

## Awakening Souls, Transforming Lives!

### Spiritual Tools For An Abundant Life- “The 12 Powers of Man”

Using the Powers, One Month at a Time

November—Elimination

The ability to release, remove, denounce, deny, let go.

**My life is balanced and in order and all is well.**



We celebrate our Thanksgiving traditions, take time every day to give thanks and praise for all come a reflection of thanks-living.

dictionary states-to be appreciative, thankful for benefits received.

ing and acknowledging within yourself the Source of all your good which is God. God so indwells each one of us. God so loved us that He gives of His Presence, Power, Supply,

ude without expressing Love. He who knows only love and goodness knows himself and

ent: God is Love

at God has already given us to use and develop.

or? EVERYTHING

Living

“God is the Source of a mighty stream of substance. You are a tributary of that stream, a channel of expression. Blessing the Substance increases it’s flow.”

Isn’t it a fact that we give more to an appreciative person than to a person who is ungrateful? It is such an obvious fact that it seems strange that there should be any ungrateful people in the world.

An old spiritual saying-“There is nuthin what happifies more than praise.”

We increase what we praise. A blessing sees only the good and brings forth more of it. Turn your praise on whatever you want to increase.

Praise will take you from:

Weakness to Strength

Ignorance to Intelligence

Sickness to Health

Lack to Abundance

Discord to Harmony

Praise your mind, your body, your work, your relationships, your home, your money, and everyone you meet.

It is a scientific fact that when plants are praised, they grow twice as much and more than one that is unattended. Praise raises the vibration of love everywhere we go and benefits everyone we meet.

Praise God from whom all blessings flow. As we practice praise, thanksgiving, and gratitude we become the channel of the Living Christ and in return are blessed beyond measure as sufficiency of all things.

God Bless,

Rev. Leslie

## MESSAGE FROM THE BOARD

As we prepare for this season of Thanksgiving, the Board of Trustees is becoming really excited, thankful and grateful for all the new beginnings and new opportunities that are evolving out of our Transformational process.

The month of November is filled with opportunities for service and to be served. We start the month with an open invitation to members to serve as a member of our Board of Trustees. We are currently in the process of nominations and will be presenting candidates to be voted on at our annual meeting this month.

We will provide you service by inviting you to attend, **Lunch and a Movie on November 3, 2019 at 12:00 noon**. We will be viewing, "The Seven Spiritual Laws of Success", by Deepak Chopra. Lunch will be provided. Please invite your family and friends to attend as we share a meal and gain some Spiritual Wisdom together.

The **annual meeting** is being held on **November 17, 2019** directly following the Sunday service. We will be discussing a number of issues pertaining to the future of Unity Christ Church and voting on changes that will be presented to you by the Board. You will receive a letter in the mail highlighting the issues to be addressed at the meeting. Please plan to attend this very informative and important session. A light lunch will be served.

Unity Christ Church will also be participating in the **All Unity Thanksgiving Service on November 27, 2019**. This service provides the opportunity to meet and interact with our fellow Truth Students in the metropolitan St. Louis area, as well as share in a time of giving thanks in all things. This year the service is being held at **Unity Church of Light 2809 Yale Boulevard, St. Charles, Missouri. The service will start at 7:00P.M.**

Indeed we have a great deal to be thankful for this year. We are thankful for all you loving souls who continue to love and support Unity Christ Church and the message of Love, peace and harmony espoused by our founders, Charles and Myrtle Fillmore. As we continue to move forward in faith, let us know that we continue to be a beacon of light for all those heart and minds who are open to experiencing their true Being; the Presence Within.

Let us Daily Affirm: The Rich Substance of the Kingdom of God is perpetually pouring its plenty into our hearts, minds, soul, bodies and lives; and for this we are truly thankful.

Blessings to You All,  
The Board of Trustees

## 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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### Licensed Unity Teachers

Mary Biggs

## 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. It is recorded monthly and available for replay on our church website.

[www.unitychriststl.org](http://www.unitychriststl.org)

**NOVEMBER AFFIRMATIONS**

**Psalm 69:30**

I will praise God's name in song and glorify him with thanksgiving.

**November 3**

Psalm 106:1

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

**November 10**

Psalm 28:7

The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him.

**November 17**

Philippians 4:6-7

Do not be anxious for anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

**November 24**

Colossians 3:15

And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful.

**NOVEMBER LESSON TITLES & MUSICIANS**

**November 3, 2019**

*Lesson Title: I Am*

*Guest Musicians: Deborah Sharn and Rocky Tucker*

**November 10, 2019**

*Lesson Title: The Still Small Voice*

*Guest Musicians: Doug Erwin and Katie Kopff*

**November 17, 2019**

*Lesson Title: Thank You Lord for Everything*

*Guest Musicians: AJSR and Myron Williams*

**November 24, 2019**

*Guest Speaker: TBA*

*Lesson Title: TBA*

*Guest Musicians: Mitzi MacDonald*



Join us for  
Healing Circle, led by Rev. Leslie Venable.

Love Offering Welcome

**Veterans Day**

**Office Closed**

**, November 11th**

**Office closed on Monday, November 11th**

**in observance of Veterans Day.**



### **Thoughts From The Heart**

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 metaphysic 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 it 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



**Poem**

by James Dillet Freeman

The Journey of Today

Dawn is the threshold of today.

Dawn is an open door that sends you up a sunlit way you have not climbed before.

But you can know God does not give you hills too hard to climb; His love ordains that you shall live but one day at a time.

Let go dead yesterday's regret, tomorrow's phantom fear; live in the living now and let the present good appear.

Even a stay-at-home must make the journey of today; go with a willing heart and take Love's lamp to light your way.

Prayer be the staff you lean upon; with faith your feet be shod.

Today you do not walk alone, today you walk with God.

**Reading-I Am More**

I am more than happy, I am joyful

I am more than healthy, I am whole

I am more than alive, I am radiant

I am more than successful, I am free

I am more than caring, I am loving

I am more than tranquil, I am peaceful

I am more than interested, I am involved

I am more than adequate, I am triumphant

I am more than fortunate, I am prosperous

I am more than human, I am a child of God

I have it all.

**Daylight Savings  
Time ends....**

From the Prayer Ministry

Dear Friends,

Happy November! With Autumn in full color and the days getting shorter, we can start to prepare for the upcoming winter season just around the corner.

November is the time we celebrate Thanksgiving, but also the power of renunciation or elimination. Just think if we could never get rid of everything, we take in. It would be hard to have any new experiences.

We especially appreciate the cycles of life, the ebb and flow of matter, mind and energy. The ability to release and let go gives us the space to allow the Spirit of God to flow in creating in us greater good in our experiences. Remember we don't want a cluttered mind or body. We want the circulation of life to flow through us recreating us and renewing us every day. What we hold in mind, we can behold and express.

**Psalm 100—A psalm. For giving grateful praise.**

**1** Shout for joy to the Lord, all the earth.

**2** Worship the Lord with gladness;  
come before him with joyful songs.

**3** Know that the Lord is God.

It is he who made us, and we are his **[a]**;  
we are his people, the sheep of his pasture.

**4** Enter his gates with thanksgiving  
and his courts with praise;  
give thanks to him and praise his name.

**5** For the Lord is good and his love endures forever;  
his faithfulness continues through all generations.

**Affirmation: I am centered in God's consciousnesses. I am centered in the flow of life.**

**Then prayer for the month:** Sweet loving spirit may I be mindful of all the goodness in my life and the lives of my loved ones especially during this Thanksgiving holiday month.

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

## The Urge toward Perfection from Unity Guide to Healing

“Because man is a spiritual being, he is forever the focus of a spiritual power that works to manifest life in perfect health and harmony and abundance.

“It is your Father’s good pleasure to give you the kingdom.” It is the life of God through which the life of man is forever biased on the side of health and healing.

A state of health is a condition of wholeness, completeness, entireness. Men are creations in God’s image, and healing is merely the bringing forth of the natural, perfect Christ that exists within every man. Health is the natural state of man. The word to heal comes from the Saxon helian; to cover, to conceal, to be made whole.

Thus, a healthy man is a whole one, one who lives and functions just as his Creator intended him to. Health is fundamental in Being and health is man’s divine birthright. It is the orderly state of existence, and man must learn to use the knowledge of this truth to sustain the consciousness of health.”

## Important Dates to Remember

**Sunday, November 3rd**—Movie Matinee. *The Seven Spiritual Laws of Success*. Food will be provided. 12pm

**Sunday, November 17th**—Annual Meeting 12pm. A light lunch will be served.

**Sunday, November 17th**—Christmas Poinsettia's go on-sale. \$13.50

**Wednesday, November 27th**—All Unity Thanksgiving. Unity Church of Light, St. Charles, MO 7pm

**Thurs. & Fri., November 28th & 29th**—Happy Thanksgiving. Office Closed.



## Book of the Month

### 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:**

## **Is Anybody Listening?**

by Stephanie E. Wilson

This book allows a glimpse into the author's personal path of self-analysis and growth that was so riveting that I was not only locked in but reminded of my own potential. After reading this book you will gain insights that ensure the next millennium is filled with pure opulence.

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

## **50% off**

~~(\$15.00)~~ \$7.50 for the month of November)





# November 2019 at Unity Christ Church

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday Prayer and Meditation Service— 9:45 AM  
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)



NA GROUP

7 PM 2



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Church



# 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**

### **Healing Circle**

**Every Thursday at 10:30am. Led by Rev. Leslie Venable**

### **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**

### **Yoga**

**Every Sunday at 1:00 PM in the Lobby**

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