

SEPTEMBER
OCTOBER
2012

UATL NEWSLETTER



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SOUTH LAKE TAHOE, CA
96158

*Our sanctuary & annex
is located at:*
1195 Rufus Allen Blvd.
South Lake Tahoe, CA 96150

OFFICE HOURS:
TUESDAYS & FRIDAYS
11-2
WEDNESDAYS 10-2

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WE'RE ON THE WEB!

VISIT US AT:

WWW.UNITYATTHELAKE.ORG

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Message from our Spiritual Leader (by Stew)

My favorite quote from the Buddha goes something like this: "We don't get upset because of what's happening; we get upset because we're upset-able." In other words, just like happiness, upset is an inside job. And I don't know about you, but I much prefer harmony; in my day, in my experiences and, perhaps especially, in my relationships. So before I start looking for harmony outside of myself, I need to establish it inside myself. When I do, I become much less upset-able.

It has become clear to me that harmony within does not tend to happen spontaneously; I need to establish it. My mind tends to be hectic and chaotic, prone as it is to outside influences. This makes it difficult for me to attune to the harmony that is always present in life, in Nature, in my God Self. For me, God *IS* the harmony and balance that is always present even in what seems like chaos; the principles that govern my existence whether things seem harmonious or not...and the only place I can be separate from all is in my awareness. My mind is very good at that bit of separation.

When things are disharmonious, it isn't as though God just left the scene, but I undoubtedly did. So, it behooves me to constantly remind myself of my oneness with God. I can feed that part of myself by giving it more of my attention and focus, through prayer, meditation, affirmations, journaling, visualization, or whatever. I can spend more time in Nature or listening to music or doing something to attune with a less hectic vibration. I can start my day and indeed every interaction by grounding in what is most important to me, my deepest values and my deepest desires. And I can tap into the joy, love, gratitude, compassion

and peace that always abide in my heart before I speak or act. Or think. These things are possible, but it's me that has to do them.

When I do, I experience harmony. When I do, fewer things seem urgent and I can spend time on things that are important and valuable to me. When I do, I spend more time creating and less reacting (by the way, those two words have the same letters, just in different sequence). Then I notice that what I create in life is much more in line with my core values and intentions. I also notice I am much more able to take whatever comes in my life and use it to unfold more of my divinity.

This summer, I haven't been doing my usual spiritual routine that I described above. I've been out in Nature a lot, but almost none of the rest. And apparently it's like not drinking enough water: by the time you realize it, your tank is already very low. I'd become quite upset-able lately without really realizing it, and it came to a head the other day. Through that experience I came to realize that it's not enough to know I am divine Love. I have to affirm it, acknowledge it, appreciate it, fill myself with it and remind myself of it, consciously and often. It's pretty simple. The more I do, the harder it is for me to forget and the easier it is for me to show it.

The word "harmony" means "to fit together", and that's how it feels to me. When I find harmony within myself, everything seems to fit together. I know everyone and everything already does, but only when I establish harmony within myself do I experience that feeling. And when it feels as if everything fits together, I am much less upset-able!

"So before I start looking for harmony outside of myself, I need to establish it inside myself. When I do, I become much less upset-able."

THE SANCTUARY

So far, we have 82 chairs “adopted”... for various reasons getting the commemorative name plates has been quite a project... and, hopefully, sometime in the next couple of weeks you’ll see them on the chairs! Even so, you can continue to adopt chairs!!

12 POWER SUNDAY CELEBRATIONS

OCTOBER 7TH:
THE POWER OF ZEAL
(WEAR ORANGE)

NOVEMBER 4TH:
THE POWER OF
RELEASE (WEAR
RUSSET)

FAITH IN ACTION

Here is a brief synopsis of a financial report we presented to the congregation on Sunday, July 29th:



Sandy Mathiesen is now our treasurer and she’s done a marvelous job of clarifying our financial situation. We have spent \$20,644.74 more on the new building than we had in the building fund. In addition, we’ve received \$1500 that is earmarked for a platform in the Sanctuary. We’ve spent that money, plus the money we’ve received from chair adoptions, in order to pay our regular bills. So we still owe our anonymous loan donors \$10,000, which we’ve just begun repaying monthly. This is all partially offset by the \$6800 credit on rent the City gave us for monies we spent bringing the building up to code (that they should have paid for).

Though currently we are covering our monthly bills and we still have \$10,000 in our reserve fund, we obviously have some catching up to do. What can we do with this information? As a ministry, we can give our finances some attention and energy from a place of fullness and truth (instead of lack or fear)...being this clear and transparent is the perfect starting point for that. We know that there has always been enough and there will continue to be enough—more than enough—especially as we continue to hold to our Unity principles as well as to our highest vision and intentions.

There are so many ways you can contribute. If you’re able to give financially, you can still donate to the building fund to help us recoup. Also, the next major expenses we anticipate incurring relate to our Ministerial education (for our final year of studies), so the Ministerial fund is another appropriate place to which to contribute. Another way you can contribute financially is to bring your recyclables to the Recycling Center and mention to put it on UATL’s account.

As always, there are ways to give that don’t involve money. Giving of your time and talents in the form of volunteering and service is powerful. Attending our fundraisers and activities is also helpful. Just showing up is helpful so thank you for that! Finally, we are totally open to creative ideas for unfolding our mission and vision that also manifest abundance, including use of the building.

Bless you and thank you for holding the high watch with us!

As of 9/4/12, our bank balances are as follows:

Bank of the West Checking:
\$6,226.20 (covers everyday
spending and bills)

Bank of the West Savings (2012
Hands and Hearts for Christmas
fund): \$179.63

Everbank Checking (general
reserve fund): \$10,204.46

We joyfully affirmed and
celebrated our abundance thru
tithing to the following during
July/August, 2012:

*Tahoe Bear League *Pack With a
Purpose *Unity Institute *UATL
Fundraising Committee *The Positive
News *West Central Region,
Unity Worldwide Ministries
*Unity in the Community

Total of outgoing tithes for this
period was \$1988.52.

Thank you, God!



SPECIAL EVENTS & HAPPENINGS

~Unity's World Day of Prayer is **Thursday, September 13th**. We'll be having a silent prayer vigil in the Annex from 8am-5pm that day. Sign up to hold a half-hour space (or just come down and pray as long as you choose)...sit in the energy of peace and love and then send it out to the world.

At 5:30pm we'll be having a beautiful and special ceremony out at our Labyrinth. Please join us as we bless all the countries of the world with a sacred peace walk through the labyrinth. We will plant our spruce tree and dedicate it as a peace tree with prayer ties and origami peace cranes. Kristina and Jazz will surround it all in beautiful music.

~**Spiritual Social Action: The Great Sierra River Cleanup** is **Saturday, September 15th**. From 9am until noon, UATL volunteers will be out at Cove East picking up trash and debris. Please let us know if you can join us and we'll provide more details.

~**Special Benefit:** The amazing **Tahoe Improv Players** will be doing a special performance on **Friday night, September 21st @ 7:30**. This is a benefit for UATL...the cost is \$10 per person with all proceeds going to us. Call or email for tickets, or get them at a Sunday celebration.

~**UATL's 18th birthday/Volunteer Appreciation Potluck: Sunday, September 23rd**, immediately after our celebration. In other years this has been a picnic/kite flying event out at Baldwin Beach, but with so much going on this September we've decided to keep it simple and have a potluck at our Sanctuary. Our Council of Trustees will provide the cake and main course, and, we invite everyone to bring a salad or side dish.

~**Movie Night:** We're celebrating our new 55-inch TV with monthly movie nights in our Sanctuary **on the last Friday evening of each month** (exact time to be announced). We will be showcasing inspiring, heart-opening and thought-provoking films, most of which did not make it into our local theatres, for a love offering. By the way, if you know of any that fit this description, let us know!

***September 28th:** film tba

***October 26th:** Celebrate Halloween with a family night out. It's "Movie Night at Unity", with the classic, "Wizard of Oz". Bring a grandchild or neighbor child who's never seen the movie or join with others who have seen it 50 times. Either way, watching this enduring favorite together means a great evening.

ONGOING UATL EVENTS

Wednesdays, NOON-12:40: PRAYER/MEDITATION CIRCLE in the Annex. Every Wednesday we sit and meditate on the presence of Love and hold the high watch for ourselves and for everyone on our prayer slips ...please join us!

Tuesdays and Fridays, Silent meditation in the chapel (inside the Annex). If Wednesday at noon is too long, or that day just doesn't fit into your schedule, or you just want a space to center and ground in Truth in the midst of your busy day, whether for 5 minutes or an hour, you are always welcome to sit in silence in the peace chapel.

"Living from the Heart": We'll continue to meet at Regan Beach (either on the big lawn or under the trees by the exit), 6:30-8pm, as long as the weather holds out (then we'll move back to the Annex, so if you're unsure of location, please call). We'll sit in satsang with a 15-20 minute meditation and see what comes through, either a topic that comes to us (Stew & Hillary) or a question that is alive in your heart. Love offering accepted.

COMMUNITY (NON-UATL) EVENTS

Habitat for Humanity's "Hike for Housing" fundraiser is **September 15th**. For info/to sign up, please call them at 530-541-2551 or 530-577-7762.

The Tahoe Area Sierra Club will be hosting **Don Lane**, renowned for his weekly radio show, **Tales of Tahoe**, who will be speaking on **"Wilderness: Its Joys and Importance to Tahoe"**, **September 19th in the Sanctuary, 7pm, Free**

FROM THE COUNCIL

“FAITH”



*I have been trying to think of what to write for this issue of our newsletter. The topic that keeps coming up for me is faith. It is a topic that comes up in so many areas of my life, as I'm sure it does for you as well. I believe faith is a very large part of the reason that we now have our own facility – our own spiritual center. Faith is what has made our church grow and what continues to move our spiritual leaders forward on their path to receiving their ministerial degree. Faith is present in listening to that small still voice and having the courage to act on it, whether in terms of a major life change regarding employment or relationships or relocating, or in terms of small daily events. Faith moves us forward when we may feel that we don't have the strength ourselves, such as getting through a serious illness. Faith can also make wonderful things happen, such as a student traveling abroad to experience the world and have positive life changing experiences. Or being brave enough to ask for what you need, which is probably a simple thing for many people, but for others of us it is very difficult and scary. Or having faith that somehow I can sit at the computer and this article will be written! All in all, faith is about listening for that small still voice and knowing that God, or Spirit, has your best interest at heart and works for your highest good. You just need to be open and trusting. An appropriate saying that I heard from a good friend is: "if not this, then something better". So let's all **Keep The Faith!***

Thank you God/Spirit!

~ Karen Sanders

DID YOU KNOW???

...YOU CAN LISTEN TO EACH WEEK'S LESSON ON THE WEB FOR FREE? IT'S TYPICALLY LOADED JUST HOURS AFTER SUNDAY CELEBRATION. THIS IS A GREAT WAY TO INTRODUCE FRIENDS TO THE UATL MESSAGE. JUST CLICK:

[HTTP://WWW.UNITYATTHELAKE.ORG/AUDIO.HTM](http://www.unityatthelake.org/audio.htm)

WANT MORE THAN THE LESSON? WANT TO HEAR **THE PRAYERS, THE MEDITATION AND THE DELIGHTFUL MUSIC BY ONE VOICE?** FOR THAT, YOU CAN PURCHASE A \$5 CD OF EACH WEEK'S SERVICE. ORDER FORMS IN THE BACK OF THE SANCTUARY.

You can make donations (for regular tithes, building fund, Minister's Fund and Hands and Hearts) **and purchase** all of OneVoice's CDs, Stew and Hillary's meditation CD *Journeys to the Heart*, plus CDs of Sunday celebration services, directly **from the website via PayPal or credit card**. We can even automatically charge your credit card monthly for tithes if you choose.

Special thanks to:

Leonard Smith, for
beautiful attention
to/cleaning up of our
labyrinth

Linda & Mark Witters & Mike
Farnon for grounds keeping
extraordinaire (there's a lot of pine
trees on the property!)

Our anonymous TV donors (you know who you are!) for
your amazing generosity and love

HAVE YOU BEEN LOOKING FOR A WAY TO HELP?

That would be perfect, because we're looking for you, too!

**We're creating a "greeting team."

These folks would be our greeters on Sundays, perhaps once every two months. All you'd have to do is smile, hug, hand out bulletins and collect the offering.

**We're also looking for:

- 1) an archivist to put our UATL memorabilia into scrapbooks. You can easily do this at home and we'll provide the materials. We'd love to catch up...we're about two years behind, and
- 2) a librarian to organize our lending library, and
- 3) someone/a team to do snow removal on Sundays
- 4) YEP teachers. Our youth program is about creating a safe place for our kids to explore their spirituality and get to know their God selves, as well as have fun. If you're thinking you need teaching experience to do this, think again! It only takes a willing attitude (and UATL membership)! We can provide you with everything else (the words, the art project, the book to read, etc.).

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Hillary & Stew

OFFICE HOURS:

TUESDAYS AND FRIDAYS 11-2

WEDNESDAYS 10-2



We'd love for you to come by and we can share some inspiring or cheerful conversation or just get to know each other better. If you come around lunch time Tuesday or Friday perhaps we can also break bread together. Of course, we are ALWAYS available and eager to meet with you (except Sundays or Mondays, unless in an emergency) during the week for spiritual counseling and/or prayer, or to talk over the Sunday talk or Unity principles...and we can still take advantage of sitting out on the deck amidst the flowers. Just give us a call!

"In the time of your life, live—so that in that good time there shall be no ugliness or death for yourself or for any life your life touches. Seek goodness everywhere, and when it is found, bring it out of its hiding place and let it be free and unashamed.

...Discover in all things that which shines and is beyond corruption. Encourage virtue in whatever heart it may have been driven into secrecy and sorrow by the shame and terror of the world.

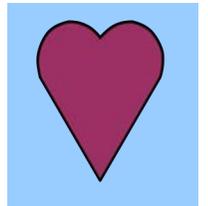
...Be the inferior of no man, or of any men be superior. Remember that every man is a variation of yourself...Have no shame in being kindly and gentle...

In the time of your life, live—so that in that wondrous time you shall not add to the misery and sorrow of the world, but shall smile to the infinite delight and mystery of it."

[William Saroyan](#)



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Sent with Love to:



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If you no longer wish to receive these hard copy UATL Newsletters, no problem! Just email us and let us know! Blessings!!
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