

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

Non-Profit Org.  
U.S. Postage Paid  
Permit No. 319  
Lincoln, NE

Blessings To:

«FirstName» «LastName»  
«AddrLn1»  
«City» «State» «ZipCode»

*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.*

*January 2022*

### 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

*January 2022*

### MINISTER'S LETTER

A Happy Joyous New Year to You All!

Who are you 2022?

Unity Lincoln recently observed two relatively modern rituals based on ancient wisdom, the Burning Bowl and the Whitestone ceremonies. We have been celebrating these services for several years now, and I have included some do-it-yourself instructions for those who could not attend this year.

The Burning Bowl symbolically releases anything that holds us back or stands in the way of fully realizing our oneness. The Whitestone ceremony helps us set our intention for the new year. We can practice the principles of these rituals at any time. Our elder brother and way-shower, Jesus, said it this way, "let your yes be yes and your no be no." With this in mind, I ask the question, "Who are you in 2022?" It all begins with how we choose to show up in the world.

To what are we saying yes or no? Do we remember always to choose love? Can we choose love instead of being right? Do we remember to forgive, even ourselves? Can we say no to our attempts to control what other people should say, do, or how they should behave? Can we say yes to doing something nice for someone else without expecting anything in return? Will we have the courage to let go of everything that no longer serves us and say yes to all that God is and has for us?

As we move into the new year, it is time to look at where we are going, who we are, and what we want to do individually and collectively. Let's make our Unity Lincoln theme, "Who are you in 2022?" To what are you willing to say yes or no? They are the same question.

Love and Blessings in the new year,  
Rev. Evan



**Reminders:**

- Best Choice bar codes — save and send them our way
- Friendship Home food Drive — bring in your donations to help out the shelter
- Inclement Weather Policy — same as First Plymouth Church
- SCRIP — remember to purchase your cards

**Burning Bowl Ceremony**

The Burning Bowl Ceremony, also known as the rite of the phoenix, can be performed anywhere fire safe (fireplace, campfire, outdoor grill.) Remember that burning even a tiny amount of paper will give off smoke. In our yearly service, we use magicians' flash paper. It's a great show and doesn't give off smoke. Prepare the source of the flame. Even a small candle will work. Make sure the fire ready before the next. Prepare a brief list (no more than a few words) of attitudes or personality traits you wish to release. Focus on yourself, not others. What do you want to let go of? Once you have the list, DO NOT REREAD IT. You are trying to let go, and rereading tells your subconscious mind, you are not ready. Place the paper in the fire, make sure it burns completely, and claim the spiritual energy you have released.

**White Stone Ceremony**

The concept of the White Stone Ceremony comes from Revelation 2:17 "To everyone who conquers 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." Find a light-colored stone no larger than your hand's palm with a flat surface. The "new name" is a word we choose as an intention. Meditate for a moment on what intention you wish to set. A word will come to you. I have used words like Truth, Beauty, Understanding, and Growth. Write your word on the stone, and place it in a place you will notice frequently. Each time you see your stone, remind yourself of your intention.

**President's Thoughts**

It was actually the Best of Times and the Worst of Times. I started my service as VP of the board; this quickly turned into Mickey's assistant treasurer. "Numbers are my life." I said once upon a time and found myself as treasurer of the board. This was BAD. We later added an accountant to make us more reflective of our blessings. Many nights I counted my blessings instead of sheep.

Last year was full of challenges. With the help of the W.W.W. I was able to vacation in Costa Rica and be present for the March BOT meeting. We continued to meet via zoom due to COVID-19. As a fiduciary board we were able to receive a very generous tithe from the estate of John Jones. Health challenges created some difficulties with the BOT and our church family. Toni's cancer returned with a vengeance and my heart issues resurfaced. Four years to the day I had to have another open-heart by-pass surgery and Rev. Toni transitioned (I miss my friend and mentor).

As I ponder on 2022 I am reflecting on my last 3 years of service to the board. It has been an interesting 3 years with many valuable learning experiences. I was able to keep my humor with the help of other BOT members, and enjoy being president. We get closer every month of my 1.5 hour goal for our meeting. As I transition from board member to pastoral team member, my goal for Unity Lincoln is to create an even tighter community.  
 Connie Rose, Board President

**BOARD MEMBERS**



Connie Rose,  
President



Liane Schmidt,  
Vice-President



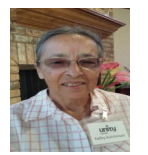
Paul Fox,  
Treasurer



Adeline Mickens,  
Secretary



Janet Carlson,  
Member-at-Large



Kathy Hutchinson,  
Member-at-Large

**Leaders:**

- Hospitality—Dec Tonniges, Liane Schmidt
- Leadership/Coaching—Kris Thaller
- Licensed Unity Teacher—Rev. Evan Coleman
- Music—Rev. Evan Coleman
- Prayer—Paul Fox
- Music Team—Evan Coleman, Paul Fox, Janet Carlson
- SCRIP—Paul Fox
- Website—Paul Fox, Rev. Evan Coleman
- AV Tech Team—Paul Fox, Evan Coleman, Josh Winkelmann
- Garden Team—Mickey Seefeld, Nancy Swarts
- Usher/Greeter Team—
- Mickey Seefeld, Fred Berry, Connie Rose, Carol Cunningham, Janet Carlson, Kris Thaller
- Recycling Team—Kathy Hutchinson, Jim Wilson
- Staff:**
- Minister—Rev. Evan Coleman
- Speaker—Rev. Fred Berry
- Music Dir.—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](mailto: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](mailto: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](http://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](mailto: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

**Calendar**

Sundays  
 9AM Metaphysics 10:30AM Service Noon Silent Service  
 Second Sunday of the Month Board Meeting after Service

Tuesdays  
 6PM Friends Book Club: A Trip to Bethlehem

Special Events:  
 Annual Membership Meeting January 16th

**Last Months Finances**

Total Income: \$ 6117  
 Total Expense: \$ 5760  
**Net \$ 357**

Tithes Given \$ 410  
 Classes: \$ 123  
 Building Fund: \$ 150

Keep Saving  
 Those Pennies

