



A Positive Path for Spiritual Living
Newsletter, January–February 2021
Volume Five, Issue One



We are not really sad to say good-bye to 2020 are we? We here at the Newsletter wrote that 2020 could be a year of perfect vision. It maybe didn't unfold in the way we had in mind but 2020 showed us that we would learn to look at life in a completely different way! We also learned to spend more time inside and that ended up being true on many levels. We each learned to apply these new lessons in our own way so that we could navigate the often choppy seas presented to us. Most importantly, we learned that our comm-Unity is based on more than occupying the same physical space. We found we can come together in Unity even though we may be miles apart physically. We appreciate our co-

ministers' abilities to keep us in touch- often learning technical skills in record time. We will give no forecast for 2021, just a sincere wish that perhaps 2021 might not be quite so challenging. As we move forward into this New Year we believe that, at some point, we will be able to meet in person again. We have missed each other so very much and while we must give big thank-yous to Zoom and Facebook, which have enabled us to stay in touch and see each other's smiling faces, we are surely longing to be together again in person. Probably we will always wonder how we took for granted something so wonderfully divine as our Holy encounters with each other!



As we reported last month, this year we will be having bi-monthly editions of the Newsletter which will give us an opportunity to include messages from some of our favorite people- like you perhaps. In this edition we have a beautiful prayer treatment for Peace by our own Agneta Bylund, on page 4, which you can print and hang on your fridge. We also have a message from our Board of Trustees, a schedule of upcoming & ongoing events, a new class coming up & the beginning of our ongoing (hopefully) Love dialogue.

LOVE IS THE ONLY FORCE CAPABLE OF CHANGING AN ENEMY INTO A FRIEND-DR MARTIN LUTHER KING JR.

THANK-YOU FOR YOUR LOVING SUPPORT IN 2020!

AS WE KNOW, EVEN THOUGH WE ARE NOT MEETING PHYSICALLY RIGHT NOW, WE CONTINUE TO HAVE MONTHLY EXPENDITURES. WE EXPRESS OUR SINCERE GRATITUDE FOR YOUR GENEROUS AND CONTINUING SUPPORT! WE EXTEND A HUGE THANK YOU ALSO TO OUR DEDICATED TEAM OF VOLUNTEERS. WE ARE SO BLESSED!

REMINDER: CHECKS CAN BE MAILED TO THE ADDRESS BELOW; CONTRIBUTIONS CAN BE MADE VIA FACEBOOK & OUR WEBSITE.

Save the Date: Calling all members & attendees! January 24th: Annual Membership Meeting!

Sunday, January 24, we will hold the Annual Membership Meeting after the morning service on Zoom. We are grateful to Susan Meier for serving two terms. She'll be rotating off the board and we'll be voting in a new board member at the annual meeting. Thank you Susan, for your dedicated and conscious sacred service to the Board of Trustees! We miss you already! As a reminder, all are invited to attend but only active members can vote.

Volunteer of the month for January is Richard

Moore! Richard has attended Unity of the Mohave Valley since 2007 and has served in many ways! He's always ready to light up your day with a joke. You may remember seeing him every Sunday morning making recordings of the message; he also spent many years as the sound technician. Richard has served on the nominating committee for the Board of Trustees and more recently is serving in the Prayer Ministry as one of our beloved Prayer Ministers. Richard is also fondly referred to as the "Grill" Sergeant. He serves up the best burgers & dogs at the annual Unity picnic. Thank-you Richard for filling a space in our hearts that only you can fill with love, light & humor. We love you!

Volunteer of the month for February is Jackie

Mackenzie! Jackie has been a member since 2016 and is currently serving in the office of Secretary to the Board of Trustees. Bless you, Jackie for your wisdom, thoughtful contributions AND your awesome Board minutes each month. You may recall hearing Jackie's powerful reading voice as one of our Daily Word readers on Sunday mornings. Jackie has also represented Unity in the community serving extensively on the Homeless Outreach Team. We are also super-blessed to have Jackie as one of our beloved Unity Bingo callers. We are incredibly grateful for you and your sacred service to Unity of the Mohave Valley. You are a true gem and we love you!

Unity Heart Centered Metaphysics presented by Natalie Lehman, minister: Starting Thursday Feb 11th from 4:30 to 6 pm on Zoom. Life is consciousness! In this course, attendees will gain an understanding of how to pray the Unity way and the significance of the Silence and meditation. We'll explore metaphysical concepts such as Divine Purpose, Christ Consciousness, Karma (cause & effect), the essential Unity concept, "life is consciousness," and it's relationship to self-awareness and self-knowledge. The class will run for 7 weeks. Yes, folks! This course sounds just like what we need to keep our brains and hearts active! More info coming.

Message from our Board of Trustees regarding coming together in person in 2021...We embrace it, and we are already together in Spirit. There is Light at the end of the tunnel, and we are almost there! We can see the Light, shining clearly and brightly! Remember, every adversity carries with it the seed of an equal or greater benefit! We are not only "going-through" this time... We are "GROWING-through" this time! Let's keep growing that seed together in Unity! A Blessed New Year is here! We are ready and moving forward guided by this Loving Infinite Light which illumines our path; it shines in us, through us and as us.

In love and light, Agneta Bylund, Board Treasurer

January is National Walk your Dog Month! Get out of the house!

Good for us & our pets and a helpful lead- up to February: American Heart Month.

February is also Black History Month which honors the many contributions made by Black Americans, as well as, their struggles and hardships. Let's watch some wonderful programs where we can unlearn the "his"tory many of us learned in school that did not include their story.

Jan & Feb Dates to remember:

Jan 18: Martin Luther King Day, federal holiday commemorating this great civil rights leader.

Feb 2: Groundhog Day, how long will winter last? Just for fun and a great fun movie to revisit.

Feb 12: Chinese New Year.

Feb 14: Valentine's Day, Love is all we need!

Feb 15: Presidents Day: Federal holiday & observance of George Washington's Birthday.

Feb 17: Ash Wednesday, the beginning of the Lenten season leading up to Easter.

Times to remember: Sundays: 9:30 am, Meditation and 10 am service, Live on Facebook & Zoom

Tuesdays: 6 pm on Zoom, A Course in Miracles study group led by Bo Stewart. Come anytime!

Wednesdays: 6 pm: Meditation with Agneta Bylund, RScP, live on Facebook & Zoom.

Thursdays: 4:30 to 6:00 pm: on Zoom (beginning Feb 4): Unity Heart Centered Metaphysics from 6:00 pm to 7:00 pm: Check in and Power of Eight group intending

Fridays: 6 pm, AZ time, Kirtan look for the group: **Kirtan with Madhavaya Live on Facebook**, chanting the names of God is peaceful & healing.



*Last month we invited you, our readers, to start a dialogue of love by sharing a story of how a practice, meditation, prayer or music, etc. helped overcome a situation, event or difficult relationship with a co-worker, family member or other and changed it to a loving outcome. Basically we do this by changing our mind about how we look at it (or them) & therefore how we respond to it (or them.) This can be challenging and most of the time we are the only one who knows about it because it's an inside job. We are hoping by sharing we can help each other find more ways to manage our responses to difficult situations. So we invite you again to share stories if you wish. Or...Anything else you would like to share, discuss or see in future issues of the Newsletter. Please send to ginnyg46@yahoo.com. **We love you!!***

Many of us remember Bonnie & Vaun, a long-time Unity couple from Golden Valley. They always sat right in the front row and loved to stay after the service for snacks & visiting. We were notified of Vaun's recent transition in St. George, Utah. Vaun was 93 and lived independently till October of this year when he took a fall. He was in and out of rehab and contracted Covid-19 in November. His son, Alden, then moved him to St. George where he could be close to family. Bonnie has been moved to rehab by her daughter. She has been confused since Vaun left. There will be a service in Kingman at a later date, TBA. Vaun was such a blessing to us personally and to Unity of Kingman and then Unity of the Mohave Valley. We are grateful to know he is dancing in the LIGHT!"

TO THOSE OF YOU DESIRING A DEEPER PRAYER EXPERIENCE, PLEASE CONSIDER JOINING OUR PRAYER MINISTRY, CONTACT NATALIE FOR MORE INFO.

PRAYER IS ALWAYS EXTREMELY IMPORTANT TO US AT UNITY.

SILENT UNITY IS AVAILABLE 24 HOURS PER DAY TO PRAY WITH YOU. THE PHONE NUMBER IS 1-816-969-2000.

YOU CAN ALSO SUBMIT PRAYER REQUESTS ONLINE AT WWW.UNITY.ORG/PRAYER &/or download the Upray app.

OUR LOCAL PRAYER TEAM IS HERE FOR YOU! WE HAVE A POWERFUL PRAYER CIRCLE, CONTACT US WITH YOUR PRAYER REQUESTS.

JOIN US ON FACEBOOK, CHECK OUT OUR WEBSITE TOO! WE WELCOME YOU AND WE VALUE YOUR PRESENCE!

Natalie Lehman and Barry Terwilliger, Co-Ministers

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A Prayer Treatment from Agneta

"Peace comes from within. Do not seek it without." -Buddha-

"... If we would have peace and harmony in our environment, we must establish it within ourselves." -Charles Fillmore-

By taking a breath of the Infinite Light and Its divine wisdom, I AM immediately put into a space of complete Peace. Nothing that I consider "bad" can touch me, and I feel like I Am floating in the environment of this Light! I realize I Am One with it and that the Peace of God is always with me and in me.

Every day I meditate and further develop the Peace within. I ask myself questions, answer truthfully and release anything that stands in the way of the Peace of mind I Am seeking. I also remind myself that inner change is necessary and good.

Old beliefs, hindering my Peace... I now gratefully release.

As I grow in inner Peace, my outer expression of Peace is expanding too. Wherever I go, I bring a sense of ease, clarity and Peace... and harmony settles around everything I do and everyone I come in contact with. Others feel this Peace; it is contagious! Harmony and Peace impresses itself inside every living being, and as one peaceful unit we spread the Peace throughout our world and beyond, knowing that there is no limit to Peace... either within or without!

I Am Peace and complete Harmony, and all is well.

With eternal gratitude for having and expressing the gift of inner as well as outer Peace, I release my word as Divine Law. And So It Is. Amen.

Agneta Bylund, RScP