

MAY - JUNE
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**

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

**Office phone #
(530) 544-2266**

WWW.UNITYATTHELAKE.ORG

**& ON FACEBOOK:
"UNITY AT THE LAKE"**

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Message from our Spiritual Leaders (by Hillary)

It is the season when the Earth is awakening. It's springtime excitement when we feel outrageously alive! Vibrant greens and raucous bird calls greet us on our walks. Perhaps the outer excitement matches your own season of awakening...more energy...more appreciation...more mindfulness. Perhaps there is even a deeper awakening going on leading to more awareness and acceptance that all the parts within us matter and are part of our wholeness. That is what I am experiencing. I have worked diligently this winter exploring what still gets in the way of letting my light shine. And now just like the Earth has nurtured all manner of growth deep in its darkness, I, too get to see what will bloom from all this nurturing of self!

Speaking of nurturing...Happy Mother's Day. In addition to honoring your mother, you might want to share some appreciation with those (of any age or sex) who helped to nurture you and/or inspire you to become more of what you always are in truth. If it isn't possible to physically thank someone you can always take some time to just think of them & bless them. There are so many folks who have helped me to become who I am today; inspired me; helped me feel safe, loved, appreciated. There are so many I can think of who don't know it; who I haven't told. There are some who I haven't told because I didn't recognize it. There are many who know it and perhaps haven't heard it in a while. What a joyous experience to look forward to as I reach out, build bridges, create connection and deepen relationships.

Did you know that the first idea of a Mother's Day started after the Civil War? Julia Ward Howe issued a Mother's Day Proclamation for Peace to all women as wives & mothers to not allow war to happen anymore. It's a pretty bold statement. So as I grow myself into wholeness, I want to honor her & get bold, too. I make a proclamation for myself to love & honor myself more & bring more peace into the world. To commemorate

the moratorium on war Ms. Howe was hoping for, I will declare a moratorium on making war in my own little corner of the world. I often wage war against myself and others, and occasionally with my words. It's not a declaration of truth; it is just a habit that I've grown accustomed to and unconsciously allow to rule me. So perhaps right now being totally peaceful is not my first thought & it may never be my 1st thought (in other words, judgment is often a first thought)...and so what, that still doesn't have to define me or my life. Happily, I have 2nd thoughts that I am more likely to start being conscious of (yes, and sometimes it doesn't happen until the 3rd or 4th thought) and that's where I can concentrate my efforts to change my thinking. The most gentle and nurturing thing I can do for myself and to bring peace to the planet is learn from my first thought, and make a brand new commitment to stop allowing those thoughts to live in my head and get a free ride. I return to the Mother where I become the compassionate arms of Love for myself. There's no sense in berating myself for thinking a thought I don't like (as well as continuing the cycle of violence) and I choose instead to create peace. I forgive myself for it instead...I give love to myself and have compassion for that very human habit. Then I move on. Forward into my true nature!! I have the power of choice and can absolutely cease allowing it any further into my consciousness. I relentlessly desist in letting it guide me down a road I don't want to go down.

To paraphrase from Ms. Howe:
*Arise then...wo/men of this day!
Arise, all wo/men who have hearts!
Whether your baptism be of water or of tears*

Springtime awakening, indeed, back to our truest nature. I invite you to continue to plant those right thinking seeds. I know I will. And as we plant seeds of kindness, acceptance and love for ourselves in our consciousness, we'll watch a bountiful garden of compassion and peace grow as our life.



FUNDRAISING OPPORTUNITIES FOR UATL

THANK YOU THANK YOU THANK YOU

To all Spring Cleaners who gave of their time and energy...we could all feel the difference...

Eric & Anik Dean,
Mike Farnon, Pete Gochis, Gary Handzell,
Bob Harms, Donna Hawksford, Sue Hoy,
Donna Janaczek, Carol Lehnert,
John McDougall, Joe O'Hara, Leonard Smith, Lynn Spiker,
Linda Witters

To our Easter Sunday Choir who stepped forward to bless us all tremendously; to those of you for who it was the first time, thank you for your courage... Cindy Archer, Jazz Christianson, James Crawford, Ken & Kathi Cross, Mike & Karen Farnon, Gary Handzel, Kathleen Harris, Alysone Hussmann, Jenn Mieras, Lynn Spiker, Laura Staman, Darya Vogt, Hillary Bittman

To Kristina Christianson for devoting so much time and energy into nurturing her dream into fruition, as well as nurturing everyone involved.

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 #). UATL will receive credit for any purchases you make from Amazon when you go through our website first! Tell your friends.

Love is Letting Go of Fear

by Gerald Jampolsky

Ingredients of personal transformation: To aid in retraining your mind, remember to ask yourself the following questions in all circumstances, private or interpersonal:

- 1. Do I choose to experience peace of mind, or do I choose to experience conflict?**
- 2. Do I choose to experience love or fear?**
- 3. Do I choose to be a love-finder or a fault-finder?**
- 4. Do I choose to be a love-giver or a love-seeker?**
- 5. Is this communication (verbal or non-verbal) loving to the other person, and is it loving to me?**

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: Please join us for meditation, book study, heartfelt sharing and practical tools to bring the Sunday messages to life. Love Offering. Our study of "Start Where You Are" has concluded.

SPECIAL EVENTS & HAPPENINGS

Brand new, Tai Chi*Qigong class: Tuesdays, 11-Noon in the Annex, starting May 6th.

All levels welcome, no experience necessary. Commonly known as "moving meditation", TAI CHI is a gentle form of slow exercise using a series of circular movements for health and relaxation. QIGONG is the art of cultivating internal energy through controlled breathing exercises, sound, and movement. Daily practice of TAI CHI and QIGONG can have numerous health benefits including reducing high blood pressure, strengthening internal organs, improving coordination, and maintaining internal and external balance. Contact instructor, Freedom Journeyhawk at (916) 850-9275, with any questions or for more information. Love offering.

I, Hillary, just finished the 1st class and I am feeling refreshed and invigorated following the meditation & exercises. Journey is an inspiring teacher!



Past Life Regression Night: Patti Reo Sherwin and Davis Clay, licensed past life regression hypnotherapists, will take you into your own true nature, answering past life questions to where, what and who you may have been. Bring an open mind and see what comes. Thursday, May 22nd, 6-9pm, \$20 donation



Concert & Workshop: Ascension in the Physical Body;

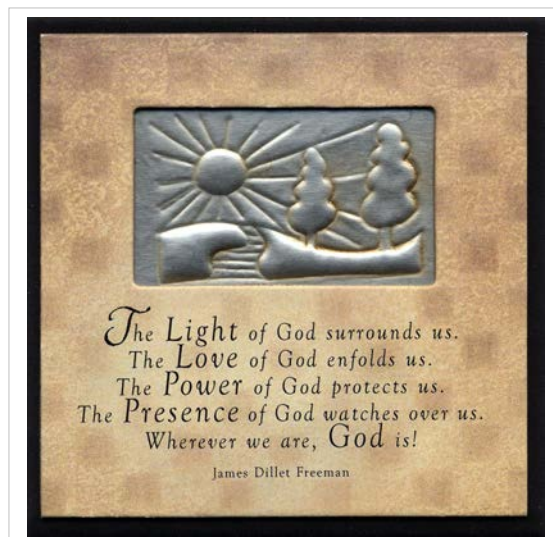
An Evening with Mona Delfino AND Journey

Mon., June 16th, 6:30-9:30pm in the Sanctuary

Love Donation: \$25

Mona Delfino is an internationally renowned author, "The Sacred Language of the Human Body", speaker & healer. Mona is an accomplished, accredited metaphysician, Spiritual Priestess & Shaman. Her healing abilities include multidimensional chakric balancing, cleansing & alignment, used to clear negative attachments, & blockages from present, as well as, past lives to enhance Auric vibrancy, clarity and health of body, mind and spirit. To make a private appointment, contact her by email at: twentyhawks@yahoo.com or 541-639-1814 www.sacredreconnections.com

Journey, a Sound Master/ Ceremonialist and artist, plays her 36" Paiste Gong, Crystal and Tibetan Bells to create a frequency field that holds all possibilities for transformational healing. She brings Heaven to Earth by channeling the Music of the Spheres music that brings frequency blessings of Love and Light, not only to each person's body, mind and soul but also to Mother Earth!
<http://www.journeyofsound.net>



*The Light of God surrounds us.
The Love of God enfolds us.
The Power of God protects us.
The Presence of God watches over us.
Wherever we are, God is!*

James Dillet Freeman

SUNDAY CELEBRATIONS

Guest speaker:

May 18th

JoAnn Saccato,

with workshop to follow. Regional author and mindfulness meditation teacher; her talk is titled: Companioning the Sacred Journey: A Guide to Creating a Compassionate Container for Your Spiritual Practice. A two hour-workshop will directly follow the Celebration. Ms. Saccato, a past resident of South Lake Tahoe, now lives in Lake County, California, and will share in her talk and workshop how her book (same title as her talk) and the simple tools of journaling, mindfulness and affirmations can lead to more authenticity, gratitude and freedom. The workshop is offered on a love-offering basis. For more info, www.companioningthesacredjourney.com

June 1st

12 Powers Sunday: the Power of Imagination (wear light blue if you'd like)
Playshop the following Sunday, June 8th

UATL EVENTS

UATL member and artist Laura Staman will be hosting "Listening to the Land" in 2 events:

Movie Night: Friday, May 16th, 7pm in the Sanctuary: The movie can be viewed separately or as a preview to the next day's workshop (below). *Rivers and Tides*, a documentary, highlights British artist Andy Goldworthy's process of creating amazing environmental art. We've got the popcorn! Love offerings go to UATL.



"Listening to the Land" Workshop

Saturday, May 16th, 3-6pm:

a playful workshop at Kiva Beach. Laura will guide you in creating art from the land, dancing & playing. Love offering. For more info or to sign up please call 530-307-3647

Satsang Sunday:
last Sunday of the month, 5-6pm. In this "Gathering for Truth", discover your hidden power/birthright to thrive in joy by joining Hillary Bittman, **May 25th** for a talk on *Change Your Thinking; Change Your Life*, a meditation and short Q & A period. **June 29th** topic TBA.

We see this as a perfect opportunity to introduce your friends to Unity principles who might be resistant to the more formal Celebration (you are of course, invited to join them as well). We are contemplating moving this to either Monday or Friday night and would love your feedback on that.

2nd Annual Hand and Foot Card Game Night: Friday, May 30th at 6pm in the Sanctuary. Donation: \$10. RSVP is required and seating is limited –contact Paige Rice: paige@tahoebestfriends.com or 530 543 1903.

You are invited to an evening of meeting new friends, laughter, card playing, good foods and lots of prizes. MC is the very talented Frank Riley. It's an appetizer and dessert party. Please bring yummys to share. Last name A-M: Appetizer / N-Z : Dessert. Wine, Beer and other Beverages will be available for donation. 50/50 raffle will be part of the fun too. All funds go to Unity at the Lake.

*Don't know how to play or need a refresher course? Please join us on **Sat, May 17 at 6:30pm** for some free hands on training. Same location and RSVP (see above). We have hundreds of players in Tahoe that enjoy this simply and social game. It's a great way to meet new friends. Please tell your friends too.*

YARD SALE



Saturday

June 7th

8am-2pm

One of the easiest ways to support UATL and shop til you drop!

We are collecting items NOW
(in other words please don't wait till the last minute)

Everything is welcome as long as it is sellable, clean (clothes folded) and in good condition. Please label your bags and boxes. **Bigger ticket items extremely welcome. We're also looking for lots of folks to come down on Friday 6th to help carry things out of the Annex and/or set up the yard. We also need folks to help after Sunday Celebration on June 8th to box things up and haul them away**

Summer Solstice Celebration: Kirtan & Labyrinth Walk **Friday, June 20th**

So many of you enjoyed the spring equinox celebration indoors and we are responding to your request to bring it outdoors





FROM OUR COUNCIL PRESIDENT

I am writing this still illuminated in the afterglow of our Easter Celebration. What a glorious celebration of life it was! The energy in the Sanctuary was so strong and alive with joy, and so powerful as we joined hands and expressed our commitment to spreading peace in the world. What a difference we can make if we have the courage to slip through the walls that entomb us and set our spirits free. As Stew so beautifully reminded us, we can “rise again” in each and every moment.

When I signed up to participate in the Easter Choir I had no idea of the tremendous rewards I would receive. The experience of singing was very moving and heart opening, and I felt a sense of accomplishment and closeness with the other choir members. Kristina was very supportive and encouraging to each of us. I am so happy I set aside fears and misgivings and took advantage of this opportunity.

Which brings me to another opportunity... I recently accepted the position of President of the Council of Trustees for Unity at the Lake. While I didn't exactly drag myself kicking and screaming to this, I definitely was reluctant. I have never viewed myself as a leader and was apprehensive about this responsibility, wanting to make sure I could give this community all it deserves. At the same time there was the sense that this was mine to do, and I wanted to listen to that small voice telling me to trust that if I accepted it, all would be well. I realized that uncertainties were also present when I became a prayer chaplain, as they have been throughout my life when I have taken on a new role or committed to some new responsibility. These situations have also provided surprising opportunities for growth. The wonderful thing about stepping up in our Unity community is the amazing support and understanding that is present, along with the belief that there is no set way of doing things, or even of being. We all bring our unique gifts and serve in different ways, but are all allowed to spread our wings in a safe, nurturing environment. This is definitely true of the Council. Hillary and Stew provide guidance and encouragement, and all the other members are incredibly supportive. So, buoyed by this knowledge, I found the courage to accept the position of president, knowing that it will enrich my life in myriad ways I could never anticipate. With Divine Spirit as my guide I will do my absolute best to serve this community that continues to give so much to me.

In loving gratitude,

Kathleen Harris



FAITH IN ACTION

As of 5/5/14, our bank balances are as follows:

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.

Bank of the West
Checking: \$6160.02
(covers everyday spending and bills)

We joyfully affirmed and celebrated our abundance thru tithing to the following during March–April 2014:

- *SILENT UNITY *LEESA BUSCH (UATL'S VOLUNTEER WEBMISTRESS) *BEST LOCKSMITH
- *RASUR INTERNATIONAL FOUNDATION *UNITY INSTITUTE *UNITY IN THE COMMUNITY
- *SOUTHERN POVERTY LAW CENTER

Bank of the West
Savings (2014 Hands and Hearts for Christmas fund): \$97.66

Total of outgoing tithes for this period was \$1,585.49

Thank you, God!

Everbank Checking
(general reserve fund): \$2751.10

DID YOU KNOW???

...YOU CAN LISTEN TO EACH WEEK'S LESSON ON THE WEB? 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,
Reverends
Stew & Hillary

**** OFFICE HOURS ****

TUESDAYS 11-2 (Hillary)

WEDNESDAYS 10-2 (Hillary & Stew alternate wks)

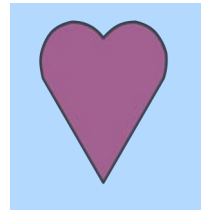
NO FRIDAY OFFICE HOURS for the summer. Instead join Hillary for walking meditation, celebration and abounding joy in the temple of Tahoe. If interested, let her know you'd like to get on her email/phone list

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.)



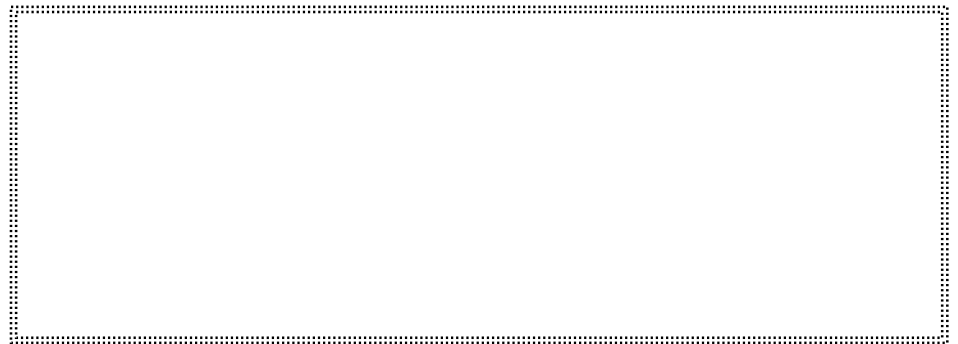
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Sent with Love to:



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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

How very blessed we are to know this place called Lake Tahoe.