

March, 2024



To celebrate our unity and to honor all life

Unity's Five Tenets

God—or Infinite Potential—unopposed and eternal, is the sole Creative Impetus operating in the universe and in our lives.

We—along with all life—are individualized expressions of this Infinite Potential.

Our *Minds* are the vehicles for the activities of this Infinite Potential. Through spiritual practice, we can use our minds consciously, and for good!

So, let's gather together. And let's do just that!

Thank you for visiting our spiritual community. I suspect you've already discovered our hearty welcome, our authentic acceptance, and our genuine kindness. Please know that our services, our classes, our groups, and our events are available to you.

You will find that Unity will not seek to convert you *from* any one thing *to* any other, but to support you in following the Wisdom which we believe is inherent and at-the-ready within you. We believe that while we can create countless enjoyable and creative ways of *pointing to* Truth, in the end each of us has to discover that Truth for self.

We celebrate your presence with us today.

Dr. Richard Loren Held, Senior Minister

| | |
|----------------|--|
| Ongoing Events | <p>Sunday Services: 11:00AM (Adult and Youth). Meditation is offered 30 minutes prior to most UIL events.</p> <p>Recovery Dharma: Sundays, 6:30 p.m.</p> <p>Prayer Time: Thursdays, 8:00-8:30PM. Join with others in prayer from any location! There is no distance in the spiritual realm!</p> |
| Service | <p>Whether serving through UIL's Volunteer Ministry or Humanitarian Outreach Ministries or even another of its many vehicles, you are encouraged to discover that divine intersection of talent and passion within you, and to serve from that deep reservoir!</p> <p>For information: Volunteer@UnityinLynnwood.org</p> |
| Prayer | <p>For detailed information, grab a Prayer brochure from the Welcome and Information Station. UIL's Prayer Chaplains pray with all prayer requests and with individuals by telephone and by appointment. The Pastoral Care Team provides a comforting presence in hospitals, assisted living facilities and rehabilitation facilities; and the Highwatch Prayer Team prays silently for you on specific weeks throughout the year. You may submit prayer requests through UIL's website, in person, or by calling our Confidential Prayer Line at (425) 742-7610. Every month, UIL's Prayer Chaplains offer affirmations and more, available under the Prayer tab at www.UnityinLynnwood.org. If you desire one-on-one prayer, following any Sunday service, you'll find a Prayer Chaplain at-the-ready!</p> |

- Every first Sunday offers a NEWCOMER SUNDAY POTLUCK! All are warmly welcome!
- The restroom located in Dr. Richard's office has been proudly designated as UIL's ALL-GENDER RESTROOM.
- If you require ASSISTANCE during a service, UIL's Welcome Team members are ready to assist! Just raise your hand or alert someone near you
- Unity in Lynnwood honors the sacredness of all life. We are proud to offer only HUMANELY-SOURCED FOOD ITEMS. While we make every effort to ensure that our kitchen is free from products containing peanuts or peanut oil, please note that we cannot offer a full guarantee.
- The west (parking lot) third of the Sanctuary is designated for SERVICE ANIMALS and their owners. Please refrain from engaging working animals.
- You may expect responses to non-emergent matters during administrative hours, 8:00 a.m. - 4:00 p.m., Tuesdays—Fridays.
- You may request a transcript of Dr. Richard's lessons by writing Administration@UnityinLynnwood.org.
- For lost items, please ask about the lost and found box in the Administrative Office.
- We are "UnityinLynnwood" on major social media platforms.

CONTACT US

Board of Trustees
 Board@UnityinLynnwood.org

Stacie Baley, Youth and Family Ministries Director/Event Coordinator
 Stacie@UnityinLynnwood.org
 Events@unityinlynnwood.org

MarySue Brooks, Assistant to the Spiritual Director
 MarySue@UnityinLynnwood.org

Dana Consuelo, Prayer Ministries Director
 Prayer@UnityinLynnwood.org

Candi Doran, Bookkeeper
 Bookkeeping@UnityinLynnwood.org

Dr. Richard Loren Held, Spiritual Director
 DrRichard@UnityinLynnwood.org

Marian Justham, SoulThings Chair
 GiftShop@UnityinLynnwood.org

Cameron Sullivan, Audio/Visual Lead
 Media@UnityinLynnwood.org

Michelle Van Eyck, Volunteer Coordinator
 Volunteer@UnityinLynnwood.org

Matthew Wilson, Office Manager/Music Director
 Administration@UnityinLynnwood.org
 Music@UnityinLynnwood.org

Questions? Visit the Welcome and Information Station following any service where you'll find a Finding Yourself at Unity in Lynnwood booklet as well. Always, your calls and emails are warmly welcomed.

Unity in Lynnwood is supported by freely-given tithes and love offerings. Thank you for your participation in the Law of Circulation . May it respond to you in ways that delight and amaze! Please be reminded that UIL's finances are always available for member review by appointment.

If Unity in Lynnwood is among those organizations which continue to mean the most to you, please consider supporting UIL for years to come through one or more of the planned giving options of UIL's Legacy Program. Please contact Dr. Richard for preliminary information and to discuss any questions.



Unity in Lynnwood is a proud participant in EarthCare® . All documents are printed on the most eco-friendly products possible. You are invited to keep this document or to leave it on a seat for future use.

Unity in Lynnwood cares for her planet.

Events and Happenings

Pre-registration-required or by-appointment-only events are noted in **green**.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|-------------------------------|--|---|--|----------|
| 3 10:30 Silent Meditation 11:00 Service 12:00 Newcomer Potluck 3:00: 40 Days Let Go, Let God Booklet Study (virtual) 6:30 Recovery Dharma | 4 OFFICE CLOSED 7:00 Search for God Study Group (virtual) | 5 | 6 11:00 Staff Meeting 6:00 Prayer Chaplain Meeting | 7 7:30 Tao'N Time Book Study (hybrid) | 8 | 9 |
| 10 10:30 Silent Meditation 11:00 Service 12:30 Choir Rehearsal 3:00: 40 Days Let Go, Let God Booklet Study (virtual) 6:30 Recovery Dharma | 11 OFFICE CLOSED 7:00 Search for God Study Group (virtual) | 12 7:00 Unity Prayer Class | 13 11:00 Staff Meeting | 14 7:30 Tao'N Time Book Study (hybrid) | 15 | 16 |
| 17 9:30 The Sunday Sisterhood 10:30 Silent Meditation 11:00 Service 12:30 Choir Rehearsal 3:00: 40 Days Let Go, Let God Booklet Study (virtual) 6:30 Recovery Dharma | 18 OFFICE CLOSED 7:00 Search for God Study Group (virtual) | 19 7:00 Unity Prayer Class | 20 11:00 Staff Meeting | 21 7:30 Tao'N Time Book Study (hybrid) | 22 | 23 |
| 24 PALM SUNDAY 10:30 Silent Meditation 11:00 Services 12:30 Choir Rehearsal 3:00: 40 Days Let Go, Let God Booklet Study (virtual) 6:30 Recovery Dharma | 25 OFFICE CLOSED 7:00 Search for God Study Group (virtual) | 26 | 27 11:00 Staff Meeting | 28 7:00 Holy Thursday Service (hybrid) | 29 1:00 3rd Act Bring Your Own Bagged Lunch | 30 |
| 31 EASTER 9:30 Men's Group 10:30 Silent Meditation 11:00 Service 12:30 Divine Wholeness 3:00: 40 Days Let Go, Let God Booklet Study (virtual) 6:30 Recovery Dharma | 1 OFFICE CLOSED 7:00 Search for God Study Group (virtual) | 2 7:00 Unity Prayer Class | 3 11:00 Staff Meeting 6:00 Prayer Chaplain Meeting 7:00 Braiding Sweetgrass Book Study (hybrid) | 4 7:30 Tao'N Time Book Study (hybrid) | 5 | 6 |



SMALL GROUP MINISTRY

Please grab a Small Group Ministry brochure from the Welcome and Information Station for details about the following Groups!

- Search for God Study Group:: Mondays, 7:00 p.m. (virtual)
- The Third Act Bring Your Own Bagged Lunch: Last Fridays, 1:00 p.m.
- The Sunday Sisterhood: Third Sundays, 9:30 a.m.

INTERFAITH AT UIL

Tao'n Time Book Study: Thursdays, 7:30 p.m. (hybrid)
Braiding Sweetgrass Book Study: April 3—May 8, 7:00 p.m. (hybrid)

ADULT EDUCATION

Unity Prayer Class (exclusively via Zoom): Unity Prayer will be a deep dive discussion into what Affirmative Prayer is and how to make this effective method a powerful tool for your spiritual growth. The new book we'll be reading is Discover Your Divinity: A Modern Guide to Affirmative Prayer by Reverend Linda Martella-Whitsett available in Soul Things Books and Gifts. Prayer Ministries Director, Dana Consuelo will be the facilitator. All are welcome. Please register. If you do not receive the Zoom link upon registration, please check your junk folder or call the office. The same link will be used for all five classes.

YOUTH AND FAMILY MINISTRIES

Sunday, March 31st: Youth and Family Ministries will be hosting our annual egg hunt again this year! Teens will be hosting an egg hunt for our younger students (Unitots and Unikids) during the 11:00 a.m. service. Teens will then have their own egg hunt following the service at 12:15 p.m. hosted by the YFM sponsors! Plan on lots of fun and lots of prizes for all!

VOLUNTEER MINISTRY

Thanks to all in service! If you would like to serve this community, you can do so as infrequently as an hour or two during a one-day event, or as frequently as once a week for as long as six months! Current opportunities include Welcome Ambassadors, Gift Shop Ambassadors, Social Media Ambassadors and Camera Operators. Please write me for the job descriptions, requirements and skills. We would love to meet you!

Michelle Van Eyck, Volunteer Coordinator (Volunteer@UnityinLynnwood.org)

SUNDAYS

| | | |
|------|----------------|------------------------|
| 3rd | Lent 2024, III | Dr. Richard Loren Held |
| 10th | Lent 2024, IV | Dr. Richard Loren Held |
| 17th | Lent 2024, V | Dr. Richard Loren Held |
| 24th | PALM SUNDAY | Dr. Richard Loren Held |
| 31st | EASTER | Dr. Richard Loren Held |

UIL's services are video recorded and photographed. If you prefer to remain outside camera view, please sit toward the back of the sanctuary. We're glad you're here!

Thank you for your understanding.

DID YOU KNOW?

UIL'S LENDING LIBRARYS in Dr. Richard's office and the Administration Office are available during business hours.

UIL'S BUSINESS HOURS are Tuesday—Friday, 8:00 a.m.—4:00 p.m. We are happy to schedule an appointment! Just ring or write.

TO GET CONNECTED, grab a Finding Yourself at UIL booklet, or Membership at UIL, Volunteer Ministry, or Small Group Ministry brochures from the Welcome and Information Station! All are welcome.

TECHNOLOGY SUPPORT is available to you! Just ask. We realize our techno-world requires much and we're here to help!