

Awakening Souls, Transforming Lives!



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

Using the Powers, One Month at a Time

November— Russet

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 here and the Board of Trustees is very Thankful and Grateful for the Good that is flowing in and through the consciousness of our church. This month of November is a very exciting time as we start the month with a time of sharing. This month the Board is requesting that each congregant take time to fill out a questionnaire that asks about your gifts, talents and your willingness to share them in our Spiritual Community. These questionnaires will be available at church each Sunday, and we will also be distributing them by mail. Please take a few minutes to fill out this form and let us know any desires you may have to serve.

The highlight of this month will be our Annual Meeting which is being held on November 18, 2018 at 12:00 noon, directly following our church service. The Board encourages you all to attend this very informative Annual Meeting. We will be discussing the accomplishments of this year as well as conducting business for our church. The Board will be proposing a number of changes to our articles of agreement and bylaws, and presenting candidates for election to the Board of Trustees. Additionally, we will be unveiling and sharing information on the Transformative Plans for Unity Christ Church. You will be receiving a letter announcing the Annual meeting that will outline some of the Ideas that will be presented.

Another highlight of the month will be the All Unity Thanksgiving Service. Unity Christ Church will be hosting the service this year and it is starting to look like a very awe inspiring event. Unity ministers and teachers will be sharing their perspectives on the Season of Thanksgiving. This service will be held on Wednesday November 21, 2018 at 7:00 P.M. So, please, join us as we give Thanks in all Things.

The Board of Trustees would like each and every congregant to know that we are indeed thankful and grateful for your Presence and for the Consciousness of Peace, Love and Joy you bring to our Spiritual Community. For this, we know Unity Christ Church is indeed blessed. Let us continue to move forward in faith by affirming:

WE are Thankful and Grateful in All Thing

Happy Thanksgiving

The Board of Trustees

NOVEMBER AFFIRMATIONS

Colossians 2:10
I am complete in Christ.

November 7th

Proverbs 2:6

For the LORD gives wisdom; From His mouth come knowledge and understanding.

November 14th

Psalms 119:34

Give me understanding, that I may observe Your law And keep it with all my heart.

November 21st

James 1:5

But if any of you lacks wisdom, let him ask God, who gives to all generously and with reproach, and it will be given to him.

November 28th

Proverbs 16:16

How much better to get wisdom than gold, to choose understanding rather than silver!

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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- Mary Biggs and Mary Holloman**

Book Club

We are looking to establish a book club. It is our hope that you are as excited as we are. If 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

Givelify: Mobile App

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, download the Givelify mobile app from iTunes or your Google Play store. Sign up as a User, find Unity Christ Church and make your donation. This app is FREE to download, FREE to Sign Up and FREE to use.



From the Prayer Ministry

Dear Friends

As we continue enjoying some beautiful fall color, we will take the time this month to give thanks. November is the month where we honor Thaddeus, disciple that represents renunciation and thanksgiving. As we loose and let go, we create a vacuum with our joyous thanksgiving anticipating the new good God has for us. We realize in Unity that letting go, (elimination), also opens the door for new good. Thanksgiving is that time where we appreciate all that we have and all that we share with our loved ones.

Scripture: Psalm 106

¹ Praise the LORD.^[a]

Give thanks to the LORD, for he is good; his love endures forever.

² Who can proclaim the mighty acts of the LORD or fully declare his praise?

³ Blessed are those who act justly, who always do what is right.

Affirmation: I fully and freely release. I loose and let go. I let go and God. I let go and grow. I give thanks for the wonderful blessings the Lord has given me, and make room for greater good.

Then prayer for the month: Infinite God, all loving, all knowing and all giving, accept our praise and love. Remind us of the bountiful riches you have given us in every area of our life this month and all year long. Thank you Father-Mother God.

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, The Dynamic Laws of Prosperity, by Catherine Ponder.

NOVEMBER LESSON TITLES & MUSICIANS

November 4, 2018

Guest Speaker: Rev. Leslie Venable

Lesson Title: Where Is Your Faith?

Guest Musicians: Deborah Sharn & Rocky Tucker

November 11, 2018

Guest Speaker: Rev. Melissa Bennett

Lesson Title: TBA

Guest Musicians: Doug Erwin and Katie Kopff

November 18, 2018

Guest Speaker: Rev. Leslie Venable

Lesson Title: The Attitude of Gratitude

Guest Musicians: TBA

November 25, 2018

Guest Speaker: Dr. Marlene Bricker

Lesson Title: TBA

Guest Musicians: Mitzi MacDonald

Church Office Closed

Our church office will be closed the following dates this month:

Monday, November 12th—In Observance of Veterans' Day

Thursday, November 22nd & Friday, November 23rd—In Observance of Thanksgiving

Annual Meeting

Our Annual Meeting will be held **Sunday, November 18th @ 12pm**, directly following our morning service. The Board encourages you to attend this very informative Meeting. We will be discussing the accomplishments of this year as well as proposing a number of changes to our articles of agreement and bylaws, and presenting candidates for election to the Board of Trustees. Additionally, we will be unveiling and sharing information on the Transformative Plans for Unity Christ Church.

Thoughts From The Heart

(reprint November 2014)

As we enter into the season of Thanks-Giving, I have been thinking about how grateful I am for all the many ways I have been blessed in this life. My blessings have been many, but I would like to take some time to consider those that have been brought to me through the movement called Unity.

I recall my first visit to Unity Christ Church, and how I felt so grateful as I listened to the Sunday Lesson and realized I had just found my Spiritual home. At that moment, I knew that I was truly blessed. I even recall the first class in metaphysics I attended and the warm feelings of love I received as I listened so intently to the Ideas and information that was being imparted to me, at that time I thought, "I have surely found Heaven". What a marvelous feeling it was to be in a place where I felt loved and accepted unconditionally.

I am truly thankful and grateful for the inspirational writings of Charles and Myrtle Fillmore, Co-Founders of Unity. It feels as though each time I read their words, I am lifted into another state of consciousness that I have never experienced before. It is as if they are present with me now imparting their Wisdom in a most profound way. I find that their thoughts and words are alive with the Spirit of the Presence of God; and at these times I am truly grateful.

How grateful I was as I began to become aware, to know and understand that the Christ resides in the very center of my Being; and what a miracle to know that I could access this Presence Within me at anytime. How wonderful I felt and how thankful I became as the Still Small Voice Within began to announce its Presence to me.

I am particularly grateful for all the many delightful Beings of Light I have met on my Spiritual quest; and for the awareness; understanding and knowing that they are a part of me. As I see each face reflected back to me I experience my Oneness with everyone I meet. And for the ability to discern this connection, I give Thanks.

I am truly thankful and grateful for the Presence of God Within me and the ability to feel and experience that Presence as living in, through me and as me. I am truly thankful for my willingness to allow this to be so.

I am immensely grateful for the Grace of God that brought me to this place called Unity, because it has made all the difference in my experience of life. And for this I give all glory to God.

So as we celebrate the season of Thanks-Giving let us take a thorough inventory of the many ways we have been blessed by Spirit and let us choose to become thankful and grateful in all things.

Let Us Daily Affirm: I Am Thankful and Grateful in All Things.

Blessings As You Spiritually Unfold,

Juankee J. McKinney

The Editor



MEET THE BOARD CANDIDATES

Barbara Lanier Harris

I grew up in St. Louis, graduating from Beaumont High School, and the University of Missouri, at St. Louis. I have a dual B.S. in English, and Secondary Education, with a Lifetime Teaching Certificate from the State of Missouri. My minor course of study was in Psychology. My professional career began in the Executive Training Program at Famous Barr Company, as an Assistant Buyer, eventually being promoted to Department Manager, and then Buyer. I resigned my position to work in field sales for a number of multi-million dollar, global manufacturer. Over the course of my career I held positions as District, Regional, and National, Sales and Marketing Manager. I also served on the Board of Directors of three companies as Corporate Director of Sales & Marketing. I have lived in numerous cities, including Chicago (5 times), Atlanta & Los Angeles (2 times), and San Francisco. I declined an International assignment to live in London, and service the European, and African markets because I wanted to remain close to my aging parents. Through the course of my career I have had direct management responsibility for over five hundred people. I have owned three businesses, Dialogue Systems, (Training), Property Consultants Group, LLC (Real Estate), Help 2Health, LLC (Weight Management). I moved back to St. Louis in 2001 to spend the last years of her life with my Mother, who died in 2014. My husband has MS, and is in a nursing home.

I first came to UCC in 1973, and attended periodically over the course of two years. I then attended Christ Universal Temple (CUT) in Chicago, ministered by Rev. Johnnie Coleman, beginning in 1975. I attended there during the first three times I lived in Chicago. I have been attending UCC for just over two years, and have been a member for one year. I have attended many churches, both large, and small, in my life. Most have been non-denominational churches. A few have been in the 'mega' church category. I have witnessed the growth, and contraction, of some. I have followed my Spiritual leading throughout my life. I know that Spirit lead me here, initially, at my nieces invitation. I had had a knowing that my previous church no longer fed my need for growth in my Spiritual understanding, for a couple of years before coming here. I knew immediately that UCC did. I have earnestly pursued continual growth in understanding of Unity's principles. I would be honored to serve on the UCC Board, and would hope to utilize the vast exposure I have been blessed with to help the Board achieve its objective to provide Spiritual understanding, and growth to all, to expand the reach of UCC into the community, and to increase attendance.

Thank you, to those who nominated me for this position, and for this opportunity to serve.

MEET THE BOARD CANDIDATES (cont'd)

Michael Musielak

Greetings!

My name is Michael Musielak and I would be honored to serve as a board member for Unity Christ Church. I have been attending Unity Christ Church since 2012 and became a member not long after. From the inspiring lessons, to being located in the heart of city, I have always loved this church. I see a lot of prosperous and growth potential as a board candidate. I have been writing down several ideas when they come to my mind about how to grow our church and make it a welcoming community, where even the least of these, would feel like Jesus Christ was present within our sanctuary.

I believe that one of the directions as a board candidate that I would like to assist the board with is bringing together new ideas to attract millennials and the younger generation. With Washington University across the street, all the traffic going through Forest Park and down Skinker, I feel like we have an opportunity to reach out to the younger generation.

Some of my ideas to grow the church might be considered radical and make us step out of our comfort zones, but I am willing to try working with the board to bring about a new consciousness and dimension to the city of Saint Louis. I believe that we will have to focus on getting our "spiritual" message out. I think that a lot of people drive by the church and assume that we are like all churches and full of rituals. We need to let the public know that we are not "religious" people, but "spiritual". I believe the younger generation is seeking spirituality over religion. I would like to see us offer more church activities like bingo nights or card game tournaments. I think that we should mail postcards out to the entire surrounding area focusing our message on how we are spiritual people/consciousness/prosperity/health etc. I think that we should visit the idea of changing the name of our church from "Unity Christ Church" to something like "Unity Spiritual Center of Saint Louis", "Unity Friendship Center of Saint Louis", etc. I think that the younger generation sees Unity "Christ" Church and might get intimidated by the word "Christ", especially if they have had an overly aggressive Christian background that has traumatized them. I believe that our message should still focus on Jesus as our wayshower, but that the name of the church should change. I think that calling us a "spiritual center" would peek the interest of younger students across the street and people today that are seeking a "spiritual" path and not a "religious" path. When people drive by the church and see "Christ" I think that they assume we are just like the other "traditional" churches. I have a lot of other ideas that I would love to share with you, but I just wanted to give you a glimpse into how I would like to go about transforming the church with the help of other board members.

I was born in Saint Louis and have lived here my entire life. I attended Webster University and graduated with my Bachelor's in Accounting in 2012. I currently work full-time at Royal Banks as a Relationship Banker. As a banker, I would like to see the board invest our money into CD's. I have been using CD calculators and with CD rates going up now, putting as much as \$200,000.00 into a 12 month CD at our bank could get us around \$6,000.00 in interest income. I think that CD's are a safe investment for the church and would help us on our path to prosperity as we continue to draw more people into the church through love offerings.

I would love to be a Unity Christ Church board member. I have served on the board before, but I feel like I have much more time and energy this time around to work on helping the church grow. I hope that you will consider me as a candidate. Thank you for taking the time to read my biography and I hope that you have a wonderful day!

Blessings!

NOVEMBER 2018 at Unity Christ Church

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

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

Prosperity Class

Wednesdays at 6:30PM led by Mary Biggs, LUT

Spiritual Support Group

Wednesdays at 7 PM led by Juanee 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.