



# Companions on the Path

A monthly publication of West Sound Unity Church

February 2006

## The journey continues

### What we believe

By Reverend Max Lafser

The other day I slipped into a little café in Gig Harbor to have a bite of lunch—one of those convenient friendly places with separate tables for those who want company, with a lunch counter

and quick service for those in a hurry. I ordered my soup and was reading the *Daily Word*. A woman pulled up the stool next to mine and said she saw me read *Daily Word* and wanted to ask me a question. I said, “Sure!”

She began by saying, “My mother read *Daily Word* for many years and has recently passed. My husband and I are born-again Christians and therefore had not questioned Mother about the *Daily Word* or what she believed about life and Christian values. You see, Mother was very private. I worry

now about mother’s soul and will she be seeing God and has she been saved? What do you believe?” she asked. And then she said I looked like a minister!

***I shared that we believe in God, the Living Spirit Almighty, one, indestructible, absolute and self-existent cause.***

I took a gulp of my water, smiled and acknowledged I was such. I shared that we believe in God, the Living Spirit Almighty, one, indestructible, absolute and self-existent cause. This one presence and power manifests itself in and through all creation but is not absorbed by its creation. The manifest universe is the body of God; it is the logical and necessary outcome of the infinite self-knowingness of God.

We believe in the incarnation of  
*(Continued on page 2)*

## February lesson titles

**February 5:** Creation

**February 12:** Finding and following the authentic life

**February 19:** Better lost than safe

**February 26:** Turning toward the real

## Angel notes



### Thanks with a hug to...

- ◇ **Penny Allen, Sally McAllaster and Nora Clemons** for a thorough clean sweep through our kitchen, including the cupboards and refrigerators! Bless them all!
- ◇ **Jim and Charlene Bryan** for janitorial services for two months and more. Give them a hug and give them a break! Sign-ups for a share of cleaning our facility are gratefully received!
- ◇ **David Leinweber, Charley Ralph, Michael Deignan and Richard Stocking** for constructing the wonderful stage platform.



### Mission statement:

West Sound Unity Church is a ministry using the teachings of Jesus Christ to inspire the experience and joyful manifestation of God's unconditional love for all in a safe, loving, and nurturing environment.

*(Continued from page 1...What we believe)*  
 the Spirit in everyone and that all people are incarnations of the One Spirit. We believe in the eternity, the immortality, and the continuity of the individual soul, forever and ever expanding. We believe that Heaven is within us and that we experience it to the degree that we become conscious of it. We believe the ultimate goal of life to be a complete emancipation from all discord of every nature, and that this goal is sure to be attained by all.

We believe that Jesus Christ showed the way into the allness

and love of God and said to follow him into the Father's love. We believe the words of our master, Jesus Christ, who said, "Follow me." We believe in the unity of all life, and that the highest God and the innermost God is one God. We believe that God is personal to all who feel this indwelling presence. We believe in the direct revelation of Truth through the intuitive and spiritual nature of the individual, and that any person who lives in close contact with the indwelling God may become a revealer of Truth. We believe that the Universal Spirit, which is God, operates

through a Universal Mind, which is the Law of God; and that we are surrounded by this Creative Mind, which receives the direct impress of our thought and acts upon it.

We believe that as a person thinks and acts in accord with the love and light of God, life manifests as good. We believe in the healing of the sick through the power of this God Mind. We believe in the control of conditions through the power of this God Mind. We believe in the eternal goodness, the eternal loving kindness, and the eternal givingness of God Life to all. We believe in our own soul, our own spirit, and our own destiny—for we understand that the life of all is God.

She said, "Then you believe my mother is saved because she believed what you believe?" I answered, "I think your mother is saved because she could not be where God is not and that the love of God prevails." I gave the woman my *Daily Word* and said I would be praying with her for peace and the light of the Christ Presence to bring her quiet joy.

She looked at me and said, "Thank you, sir," and left. I ate my soup and prayed.

Blessings,  
 Max



## February Prosperity

Tithes were sent to the Association of Unity Churches



	November	December
Income	7,456.74	8,567.61
Expenses	<8,054.43>	<7,997.83>
Net (+ or <>)	<597.69>	+ 569.78
Credit Card balance	\$24,232.84	24,270.79
Other current payables	<u>793.86</u>	<u>1,538.53</u>
Total Payables	22,709.03	25,809.32
Kitsap Bank loan	<u>7,373.03</u>	<u>7,178.80</u>
Total Debt	\$30,082.06	\$32,988.12

***Through God's abundant love, I have opportunities to experience prosperity in every area of my life. I am open to the potential that each day offers me.***



Cathe Craigmiles

## From the board

*By Cathe Craigmiles, Vice President*

A new year begins; and as many of you set your personal resolutions, the

Board of Trustees sets goals for our church for the upcoming year. We are enthusiastic about 2006 and the wonderful possibilities it holds for West Sound Unity Church. "Thoughts in mind produce outwardly in kind." We all set our intention to grow the church, improve its appearance, and to share the unconditional love for all in a safe, loving, and nurturing environment.

There are new faces each Sunday sitting in the pews. What a wonderful way to start a new year! Those of you who have invited friends and neighbors, we thank you. We encourage all of you to continue this trend and help us grow our Unity family.

**Ron Bruchet** has continued his

search for a bank to lend us the funds to make improvements on our building. That should be finalized sometime in February.

**Jim Bryan** has been soliciting bids for the repair/replacement of the roof and carpet. As soon as the funds are available, we will proceed with those projects. We will also be getting bids on a major clean -up of the grounds.

Fundraisers are a great way to boost our financial picture. Last year the Mariner's Games fundraiser (working a booth at 10 games) was a terrific success and one we plan to continue this year. As soon as we have confirmed dates, we will provide sign-up sheets for all those interested in participating. We are also looking into other fundraisers and would welcome any ideas you have.

This year, our annual Board retreat was rescheduled until January. With **Carmel Pennington** joining us as a new member and **Jim Bryan** as an alternate, we felt a few months experience before

having the retreat would increase productivity and teamwork. Now that we are all energized by their participation, we are ready to hold the vision of abundance, love, and prosperity for our church. We affirm that all things work for the higher good and that West Sound Unity has everything it needs to provide that nurturing environment for all who pass through its doors.

The Board welcomes any of your ideas and concerns. Please contact a Board member or put a message in the offering basket on Sunday, and we will respond. Your input is important to the continued welfare of the church. Thank you all for a wonderful year to come!

**Annual book sale**  
**Sunday,**  
**February 12,**  
**12:00 pm—**  
**2:00 pm**

*By Anne Richardson*



This is an opportunity to trade books for a donation. We also invite the public to browse and stock up on some favorites. Donations go directly to church general fund. Remaining books are donated to the hospitals for their reading carts. If you would like to donate books, please put them downstairs on the white bookshelves, or nearby.

### Your Board of Trustees

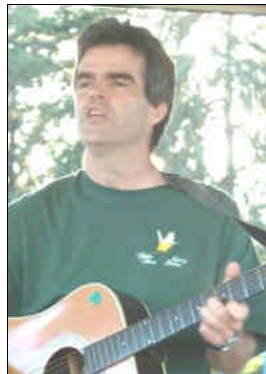
- President.....Ron Bruchet
- Vice President.....Cathe Craigmiles
- Secretary.....Sally Mathes
- Treasurer.....Nancy Plankenhorn
- Trustee.....Sally McAllaster
- Trustee.....Carmel Pennington
- Alternate.....Jim Bryan



**Happy Febuary birthdays!**

- 2/1 Jamie McAllaster
- 2/1 Char Nelson
- 2/1 Jonelle Shelton
- 2/2 Helen Armstrong
- 2/2 Tom Cowdery
- 2/2 Gail Dewey
- 2/3 Savannah Montgomery
- 2/4 Chad Mathes Jr.
- 2/5 Sam Shroyer
- 2/7 Irene Bach
- 2/7 Christopher Clemons
- 2/7 Angelina Larrabee
- 2/8 Carmel Pennington
- 2/8 James Sekor
- 2/8 Barbara McAllaster
- 2/9 Alice Friend
- 2/11 Hannah Westcott
- 2/12 Daryl Spadaccini
- 2/13 Marjorie Blake
- 2/16 Don Atkinson
- 2/16 Jade Mikusek
- 2/16 Joy Corbett
- 2/19 Michael Deignan
- 2/18 Kathy Stapleton
- 2/18 Nicholas Cottrell
- 2/18 Bryan Plankenhorn
- 2/21 Marion Ericksen
- 2/21 Heather Watkins
- 2/23 Taylor Bruchet
- 2/25 Tony Nichols
- 2/28 Hannah Rongholt

**Did we miss your birthday? We'd love to recognize your special day. Please contact the office so we can add your name.**



Jamie McAllaster

Alzheimer's wing of Liberty Shores assisted living in Poulsbo. He helps residents eat, assists them with their personal hygiene, takes them on bus trips, and

**Employee of the Year**

It's easy to see why Jamie McAllaster received *Employee of the Year Award* at Harbor House, an

frequently drives them to doctor appointments. "One of the things I really like about my job," Jamie says, "is that I have the freedom to do a lot of different things."

"It's not all work, though," he clarifies. He delights in making popcorn for the residents and playing Bingo with them. The best part, however, is that he gets to entertain them with his own special music.

Congratulations, Jamie!



Jim Bryan

**Rebirth of West Sound Unity**

*By Jim Bryan*

As I write this, it is already the second day of the new year. During the last part of 2005, I began to feel the emergence of the rebirth of our church. Attendance is growing, physical improvements are on the drawing board, and new volunteers are stepping forward to help.

I recently read an article on New Year's resolutions. The author's premise was that we make our resolutions based on what we feel we should accomplish, rather than what we really want to accomplish, therefore failing to keep our resolutions and often renewing the same ones year after year. (Lose weight anyone?)

Since I take for granted that we all want to participate in the well-

being of West Sound Unity, may I suggest some resolutions we might all keep?

How about volunteering at least once during the year? It could be as simple as joining one of the work parties or a deeper commitment, such as ushering, working in the bookstore, or hosting the after-service fellowship.

Could you resolve to introduce at least one new person to our church? To shop for your next book or gift in our bookstore? To volunteer to help at a Mariner game?

I think you would be surprised at the difference just one little resolution by each of us could accomplish. (OK—me too. I hereby declare that I will be available to help with at least one Mariner game.)

## Chaplain Program

### **West Sound Unity Church**

*By Deb Jesewitz, Lead Chaplain*

Dear Unity Family,

If you have ever felt called to facilitate spiritual growth, or have witnessed the power of prayer in your life, or desired a deeper personal connection to Spirit, I invite you to take the next step and become a Chaplain. It is an awesome, powerful program and absolutely beautiful in its simplicity. A Chaplain holds sacred spiritual space; listens with an open heart, then prays with the individual; and finally, holds all in the strictest of confidence afterwards. This expression of pure love and opportunity to be a conduit for allowing God's healing power to flow is profound.

If you feel the call to become a Chaplain, please contact me for more details. Training for new chaplains will begin February 17 and 18. If you desire prayer with a Chaplain for concerns or gratitude, please call the church office at 360-479-1757 and I will return your call. I feel honored and blessed to serve you. I pray that you will take this step and KNOW God's presence in your life.

Here at Unity we affirm the power of prayer to change our lives! God bless you.

In Light and Love,  
*Deb Jesewitz "Captain Deb"*

## Milestones

**The first 2006 baby born in Kitsap County** is part of our family. Mia Huntwork arrived at 12 minutes past midnight on January 1. She is the daughter of **Carisa Huntwork** and granddaughter of **Donna and John Huntwork**.

Donna is an active parent in our youth ministry team. Mia is her first grandchild. She and her husband, who recently retired from the Navy, have five children of her own. Blessings of joy, little Mia!



## Promise Yourself

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness, and prosperity to every person you meet.

To make all your friends feel that there is something worthwhile in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful expression at all times and give a smile to every living creature you meet.

To give so much time to improving yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

To think well of yourself and to proclaim this fact to the world, not in loud word, but in great deeds.

To live in the faith that the whole world is on your side, so long as you are true to the best that is in you.

-Science of the Mind, June 1998

## Max Lafser Receives 2006 “Myrtle Fillmore Award”

By Margie Hyatt

At the 2006 Cruise Convention the Myrtle Fillmore Award will be presented to “our own” Max Lafser. Max was ordained in 1970, and before Spirit called him to Bremerton, he served ministries in Mesa, Arizona; Seattle, Washington; Vancouver, British Columbia; Bellevue, Washington; Kansas City, Missouri; and Olympia, Washington.



The Myrtle Fillmore Award is presented each year by the Association of Unity Churches on the following criteria:

- ✓ Demonstrated service through a consciousness of prayer.
- ✓ Ministered in supporting roles such as counseling, prayer ministry, and non-Sunday oriented programs.
- ✓ Demonstrates peaceful acceptance of self and others, and resolution through prayer.

About this honor, Max responds: “My personal mission is to collaborate and create the ways and means for the peaceful transition of humanity from potential spiritual beings to realized co-creators with God. I strive to maintain and reach a spirit of love, compassion and forgiveness. And...

- To serve God and humanity by holding a consciousness of a healed world.
- To be in service to God and humanity through right thinking and a loving heart.
- To help awaken the mass of humanity that holds in its hands the goodness and salvation that the world requires.
- To co-create programs with boards, committees and congregations that contribute to personal and collective evolution.
- To build community within Unity through which the individual and the collective initiate centers of learning and information “link-up” with those on the spiritual path locally, nationally and internationally.”

And we see the presence of these intentions every week here in our church. Yeah team! Yeah God!

If you’ve considered going to an annual Unity Convention, this might be the year to come along and join in the hurrah for Max. Dates are June 9 – 16, 2006. Venue is Celebrity Cruise Lines “Five-Star” **Mercury** sailing the Alaskan Inland Passage. For more information, visit [www.unitycruise.com](http://www.unitycruise.com).



## Spiritual cinema at West Sound Unity

By Margie Hyatt

We have some exciting events planned around the release of major motion pictures highly anticipated in the metaphysical community. Take a peek at “coming attractions” in March, April and October:

### ***The Consciousness of The Christ: Reclaiming Jesus for a New Humanity.***

For only three years, the fully realized Human Being walked among us. Jesus ministered through loving enemies, unconditional forgiveness to all, and conscious, intimate oneness with the creative power of the cosmos. He brought into history a New Humanity; free of war, oppression and fear, born to the realm of endless potential, eternal life, and co-creation as the universe, itself. The authority, he said, to make this new world resides with us...a divine collective New Humanity.

The miraculous episodes, the beatitudes, the parables, the healings, the confrontation with the domination paradigm of his day and ours, become effulgent with new light once we understand that Jesus was all about incarnating God on earth, here and now. He lived it then, and promised it today should we choose to enliven the divine within.

(Continued on page 7)

### ***The Celestine Prophecy***

Based on James Redfield's worldwide best-selling novel, this spiritual adventure film chronicles the discovery of ancient scrolls in the rainforests of Peru. *The Celestine Prophecy* and its nine insights, predict a new awakening that redefines human life and offers a glimpse into another world, right in front of our eyes, waiting to be discovered. With an international cast including Matthew Settle, Thomas Kretschmann, Sarah Wayne Callies, Annabeth Gish, Hector Elizondo, Joaquim de Almeida and Jurgen Prochnow, visually stunning cinematography and a spiritually uplifting soundtrack.

### ***Conversations with God—the movie***

And coming in October: The book series that inspired millions and launched thousands of discussion groups is now a major feature film. This is the true story of Neale Donald Walsch who went from a divorced, jobless, homeless man to an accidental spiritual messenger and the internationally acclaimed author of the New York Times best selling book series, *Conversations with God*. This film is the dramatic journey of a man who, frustrated, alone, and tired of life's letdowns, writes an angry letter to God. Much to his surprise, God answers back.

More details coming soon about these interesting film screenings here at West Sound Unity.

## **Affirmative Prayer**

*Prayer is the language of Love between the Creator and its Beloved.*

Prayer is a spiritual practice that is as important to our souls as food is to our bodies. Affirmative Prayer, as we practice in Unity, is designed to help us create greater good in our lives and to work in conscious union with the Creative Source. The idea is to first make our desire real in our mind. Then we will experience the outer results. As within, so without.

Begin by creating a statement of purpose for your life or another's: I now claim that I am...Living – Experiencing – Expressing – Embodying (choose one)...and complete the sentence. This statement is a brief, affirmative, declaration of the condition/situation you call into being in your life.

Examples: *I now claim that I am living in total peace and harmony. I now claim that I am a whole and healthy child of God. I now claim that I am living a fully abundant life.*

Five steps to Affirmative Prayer:

**1. Recognition: GOD IS~**  
To “know again,” to remember. In any healing we must first turn away from the appearances of the condition. With deep conviction, in your own words, identify the allness, oneness and wholeness—the highest concept of God. God is in, around, and through everyone and everything. There is only one Mind and that mind is God and that mind is you.

**2. Unification ~ I AM.** The concept of God that you name draws you toward the power of Love.

You seek to connect yourself with this power, this light, this Love. As Jesus said, “I and my Father are one.”

**3. Affirmation: THE TRUTH IS~**  
Affirm what you realize to be true about your relationship with God and align with that what you know to be true about yourself or another. This puts into the Universal Mind a greater Truth than you are currently experiencing, you transcend the condition or appearance.

**4. Gratitude: THANK YOU~**  
Expressing the “attitude of gratitude” we give thanks, knowing the good is already taking form in your life or for the other for whom you pray. Give thanks for the answered prayer, for the result. And gratefully receive your good.

**5. Release: I SURRENDER~**  
Clearly, completely release the power of your word, your creative agency, to the Universal Creative Medium, knowing that as you have spoken—it is done. Release in total faith and acceptance, allowing the Divine Wisdom and Order to do its right and perfect work in your life. You “let go and let God.”

An important aspect to remember in prayer time is that we stay at the level of the solution and thus we refrain from problem solving and/or fixing. Do not discuss problems or get lost in the drama and the story of a situation. Rather see and know Truth for each other.

# February 2006 Activities at West Sound Unity Church

## **Interfaith Council of Washington, West Sound, February 4, 12:00 noon**

These quarterly meetings are reconvening at St. Paul's Lutheran Church on Callahan Dr. BYO Lunch and come prepared to engage in faith community diversity.

**Vision:** We see a world where all faith traditions and communities are honored, respected and celebrated.

**Mission:** To support and promote interfaith cooperation, understanding, social interaction and spiritual growth, through education, service and celebration.

## **Workshop, February 4, 2:00—5:00 pm *Seven Keys to Understanding the Holy Scriptures, Wyoming Sun***

Learn how to see the scriptures through the eyes of an ancient Near Easterner. The seven keys are a tool kit to interpret and apply the bible's wisdom to daily life, giving you a rich and vibrant experience of the Bible from now on. The seven keys are: The Aramaic language, the language of Jesus; Near Eastern expressions, customs and symbolism; ancient psychology; mysticism; and amplification.

## **Sunday Service, February 5, 10:00 am *Creation, Wyoming Sun***

## **Healing Circle, February 5, 12:00 noon**

Wyoming Sun teaches the healing methods Jesus used and we join in creating the energy to open ourselves to healing.

## **Wednesdays, 6:00 pm potluck, 7:00 pm class — February 1, 8, 15, 22**

Max leads us through the principles of prosperity in the February classes. Open the doors of abundance and gratefully receive the good that is yours.

## **Sunday, February 12, 12:00 noon - 2:00 pm: Book sale**

Recycle your books and browse the shelves and stock up on your favorites. The public is invited to this great book sale. Proceeds will go directly to church general fund. Any remaining books will be donated to the hospitals for their reading carts. If you would like to contribute your books, please bring them to Fellowship Hall and place them in the book care or in boxes nearby.

## **Friday, February 17, 6:00 pm through Saturday, February 18**

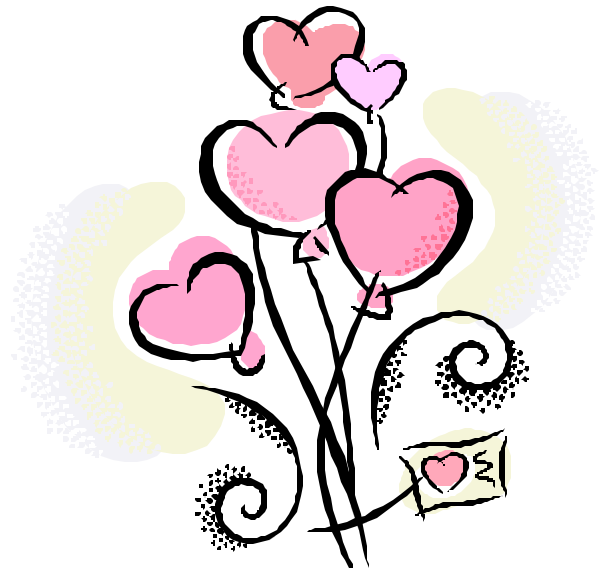
### ***Chaplain Training Retreat***

See invitation on page 5 to become a chaplain through this training. Contact Deb Jesewitz to register and for more information.

## ***Coming Attractions!***

### ***Spiritual Cinema***

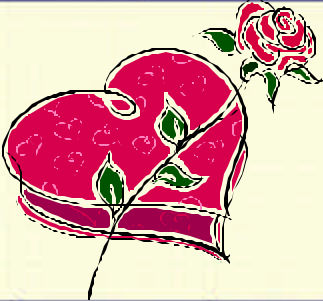
See page 6 for exciting events coming in March, April, and October.





# February 2006

*In the renewing power of God I am whole and free!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Mid-week Renewal, 6:00 Potluck, 7:00 Prosperity Principles	2 Groundhog Day	3	4 12:00 PM Interfaith Council of WA, St. Paul's Lutheran Church, Calahan Dr., Bremerton 2:00 PM -5:00 PM Wyming Sun, workshop
5 10:00 AM Wyming Sun 12:00 PM Healing Circle w/ Wyming Sun	6 6:30 PM A Course in Miracles	7 6:30 PM Eagle Clan Medicine Wheel 7:00 PM Women's AA	8 Mid-week Renewal, 6:00 Potluck, 7:00 Prosperity Principles	9	10	11
12 10:00 AM Rev. Max Lafser 12:00 PM -2:00 PM Book Sale Lincoln's Birthday	13 6:30 PM A Course in Miracles	14 5:30 PM Board Meeting 6:30 PM Eagle Clan Medicine Wheel 7:00 PM Women's AA Valentine's Day	15 Mid-week Renewal, 6:00 Potluck, 7:00 Prosperity Principles	16 7:00 PM Choir Practice	17	18 6:00 PM Chaplain Training Retreat
19 10:00 AM Rev. Max Lafser	20 6:30 PM A Course in Miracles President's Day	21 6:30 PM Eagle Clan Medicine Wheel 7:00 PM Women's AA	22 Mid-week Renewal, 6:00 Potluck, 7:00 Prosperity Principles Washington's Birthday	23 7:00 PM Choir Practice	24	25
26 10:00 AM Rev. Max Lafser Unity Choir	27 6:30 PM A Course in Miracles	28 6:30 PM Eagle Clan Medicine Wheel 7:00 PM Women's AA				



February 2006

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Check this box to stop receiving this newsletter. Write "Return to Sender" & return to your mail box.

Please call 360-479-1757 for address changes.

## West Sound Unity Church Ministry Services

### **Prayer Ministry**

Call the church office anytime, day or night, with your prayer request and we will inform our prayer circles and Silent Unity.

### **Hospital Visitations**

Please advise us if you or someone you know has entered the hospital. Local hospitals usually do not inform us when someone is admitted, even though you may disclose your church affiliation.

### **Weddings, Christenings and other Services**

Our minister is available for a variety of services customized to your needs. Please call the church office for more information.

### **Personal Consultations**

Our minister is available in matters of spiritual guidance. Please call the church office to schedule an appointment.

## **Sunday Service and Youth Ministry Schedule**

The Sunday Service is 10:00 am. Our Youth Ministry is also 10:00 am and includes Nursery—0 to 3 years old, Youth Ministry—3 years through grade school, Uniteens—Jr. High, and Youth of Unity—High School.

## **Hours and contacts**

Church office - Wednesday, 10:00 am to 3:00 pm; other times by appointment. Bookstore and Lending Library hours: Sundays - before and after service and during office hours. **Telephone numbers:** Office (360) 479-1757; Bookstore (360) 479-1757; Fax (360) 479-1758 (call first); **E-mail:** Unitychurch@qwest.net

**Website:** <http://www.westsoundunity.org/>