



May/June 2010



Sunday Celebration Service 10:00 AM

Meditation 9:00 AM

SLT Senior Center—3050 Lake Tahoe Blvd.

A Letter from our Spiritual Leaders, By Stew



We just received some wonderful news. My cousin Audrey and her husband, Tom, are moving to Carson City from the East Coast. Audrey is one of my favorite people in the world; we've had a very special connection since she used to babysit me and chase me around in my Dr. Denton's. There have been too many gaps of years between our visits in the last 30 years, though every time we do get together it's as if we'd just seen each other yesterday. Perhaps you have that kind of relationship with someone. Anyway, the news came as a complete surprise, which made it even more wonderful.

Family has taken on greater and greater importance in my life as I've gotten older. I already feel very blessed to still have my mom, my brother & his family and my in-laws all nearby, and it is truly a gift to add someone else who shares common ancestors and

common memories with me. And it's also nice to have someone else around who understands and appreciates my sarcastic sense of humor!

In thinking about the gift of family, I can't help reminiscing about these past 3 years that Hillary and I have been the Spiritual Leaders of Unity at the Lake. You are all my family. I felt this way even before we became Spiritual Leaders, but that feeling has deepened and sweetened immensely. Hillary and I have been looking for this kind of family since we moved here in 1979. We had a large family at Safe Haven & yet I suppose we hadn't reached a point in our lives where we could open up to it and engage in it fully. For us, now, we're not only blessed to "lead" Unity at the Lake, we're blessed to be a part of it. We're blessed by everything we give and everything we receive. We're blessed especially by the sacred container of love and support you all help create in which we can continue to grow.

This feeling of family has intensified lately. This is probably because we've begun doing more things together outside of our usual Unity activities and locales. Just in the last couple of weeks, a bunch of us took a field trip to Reno to see Michael and Rickie Byers Beckwith (and eat at the Olive Garden), and a few days later 15 of us got together at Holly's Place to play bunko. This year we've also snow shoed, watched movies and bowled together...twice (though Hillary went, I somehow missed out both times). We danced and sang together at Hands and Hearts for Haiti. At these events I revel in the feelings of belonging and sharing and friendship I feel every Sunday. And I feel proud. I feel proud because we are doing what is ours to do, even without our own sacred space, to be a community. I feel proud of who we are and what we have become in so many ways. I feel proud to say, this is not only family, it's a downright functional family!

I encourage you to dive in to everything we have to offer. And whatever your level of participation in Unity at the Lake's events and programs, please know that you are a loved and integral part of this family.

Sunday Celebration Services (at the Senior Center)

12 Power Sundays: *The 1st Sunday of each month, we will be exploring the power of the month through the prospective of different faith traditions.*

May 2nd - Power & Judaism (wear purple),

June 6th - Imagination & Hinduism (wear light blue).

May 16th: *Join us for a joyous & uplifting family service!*

June 27th: *A Unity at the Lake friend and favorite, Kathy Zavada will be here to lead our service with her inspirational music and message. With special workshop to follow, details to come.*

Immediately following our Sunday celebration services:

Re-circulation Sundays:

The 3rd Sunday of each month (**May 16th only**). Bring up to 3 items in good condition that you want to pass along. Ideas for May - art fair/gifts for Dad/books. All items will then be available for a love offering.

OneHeart Drumming:



May 30th. Always a fun & uplifting time to join together and celebrate the unique heartbeat of God within us all! Come create & express your joy through the rhythms of the divine! Some drums & percussion will be provided, or bring your own. Dancers & listeners invited too! Love offering.

UPCOMING EVENTS...

"Meditation Practices" class: Sunday nights in May (2nd, 9th, 16th and 30th), 6:30PM - 8:30PM in the office. For all levels of meditation experience. Recommended textbook (not required) is *Meditation for Dummies*. You do not have to attend all the classes. L.O. 

Murder Mystery Dinner: Friday night, May 14th, 6:00 - 9:00PM at Embassy Suites Stateline. Join us for a fun-filled night of food (full dinner) and laughs, witness a crime and help solve the mystery. Step back in time to an 80's high school reunion with music, dancing, Rappin' and dress in your totally awesome 1980's outfits to kill! \$40 per ticket and all proceeds benefit UATL. Call or email today for tickets!

Holotropic Breathwork: Saturday, June 12th, 2:00 - 5:00PM. Join Hillary and Stew for this powerful and transformative celebration of Self. In a safe, sacred and nurturing container, your own breath can open you up to a profound release of physical, mental and emotional blocks that no longer serve you. **Must register by June 1st.** \$60 (please ask us about a sliding scale).

Yard Sale: Saturday, June 19th, 9:00AM - 1:00PM in the Unity office parking lot. Start sorting through your stuff OR save the stuff you were just about to give away, then call the office when you're ready to bring your stuff over. If you need it picked up, we can arrange that, too. You can also sign up for early morning setting up, being available through the sale, afternoon set-down or supplying goodies, coat racks, tables, hangers or canopies. We had a blast last year!



Our Y.E.P. kids with teacher Kathi O. on Sunday, April 11th.

YEP and Youth Group Meeting:

If you are interested in becoming a YEP teacher or helping us establish a Youth program (12 & up) please join us at a brief meeting immediately following our May 2nd celebration service.

You must be a member to be a teacher and of course everyone's input and assistance are welcome.

If you are interested and are unable to attend please contact Hillary before the meeting.

Special Thanks...

To Jazz Christianson and Kristina Hoffman, for creating those absolutely beautiful new UATL signs with our logo and mission/vision statements.

To Karen Martin, for your amazing generosity and love for UATL...thanks most recently for all the fresh flowers weekly in the office sacred space, for the gorgeous new prayer boxes and for the new prayer flags for the Senior Center walkway!

To Mort Marley, for always helping out with the chairs at Sunday services and for basically always helping somebody out!

To Holly Eimer and Karen Elizabeth, for opening their beautiful space to us for our recent bunko gathering. A fun time was had by all!

To Dory Smith and Michelle Jameson, for stepping up and providing lovely music at our Sunday service on March 21st.

THANK YOU & BLESS YOU!

Our Office/Sacred Space

Located upstairs (Suite 27) in the Star Tahoe Bldg., 2489 Lake Tahoe Blvd. (530) 544-2266

OPEN HOURS: Mondays 10AM - 12PM (We are discontinuing Monday hours as of June 7th.

Instead we invite you to join us on a weekly outdoor activity. Stay tuned for details!

Wednesdays 10:00AM - 2:00PM (Weekly Prayer/Meditation Circle, 12 - 12:45PM)

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**\*\*\* You are invited to come by and sit in the sacred energy, browse the lending library, or just say hello! It's a wonderful space! \*\*\***

**OUR SPIRITUAL LEADERS, HILLARY AND STEW, ARE ALWAYS AVAILABLE TO MEET WITH YOU FOR SPIRITUAL COUNSELING AND/OR PRAYER, TO TALK OVER THE SUNDAY SERVICE OR UNITY PRINCIPLES...OR JUST TO CHAT!**

***"There are so many of you we would love to get to know better."***

### Ongoing Events in the Office (all are available for a love offering):

**"Awakening Wednesdays": Every Wednesday night, 6:30 - 8:00PM.** We gather for ongoing book study, meditation, heart-opening and spirited discussion, tool sharing and, generally, furthering our spiritual awareness and understanding. Come join this sacred, fun and beautiful gathering! **We will be moving to Regan Beach as soon as the weather permits, so be sure to check with us on location.**

**Men's/Women's group**: Our men's group meets at 6:30pm the 3<sup>rd</sup> Thursday of each month. Contact Stew if you are interested. The women's circle gathers the 3<sup>rd</sup> Monday of the month at 7:00pm, call Hillary for information.

**Healing Circles**: On the 2<sup>nd</sup> Monday of each month (May 10<sup>th</sup> & June 14<sup>th</sup>) at 6:30pm **SHARP** (please note the time change). Bring a healing request or simply bring your loving and healing energy to share in this powerful and prayerful ceremony. We have witnessed profound realizations on all levels and areas of life as we affirm and align in consciousness with the Truth that we are already whole. *In other words, you don't have to be feeling bad to come or to benefit.* When we have a large circle of people involved, the energy fairly sizzles! Simply one of the best ways we know to align our minds with Divine Mind and claim our Divine Inheritance!!



***Check out our website:***

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

*Our Sunday talks are now available on our website, beginning shortly after each Sunday service. Tell your friends!*

Also, did you know you can now make donations (for regular tithes, Building fund, Minister's fund and Hands & Hearts) and purchase any of our OneVoice, meditation or Sunday service CDs, directly from the website via PayPal or credit card?

### Welcome to our new UATL members:

Kathi Cross

Ken Cross

Sherry Stofko

Lowell Hinkle (not pictured)

We love you, we bless you, we truly appreciate you!



*Our New Member Dedication Ceremony on Sunday, April 11th.*

## Faith in action program:

We joyfully affirmed and celebrated our abundance through financial support of the following during the period of February and March, 2010:

**Unity in the Community  
Unity Institute**

**James Crawford** (for his work with  
Hands & Hearts for Haiti)

**The Center for Nonviolent Communication  
Lake Tahoe Blue Ribbon Choir**

**West Central Region, Assoc. of Unity Churches  
Peace Pals International**

Total of outgoing tithes for this period was  
\$1041.90. Thank you, God!

## The Prayer of the Chalice

Father, to Thee I raise my whole being,  
a vessel emptied of self. Accept, Lord,  
this my emptiness, and so fill me with  
Thyself - - Thy Light, Thy Love, Thy  
Life - that these Thy precious Gifts  
may radiate through me and over-  
flow the chalice of my heart into  
the hearts of all with whom I  
come in contact this day,  
revealing unto them  
the beauty of  
Thy Joy  
and  
Wholeness  
and  
the  
serenity  
of Thy Peace  
which nothing can destroy.

~Francis Nuttall

## SAVE THE DATE!

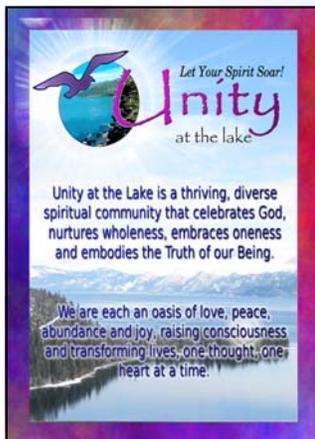
Our music ministry OneVoice has been invited to join with the music departments from Unity of Reno & Unity of Carson City to put on this spectacular event: a concert to raise funds for our music teams to go to Unity Village in July for this year's *Sound Connections* music conference! Tickets on sale now!

What: "Unity Revival"

When: Friday, June 4th, 7:00PM

Where: Unity of Reno in Reno, NV

## NEW! Unity at the Lake Signs



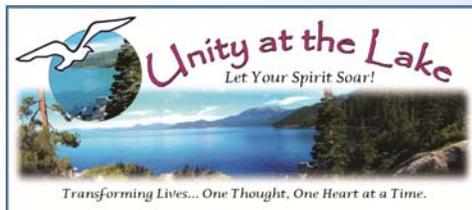
### Mission/Vision Statement Sizes:

Sm: 2¼ x 3¼ (wallet size)

Med: 4 x 6

Lg: 5 x 7

XL: 8 x 10



### Logo Sizes:

Sm: 4 x 1¼

Med: 7 x 3

Lg: 12½ x 5½

XL: 18 x 8

Prices: \*add \$2/ea print for lamination.

Small: \$3

Medium: \$6

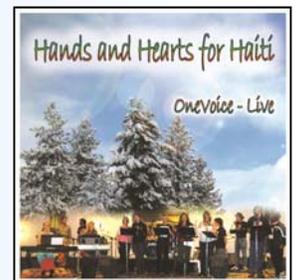
Large: \$10

Extra Large: \$15

To order, call the office or fill out an order form at Sunday service.

## Unity at the Lake CDs

Our BRAND NEW OneVoice CD "Hands and Hearts for Haiti" is now available! This awesome live recording is from the benefit concert for Haiti put on by James Crawford last February (thank you, James!). Another great collection of songs with many of our favorites including "Rising Again" and "Heal This Land" Love offering.



"Journeys to the Heart", our meditation CD consists of 4 guided journeys on healing, prosperity, forgiveness and guidance, each about 15 minutes long. It's a great help to begin a meditation practice or to deepen your existing one. Available for \$15.

Our NEW "Morning Meditations '09" CD is wonderful on the drive to work! It is a collection of 5-minute meditations from Sunday celebration services along with the pre-meditation song by OneVoice. Folks have found it to be an important part of their day and a wonderful ally to stay in the awareness of God all week long. Love offering.

"Morning Meditations '07" is also available.



12 Powers CD set - All of our 12 Powers Sunday celebration services from 2009 with wonderful inspirational talks from Stew and Hillary, along with special guest speaker Rev. Craig Pfeifle. Discover a deeper understanding of your own 12 Powers within. Suggested love offering of \$30.00.