

Awakening Souls, Transforming Lives!



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.

MESSAGE FROM THE BOARD

The Board of Trustees is very excited to announce that we are moving forward in Faith at Unity Christ Church. As you all know, for the last few months we have been focusing our energy on the transformation of our Spiritual community. We have made a number of positive strides in the formation of our teams and identified the specific tasks that are to be addressed and implemented.

One of the primary concerns identified by our community was the need for a consistent presence with regard to Sunday speakers. In response to this desire the Board made the decision to invite Reverend Leslie Venable to serve as the Interim Spiritual Leader (ISL) for the next six (6) months. As ISL, Reverend Venable will be speaking on the first, second, third and fifth Sundays of each month. She will also be teaching classes, providing Spiritual Counseling and be a presence at the church for two days per week. Additionally, she will make home and hospital visits as needed, as well as perform special services, such as weddings and funerals.

Reverend Venable will be starting as Interim Spiritual Leader on July 1, 2019. When you see her, please take a moment to give her a warm Unity welcome.

Also, you may have noticed on our outside marquis, "Unity for a practical understanding of Spirituality". This is our new tagline and the Board would like to thank you all for your participation in the voting process. Your input is truly valued.

So, as you can see, we at Unity Christ Church are truly moving forward in Faith; Knowing ,we are One with the Presence and Power of God and expressing all the Life, Love and Wisdom and Abundance of Spirit.

Let us affirm: 'Unity Christ Church continues to move forward in Faith as the Presence of God'.

Blessings,

The Board of Trustees

JULY AFFIRMATIONS

Psalm 16:8

I lift up my eyes to the mountains—where does my help come from? My help comes from the LORD, the Makers of heaven and earth.

July 7

James 1:5

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

July 14

Isaiah 58:11

And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and though shalt be like a watered garden, and like a spring of water, whose waters fail not.

July 21

Romans 12:2

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

July 28

Jeremiah 29:11

For I know the plans I have for you, declared the Lord, plans for welfare and not for evil, to give you a future and a hope.

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

Noon Day Meditation

Every Monday

Meet us here, every Monday, where we will have a Silent Unity Prayer Service and live meditation held in the sanctuary, led by Juankee McKinney and recorded and available for replay on our church website.

www.unitychriststl.org



NEW OFFICE HOURS

Effective **Monday, July 1st**, the office hours will be temporarily modified. The new office hours will be:

Tuesday – Closed

Friday – 9am–2pm

Monday, Wednesday & Thursday 12pm-5pm



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:

A Single Blade of Grass
Finding the Sacred in Everyday Life

by Ellen Grace O'Brian

This little book is an intimate journey into the challenges and deep joys of living in close communion with God. Every inspiration is a stepping stone along the path of personal discovery, offering fresh insights on topics such as inner guidance and contentment.

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

50% off

(~~\$16.00~~ \$8.00 for the month of July)

JULY LESSON TITLES & MUSICIANS

July 7, 2019

Lesson Title: Don't Limit God
Guest Musicians: Tim Schall and

July 14, 2019

Lesson Title: Building Kingdom Consciousness
Guest Musicians: AJSR and Myron Williams

July 21, 2019

Lesson Title: Giving is the Key to Receiving
Guest Musicians: Doug Erwin and Katie Kopff

July 28, 2019

Guest Speaker: Rev. Melissa Bennett
Lesson Title: TBA
Guest Musician:



July Potluck

July 7th

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 **salad or vegetable**; if your last name begins with **I-R**, please bring a **dessert or bread dish**; 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!!

Thoughts From The Heart

Lately, I have been contemplating and intensely focusing on what it means to have Spiritual Understanding. This question has arisen within me because I am feeling all kinds of new and miraculous levels of awareness expressing Within my Being. It appears to be the result of constantly turning Within to touch the Pure Essence at the center of me. I have noticed and become keenly aware that there is something else inside of me, an Energy, a Presence that is flowing from deep within my Being. I have even noticed that my life has taken on a greater sense of peace and ease. It is now apparent to me that all the concerns of my life and world are in sync and are working harmoniously and effortlessly.

As these experiences have persisted over time, I have taken note that all this seems to be the result of me consistently asking Spirit for clarity. The more I ask God to shed light on this issue for me, I begin to comprehend and know that this Presence and this energy is the True Self of Me—It is The Presence of God (The Christ), that lives Within my Being. As I become more keenly aware of this Presence, I find myself continuously Turning Within seeking a clearer explanation that will further enlighten me and answer my question regarding “How did this depth of awareness come to be? In my quandary, I call to memory the words of our Co- Founder, Charles Fillmore. In *The Revealing Word*, he states, “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. Mr. Fillmore further states that, “Spiritual understanding is the quickening of the Spirit within”..... and “is the ability of the mind to apprehend and realize the laws of thoughts and the relation of ideas one to another.”

This explanation helps me to see just exactly what has been occurring within my Being: the Spirit of the Christ had been quickened in me as I chose to turn Within and be guided by the Christ light that resides in me. Wow, what an awesome depth of Understanding this provides for me!

As I think about Mr. Fillmore’s statement, I recall how on so many occasions I had chosen to experience life separate and apart from the guidance of Spirit and I remember how difficult and challenging the consequences were. However, I also recall turning to Spirit and as a result, all of my challenges and misunderstandings seemed to miraculously fall away or simply disappear because I chose to rely more on the guidance of Spirit Within. I truly started to Know, Understand and experience that God is the Only Presence and Power in the Universe and that the Christ of my Being is God’s Only Son. With this knowledge and Understanding, I began to know and accept that I Am that Christ made in the Image and likeness of God. The I Am Within me is Truly One with our Mother-Father God that is Omnipresent (everywhere present), Omniscient (all knowing) and Omnipotent (all powerful).

The development of this Understanding has indeed been a wonderful process that has stretched me to grow and change in new and magnificent ways and has indeed imprinted on my consciousness and in the very depths of my Being that I must look to the Spirit of the Christ Within to illumine my path and guide my life. From this day forth, I Am choosing to turn inward and allow myself to be guided and directed by that Spirit- The Christ Within ---How about you?

Let Us Daily Affirm: *My Life is Illumined by the Perfect Light of Understanding*

Blessings As You Spiritually Unfold,



Juankee J. McKinney

From the Prayer Ministry

Dear Friends

July is the month where we not only celebrate our freedom and liberty on July 4th, we also celebrate the faculty of understanding. Let there be Light. Let the Divine Spirit illumine our minds so that we may have the spiritual understanding to live our human lives in the peace and harmony God has promised us. The divinity of Christ in each of us gives us the ability to use all our God-given faculties.



We have many opportunities in life to use the faculty of wisdom, and none greater than with love. Let's apply spiritual understanding to all of our thoughts so that our love may express through to heal all disease or disorder in our lives.

Scripture for the Month Matthew 13:43 New International Version (NIV)

⁴³ Then the righteous will shine like the sun in the kingdom of their Father. Whoever has ears, let them hear.


Affirmation for the Month –

Spiritual understanding illumines my mind and my heart. I claim, accept and express God's divine understanding all that I am and all that I do. God's gracious light is guiding me now.

Yours in Christ Mary E. Biggs, LUT

P.S. Recommendation book for the month – Let There Be Light by Mary Kupferle

JULY 2019 at Unity Christ Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 	5	6
7	8	9	10 Spiritual Support Group—7 PM	11	12	13
Friendship Sunday Potluck Prosperity Bank Sunday Yoga—1PM					6:30 PM—Centering Prayer & Meditation 7 PM—ACA	9:30 AM—ACA 11 AM Centering Prayer & Meditation
14	15	16	17	18	19	20
Yoga—1 PM			Spiritual Support Group—7 PM		6:30 PM—Centering Prayer & Meditation 7 PM—ACA	9:30 AM—ACA 11 AM Centering Prayer & Meditation
21	22	23	24	25	26	27
Yoga—1 PM			Spiritual Support Group—7 PM	Board of Trustees Meeting—7 PM	6:30 PM—Centering Prayer & Meditation 7 PM—ACA	9:30 AM—ACA 11 AM Centering Prayer & Meditation
28	29	30	31	<p>Sunday Prayer and Meditation Service— 9:45 AM</p> <p>Sunday Celebration Service and Youth Education—10:30 AM</p>		
Yoga—1 PM			Spiritual Support Group—7 PM			

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

Noon-Day Meditation

Mondays at 12:00 PM in the Sanctuary. Led by Juankee McKinney

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