

# SMALL GROUP

## Ministry



### 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.

Unity in Lynnwood  
16727 Alderwood Mall Parkway  
Lynnwood, WA 98037  
Office: 425-741-7172  
Prayer: 425-742-7610

[www.UnityinLynnwood.org](http://www.UnityinLynnwood.org)

Confidential Prayer Line: (425) 742-7610  
Silent Unity Prayer Line: 1 (800) 669-7729  
[www.UnityinLynnwood.org/Prayer](http://www.UnityinLynnwood.org/Prayer)  
[www.UnityinLynnwood.org](http://www.UnityinLynnwood.org)

Please download the UnityinLynnwood app.  
All offerings of UIL are as close as your telephone!



# small groups

## MISSION STATEMENT

Deepening the human relationship,  
enriching the spiritual walk.

### LEARNING GROUPS

Learning Groups welcome Participants to explore, discuss and to bring new awareness into practice. Learning Groups often utilize source material. Examples of Learning Groups include:

- A Course of Love
- Search for God Study Group
- Students of Myrtle Study Group
- Open Door Groups

### AFFINITY GROUPS

Affinity Groups welcome Participants to share interests, talents, hobbies, passions and activities with others! Examples of Affinity Groups include:

- Men's group
- Women's group
- LGBTQ group
- Social group
- Newcomer Connection

### Women's Group

Join us for spiritual connection, listening, support and deepening. Please bring something meaningful for the altar. First Sundays, 12:45 p.m.

Facilitator: Shellie Fredrich (shelliefredrich@yahoo.com)

### A Course of Love

Discussing Love is the way we approach this class. It's the way we discover ever-evolving pathways to love — a discovery that brings us insights and perspectives, as well as spiritual peace, in today's troubling and divisive world.

First and third Wednesdays, 1:00 p.m.

Facilitators: Elizabeth Stachow and Marty Schmick (mountain7top@gmail.com/rustyjusty@aol.com)

### Caregiver's Support Group

Caring for a loved one can be a difficult and isolating experience. Ask for advice, find out about useful resources, share a laugh, and vent! We will meet you where you are and support you.

Second Sundays, 12:30 p.m.

Facilitator: Karen Anderson (kander6725@hotmail.com)

### Newcomer Connection

Are you new or newer to Unity in Lynnwood? Are there still things you are wondering about? Would you like to meet other UIL newcomers and perhaps hear from those who have made this their home? If so, please join Walayn Sharples, Let's Connect host, for these informal gatherings and enjoy good old fashioned chat. Snacks will be provided.

Second Mondays, 7:00 p.m.

Facilitator: Walayn Sharples (walayn08@gmail.com)

### Social Group

Events are varied throughout the month so check [www.UnityinLynnwood.org/calendar](http://www.UnityinLynnwood.org/calendar), write your Facilitator or [SmallGroups@UnityinLynnwood.org](mailto:SmallGroups@UnityinLynnwood.org) for details of the next gathering! Welcome!

Facilitator: Meredith Colquitt (wanderess@comcast.net)

### The Third Act: Aging with Confidence

A group of seniors focused on the "Art of Growing Old" with fun and grace, designed to clear out the mental and spiritual cobwebs.

First Fridays, 10:30 a.m.

Facilitators: Earline Bowen and Miriam Williams (425) 835-1558/(206) 367-0814

### Men's Group

The UIL Men's Group is a group of guys who meet regularly and privately to help each other be the best they can be in every area of their lives. The purpose of the group is twofold. The first is to build friendship, connection, and support. The second is to increase self-awareness and support each other's quest for passion, joy, purpose and spiritual fulfillment. Group Rule: What happens here stays here.

Third Sundays, 10:10 a.m.

Facilitator: Mark Friedrich (expandingvision@yahoo.com)

### Search for God Study Group

Search for God study groups provide a small group opportunity to discuss and apply practical spiritual principles as taught by Edgar Cayce. Using meditation, affirmation and discussion, take your spiritual practice to the next level. Join Dr. Jennifer Lovejoy and Fran and Tom Curley in this adventure in spiritual growth.

Every Monday, 7:00 p.m.

Contact: Tom Curley (tvcurl@gmail.com)

### Students of Myrtle Study Group

Join Karen Breen-James, L.U.T., to discuss Unity Co-Founder, Myrtle Fillmore's loving, gentle way in the healing of our thoughts, bodies, prosperity and over-all wellbeing.

Last Sundays, 9:00 a.m.

Facilitator: Karen Breen-James (karenmbj3@gmail.com)

### LGBTQ Group

TBD

### Open Door Groups

All are welcome! Continue the Sunday morning conversation with others in a location and at a time convenient for you! Enjoy light snacks and loving hearts as you deepen your spiritual exploration. Please write

RevNina@UnityinLynnwood.org  
for details.

Groups meet at Unity in Lynnwood unless otherwise communicated.

Contact a Facilitator or Contact for room assignments.