

For practical understanding of Spirituality.



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.



For all of us who live in the United States, we have been given so many things to be grateful for. This month of July we celebrate July the 4th as a day of independence, freedom and joy for our ability to live in a country that has every freedom we can imagine for ourselves.

But freedom isn't free! It must be accepted as a Truth of my inheritance as a Human Being as well as a Spiritual Being. Freedom must also be incorporated into my thinking and daily living in order for freedom to live and express through me.

I can be free in principle but act as though I am bound if my thinking is not firmly grounded in receiving the gift of freedom.

This month as we continue to choose each day how we will express our individual freedom we are faced with the choice of how and when we are comfortable with returning to Sunday morning church service. Our doors will be open on July 12 and all are welcome to return to service AND all are welcome to continue to listen to our recorded service on face book and our website from home.

The wonderful thing about freedom to choose is that everyone gets to decide what is best for themselves. When we choose to exercise our freedoms in ways that bless, uplift, inspire and embrace greater good in our lives we are truly able to enjoy what freedom can bring.

Everyday we can spend time meditating on the idea of freedom. Freedom for ourselves, freedom for our family and friends, freedom for our Global family all around the world. As we open our consciousness to a greater freedom, a greater vision of a world that is inclusive of diversity, a world that is accepting and compassionate and loving toward all people, we create a Unified World.

I ask that we all continue to pray each day as a Unified Unity family, for the health, wealth, success, and expansion of freedom in the consciousness of all people.

I ask that we all continue to pray for the swift resolution to the Covid-19 pandemic in our world.

Affirmations

Prosperity-God is the Source of my supply. God’s Infinite storehouse of good flows freely and abundantly into my life supplying all my needs.

Health-I am expressing God’s Perfect Life. I am the radiant Life of God, I am, I am, I am.

Wisdom-Infinite wisdom guides me today in right decisions, right actions, and right results. My steps are ordered by the

Lord who leads and guides me to my highest and greatest good.

UCC Affirmations for July 2020

Monthly

Philippians 4:13

I can do all things through him who strengthens me.

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Weekly

but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. (Isaiah 40:31)

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. (Jeremiah 29:11)

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. (Matthew 7:7)

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. (Lamentations 3:22-23)

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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30 Days to Fearless Living

Rise Above Fear and Worry



A Unity booklet for wisdom and reassurance.

It's possible to live in confidence no matter what is happening. Wherever there is fear, there is the possibility of courage.

When we face our fears—acting from awareness that we are one with Spirit—we learn and nurture courage.

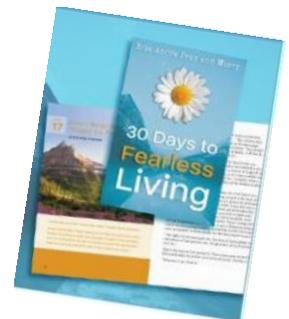
How do we grow in faith and that awareness? In this booklet, *30 Days to Fearless Living*, you'll find poems, meditations, and spiritual practices from beloved Unity authors who have answered that question.

Be encouraged through reflections by writers such as Eric Butterworth, Martha Smock, and James Dillet Freeman:

- The "Prayer of Faith"
- Letting Your Heart Listen
- How to Handle Change
- Living Fully, Loving Freely
- Finding Peace When Tragedies Happen
- The Redemption of Forgiveness

Trust God and live in your power. Trust in who you are and be all you were created to be.

**To request *30 Days to Fearless Living*,
call Unity at 816-969-2069**



(continued from Minister's Message, page 1)

I ask that we all continue to pray for peace.

“In the name of the Lord Jesus Christ, we pray for and decree a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.” By Lowell Fillmore

Let freedom and peace rule and reign all over the world.

Peace,

Rev. Leslie Venable

Spiritual Leader Unity Christ Church

Emilie Cady-excerpts from How I Used Truth

In the domain of Spirit there is neither time nor space. What is to be and already is must be spoken into visibility. Practice thinking and realizing Omnipresence, that is, practice realizing that all good that you desire is here now, all-present; it is not apart from you and its coming to you does not require time. There is no time or space.

There is not God and---a body.

There is not God and---circumstance.

There is not God and—any sort of trouble.

There is only God, through and through and through all things, in our body, in our seemingly empty purses, in all our circumstances, just waiting as invisible Spirit substance, for us to recognize and acknowledge Him, and Him only, in order to become visible. All else is a lie.

God is.

God is all.

God is manifest, because there is nothing else to manifest.

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,

Unity-Rebecca Clark-Breakthrough

Consciousness Conditioners

You live, move and have your existence in God, and you can act accordingly.

All shadows of ignorance, all false beliefs, all doubts and fears, all errors become forgotten incidents of bygone days when you hold to the light of Truth.

The real blocks to success are feelings of insecurity, inferiority, and unworthiness. Prayer can remove these blocks.

You are your own self-starter.

Tune out everything except God and you.

Make prayer a way of life.

Nothing in life is foreign to prayer.

The prayer life is a life of gratitude, made sacred by the intimacy of the soul with its Creator.

Prayer does not change God, but it does change your attitude toward Him.

Unity-I Am the Christ-Frank B. Whitney

I am that in you that lives;

I am that in you that moves;

I am that in you that shines;

I am the Christ.

I am that in you that's lovely;

I am that in you that's unafraid;

I am that in you that's enduring;

I am the Christ.

I am that in you that's divine;

I am that in you that's holy;

I am that in you that's God:

SUN
12TH
JULY

WELCOME

BACK

Home

10:30 A.M.

Unity Christ Church
33 N. Skinker Blvd

St. Louis, MO 63105

Our church is reopening, and we are resuming our Sunday Morning Service.

Safety precautions will be in place:

- *Social Distancing
- *Masks recommended
- *On-going Sanitation
- *Etc...



SO EXCITED TO FELLOWSHIP AGAIN

FOR INFO CONTACT (314) 727-6478 or
UnityChristSTL.org