

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.

MESSAGE FROM THE BOARD

This has been a wonderful year of change and growth for Unity Christ Church. We have had some marvelous experiences and a number of challenges as well. However, we as a Spiritual Community continue to show forth that Spirit of the Christ that has continuously radiated from the very center of our Ministry.

The Board of Trustees would like to take this time to thank you all for your presence at our annual meeting on November 20, 2016. Your presence and input was greatly appreciated and we will review and take into consideration all of your concerns. We also thank you for your commitment to our Spiritual Community

As we move forward in faith we will continue to keep you informed of all the choices and decisions we are guided to make. At this time we are visualizing and focusing our energy on manifesting the perfect Spiritual Leader for Unity Christ Church. We ask that you continue to affirm with us and visualize that perfect manifestation occurring right now.

As we joyously celebrate the Holiday season let us remember the true meaning of this time denotes for us. Let us remember and give thanks for the Birth of our Elder brother Jesus the Christ and for the Love, Life Peace and Wisdom he brought to this world and to our awareness. Let us also remember that we are also celebrating the birth of the Christ within our own Being. Let us together celebrate this birth, this new state of consciousness, as we move forward in faith, as Unity Christ Church; Filled with all the Love, Life, Peace and Wisdom of the Christ.

Let us recognize and celebrate this for one another and for all our brothers and sisters in this World and the Universe. In this holiday season, let us affirm as a Spiritual Community to all our neighbors:

We Behold the Christ as You

Merry Christmas and Seasons Greetings,

The Board of Trustees

THOUGHTS FROM THE HEART

My heart is filled with overflowing joy as I anticipate the arrival of the season in which we joyously celebrate and affirm the birth of Jesus the Christ. I am also elated as I contemplate and realize that the celebration for me and other students of Truth is more than simply about the birth of Jesus, but the birth of that same Christ Spirit Within Our Individual Beings.

As this date of celebration approaches, I think about how I have grown and changed and finally been able to acknowledge and accept that I am the Christ of God. I think about those many hours of dedication and commitment that I have made to bring this Idea of the Christ into manifestation. I AM overwhelmed with a sense of awe as I step back and observe the Christ living Its life through me!

This brings to mind the words of Paul who said : *I live, yet not I, but the Christ liveth in me.* As I ponder this Idea, I begin to think about exactly how the Christ has been living through me? I think about those times in my life when I was in great distress and how that Still small voice within my being said, "Do not be afraid. I will never leave you or forsake you". As I recall this experience, I remember the sense of peace that encompassed me as the Presence seemed to cradle me in Its Love.

I also recall times when I felt stuck and Ideas just seemed not to flow and how frustrated I became. At those moments, I recall sensing within me the feeling that I should just relax. As I relaxed from all thought, the Ideas began to flow and I was able to do that what was required for me to do. I remember saying, I can always rely on that "something within" that always gives to me exactly what I need. I learned to recognize that It was the "Christ Within".

I also remember how the Christ of My being has taught me how to love everyone and everything and to recognize that It was simply all of me. I remember falling in love with the birds and the bees and the flowers and the trees and simply feeling a divine sense of love for everyone that I encounter in this life. What a difference It has made for me as I learned to live life recognizing that each and everything was a part of me.

I also watched the Christ clear from my consciousness the desire to judge by appearances. I now am able to discern that behind everything that I see is the Presence of God working in and through all. What a marvelous feeling to know that God is Present in every situation that I experience and see. It indeed allows me to know that I am safe, secure and protected wherever I go because I now discern and know that there is nothing here but God.

I also became extremely elated as I became the beholder of the Christ working through me and going before me to take care of everything that concerned my life; ensuring that everything within my consciousness worked in a perfectly balanced harmonious way.

What a joy it has been for me to know that as I have willingly changed my consciousness that I am positively impacting the rest of humanity by releasing the Presence of God, the Christ, into the Human scene. I feel so honored as I allow God's Will and Ways to express in and through me.

So as we celebrate this season, honoring the birth of Jesus the Christ, let us also honor that same eternal Christ that Lives within our being by acknowledging and affirming that there is Only One Son of God, The Christ which lives in the very center of our Beings—Allowing Us to Know and Experience that We Indeed are One.

Have a Very Merry Christmas and Birth of the Christ Within!

Let Us Daily Affirm: *I Live Eternally In God.*

Blessings As You Spiritually Unfold,
Juankee J. McKinney,

(Reprinted from the December 2014 *Reflections*)



FROM THE PRAYER MINISTRY:

Dear Friends,

Today we began the season of Advent (the anticipation of the coming of Christ). It is also the anticipation of the Christmas holiday time with much bustling and hustling of family and friends sharing this special time of year. We here in the Prayer Ministry wish you all a very blessed and joyous Christmas season.

December is the month where we celebrate the faculty of Life. Without the breath of life in us bestowed upon us by our Creator, we would not be experiencing the consciousness that we are right now in this particular life time. We celebrate our lives by loving every aspect of it and sharing the Christ (Christmas) within us with all of our loved ones. This time of year brings a special gift of recognizing all of the love in our lives and in the lives of our loved ones.

Luke 2 (New International Version—NIV):

The Birth of Jesus:

2 In those days Caesar Augustus issued a decree that a census should be taken of the entire Roman world. ²(This was the first census that took place while Quirinius was governor of Syria.) ³And everyone went to their own town to register.

⁴So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. ⁵He went there to register with Mary, who was pledged to be married to him and was expecting a child. ⁶While they were there, the time came for the baby to be born, ⁷and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no guest room available for them.

⁸And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. ⁹An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. ¹⁰But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. ¹¹Today in the town of David a Savior has been born to you; he is the Messiah, the Lord. ¹²This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger."

¹³Suddenly a great company of the heavenly host appeared with the angel, praising God and saying,

¹⁴"Glory to God in the highest heaven, and on earth peace to those on whom his favor rests."

¹⁵When the angels had left them and gone into heaven, the shepherds said to one another, "Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about."

*Yours in Christ,
Mary E. Biggs, LUT*

P.S. Recommended book for the month - *The Prospering Power of Love* by Catherine Ponder)

**DECEMBER LESSON
TITLES**

December 4, 2016:

Living in Peace

Guest Speaker:

Vernetta Holmes, LUT

Guest Musicians:

Visions Gospel Choir

December 11, 2016

Impatience: How Do We Deal With It?

Guest Speaker:

Rev. David DeChristo

Guest Musicians:

Deborah Sharn and

Steve Schenkel

December 18, 2016

Divine Ideas

Guest Speaker:

Rev. Leslie Venable

Guest Musician:

Doug Erwin

December 25, 2016:

TBA

Guest Speaker:

Dr. Marlene Bricker

Guest Musician:

Pat Dillon

**DECEMBER
BIRTHDAYS**

December 1

Linda Cook

December 8

Mary Biggs

December 12

Trish Hughes

December 23

Nancy Dimmitt

December 31

Mary Holloman

SUNDAY, DECEMBER 4th

The Visions Gospel Choir will be our guest musicians. Visions Gospel Choir is part of the Harambee Christian Ministries at Washington University. Harambee is a Swahili word which means "pulling or working together." The ministry seeks to create an inviting community that serves God and others and fosters spiritual growth through bible study, worship experiences and interpersonal relationships. Harambee Christian Ministries is one of the Washington University chapters of InterVarsity Christian Fellowship/USA®. Please join us to hear these talented musicians during our morning worship service. **After the service** we will have our **Potluck And Hanging Of The Greens**. Please bring your favorite holiday dish to share and join in on good food and fun as we share a meal together, celebrate the December birthdays and anniversaries and decorate our church for the holidays.

AFFIRMATION FOR THE MONTH OF DECEMBER

The LORD is my shepherd, I lack nothing. (Psalm 23:1)

DECEMBER WEEKLY AFFIRMATIONS:

December 4: The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold. (Psalm 18:2)

December 11: One thing I ask from the LORD, this only do I seek: that I may dwell in the house of the LORD all the days of my life, to gaze on the beauty of the LORD and to seek him in his temple. (Psalm 27:4)

December 18: I keep my eyes always on the LORD. With him at my right hand, I will not be shaken. (Psalm 16:8)

December 25: The LORD is my strength and my defense; he has become my salvation. (Psalm 118:14)

CANDLE-LIGHTING SERVICE

Sunday, December 18th at 6:00 PM.

Please join Rev. Le Remington, soloist Doug Erwin and Alan Ernst for a sacred evening of prayer, music, Scripture, stories and light. We will share the Christmas story through the eyes and voices of 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 create a room filled with light as join together to light our individual candles, each wrapped with a special blessing. Please come and bring family, coworkers and neighbors for this sacred evening of light.

HOLIDAY GIVING TREE

There are many people who might not have the means to keep warm outside this winter season, and our generous gifts of **gloves, mittens, scarves, hats, socks, etc.** might be just the thing to help keep them a bit warmer. Please help to fill up our Giving Tree by bringing your **new, unwrapped items for children and/or adults** to hang on the tree. If you wish to donate larger items, such as toys or clothing, they can be placed, **unwrapped**, under the tree. Please have all donations to the church by **Sunday, December 18th**. Thank you and bless you!

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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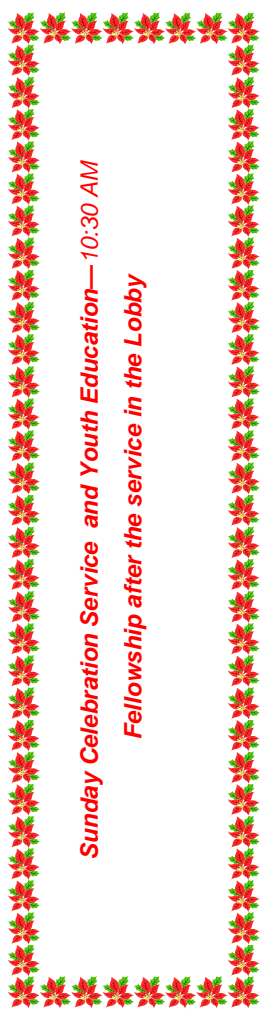

Board of Trustees

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

BURNING BOWL SERVICE

Please join us on Saturday, 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 **affirm** that which we wish to attract to our life. More details will be available in future bulletins.

December 2016 at Unity Christ Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Sunday Celebration Service and Youth Education—10:30 AM <i>Fellowship after the service in the Lobby</i></p>				1 NA GROUP 7 PM	2 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	3 9:30 AM —ACA 11 AM 12-Step Centering Prayer & Meditation
4 Prayer and Meditation Service— 9:45 AM 11:45 am Monthly Church Potluck/Hanging of the Greens	5	6	7 Spiritual Support Group 7 PM	8 NA GROUP 7 PM	9 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	10 9:30 AM —ACA 11 AM 12-Step Centering Prayer & Meditation
11 Prayer and Meditation Service— 9:45 AM Toastmasters' Club—7 PM	12	13	14 Spiritual Support Group 7 PM	15 Board of Trustees Meeting—7 PM NA GROUP 7 PM	16 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	17 9:30 AM —ACA 11 AM 12-Step Centering Prayer & Meditation
18 Prayer and Meditation Service— 9:45 AM Christmas Candle Lighting Service—6 PM	19	20	21 Spiritual Support Group 7 PM	22 NA GROUP 7 PM	23 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	24 9:30 AM —ACA 11 AM 12-Step Centering Prayer & Meditation
25 	26	27	28 Spiritual Support Group 7 PM	29 NA GROUP 7 PM	30 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	31 9:30 AM —ACA 11 AM 12-Step Centering Prayer & Meditation BURNING BOWL SERVICE—6 PM

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.