

Awakening Souls, Transforming Lives!



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

Using the Powers, One Month at a Time

DECEMBER—Life

The ability to energize, vitalize, enliven, animate and invigorate.

I am filled with life, sweet life.

Thoughts From the Heart



As we prepare to celebrate the Christmas season, I am sure that you are all filled with great joy and anticipation, as you wholeheartedly prepare for this season of giving: the season that commemorates the birth of Jesus the Christ. As we prepare to wrap our presents with colorful ribbons and bows, and hang our decorations that brightly glitter, glimmer and glow, let us be mindful of the significance of Jesus' birth and the inner meaning it holds for each and every one of us.

As these thoughts enter my heart and mind, all the Unity teachings that I have internalized through the years start reverberating throughout my being and I start to contemplate and explore what it really means to allow the "Christ" to be born in me. At the very depth of my being, I know and accept that Jesus is my Elder Brother and Wayshower, who shows me the way to bring forth and demonstrate the Christ Consciousness in me, through me and as my very life.

As I begin to recall all of those marvelous lessons that I have learned, and all the Truths that have been revealed to me, I am lead to the words of our co-founder Charles Fillmore to give me a deeper insight and understanding (and a little inspiration). According to Charles Fillmore in his book, *The Revealing Word*, The birth of Christ in man is the bringing forth (the birth) of God's idea of man, the Christ of God. This is done through the quickening power of the word of Truth. The birth of the Christ has its beginnings in the inner realms of consciousness of a higher set of faculties, which when grown to full stature, will save man from ignorance sickness and death.

As Mr. Fillmore's words resonate in my consciousness, I start to envision how life unfolds as we allow the Christ to be born in us. I hear myself affirming the Truth and denying that which is not of truth. I envision myself courageously facing all those false thoughts and false beliefs that have been tenaciously holding so tightly to me. I begin to love them, bless them, and lovingly release them and joyously let them go. My consciousness expands to include everyone and everything as a whole and complete part of me. The pure light of the Christ begins to radiate and vibrate brightly within me. Any error of any kind that comes into the presence of the Christ Consciousness that is evolving in and through me, is instantly healed by that Presence Within. The peace that passes all understanding permeates my being and I radiate harmony in every area of my life.

Perfect peace, health, relationships, and an abundance of Good (of all kinds) flow freely into my consciousness and manifests as my life; and I Am prospered in all ways. I Am filled with Faith, Strength and Wisdom which are brought forth by the ever present God Within. Love, Power and Creativity flow gently through me and everything I touch is blessed from within. My Understanding and Will are planted firmly in the Soil of God and I instantly discern what is mine to do, boldly stepping forth to do it. Life begins to flow in a Divinely Ordered way and I Am prospered in everything I do and say. The Energy of the Universe flows freely through me bringing health, happiness and harmony. I willingly Let Go of anything that inhibits the flow of God's Presence within my being. Life begins to feel like Christmas every day, because I Am constantly evolving the Christ Consciousness day by day.

So this year as we joyously celebrate the Christmas season, let us be reminded that we are not only celebrating the birth of Jesus the Christ, but celebrating the birth of that Christ in our own Consciousness. And as we truly awake to the Truth that we are the Christ of God, we can triumphantly demonstrate to one another and to the world that *God Is the Only Presence and the Only Power in the Universe* and that 'This is the TRUTH'.

Have a Very, Merry Birth of the Christ in You and a Happy New Year Too!

Let Us Daily Affirm:

"I Allow the Christ to be Born in Me"

Blessings on Your Spiritual Journey,

Juankee J. McKinney

The Editor

INSPIRATION FROM OUR FOUNDERS

From the pages of – Unity-1925, Vol 63, pages 514-517

THE ETERNAL CHRISTMAS

Francis J. Gable

MAN LONG has followed the custom of keeping before him outer symbols to make him ever mindful of inner or spiritual things; and if he does not permit the thing that is symbolized to become overshadowed or hidden by the symbol, the custom is a commendable one.

The day that is celebrated as Christmas is not merely the anniversary of a birth which took place two thousand years ago, rather it is the symbol of a constantly recurring process in the heart of man. That process is the birth of the Christ consciousness in a human soul.

At the birth of the Christ Spirit in man are found all the attendant phenomena which are so graphically described in some of the Gospel accounts of the birth of Jesus in Nazareth; for that reason the symbolism of Christmas has wielded a tremendous influence over the lives of men.

John the Baptist is regarded as a forerunner of Christ. He is described in the Bible as “the voice of one crying in the wilderness.” Before the human soul turns to the Christ, it lives in a wilderness of doubt, of seeking, of longing; there is a deep-seated inner urge for a larger expression of life. Often the one who experiences this urge is not conscious of its spiritual meaning and mental attitude is characterized by unrest and discontent. All these processes in the human mind were symbolized by the advent of John the Baptist, who pointed the way out of the wilderness, the way of repentance and baptism. Repentance signifies a turning about, a complete changing of the mental attitude; baptism is the outer symbol of the cleansing of the thoughts. The advent of the Christ Spirit into consciousness involves a radical change from former ways of thinking and a thorough purifying of the mentality.

One of the features characterizing the birth of Jesus was that he was born of a virgin. “And the angel answered and said unto her, The Holy Spirit shall come upon thee, and the power of the Most High shall over-shadow thee: wherefore also the holy thing which is begotten shall be called the Son of God.” The birth of the Christ Spirit in man is brought about by the conscious union of soul and spirit in the secret place within. No intellectual striving, no human endeavor alone, can bring to birth the Spirit of Christ. But when the Holy Spirit, or the divine idea in manifestation, is consciously recognized it brings into being the new life in man. All error or mortal thinking becomes overshadowed by the Spirit of God, and “the holy thing which is begotten is the Son of God, or the Christ made manifest in the flesh.

Jesus was born amid lowly surroundings, under the most humble circumstances. His place of birth was bare and primitive, and during the birth pangs his mother was denied every luxury and comfort. Here again is a perfect outpicturing of the circumstances under which the soul of man becomes the manger in which a marvelous birth takes place. The Spirit of Christ can be born in the human heart only in humbleness and simplicity. The mind must be divested of all interest in externals; all pomp and glory must be forgotten before the mental atmosphere is conducive to a conscious birth of Christ.

Among the phenomena that attended the birth of Jesus was the song of the angels: “Glory to God in the highest, and on earth peace, good will toward men: (A.V.), which was heard by the shepherds on the Judean plains. With the birth of the Christ in man’s consciousness the soul becomes newly attuned to divine harmony. Order and harmony are among the highest spiritual laws and man becomes conscious of these laws in his life when he has acknowledged the Christ in himself. The Christ consciousness brings into the hearts of men the same message that the angels sang, and causes spiritual order to manifest in their lives and their actions. Divine order established in the affairs of men produces a radiation of good will toward others and good will is a glorification of God, who is its source.

The child Jesus in his lowly surroundings received homage from great and small alike. Magi from distant seats of learning followed the star to worship the lowly-born babe. Few children born in luxury have received much heartfelt homage as was lavished upon this child in the manger. The human heart is enriched by new attributes and by new oneness with the opulence of Spirit, when the heir of Spirit comes to birth in man’s soul. The birth of Christ in man attracts a richness of gifts which comes in no other way. The new attributes alive in consciousness command the respect and the homage of great and fine minds. Because of a greater appreciation of the cultural things of life, the individual in whose heart the Christ is born naturally is drawn into closer relationship with persons of refinement and intelligence. The Wise Men of the East symbolize the divine source of understanding with which we are brought into more intimate contact after the birth of the Christ Spirit in us.

The birth of Jesus in Judea marked the dawn of an era of miracles, in which are included those that he performed and those performed by his followers for many years following his ascension. The birth of Christ in man, too, is followed by an era of miracles. Healing of the body, a sense of divine protection, an assurance of abundant supply, wisdom, harmony, courage, and freedom from negative conditions, all comes in greater measure into life and the affairs of one who has opened himself to receive God's greatest gift. In the Christ presence, human problems work out in ways that seem miraculous. To one in whom Christ is born the so-called miraculous becomes the natural outworking of divine law; the spiritual mingles with the material and brings new life to all the common activities.

The consummation of the birth of Jesus was found not only in his life and acts, but in the lesson of eternal life that was given to us in his resurrection from the grave. He in whom the Christ is born often may crucify the divine spirit, when he deviates in his thoughts from the principle that it represents. Our very denial of the omnipresence of Spirit, our every refusal to surrender the mentality as a channel through which the divine mind may operate, constitutes a crucifixion of the Spirit of Christ in us. But no matter how often our material thoughts may crucify him, the Christ always rises from the tomb in the glory of the resurrection and again is born in the consciousness to herald the eternal nature of Christmas.

How do you like this article? Please send me a message at mckinnjj@gmail.com

Truth Students Speak: This month Elizabeth Okenfuss speaks:

Journey to Modern Day Miracles

My journey started with a book about guidance. It was the story of a man who learned to find true guidance. He went to Europe with little planning or money to "prove" his needs would always be met. I went to Assisi to prove that miracles were still possible today. I learned of a Silent Retreat on a farm three miles outside of Assisi, Italy. My guidance allowed me to be open to this possibility. We began to plan to attend before we knew how all the details and needs would be met. In early May of 2012, my husband, Max, began to have a serious challenges with the rhythm of his heart and was hospitalized. Many urged us not to go on this journey...but we had a knowing that was unexplainable. If we were to make this journey, there would be profound miracles in every aspect of our lives. A week before we were to go, his heart was still in arrhythmia, but having no other symptoms, his cardiologist said he might as well go to Italy. We believed Emily Cady's words in Lessons in Truth that "Faith does not depend on physical facts or on the evidence of the senses because it is a form of intuition, the Spirit of Truth ever living at the Center of our being."

The first town on our trip was Prague, Czech Republic. A man with a taxi sign & light atop his car approached us & indicated that he would take us to our hotel. When we arrived at the hotel, the driver asked for \$500. We knew this wasn't right for 1.5 miles. Spirit planted the manager of the hotel outside. I jumped quickly out of the car & told the manager. This was a not a real taxi driver, but a member of the Russian mafia, pretending to be a taxi driver & charging prices that many tourists pay. The hotel manager spoke to the driver, told him to leave, & paid him \$4. He then booked us another hotel, at his expense, which was superior & where we were safe.

At this time, Max's heart was still not in rhythm, but he was not having other symptoms, so we continued to affirm that all things are possible to him that believeth, Mark 9:23. From the moment of our arrival at the farm in Assisi, we felt a great peace. In our upstairs apartment we were awakened each morning by a rooster through our unscreened large open windows. At first it was hard to be silent for so long in meditation. The only sounds were a waterfall, birds and farm animals. As we merged with the silence, our guidance grew louder.

Even a car accident couldn't dampen our assurance. This trip was ordained & miracles would continue. Spirit went before us to the hospital. The director of the Silent Retreat had been a nurse there, so she took us in and explained why we were there & then left. The doctors spoke no English. We knew that Spirit was taking care of EVERY need. Four hours later Max was discharged with orders to enjoy his trip.

Each day we spent in the silence, we became surer of our guidance. Although Max's heart was not in proper rhythm, we continued to wait on Spirit & to visualize the wholeness of his heart. The silence and setting of our intention that his heart would return to perfect rhythm, set the stage for the next miracle. We gave thanks for his healing before it manifest. One day the healing of his heart rhythm came as quickly & silently as the dawn!!

Now nothing seemed impossible to us. One day we needed a supplement that we could not find. I went into the silence & Spirit directed me down an alley where I saw a woman in a white dress playing a harp & singing. We walked toward her and just next to her was a store with the product we needed in the window. A miracle!

A train trip brought another miracle. A Muslim family with many children was in one of the private compartments behind ours. Riders are supposed to get off in order, but the Muslim family ran ahead of us. A spark of anger came up in me. Then I heard the still voice of Spirit saying, "Tell them to go ahead." I did. The mother of the family thanked me & ordered her family to help us with our luggage. As we parted ways, I felt thankful thinking of how listening to Spirit allowed me to show compassion & in turn, our needs for assistance with luggage was met. We used to sing a song: "He is just the same today. Yes he healed in Galilee, set the suffering captives free & he's just the same today." And that's the truth!!!!

ANNUAL CANDLE-LIGHTING SERVICE Sunday, December 23rd 6:30 PM.

Rev. Le Remington will be the guest speaker. Our guest musicians will be Doug Erwin and Pta Williams.

Please come, bring family, coworkers and neighbors. There is a seat for all in this very sacred service. It will be an evening of prayer, music, stories and light. We will share the Christmas story through music, the reading of the Christmas story and a visit from the Prophet Isaiah, Mary, Joseph, the Manger, the Angels, the Shepherd Boy, the Wise Men, Herod, the Star, the Holy Child and the Indwelling Christ. We will light our individual candles to make a room full of light.

Notes from the Wellness and Wellbeing Workshop Desk

Six Simple Tips To Keep You Healthy All Winter Long

1. Make a habit of washing your hands after arriving at work, before eating food, and after arriving at home. Spend 20 seconds rubbing your hands and fingers paying special attention to your finger nails. Wet hands thoroughly, then soap and rub. An alternative to hand washing is an alcohol-based sanitizer, if it is not possible to hand wash.
2. Keep your hands to yourself and out of your face. Harmful viruses love to nest in the nose, mouth, and eyes. Use disposable tissues if you need to touch your face. Cough or sneeze into your shoulder/elbow, **not** your hands. If you must shake hands with others, sanitize your hands afterwards.
3. Get the flu shot.
4. Take 2000 iu vitamin D3 daily.
5. Don't skimp on sleep. That 8 hours of snooze boosts your immunity.
6. Get out and stay active. Don't let the colder weather dampen your enthusiasm. Dress appropriately, especially protecting your neck and chest from a chill. Breathe deeply and give thanks for the seasons, as they prepare us physically and spiritually for the cycles that sustain life.

To Your Good Health,
Carolyn Perry

Things to Make You Go Hmmm

Last month, I spent 10 days at The Chopra Center in Carlsbad, California for their Perfect Health Retreat. It was 10 days of yoga, meditation, massage and letting go of toxins in my body – mental, physical and emotional.

While there, I learned a new form of meditation (Primordial Sound) which will enhance my practice. We had yoga classes every day (twice a day if you wanted) to increase flexibility of body, mind and spirit. The massages were a great lesson for me in learning to receive. There were also lessons on journaling, making mandalas, *The Seven Spiritual Laws of Success*, Ayurveda, and cooking/eating healthy. It was a time of letting go of things and ideas that no longer served me. And it was a time of making connections with some amazing men and women. We even have our own Facebook page so we can continue to support and appreciate each other.

The releasing and letting go I did over those 10 days brought to mind our New Year's Eve Burning Bowl service. Every year at Burning Bowl we make a list of those things which we wish to release and also set forth our intentions for what we would like to manifest in the coming year. After this 10-day experience, I have a much better appreciation for how good it feels to really let go of those things which are no longer serving me. I feel lighter and more peaceful than I have in a long time. I also have a better understanding of the difference between desire (attachment to outcome) and intention (no attachment to outcome) which will be important to remember for me when I set forth my intentions for 2013.

As we approach the end of 2012, what things are you looking to release? What would you like to manifest and create in your life in 2013? If you would like to share those things here, anonymously if you wish, please send an e-mail to me at sarah_reid@sbcglobal.net.

Namaste,
Sarah

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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BURNING BOWL SERVICE

Please plan to join us on Monday, December 31st at 6:30 PM for our Burning Bowl Service. This is a time to **release** from our life that which may seem to diminish our light. As we release, we also **af-firm** that which we wish to attract to our life. Our guest musicians for the evening will be Deborah Sharn and Steve Schenkel.

From the Lending Library:

Life is for Loving

By Eric Butterworth

Besides being the month of Christmas, December is also representative of the faculty of life. This is the month we remember the birth of Christ, and reminds us of the reason we live – to love! Nobody says it better than Eric Butterworth in his classic “Life is for Loving” book. With the holidays upon us, and the opportunity to express more of love in life than any other time of year, we would benefit from another study of this wonderful book.

With only nine short chapters beginning with “From Love to Loving,” to “Love Claps Its Hands,” Mr. Butterworth takes us on a love journey. Take a moment to reflect on his opinion about love. It cannot be given to anyone or received by anyone. Love is not a commodity to trade, but rather a process through which you touch and express your own deeper nature. “Love, then, is not the plaything of the emotions or senses, but the action of divine law.”

In Chapter 3, *From Loneliness to Oneness*, he says ... “In the heart of every person there is an awful homesickness for God, for wholeness, for relatedness, for unity. It comes from an intuitive awareness of the reality of his true being in love...It is the part longing for the whole, the human self longing for unity with the Universal Self. And this unity is what love really is.”

In Chapter 6, *The Healing Power of Love* (one of my favorite chapters!), “The wise student of life will realize that any evidence of anger, hate, bitterness, envy, or criticism in his own nature are danger signals that should never be ignored. We need to start loving quickly, just as we would hurry to put an antidote in our stomach if we had inadvertently taken a poison.”

There is so much good stuff about loving in here—you can’t get to the lending library quick enough to enjoy it during this fabulous holiday month!

Merry Christmas and Happy New Year!
Mary E. Biggs, LUT

DECEMBER LESSON TITLES

December 2, 2012: *Advent Week of Hope*

Guest Speaker: Rev. Le Remington; Guest Musicians: Doug Erwin and Ptah Williams

December 9, 2012: *Advent Week of Peace*

Guest Speaker: Rev. Le Remington; Guest Musicians: Georgy Rock and Mr. Dill

December 16, 2012: *Advent Week of Joy*

Guest Speaker: Rev. Le Remington; Guest Musicians: Rekha Dravina and Gennadi Aronson

December 23, 2012: *Advent Week of Love*

Guest Speaker: Rev. Le Remington; Guest Musicians: Steve Schenkel and Brian Clarke

December 30, 2012:

Guest Speaker: Board of Trustees; Guest Musicians: Tim Mead

Interviews With The Board

This month we continue with our Interviews with the Board of Trustees. Our focus this month is on Meg McClelland. Meg is currently serving the third year of her second term on the Board of Trustees. Currently, she is serving as the Secretary. Meg has three adult children; Kelly, Michael and Darren (who all attended the Youth Education Program at Unity Christ Church). She also is the proud grandparent of three: Gabrielle, Sebastian and Savannah. Meg states that she feels blessed that all of her children and grandchildren live here in St. Louis and she gets to see them quite often.

Currently, Meg works at Washington University in St. Louis and has worked there for twenty-five years. She currently works in the Psychology Department as the Graduate Program Coordinator. Meg states that she truly enjoys her position, but looks forward to retirement within the next ten years.

When asked, "How she came to Unity?", Meg replied, she came to Unity after being loaned a book, The Dragon Doesn't Live Here Any-more, by Alan Cohen. During this time (the mid 80's) she was living in Houston, Texas. Meg states that she was in the middle of reading the book when she learned she had gotten the job at Washington University in St. Louis. Meg states she did not want to bring the unfinished book to St. Louis with her because she did not trust that she would return the book to its owner upon completion. She saw that it was a Unity Publication so she went in search of the book when she came home to St. Louis. Meg states that she was quite surprised to discover that a Unity Church was right across the street from Washington University. Our dear Floreine Nesmith was working the book desk during the week when Meg came over on her lunch hour to purchase the book. Meg recalls that she looked into the sanctuary and decided to come to visit a Sunday Service, and has been at Unity ever since. Gary Jones was the Minister at that time. Meg states, she never contacted that original book owner again, but wishes she could say, "Thank You" for leading her to her Spiritual Home!

When asked, "How has practicing Unity Principles affected her life?" Meg replied practicing has given her more peace than anyone can imagine. Meg was raised Catholic and also had a Baptist influence from her extended family. The idea that God was separate from her and "angry and vengeful" never rang true for her. When she learned what the principles were, she realized she already thought that way. Meg states that she prays every day, understanding that prayer can be as simple as closing her eyes and seeing someone as whole, healthy and complete and knowing that it is "already done" and saying, "Thank You, God!" Meg states that the principle that she was least familiar with is "Affirmations and Denials", but states she uses them daily and believes they keep her physically healthy (she has not had a cold or the flu for years) and emotionally at peace.

The principle that impacts her most is God is present in every person (we are Divine). Meg feels that resting in this knowledge has helped her know that she is never alone and with God's constant help she can overcome any and every obstacle that comes her way.

When asked, "What message would she like to share with the congregation?" Meg states her message would be to always "work" above/beyond any problem for the solution—this is one of the meanings of metaphysical...beyond the physical. She further states, we can never find a solution to a problem while staying on the same level as the problem. She also urges us to remember that God is present as much in the problem as in the solution.

So, the next time you see Meg, give her a great big Unity blessings by affirming:

"We are One"

Blessings to you all,

*Juankee J. McKinney
The Editor*

AFFIRMATION FOR THE MONTH OF DECEMBER:

Trust and Love begin with me.

DECEMBER WEEKLY AFFIRMATIONS:

December 2: I take responsibility for my outer world by taking responsibility for my inner world.

December 9: My actions stem from my inner guidance.

December 16: As I heal myself I help to heal the world.

December 23: I celebrate the birth of my spirituality.

December 30: I am willing to trust the process of change.



December Birthdays

12/08	Mary Biggs
12/23	Nancy Dimmitt
12/31	Mary Holloman

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