

Awakening Souls, Transforming Lives!



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

Using the Powers, One Month at a Time

February—Strength

The ability to endure, stay the course, persevere.

I have the strength to accomplish all that is mine to do.

MESSAGE FROM THE BOARD

The Board of Trustees is excited about the activities that will be occurring at Unity Christ Church this month. We just completed our visioning process and we are very thankful to all of you who participated in this process. We gained a great deal of wisdom and understanding. The culmination of this process will be the formation of the transformational processes that we identified and discussed at the Annual Meeting in November 2018. The two process teams to be formed are the Spiritual Fortification and Fiscal Stabilization. The specific February dates and times for the formation of these process teams will be announced as soon as a definite date has been determined.

As part of Board development, the Board of Trustees has made a commitment to make a study of Paul Hasselbeck's book, *Heart Centered Metaphysics, A Deeper Look at Unity Teachings*. In doing this our hope is to develop a greater awareness, understanding and appreciation of our co-founders' revolutionary thinking and further explore the foundational Principles on which the Unity movement was formed. Mary Biggs, Licensed Unity Teacher, will be facilitating this class.

We will announce the date and time of this class as soon as a definite date and time are set. All are welcome to participate in this class. If you would like to be a part of this class please contact the church office and let Erika Carmichael know.

Last month we had to cancel our Sunday Matinee Movie due to inclement weather. It has been rescheduled for this month on **February 10, 2019 at 2:00 PM**. The e movie is entitled "PGS –Your Personal Guidance System". We look forward to seeing you all there.

We are very thankful for your Presence at Unity Christ Church and we are grateful for your consciousness of Oneness as we continue to move forward in our transformational process.

Let us continue to affirm:

"One with the Presence we move forward in Faith with Love"

Blessings To You All,
The Board of Trustees

FEBRUARY AFFIRMATIONS

Psalm 119:105

Thy word is a lamp to my feet, and a light to my path.

February 3rd

Isaiah 41:10

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will upload you with my righteous right hand.

February 10th

Psalm 37:4

Take delight in the LORD, and he will give you the desires of your heart.

February 17th

Isaiah 12:2

Surely God is my salvation; I will trust and not be afraid. The LORD, himself, is my strength and my defense; he has become my salvation.

#

February 24th

John 8:32

You will know the truth, and the truth will set you free.

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.

UNITY CHRIST CHURCH

33 N. Skinker Blvd.
St. Louis, Missouri 63105
Phone (314) 727-6478
Fax (314) 727-8895
Email officeucc@att.net

Office Manager: **Erika Carmichael**

Board of Trustees

- Rudolph Clay**
- Barbara Lanier Harris**
- Juankee McKinney**
- Michael Shelton-Montez**
- Leonard Smith**
- Michael Musielak**

Licensed Unity Teachers

- Mary Biggs and Mary Holloman**

Church Office Closed

Our church office will be closed on **Monday, February 18th**, in observance of President's Day.



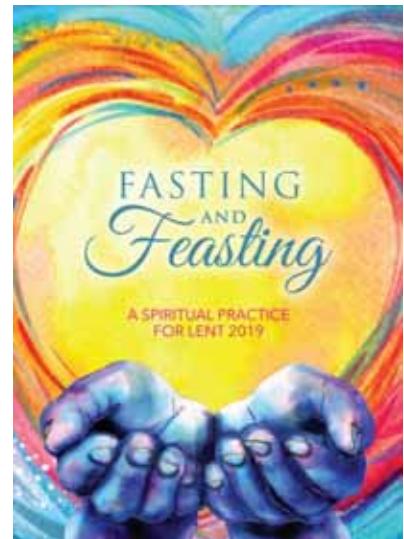
Spiritual Guidance:

Throughout the Lenten Season with Unity

Lent Season starts **Wednesday, March 6th, 2019.**

Reserve your copy today by calling the office.

Booklets will be available starting **Sunday, March 3, 2019.**



Unity Christ Church Book Store

Welcome to Unity’s Spotlight Corner. This section will highlight our bookstore and the many books we have available for purchase. Here’s your opportunity to:

SEARCH. SELECT. BUY.

SPOTLIGHT OF THE MONTH:

The Prospering Power of Love
by Catherine Ponder

This book talks about:

- The Resurrecting Power of Love
- Special Methods of Love
- Special Lessons in Love

There are several copies of this book available in our bookstore.
Get your copy today.

50% off

(~~\$8.00~~ \$4.00 for the month of February)

JANUARY LESSON TITLES & MUSICIANS

February 3, 2019

Guest Speaker: Rev. Leslie Venable
Lesson Title: Ye Must Be Born Again
Guest Musicians: Saman Swanson

February 10, 2019

Guest Speaker: Rev. Le Remington
Lesson Title: TBA
Guest Musicians: Doug Erwin & Katie Kopff

February 17, 2019

Guest Speaker: Dr. Marlene Bricker
Lesson Title: TBA
Guest Musicians: Deborah Sharn and Brian Clarke

February 24, 2019

Guest Speaker: Rev. Pat Powers
Lesson Title: TBA
Guest Musician: Rocky Tucker & Jeanne Trevor

Unity Movie Matinee

Come join us for our Movie Matinee, where we will feature a film about One Man’s Three Year Journey, entitled:



**PGS—Intuition is your
Personal Guidance System**

Invite friends and family. Everyone is welcomed
See Flyer for more information...page 6.

February Potluck

February 3rd

Please join us in the Fellowship Room, after the morning 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**; if your last name begins with **S-Z**, please bring a **dessert or bread dish**. We always have great food and fellowship so please invite your friends and make plans to join us!!

Thoughts From The Heart

As Valentine's Day approaches, I am beginning to experience warm thoughts and ideas about Love. I am beginning to think about the love I have for my family, the love I have for my friends, the love I have for all people in the world and consequently, the love I feel for everything in the Universe. As these thoughts flow through my consciousness, I become fully aware of how Love has expressed in my life. This brings to my mind the Idea of Divine Love and it begins to fill me with thoughts, visions and memories of Love which seem to permeate my consciousness and flow into my whole Being. As such, I begin to remember all the LOVE that has been poured into my life from so many wonderful souls.

Of course, my first memories are of my parents, who I know loved me so. I somehow know they brought me forth out of the deep love connection they shared with one another. And I know that I was loved. I think about my grandparents and the many hours we spent together during the summer in the country and on their farm. They always made me feel loved unconditionally because for some unexplainable reason, I could do no wrong.

And of course, I think of my brothers and sisters (and I have many) and how we grew up together laughing, playing and just having fun, creating all kinds of joyous memories. Those were the greatest days I experienced as a child, and I truly know that I was loved. I also have memories of my lifelong friends and of how we have traveled through this life together. Through the joys and pains of living, we have always been there for each other, comforting, supporting and bringing to each other, our very best. From these experiences, I have come to realize that I have been extremely blessed by their presence in my life.

I have truly been shown wonderful expressions of love, but as I think about all this love in my life, I begin to think about the Love of God. I wonder and become more excited because I know the Love of God is even better. As I start to think about the Divine Love that God so freely bestows upon us, I begin to contemplate and idealize, "What that experience truly is like?" To make a clear distinction between personal love and Divine love, I turn to our Co-founder, Charles Fillmore for enlightenment on this matter. In *The Revealing Word*, Mr. Fillmore, states that love is "the pure essence of Being that binds together the whole human family. Of all the attributes of God, love is undoubtedly the most beautiful. In Divine Mind, love is the power that joins and binds in divine harmony the universe and everything in it; the great harmonizing principle known to man. He further states, "Divine love is impersonal, it loves for the sake of loving. It is not concerned with what or who it loves, nor with a return of love. Like the sun, its joy is in the shining forth of its nature. Love is an inner quality that sees good everywhere and in everybody. It insists that all is good, and by refusing to see anything but good, it causes that quality finally to appear uppermost in itself, and in all things."

Wow, from this explanation it seems to say to me that, as human beings, we express personal love when we choose to love certain people, and we sometimes expect to receive this love in return. However, as we grow and evolve into the consciousness of the Christ, the offspring of God (the Divine Beings that we are), we begin to show forth Love in the way that God our Creator created us to express. We begin to Love everyone and everything---totally, completely, and unconditionally. We see the Good and Only the Good. And we Love, because [it is our True Nature to Love.](#)

So let us choose this day to express our love, as the Divine Offspring of God that We Are, by allowing our Love to Flow freely, just because it is our True Nature to Love.

Happy Valentine's Day.

Let Us Daily Affirm: I Allow the Divine Love of God to Express as Me Now.

Blessings As You Spiritually Unfold,

Juankee J. McKinney



From the Prayer Ministry

Dear Friends,

As we begin the month of February, and we are enjoying a real winter for a change, I hope you are making prayer a priority in your life this year, and a daily practice for your soul. Love is the Faculty from April, but in many Unity churches celebrated in the month of February (for Valentine's Day). John represents love, the harmonious presence of Christ that lives in all of us. We honor this presence of divine love within our being, and affirm acceptance of this power.

I have several scripture selections for this month's celebration of love:

John 15:7

"If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you.

John 15:9

"Just as the Father has loved Me, I have also loved you; abide in My love.

John 15:10

"If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love.

Affirmation: I express love with every action I take. I use words to edify and nurture others. Love is multiplied as I give it away.

Then the prayer for the month:

Sweet loving Spirit, pour your love into my heart. I pray to express the Christ love, and as your instrument of good, I pour your love out into the world.

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 Prospering Power of Love by Catherine Ponder**

Unity Book Club

You are invited to our Book Club meeting on
Thursday, January 31st



by **Eric Butterworth**

Come prepared to discuss the book.



NEW DATE!
SUNDAY, FEBRUARY 10th


MOVIE MATINEE

One Man's Three Year Journey
FEATURED MOVIE:
PGS -
**Intuition is your
Personal Guidance System**
2:00PM | FREE PARKING
UNITY CHRIST CHURCH
[LOVE OFFERING ACCEPTED]

CINEMA
Cinema Only - One Sold
ADMIT ONE

33 N. Skinker Blvd, St. Louis, MO 63105

FEBRUARY 2019 at Unity Christ Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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>						
3 Friendship Potluck Sunday Prosperity Bank Sunday Prayer and Meditation Ser- vice—9:45 AM Yoga—1 PM	4	5	6 Spiritual Support Group—7 PM	7	1 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	2 9:30 AM—ACA 11 AM 12-Step Centering Prayer & Meditation
10 Prayer and Meditation Ser- vice—9:45 AM Yoga—1 PM Unity Movie Matinee—2pm Toastmasters' Club—7 PM	11	12	13 Spiritual Support Group—7 PM	14	15 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	16 9:30 AM—ACA 11 AM 12-Step Centering Prayer & Meditation
17 Prayer and Meditation Ser- vice—9:45 AM Yoga—1 PM	18  Office Closed	19	20 Spiritual Support Group—7 PM	21 Board of Trustees Meeting—7 PM	22 6:30 PM—Centering Prayer & Meditation 7 PM—ACA	23 9:30 AM—ACA 11 AM 12-Step Centering Prayer & Meditation
24 Prayer and Meditation Ser- vice—9:45 AM Yoga—1 PM Toastmasters' Club— 7 PM	25	26	27 Spiritual Support Group—7 PM	28		

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

Spiritual Support Group

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

Toastmasters-Voices in Unity

First and Third 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.