

Awakening Souls, Transforming Lives!



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

Using the Powers, One Month at a Time

October— Zeal

The ability to be enthusiastic, be passionate, start, motivate.

I enthusiastically accept my good and go forward to achieve my purpose.

MESSAGE FROM THE BOARD

The fall is here and we are starting to observe all the changes in the outer environment that accompanies the transition from summer to fall. We experience the changing colors of the leaves as they turn from their brilliant green color of summer to the magnificent fall colors of autumn leaves. We feel the warmth of the summer Sun turn into the chilliness of the autumn breeze. As we observe these changes, we at Unity Christ Church are making changes too.

One significant change that will occur this month is the start of the Book Club here at UCC. Michael Montez is spearheading this initiative. Please join him as this group begins to discuss some very interesting literature.

The Board of Trustees is starting to prepare for UCC's Annual Meeting which will be held in November 18, 2018. We are preparing to share with you all the accomplishments we have made this year as well as some new ideas that we will be considering. In addition to conducting the business of the Church, we will also be electing new Board members. Please be looking for the Bios of the new Board candidates in next month's newsletter and posted in the foyer of the church.

Unity Christ Church will also be hosting the All Unity Thanksgiving Service this year. It will be held on Wednesday, November 21, 2018. Please plan to join us for this evening filled with Thanks giving and much gratitude as we share this evening with our St. Louis Unity Family.

As you see we continue to be very busy and excited about all the activities that are occurring at our Spiritual Community. As we continue to change and move forward in faith let us continue to affirm our Oneness with all that is by daily affirming:

We are One with All the Goodness in the Universe NOW!

Blessings To You All,
The Board of Trustees

OCTOBER AFFIRMATIONS

Mark 5:34

My faith makes me whole in spirit, soul and body.

October 3rd

Ephesians 4:32

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

October 10th

Luke 6:31

And as you wish that others would do to you, do so to them.

October 17th

Philippians 2:4

Let each of you look not only to his own interests, but also to the interests of others.

October 24th

James 1:19

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger;

October 31st

1 Thessalonians 5:11

Therefore encourage one another and build one another up, just as you are doing.

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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Book Club

We are looking to establish a book club. It is our hope that you are as excited as we are. It you have any interest in joining our book club, or would like to know more information, please sign up on the Sign Up sheet in the lobby. More details to follow.



What Is Electronic Giving? Easy. Fast. Private

Square Donation

Unity Christ Church is pleased to announce a convenient, new way to make your regular offerings. With our new electronic program, you can easily set up a recurring giving schedule or make one-time contributions. It's convenient for you and provides much-needed consistency for our church. And when travel, illness or other circumstances prevent you from attending services, our electronic program is capable of receiving your contributions on an uninterrupted basis. To become an electronic giver, see the electronic giving table in the lobby. To setup a recurring giving schedule, please call the church office. Also, stay tuned for more information regarding online giving and mobile app giving.



From the Prayer Ministry

Dear Friends

This month we begin to enjoy and celebrate the season Fall. October is the month where we honor the faculty of enthusiasm, sometimes known as zeal. Whatever you call it, it's all about energy! Divine energy coming from God propels us forward to live our lives with a sweet anticipation of being and expressing God's good.

Scripture: 1 Corinthians 14:12 New International Version (NIV)

¹² So it is with you. Since you are eager for gifts of the Spirit, try to excel in those that build up the church.

Affirmation: I am the energy of God in expression. Infinite goodness and love pours forth in my life and in the world. I joyously to do the will and the work of the Father within.

Then prayer for the month: Sweet Loving Spirit, we accept all the good you have for us and express this enthusiasm for you and your presence in our lives. May we be mindful of your presence and express your vibrant love with enthusiasm and wisdom.

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. See you all at the 85th Anniversary Celebration!

Yours in Christ

Mary E. Biggs, LUT

P.S. Recommended book for the month – Open Your Mind to Prosperity (Catherine Ponder).

OCTOBER LESSON TITLES & MUSICIANS

October 7, 2018

Guest Speaker: Rev. Leslie Venable

Lesson Title: Let Go & Let God

Guest Musicians: Deborah Sharn & Dan Smith

October 14, 2018

Guest Speaker: Rev. Leslie Venable

Lesson Title:

Guest Musicians: Doug Erwin and Katie Kopff

October 21, 2018

Guest Speaker: Rev. Leslie Venable

Lesson Title: Who Is My Neighbor?

Guest Musicians: AJSR & Myron Williams

October 28, 2018

Guest Speaker: Dr. Marlene Bricker

Lesson Title: Do You Have Any Skeletons In Your Closet?

Guest Musicians: Mitzi MacDonald

**FRIENDSHIP SUNDAY POTLUCK
October 7th**

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 **salad or vegetable dish**; if your last name begins with **I-R**, please bring a **dessert or bread** and if your last name begins with **S-Z**, please bring a **casserole or meat dish**. We always have great food and fellowship so please invite your friends and make plans to join us!!

Yoga Class

Come take part in our weekly community Yoga class, where you are invited to gain strength, flexibility and peace of mind with an expert instructor. All classes are held here, at UCC in the upstairs lobby. Our classes are held **each Sunday at 1pm**, unless otherwise noted.



Thoughts From The Heart

(reprint)

There is Something Within my Being that is constantly inspiring me and pushing me forward to express more of Me. It ignites my imagination to soar to new and unfamiliar heights of creativity and It causes me to be cognizant of the light that shines Within. This overwhelming passion that I feel, to move forward and express fills me with a zealousness that I had never known.

As I sit and contemplate, "What could this be that is inside of me?", a tiny spark of Light starts to grow and expand Within my Being ; and I begin to Know and become more aware and acknowledge that It is the Christ residing at the Center of my Being. As this awareness grows, I am filled with zeal and enthusiasm as I step forward with a mighty faith and desire to clear away all those thoughts and beliefs that have in anyway hindered the expression of the Life that resides Within me.

As I continue to grow I am filled with gratitude for the Christ Within, as the energy that propels my life continues to flow with more intensity through me. It begins to feel like all the energy in the Universe is coursing through my Being and pressing me to again ask the question, "What is this that is occurring within me?" And of course, I again look to Charles Fillmore, our co-founder to explain what this could be that is happening to me. According to Mr. Fillmore in *The Revealing Word*, it is Zeal. He states that, "Zeal is Intensity, ardor, enthusiasm; the inward fire of the soul that urges man forward, regardless of the intellectual mid of caution and conservatism." He further explains that "Zeal is the mighty force that incites the winds, the tides, the storms; it urges the planet on its course, and spurs the ant to greater exertion. It is the urge behind all things. Zeal is the affirmative impulse of existence; its command is "Go forward!"

As this explanation resonates within me, I begin to experience and Truly know that it has always been that Spirit of God in me that has spurred me to do even the smallest things. I begin to remember how I have been guided along the way and spurred to new levels of awareness and excitement as I faced each new day. As I continued to let go and release and take no thought, it was as if the Universe would come support and greet me with more and more energy to do the things that needed to be done by me. With this growing awareness my vision becomes increasingly clear and I begin to willingly be guided by that still small voice that is always speaking to me.

I also begin to know that the direction I am to follow is very clear. With all the fervor that is within me I make the commitment to do all the things God has appointed for me to do and to willingly walk forth even though I may not always know what to do. I choose to trust in God and know that I am led on the path that is perfect for me. I also know that the Christ at the center of my being will direct my path and provide all the wisdom, power and enthusiasm I need to do the things that are mine to do.

So as we continue on our Spiritual path, let us the Christ of our Being and claim all what God has given us to do and knowing that we are provided with all the energy enthusiasm and zeal to do that which has been appointed for us to do.

Let Us Daily Affirm: I Am One With All Energy in the Universe Now.

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



A Tribute to, and Memorial for, Phyllis DeChristo

By David DeChristo

In the wave of life we all experience, given to us by God, Spirit, or whatever one chooses to understand, we seem to be destined for a meeting, or encounter with someone that determines the fate, or blessing, we will experience for the rest of our lives.

I was a confirmed bachelor up to my 30th birthday. Part of my immature reasoning was that I was informed at a young age that I would not be able to produce an offspring because of some medical mishap at an early age. I unconsciously brought this belief forward into my adult life and I thought no one would like to be married to someone who could not have children.

This belief came to a “screeching halt” when I met Phyllis. It was as though I recognized someone that was actually a soul mate, a comrade, the “Eve to my Adam”.

The word “desire” means of or from the Father, and I really tried to identify with THAT definition of desire. And while the thought of marriage did not “pop up” in my mind immediately, in time, the wilds of this goddess re-structured my belief system; and the fact she looked great in hot pants and high heel boots could not be ignored. I no longer thought of myself a perennial bachelor. In fact, it seemed a bit lonely-no one to share one’s good or happiness with. As it turned out, she could no longer have children either, so my unfolded fear of this scenario was dispatched.

As our lives merged together I was awakened to the vast beauty and genius of what was included in the Phyllis Marie icon. Through her example of love, I found a peace that I never knew before. I found a love that I never knew or dreamed of. The simple honesty, generosity, and love that she expressed in her daily way of life branded a mark of her “Spirit in action” on my soul, right here on earth, and I wanted more, as I recognized she was truly my soul mate in this, and possibly other, life times.

I believe it was no mere accident, but Divine guidance that led me to where we met; a place called the US PSI squad, where among the many teachings in the metaphysical field, we worked together “psychically” on crime cases presented to us by law enforcement.

The stunning sight of her long flowing red hair and her large, penetrating blue eyes caught my attention. Somehow, I knew then, that our paths in life would merge and grow to something wonderful. I think there was an unconscious realization, at this time, that bachelorhood was coming to an end, and I no longer cared. We became close friends and found we thought so much alike, it could have been scary, but, it was really a blessing.

And the rest is history. We were married 42+ years. And I can say that we never had a major argument; I guess I knew my place. She, being of German and Irish descent, red hair, and a fiery glance with those big piercing eyes, I did not want to awaken a banshee. If we did rarely agree on something, there was always compromise and we concluded in peace, and with a kiss. Don’t get me wrong; I was not a push over; however, I learned at an early age that “if mamma isn’t happy, nobody will be happy”. A happy wife makes for a happy life! She would give you one of her loving smiles and harmony would fall into place.

As life progressed for us, I witnessed the brilliance of this woman. Before my time with her, she had accomplishments in her success folder.

Some of them include:

- 1.) Writing a play at Washington University that won an award. She also acted in a play and won the acting award. A small note: she had the actor Vincent Price, who at the time lived on Forsyth across from Washington U, for a stand in teacher in her drama class. As it turned out, she was the stage director there until she left for marriage and her first child.
- 2.) Phyllis taught dance at some dance school (I don’t remember the name). She and her partner did dance demonstrations at the Chase Park Plaza and other locations.

A Tribute to, and Memorial for, Phyllis DeChristo

By David DeChristo

(cont'd)

After I met her, she had a list of accomplishments that showed her genius. Some of them were:

- 1). She was a licensed real-estate agent and broker.
- 2). She started up the recycling movement in Bridgeton, MO
- 3). She taught classes at Unity Christ Church (22 years), Lindenwood College, and the community college in St. Charles. She and I also taught night school classes in Webster Groves at Ursuline academy.
- 4). Phyllis and I held metaphysical classes in our homes in Bridgeton and Chesterfield, studying such authors as Emma Curtis Hopkins, Judge Thomas Troward, Baird Spalding's set of books "The life and teachings of the Masters of the Far East, and in general, anything metaphysical. We also had guest speakers.
- 5). Phyllis was ordained in Divine Science (1997?) I followed her a year later and received my ordination. She lectured in several churches including Divine Science and Unity. We also did a speaking tour in Miami and St. Petersburg, FL. She also started the "High quest Society" licensed by the state of Missouri.
- 6.) Phyllis was a licensed hand analyst, hypnotherapist and counselor. She was on KMOX radio with host Bob Hardy, Jack Carney and Jim White, discussing and presenting how metaphysics can help in daily life, especially in the business field.
- 7). Not to be outdone, she was a wonderful wife and mother of three sons, Mark, Gregory and Clayton and grandmother to three grandchildren: Taylor, Kylie and Carter

In all her endeavors she was kind, courteous, compelling, truthful and above all, modest in heart, giving all credit to Spirit for her inspirations. She made simple things in life fun and could show how Spirit was present in all situations, giving us opportunities for soul growth. She probably thought I came out from under a rock when I didn't know what avocados and artichokes were. I can honestly say she smoothed out my rough edges with kindness, love, and a bit of devilish sarcasm. I must have had some really good karma to connect with this angel.

Now don't get me wrong, she knew how to party. That bashful look turned into Wonder Woman when she wanted. And if I wanted to keep up, I had to ditch the Clark Kent disguise. She loved to go dancing and roller skating. She was fun at a party, but always professional, observant, and loving to all she encountered.

I am truly saddened to be temporarily separated from my soul mate. She was my inspiration, my precious love, the fun and joy I have had with her for the 45 years that I have known her in this lifetime, and she was my example of how to live a happy life.

Many days she would write me little love notes, as I did her. While in the nursing home, before she passes, one day out of the blue, she opened her eyes wide, and with a big and loving smile, she said I Love You. This touched me dearly and deeply and raw emotion over took me and I hugged her with tears flowing, and reaching a new level of understanding what true love is, I appreciated her even more.

I was with her when she made her transition, and while it was very difficult, I asked her to look for the light before her.

I can only hope she continues to look down on me from on high, and nudge me in the right direction when I need it. Phyllis, I will see you one day again and look forward to a happy reunion.



OCTOBER 2018 at Unity Christ Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2	3 Spiritual Support Group—7 PM	4	5 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	6 9:30 AM—ACA 11 AM 12-Step Centering Prayer & Meditation	
Prosperity Bank Sunday 7 Friendship Potluck Sunday Yoga—1 PM Prayer and Meditation Ser-vice—9:45 AM	8  Church Office Closed	9	10 Spiritual Support Group—7 PM	11	12 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	13 9:30 AM—ACA 11 AM 12-Step Centering Prayer & Meditation	
14 Prayer and Meditation Ser-vice—9:45 AM Yoga—1 PM Toastmasters' Club—7 PM	15	16	17 Spiritual Support Group—7 PM	18 Board of Trustees Meeting—7 PM	19 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	20 9:30 AM—ACA 11 AM 12-Step Centering Prayer & Meditation	
21 Prayer and Meditation Ser-vice—9:45 AM Yoga—1 PM	22	23	24 Spiritual Support Group—7 PM	25	26 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	27 9:30 AM—ACA 11 AM 12-Step Centering Prayer & Meditation	
28 Prayer and Meditation Ser-vice—9:45 AM Yoga—1 PM Toastmasters' Club—7 PM	29	30	31  Spiritual Support Group—7 PM	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Sunday Celebration Service and Youth Education—10:30 AM Fellowship after the service in the Lobby. (See reverse side for times and locations of classes and events)</p> </div>			

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

1st Sunday of September— led by Rudolph Clay

12:30 PM—Fellowship Room

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

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