

Happening Today at Seattle Unity

Contemplative Prayer & Meditation Service 9 am, Chapel
(focus on building project)
Youth Education and Infant Care begins at 9:45 am (classes at 10 am)
Worship at 10 am in the Sanctuary
Hospitality begins at 11:15 am in the Library
CommUnity Outreach Council 11:15 am Library
Quest Unity Principles, 11:15 am Ready Room; Topic: "Guidance"
Prayer Shawl Team, 11:15 am Fellowship Hall Foyer
Tapestry Ministry 11:45 am Upper Room
"Living Prayer" class with Diane Robertson 12 pm, Chapel
Soul Sunday Meditation at 5 pm in the Chapel

CDs of today's talk, meditation, and music are available at the Lobby Information Center after services. Past talks are also available. All services are also available as podcasts: www.seattleunity.org/category/podcasts

Sign up on our website or e-mail AnnieC@SeattleUnity.org to receive commUnity updates.

Administrative Update

[Visit our website](#) for the latest update on our new building and find out who we've hired as our General Contractor.

www.SeattleUnity.org

What's New

[New Facility News](#)

April 2017

Avg. Sunday Attendance
193

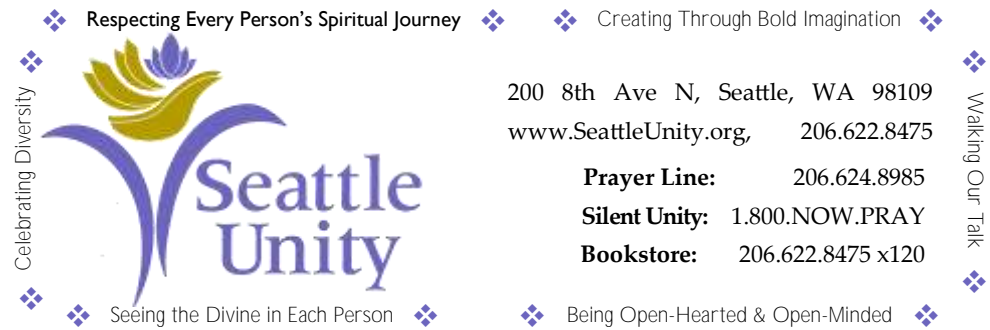
Total Income / Budget
\$49,536 / \$40,561

Total Expense/ Budget
\$50,902 / \$56,984

Average Weekly Giving
\$7174

This Week at Seattle Unity

Freely Speaking Toastmasters Monday at 7 pm
Light Supper Wednesday at 5:30 pm
Prayer Service Wednesday at 6:15 pm
A Course in Miracles Group Wednesday at 7 pm
New Moon Yoga Thursday at 7 am



Sunday

May 21, 2017 at 10:00 am

The 1% Effect

Rev. Karen Lindvig

Matthew 6: ²²The eye is the lamp of the body. So, if your eye is sound, your whole body is full of light.

Matthew 5: ¹⁴"You are the light of the world. A city set on a hill cannot be hid. ¹⁵Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. ¹⁶Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven.

When the body becomes better, the mind becomes better, the behavior becomes better. With this orderly brain, a few people—one percent, half a percent—moving around in the city can improve the trends of life. It requires only a few people! Fifteen minutes morning and evening – less gossip and close the eyes; fathom the depth of unboundedness. One person, one slightly enlightened person, is good enough for the whole society.

Maharishi Mahesh Yogi

Pray and meditate for peace in Seattle from June 1-Sept 30. You can download the free app at: hresearch.org. We are going to record participation & monitor police data. The results will be analyzed for statistical significance.

Troy Reicherter

Order of Worship

Worship Music Becca Palm

Call to Worship All

God Is My Source (Karen Drucker)

*"There is but one Presence and one Power in my life
and in the Universe; God the Good, Omnipotence."*

Announcements and Welcome Jennifer Bolles

Vision Statement All

Congregational Songs All

I Am Blessed (Traditional)

I Give My Heart to You (Erin McGaughan)

Meditation Jennifer Bolles

Worship Music Becca Palm

Lesson Rev. Karen Lindvig

Call for Tithes and Love Offerings Jennifer Bolles

Tithes and Love Offerings All

*"I give willingly, joyfully and lovingly,
knowing that God is the constant source of my supply.
I give with graciousness and receive with gratitude."*

Worship Music Becca Palm

Blessing of Tithes & Love Offerings Jennifer Bolles

Blessing of the Children All

*"We love you. We bless you. We appreciate you.
And we behold the Christ Light that you are."*

Closing Song All

Benediction Rev. Karen Lindvig

Closing Prayer All

Giving Generously of Time, Talent, and Treasure

Worship Music: Becca Palm, Erin McGaughan, Olivia Hamilton,
David Loy, John Stout, Stephanie Wood, Andrea Cariño,
Mitch Hunter, Todd Luff & DIOS

Usher/Greeter Coordinator: Jeffry W. Myers

Greeters/Ushers: Dirk Larimer, MJ Davidson, Gail Donnelly,
Paul Gamman, Gayle Lockhart

Chaplains: Annie Christensen, Dianne Cooper, Gail Crumpton,
Patricia Flores, Melissa Mager

Librarian: DiDi Graves

Volunteer Center/Media Ministry: Dirk Larimer

Hospitality & Treats: Bonnie Pasek

Screen Projection: Mariah Kaye

Sound Technician: Nick Charlton

Altar Flowers: beautifully arranged by Lynn Mikel

Thank you to the volunteers with Youth & Family Ministries, Prayer Team, DIOS, Serendipity Gifts & Books, and anyone we may have inadvertently omitted.

Support harmony in this service: *silence* cell phones, *refrain* from using scents, and *still* your conversation during the service and the music.

Help deter theft: do not leave valuables visible in your car nor your purse unattended. *Our library is available for parents with infants, if needed.*

You don't want to miss...

This is US Room Blessing: Library May 28th

Chaplain Camp June 2nd—4th

Memorial Service for Gail Winsauer June 4th at 2 pm

CommUnity Picnic in Denny Park July 9th

Head to the Seattle Mariner's game Wednesday, August 16th at 1 pm

Martha Creek Weekend August 25th—27th