

Spiritual Tools For An Abundant Life- "The 12 Powers of Man"

Using the Powers, One Month at a Time

APRIL—Strength

The ability to endure, stay the course, persevere.

I have strength to accomplish all that is mine to do.

Thoughts From The Heart



I have been thinking about the Idea that, "There is nothing in the Universe but God". As I contemplate this idea, all kinds of Statements of Truth gently flow through my mind. I begin recalling affirmations such as , There is Only One Presence and One Power in the Universe, God the Good, Omnipotent; There is only Good; There is only Love; God is All, in all and through all; I and my Father are One; and of course I Am One with everyone and I Am One with everything.

As these Ideas flow through my mind, my awareness expands and I begin to understand and know that every one and everything is a part of me. This idea of Oneness seems to somehow possess me, and I start to remember how this growth in awareness came to be; I begin to recall all the experiences that have brought me to this point of realization.

I remember all those people who came into my life bringing me great gifts and challenges that helped to develop my Spiritual Insight. I remember being grateful for the challenges that life presented which forced my consciousness to expand in its Spiritual comprehension. I recall focusing on the Idea that, "The only Truth is God" in my efforts to "not judge by appearances", as I reluctantly interacted with all those wonderful beings who brought forth such challenges in my evolution towards the Light. I remember the internal conflicts created within me as I fought to transform all those false thoughts and beliefs that had so desperately tried to cling to me. I remember my thoughts and feelings being transformed, purified and cleansed by the Spirit of God that resides within my being. I recall that feeling of awe as I recognized that my thinking and my thoughts had been somehow miraculously clarified and I began to "Know that I Know".

I recall the feeling created in my mind and my body as it began to regenerate and to vibrate at a new level of awareness through learning, to consciously and willingly radiate the perfection and the wholeness of the Christ Life. This experience of transformation was beginning to possess my whole being. I recall the first time I experienced the Presence and Energy of Spirit and actually saw that Pure White Light of The Christ glowing within me. It created such a deep feeling of reverence for God within me that It fueled my wholehearted acknowledgement and acceptance of my Oneness with God as All.

As this awareness of my Oneness with God slowly unfolded as my life, my experiences became easy, my life seemed to flow freely as joy and harmony began to be the melody of my being. And if, for some reason a challenge or inharmonious situation should arise, I now know that It is God, letting me know, that it is time to continue to grow. Another miracle I have noticed as I travel though this life, I have started to feel safe and secure wherever I go. I have begun to know that the Presence of God is with me at all times, guiding my thoughts, my experiences and my life to my 'Greatest Good.'

As the Strength of Spirit possesses me, I walk courageously forward in my life expressing the Truth that I am a radiant expression of God. I am thankful and grateful for everyone and everything in my life; knowing that they are all gifts from God. This Truth allows me to know and accept that everyone and everything is One with me and that I am One with them as well, and for this awareness and experience, I Am blessed.

So as we all continue on our Spiritual journey unfolding the Presence and Power of God Within, let us know that, "There is nothing in the Universe but God'. With this being the Truth, let us daily strive to realize and affirm that we are the Presence of God in the World. Let us be about our Mother/Father God's business, bringing forth the Presence of the Christ Within to bless and transform our consciousness and our world.

Let Us Daily Affirm: *"There is Only God, There is Only Good, There is Only Love"*

Blessings on Your Spiritual Journey,

*Juankee J. McKinney
The Editor*

Inspiration from Our Founders
Unity 1917, Volume 47, number 4, Pg. 297-299
The Necessity of Expressing God

Edna L. Carter

I AM the living expression of the "Christ of God" is such a vital word that it will give a speedy quickening when held in consciousness.

Christ is the Idea of Perfect Man ever existing in Divine Mind. It is ours to bring forth, to express, manifest this Christ of God. The first step in this expression is to discern the Christ as the Real of every man's being, therefore of our own, and to identify ourselves with him. Then the word of acknowledgement should be spoken.

In the first step we perceive Christ, the Son, our Real Self, to be the express image of the Father---Absolute Life, Love, Intelligence, Substance, Power, Strength; in the second step we "acknowledge the Son" in us as our righteousness and life; in the third step we express him, and all that he is begins to be manifest in us and in our world.

We are here, not as automatons, but as living, breathing, expressing beings. To be is to express. A larger life and a larger expression is open to all who will identify themselves with the Christ of God. All expression depends upon the ideas held in mind. Those who have limited ideas of power are weak and negative in expression, while those who grasp the Christ idea, "All power is given unto me," are strong and powerful.

Life cannot be understood without taking into account the trinity, Mind, Idea, Expression. We must recognize the One Mind, identify ourselves with its Ideas and give them expression. In this way man is redeemed. While the manifestation is not perfect we know that the ideas we are holding are not perfect, and when we do really make ourselves consciously one with Divine Ideas a perfect body will be the manifestation. There is but One Body, even as there is but One Mind, and both mind and body are now and forever perfect. The point is to recognize this and to so identify ourselves with this Perfection that we shall manifest it; then, instead of the appearance of a material, corruptible body, liable to sickness, disease and death, there will be manifest the perfect Christ Body, fruit of the Christ Mind, in all its purity, incorruptibility and immortality. This is the result of being "risen with Christ". One who is raised up, lifted up above mortal thoughts and beliefs, and thinks in the mind "which was in Christ Jesus" must necessarily manifest the Christ perfection and glory. Holding to the thought of the perfection of the body pours into it a flood of Christ light and power, but this is not all of the great redemptive law; there must be a cleansing by denial and a strengthening by affirmations.

The will is the center of this demonstration. Free will is man's by Divine right and as it was by the misuse of his will he placed himself outside of the consciousness of Divine Mind, so by the right use of his will must he return to spiritual consciousness. If it were not true that man's salvation depends upon his choice and will, there would be no need of spiritual teachers. But he must be shown how to so use his will that he may make conscious union with God, and the Spirit of Truth is here helping men to take this step and to abide in it until fully established. The Spirit of Truth works through men, not only for their individual help, but that they in turn may help others; so we are all here working out the problem of manifesting our Divine nature and expressing our best understanding for the encouragement and uplift and strength of others who are consciously seeking to know and express God.

All people are expressing their idea of God even though it be ignorantly and blindly. Amongst the so-called heathen is a form of worship considered unmentionable, yet back of it is the recognition of Life and the desire to worship it. In money-loving people of our time, the worship of the dollar is a recognition of Substance, but a lack of understanding concerning it. All that men give their thought and service to is their god, and is their innate acknowledgement of the One. Some make gods, of physical vigor and strength, and delight themselves in this expression. Such are really recognizing the Divine Idea, Strength. Others delight themselves in intellectual attainments and the Divine Intelligence is back of these. Those who make idols of their children and others dear to them are imperfectly expressing the Idea of Love. Personal ambition which strives for high places is a desire to express Power.

So we can see that the whole race is already trying to express God. What men need is that spiritual understanding which will enable them to express in the understanding and consciousness of themselves as the Christ of God instead of as personalities, having separate interests. A definite statement, such as is given at the beginning of this article, is a help in setting the thoughts in order, and opens the way out of the limitations of personality into the liberty which comes through expressing in the Universal.

How do you like this article? Please give feedback at mckinnjj@gmail.com

APRIL LESSON TITLES

April 7, 2013:

Who Are You

Interim Spiritual Leader: Rev. Georgy Rock

Guest Musicians: Doug Erwin & Ptah Williams

April 14, 2013:

The Repair

Interim Spiritual Leader: Rev. Georgy Rock

Guest Musicians: Deborah Sharn & Steve Schenkel

April 21, 2013:

Whoever Brought Me Here....

Interim Spiritual Leader: Rev. Georgy Rock

Guest Musician: Tim Mead

April 28, 2013:

Abundant Supply

Guest Speaker: Rev. Leslie Venable

Guest Musicians: Deborah Sharn & Steve Schenkel

**New Members Class
April 7th and April 14th**

Due to the inclement weather on March 24th, we rescheduled the New Members' Class.

Have you been considering joining Unity Christ Church? A two-session New Members class will be offered on the last two Sunday afternoons in March, the 24th and April 7th. The class is developed for those interested in joining Unity Christ Church and it will also be of interest to anyone seeking to learn more about the Unity movement. The class will be facilitated by Rudolph Clay and others. Please contact the Church Office if you plan to attend the class or if you have any questions. The two classes will meet from Noon-1:30 p.m. The class schedule is as follows:

Class 1 (April 7th):

- * Founding of the Unity movement by Charles and Myrtle Fillmore
- * Brief history of Unity Christ Church
- * The five Basic Principles of Unity

Class 2 (April 14th):

- * Discussion of one of the basic texts of Unity, "Lessons in Truth" by Emily Cady
- * Discussion of the Church's Book Store and Library which provide access to many Unity books and authors.

APRIL BIRTHDAYS

04/07	Susan Scott	04/14	Kim Smith
04/10	Rose Neyland	04/16	Marj Sullivan
04/11	Audrey Leemann	04/25	Barrie Scott

Truth Students Speak: This month Tara speaks

My Abundant, Joyful, Purposeful Life

I have always yearned for a stronger, deeper relationship with God. I was raised in the Baptist church, as my grandfather was a reverend. My young world consisted of church twice on Sundays with bible study on Wednesdays and sometimes Fridays as well. It was what I knew and as a child, it was comforting to me.

As I became a teenager, I began to have questions about Christianity and faith. It was no longer acceptable to just take someone else's word for anything as it related to salvation. I studied the King James Bible and thirsted for more knowledge.

I was in high school when I had a conversation with my grandfather, the Reverend. I had been a member of his church for most of my life at that point. I remember discussing my thoughts about Christianity and telling him that I wanted to explore these thoughts and ideals. I suggested that I try other churches, but I didn't want him to be upset with me. I was thrilled by his response. He smiled, "Go wherever your heart desires, child." He said that he didn't have a say about my relationship with God. Ultimately, his role as my Pastor and my grandfather was to teach me to seek God first. From that, I knew that spirituality could always be at the center of my life, grasping to take hold and lead me.

I would attend a variety of religious services throughout my youth and early twenties. I found that most places I visited supported fervent beliefs in faith and family. Still, it seemed that God was somehow outside of me. And even though I didn't understand what I didn't understand or what I was missing, I knew God had more in store for me. I prayed for clarity. I prayed that my bond and relationship with God would be paramount in my soul's experience. It didn't matter the name of the theology or the religion, as long as I was connected to my Source, I knew that I would live abundantly joyful and with purpose. And it has been this knowledge that sustains me year after year. Yes, at times I have allowed appearances to make me feel down or discouraged. Yet as I get back to center, as I breathe deeply, and focus on how much God loves me, I am brought back to the truth.

As the new Sunday School teacher here at Unity, I pray for God to move through me as me to positively impact the children. I pray that their thirst is quenched as I am used as a vessel from which they learn, while enjoying singing, dancing, and rejoicing. I am only a conduit to encourage them to seeking God first. How they do it, is their own soul's journey. I pray and am extremely grateful to have this experience, for I know God brought it to me and it is part of my abundant, joyful, and purposeful life.

Tara Robinson

REFLECTIONS

Reflections is a newsletter published each month by Unity Christ Church. Its purpose is to inform and inspire our spiritual community. Submissions for publication are welcome and should be sent to the church office for review.

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Sunrise

By Lenaire Grigsby

From Daily Word April 2006

In the stillness of the moment
From the darkness comes the dawn.
Yesterday what seemed important
Just as suddenly is gone.

Now the sun lights up the heavens
All around a golden hue.
Once again fresh hope is given
As a gift we can renew.

Try to linger in the present.
Sense the beauty of the day.
Appreciation brings contentment .
Understanding shows the way.

AFFIRMATION FOR THE MONTH OF APRIL

I have all the resources I need to achieve happiness, Joy and love.

APRIL WEEKLY AFFIRMATIONS:

- April 7:** I love and support all my feelings today.
- April 14:** Everyday in every way I am getting better and better.
- April 21:** What I imagine I can do, I can do.
- April 28:** I choose happiness and joy.

From the Lending Library:**The Emerging Self**

By Ernest C. Wilson

In this Unity classic, Ernest Wilson begins in the beginning – The Human Predicament. We learn about man and his relation to God. We learn about God and God's relation to all good. How do you think about God? Exploring this book will get you thinking about your own ideas and your own relationship to this universe in which we live. We explore man, the idea of the "fall" of man and original sin.

Then in Chapter 4 we get into really good "stuff." Thinking and how thinking makes things so. Mr. Wilson quotes Charles Fillmore and his ideas about thinking. "Every man who accomplishes things sees first in his mind what he wishes to do. He puts away all doubt. It makes no difference how small or how large the thing you want to do may be; if you have an unlimited confidence in your ability to do it, you will do it. Nothing can in any way impede or defeat you."

We learn about Jesus Christ and demonstration of spiritual laws. It becomes clear that the emerging self (the Christ within) requires time in prayer, meditation and silence. With these tools to help us emerge, we will be open to spiritual healing and peace in our lives and in the lives of others around us. Health, happiness and prosperity can be ours.

Mr. Wilson ends the book with a couple of chapters on the Twelve Disciples, mind stretching ideas (reincarnation for one) and the Law above Laws—The Law of Grace. Examine your emerging self this month by checking out this enlightening Unity classic!

Mary E. Biggs, LUT

Notes from the Wellness and Wellbeing Workshop Desk

New York City Says NO TO THE BIG GULP:
YOU SHOULD TOO!

New York City Mayor Michael Bloomberg has made another historic move to improve the City's health. An ordinance to prohibit the restaurants, stadiums, fast food chains, etc., from selling soft drinks in greater than 16 ounce containers is in the works. "Big Gulpers" appealed to a judge, who has placed a stay on the potential ban. Bloomberg plans to appeal and if he prevails, there will be NO big gulp cups in NYC in June.

What Bloomberg is concerned about is the explosion of obesity and the relationship of soda drinking in large quantities to this problem, especially among the young including children. Would you believe there is actually a 64 oz, 600 calorie "Double Gulp"!

Soft drinks are the single biggest source of sugar in the US diet. They generally use high fructose corn syrup for sweetening because it is cheaper than sucrose (table sugar). An average 12 oz soft drink beverage may contain 150 calories. Drinking that one beverage a day would total up to more than 1 lb of weight gain as stored fat in a month, if the food consumption and activity remained the same. Over a year that's 12 pounds.

Obesity is not the only problem for the beverage industry. Much recent research is showing that sugary drinks are addictive and hijack the brain similar to a cocaine or nicotine addiction. In addition, there is a strong link to major depression. Many soft drinks contain phosphoric acid, which accelerates calcium loss from the bones and this leads to osteoporosis in susceptible people.

But the worst part of this story is the STRONG connection to Diabetes. And it doesn't matter whether you are consuming diet soda. In fact, recent research is revealing that diet soda drinkers' risk for diabetes is even higher than regular soda drinkers. There are some theories as to why this is true, but I will skip this discussion at this time. Suffice it to say, You Can't Fool Mother Nature!

So what is a "Big Gulp" who wants to reform to do?

Here are some ALTERNATIVES TO TRY:

- Water infused with thinly sliced cucumbers kept in your refrigerator
- Splash of juice added to glass of plain seltzer water over ice (be moderate)
- Kombucha fermented tea or herbal iced tea
- Iced coffee
- Smoothie made with melon, apple and high fiber kale, celery, or lettuce
- FINALLY learn to appreciate and drink more of that most wonderful substance called WATER, with or without a slice of lemon.

Let's Drink To Your Good Health!

*Blessings,
Carolyn Perry*

Things to Make You Go Hmmm

Last month, we discussed Tuesday's Law - *The Law of "Karma" or Cause and Effect*. This month, we will talk about the fourth law, Wednesday's law, *The Law of Least Effort*.

Nature's intelligence functions with effortless ease and abandoned carefreeness. This is the principal of least action and, therefore, of harmony and love. Deepak says, "When we learn this lesson from nature, we easily fulfill our desires." Take time to observe nature. You don't see the grass trying to grow; it just grows. Flowers don't try to bloom, they bloom. Birds don't try to fly, they do fly. This is their intrinsic nature. Chopra says, "It is the nature of babies to be in bliss. It is the nature of the sun to shine. It is the nature of the stars to glitter and sparkle. And it is human nature to make our dreams manifest into physical form, easily and effortlessly." This principle is known as the economy of effort – do less and accomplish more.

When your actions are motivated by love, least effort is expended. There is no waste of energy. Your energy actually multiplies and accumulates and the surplus energy you gather can be channeled to create anything you want. The greatest amount of energy is consumed when your attention is on the ego. "When your internal reference point is the ego, when you seek power and control over others people or seek approval from others, you spend energy in a wasteful way." When you free up that energy, it can be channeled and use to create anything you want. Having your spirit as your internal reference point, being immune to criticism and not being fearful of any challenge means you can harness the power of love and use energy creatively for the experience of affluence and evolution.

There are three (3) components to the *Law of Least Effort*. The first is acceptance. This means that you make a commitment today to accept people, situations and circumstances as they occur, knowing that this moment is at is should be because the universe is as it should be.

The second component is responsibility. This means not blaming anyone or anything for your situation, including yourself. Deepak says, "Having accepted this circumstance, this event, this problem, responsibility then means the *ability* to have a creative *response* to the situation as it is now." Each problem contains the seed of opportunity. This awareness allows you to transform this moment into a better situation or thing. Every so-called upsetting situation becomes an opportunity for the creation of something new and beautiful and every so-called tyrant or tormentor becomes your teacher.

The final component is defenselessness, meaning that your awareness is established in defenselessness and you have relinquished the need to convince or persuade others of your point of view. Your life meets resistance when you become defensive, blame others and do not accept and surrender to the moment. When you encounter resistance, recognize that the resistance will increase if you force the situation. Be flexible, like a palm tree that bends with the storm and survives, not rigid like the oak that cracks and collapses in the storm. Cease from defending your point of view. When you have no point of view to defend, you don't allow the birth of an argument. Do this consistently and you will experience the present fully. "The past is history, the future is a mystery, and this moment is a gift. That is why this moment is called 'the present'."

So how do we apply this *Law of Least Effort* in our lives? The book sets forth these steps:

"I will put the *Law of Least Effort* into effect by making a commitment to take the following steps:

1. I will practice *Acceptance*. Today I will accept people, situations, circumstances, and events as they occur. I know that *this moment is as it should be*, because the whole universe is as it should be. I will not struggle against the whole universe by struggling against this moment. My acceptance is total and complete. I accept things as they are in this moment, not as I wish they were.
2. Having accepted things as they are, I will take *Responsibility* for my situation and for all those events I see as problems. I know that taking responsibility means not blaming anyone or anything for my situation (and this includes myself). I also know that every problem is an opportunity in disguise, and this alertness allows me to take this moment and transform it into a greater benefit.
3. Today my awareness will remain established in *Defenselessness*. I will relinquish the need to defend my point of view. I will feel no need to convince or persuade others to accept my point of view. I will remain open to all points of view and not be rigidly attached to any one of them."

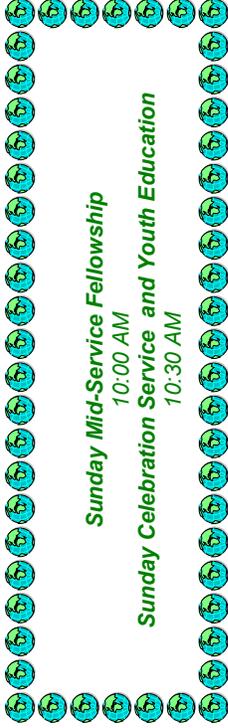
Make the commitment to follow the path of least resistance.

Next month, "*The Law of 'Intention and Desire*."

Namasté,

Sarah

APRIL 2013 at Unity Christ Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Meditation Service 6:30 PM Spiritual Support Group 7 PM	4 NA GROUP 7 PM	5	6 9:30 AM & 11 AM 12-Step Cen- tering Prayer & Meditation Group
7 12 Powers Meditation 9:15 AM ALL-CHURCH POTLUCK 11:30 AM QUEST CLASS—Noon	8	9 10:30 AM Prayer Ser- vice	10 Meditation Service 6:30 PM Spiritual Support Group 7 PM	11 NA GROUP 7 PM	12	13 9:30 AM & 11 AM 12-Step Cen- tering Prayer & Meditation Group
14 12 Powers Meditation 9:15 AM QUEST CLASS—Noon Toastmasters' Club—7 PM	15	16 10:30 AM Prayer Ser- vice	17 Meditation Service 6:30 PM Spiritual Support Group 7 PM	18 NA GROUP 7 PM	19 Dances of Univer- sal Peace—7:30 PM	20 9:30 AM & 11 AM 12-Step Cen- tering Prayer & Meditation Group
21 12 Powers Meditation 9:15 AM Sunday Brunch/Lunch/ Bunch 11:30 AM QUEST CLASS—Noon	22  Earth Day	23 10:30 AM Prayer Ser- vice Board of Trustees Meeting 7:30 PM	24 Meditation Service 6:30 PM Spiritual Support Group 7 PM	25 NA GROUP 7 PM	26	27 9:30 AM & 11 AM 12-Step Center- ing Prayer & Meditation Group
28 12 Powers Meditation 9:15 AM QUEST CLASS—Noon Toastmasters' Club—7 PM	29	30 10:30 AM Prayer Ser- vice	 <p style="text-align: center;"> Sunday Mid-Service Fellowship 10:00 AM Sunday Celebration Service and Youth Education 10:30 AM </p>			