

Inspiration



Of what avail is an open eye, if the heart is blind, Solomon Ibn-Gabirol

One positive thought may seem small, but repeat it enough and it can become a new way of thinking.

October is a month of transition. As we usher in fall with the winter months not far, we contemplate our health and well-being. It is a time to take stock not only of our stores but of where we are mentally, spiritually and of the body.

Mental and physical preparation are accomplished not only by healthy diets but a *willingness* to be well.

Spiritual health: Quieting the chatter is essential to self-discovery, to be able to hear the “quiet still voice within.” This is why meditation and the other spiritual disciplines are integral to every one of the mystical traditions. Meditation and its associated practices are simply a way of controlling the chatter - of tying up the cognitive mind - so that the good news that flows out of the silence can be picked up and recognized. It is not that we hear something outside of our selves, but that we hear and recognize something that has been inside all the time. It is then that we find out who we really are. We find the self. Seeing with new eyes what has been there all along. Our Godself. In preparation for the coming winter months there are some things we could contemplate:

In light of the political events in the Middle East, the South Pacific’s and our own country’s various disasters, one wonders what can be done beyond the obvious physical relief and aid, what can be done for the spirit?

It may be helpful to contemplate the words of the Venerable Thich Nhat Hanh. It is the perfect remedy for the soul in these trying times.

"Aware of the suffering caused by the destruction of life, I vow to cultivate compassion and learn ways to protect lives of people, animals, plants, and minerals. I am determined not to kill, not to let others kill, and not to condone any killing in the world, in my thinking, and in my way of life."

Thich Nhat Hanh put it this way: *"When we are in the mindful, connecting intensely with the present moments, we can see and listen deeply and the fruits are always; understanding, acceptance, love, and the aspiration to relieve suffering and bring joy."*

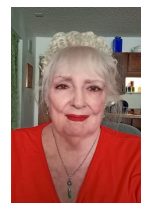
Spiritual growth, the self-discovery takes a dedication and discipline. It also takes something else: letting go and waiting. The timing of the final step is not ours to determine. As in all creative endeavors, we must do our preparation well and then we allow the muse to strike. All of the study, all of the meditating, all of the selfless service is but preparation. It is what C.S. Lewis meant by his phrase, *"Surprised by joy."* The surprise is one of recognizing who we really are, recognizing the God within and it is a joyful recognition. It is the delight in coming home after a long journey and seeing with new eyes what has been there all along. Our Godselfes.

This is what so excited the early Christians – they felt like their whole Universe had opened up and revealed the Divine to them. Thus, one of the earliest hymns, recalled by St. Paul in his letter to the Colossians, says: *"in him all things were created, in the heaven and on earth, visible and invisible, whether thrones or dominions or principalities or authorities all things were created through him and for him. He is before all things, and in him all things hold together."* (Col. 1:16-17)

To see the Divine in all things is to begin to live, to begin to be awake aware. It is to begin to understand the meaning of incarnation, the reality that God has indeed *become flesh and pitched his tent among us.* (Jn. 1:14)

So as coming fall and winter months slow our lives down, we have the time to recalibrate, contemplate, where and how we want to go forward with our spirits, bodies and minds in the coming year.

Blessings,



Laurie Clark



Unity Vision Mission

“Our vision is a world powerfully transformed through the growing movement of shared spiritual awakening.”

Our Mission is Celebrating Spiritual CommUnity.

Core Values

Love – We embrace everyone with kindness, compassion, and complete acceptance.

Integrity – We are impeccable with our word and deed, living our spiritual principles.

Support – We offer compassion, encouragement, and strength to others, fostering an environment of trust and growth.



Appreciation

Our Unity congregation is reliant on the effort of our volunteers. We want to express our thanks to all the volunteers for their wonderful efforts! We have highly (Godly) motivated teams and they are to be applauded for their work and generosity in their time contributions.

Administrative Team

To Judy Broumley, and Velda Penney, our bright lights, for all her help with fundraising, administrative assistance and our yard. ❤️ Laurie Clark who has produced the “Light” monthly, for the last 17 years. Thanks to Steve and son, Oliver, Judy Broumley and Laurie Clark who create the website. A special thanks to Mike Selders for his work on our fund raising graphs and records.

Thank you to our hard working **Board** who run the church. Rev. Carrie Kenyon, M.O.R., Linda Bentley- Pres., Velda Penney- Vice Pres., Mike Selders- Treasure, Clyde Nicely- Secretary, Bonnie Lawson-Alternate. ❤️

The Chair and Music Team

Nathan and Randi Barnett, the Choir: Sandy McIntyre, Velda Penney, Linda McGrale, also our regular speakers, Rev. Carrie Kenyon, Velda Penney, Linda Bentley, Clyde Nicely, Kelly Kenyon, Judy Broumley. ❤️

Fellowship Team

This team has been providing delicious lunches for us after the Service. **Special thanks to Sandy McIntyre** who provides wonderful meals, ❤️ Mike Selders, Bonnie Lawson, Linda Bentley, and all the others who contribute to our fellowship activities and lunches.

Building/Garden Team

We are **grateful** for this teams efforts- Brinda Robin-Harvey, Melissa Holmes, Judy Broumley, Linda Bentley, Bonnie Lawson, Mike Selders, Clyde Nicely, Bruce Kenyon. The yard and building is looking so Loved and beautiful. All the painting and planting that is getting done, it is so sorely needed. The roof project is thriving, Grants and donations are coming from our generous congregation.

Thanks we love you all! ❤️

Prayer Team

Special thanks for our, team - Rev. Carrie Kenyon, Sue Gladish, Bruce Kenyon, Clyde Nicely, Maggie Kettwig, Laurie Clark, Linda Bentley, Linda McGrale and Brinda Robin- Harvey. They keep us connected to our Godselfes & our congregation's Spiritual needs. 🙏 ❤️

Thank you, thank you, thank you



Coming Events

Birthday Sunday: October 4th

Unity Picnic: October 4th-11am Pioneer Park

Board Meeting: October 6th - at Unity

Prayer Team Gather: October 10th - at Sue's

Halloween Party: October 24th -at -Unity

Prayer Sunday: October 25th



UNITY PICNIC OCTOBER 4-11am PIONEER PARK

Bring finger food to share in the good time



Halloween Party/Game Night



October 24th 6:30 PM Unity



Costume contest and board games

Bring finger food be ready for Fun!

The Membership Meeting on September 13, our bylaws required that any large expenditure by the Board be approved by the membership. We unanimously passed the proposed expenditure for the roof replacement. We are very close to our goal of **\$65,000**.

We are also excited to announce that we now have a link on our website under the **Giving Tab** to donate directly to our Building Fund for the new roof!

Web Page: www.unityofclearwatervalley.com



OCTOBER SPEAKERS



October 4, 2026
Velda Penney
Indigenous People



October 11, 2026
Linda Bentley
Working With
Your Angels



October 18, 2026
Clyde Nicely
Integrity



October 25, 2026
Rev. Carrie Kenyon
Masquerade



october



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4 Birthday Sunday Picnic 11am Pioneer Pk Welda Penney	5	6 Board 10:15am Unity	7	8	9	10 Prayer Team 11:30am Sue's
11 Clyde Nicely	12 Indigenous Peoples 	13	14	15	16	17
18 Linda Bentley	19	20	21	22	23	24  Halloween Party 6:30pm
25 Prayer Sunday Rev Carrie Kenyon	26	27	28	29	30	31  Halloween



Prayer Team

Coordinated by Rev. Carrie Kenyon and Sue Gladish



Prayers may be submitted to Unity in an email or placed in our prayer box in the sanctuary. Your Prayers will be prayed on for 30 days and then sent to Silent Unity to be prayed on for another 30 days.

unityccv@gmail.com



Prayer Team Gather: October 10th -11:30am at Sue's



Healthy rhythm is deeply rooted in the Jewish tradition of Shabbat (Sabbath). Just as water must rest to clear its sediment, our souls require the stillness of rest to become clear channels of God's grace. When we honor the Sabbath, we recognize that the ultimate Source of life is God, the “fountain of living waters” (Jeremiah 17:13)

**“Peace is not something in the future, not something we search for-
It's something we return to.” **



If you would like to write or submit an article or have an issue of interest you would like to place in the Light please get in touch with Laurie

laurieclark7800@gmail.com



Unity of Clearwater Valley

1622 15th Avenue, Lewiston, ID 83501

Phone: **208 -748-6053**

Email: unityccv@gmail.com

Web Page: www.unityofclearwatervalley.com

Service 11 AM

Unity of Clearwater Valley is a member of the
Unity Worldwide Ministries, affiliated with Unity School
Christianity, Unity Village MO 64063



Rev. Carrie Kenyon, Minister of Record



Board of Trustees

Linda Bentley: President

Velda Penney: Vice President

Mike Selders: Treasurer

Clyde Nicely: Secretary

Bonnie Lawson: Alternate



Board meetings are open to all. Minutes of the meetings and
financial reports are posted in UCV's Fellowship Room
on the builtin board.