

## The Power of Understanding: Restoring Hope and Right Action in Troubling Times

"Happy is the one who finds wisdom and the one who gets understanding, for the gain from it is better than silver and its profit better than gold." ~ *Proverbs 3:13-14*

"Divine Understanding is the perceiving power of the mind...spiritual understanding gives clear insight into everything. It remolds the mentality and inspires the will to direct, to act and to control." ~ Cora Fillmore

To my friends on the spiritual journey,

On March 29, Good Friday, 2024, my whole life turned upside down and inside out in a matter of maybe two minutes. I tell you this because life can be like that sometimes; I didn't recognize it anymore.

I crashed to the floor in my home and was totally unable to move my left side. I silently asked myself, "am I dying?" Fortunately, I discovered in the next 48 hours in the emergency room that I was not actually dying but that a part of my brain had. My life as I knew it disappeared. Hope did not.

Since that "event", I've had to drill deeper in practicing the spiritual tools that Unity, spiritual studies and life's challenges have taught me.

Unity's co-founder, Myrtle Fillmore came to understand the healing power of radical forgiveness when tuberculosis slowed her life to a standstill, and she said "goodbye" to life as she had been doing it. She began a dedicated spiritual search, took a hard look at herself and practiced speaking words of love and appreciation to every cell and atom of her being. She looked death in the eye and said, "I've got more hope than that."


Following suit, I began to ask my body to forgive me for not taking my blood-pressure medicine consistently. I now practice speaking appreciative words to my body. I also decided to feed my mind with affirmations—even wrote them down to say as part of my prayer time.

I do believe that the Divine speaks to us all the time—especially in the challenges. I've asked in quiet moments what God wanted me to understand about this experience. I've had some answers and know more will be revealed. That's the promise of spiritual practice. We become more sensitive to divine guidance. You can, I believe, converse with the Spirit of God everywhere present and in you.

It's a narrow gate as Jesus and other masters have said.

*Continued on Page 4*

# July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 4:30pm TOPS 5pm ACA	<b>2</b> 10am Circle of Prayer 10:30am A Course of Love 10:30am AA	<b>3</b> 10:00am SW Vly Enlightenment Ctr Metaphysical	<b>4</b> Office Closed  10:30am AA 6pm OA	<b>5</b>	<b>6</b> 10:30am Women's Group
<b>7</b> 10:30am <i>Pursuit of Happiness</i> Rev Billie Martini 11:45 Fellowship 12:30 Prayer Chaplain Mtg	<b>8</b> 4:30pm TOPS 5pm ACA	<b>9</b> 10am Circle of Prayer 10:30am A Course of Love 10:30am AA 5pm Healing Hands	<b>10</b>	<b>11</b> 10:30am AA 1pm <i>Centering Prayer</i> facilitated by Rev Billie 3pm Men's Connections 6pm OA	<b>12</b>	<b>13</b>
<b>14</b> 10:30am <i>The Power of Understanding: Why It's Priceless</i> Rev Sharon Connors 11:45am Fellowship Noon <i>Affirmative Prayer Class</i> with Rev Sharon	<b>15</b> 4:30pm TOPS 5pm ACA	<b>16</b> 10am Circle of Prayer 10:30am A Course of Love 10:30am AA	<b>17</b> 10:00am SW Vly Enlightenment Ctr Metaphysical	<b>18</b> 9am Men's Group Breakfast 10:30am AA 1pm <i>Centering Prayer</i> facilitated by Rev Billie 6pm OA	<b>19</b>	<b>20</b> 10-1pm Choir Rehearsal
<b>21</b> 10:30am <i>Understanding the Mystery of Life</i> Rev Billie Martini 11:45 Fellowship	<b>22</b> 4:30pm TOPS 5pm ACA	<b>23</b> 10am Circle of Prayer 10:30am A Course of Love 10:30am AA 5pm Healing Hands	<b>24</b>	<b>25</b> 10:30am AA 1pm <i>Centering Prayer</i> facilitated by Rev Billie 6pm OA	<b>26</b>	<b>27</b>
<b>28</b> 10:30am <i>The Practice of Understanding: Progress Not Perfection</i> Rev Sharon Connors 11:45am Fellowship Noon Board Meeting	<b>29</b> 4:30pm TOPS 5pm ACA	<b>30</b> 10am Circle of Prayer 10:30am A Course of Love 10:30am AA	<b>31</b> 6:00pm 12-Power Sound Healing Meditation			

## July Birthdays

1—Cathy Filippone  
1—Billie Shawl  
2—Kathleen Renner  
6—Betsy Timmerman

16—Stan Shawl  
24—Marilyn Moore  
25—Marilyn Michaelson  
28—Bette Ryan

### Mission Statement:

To teach and demonstrate principles that inspire people to live their greatest life through discovering Spirit within.

### Vision Statement:

Advance spiritual growth in our community and our world by expressing love for all, acceptance of all and service to all.

"When you pray go to your private room and, when you have shut the door, pray to your Father who is in that secret place, and your Father who sees all that is done in secret will reward you." *Matthew 6:6*

### Centering Prayer with Rev Billie Martini

**July 11, 18 & 25—Thursdays from 1 to 2:30pm**

Centering Prayer is a method of silent prayer that prepares us to receive the gift of contemplative prayer, that is prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than choosing, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship. It consists of responding to the Spirit of Christ by consenting to God's presence and action within.

Centering Prayer is Rev Billie's personal meditation practice. This class is for you if you'd like to deepen your connection with God. You will learn the benefits of meditation and the ease and grace of this prayer practice. Suggested Reading – *Open Mind, Open Heart* by Thomas Keating.

### Affirmative Prayer: Believing Is Seeing July 14 at Noon With Rev Sharon Connors

Affirmative Prayer is Unity's contribution to transformative spiritual practice. It is based on the belief in an All-Good, Dynamic, All-Powerful, All-Wise, Infinitely Creative and Abundant Divine Presence that is everywhere present in the Universe and indwells each person at the cellular level. It is a positive statement of truth that you desire to manifest based on some aspect of the Divine. It declares the power of God expressing in some specific way in you, in your life, in others, or in the world.

Learn more with Rev Sharon after our July 14th Celebration Service. Be sure to preregister... Her June 23rd filled to capacity! As before, you can also participate via Zoom with Meeting ID 577 896 8885.

### Guided 12-Power Sound Healing Meditation Wednesday July 31<sup>st</sup> at 6:00pm

A powerful, deep meditation in our sanctuary. Whether you are a newcomer to meditation or experienced, this will be an opportunity to practice various meditation traditions and the blessings of group meditation. *Love Offering*

### A Course of Love Goes Beyond A Course in Miracles Tuesdays @ 10:30am Meets in the Fillmore Classroom



Join us Sunday, July 7th at 10:30am to honor the freedoms our ancestors fought for. Salute these freedoms with rousing patriotic music from our Music Team and an inspirational message from Rev Billie. Then top it all off with a fun indoor picnic during the Fellowship Hour.

### Power of the Month: Understanding

"Divine Understanding can generate the ability to see through circumstances to the Truth at the core. Divine Understanding focuses you on the solution and off the problem.

"Divine Understanding vibrates gold and is centered in the frontal lobe of the brain, the center of dopamine-sensitive neurons. It gives us the ability to project the future consequences of what we are about to say or do." *Adventures in Resilience* ~ Rev Sharon Connors

### Volunteer of the Month Jo Kennedy

Jo started coming to Unity Church of Sun City as soon as she moved here from Chicago in May 2005, and became a member the next year. She has served in so many roles over the past 19 years, including being one of our original prayer chaplains when the program was first set up by Rev Sharon Bush, singing in the choir, managing the bookstore, playing a part in our Christmas pageants, leading the Unity Singles Club, taking turns handling hospitality from the kitchen, serving on the board as both secretary and treasurer, co-chairing the Arts & Crafts Faire, and is currently managing the team that accounts for and deposits weekly donations. Plus, of course, is always willing to help out whenever she sees a need.

Continued from Page 1

I've found, as maybe you have, that life has a way of delivering circumstances that invite spiritual growth—go deeper, wider, higher into our divine nature and expression of it. Reflect for a moment on your own life and, perhaps, the experiences that have grown and changed you—or, God forbid, maybe embittered you. What do you see about them?

What do you see as you consider your journey as of today? What do you want to see? I am seeing once again that it works if I work it and it doesn't if I don't. My rewiring project depends on discipline, dedication and patience. After all, it's progress not instant perfection.

Spiritual understanding really is more precious than all the money in the world and what it can buy. Join me for this month's spiritual exploration of why it's more precious than gold. To understand is to make wise choices and take right action (divinely guided).

With great love,

Rev. Sharon

### **Women's Group Rising Saturday, July 6th at 10:30am**

Come have fun and paint! We will use the pointillism technique as developed by George Seurat. Pointillism is defined as painting small, distinct dots of color, which are applied in patterns to form an image. All materials will be supplied along with ideas for subject matter.

Bring a salad or dessert to share at the potluck lunch following the workshop. Signup sheets are in the lobby and the bookstore.

### **Men's Group Connections — Thursday, July 11<sup>th</sup> @ 3pm**

The men's group has added a second monthly get-together titled "Connections," which will be held in the Ken Haynes Memorial Library on the first Thursday of every month from 3 to 5pm. Because Independence Day falls on the first Thursday in July, you will meet July 11th, kicking off with introductions, meeting guidelines, and Q&A.

### **Men's Group Breakfast — Thursday, July 18<sup>th</sup> at 9am**

On July 18th the group will meet at Bobby's Café, 15472 N 99th Avenue in Sun City. That's in the strip mall at the northwest corner of 103rd & 99th Avenues.

All men are invited to join in... and bring a friend to introduce him to Unity. Sign up in the sanctuary lobby or bookstore. Contact Ken Weidner with questions: [KWeidner2000@yahoo.com](mailto:KWeidner2000@yahoo.com).

### **West Valley Metaphysical Studies Group**

The Arizona Enlightenment Center's West Valley Metaphysical Studies Group meets in our Activity Center at 10:00 on the first and third Wednesday mornings of every month, and we are all invited to attend. \$5 *Love Offering*.

Watch for more information in your weekly Announcements.

  
**unity**<sup>®</sup>  
Spiritual Center

**We're on the Web at  
[www.unitysc.org](http://www.unitysc.org)**

#### **Ministers**

Rev. Sharon Connors, Sr. Minister  
Rev. Lei Lanni Burt, Assoc Minister  
Rev. Billie Martini, Assoc. Minister

#### **Licensed Unity Teachers**

Linda Cogdill, LUT  
Sandy Walker, LUT

#### **Center Administrator**

Cathy Collins

#### **Music Team Leadership**

Mollie Kidari, Director  
Cathy Mannino, Assistant Director  
Melvin Johnson, Choir Director

#### **Board of Trustees**

Mack Essary, President  
Barbara Layton, Vice President  
Eileen Barber, Secretary  
Doug Krause, Treasurer  
Darlene Hubard  
Laura Kostyo  
LaVonne Rasmusson

10101 West Coggins Drive  
Sun City Arizona 85351

623-974-6443

Office Hours:

Tuesday through Thursday  
8:30am to 5pm

 Find us on  
**Facebook**



[https://www.facebook.com/  
UnitySCAZ/](https://www.facebook.com/UnitySCAZ/)