

Awakening Souls, Transforming Lives!



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

Using the Powers, One Month at a Time

NOVEMBER—Elimination

The ability to release, remove, denounce, deny, let go.

I release anything and everything that no longer serves my unfolding good.

Message From The Board

November is the month designated as a time of Thanks-Giving and we at Unity Christ Church indeed have a great deal to be Thankful for. As promised to you last month, we would report on the results of our 85th Anniversary celebration! And we are thankful and filled with gratitude as we report that:

Our 85th Anniversary was indeed a fabulous extravaganza. From all the feedback the Board received, everyone was quite pleased and enjoyed all aspects of the celebration. It has been heard that the program was wonderful, the music was fabulous, the food was delicious and the venue was outstanding. And of course the speaker was dynamic. What more can be said!

We (the Board) felt that this was a time of healing and celebration as we commemorated our founders and celebrated all the growth and change that we as a Spiritual community have experienced, as well as looking forward with faith as we continue to unfold and evolve in infinite and wonderful ways. We are very thankful that we have had an opportunity to serve our Spiritual community during this time of transformation and celebration.

In speaking of transformation, the Ministerial Search Committee has been formed and we are now in the process of reviewing candidates and deciding who we would like to bring before the congregation as viable candidates for the position of Minister. Please join us in prayer as we affirm that the right and perfect minister will be brought forth for Unity Christ Church.

As we go through this process, Let us Daily Pray:

*"Divine Order is working in, through and as Us to manifest
the right and perfect Spiritual Leader for Unity Christ Church."*

This month, we will also be holding our Annual Meeting on November 20, 2016. We will be voting on new members to serve on the Board of Trustees as well as making some very pertinent decisions regarding the direction of our church. Please plan to attend. Your voice, opinions and concerns are very important to us and our Spiritual community as we move forward in faith.

*Happy Thanksgiving and, Blessings to You All,
The Board of Trustees*

THOUGHTS FROM THE HEART

As the Thanksgiving holiday approaches, all those wonderful memories of being a little child growing up and observing my family prepare all those magnificent Thanksgiving feasts seem to flood my mind. I remember how excited I was and how I could not wait to be old enough to share in the creation of this grand tradition. All the joy and laughter coming from that kitchen as my family lovingly prepared this special dinner was always quite a fabulous sight to behold. The smell of bread and cakes baking and turkey and dressing roasting in the oven fill my mind with warm memories of ecstasy and great joy. As these memories flow through me, I become very thankful and grateful for the life that I have experienced and for the memories that warm my heart and soul.

This time of year, has always been a time of sharing and I particularly value those times during our Thanksgiving festivities when the whole family had an opportunity to share all the things that they were thankful for during the previous year. As a child, when it was my turn to express my gratitude, I was always filled with great anticipation as I courageously shared how very thankful I was for my family and friends. I would express this sentiment with such great zeal and enthusiasm that I could feel the thoughts reverberating throughout my being. What an excited child I was!

Little did I know that these periods of being thankful would evolve into a practice of constantly being thankful in all things. As my days of being on planet earth increased, my habit of being thankful grew as well. It particularly began to blossom and flourish as I became more spiritually aware and more cognizant of Who and What I AM. As I have evolved in my Spiritual consciousness; I have become very thankful and grateful for all things. Now, I Am not only thankful for my family and friends, I AM thankful for everyone and everything in the Universe as well. I Am particularly thankful for the growth that has occurred in my awareness of Truth. I Am thankful for this awareness and for the experience of Knowing that I AM a Child of God, made in God's image and after God's likeness, with the ability to express all the Life, Joy, Freedom and Abundance of Spirit that God Is. This state of awareness leads me to the insight and acceptance that being a Child of God, I inherit all that God IS. What a marvelous revelation!

As I think about being an heir to all that God Is, I realize that I AM unlimited, and there is no lack or limitation in me—I Am filled with all possibilities. Possessing the knowledge of this "Truth", that "all the qualities that God Is reside within me", I become increasingly thankful and grateful. I now know that I have within me the very Faith of God and I know that this Faith can move mountains---and for this I give thanks. I possess the Unlimited Strength of God to persevere and do all that God would have me do---and for this I say, "Thank You, God"! I have all the Wisdom and Understanding I need because the very Intelligence and Knowingness of God permeates my being; and I give thanks to Spirit. Love flows freely in me through me and as me because the Love of God exists in the very depths of my being. The Power of God's' words flow through me, as I allow the Christ Within to speak in, through and as me. My Imagination and vision are possessed by God and I now see the Good, for I know that All is God. My will becomes the Will of God as I allow myself to be led by that Still Small Voice Within. I Am thankful that I now see that my life has always been in Divine Order and nothing has occurred haphazardly. I Am thankful for the joy, enthusiasm and zeal I feel as I continue to bring forth that Spirit of Truth from Within. I Am exceedingly thankful and glad that I have learned to let go of all thoughts, feelings and beliefs that have in anyway hindered my Oneness with the Truth of my Being. And above all, I Am truly thankful to know that my life is eternal----no beginning and no ending.

So as we celebrate this Thanksgiving Holiday, let us truly get in touch with the experiences, ideas and the many things that we are truly thankful for and let us remember to always be thankful in all things.

Have a Wonderful Holiday filled with an Abundance of Thanks Giving.

Let Us Daily Affirm: *"I AM Thankful and Grateful in All Things"*

*Blessings as You Spiritually Unfold,
Juankee J. McKinney*



(Reprinted from the November 2014 Reflections)

NOVEMBER LESSON
TITLES

November 6, 2016:

TBA

Guest Speaker:

Rev. David DeChristo

Guest Musicians:

Doug Ervin and Philip Gomez

November 13, 2016:

In Humble Gratitude

Guest Speaker:

Dr. Marlene Bricker

Guest Musician:

Mitzi MacDonald

November 20, 2016:

Make Room for Daddy

Guest Speaker:

Mary Biggs, LUT

Guest Musician:

TBA

November 27, 2016:

Horizontal and Vertical Living

Guest Speaker:

Rev. Leslie Venable

Guest Musicians:

Deborah Sharn and

Steve Schenkel

FROM THE PRAYER MINISTRY:

Dear Friends,

As we are enjoying the beautiful changing weather and fall foliage during this time of year, we begin to look at the year gone before. Where has 2016 gone? November is the month of Thanksgiving and of its predecessor, elimination. Getting rid of what we don't want or what does not serve us any longer, leads us to the wonderful practice of gratitude and thanksgiving. Elimination is also letting go or forgiving. Forgiveness is a wonderful release and should be practiced often as Jesus states in the following scripture.

Matthew 18:21-22: *Then came Peter and said to him, Lord, how often shall my brother sin against me, and I forgive him? Until seven times? Jesus said to him, I say not unto thee, until seven times, but until seventy times seven.*

Affirmation: **I fully and freely release. I loose and let go. I let go and let God. I let go hurts, offenses, and perceived negative outcomes. I let go and let God.**

Then prayer for the month: *Sweet loving spirit allow me to release, to let go, and give up grudges or resentments. Help me to forgive insult or injury. Thank you for your continued loving mercies.*

Regardless of where you are in your Spiritual Journey, prayer lifts you higher and empowers you as an instrument of God. Taking the time (and it doesn't have to be long), to pray keeps you connected. Prayer is abiding in the presence of God-receiving the Christ and sharing your divinity.

Make it a great month. May God bless each and every one of you abundantly!

Yours in Christ,
Mary E. Biggs, LUT

(Reprinted from the November 2015 Reflections)

AFFIRMATION FOR THE MONTH OF NOVEMBER

O send out your light and your truth; let them lead me. (Psalm 43:3)

NOVEMBER WEEKLY AFFIRMATIONS:

November 6: The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures: he leads me beside the still waters. He restores my soul: he leads me in the paths of righteousness for his name's sake. (Psalm 23:1-3)

November 13: Teach me your way, O Lord, and lead me on a level path. (Psalm 27:11)

November 20: Your word is a lamp to my feet and a light to my path. (Psalm 119:105)

November 27: Listen to advice and accept instruction, that you may gain wisdom for the future. (Proverbs 19:20)

ALL UNITY THANKSGIVING SERVICE

Come and join us for our annual All Unity Thanksgiving service, to be held this year on **Wednesday, November 23rd, at 7:00 p.m.** at First Unity Church. First Unity Church is located at: 4753 Butler Hill Road, St. Louis, MO 63128.

This is a great way to start off your holiday celebrations with your Unity friends from all of the St. Louis area churches. You will hear stimulating, short lessons on the power of gratitude from area Unity ministers and credentialed leaders. So mark your calendars and make plans to attend this uplifting and inspirational service.

If you have any questions or need directions, please contact Judy Lindow in the church office.

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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- Lawrence Johnson**
- Kellie Mayhew**
- Juankee McKinney**
- Carolyn Perry**



NOVEMBER ANNIVERSARY

November 12
John & Mary Holloman



FALL BACK!

- Daylight Saving Time ends at 2 AM on Sunday, Nov. 6th
- Remember to set your clocks back one hour before you go to bed on Saturday night.

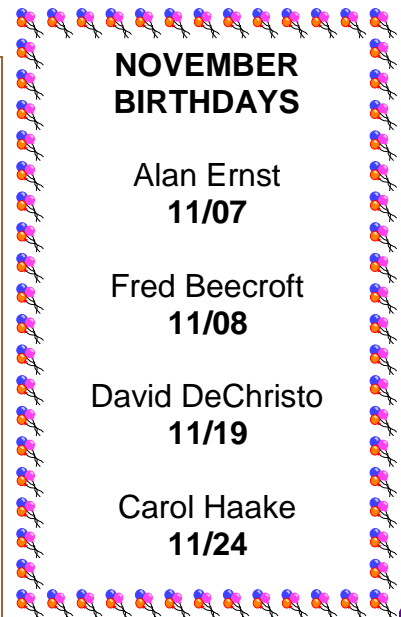


CHRISTMAS DECORATING AND HANGING OF THE GREENS

The Christmas holiday season will soon be here! Please join us for our traditional Hanging of the Greens, when we decorate our sanctuary to welcome the festivities of Christmas! We welcome your help with this sacred task following the Potluck on **Sunday, December 4th**. Any gently used seasonal decorative items are also greatly appreciated. Please contact the church office for questions or further details. Thank you and bless you!

ANNUAL MEETING



Our Annual Meeting will be held on November 20, 2016, following the service. We will be voting on new members to serve on the Board of Trustees as well as making some very pertinent decisions regarding the direction of our church. Please plan to attend. Your voice, opinions and concerns are very important to us and our Spiritual community as we move forward in faith.



NOVEMBER BIRTHDAYS

- Alan Ernst**
11/07
- Fred Beecroft**
11/08
- David DeChristo**
11/19
- Carol Haake**
11/24

November 2016 at Unity Christ Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2 Spiritual Support Group 7 PM	3 NA GROUP 7 PM	4 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	5 9:30 AM —ACA 11 AM 12-Step Centering Prayer & Meditation FALL BACK!! Remember to set your clocks back one hour before	
6 Prayer and Meditation Service— 9:45 AM 11:45 am Monthly Church Potluck Toastmasters' Club—7 PM	7	8	9 Spiritual Support Group 7 PM	10 NA GROUP 7 PM	11  6:30 PM—Centering Prayer & Meditation 7 PM—ACA	12 9:30 AM —ACA 11 AM 12-Step Centering Prayer & Meditation	
13 Prayer and Meditation Service— 9:45 AM	14	15	16 Spiritual Support Group 7 PM	17 Board of Trustees Meeting—7 PM NA GROUP 7 PM	18 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	19 9:30 AM —ACA 11 AM 12-Step Centering Prayer & Meditation	
20 Prayer and Meditation Service— 9:45 AM ANNUAL MEETING Following the service Toastmasters' Club—7 PM	21	22	23 All Unity Thanksgiving Service—7 PM	24  NA GROUP 7 PM	25 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	26 9:30 AM —ACA 11 AM 12-Step Centering Prayer & Meditation	
27 Prayer and Meditation Service—9:45 AM	28	29	30 Spiritual Support Group 7 PM	Sunday Celebration Service and Youth Education—10:30 AM Fellowship after the service in the Lobby <i>(See reverse side for times and locations of classes and events)</i>			

REGULARLY SCHEDULED CLASSES, GROUPS AND EVENTS

Sunday Celebration Schedule

Prayer and Meditation Service

9:45 AM in the Prayer Room. Please come and join us for a quiet time of healing and renewal. Bring your prayer requests and get prayed up!

Youth Ministry

10:30 AM in the Art Gallery, all children through age 12

Sunday Celebration

10:30 AM in the Sanctuary

Sunday Fellowship (after service)

11:30 AM in the Lobby

CD's of each Sunday's service are available at the book desk following the service.

Adult Children of Alcoholics and Dysfunctional Families

Fridays at 7 PM in the Fellowship Room

Saturdays at 9:30 AM in the Fellowship Room

NA Meeting

Thursday at 7 PM in the Fellowship Room

Spiritual Support Group

Wednesdays at 7 PM led by Juankee McKinney

Toastmasters-Voices in Unity

Second and Fourth Sundays at 7:00 PM in the Fellowship Room

12-Step Centering Prayer and Meditation Groups

Fridays, 6:30 PM in the Fellowship Room

Saturdays, 11 AM in the Art Gallery

Unity Light Seekers

Third Sunday, after Fellowship in the Art Gallery.

Additional information is available on the website (www.unitychriststl.org) or by calling the office at 314/727-6478.