

JANUARY -
FEBRUARY
2014

UATL NEWSLETTER



MAILING ADDRESS:
P.O. Box 10742
SOUTH LAKE TAHOE, CA
96158

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

NEW OFFICE HOURS:
TUESDAYS 11-2 (HILLARY)
WEDNESDAYS 10-2
(HILLARY & STEW
ALTERNATE WEEKS)
FRIDAYS 11-2 (HILLARY)

Office phone #
(530) 544-2266

WE'RE ON THE WEB!
VISIT US AT:

WWW.UNITYATTHELAKE.ORG

& ON FACEBOOK:
"UNITY AT THE LAKE"

EMAIL:
[UNITYATTHELAKE@
SBCGLOBAL.NET](mailto:UNITYATTHELAKE@SBCGLOBAL.NET)



Message from our Spiritual Leaders (by Hillary)

(as requested by several of you, the following is a condensed adaptation of Hillary's Sunday talk from November 24th, "A Prayer from the Heart." The entire prayer is available upon request...)

I dwell in my quiet place so I may commune with you, God, so I may hear you, feel you. I give thanks for this meeting place within me that expands my awareness of your presence all around. Everywhere I look I am filled with awe at the wonders of creation on this planet. You are so much bigger than I can ever understand. You are the Great Mystery. But I can see you all around me and get to know you that way.

And so I send praise to the warm healing light of the sun that sustains me and nurtures me. Thank you, Sun, for reminding me of my own inner light to get through the dark and hard places. Thank you for reminding me to dare & dream & create & share the light of my Be-ing from the fire & passion that burns within me.

I send praise to the Moon that governs the cycles of life on the planet and within me. I look up at you & the Star Nation & my sense of Self is expanded.

There is so much amazing diversity on this planet & I give thanks for the way it awakens my inner child to curiosity, wonder & awe. Thank you Tahoe... for helping me to cultivate my inner stillness.

I turn my gaze inward & give thanks for the unique creation of life that I call myself. I celebrate all that I AM, the preciousness of my human journey as I continue to learn to walk in the light where my wholeness always lives. I give praise to my mind that is fully aligned with Divine Mind. I am so proud of myself for the new & powerful way that I Am learning to think & see things. I Am respectful with myself knowing when I need to be social & a part of the world; knowing when I need to rest & come apart for a while. I say kind & encouraging words to myself.

I AM OK with myself just as I Am, being gentle with myself, taking baby steps when I need to. I forgive myself for past mistakes &

reframe them into being thankful for a learning that I take into my present... I Am willing to let go of all the old negative thoughts & habits that keep me small, separate & afraid. I Am willing to allow love in. I Am willing to ask for help. I allow all the aspects of me to have a voice. I Am willing to celebrate & allow what I Am rather than focus on what I am not. I Am bold-silly- I allow myself to make mistakes - let myself play, dream & idle - I ask for what I need.

I give praise to my body. Body, I Am sorry I have often treated you badly. I now love you as the holy temple You Are. Thank you, Body, for being the wonderful form that lets Spirit express & enjoy itself; for the living energy of life you hold that keeps me healthy & strong so I can be & do all that I came here for; for serving so beautifully in the world & working so hard for me. I accept you just the way you are.

I give thanks for the way I Am showing up in the world. I stay present to each moment's unknown magic & mystery & everything happens so much bigger, so much better that I can ever imagine or ask for. I stop planning, controlling, judging & shoulda-ing & fully trust the flow of love, good & prosperity that is God in me. I allow mySelf to be the presence of God in the world. My faith in the flow of God's life as me, as I continue to hold this new way of Be-ing in the world, continues to expand & bless me. I have come so far on this journey & I remember that & bless myself.

I praise myself for walking the Way of Love in the world... I Am Love. I celebrate myself for choosing to Be the Peace of this moment... I AM Peace. I Am so proud of how I Am showing up in the world. As I learn to be more honoring of myself I present a more loving face to my community...and see a more loving community.

Thank you, Holy Breath for breathing me, sourcing me, filling me enfolding me. And I stay here with this knowing even when my eyes are open.

Aho.

Membership



We are about to launch a new member series. Our current members have been through an orientation process and generally have committed to the next level of ownership and involvement in UATL's affairs. Only members are eligible to vote at our annual membership meeting (for new members of our Council, changes in bylaws, etc.). They are also only eligible to become Prayer Chaplains, Council Trustees, YEP teachers, members of OneVoice and to receive monthly calls from our Prayer Chaplains.

Please note: if you don't wish to become a member, now or ever, that doesn't mean you won't be as welcome as you are now when you come to any of our events and programs! We love you, too!!

If membership does call to you, even remotely, **there are 2 mandatory introductory 1-hour classes** and then a "new member orientation" gathering, at which your decision to become a member (or not) would be made. If you have any questions about any of this, you know where to find us!

The schedule for the 2 introductory classes is as follows (each one is offered twice to make it easier for you to attend one). Please sign up at Sunday Celebrations or let us know you'd like to attend:

** **BASICS OF UNITY**

Sunday, January 12th, immediately following hospitality (around 11:45am) **in the Annex.**
Repeated **Tuesday, January 14th at 6:30pm @ Chez Bittman** (1721 Delaware St. off No. Upper Truckee...we're happy to provide directions if you let us know you're coming!).

This is also a great class for anyone looking to know a little more about Unity teachings or to get a refresher.

** **BASICS OF PRAYER**

Tentatively Sunday Feb 2nd and Tuesday Feb 4th...details to be announced



2013
Holy-Days
of Fun!



SPECIAL EVENTS & HAPPENINGS

Full Moon Walk: Friday, January 17th 7:30pm.

Weather permitting, we'll be meeting at the entrance to Baldwin Beach.



Vibrational Blessings: a Gong Immersion for the New Year:

Saturday, Jan. 18th 4 - 5:30pm in the Sanctuary: Join Journey Harasin in a loving gathering to honor the special loved ones in our lives. We'll have an honoring altar so bring a picture, a crystal, a totem ... any item that reminds you of a special person, place or time! You'll be treated to a mesmerizing, healing sound journey as Journey lovingly plays her 36" Paiste Gong, the Solfeggio chimes, Crystal and Tibetan bowls, rainstick and rattles in the warmly sacred atmosphere of Unity.

Cost: \$20, no one turned away for lack of funds. Please bring a pillow, blanket, eye cover, water ... whatever you need to be cozy and comfortable laying down during the sound immersion. Chairs are also available.

For information: Tara: 530-318-7677, basecampstudios@yahoo.com.

For info about Journey: www.journeyofsound.net or email seejurn@sonic.net
775-782-5316

Annual Membership Meeting: Sunday, January 26th

in the Annex immediately following our Celebration. Please join us as we review 2013 and share the excitement around 2014. Only existing members may vote but all are welcome. Your attendance is important! Members: please look for your ballot in the mail soon and if you are not planning to attend, PLEASE return it by mail or directly to us. Lunch will be served (no hospitality that Sunday).

Movie Night:

Friday January 31st, 7pm in the Sanctuary: 1 Am.

In this contemplative documentary, filmmaker Tom Shadyac conducts in-depth interviews with prominent philosophers and spiritual leaders—including Archbishop Desmond Tutu. In his own words, "We started out to explore what was wrong with the world and discovered what was right with it." We each have the power to change the world! Love offering



Hospitality:

We bless all of you who bring food to share.

Sometimes folks ask if it's OK for anyone to bring food...the answer is a resounding *yes!*

SUNDAY CELEBRATIONS

February 2nd

12 Powers Sunday;
The Power of Strength
(wear spring green if you'd like)
Play-shop to follow

March 2nd

12 Powers Sunday;
The Power of Wisdom
(wear yellow if you'd like)

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!

AWAKENING WEDNESDAYS, 6:30-8pm Annex: We'll resume on January 8th. Please join us for meditation, book study, heartfelt sharing and practical tools to bring the Sunday messages to life. Love Offering

FUNDRAISING OPPORTUNITIES FOR UATL

UATL HOODIES: They are beautiful, soft, good looking and a bargain at \$40! We still have 6 hoodies available...perhaps 1 has your name on it? Currently, we have:

*LIGHT BLUE 1 large *GRAY 1 large, 2 medium *WHITE 1 medium, 1 large

RECYCLING! We have a recycling tub outside of the Sanctuary for you to drop off your glass, jars and cans. Or just leave your bag on the deck if the tubs aren't out. Especially preferred are glass that is a "moneymaker" such as beer bottles and soda cans (California CRV). We would appreciate that these are deposited in the bins empty and clean.

AMAZON: There is now a link to Amazon.com on our [website](#), www.unityatthelake.com (on the left sidebar of each page right under our phone #). We will receive credit for any purchases you make from Amazon when you go through our website first!

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 celebrations, directly **from the website via PayPal or credit card**. We can even automatically charge your credit card monthly for tithes if you choose.

THANK YOU * THANK YOU * THANK YOU

~ TO ALL 35 "DOVES" WHO MADE A PLEDGE IN OUR FAITH IN ACTION PROGRAM

~ TO ALL WHO MADE A YEAR-END GIFT TO UATL

~ WE HAD FANTASTIC HOLYDAY DECORATIONS INSIDE AND OUT THANKS TO SUE, ESPECIALLY, AND MORT

~ WE HAVE A NEW DRAPE COVERING THE YEP BOOKSHELF IN THE ANNEX THANKS TO LYNN

FROM OUR COUNCIL

BY KAREN SANDERS, PRESIDENT



Another year has come and gone, and how quickly! By the time you read this, it will be January, a month full of new promise for the new year. A time to set new intentions, or make resolutions, and generally dream about the possibilities for the coming year. Perhaps it is also a time to reflect on the prior year, and how closely it resembled your anticipations at the beginning of the year. I know that for many people this last year has been full of surprises and difficulties. I know that I am exhausted by the past year, and past couple of years, and I intend to set forth clear intentions and be fully present in consciously co-creating how I want my life experience to be expressed this coming year.

This is also the end of my three-year term on your Council of Trustees. I have enjoyed representing you, the congregation, and am honored and blessed to have been able to be of service to Unity at the Lake in this manner!

I wish you all a wonderful, happy, peaceful, and healthy New Year, full of possibilities! Make it yours!

Peace, Love & Blessings,
Karen



FAITH IN ACTION

PLEASE NOTE YOU CAN USE A CREDIT CARD TO MAKE ANY KIND OF DONATIONS AND WE CAN AUTOMATICALLY CHARGE YOUR CREDIT CARD MONTHLY IF YOU CHOOSE. YOU CAN ALSO CHOOSE TO HAVE YOUR BANK SEND AN AUTOMATIC MONTHLY DONATION.

We joyfully affirmed and celebrated our abundance through tithing to the following during November - December:

- | | |
|-------------------------|--------------------------------|
| *Unity Institute | *Rick Gunn |
| *West Central Region | *Spirit Rock Meditation Center |
| *Uncharted Play—Sockets | *Gary Handzel |

Total of outgoing tithes for this period was \$2023.69
Thank you, God!

As of 1/3/14, our bank balances are as follows:

Bank of the West
Checking: \$4078.77
(covers everyday spending and bills)

Bank of the West
Savings (2013 Hands and Hearts for Christmas fund): \$97.66

Everbank Checking
(general reserve fund): \$2748.39

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. THE ARCHIVES GO BACK SEVERAL YEARS. THIS IS A WONDERFUL 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 ONEVOICE? FOR THAT, YOU CAN PURCHASE A \$5 CD OF EACH WEEK'S CELEBRATION. ORDER FORMS IN THE BACK OF THE SANCTUARY.

TELL YOUR FRIENDS!!



Our Beloveds, Reverend Stew & Reverend Hillary

** OFFICE HOURS **

TUESDAYS 11-2 (Hillary)

WEDNESDAYS 10-2 (Hillary & Stew alternate wks)

FRIDAYS 11-2 (Hillary –no, this is not a misprint; Stew is taking a little time off from the office to finish his book)

Also, we are very happy to make an appointment and meet with you at a different time and day if our office hours don't work for you.

Hillary and Stew are always available for affirmative prayer. They also invite you to call & make an appointment for a spiritual counseling session, love offerings gratefully accepted. Hillary is also available (by appointment) for spiritual healing sessions (with your choice of affirmative prayer, Reiki or Zenith color therapy, all available for L.O. as well.)

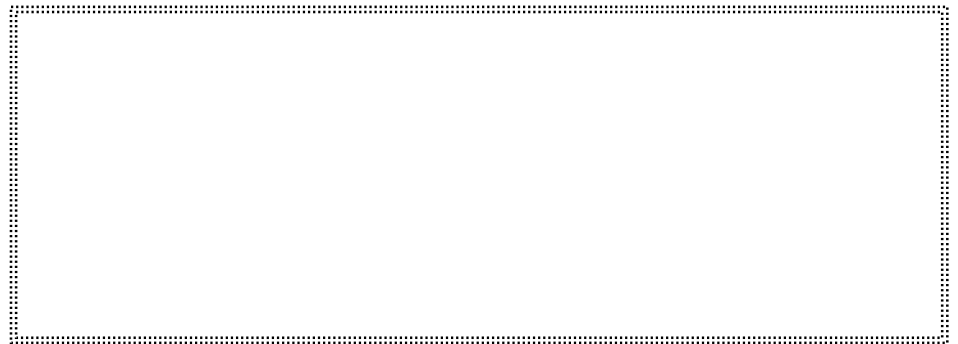


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Sent with Love to:



If you no longer wish to receive this hard copy UATL Newsletter, no problem! Just email us and let us know! Blessings!!
unityatthelake@sbcglobal.net