

# Letter: Spiritual home provides Unity

To the community,

“Unity at the Lake is a thriving, diverse spiritual community that celebrates God, nurtures wholeness, embraces oneness, and embodies the truth of our being”. This is the mission statement I recite on Sundays when I attend services at my spiritual home, Unity at the Lake.

Many reading this may well have already discovered the positive spiritual message that Unity at the Lake brings. I am writing this letter out of appreciation that we have the voice and presence of Unity at the Lake here in South Lake Tahoe. I have attended Unity at the Lake since soon after moving to Tahoe 15 years ago. Since the day I walked through those doors (then we were at the Senior Center) I have felt consistently uplifted and inspired. Unity at the Lake lives its mission statement.

Our congregation is diverse, representing people of all faiths and lifestyles. Christians, Buddhists, Jews, and those who do not identify themselves with any religious affiliation all find a home within our walls. One of the primary slogans of the Unity church/movement is, “Many paths, One God”. All spiritual seekers are welcome.

Our lessons incorporate a rich tapestry of teachings from the great spiritual leaders of our time, including, but not limited to, the teachings of Jesus. Wholeness. Unity sees every individual as inherently good and as a divine reflection of God or divine nature. Unity celebrates our goodness and our “Godness” for we are never separate from God. Unity believes in the power of affirmative prayer. We give thanks for the health, abundance, and love we are rather than praying for

what we “want”.

We gratefully accept the divine flow (“God”) as working for our highest good in all things and at all times. As we affirm what we have and the truth of who we are we see more goodness manifesting in ourselves and in our lives. This is one of the truths we believe and endeavor to live.

Prayer, gratitude, affirmation, meditation, and celebration are our primary spiritual tools. Our spiritual leaders, the Revs. Stew and Hillary Bittman, lead our community in a joyful, authentic, and accessible manner that I have not found elsewhere in my spiritual journeying. I am so grateful for the spiritual community I have found in Unity at the Lake. I have grown, and continue to grow, in gratitude, joy, love, and prosperity because of the messages I have received and the tools I have learned to practice as a result of being a part of the Unity at the Lake family.

If you have not yet discovered Unity at the Lake, please consider this letter an enthusiastic invitation to check us out – even online.

Namaste’ (“The Spirit within me salutes the Spirit in you”).

**Janice Eastburn, South Lake Tahoe**