

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.



Freedom. A time for glorious celebration returns this 4th of July. Fireworks, picnics, social gatherings with family and friends. It is great to move back into more interactions with others after such a long time being socially distanced this past year.

This is a time to celebrate as we reach out further and farther to embody our own freedom within.

Martin Luther King Jr. spoke such beautiful words in his I have a dream speech.

Let freedom ring! All around the world, every man, woman and child, be free and stay free.

As we continue to grow Spiritually both individually and collectively as a World, we are challenged with the vision of freedom and the way to remain in a state of mind that abides in our freedom.

It has been said-**Freedom ISN'T FREE.**

Is that true?

I think freedom costs us something. There is no thing in life that is given to us without some type of giving forth and freedom is not without an effort of giving on our part.

The way to be free and stay free is to recognize that freedom or bondage is always a result of what we hold in our own mind as thoughts and beliefs.

To be free in mind, body, and conditions we must want freedom to be expressed in our lives in ways that are positive and productive. We must give our time and attention to freedom as our Divine Right and use it to bless ourselves and other people if we are to have a freedom that blesses us.

We all know we can use our God-given power of choice to experience freedom as well as bondage.

How am I using my freedom today?

Do I choose thoughts that keep my mind free from error thinking that is limited, weak, sick, or impoverished?

Do I choose thoughts that allow myself to move easily in my work, my relationships with others and my community?

Do I choose thoughts that offer freedom to those people who are different than I am?

Do I choose thoughts that express gratitude, love, and peace?

Take this opportunity to celebrate the freedom you have and enjoy today. Use your power of choice to expand in freedoms that bless you and your world. Release all the old forms of thinking and belief that stand in your way of a free, happy and joyous life.

Celebrate your freedom. Shout it from the rooftops. Let Freedom Ring in me!

God Bless, Rev. Leslie Venable

UCC Affirmations for July 2021

While I am in the world, I am the light of the world.

John 9:5

Week 1

You, LORD, keep my lamp burning; my God turns my darkness into light.

Psalm 18:28

Week 2

Your word is a lamp for my feet, a light on my path.

Psalm 119:105

Week 3

When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

John 8:12

Week 4

The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid?

Psalm 27:1

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 Inspiration From Unity

July/August 2021 issue is now available in our bookstore.

Each bi-monthly issue includes daily affirmative messages, feature articles and spiritual poetry. These books are written to support people of all beliefs.

Thoughts From The Heart

I have been contemplating the Idea that, "God is Standing under everything in the Universe". As this Idea of God being the foundation of everyone and everything unfolds within me, I become keenly aware of The Presence within my being that accompanies me at all times. It guides my way; directs my thoughts and expresses Its Essence in me, through me and as me as I travel through this life. I allow It to embrace me and I willingly become an Instrument of blessing to everyone and every situation that interacts with me. I AM truly amazed and awed, as I realize my Understanding has been quickened from within and I AM expressing the True Wisdom of God--And I begin to Know that I Know.

As I think about this Idea of the Understanding of God, I begin to remember the evolution in my consciousness that has brought me to this place. I begin to know and accept that I have been Truly blessed and transformed. I remember when I first discovered Truth Teachings and how excited I was, as I enthusiastically devoured every bit of information I could get my hands on. Of course my Intellect was quite excited, because it truly enjoyed acquiring as much knowledge as it could possibly apprehend. However, as time went on, and I continued to meditate and affirm and deny something quite interesting began to happen within my being. It was as if I was being fed Ideas from within and I seemed to understand Ideas and principles that I had never before been able to comprehend.

Of course, I always thought that I was kind of smart, but this was something different, something more, something ethereal that was intensely flowing through my heart. Of course you all know I was led to investigate what this change in me could possibly be and yes, I was led to Charles Fillmore, Co-founder of Unity. Mr. Fillmore in the *Revealing Word* in speaking on this subject of Understanding states that, "God is Supreme Knowing" and Is "That in man which comprehends.... it knows and comprehends in wisdom. Its comparisons are not made in the realm of form, but in the realm of ideas. It knows how to accomplish things. Spiritual discernment reveals that knowledge and intelligence are auxiliary to understanding". Oh how, Amazing! So, perhaps this is why I would read so feverously and devoured every bit of spiritual information that came to me? Perhaps this also explains why my understanding appeared to open up and function almost miraculously.

Mr. Fillmore goes on to further state that, "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." I have found that this is quite true and I have learned by experience to choose the former method, what about you?

Mr. Fillmore admits that, "Intellectual understanding of Truth is a tremendous step in advance of sense consciousness, and its possession brings a temptation to use for selfish ends the wisdom and power thereby revealed". So, it seems that as we develop our Spiritual faculties we should practice vigilance and use our understanding in a way that honors all, and contributes to the prosperity of all mankind.

In concluding, Mr. Fillmore states that, "Spiritual Understanding is the quickening of the Spirit within. Spiritual understanding is the ability of the mind to apprehend and realize the laws of thought and the relation of ideas one to another". So it appears that as our Understanding is awakened by that Spirit Within we begin to comprehend the Law of Mind action and understand how ideas are interrelated and work together.

So as we continue on our Spiritual journey, let us continue to know that our ultimate goal is to be One with God. Let us allow that Spirit Within to quicken our Understanding, so that we always choose to express with the Wisdom of God. Let us Truly Know, Experience and Understand that God Is Standing Under everyone and everything.

Let Us Daily Affirm:

*"My Understanding is Quickened by the Spirit Within
and I Am Now Expressing the Wisdom of God"*

Blessings as You Spiritually Unfold,

Juankee J. McKinney

Affirmations

Prosperity- God's wealth flows freely in my life. I am always increasing and multiplying in every way, every day.

Health- I AM the radiant life of God, I AM, I AM, I AM.

Wisdom- Divine ideas fill my mind and prosper me. The Light of wisdom continuously shines on all my pathways.

World Peace- Peace Be Still and know I AM God. The peace of God now radiates out from within me and into all the world bringing healing and restoration.

Understanding

By Rev. Evin Wilkins

Understanding. Seems so simple.

For instance, I either understand that $2+2=4$ or I don't. We understand the sky is blue and that we need oxygen to survive. Right? Yes and no.

While this makes sense in the physical world, it may not always be so cut-and-dried in the spiritual realm.

Understanding sometimes requires us to have faith and know that our highest good is unfolding, despite what we may experience with our [physical senses](#). It's trusting the light will once again be found, even in what may appear to be the darkest of tunnels.

Growing up, I remember hearing the infamous words, "Life isn't meant to be fair." As an adult, I realize that statement isn't at all accurate. Life is, instead, more of an understanding. It is more of a knowing that all is unfolding for our highest good.

My first career often left me drained. Working a corporate job had me staring at my cubicle walls, wondering how quickly the day would end. I'd stare out the window wishing I were somewhere, anywhere, other than there.

Read More Here: <https://www.unity.org/resources/articles/understanding>

Unity Readings

How I Used Truth-Emilie Cady

“There were, in the person of Jesus, two distinct regions. There was the fleshly, mortal part that was Jesus, the son of man; then there was the central, living, real part that was Spirit, the Son of God—that was the Christ, the Anointed. So each one of us has two regions of being—one the fleshly, mortal part, which is always feeling its weakness and insufficiency in all things, always saying, “I can’t.” Then at the very center of our being there is a something that, in our highest moments, knows itself more than conqueror over all things; it always says, “I can, and I will.” It is the Christ child, the Son of God, the Anointed in us.

“Call no man your father on earth,” said Jesus, “for one is your Father, even he who is in heaven.”

He who created us did not make us and set us apart from Himself, as a workman makes a table or a chair and puts it away as something completed and only to be returned to the maker when it needs repairing. Not at all, God not only created us in the beginning, but He is the very fountain of life ever abiding within us. From this fountain constantly springs new life to recreate these mortal bodies. He is the ever abiding intelligence that fills and renews our mind. His creatures would not exist a moment were He to be, or could He be, separated from them.

Let us suppose that a beautiful fountain is supplied from some hidden but inexhaustible source. At its center it is full of strong, vigorous life, bubbling up continually with great activity, but at the outer edge the water is so nearly motionless as to have become impure and covered with scum. This exactly represents man. He is composed of a substance infinitely more subtle, more real than water.

Man is the offspring, or the springing forth into visibility, of God the Father. At the center he is pure Spirit, made in the image and likeness of the Father, substance of the Father, one with the Father, fed and renewed continually from the inexhaustible good, which is the Father.

At the outer edge, where stagnation has taken place, there is not much that looks Godlike in any way. We get our eyes fixed on the circumference, or external of our being. We lose consciousness of the indwelling, ever active, unchanging God at the center, and we see ourselves sick, weak, and in every way miserable. It is not until we learn to live at the center and to know that we have power to radiate from that center this unceasing, abundant life, that we are well and strong.”

UNITY CHRIST CHURCH

Weekly SCHEDULE

CONNECT CARD

MON *A COURSE IN MIRACLES (ACIM) - 6:30 PM
(CONFERENCE CALL)

WED *WORDS OF WISDOM (W.O.W) BOOK DISCUSSION -
10:30 AM - 11:30 AM (CHURCH LOBBY)

THUR *PRAYER & MEDITATION - 10:30 AM
(CONFERENCE CALL)

SUN * PRAYER & MEDITATION - 9:45 AM
* SUNDAY SERVICE - 10:30 AM

Conference Call Number:
978-990-5000
Access Code: 576033#

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