

Awakening Souls, Transforming Lives!



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

Using the Powers, One Month at a Time

August— Will

The ability to choose, decide, command, lead, determine.

I choose my good based on spiritual understanding.

MESSAGE FROM THE BOARD

The Board of Trustees would like to announce that:

Unity Christ Church is now manifesting wonderful opportunities and new avenues of Spiritual Growth and Development for its Spiritual Community

The most recent development at UCC is a Yoga class which is taught every Sunday afternoon, following the church service. Our Yoga instructor is Maury who is a very warm, positive and spiritually centered beacon of light. Thus far all reports from class participants have been extremely positive. So, if you are interested in experiencing Yoga, please join us each Sunday in the foyer, or you can simply just drop by and 'welcome' Maury to our Spiritual Community.

In September, UCC is planning to take a trip to Unity Village. Based on the interest of the congregants who signed up to go to the Village, **the trip is scheduled for September 15-16, 2018**. Sandy Harris will be planning and coordinating this adventure. So please be looking for information and messages from her regarding this trip. If you happen to see Sandy, please give her a warm Unity" Thank You" for being willing to serve as coordinator of this trip.

Unity World Day of Prayer is on Thursday September 13, 2018. On Wednesday night September 12, 2018 at 6:45 P.M., UCC will be live streaming the opening day ceremonies for The World Day of Prayer from Unity Village. Please come join us for the opening ceremony and celebration as we begin 24 hours of Prayer. Light snacks will be served.

There will also be signup sheets at church where you can choose a time you would like to pray during the 24 hours of The World Day of Prayer.

On **September 22, 2018**, the Prayer Chaplains from Unity Christ Church, First Unity, Unity South and Unity Church of Light will be presenting a Sacred Healing Service at Unity Christ Church. This is a very special service where all Unity Churches join together and share Wisdom, Knowledge and Understanding. The service will be both educational and experiential. The program will start with a Presentation of the role of healing in the foundation of Unity followed by Unity's use of Affirmative Prayer and Meditation in healing. There will also be an exploration of healing practices and modalities from other spiritual paths. In addition to learning, there will also be opportunities to participate and experience the various modalities of healing. So, please plan to attend and experience this unique opportunity to experience the Presence of God in these various approaches to healing.

As you can see we are focused on providing new and different opportunities for our community to grow in Spirit and we, the Board of Trustees continue to "Behold the Christ" in all that we plan and do. As we continue to move forward in faith at Unity Christ Church, we remain thankful and grateful for the consciousness of our congregants and your enthusiastic participation in all aspects of our Spiritual Community. Let us together Affirm:

The Presence and Power of God flows In, Through and As

Unity Christ Church, Right Here and Right Now!

Blessings,

The Board of Trustees

**AFFIRMATION FOR THE
MONTH OF AUGUST**

Psalm 122:8

For the sake of my family and friends, I will say, "Peace be within you."

August 5th

Psalm 23:3

He refreshes my soul. He guides me along the right paths for his name's sake.

August 12th

Psalm 25:5

Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.

August 19th

Psalm 25:9

He guides the humble in what is right and teaches them his way.

August 26th

Proverbs 31:3

Since you are my rock and my fortress, for the sake of your name lead and guide me.

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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SACRED HEALING SERVICE

The Prayer Chaplains of Unity Christ Church, First Unity, Unity South and Unity Church of Light are joining together to present a Sacred Healing Service to the St. Louis Community. This service will have both educational and experiential components.

The Program begins with Unity's foundation in Spiritual Healing, followed by presentations on the current methods of healing practiced in Unity (Affirmative Prayer and Meditation). Healing approaches from other spiritual paths and traditions will be explored as well.

Participants will have the opportunity to experience both Unity's healing methods and other spiritual approaches to healing including Crystal Bowls, Drumming, and Yoga. Additionally, there will be information booths featuring, Healthy Eating (nutrition), aromatherapy and much more. Healthy snacks will be provided.

Please join us on **Saturday Morning, September 22, 2018; 9:30am – 1:00pm** at Unity Christ Church, 33 N. Skinker Blvd., St. Louis, Missouri 63105. This program is offered on a Love Offering basis. To RSVP: e-mail officeucc@att.net by September 10, 2018 and let us know you plan to attend.



From the Prayer Ministry

Dear Friends

For those of you that love the summer weather, St. Louis is a good place to be. We here at the Prayer Ministry hope you are keeping cool and continuing on your spiritual journey. August is the month where we honor the faculty of Will.

Our God-given will is the executive power to make choices in, to apply that will to the other faculties we have and create the life we want. This God-given power helps us take action when we have made up our minds to move forward. God's grace guides us in this process. The spiritual will doesn't force or oppress others. It is open and peaceful to ourselves and others.

Our scripture for this celebration is:

1 John 2:17 English Standard Version (ESV)

¹⁷ And the world is passing away along with its desires, but whoever does the will of God abides forever.

Affirmation: I am open and receptive to the living loving will of the Father in my life. God's unlimited grace guide me in all that I am, say and do.

Then prayer for the month: Sweet Loving Spirit may my will be in line with thy will, and thy loving ways. I pray for the realization of your will in my life. Amen.

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.

Yours in Christ

Mary E. Biggs, LUT

P.S. Recommended book for the month – Christian Healing by Charles Fillmore.

AUGUST LESSON TITLES & MUSICIANS

August 5, 2018

Guest Speaker: Rev. Leslie Venable

Lesson Title: The Mental Equivalent

Guest Musicians: Deborah Sharn & Steve Schenkel

August 12, 2018

Guest Speaker: Rev. Le Remington

Lesson Title: It's A Mystery

Guest Musicians: Doug Erwin and Katie Kopff

August 19, 2018

Guest Speaker: Rev. Melissa Bennett

Guest Musicians: AJSR and Myron Williams

August 26, 2018

Guest Speaker: Dr. Marlene Bricker

Guest Musician: Mitzi MacDonald

FRIENDSHIP SUNDAY POTLUCK

August 5th

Please join us in the Fellowship Room after the service for our Friendship Sunday Potluck. If your last name begins with **A-H**, please bring a **casserole or meat dish**; if your last name begins with **I-R**, please bring a **salad or vegetable dish** and if your last name begins with **S-Z**, please bring a **dessert or bread**. We always have great food and fellowship so please invite your friends and make plans to join us!!

NOON-DAY MEDITATION

Noon Meditation is held every Wednesday. The noon meditation is modeled after Silent Unity's daily prayer service, with deep relaxation. We look forward to seeing you this Wednesday and every Wednesday starting at 12pm.

Thoughts From The Heart

(reprint 2014)

I have been thinking about the Idea that , " God's Will for me is Good and only Good" and I have been focusing on opening my consciousness to experience the total awareness of this Truth, so that It is integrated into the very fiber of my Being. I begin to further contemplate, how I can move from this awareness and understanding to the demonstration in consciousness made by Jesus the Christ who was able to affirmatively state, "Not my will, but Thy will be done."

When I think about my will, I think about all the things I have desired in the past, and how happy I thought I would be if they came into manifestation just for me. I also think about how stubborn and persistent my will could be, when I have adamantly believed within my being that I was right regarding just about everything that concerned me. I also recall how resistant to change I could be if I was not thoroughly convinced of a better way of being. And of course, this way of thinking and being, caused "some not so good" experiences to come to me! Has this ever happened to you?

In retrospect, I have come to realize how easily life flows and how light things become when I am willing to surrender my will to the Will of God. At these times, it appears that God's Will for me is exactly what I wanted for me. And It always turns out to be more wonderful and magnificent than anything that I could have possibly imagined it to be. Have you had this experience as well?

As I further contemplate God's Will for me being " Good", I turn to Charles Fillmore, our co-founder to get a deeper explanation of , "What my will is and how I can more easily align my will with the Will of God"? According to Mr. Fillmore," the Will is the executive faculty of the mind, the determining factor in man. What a man wills or decrees comes to pass in his experience. "Thou shalt also decree a thing, and it shall be established unto thee" (Job 22:28). He further clarifies that the personal will is the adversary in sense-consciousness. He usurps power and considers himself the rightful ruler. This erroneous belief relating to personal will is discerned and adjusted by spiritual thoughts attained through prayer."

This knowledge of sense-consciousness helps explain the stubborn persistence that we all sometimes experience when we want what we want and even think that we always know the best way. Mr. Fillmore's explanation also helps us to understand that by turning Within to Spirit in prayer and meditation helps us align our thoughts, feeling and actions with the Will of God. What an excellent explanation and quite an inspiration! This makes me want to further explore just exactly, "What is God's Will for Me".

In the Revealing Word, Mr. Fillmore states that, "God's will is always perfection and all good for all of his children; perfect health in mind and body; abundance of every good thing including joy, peace, wisdom and eternal life. He does not will suffering or imperfection of any form" Mr. Fillmore further states that, " The belief that God wills both good and evil is false; the truth is that God is all good and only good can come to man from Him. If man experiences error and in harmony, he brings them upon himself by his failure to harmonize his thoughts, words and acts with the Lord or divine law."

As these words resonate through my Being, they help me to know and truly understand that God's Will for me is Good and only Good. It also helps me to clearly see and take responsibility for and accept that the challenges that I have created in my life and experiences were truly created by me. It further motivates me to harmonize my thoughts words and actions with the Spirit that lives Within me, so that I can choose to create for my life that which God intended for me-----The Good, and Only the Good!

So, as we think about our will and God's will, let us become more consciously aware, committed and willing to affirm, "Not my will, but Thy will be done"; For we Know that what we will manifest will be Good and Very Very Good!

Let Us Daily Affirm: *God's Will for Me Is Good and Only Good.*

Blessings As You Spiritually Unfold,

Juankee J. McKinney



Unity and Affirmations Got Me Up and Goin'

How I realized the dream of a career as an opera singer

By Jay Willoughby, Classical Vocalist

After auditioning at Unity Christ Church I became the every-Sunday soloist from 1968 through 1975. I had never attended Unity or any other New Thought church. I am a native of St. Louis and began my religious life in conservative Lutheran churches. As an adult I had sung solos in mainline protestant churches and every Reform Jewish Synagogue in the city. But I never experienced a ***New Thought*** spiritual service.

My first Sunday at UCC was in September, 1968. The minister was named Joel Boehr. He was a wiry man, full of energy and always had a big, wonderful smile. After the organ prelude, Joel Boehr walked out, faced the congregation and said with great feeling:

“I’m Alive! Awake! Joyous! And Enthusiastic About Life!!!!”

Readers: I was captured by that moment of Unity Truth. I have never forgotten it or Joel Boehr and I became a student of Unity from that moment on.

My vocal career up to that time showed opera study at the renowned Indiana School of Music followed by a Fulbright Study Grant to study opera at the Rome Opera House in Rome, Italy. I already had a family and with concern about financial security, I settled into the work-a-day world and put my operatic dreams on hold. My work-a-day experiences were first, as a director and producer in the field of historical drama followed by some years in the computer field.

1975 became a pivotal year. Seven years at Unity hearing sermons admonishing the listeners to “*Reach Out*” “*Reach Up*” “*Be What You Want to Be*”... My kids were close to finishing college so, if I ever wanted to become an opera singer it was now or never! “Should I?” “Can I?” “How can I?” and other doubts which many of you readers have struggled with. How could I possibly overcome those negative thoughts?

Meditation gave me guidance to “**Seek**” and to “**Ask**” and finally, “**Yes, I Can and I Will!**”

First, I began to tell each and everyone that “I was going to be an opera singer!” I shocked myself by daring to declare such an affirmation but saying it over and over built confidence that it was right and good. Second, I began to “Knock” on doors of influential acquaintances for references and recommendations. Third, I had to ask for financial help to bridge a period of transition and a dear, Unity friend had “Given it to me.”

I moved to New York City and things just seemed to fall into place, serendipitously, as Marcus Bach would say. And I began to sing.

Special memories are of two **world premieres**: First, the role of Brigham Young in the opera ***Deseret* by Leonard Kastle** in a version which was narrated by **Kitty Carlisle Hart** and broadcast over the Southeastern Educational T/V Network and, secondly, the role of the Old Massa in the opera ***Harriet Tubman* produced by the Virginia Opera**. *Harriet Tubman* was written by the English composer, Thea Musgrave, and the world premiere performance was broadcast live over the British Broadcast Co., the Canadian Broadcast Co., in the U.S. over National Public Radio Network, and independent radio stations in Ireland, Scotland, and locations in Africa.

Some of my touring was under the auspices of **Community Concerts, a division of Columbia Artists Management** in New York City. I performed classical vocal recitals in various parts of the country.

While living in New York City I appeared as a **featured soloist in Alice Tully Hall, Lincoln Center**, also the venerable **Town Hall**, and at the famed **Carnegie Hall**, where I performed as a featured soloist with the St. Cecilia Chorus and Orchestra in **Handel's *Israel in Egypt***.

I made one tour to Southeast Asia during the U.S. Bicentennial period and performed in numerous cities in the **Philippine Islands; Singapore; the cities of Taipei and Taichung in Taiwan; Seoul, Korea and Hong Kong**. I sang American songs and spirituals selected from the 1700s to the present including 20th-century songs of Charles Ives, William Schumann, Carlisle Floyd, Leonard Bernstein, etc. And, I have appeared as a featured soloist with **the San Francisco and St. Louis Symphony orchestras**.

AUGUST 2018 at Unity Christ Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sunday Celebration Service and Youth Education—10:30 AM Fellowship after the service in the Lobby.</p> <p><i>(See reverse side for times and locations of classes and events)</i></p>						
5 Prayer and Meditation Ser- vice—9:45 AM Yoga—1 PM	6	7	8 Noon Meditation—12pm Spiritual Support Group—7 PM	9 Noon Meditation—12pm Spiritual Support Group—7 PM	10 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	11 9:30 AM—ACA 11 AM 12-Step Centering Prayer & Meditation
12 Prayer and Meditation Ser- vice—9:45 AM Yoga—1 PM Toastmasters' Club—7 PM	13	14	15 Noon Meditation—12pm Spiritual Support Group—7 PM	16 Board of Trustees Meeting—7 PM	17 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	18 9:30 AM—ACA 11 AM 12-Step Centering Prayer & Meditation
19 Prayer and Meditation Ser- vice—9:45 AM Yoga—1 PM	20	21	22 Noon Meditation—12pm Spiritual Support Group—7 PM	23	24 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	25 9:30 AM—ACA 11 AM 12-Step Centering Prayer & Meditation
26 Prayer and Meditation Ser- vice—9:45 AM Yoga—1 PM Toastmasters' Club—7 PM	27	28	29 Noon Meditation—12pm Spiritual Support Group—7 PM	30	31 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	

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 & Fellowship

10:30 AM in the Sanctuary

11:30 AM in the Lobby (Fellowship—after service)

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

Lessons In Truth

3rd Sunday of the Month in the Sanctuary led by Rudolph Clay

Immediately following morning Service—Fellowship Room

Noon Meditation and Bible Class

Wednesdays—Meditation at 12pm in the Sanctuary

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

Yoga

Every Sunday at 1:00 PM in the Lobby