



Unity Museum Seattle <unitymuseum.updates@gmail.com>

Newsletter 11(6) Tuesday 18, 2026

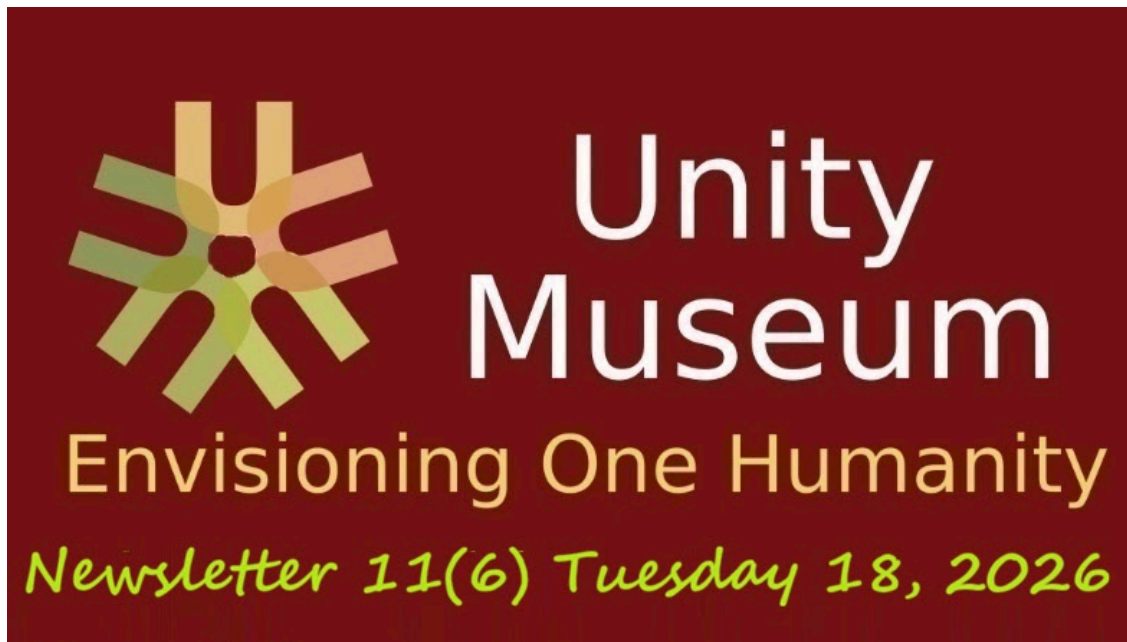
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Unity Museum <unitymuseum.updates@127064942.mailchimpapp.com>

Tue, Aug 18, 2026 at 11:44 AM

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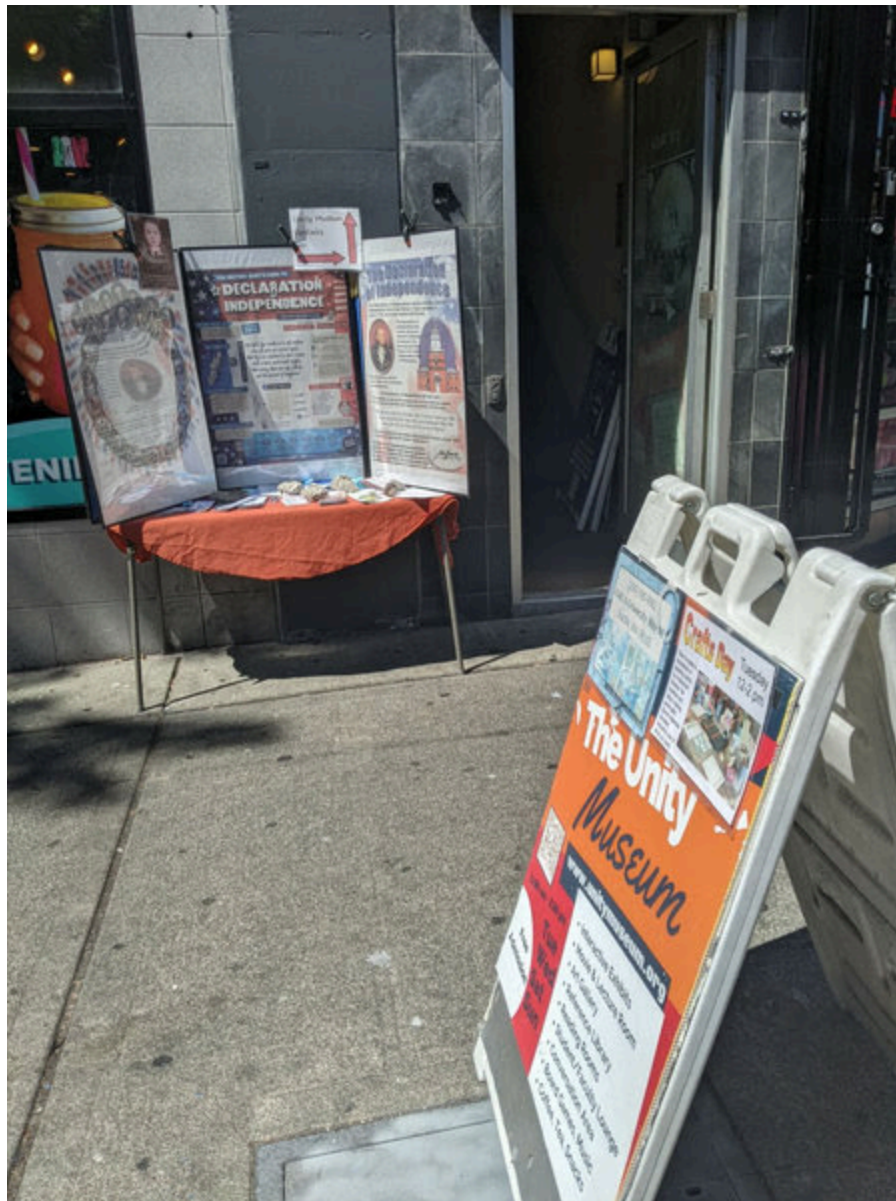
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Summertime is Here





Summertime has finally arrived in Seattle and plans are in the making to take our Unity Trunk Museum into various locations in Seattle. Each exhibit will change according to the culture of the neighborhood. Seattle is very diverse which will give us opportunities to provide exhibits on a variety of topics.



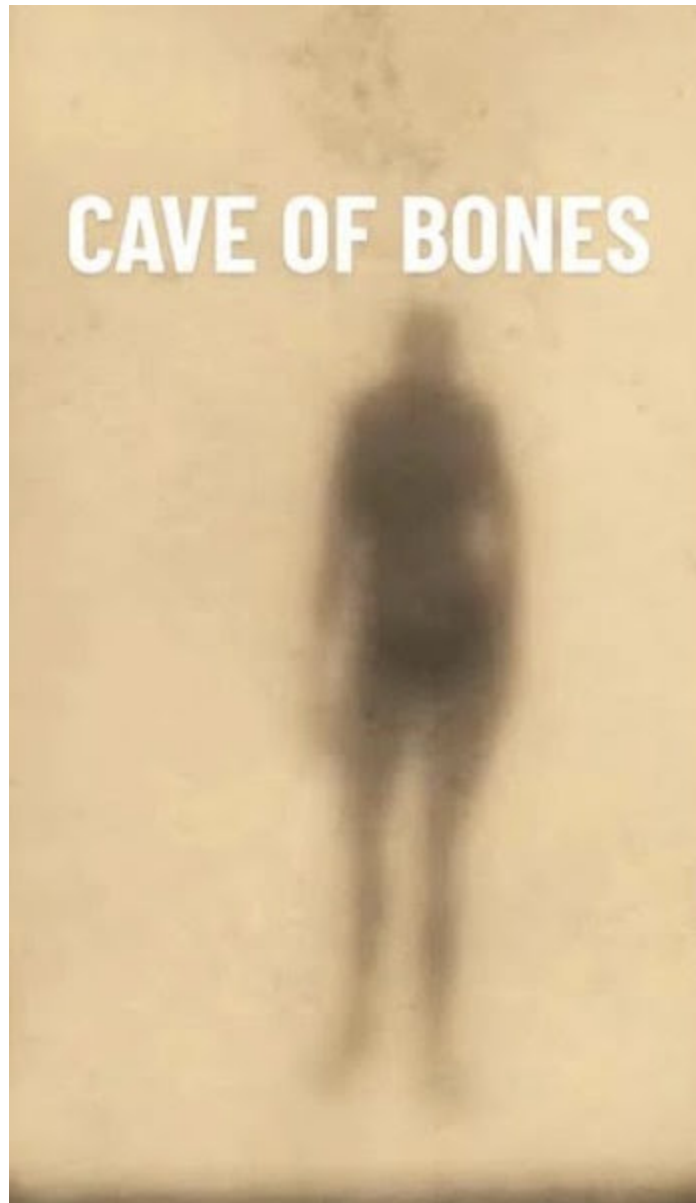
Our Documentary Room



Newsreel

It has been a longstanding at the Unity Museum to use our documentary room for movies, documentaries, biographies, or just focus on current events. One of the documentaries we enjoy showing is ***Cave of the Bones*** as it takes back history via scientific research that takes us back 280,000 years.





Weekly Object: 'Books about
Meditating on Inner-Peace and
Purpose of Life'



Spirituality is the broader search for meaning, purpose, inner growth, connection, and—depending on

one's beliefs—a relationship with God or a higher reality. It can shape how a person lives throughout the entire day: how they treat others, understand suffering, make moral choices, pray, serve, forgive, and develop qualities such as love, compassion, humility, and justice.

Meditation is a particular practice. It usually involves intentionally becoming quiet and directing attention inward—perhaps reflecting on a sacred passage, observing one's thoughts, contemplating a question, focusing attention, or simply becoming mentally still.

A simple distinction is:

Spirituality is the way of understanding and living life; meditation is a method that can help cultivate spiritual awareness.

Upcoming Events



Tuesday August 18

Crafts Day

Painting, sculpture, card crafting,
and maybe a Greeting Card

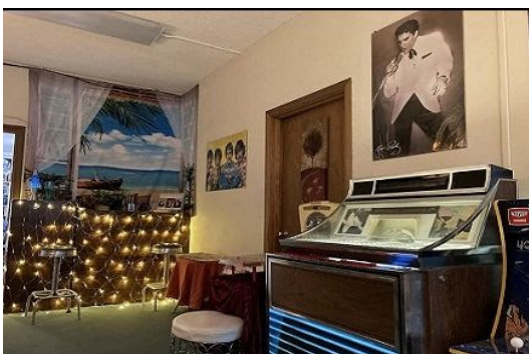


Wednesday August 19

Movie and Documentary Day

Movie for the week:

The Elvis Movie



Saturday August 22

Dancing, Music & The Arts

Have fun with playing the Wurlitzer
Jukebox on our dance floor, bring an
instrument, and read some poetry

Sunday August 23

One Common Faith

Meditation Day

Using poetry, scriptures from around
the world and music

MEMBER OF



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