



Monthly Newsletter of Unity Spiritual Center, Spokane | *April 2013*

# *Unity, Spokane* **Discoveries**

## **A Word from Rev. Clare Austen**

**There is no duty we so much underrate as the duty of being happy.**

*Robert Louis Stevenson*

This quote intrigued me, so I looked up the word “duty.” One definition is “the social, moral or legal force that binds one to a certain course of action.” This made me wonder if a commitment to the awakened life might mean I have a spiritual obligation to be happy.

Now, I know that traditional religious thinkers have argued that righteousness (being faithful), not happiness, is the purpose of life. But let’s take Unity’s interpretation of being righteous: finding the ‘right-use’ of my life or expressing my divine potential. Then, perhaps, rather than being mutually exclusive, happiness might flow out of righteousness, or it occurs to me that if I seek happiness first, the right-use of my life naturally follows.

To support this idea I must establish what I mean by happiness. It’s not witlessly or manipulatively being cheerful all the time. My definition of happi-

ness, at this point in my life, is deep contentment with myself, punctuated occasionally by spontaneous hilarity, blissful joy, tearful reverence, AND, brief fits of discontent, impatience, or resentment. I include the dark side of happiness because I don’t think I can really be happy if I can’t recognize and accept the moments when I’m not happy. Perhaps it is this holistic happiness that truly results in a natural expression of my divine potential. This happiness is more like the atmosphere of my life, not the weather that blows through it.

I turn 60 in June and I am feeling called to test Abraham Lincoln’s theory that **“Most people are as happy as they make up their mind to be.”** I am grateful to Patti Godwin for suggesting I read Gretchen Rubin’s book ***The Happiness Project***. It has encouraged me to give thanks for all the joyous experiences and delightful relationships I already have in my life, but also to delve into some of the dusty corners where dissatisfaction still abides in me.

I haven’t finished the book, but I have already been following her example and looking closely at my false

*Continued on page 2...*

Sunday Services ... 9 & 11 am

**OFFICE & BOOKSTORE HOURS**

Tues. and Thurs. 10:00 - 3:00 pm  
Wednesday 10:00 am - 5:00 pm  
Closed Mon., Fri. & Sat.  
Office (509) 838-6518  
Fax (509) 838-5537  
Website [www.unityspokane.org](http://www.unityspokane.org)  
[communications@unityspokane.org](mailto:communications@unityspokane.org)

**STAFF**

Spiritual Director.....Clare Austen  
Associate Minister.....David McClure  
Minister - Family.....Jackie Green  
Administrator.....Terri Lewis-Sander  
Communications.....Tessa Trow  
Custodian.....Bee Reynolds  
Music Director.....Tawni Wright  
Choir Director.....Shawn Wright

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**LICENSED UNITY TEACHER**

Mary Teresa True

**Board of Trustees News**  
**By Diane Bisson**

It is with great joy that I write my first article as Board President. I know I have some big shoes to fill, as Patti Godwin is certainly a get-it-done person! When I think of the year ahead for Unity Spiritual Center, I cannot imagine a year with more possibility for expressing our commitment to this spiritual home. I hope that you will all find ways in which to take part in our Centennial celebrations.

For this article, I want to focus on the phrase **“Grounded in Gratitude, Moving Courageously Forward.”** When I think of being grounded in gratitude, I praise all those who came before us in this ministry and who held fast to their spiritual giving, allowing us to enjoy this beautiful building and site that now carries no mortgage. I think of those who had the foresight to pick this location and had the faith to leave a beloved building behind and undertake creating a new home that would serve this ministry in greater ways.

As we move courageously forward, I think of my grandmother, Hazel Holcomb, who was a long time member of this congregation. As a person who supported a family during the Depression, she lived the principle of being prudent with your financial good and always having your house in order. My mother, Harriett Jacobsen, learned this important value from her and so have I. As our ministry invests in upgrading our computer systems, getting our roof in good repair, and cleaning out clutter wherever we find it- we are doing just that.

When our house is in order, we are free to concentrate on our mission and vision, to ask how we can even better bestow our message to others and make a difference in people’s lives. And when our church organization and infrastructure are in order we, the people, can focus on our individual spiritual journeys. We are free to experience the joy that a strong faith imparts.

Blessings to you all. This year may we dance with inspiration and joy, and celebrate all that is truly good in our lives.

**Rev. Clare continued.**

limitations, the untrue things I say about myself or how life is, and identifying honestly the true “limitations of my nature.” I am also making a list of challenges I want to take on. Rubin says it is stretching, doing new things, and facing uncertainty, not trying to stay safe, that creates in me the inner space for more confidence and happiness.

The most interesting idea I have received from the book so far, however, is distinguishing when I am ‘pretending’ and when I am willing to ‘act as if.’ Pretending I am OK with a situation to please others drains my energy and contributes to my overall discontent. It’s enlightening just to notice when I am pretending.

Rubin says her experiment with ‘extreme niceness’ for a few days showed her the real power of **“acting the way I want to feel.”** Something shifted when she worked at being nice: she saw herself as a nicer person and she truly felt happier. Like an affirmation, it’s no surprise to those in U, that her acting preceded the reality.

Now, when I am having a fit of irritation or discontent, I question if I am just pretending- being false to myself, and I “try on” how I really want to feel. Rubin’s experiment is right in line with what science is telling us about our brains. We have the ability to make new neural pathways that then change our behavior. So, if we truly want to express our greatest potential and make a difference in our world, I think perhaps we have a duty to find deep abiding happiness.

**Centennial T-Shirts On Sale**

In honor of our 100th Anniversary we have Centennial T-Shirts and Sweatshirts for sale in a variety of sizes, colors, and styles. You can order online and if you have your order sent to the church, your shipping is FREE.

Click [here](#) to visit our store and to purchase one of our Centennial Sweatshirts or T-Shirts (short sleeve and long sleeve) in purple or gold. Bloomsday is around the corner. Why not show your Unity pride and wear your Centennial T-Shirt in the race!



Have you visited our Facebook page? [Click here](#) to “like” us and stay completely updated on Centennial events, to read our weekly updates, quotes, and photos. Join the conversation!



# Prosperity

## We Give With Gratitude

Unity believes in the practice of tithing. As we share our income with others, we also generously receive.

In February, Unity Spiritual Center gratefully tithed 10% of our revenue to those who share our spiritual vision...

Unity Worldwide Ministries  
 Unity School  
 Our Unity NW Region and NW Region Y.O.U.

And to: Volunteers of America because they exemplify the Spirit of Compassion and Service.



## Sacred Rubble Donations Accepted in May

Please create a donation box as you begin your spring cleaning and set aside gently used items to donate for our upcoming Sacred Rubble sale.

## Intentional Giving

We invite you to be a part of setting an abundant consciousness here in our ministry. The IG program is not about how much money you give, it is about making a commitment to support Unity consistently throughout the year. Fill out your card and join our annual intention experiment.

## 100 X \$100 Fundraiser

We are raising \$10,000 for our Centennial year activities. We want to make it a year of honoring our past and creating new energy for our future. If you can give \$100 or more above your regular tithes and gifts, you will help us with all our special Centennial events and projects. See the 100 squares on our poster fill up!

# Centennial Congregation Photo On Sale

Copies of our Congregational photo displayed in the Seva Center are now available for sale in the Unity Bookstore! Copies are \$10 each.

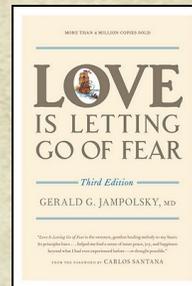


## Recommended Reading

**Love Is Letting Go Of Fear**  
 by Gerald G. Jampolsky, MD

After three decades of circulation *Love Is Letting Go of Fear* is still one of the most widely read and best loved books on personal transformation and has become a classic all over the world.

This helpful and hopeful guide is comprised of twelve carefully crafted lessons that are designed to help us let go of the past and stay focused on the present as we step confidently toward the future. Renowned founder and teacher of Attitudinal Healing, Dr. Gerald Jampolsky reminds us that the only impediments to the life we yearn for are the limitations imposed on us by our own minds. Revealing our true selves, the essence of which is love, is a matter of releasing those limited and limiting thoughts. **Available in the Unity Bookstore.**



## February 2013 Abundance Report

	February 2013	Year To Date	Budget YTD
<b>Revenue</b>			
General	\$26,625.17	\$44,111.51	\$53,530.00
Special Event	\$1,123.00	\$2,322.00	\$2,400.00
Total	\$27,748.17	\$46,433.51	\$55,930.00
<b>Expenses</b>			
Special Event	\$160.00	\$1,004.00	\$1,200.00
Personnel	\$15,749.90	\$32,243.17	\$33,727.00
Tithe	\$2,758.80	\$4,572.31	\$5,600.00
Operating	\$7,623.31	\$16,601.93	\$15,112.00
Total	\$26,292.01	\$54,421.41	\$55,639.00
<b>Income/(Loss)</b>	\$1,456.16	<b>(\$7,987.90)</b>	\$291.00

## Unity Foundation

We are very grateful for all our Foundation board members for re-envisioning what is possible. Watch for future Foundation supported projects and keep in mind how your donation to the Foundation can make a difference to Unity.

Foundation funds as of ...

February 28, 2013: **\$86,279.49**

## Sing Your Song

by Rev. David McClure



If you are anything like me (God forbid) there are days when you are just too busy to pray or even acknowledge that you live in the same universe as God. Then there are days with no pressing needs in your life, so you think, "I don't really have any reason to pray or be spiritual today!"

I stepped out of my front door this morning just as the sun was coming up. I looked toward the sun just rising over Brown's Mountain, took in a few deep breaths of chilly morning air, and let them out slowly. It was a peaceful moment and I felt connected to all life. Suddenly, I was rudely interrupted by the song of a nearby robin. The bird was singing like there was no tomorrow! I thought, "Why's that silly robin singing so loudly and beautifully this morning?" What was going on in that bird's life that inspires it to warble with such gusto?"

Almost as soon as I had asked the question, the answer quickly came: that robin doesn't need a reason to sing. Singing is its nature. He doesn't sing because he should or has to, or because he had a good night's sleep or found the biggest, juiciest worm on the planet that morning. He sings because he cannot help it. He sings for the sheer joy of it! It is the robin's way of expressing joy and gratitude. Here is a poem by my favorite poet, James Dillet Freeman:

### On Wings of Song

The boughs hang bare when the winter winds blow  
But the little birds sing in spite of snow.

I like to believe that I, a man,  
Can do as well as a little bird can,

But you have to have faith in the rightness of things  
To fling yourself out on feathers and wings,  
And sing when there seems to be nothing there  
But icy winds and empty air.

Little bird, fly up to the top of the tree of my mind,  
And sing your song in me.

We all know what unconditional love is. It's love for no reason. So, let's pray today because we can't help ourselves, because we are praying fools. We can be spiritual, even if we don't have anything to be spiritual about. Let's pray because we are praying beings. You're spiritual today and every day because you are a spiritual being. Let's pray and be spiritual for the sheer joy of it! It's our way of expressing our joy and gratitude for life. Open your heart and let your song be heard - unconditionally!



## WEDNESDAY NIGHT AT THE MOVIES

May 1, 2013 at 7:00 pm

### For the Next 7 Generations

In 2004, thirteen Indigenous Grandmothers from all four corners of the world, moved by their concern for our planet, came together and formed an alliance. Join us to learn about and celebrate the Grandmothers' vision and unite your voice with their call to heal the planet through their indigenous practices, ancient wisdom, and deep understanding of the way Our Mother Earth works. Learn about [their story](#).

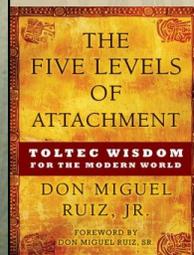
Five years in the making and shot on location from the remote villages of the Amazon to the steps of the Vatican, from the mountains of Mexico to a private meeting with the Dalai Lama in India, this award-winning film follows these amazing women as they face a world in crisis and share with us their visions of healing and a call for change now, before it's too late. Watch and be inspired by their bravery, audacity, and timeless wisdom.

**Suggested Love Offering is \$10 for adults and \$5 for children. A portion of the love offerings will be donated to the Center for Sacred Studies.**

## The Five Levels of Attachment

Wednesdays, through April 24 at 7 pm

Facilitated by Rev. David McClure



This six-week class will explore the ways we attach ourselves to beliefs and the world, and how each level of attachment causes suffering in our lives and traps us in a psychological and spiritual fog. Join in anytime. Suggested Offering is \$5-10 per class.

**Copies are available in the Bookstore.**

## LIFE TRANSITIONS:

Our thoughts and prayers are with:

- ◆ Michelle Lamb on the passing of her husband, Dave.
- ◆ Ron Sims on the passing of his wife, Carol.

## CONGRATULATIONS TO:

- ◆ Marlene and Gary Lock on the wedding of their daughter Heather.
- ◆ Diane and Jeff Hunter on the birth of their granddaughter, Caroline Diane.

# Youth and Family Ministry

## A Word From Rev. Jackie Green



Logos and mission statements have always intrigued me. The essence of something is summed up in a symbol, a word, or a few words conveying feeling beyond content. The process of defining and refining to communicate clearly and to the point invigorates me.

Our new Unity logo and ministry name refreshes my connection with my chosen spiritual path. Our mission statement, "We are a community of love and acceptance dedicated to spiritual discovery" is powerful in its simplicity. The words resonate in me with ease and joy.

Our NW Y.O.U. Kids Camp Counselors created their mission statement to inform young people and their adult supporters. It also strengthens their resolve to live up to their aspirations. "We the Kids Camp Counselors of 2013 will create a safe, loving and joyous environment where kids are encouraged to express and celebrate their spiritual growth." Celebrating brevity and clarity are Jesus's words "God is love." My message: I love you.

Please mark your calendars for Unity's **Graduation Family Sunday** happening on Sunday, **May 19**. Also, **Vacation Bible School** is set to happen here at Unity, Spokane from **July 15—July 19**. Stay tuned for information on this fun annual event. Application packets for **NW Unity Kids Camp** happening **June 23-26** are now available from Jackie Green. Pick up next month's edition of Discoveries for details.

## Next Generation Unity (NGU)

**"Meditate, Co-Create, Radiate"**  
**May 3-5 at Camp Emerald Forest**

Are you ready to answer the call to transformation? Activate your consciousness at the spring NW NGU retreat May 3-5 at Camp Emerald Forest in St. Helens, Oregon. Registration is \$150 and covers meals, lodging, and supplies so you can discover and connect through small group activities, play, workshops, and communion. Search within through meditation. Share your spiritual gifts as you co-create the event with the young adult community. Prepare to radiate your



Truth in the world. Whether you're listening for guidance or trying to figure out how to make your mark on the world, this weekend is your divine invitation to start here and now! Register [here](#).

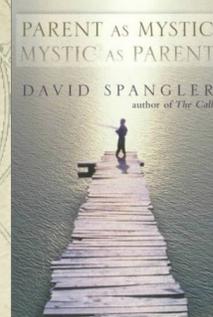
## Recommended Reading

Parent as Mystic, Mystic as Parent

By David Spangler

"We are each slices of God, pieces of the infinite, of the primal Mystery," writes Spangler in this sweet-spirited rumination on parenting. "How can we afford not to contact each other, whatever our age, our relationship, or our station in life, with wonderment, respect, and a sense of new possibilities?" This striving to keep a sense of existing within a greater wholeness is not a hobby but a full-time job for Spangler, a self-described "freelance mystic" and father of four. Through personal anecdotes, the author, who is often cited as a pioneer of the New Age movement, reveals an earnestly nonhierarchical approach to parenting and spirituality that underlines the sacred dimension of simple parental acts such as welcoming kids onto a warm lap and listening deeply. "To discover God, make a lap," Spangler proclaims.

He encourages parents to let their natural feelings of tenderness and nurturing responsibility flower rather than to perpetuate authoritarian stereotypes, stressing that children emerge through a co-creative, fostering process. They can't be hammered into shape. Spangler's take on painful subjects such as divorce and abuse focuses on the need for parents to be courageous enough to face and forgive their own wounds and shadows in order to break old, harmful patterns. The gentle mystical approach he offers is sound, because it is rooted in the understanding that while we may all ultimately be One, we are also inescapably separate, with our loving attention the most priceless gift we can give to another. (From Publishers Weekly). **This Book is available in the Unity Bookstore.**



## Mother's Day Y.O.U. Flower Sale

**Sunday, May 12**

On Mother's Day, beautiful flowers arranged by our Y.O.U. will be available after services for a Love Offering. A springtime bouquet is the perfect gift for someone who you would like to honor. Moms are guaranteed to be delighted! All proceeds go towards scholarships for our kids to attend NW Unity summer camps.



**"I have never understood the importance of having children memorize battle dates. It seems like such a waste of mental energy. Instead, we could teach them important subjects such as How the Mind Works, How to Handle Finances, How to Invest Money for Financial Security, How to be a Parent, How to Create Good Relationships, and How to Create and Maintain Self-Esteem and Self-Worth. Can you imagine what a whole generation of adults would be like if they had been taught these subjects in school along with their regular curriculum?"**

**-Louse Hay, You Can Heal Yourself**

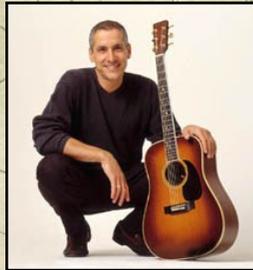
## David Roth in Concert

Friday, April 12 at 7:00 pm

As singer, songwriter, recording artist, keynote speaker, workshop leader, and instructor, David Roth has earned top honors at premier songwriter competitions and taken his music, experience, and expertise to a wide variety of venues around the world for more than two decades.

David's songs have found their way to Carnegie Hall, the United Nations, several Chicken Soup for the Soul books, the Kennedy Center, NASA's Space Shuttle "Atlantis," over 300 New Thought Centers, and more. [Learn more about David.](#)

Poignant to improbable, holistic to hilarious, David returns to Spokane from his home on Cape Cod. James Taylor meets Jerry Seinfeld? Join us for an evening to remember.



Don't miss our very special movie presentation of **For The Next 7 Generations** on Wednesday May 1. Visit page 4 to learn more.

## Men of Unity Bowling

Sunday, April 14 at 1:00 pm

All Men of Unity are invited for an afternoon of bowling at North Bowl on 125 W. Sinto. The cost is \$10 and includes 2 hours of bowling, your shoe rental, and a drink of your choice. Please contact [Reese Hinthorne](#) at (509) 599-7325



with questions or sign up in our Seva Center. Also, mark your calendar for their Pre-Bloomsday Breakfast and Program on Saturday, May 4 from 8 - 9:30 am. The program by Rev. David McClure is "Conquer Your Giants."

## Unity Karaoke Night

Friday, May 3 at 7:00 pm

Come and enjoy a karaoke night hosted by the Unity Choir. Wine and refreshments will be available. Wear your Unity Centennial T-shirt and receive a special discount on refreshments. Bring your friends and show everyone what American Idol is missing. Talent is optional; fun is mandatory! Love offerings welcome.



## Upcoming Events

### Attitudinal Healing Lecture and Workshop Friday, April 19 – Sunday, April 21

It is a rare and extraordinary opportunity that Unity, Spokane not only receives attention from international celebrities but that those celebrities visit to interact with our members. But that is just what is happening this month in honor of Unity Spiritual Center's 100th Anniversary.

On Friday, April 19, the founders of Attitudinal Healing International (AHI) who are hailed and admired by Oprah, bestselling authors, international lecturers and teachers, and recipients of over a dozen Professional and Humanitarian awards, **Jerry Jampolksy MD and Diane Cirincione PhD**, are coming to Unity, Spokane to give us a two hour lecture (by love offering) titled "**How To Let Go of Worry, Stress, and Fear in a Chaotic World.**" Watch their personal invitation [here](#).

Following Jerry and Diane's exciting one-night-only lecture, AHI Senior Trainers, Trish Ellis and Carolyn Smith, will teach a two day workshop on Saturday, April 20 from 9-5 and Sunday, April 21 from 1-5. This workshop introduces the core concepts of Attitudinal Healing, a self-healing method which helps us to remove the self-imposed blocks, like judgments of others and ourselves, that we put in the way of experiencing love, peace, and happiness in our lives. **The cost is \$55 prior to April 5 and \$65 thereafter.**

Attitudinal Healing teaches us that everyone's essence is love, and we will learn to recognize that our essence is always available for us to tap into. Attitudinal Healing is based on the belief that people and external situations do not cause us to be upset. Rather, what causes us conflict and distress are our thoughts, feelings, and attitudes about people and events. Choosing our thoughts and attitudes is a powerful way of taking control of our lives and guiding our minds toward peace. As we become aware of our choices, we are able to respond consciously rather than react to life's challenges. In addition to choice, forgiveness is a foundational principle of Attitudinal Healing. Forgiveness is the willingness to let go of and release the hurtful past. Participants will look at the people or situations in their lives that they have not forgiven and understand how forgiving brings peace of mind.

To learn more and to register, please [click here](#).



## Ongoing Unity Groups

**The Explorers** - Wednesdays,  
10 - 11:30 am. Coffee and Discussion on  
interesting spiritual books and articles.

### Prayer Shawl Ministry

All knitters, including beginners, welcome.  
Contact [Jane Giesel](#) at 509-624-6239 for  
details.

### A Course in Miracles Study Group

Tuesdays, 6:45 pm. By Love offering.

### Men of Unity

Growth, fellowship, service, and retreats.  
Quarterly breakfast meetings. Contact  
[Reese Hinthorne](#) with questions.

### The Outrageous Wild Women of Unity (OWWU)

Spiritual circles held the 4th Saturday of  
most months. Contact Joyce at  
[joyce@swanlight.com](mailto:joyce@swanlight.com) or 242-9980.

### Unity Choir

Rehearsals - Thursdays, 7 pm.  
Wanted: everyone interested in singing and  
fun! Talk to our music team, [Shawn and  
Tawni Wright](#).

### Next Generation Unity (NGU) Ages 18-35

Meeting the spiritual needs of Unity's young  
adults. Periodic special events are listed in  
*Discoveries* and our Sunday bulletin.

### Soul to Sole

Providing new shoes to children in need.  
Fitting dates vary. Visit [www.soultosoles.org](http://www.soultosoles.org)  
or contact Harriet Jacobson at  
[hatjac@comcast.net](mailto:hatjac@comcast.net).



## Wednesday Nights at Unity

**Join us! Community Dinner at 5:45 pm.** The delicious main dishes are provided by our chef who always includes vegetarian and vegan options. Bring a salad, side dish or dessert to fit the theme. If you bring a dish, one member of your family eats free. Otherwise, the cost is \$6 for adults, \$4 for seniors, \$12 for a family of four, and \$2 for an additional child or for our Unity teens.

### April Menu:

- 3 - Asian yakisoba noodles with vegetables, stir-fry chicken, and spring rolls
- 10 - Breakfast for dinner
- 17 - Pasta Bar: a trio of sauces and other delights
- 24 - Wacky Wednesday



Following our community dinners, Rev. David McClure will teach his Wednesday night program, **The Five Levels of Attachment** based on the book of the same name by Don Miguel Ruiz Jr., at 7:00 pm. (See page 5). Join us for this thought provoking class. Suggested Love Offering is \$5-10 per class.

## Other Groups at Unity

### Al-Anon Serenity Seekers

Thursdays at Noon.

### AA New Soil, New Roots

Thursdays and Saturdays, 7 - 8 pm.  
(Enter downstairs from West  
parking lot.)

### Oneness (Deeksha) Blessing

3rd Sundays, 12:30 pm. By love offering.

### Mindful Mamas

Thursdays, 10:30-12 pm. Kid-friendly  
parenting and support group.

### Dances of Universal Peace

Sufi dancing, 1<sup>st</sup> and 3<sup>rd</sup> Thurs., 7 - 9 pm in the  
chapel. Call Bruce at 220-5160.  
All are welcome.

### Music Together

Mondays in the chapel at 9:30 - 10:15, April 8-  
June 17, led by Salli Sledge. Early childhood music  
and movement class (6 mo - 6 yrs). Contact [Salli](#)  
or Tonya Garske at 509-464-1595.

### Pilates/Yoga Blend Class

Mondays and Wednesdays from 4-5 pm. \$29  
per 5 week session or \$6 per class to drop in.  
Register [online](#) or call Joan Magnelli at (509) 294  
-1569.

### Yoga for Stress Reduction

Mondays from 5:15-6:15. Register [online](#) or call  
Joan Magnelli at (509) 294-1569.

### Weight Watchers

Wednesdays at 5 pm. For info contact  
[Tara Wear](#).

## A VERY SPECIAL MENTOR NEEDED

Unity has been contacted by the U-District Foundation; a non-profit that works with underprivileged children in Spokane. Their mission is helping kids to dream great dreams, set goals, stay active and fit, and make good decisions about their lives. They have a girl, an 11 year old 5<sup>th</sup> grader at Grant School, who they hope to match immediately with a mentor. She comes from an immigrant Hmong family and the organization is looking for a young or young at heart woman to work with her. The commitment is two outings a month, each 2 hours. For more information contact Rev. Clare or Tessa in the office.

## Meditation

Our Prayer Center is open  
during office hours for  
meditation

## Wednesdays

9:00 - 9:35 a.m.  
With Revs  
Clare and David

## Sundays

12:30 p.m.  
(class in the youth area)  
Facilitator: Regina Merritt

As a result of meditating, you can  
experience inner peace, higher  
creativity, improved well-being,  
an easier time coping with stress,  
healthier relationships with others  
and with yourself, and more.  
Be still and listen.

**Unity Church of Truth  
2900 S Bernard  
Spokane, WA 99203**

**April 2013**

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unityspokane.org

**ADDRESS SERVICE REQUESTED**

**Don't miss David Roth  
in Concert on April 12 or  
Jerry Jampolsky and Diane  
Cirincione's Attitudinal  
Healing lecture and  
workshop, April 19-21.  
Visit page 6.**

## **Sundays in April**

**7th - Rev. David McClure**

*"From Fan to Fanatic"*

Music by SpiritVoice

**14th - Rev. David McClure**

*"Your Biggest Demon!"*

Music by Cathy O'Rourke

**21st - Carolyn Smith and Trish Ellis  
from the Center of Attitudinal Healing**

*"Attitudinal Healing in Action"*

Music by the Unity Choir

**28th - Rev. Clare Austen**

*"The Fire Within"*

Music by Britt Hopkins

