

For practical understanding of Spirituality.

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

Using the Powers, One Month at a Time

August—Will

The ability to choose, decide, command, lead, determine.



Every day there are new reports in the headlines that remind us how very fragile the Earth and the Human Family can be.

The word crisis in the oriental interpretation means OPPORTUNITY.

There are countless opportunities for all of us to learn and grow into a greater level of conscious awareness of our Oneness with all of Life.

Think about what this crisis has done all around the world.

It has shown us that we are truly all ONE in this experience. There is not a person on the face of the Earth that has not been affected by this crisis.

It has brought communities closer together as we search for solutions to the new challenges we now face as a result of covid-19.

It has pushed hospital staff to work around the clock to meet the increasing needs of growing numbers of people who have become ill and died from this virus.

It has pushed teachers into discussions, finding new ways to provide education outside the classroom walls.

It has forced businesses to be creative in order to continue to earn profits and stay in the marketplace under restricted circumstances.

It has lead scientists and medical researchers to look into areas of treatment possibilities that have never been explored.

It has given all of us the opportunity to reflect on the meaning of life, asking ourselves what is really important? How can I enjoy my life and be in a crisis at the same time?

The list of good coming through this crisis is endless.

As much as we all wish that this pandemic had not become a reality in our experience, we know that only good is coming through as we embrace the new opportunities that present themselves every day.

We all grow more when we face difficulties than when all is going smoothly and when there is no crisis to manage.

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Affirmations

Health-Perfect life is flowing through every cell of my body. Radiant life energy fills me with vitality, strength, and power.

Prosperity-God’s wealth flows freely and abundantly in my life. All my needs are met. I rejoice and give thanks for plenty, plenty, plenty.

Wisdom-The wisdom and guidance I need to make right decisions, take right actions and walk in the way of Divine Order is flowing through me now. My mind is open to the inspiration of God. I listen and I follow the wisdom I receive.

UCC Affirmations for August 2020

Monthly

John 8:32

“And you will know the truth, and the truth will set you free. “

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Weekly

Open my eyes, that I may behold wondrous things out of your law.

(Psalm 119:18)

Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me.

(Revelation 3:20)

For nothing will be impossible with God.”

(Luke 1:37)

For the Lord gives wisdom; from his mouth come knowledge and understanding; (Proverbs 2:6)

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. (James 1:5)

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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Daily Word and Prayer

Every day hundreds of thousands of people from all walks of life read Daily Word magazine as they affirm and apply spiritual principles in their lives. Together, with the Silent Unity prayer ministry, a daily prayer group that extends throughout the world. For 125 years, [Silent Unity](#) has been a window into the hearts of people around the globe. In Spirit, we are one. May the *Daily Word* messages and [online prayers](#) lift you up, remind you of your divine nature, and open you to the presence and power of God within. Pick up your copy in our bookstore.



**UNITY WORLD
DAY OF PRAYER**
September 9–10, 2020



World Day of Prayer 2020: From Fear to Faith

On World Day of Prayer 2020, I affirm the truth of my Christ consciousness. I focus on the presence of God within myself. I feel this presence as peace, love, and growing understanding.

In doing so, I recognize that fear is the basis of so many human emotions. I allow myself to see fear for what it is—only one version of reality I can tell myself.

On World Day of
join our minds,
its together guided
tion:

**Standing in truth,
I move from fear to faith.**

Prayer 2020, we
hearts, and spir-
by the affirma-

(continued from Minister's Message, page 1)

Take time to remind yourself today that God is All and God is with us in every experience we have in life. God is the only Source of all that is and is my source of supply. Whatever I need, whenever I need it, for as long as I need it, God will provide.

An immunization.

A healing.

A new job.

An economic recovery.

A continuing of educating our children.

A strength to do all that I need to do today.

God is well able to provide for all of the people in the Earth.

I am no exception.

Ask for what you need. Ask for what your loved ones need. Ask for what the world needs, and it shall be established unto you.

Join me today in asking for wisdom and guidance to meet all the opportunities that I have in my life and in my world.

Affirm that crisis as opportunity is my opportunity to expand into a greater experience of Oneness with God.

Abide in Peace,

Rev. Leslie Venable

Unity Reading

Unity Guide to Healing “Declare daily that your spiritual life and world, your mental life and world, your physical life and world are unified and that you are expressing harmoniously the ideas of the Christ Mind on these three planes.

Know that your everyday physical life can and should be inspired and happy and purposeful not strained and tense, and that it is never necessary to do that which is harmful or weakening to any of the functions or organs in accomplishing what is right.



A Practical Guide to Experiencing the Sacred in Daily Life

Spiritual practices can rejuvenate you, helping you find your center—the inner place of peace and stability from which you can weather life’s storms.

[Nurture Your Divine Spirit: Spiritual Tools and Practices](#), the newest Unity booklet, provides simple, down-to-earth steps to focus your spiritual development.

Unity ministers guide you toward new routines and habits or enhance those you already have. They share how they personally use:

- Affirmations and denials
- Creative work
- Forgiveness
- Journaling
- Meditation and the Silence
- Prayer
- Sabbath
- Self-care
- Self-reflection
- Social action
- Visioning



This new booklet will show you how to make these practices your own, helping you create sacred experiences in everyday life. You’ll learn to become more aware of your oneness with God, fostering clarity, wholeness, and gratitude.

No matter where you are on your journey, this booklet will inspire you and nourish your soul. Request *Nurture Your Divine Spirit: Spiritual Tools and Practices* today at unity.org/publications/resource-materials or call 816-969-2069.