

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

Using the Powers, One Month at a Time

JULY—Understanding

The ability to know, perceive, comprehend and apprehend.

My understanding of Truth deepens and directs my life.



Celebrating Our Freedom

July is the month that our country celebrates our freedom. We are truly blessed to be one of the nations here on 'Classroom Earth' with a fairly high level of personal freedom. (Thank you, God!)

A key component of freedom is a mature consciousness. To have a mature consciousness takes discipline. It takes a willingness to be responsible.

Responsibility is a 'secret' key to freedom. It is also a 'secret' key to successful living!

Our forefathers showed tremendous discipline... a willingness to accept responsibility to do "whatever it takes" to assure our country's freedom.

Just as our forefathers accepted responsibility for our country's freedom, we, too, must accept responsibility for having True Freedom in our life.

Learning to become responsible is a big part of what life is all about... whether we're talking about levels of responsibility as an employee or an employer... as a parent... etc.

We're all here on Classroom Earth to learn and grow. We're here to:

- **Wake Up to our True Identity...** ("I am a beautiful, beloved child of God")
- **and to Live from this awareness**

To **Live** from this awareness means that we are acting **responsibly** toward our self, as well as toward **others.**

So here's an "OHO" for us... (OHO = OPTION Homework Opportunity): I'm inviting all of us to ask our self this question throughout this month of July. (I'll also be asking myself this question). Please ask our self: "What can I do to take **another step** in coming from a **higher level of responsibility** in treating myself and all others with **More love... More honor... and More respect** than ever before.

As we ask this question... and we follow it up with whatever "Action" that comes to us & through us upon asking this question... Dear Ones, we will be moving into higher levels of consciousness, and thus, higher levels of personal freedom than anything we've ever experienced in the past.

And this makes our life's journey even **More Exciting** than ever before.

*God loves you...
And so do I
Ron*

Thoughts From The Heart

I have been contemplating the Idea that, "God is Standing under everything in the Universe". As this Idea of God being the foundation of everyone and everything unfolds within me, I become keenly aware of The Presence within my being that accompanies me at all times. It guides my way; directs my thoughts and expresses Its Essence in me, through me and as me as I travel through this life. I allow It to embrace me and I willingly become an Instrument of blessing to everyone and every situation that interacts with me. I AM truly amazed and awed, as I realize my Understanding has been quickened from within and I AM expressing the True Wisdom of God--And I begin to Know that I Know.

As I think about this Idea of the Understanding of God, I begin to remember the evolution in my consciousness that has brought me to this place. I begin to know and accept that I have been Truly blessed and transformed. I remember when I first discovered Truth Teachings and how excited I was, as I enthusiastically devoured every bit of information I could get my hands on. Of course my Intellect was quite excited, because it truly enjoyed acquiring as much knowledge as it could possibly apprehend. However, as time went on, and I continued to meditate and affirm and deny something quite interesting began to happen within my being. It was as if I was being fed Ideas from within and I seemed to understand Ideas and principles that I had never before been able to comprehend.

Of course, I always thought that I was kind of smart, but this was something different, something more, something ethereal that was intensely flowing through my heart. Of course you all know I was led to investigate what this change in me could possibly be and yes, I was led to Charles Fillmore, Co-founder of Unity. Mr. Fillmore in the *Revealing Word* in speaking on this subject of Understanding states that, "God is Supreme Knowing" and Is "That in man which comprehends.... it knows and comprehends in wisdom. Its comparisons are not made in the realm of form, but in the realm of ideas. It knows how to accomplish things. Spiritual discernment reveals that knowledge and intelligence are auxiliary to understanding". Oh how, Amazing! So, perhaps this is why I would read so feverously and devoured every bit of spiritual information that came to me? Perhaps this also explains why my understanding appeared to open up and function almost miraculously.

Mr. Fillmore goes on to further state that, "There are two ways of getting understanding. One is by following the guidance of Spirit that dwells within, and the other is to go blindly ahead and learn by hard experiences." I have found that this is quite true and I have learned by experience to choose the former method, what about you?

Mr. Fillmore admits that, "Intellectual understanding of Truth is a tremendous step in advance of sense consciousness, and its possession brings a temptation to use for selfish ends the wisdom and power thereby revealed". So, it seems that as we develop our Spiritual faculties we should practice vigilance and use our understanding in a way that honors all, and contributes to the prosperity of all mankind.

In concluding, Mr. Fillmore states that, "Spiritual Understanding is the quickening of the Spirit within. Spiritual understanding is the ability of the mind to apprehend and realize the laws of thought and the relation of ideas one to another". So it appears that as our Understanding is awakened by that Spirit Within we begin to comprehend the Law of Mind action and understand how ideas are interrelated and work together.

So as we continue on our Spiritual journey, let us continue to know that our ultimate goal is to be One with God. Let us allow that Spirit Within to quicken our Understanding, so that we always choose to express with the Wisdom of God. Let us Truly Know, Experience and Understand that God Is Standing Under everyone and everything.

Let Us Daily Affirm:

*"My Understanding is Quickened by the Spirit Within
and I Am Now Expressing the Wisdom of God"*

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



JULY LESSON TITLES

Rev. Ron Palumbo (unless otherwise noted)

July 2, 2017

God Bless America

Guest Musician: TBA

July 9, 2017

Higher Teachings of the Beatitudes—Part Three)

Guest Musician: Heather Hamilton

July 16, 2017

Higher Teachings of the Beatitudes—Part Four)

Guest Musician: Doug Erwin

July 23, 2017

Higher Teachings of the Beatitudes—Part Five)

Guest Musician:

TBA

July 30, 2017

Higher Teachings of the Beatitudes—Recap

Guest Musicians: Deborah Sharn & Steve Schenkel

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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A BIG THANK YOU to the UCC Garden Team. The Garden Team has put in a lot of hard work with planning, weeding, digging, planting and more. The Garden Team members are: Judy Townsend, Leader; Suzanne Barton, Lucy Johnson, Kathy Mandel, Sandy May and Mike Musielak. As a team, there were so many things they did to work together for beautifying the grounds: advocating, writing, purchasing, pulling and killing weeds, mulching and putting down rock. They are amazing in what they have accomplished!! A *Special Thanks* for all the financial support the board has provided for their work and for the beautification of church grounds; as well as a thank you to Rev. Ron for his support!!!

JULY BIRTHDAYS

07/13 Opal Barbour
07/14 J'asa McCaleb
07/19 Ivy McAllister
07/26 Delores Kedley

PROSPERITY BANK PROGRAM

Prosperity Banks, My Personal Investment Program. A gift to God is an investment in the law of good which always returns more than the equivalent of the gift. Jesus told us that if we would claim such returns we must love, ask, have faith and give.

Daily do the following:

- (1). Love God Love others. Love yourself and relax!
- (2). Ask. Write your desire.
- (3). Expect a perfect solution and do not worry!
- (4). Give thanks for that solution and put your gift in your Prosperity Bank.

Prosperity Banks are located on the shelf in the Lobby and will be collected and blessed on **Sunday, July 2nd**. If you have any questions or need additional information on the Prosperity Banks, please contact the church office at (314) 727-6478.

JULY ANNIVERSARY

07/17 Doug & Mary Norton



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

Silent Unity Prayer Service

Thursdays at 11 AM in the Prayer Room led by Mary Biggs

Spiritual Support Group

Wednesdays at 7 PM led by Juankee McKinney. In the Library

Toastmasters-Voices in Unity

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

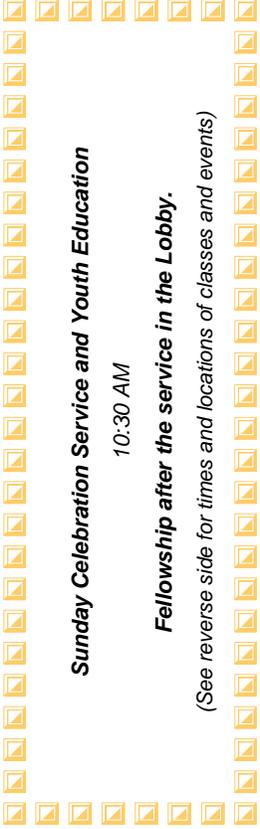
12-Step Centering Prayer and Meditation Groups

Fridays, 6:30 PM in the Fellowship Room

Saturdays, 11 AM in the Art Gallery

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

July 2017 at Unity Christ Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Sunday Celebration Service and Youth Education 10:30 AM</p> <p>Fellowship after the service in the Lobby. (See reverse side for times and locations of classes and events)</p>						<p>1</p> <p>9:30 AM ACA</p> <p>11 AM 12-Step Centering Prayer & Meditation Group</p>
<p>2</p> <p>Prosperity Bank Sunday Prayer and Meditation Service—9:45 AM</p> <p>FRIENDSHIP POTLUCK SUNDAY & WELCOMING REV. RON— 11:30 AM</p>	<p>3</p>	<p>4</p>  <p>CHURCH OFFICE CLOSED</p>	<p>5</p> <p>Spiritual Support Group 7 PM</p>	<p>6</p> <p>NA GROUP 7 PM</p>	<p>7</p> <p>6:30 PM—Centering Prayer & Meditation</p> <p>7 PM—ACA</p>	<p>8</p> <p>9:30 AM ACA</p> <p>11 AM 12-Step Centering Prayer & Meditation Group</p>
<p>9</p> <p>Prayer and Meditation Service—9:45 AM</p> <p>Toastmasters' Club—7 PM</p>	<p>10</p>	<p>11</p>	<p>12</p> <p>Spiritual Support Group 7 PM</p>	<p>13</p> <p>NA GROUP 7 PM</p>	<p>14</p> <p>6:30 PM—Centering Prayer & Meditation</p> <p>7 PM—ACA</p>	<p>15</p> <p>9:30 AM ACA</p> <p>11 AM 12-Step Centering Prayer & Meditation Group</p>
<p>16</p> <p>Prayer and Meditation Service—9:45 AM</p>	<p>17</p>	<p>18</p>	<p>19</p> <p>Spiritual Support Group 7 PM</p>	<p>20</p> <p>Board of Trustees Meeting—7 PM</p>	<p>21</p> <p>6:30 PM—Centering Prayer & Meditation</p> <p>7 PM—ACA</p>	<p>22</p> <p>9:30 AM ACA</p> <p>11 AM 12-Step Centering Prayer & Meditation Group</p>
<p>23</p> <p>Prayer and Meditation Service—9:45 AM</p> <p>Toastmasters' Club—7 PM</p> <p>Prayer and Meditation Service—9:45 AM</p>	<p>24</p> <p>31</p>	<p>25</p>	<p>26</p> <p>Spiritual Support Group 7 PM</p>	<p>27</p> <p>NA GROUP—7 PM</p>	<p>28</p> <p>6:30 PM—Centering Prayer & Meditation</p> <p>7 PM—ACA</p>	<p>29</p> <p>9:30 AM ACA</p> <p>11 AM 12-Step Centering Prayer & Meditation Group</p>