

Unity in Lynnwood is a proud member of Unity Worldwide Ministries and EarthCare™. All documents are printed on the eco-friendliest products possible.

Unity in Lynnwood cares for her planet.

Unity in Lynnwood is a tithing organization.

Unity gives!



16727 Alderwood Mall Parkway
Lynnwood, WA 98037
www.UnityinLynnwood.org
(425) 741-7172

Practical *Spirituality*. Welcoming *Community*.

FINDING YOURSELF

at Unity in Lynnwood



We offer the following pages as a reference for the ample resources which are fully available to you!
We celebrate your presence with us.

2022 Board of Trustees

John Brooks

Dr. Jennifer Lovejoy

Dr. Richard Loren Held

Jack Eckrem

Tim Vokes

Tory Horsman

Board@unityinlynnwood.org

Practical *Spirituality*. Welcoming *Community*.

- We offer a metaphysical teaching which encourages regular spiritual practice including prayer, meditation, affirmation, denial, service and study.
- We seek to discover and share spiritual practices which are repeatable and reliable and to infuse these spiritual practices into every area of our daily living.
- We teach the unity of all life, transcendent of culture, era or religion or lack thereof.
- We believe each person is an individualized expression of Divinity Itself and we accept each person as such, without condition, question or exception. As a matter of principle, we love boldly.
- We actively seek and enthusiastically include truths from all great spiritual traditions.
- We welcome people from all spiritual traditions or from no spiritual tradition whatsoever into every activity of our community.

FROM OUR SPIRITUAL DIRECTOR

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 himself or herself.

Simply, we recognize you as an individualized expression of the limitless Wisdom, the profound Love and the perfect Life which initiates and sustains all life in our world, and we celebrate your presence with us today.

Best,

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

CONTACT US

Board of Trustees

Board@UnityinLynnwood.org

Stacie Baley, Youth and Family Ministries Director

Stacie@UnityinLynnwood.org

MarySue Brooks, Assistant to the Spiritual Director

MarySue@UnityinLynnwood.org

Rev. Nina Clark, Associate Minister/Bookkeeper

RevNina@UnityinLynnwood.org

Bookkeeping@UnityinLynnwood.org

Rabbi Ted Falcon, Interfaith at UIL Chair

RabbiTed@UnityinLynnwood.org

Lisa Finkral, Audio Engineer

Media@UnityinLynnwood.org

Laurel Hammer and **Walayn Sharples**, Ambassadors

Dr. Richard Loren Held, Spiritual Director

DrRichard@UnityinLynnwood.org

Marian Justham, Gift Shop Team lead

GiftShop@UnityinLynnwood.org

Nathan Long, Audio/Visual Engineer

Media@UnityinLynnwood.org

Walayn Sharples, Local Humanitarian Outreach Ministry Chair

Outreach@UnityinLynnwood.org

Cameron Sullivan, Lead Audio/Visual Engineer

Media@UnityinLynnwood.org

Barbara Thorp, LUT, Prayer Ministries Director

Prayer@UnityinLynnwood.org

Matthew Wilson, Office Manager/Music Director

Administration@UnityinLynnwood.org

Music@UnityinLynnwood.org

Rev Nina Clark, Small Group Ministry

SmallGroups@UnityinLynnwood.org

HEALTH AND WELLNESS MINISTRY

The purpose of UIL's Health and Wellness Ministry is to offer educational and experiential programs that support healthy lifestyles and habits. We align with, and are inspired by, Unity Co-founders Charles and Myrtles Fillmore who demonstrated and taught that vibrant health starts within and is supported by direct spiritual tools and practices. Our aim is the integration of body, mind and spirit. Health and Wellness Ministry offerings include workshops, activities, classes, book studies and a variety of resources. UIL's Health and Wellness Ministry relies upon evidence-based materials and programs.

HealthandWellness@UnityinLynnwood.org

INTERFAITH AT UIL

UIL teaches that religion is something of a "lens" through which we explore and experience Truth, by whatever name we choose to call that Truth. As Rabbi Ted Falcon so often says, "All authentic spiritual paths point to a shared Universal." So, UIL celebrates and actively embraces the truths found in all authentic spiritual traditions. Under his rich leadership, clergy representing multiple faith traditions offer services, classes, enrichment events and more in deep respect of our collective awakening to that shared Universal.

Rabbi Ted Falcon, Interfaith at UIL Chair

RabbiTed@UnityinLynnwood.org

HUMANTARIAN OUTREACH MINISTRIES

The Vision of our Humanitarian Outreach Ministries (both local and global) includes a world in which all peoples have all things necessary for healthy, prosperous and joyful lives. In 2015, we sent a team to Tanzania to support the construction of a pediatric medical facility and birthing center. We remain closely affiliated with International Health Partners TZ. We also provide volunteer construction and work resources for local projects in addition to assisting countless local organizations and the people they serve in our immediate community.

Walayn Sharples, Local Humanitarian Outreach Ministries Chair
Outreach@UnityinLynnwood.org

In support of the mission and vision of
Unity in Lynnwood,
the Humanitarian Outreach Ministries seek to enrich the lives
of our brothers and sisters through service.

NEW BEGINNINGS PROGRAM

Unity in Lynnwood offers this program designed to provide one-time, limited financial assistance to formal members in good standing! Any available funds will be dispersed on a first-come basis by application (allow ample time for review).

Matthew Wilson, Office Administrator
Administration@UnityinLynnwood.org

SERVICE MINISTRY

We teach sacred service as a powerful, spiritual discipline. UIL's program sets forth the structure through which you can discover the deeper meaning of service when undertaken as a spiritual practice. UIL's Associate Minister is happy to consult with you at any time.

Michelle Van Eyck, Volunteer Coordinator
Volunteer@UnityinLynnwood.org

YOUTH AND FAMILY MINISTRIES

Unity in Lynnwood offers dynamic Youth and Family Ministries programming every Sunday, during the 11:00 a.m. service. All are welcome to join us in our ongoing exploration of Unity's principles.

Our age groups are as follows:

- Unitots: ages 1-4
- Unikids: K-5th (ages 5-11)
- Uniteens: middle school (ages 12-14)
- Youth of Unity (YOU): high school (ages 14-18)

Please grab a *Quick Start for Families* card from the Welcome and Information Station for additional details.

All lessons are based on the Living Curriculum, designed at age-appropriate levels to look at the world through the lens of Unity's five principles (for children and teens):

1. God is all good and active in everything, everywhere.
2. I am naturally good because God's Divinity is in me and in everyone.
3. I create my experiences by what I choose to think and what I feel and believe.
4. Through affirmative prayer and meditation, I connect with God and bring out the good in my life.
5. I do and give my best by living the Truth that I know.
I make a difference!

Stacie Baley, Youth and Family Ministries Director
Stacie@UnityinLynnwood.org

PRAYER MINISTRIES

Unity in Lynnwood practices Prayer.

UIL has three Prayer Ministry Teams—our Prayer Chaplains who pray with all prayer requests and with individuals by telephone or after Sunday services; the Pastoral Care Team whose members provide a comforting presence in hospitals, rehabilitation centers, private homes and more; and the Highwatch Prayer Team whose members pray silently for individuals and organizations on specific weeks throughout the year.

You may submit [Prayer Requests](#) through UIL's website, through the Unity in Lynnwood app, in person, or by calling our Confidential Prayer Line at (425) 742-7610. Messages are monitored daily.

All are welcome to join us for Silent Meditation 30 minutes prior to Sunday services and major events. In closing, you are encouraged to pause - right where you are - and to join us in silent prayer every Thursday evening from 8:00-8:30PM.

Barbara Thorp, LUT, Prayer Ministries Director
Prayer@UnityinLynnwood.org

GIFT SHOP

UIL's Gift Shop provides items designed to elevate the mind and inspire the heart! Our inventory is carefully and consciously selected to support real people in earning a fair wage. We partner with SERV and other companies who share our passion for sustainable exchange practices.

GiftShop@UnityinLynnwood.org

SMALL GROUP MINISTRY

Discussion Groups, Affinity Groups (common interest) and Drop-in Groups provide ample and ongoing opportunities for personal growth, enrichment, exploration, discussion, support and just old-fashioned [fun](#)!

Discover authentic and meaningful connections through the many safe and rewarding vehicles of UIL's Small Group Ministry.

Rev. Nina Clark, Associate Minister
SmallGroups@UnityinLynnwood.org

ADULT EDUCATION

UIL offers a curriculum deeply rooted in the fundamental teachings of Unity and New Thought/Ancient Wisdom and in the spiritual truths which underscore every authentic spiritual tradition. A blend of historical context and mystical experience offers each student countless opportunities for spiritual growth.

Rev. Nina Clark, Associate Minister
RevNina@UnityinLynnwood.org

SHUTTLE SERVICE

UIL's Ambassadors proudly provide satellite parking shuttle service—including healthy snacks and on-board streaming—for major events and services! Please stand by for the relaunch of this ministry as demand dictates.