm Unity Café	29	30	31 Happy Halloween