

# Companions on the Path

A monthly publication of West Sound Unity Church

April 2005



## Tour of the Universe

### Putting on the brakes

By C. Richard Stone, Minister

There were two men riding a bicycle built for two up a big steep hill, and it proved to be a very stiff climb. After a terrible struggle to get to the top, the man in front turned to the other man and said, "Boy, that was hardest climb I've ever done!" The guy in back replied, "Yeah, and if I hadn't kept the brakes on all the way, we would have rolled back down!"

I've had experiences like that, riding all by myself. I sometimes look forward in anticipation, jumping on the pedals and slamming on the brakes at the same time. That may sound difficult, but it's not. Occasionally I embrace a new challenge of some sort, take action to make it happen, and at the same time take other steps to make sure it fails.

The first action I initiate consciously with confidence and a positive attitude, and the second

I initiate unconsciously with doubt and fear. The rider on the front of the bike built for two is the conscious one, making decisions and steering. The one on the back is the unconscious, reacting to fear and putting on the brakes. The problem is I can't see the rider in the back, and I can't see the unconscious. I have to consciously monitor my progress so the brakes aren't on.

The way to make sure the brakes aren't on in life is to regularly look for roadblocks and ask yourself how they got there. If I'm looking for a new job, doing all I need to do by researching the internet or library, reading want ads, and sending out resumes — but also using those activities to avoid actually going out and asking someone to hire me — I may be putting on the brakes. If I want a relationship and am spending

*(Continued on page 2)*

### Sunday talks

April 3 *Doors* (Margie Hyatt)

April 10 *Potter's Wheel*

April 17 *Insane Dancing*

April 24 *Crazy Prayer*

**Daylight Saving Time ☀ begins Sunday, April 3.**

### Milestones

#### Celebrations

**Marie Houghton** will celebrate 90 years April 19! Her friends are invited to a reception, hosted by her children in her honor on April 23, 2:00 pm - 5:00 pm in Fellowship Hall.

#### Transitions

**Megan L. Scott**, daughter of Maryann (Munro) Scott, transitioned March 2. Condolences may be sent to Maryann Scott at 1602 Naval Ave. #30, Bremerton, Washington, 98312. Memorial donations may be made to Kitsap Humane Society.

\*

**Betty Rector**, Susan Shroyer's mother, transitioned on March 9. Please send condolences to the Shroyer family at 3495 Foxwood Dr. SE, Port Orchard, WA 98366



#### 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...Resistance is futile) time with people who aren't available, being in activities that keep me home, or prejudging everyone I meet, I may be braking for all I'm worth because of fear. *Take your foot off the brakes!*

This calls for honest, even brutal, self-awareness. Difficult questions must be asked. Are you afraid of being successful? Are you doing all you can to be successful? Are you putting up road blocks? Do you have the brake pedal firmly to the floor? If the answer is "Yes," then the next step is to make Christ your

partner, meaning you consciously decide God is present within you and interested in your happiness and well-being and working every moment in your behalf. This is as true as anything in the universe can be true, and if you believe it, you will experience that truth in your life.

The truth is you can make God your partner in pedaling through life – and God is quite willing to pedal with you, unless your fear instructs Him to do otherwise.

Throw away your fear and tell God, "No more putting on the brakes – let's pedal!"



**New!**  
**First-Sunday potluck**  
 Starting Sunday, April 3,  
 11:30 am, after service

Join us on a monthly get-together on the first Sunday of each month. This is a great opportunity to socialize and get to better know your fellow Unitics. Bring your favorite dish – or stop off at the deli and pick something up, if time is limited.



## West Sound Unity Church prosperity report

By Margie Hyatt and Nancy Plankenhorn, Board Treasurer

Dear Friends,  
 Unity founder,

Charles Fillmore, for many years resisted the idea of forming a church based on the "new thought" teachings he and Myrtle practiced and shared in the form of "Unity School of Practical Christianity."

There came a point when it was clear that organizing as a denomination and building a church was the appropriate choice. The lore of this history goes that at this decision point someone tossed a penny across the room to Mr. Fillmore saying, "Here's the start of the building fund." That penny can be found in the Unity ar-

chives, taped to a note card with this affirmation written by Charles Fillmore:

*"The inexhaustible resource of Spirit is equal to every demand. There is no reality in lack. Abundance is here and now manifest."*

From this single penny grew the campus of Unity Village, a location that was at one time a fully self-sustaining "farm" and is now a location with its own zip code. I believe this illustrates for us the power of intention, of moving in the direction of a goal. It is evidence that Universal energy and substance is drawn by the action, not the amount – that it simply takes a demonstration of faith to open the door to receiving. Adding action to intention says, "I have faith."

We are at such a nexus here, where change can be the beginning of exhilarating times, of new experiences, of new doors opening. We are grateful for and blessed by your presence and your participation in our continuing journey of faith.

For the month of February, tithes were sent to:

- ◇ Association of Unity Churches, \$495
- ◇ NW Regional Assn. \$165
- Total \$660

February income:	6601.79
February expenses:	9359.96
Past due bills:	<2,754.71>
Kitsap Bank loan bal.*	9073.55
Credit card bal.	<u>18,030.17</u>
Total debt	27,103.72

\*as of 2/28



Ron Bruchet

## From the board

By Ron Bruchet, President

Our church is in the midst of the biggest change we have gone through in several years.

For many of us, Richard has been our only minister at West Sound Unity Church. For others, it's been more than eight years since Richard became the Minister. Regardless of how long it's been, the thought of change can bring up a variety of responses and emotions.

For me, personally, I've gone through the full gamut of emotions. There are moments when I've been totally at peace with the idea of Richard leaving. At other times, just the unknown starts my heart pounding faster – and before I know it, my thoughts are filled with anxiety.

Fortunately, with time, the calmer moments have become more and more frequent. It's during those moments that I'm able to recognize that this is an opportunity to allow Spirit to work through each of us and lead us to something even greater. Even as I write this article, it has become even clearer to me that this isn't only about our church. It's much bigger than that. It's about Richard's own

spiritual journey and about allowing Spirit to lead him down the right and perfect path. It's about being closer to his family, and about another spiritual community needing to hear his message. Knowing all of that, I don't think his leaving could be any different or more perfect!

Embracing and planning for the change has been the Board's main focus over the last several weeks. In addition to the monthly Board meetings, we have been meeting every Sunday after church to discuss the transition. Where are we in the process? How is everyone feeling? And what's next? As we work through this process we will make every effort to communicate with the members and the congregation, so you know what to expect.

At some point a committee will form to help guide the Board through the transition. In the meantime, however, you can expect to see and hear about a variety of talented guest speakers visiting our church – including a regularly-scheduled series by Wyming Sun, frequent appearances by our very own Spirit-filled Margie Hyatt, and some wonderful Wednesday evening classes.

## Your Board of Trustees

President.....	Ron Bruchet
Vice-President.....	Cathe Craigmiles
Secretary.....	Sally Mathes
Parliamentarian .....	Marilyn Carlson
Treasurer.....	Nancy Plankenhorn
Trustee.....	Sally McAllaster

In closing, I recently read an article in a booklet I received from Unity Village, entitled *Abundance Is Yours*. The article is written by J. Sig Paulson, and in it he states, **“God’s greatest gift was in granting us the ability to accept and to express the divine nature.”**

That statement really resonated with me. At first I thought that “accepting the divine nature” was the easy part. All I needed was a little faith. However, as I thought more about it, “accepting divine nature” is really about accepting change and allowing Spirit to use outer experiences and conditions to lead us to bigger and better things. But as I suggested earlier, this isn't always easy.

Fortunately for us, we have a church and a spiritual community to go to each week where we learn ways to accept and express the divine nature – a place that can help shorten our growing pain and a place where we rejoice and give thanks for God's gifts to us. For that, I'm truly grateful!

*The light of Christ reveals the way before me. I am guided on right pathways.*



## March Volunteer of the Month

Carmel Pennington was recognized as our *March Volunteer of the Month*. She has been a wonderful asset to the office, spending many hours rearranging and organizing the copy room, the flower room, the main church office, and the minister's office.

Carmel has been bringing our databases up to date for some time now – a very imposing project. She has also accepted the Lay Ministry Coordinator position

and works with our lay ministry to provide needed services.



**Carmel Pennington**

Not least, Carmel lights up every room she enters with a big, warm, smile and uplifting words. Thank you, Carmel, for all you do!



## Angel notes

### *Easter Basked Auction*

Many thanks to **Kathy Rongholt, Karla Moore, Darrelyn Kamerman, and the teachers** for the delicious food and our church family for supporting our youth and teachers to the tune of \$1800!



## Youth Ministry

*By Kathy Rongholt*

Greetings to everyone in

our Unity family. It is my great pleasure and honor to welcome our new Youth Ministry co-director, **Karla Moore**. As many of you know, Karla was the Easter Basket Auction chair this year. Her energy and vision for our Youth Ministry will further encourage our young people and teachers to experience Spirit in their lives! We are blessed and grateful to you, Karla!

I would also like to welcome **Don**

**Rongholt** to our wonderful group of teachers and sponsors. He is joining **Brenda McCormick** as a Uniteen sponsor. Welcome aboard, Don!

My heartfelt gratitude goes out to all the folks who donated and purchased Easter baskets this year. Thank you all so much for your support in sending our kids to their various summer camps and rallies this year.

May you all experience the fragrance, color, and rebirth of spring in your hearts each and every day. Blessings!

## Happy April Birthdays!



- 4/1 Dorothy Yeoman
- 4/2 Audra Kelly
- 4/2 Susann Van Ruff-Howden
- 4/9 Lesley Bush
- 4/10 Tom Fairchild
- 4/13 Lynn Hampton
- 4/15 Terri Tucker-Ralph
- 4/17 Frank Kirgan
- 4/19 Marie Houghton
- 4/19 Bobbi Sutton
- 4/19 Lisa Wade
- 4/21 Betty Haggard
- 4/22 Madison Collins
- 4/23 Martha Johnson
- 4/24 Lynne Accetta
- 4/24 Deisdy Gray
- 4/25 Charlie Ralph
- 4/26 Zhara Hess
- 4/28 Marcia Coyne
- 4/28 Natalie Dixon

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

## Hold the dates!

Don't say we didn't remind you. Our **annual rummage sale is August 19 and 20** – plenty of time to start stashing away your treasures for our big money-making event. Don't forget to remind your friends, too. We always need help the week before, setting up and sorting, so jot down the dates on your calendar.





Jim Bryan

## In the book store

By Jim Bryan



For the past few months I have been a pretty regular attendee of our Wednesday Night Renewal group. As I write this we have just completed a wonderful course in "Conscious Dreaming," taught by Margie Hyatt and the first session of Rev. Richard's numerology class.

I have been nourished, not only by the subject matter, but also by the fellowship, joy and

laughter – and yes, even the good food. With the longer spring days making an evening out easier, you might want to consider joining us.

What does this have to do with books, you ask? Well, for five consecutive weeks beginning Wednesday, April 13, Chaplain Carmel Pennington will be leading a class on H. Emilie Cady's book, *Lessons in Truth*. It is a marvelous older (c. 1892) work introducing many of the early Unity principles of faith that were true

then and are true to this day. It is still in print at Unity Village. (For those of you who are not voracious readers, the book is small and very readable.) There are currently two copies available in our bookstore and also two in our library.

Anne Richardson will have a few more books available before the class starts. (It is not required to have a copy to attend, but it would be helpful.) Anne will also be happy to order more upon request.

## What's brewing in Hospitality



There's no better way to make new friends than to come downstairs to Fellowship Hall after the Sunday Service.

We're a friendly bunch!

Ever wonder where all that good food comes from? Why, our hospitality volunteers, of course. You can be a part of it too! If you'd like to help once in a while, we'd love to have you. You don't need to have any experience – we'll show you the ropes. Just ask Sally or Penny. If you'd like to donate treats, that's great. Otherwise, there is plenty stashed away.

Don't forget – your love offering supports Hospitality, so drop a buck in the basket when you think of it. We appreciate it!

## Affirmations for Daily Living

- ◇ *I am at peace with the Universe*
- ◇ *I love and accept myself.*
- ◇ *I am unique and loving, loved, and free.*
- ◇ *I am safe and always feel protected.*
- ◇ *I acknowledge all of my feelings, because I am in touch with my feelings.*
- ◇ *I am surrounded with loving, caring people in my life.*
- ◇ *I am loving and accepting of others and this creates lasting friendships for me.*
- ◇ *I trust my inner being to lead me in the right path.*
- ◇ *I do all I can every day to make a loving environment for all those around me, including myself.*
- ◇ *I am always connected with the Divine Love in the Universe.*
- ◇ *My inner vision is always clear and focused.*



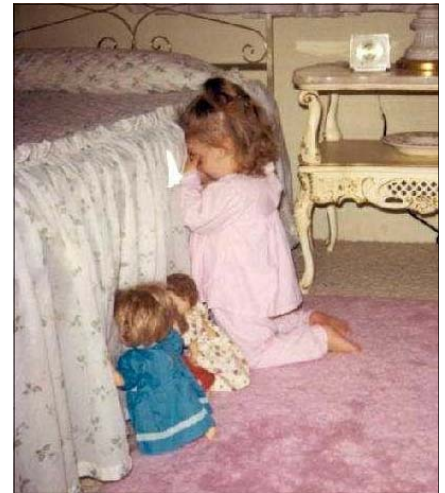
## Good karma

*Wise thoughts to live by, from The Dalai Lama.*

### Instructions for life

◇ Take into account that great love and great achievements involve great risk.

- ◇ When you lose, don't lose the lesson.
- ◇ Follow the three Rs:
  - ✓ Respect for self
  - ✓ Respect for others
  - ✓ Responsibility for all your actions
- ◇ Remember that not getting what you want is sometimes a wonderful stroke of luck.
- ◇ Learn the rules so you know how to break them properly.
- ◇ Don't let a little dispute injure a great relationship.
- ◇ When you realize you've made a mistake, take immediate steps to correct it.
- ◇ Spend some time alone every day.
- ◇ Open arms to change, but don't let go of your values.
- ◇ Remember that silence is sometimes the best answer.
- ◇ Live a good, honorable life. Then when you get older and think back, you'll be able to enjoy it a second time.
- ◇ A loving atmosphere in your home is the foundation for your life.
- ◇ In disagreements with loved ones, deal only with the current situation.
- ◇ Don't bring up the past.
- ◇ Share your knowledge. It's a way to achieve immortality.
- ◇ Be gentle with the earth.
- ◇ Once a year, go someplace you've never been before.
- ◇ Remember that the best relationship is one in which your love for each other exceeds your need for each other.
- ◇ Judge your success by what you had to give up in order to get it.
- ◇ Approach love and cooking with reckless abandon.



*For where two or three are gathered together in my name, there am I in the midst of them.*



**Receive daily spiritual guidance**

Each month this pocket-sized magazine offers daily spiritual inspiration and practical help through positive affirmations, inspirational stories, Bible verses, and guiding thoughts. The price is only \$10.95 for one year. You can order online: <http://www.unityonline.org> or call 800-669-0282 or 818-969-2069 or write: Unity, 1901 NW Blue Parkway, Unity Village, MO 64065-0001. You can also find copies of *Daily Word* in our bookstore.





Gene Wall

## "Follow your dreams" with Gene Wall Cole

Gene Wall Cole uses music and humor to open people's hearts and then plants seeds of wisdom on subjects ranging from the art of happiness and true leadership, to the evolution of ethics, spirituality and democracy – or as Cole likened it on the original subtitle of his book, "The Musings of a Spiritual Truck Driver on Life, Liberty, and the Pursuit of Happiness."

On his performance tours, fans are treated to both stories and music that include the beautiful sound of the Dulsitar – a one-of-

a-kind instrument, which is an amalgam of a harp, dulcimer, and sitar.

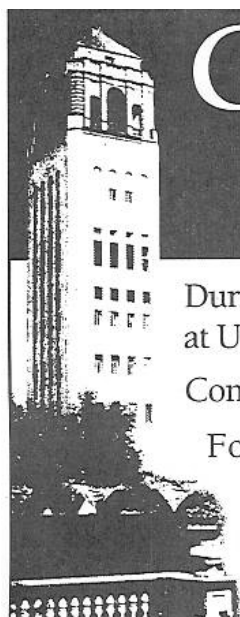
Book and music reviewers, as well as talk show hosts, are describing Cole as Will Rogers/Robin Williams meets Charles Kuralt/Jack Kerouac, with a touch of Deepak Chopra thrown in for good measure.

Cole is a professional adventurer, whose roots began in the metaphysical world and then crossed over into pop culture. He has played professionally with such varied artists as Stevie Wonder, Neil Young, Ray Charles, and Waylon Jennings, to name but a few. Cole has also become a

powerful speaker and motivational coach in the human potential movement.

Among his many accomplishments, Cole is most proud of being one of the keynote speakers at the United Nation's International Symposium on Drug and Alcohol Abuse in Bombay, India, as he particularly loves being of service in the twelve-step communities.

Gene Wall Cole – motivational speaker, master storyteller, musician extraordinaire – is bringing his much anticipated "Follow your dreams" to West Sound Unity Church.



# Come Home to a Unity Retreat

During 2005, there will be over a dozen exciting and transformative retreats at Unity. Reconnect with yourself and with God at beautiful Unity Village.

Come apart awhile and drink deep from the well of renewal.

For more information:

(Toll-free) 1-866-34-UNITY  
[www.unityretreats.org/cb51](http://www.unityretreats.org/cb51)

E-mail: [retreats@unityworldhq.org](mailto:retreats@unityworldhq.org)

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# Upcoming Events at West Sound Unity Church

## April 2005

### Sunday, April 3

*Daylight Saving Time begins*



### Wednesday, April 6

#### Midweek Renewal

6:00 pm Potluck

7:00 pm *People Patterns*: Presented by Karla Moore. Day care provided (please request ahead of time). Have you ever wondered how some people can put a wagon together without even looking at the directions? All they need is the box. How would you feel if someone said, "Hey, get in the car. Let's go on vacation for the day"? Would you jump in elated and ready for the adventure, or would you say "What, no plan?" People patterns – we all have them. We all have preferences and styles of communication that are comfortable to us. But what happens when styles are different? How does that effect the synergy of communication? Please join us for the second of a two-part series, as we explore people patterns.

### Tuesday, April 12

5:30 pm *Board Meeting*

### Wednesday, April 13

#### Midweek Renewal

6:00 pm Potluck

7:00 pm *Follow Your Dreams: Gene Wall Cole*

Follow Your Dreams reveals a simple, step-by-step method for creating the life you've only dreamed of before now. Designed for people who ask, "What's the bottom line?" and led by a man who's found the bottom line.

- ◇ Understand the role of directed imagination in manifesting your dreams.
- ◇ Discover how self talk equals self fulfillment or self sabotage.
- ◇ Joyfully take back your power to design your own life.

The choice is yours. Let's embark on a new journey! Come, follow your dreams. You'll be glad you did!

### Sunday, April 17

*Quarterly Meeting* in the Sanctuary . Our minister and Board of Trustees offer timely information; includes Q & A time. Salad Potluck following in Fellowship Hall.

### Tuesday, April 19

10:00 am *Planning Meeting*

### Wednesday, April 20

#### Midweek Renewal

6:00 pm Potluck

7:00 pm *Lessons in Truth*: Carmel Pennington presents a class on Unity's first and foundational book by H. Emily Cady.

### Saturday, April 23

9:00 am *Earth Day Grounds Cleanup*

Come to the church to make our grounds beautiful again. There will be hot dogs, chips and beans, and an Earth Day blessing at noon. Bring gardening tools, if you have them.

### Wednesday, April 27

#### Midweek Renewal

6:00 pm Potluck


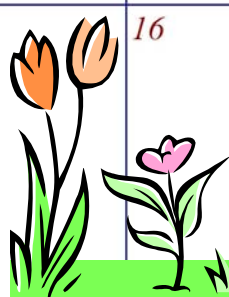
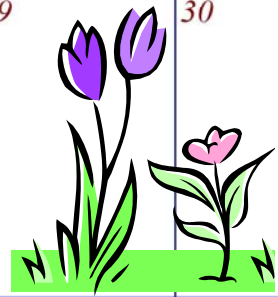
7:00 pm *Lessons in Truth*: Carmel Pennington presents a class on Unity's first and foundational book by H. Emily Cady.





# April 2005

*Set your clocks - Spring Forward!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 April Fool's Day	2
3 10:00 AM Service 6:00 PM Black Hawk Meditation 6:00 PM Eagle Clan Medicine Wheel  Daylight Savings Time Begins	4 6:30 PM Course in Miracles	5 7:00 PM Women's AA	6 6:00 PM Potluck 7:00 PM People Patterns	7 7:00 PM Coyote Clan Medicine Wheel	8 7:00 PM Volunteer Appreciation Dinner	9
10 10:00 AM Service 6:00 PM Black Hawk Meditation 6:00 PM Eagle Clan Medicine Wheel	11 6:30 PM Course in Miracles	12 5:30 PM Board Meeting 7:00 PM Women's AA	13 6:00 PM Potluck 7:00 PM <i>Follow Your Dreams with Gene Wall Cole</i>	14 7:00 PM Coyote Clan Medicine Wheel	15 	16
17 10:00 AM Service 11:00 AM Quarterly Mtg w/ Salad Potluck 6:00 PM Black Hawk Meditation 6:00 PM Eagle Clan Medicine Wheel	18 6:30 PM Course in Miracles	19 10:00 AM Planning Mtg 7:00 PM Women's AA	20 6:00 PM Potluck 7:00 PM <b>Lessons in Truth class</b>	21 7:00 PM Coyote Clan Medicine Wheel	22	23 9:00 AM Earth Day Grounds Clean-up
24 10:00 AM Service 6:00 PM Black Hawk Meditation 6:00 PM Eagle Clan Medicine Wheel	25 6:30 PM Course in Miracles	26 7:00 PM Women's AA	27 6:00 PM Potluck 7:00 PM <b>Lessons in Truth class</b>	28 7:00 PM Coyote Clan Medicine Wheel	29 	30



**April 2005**

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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/>