

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.*

*December 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](http://www.unitylincoln.org),

email [office@unitylincoln.org](mailto:office@unitylincoln.org),

or phone (402) 476-6887

[www.unity.org/prayer/request-prayer](http://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. 68<sup>th</sup>  
Lincoln, Nebraska

*December 2020*

### MINISTER'S LETTER

Dear Ones,

Holiday greetings! This year has been difficult for everyone, yet as we have been learning in Unity Café, pain in life happens, suffering is optional. As the year comes to a close, I encourage you to gather the blessings. Just a few hours ago Rev. Evan and I joined via Zoom in our Thanksgiving Fete (party). Fourteen of us shared our lives, good thoughts, poems and songs. It was fun and wonderful to be with friends rather than "alone." We will have several opportunities to gather as we near Christmas. Hope you will join with us.

Advent begins this coming Sunday, November 29<sup>th</sup> as we celebrate the Divine qualities of Hope and Faith. This year the Unity Christmas booklet is titled: **The Spirit of Christmas**. It is available free from Unity.org and also in digital version to download if you want. We will be using the booklet in our services.

What are you going to do for Christmas this year? From our Wednesday class on Mindfulness, we shared that the most important thing to take care of yourself is to have a plan. Spend a little advance time thinking about what is important to you and creating a plan of what you are going to do with the time and processing your feelings around the holidays. We all carry feelings from holidays past and this year, especially if we are "alone" our feelings can be difficult to deal with. Have a plan! If you need to talk about it, call me.

Kris Thaller and I were talking about this the other day and she told me that she had just gotten clarity about her plan for the holidays. She shared this with us:

"This is the first Christmas that Our Family will not be gathering together – because of the Covid virus. When it became clear to me, I couldn't help but get very sad. We have a large family, lots of grandkids and adult children.

Christmas is always a full day of fun, starting at breakfast. The highlight of the breakfast is the Cinnamon Rolls I make every year. Everyone loves these rolls and I know we all look forward to eating them. And I always make sure there are plenty to go around!

All I could think of was how we would all miss the family fun after breakfast and not having those Cinnamon Rolls! Then it dawned on me, I could fix each family a pan of the Cinnamon Rolls and Ron and I could deliver them to the door of each family – staying safe! I will make 108 Cinnamon Rolls all together. I am accepting that next year we will have the grand celebration we are used to!" Kris has a plan!!!

We are all coping and adapting to the world and events around us. Most important as we go into this time of high threat with the pandemic is to stay safe. It will all be over eventually and we will look at it in the rearview mirror. Let us be thankful for the blessings of life and wellness.

Please explore the rest of the December newsletter to find the activities listed. We have done our best to create virtual get-togethers to share. I look forward to seeing you there!

Rev. Evan and I send you our love and blessings for the holidays and the New Year.

Merry Christmas!

Rev. Toni



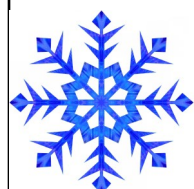


**Inclement Weather Policy**

[The following is our policy and procedure for inclement weather. Of course, this year has been unique! Our Sunday service at 10:30am welcomes 6 people (plus presenters = 10 total. We ask that you wear a mask and CALL AHEAD so we don't go over our 10 capacity! All services, classes and The Unity Café are on YouTube and Facebook. We invite you to stay warm, stay home, and join us in your jammies! God Bless you.]

Unity Lincoln has an "Inclement Weather Policy." The Board of Trustees has selected First Plymouth Church downtown to determine our closing status during the winter. Go to <http://www.1011now.com/weather/closings> Sunday morning or other typical church day. Check the list of closings for First Plymouth Church. If they are closed, we are closed. Note: In general, churches do not close unless there is a major ice or snow storm or they are small and rural. Why?

www.1011now.com/weather/closings Sunday morning or other typical church day. Check the list of closings for First Plymouth Church. If they are closed, we are closed. Note: In general, churches do not close unless there is a major ice or snow storm or they are small and rural. Why?



- We dress for the cold and turn on the heater.
- We advise people to use their best judgement always.
- We consider the person or people who go to the effort to attend and may get there to find the doors locked.

**The Anti-Racism Institute - A New Unity Creation**

Unity minister, Rev. Wendy Craig-Purcell, recently announced a new Unity creation: **The Anti-Racism Institute**, from her ministry The Unity Center in San Diego, CA. Wendy says: The Anti-Racism Institute has a dual mission: "Dismantling racism and building a genuinely equitable society." The former being the consciousness work of unraveling a dysfunctional national mindset; the latter being the actions necessary to truly realize the literal meaning of our founding fathers' promise.

This ministry grew from the unrest over the summer and the many workshops and classes Unity Worldwide Ministries has been presenting over the years to train, educate, discern, and otherwise support ministers and leadership in addressing racism. From the webpage it says: "The multi-cultural and multi-generational response (to recent unrest) has inspired many white people to learn 'what they didn't know they didn't know.' We are in a time like no other. A time that offers the unique opportunity to deeply examine what we must do to address and eradicate this problem." The ministry grew from that seed planted in the summer. Investigate it at: <https://www.theantiracisminstitute.org/> It is currently supported by volunteers, however we recently received an announcement that a major donor has come forth to increase support and move it into autonomy! We celebrate the creation and manifestation of this Divine Idea!!!!

Unity Lincoln is a tithing church. This month Unity Lincoln will share a part of it's tithe with The Anti-Racism Institute.

**A Prayer for Resilience**

Most amazing Spirit, I now immerse myself in your light within me. With every breath, I breathe your light into every part of me. You light my mind with right choices. Mighty currents of your presence in me minister to me in every needed and desired way. In the quiet, I listen for your still, small voice guiding my thoughts and my steps. I affirm I am open and receptive to knowing and living from the divine power in me.

**No Kill Shelter Donations**

The donations of pet supplies will be taken this week. Thank you to those that brought stuff in for our pet friends.

- |                      |                              |                    |
|----------------------|------------------------------|--------------------|
| 2 bags Dental Sticks | 1.5 bags small rawhide chews | 2 dog toys         |
| 3 blankets           | 7 pet pads                   | 2 oral care sticks |
| 1 vita gravy packet  | 1 box dewormer               | one wheel          |

**Friendship Home Food Collection**

When Claire Coleman asked if Unity Lincoln could do a food drive for Friendship Home early last year, I said: "Yes." I'll tell you all a secret - I try to always say: "Yes," because I can feel the energy begin to flow from that moment. I know that manifestation can begin with speaking the words! Of course, I had no way to know how the year would unfold. The campus pantry that we have supplied the last two years or longer of food drives has temporarily closed. This presents the perfect opportunity for us to serve Friendship Home! Luke 6:38: "Give and you will receive. Your gift will return to you in full--pressed down, shaken together to make room for more, running over, and poured into your lap. The amount you give will determine the amount you get back."

Friendship Home is a women and children's shelter and support service in Lincoln. The webpage ([friendshiphome.org](http://friendshiphome.org)) states: Domestic violence is a pattern of physical assaults, threats and coercive behaviors used to maintain control over a current or former intimate partner. Friendship Home helps victims of domestic violence find physical and emotional safety and re-start their lives. Unfortunately domestic violence doesn't stop for COVID-19, and may often escalate during difficult times...

Let's come together and collect food supplies to help these folks in our neighborhood! Below you will find a list of the most desired items sent by the coordinator to us. Most highly needed pantry items for FriendshipHome:

- Boxed dinners & sides: (hamburger helper/mac & cheese/ Suddenly salads/pasta sides)**
- Cereal**
- Canned vegetables & fruit**
- Canned meals (ravioli/spaghetti os/chili/etc)**
- Sugar**
- Vegetable oil**



Proverbs 19:17: If you help the less fortunate, you are giving to the LORD--and the Lord will repay you!

Thank you and bless you with plenty!

**International Peace Prayer**

Usually we join with prayerful people all over the world at the same time each year on New Year's Eve Day to focus on Peace for the World. That is at 6 AM (Greenwich Mean Time) for Unity Lincoln. This year we invite you to hold the High Watch for Peace for the World throughout the day. Let us, as a community, hold thoughts for Peace together. Perhaps pause for a few minutes each hour to affirm: **Peace fills me now and I enfold the world in my peace. I see it done!**

**December 23<sup>rd</sup> 5PM – Christmas Adam**

Mark your calendar for a most special Christmas party! Join **Christmas Adam** on YouTube or Facebook and enjoy joyful holiday music and readings. We are greatly simplifying **Christmas Adam** this year – you know why – We hope you will join us to warm your heart and soul!

You may ask, "What is Christmas Adam?" Well, according to our dear friend, Rev. Sharri Johnson, Adam came before Eve and Christmas Adam comes before Christmas Eve – a perfect reason to gather and celebrate!

**Christmas Eve Candle Lighting Service**

Christmas Eve is Thursday evening this year. Join your family and friends to celebrate this sacred service on YouTube and Facebook. Enjoy our elegant Candle Lighting Service, December 24th, at 5:00 pm.

We will present a new Unity Twelve Powers Candle Lighting ritual. You might light a candle at home to share in the activity. We know that in God there is no time and no space, only the present moment. During this darkest part of the year, we will fill our hearts with the Light of God and join our radiant lights together in sacred ceremony. We affirm: **The Spirit of Christmas is vital and alive in us!**

**Sunday, Dec 27th 10:30am – Burning Bowl Ceremony**

Unity has two experiential rituals at the beginning and end of the New Year. The first is known as **"The Burning Bowl."** We create a thoughtful list of the good we desire. This we claim and keep. Then, the process is to bring up and write spontaneously anything, thought or experience that stands between us and our good and destroy it without reclaiming it. The most important part of this is to release it and purge it from our consciousness by casting it into fire thus making space for greater good in our consciousness and our lives. If you write your release list, be sure to release it! Tear it into bits and dispose of it. Do not re-read it.

This year Evan and I will conduct the ritual for you in our sanctuary. We invite you to participate virtually with us to start the New Year by releasing the old. What a good idea!

**January 3rd – White Stone Ritual**

The second ritual we participate in happens the first Sunday of the New Year at our regular 10:30AM service called **"The White Stone" Ceremony**. It is loosely based on Revelations 2: 17, "...I will give a white stone, and on the white stone is written a new name that no one knows except the one who receives it."

Usually each attendee is given a fresh white stone and through meditation receives and writes their new name, representing a new beginning and theme for the New Year.

This year is different. We won't have a new white stone for you. So, I encourage you to do what I have done and take a white stone from a previous year and write your new name on the clean back side. Or, you may be blessed to find a fresh white stone in the garden or on a walk! The symbolism is what is important – a new beginning.

# December 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 6:30 pm Unity Café	3	4	5
6 Friendship Sunday 9:00 am – 9:55 am Metaphysics 10:30 am – Service Peace Silent Prayer 12:00	7	8	9 6:30 pm Unity Café	10	11	12
13 Friendship Sunday 9:00 am – 9:55 am Metaphysics 10:30 am – Service Love Silent Service 12:00	14	15	16 6:30 pm Unity Café	17	18	19
20 Friendship Sunday 9:00 am – 9:55 am Metaphysics 10:30 am – Service Joy Silent Service 12:00	21	22	23 6:30 pm Unity Café  Christmas Adam 5pm	24 Christmas Eve 5pm	25 MERRY CHRISTMAS	26
27 Friendship Sunday 9:00 am – 9:55 am Metaphysics 10:30 am – Service First Day of Advent We are Christmas Burning Bowl Ceremony Silent Service 12:00	28	29	30 6:30 pm Unity Café	31 HAPPY NEW YEAR'S EVE	Happy New Year 2021	Friend's Book Club starts again Mid-January