

Unity in Lynnwood's
Health and Wellness Ministry

Proudly presents



Sunday, April 21, 12:30 p.m. (in person only)

Healing Sound Bath

Sarah Westbrook will take us on a sonic journey using drums, crystal bowls and other instruments for a time of relaxation and deep healing. Consider bringing a yoga mat and blanket, and dress comfortably.

Wednesday, May 15, 7:00 p.m. (hybrid)

Healthy and Nutritious Plant-Based Eating

Plant-based diets can reduce risk for heart disease, diabetes, dementia, and other conditions - and they are good for the planet! Nutritionist Cassie Christopher, MS, RDN will be whipping up some tasty samples while she debunks common myths about vegetarian and vegan diets, and shares tips for incorporating more plants into your daily routine.

Sunday, June 23, 12:30 p.m. (in person only)

Kirtan Concert

Jennifer Lovejoy, Matthew Wilson and the UIL band will lead this sacred time of chanting to glorify the Divine. Kirtan combines music and mantra – words and sounds that vibrate at the highest level of consciousness. This musical meditation is both joyful and relaxing.

Wednesday, July 17, 7:00 p.m. (in person only)

Experience Different Healing Modalities

Have you been curious about acupuncture, Reiki, Qigong, and other natural healing modalities? You'll get a chance to try out several different healing approaches in this experiential workshop, facilitated by gifted members of our own UIL community.

Wednesday, August 21, 7:00 p.m. (in person only)

Healing Prayer Service

Join Rev. Nancy Merrill as she guides us through a powerful healing prayer service based on Science of Mind teachings and affirmative prayer practices.

Sunday, September 25, 12:30 p.m. (hybrid)

Unity and Chronic Pain Discussion and Support Group

If you are among the 1 in 5 adults living with chronic pain, you are invited to a supportive and sharing discussion of how we can apply Unity teachings about our true nature of Wholeness in this situation.

Facilitated by Rev. Dr. Jennifer Lovejoy.

Wednesday, October 17, 7:00 p.m. (hybrid)

12 Powers Meditation

UIL's Prayer Chaplains will guide you through a healing meditation, focusing on our 12 Divine Powers. These innate spiritual abilities are Faith, Imagination, Will, Love, Zeal, Understanding, Dominion, Order, Wisdom, Strength, Renunciation and Life. This deep meditation will help you to be the light of the world that you are meant to be.

Rev. Dr. Jennifer Lovejoy, Health and Wellness Ministry Chair

www.UnityinLynnwood.org