



July 2026

True Freedom: The Power of Tested Understanding

Power of the Month -- Divine Understanding

“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.” — *Christ Enthroned in Man*, by Cora Fillmore

Divine Understanding is our capacity to see beyond circumstances to the spiritual truth in the midst of the circumstances. Understanding is more than learning spiritual principles. It empowers applying spiritual principles in the circumstances of our lives. It supports taking right action.

The disciple Thomas represents divine understanding. Remember that he's the one who wanted proof of the risen Christ? When we understand spiritual law and how it works and then apply it in our circumstances, we will get proof of the pudding, so to speak.

Divine understanding is a golden vibration.

“Trust in the Lord with all your heart and do not rely on your own insight. In all your ways acknowledge him and he will make your ways straight.” Proverbs 3: 5-6

Dear Partners on the Path,

I’ve always noticed doors wherever I’ve traveled. Go through my photo albums or even the photos on my phone and you’ll find photos of doors and doorways. In fact, on my refrigerator, I keep a photo of a doorway to one of the magnificent Egyptian temples in Luxor. It is bathed in golden light, the vibration of divine understanding. Twenty-five-meter (82ft) obelisks welcome you into the history of the lives of the people as told in hieroglyphics on each of the massive columns. To me, the temples of Egypt acknowledge the marvels of human creativity and honoring of all of the colors of life.

My fridge also displays a photo of an open doorway atop the Greek island of Santorini. The view looks out to the Mediterranean Sea with a cruise ship afloat in the distance. Then there is the photo of a narrow doorway into a marketplace in Cairo with people milling around at the fruit, vegetable and trinket stands.

Doors and doorways are metaphors for possibilities; for invitations; for reflecting on desires and what matters. This is true of spiritual understanding as well. It is a door and a doorway to seeing through the visible to the invisible.

I think often of the doors I’ve opened and those I have not; of doorways that I’ve dared to walk through and those I have not – and what invisible beliefs motivated me. Fortunately, the doors I’ve walked through, while testing my faith in God and myself, have brought a greater sense of freedom – to create, to be bold, to be present, to keep growing and expanding myself and my life.

Spiritual understanding is a doorway to freedom from fear and its many disguises. It is a doorway to peace in the midst of difficulties, delays, disappointments and external chaos. The disciple Thomas represents spiritual understanding. His earned nickname is “doubting Thomas”. He refused to believe that Jesus had risen – until he saw him in person. In other words, until he personally experienced the risen Jesus. When he did, he got it. Jesus invited him to touch his wounds. Spiritual understanding is developed through life’s tests. It grows through learning to see through the circumstance to a spiritual principle that empowers an enlightened response. It grows through trusting God in you when you stand in the unknown or in a dark place because you have come to believe that what God has done, God can and will do in this too.

The location of the spiritual power of understanding is in the frontal lobe of the brain, the center of most of the dopamine-sensitive neurons. The frontal cortex governs actions of all kinds, including speech and emotions. It gives you the ability to “see” the consequences of what you are about to say or do. It governs your capacity to choose what truly gives you life. When you do that your dopamine-sensitive neurons say “yippee” and expand themselves for more joy – more freedom.

This month is an opportune time to reflect on the doors you have and have not opened, the doorways you’ve walked through or chosen not to. In your reflections, consider what beliefs, emotions or perceptions motivated you one way or the other. Reflect on how being tested in life impacted you and your faith in the God within you and everywhere present. Consider how spiritual principles undergird your choices and ways of being today as a result of being tested and passed the test with flying colors. Has your tested understanding grown an optimistic, positive, “wisened” mindset?

Historically considered the wisest of wise, Solomon, when offered anything he desired, asked God for an understanding heart. Solomon saw through experience how God worked wonders in his father’s life. Seeing this, he humbly asked that God guide his decisions from an understanding heart. That request commanded all the powers of heaven to bless Solomon. And, when you seek God’s guidance from an understanding heart, God will do the same for you.

Always Loving You,

Rev. Sharon

P.S. For a more detailed description of the spiritual power of understanding, read *Adventures in Resilience*.

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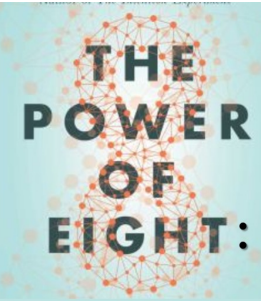
True Freedom: The Power of Tested Understanding

Sun	Mon	Tue	Wed	Thu	Fri	Sat
July Birthdays 1—Cathy Filippone 1—Billie Shawl 6—Betsy Timmerman 16—Stan Shawl 22—Melvin Johnson 24—Marillyn Moore 25—Marilyn Michaelson 28—Bette Ryan			1 10am SW Vly Enlightenment Metaphysical Grp	2 10:30am AA 10:30 Practicing the Presence book study with Rev Robert Test 6pm OA	3  10:30am Women's Group Rising	4
5 10:30am <i>Standing for Freedom</i> Rev Billie Martini Birthday/Anniversary Sunday 11:45 Independence Day Fellowship	6 4:30pm TOPS 5pm ACA	7 10:30am A Course Of Love 10:30am AA 5pm Healing Hands	8	9 10:30am AA 10:30 Practicing the Presence book study with Rev Robert Test 6pm OA	10	11
12 10:30am <i>The Power of 8: Group High Watch - When two or more gather</i> Cerise Patron 11:45am Fellowship Noon Town Hall Meeting	13 4:30pm TOPS 5pm ACA	14 10:30am A Course Of Love 10:30am AA	15 10am SW Vly Enlightenment Metaphysical Grp	16 9am Men's Breakfast 10:30am AA 10:30 Practicing the Presence book study with Rev Robert Test 6pm OA	17	18 10am Choir Practice
19 10:30am <i>Carry Your Own Water!</i> Rev Jimmie Scott 11:45am Fellowship Noon Line Dancing Lessons	20 4:30pm TOPS 5pm ACA	21 10:30am A Course Of Love 10:30am AA 5pm Healing Hands	22 1-3pm The Soul of Money Book Study with Rev Sharon	23 10:30am AA 10:30 Practicing the Presence book study with Rev Robert Test 6pm OA	24	25
26 10:30am <i>The Power of Understanding, The Key to Freedom's Door</i> Rev Charli Tupper 11:45 Fellowship Noon Board Meeting	27 4:30pm TOPS 5pm ACA	28 10:30am A Course Of Love 10:30am AA	29 1-3pm The Soul of Money Book Study with Rev Sharon 4pm Wellness Drum Circle	30 10:30am AA 10:30 Practicing the Presence book study with Rev Robert Test 6pm OA	31	

Join Us Sundays In July For Lessons In
Spiritual Growth, Followed by Fellowship...



**Standing in
Freedom**
Rev Billie Martini
July 5th @ 10:30am



**THE
POWER
OF
EIGHT:** Group High
Watch...
When Two
or More
Gather...
Cerise Patron
July 12th at 10:30am

Carry Your Own Water
Rev Jimmie Scott
July 19th @ 10:30am



*The Power of
Understanding,
The Key to
Freedom's Door*
Rev Charli Tupper
July 26th @ 10:30am

July Studies, Discussions & Events

Women's Group Rising
Saturday, July 4th @ 10:30

Bring a Friend!



**Board Games with
Kate Valentin & Pam Olund**

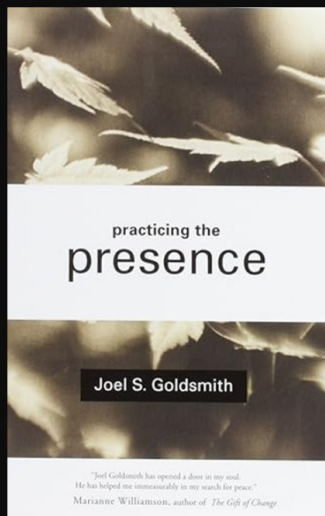
July 12th After Service

TOWN HALL MEETING In Activity Center

July 12th During Fellowship!



Interested in the State of our Ministry? Have questions? Be sure to join us next Sunday during Fellowship Hour for this quarter's Town Hall Meeting. We invite you to also bring a special dish to share during next Sunday's Town Hall Potluck.



Experience Living with a greater awareness of God's presence in everyday life! Led by Rev Robert Test. Continues Thursdays in July from 10:30-Noon

We will continue to explore **Practicing the Presence by Joel S. Goldsmith**—a timeless guide to realizing the Divine within and around us—throughout the month of July. This weekly book study meets each Thursday at 10:30 a.m. for 1.5 hours. Facilitated by Rev. Robert Test, the group offers a welcoming space for reflection, discussion, and

spiritual growth. Together, you will read and explore Goldsmith's teachings, allowing their deeper meaning to unfold through shared insight. This is an invitation into experience, learning to live with a greater awareness of God's presence in everyday life. **Plan to join us Thursdays at 10:30!**

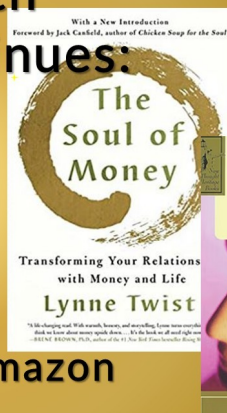
Conversation with Rev Sharon continues:

Wednesdays
July 22nd & 29th

1:00-2:30

Sign Up Today!

Books available on Amazon



Sign up for the continuation of Rev. Sharon's exploration of Genevieve Behrend's book, *Your Invisible Power*, which is foundational to Lynne Twist's book, *The Soul of Money*. We're discussing both books on July 22nd and 29th at 1pm. This is a great opportunity to look deeply at your beliefs and new possibilities for new freedoms and a new relationship with abundance. Both books are available at Amazon or your favorite bookseller. Think: "Your Invisible Power" to create Heaven Now!

Arizona Enlightenment Center Southwest Valley Metaphysical Group



Our Soul's Earth Adventure Thru Time

Join us on July 1st if you have ever wondered:

- Why am I so connected or rejected by someone in particular?
- Did I do something so horrible in another life that makes me struggle with this one?
- Why do certain places feel familiar to me?
- Why am I drawn to certain cultures or countries



We Are The Ones We Have Been Waiting For

Alisa Fierro welcomes you to a morning of inspiration as we discuss our personal experiences and connections with spirit guides and celestial beings. She brings with her a new friend to the group. Introducing Alston Jordan, a fellow truth seeker from New York. He will share his personal spiritual awakening for the first time in a group setting. This uplifting gathering features an engaging, interactive exercise specifically designed to spark fresh energy and guide you toward a new direction in life to remember that, "We Are The Ones We Have Been Waiting For."



Energy Healers Meet in July Tuesday Evenings: July 7th & 21st

Our Energy Healing Team meets on the first and third Tuesdays of every month to support physical healing in our congregation. If you have a healing need, please fill out a Physical Healing Request Form, which you'll find by the prayer request cards next to all four of our prayer chests throughout the church campus. Be sure to return your completed form to the office no later than the Tuesday morning on which the Healing Team meets.

You won't need to come to the church or anywhere else on that Tuesday. The Healing Team works remotely to send Healing Energy, frequently with reports of miraculous healing.

If you request healing, we encourage you to be at home at 5:00pm. Place yourself in a relaxed position with an open and receptive state of mind to allow the healing to fully manifest. Gratitude always supports the flow of grace.

Register in Church Lobby

Men's Breakfast

July 16th @ 9AM

JiMichael's Diner

13039 N 103rd Ave, Sun City

**MEN'S
GROUP**

*Unity Spiritual Center Open Heart
Drum Circle*

July 29th 4-5:15pm

Beginners Welcome!

Suggested Love Offering: Only \$10

Drum to the beat of our hearts and rhythms of our
souls as we celebrate community through group hand
drumming!

Led by DC Facilitator, Krista Loetscher

Dive into an exhilarating, nurturing rhythmic journey in a welcoming, judgment-free zone with the COMMUNITY OPEN HEART DRUM CIRCLE facilitated by Krista from By the Sound of It!

Both beginners and seasoned participants alike will find their unique groove using a variety of instruments and techniques. Join us to drum the beat of our hearts and rhythms of our soul sending love and gratitude out to all! Experience stress relief, relaxation, community connection, increased energy, JOY and FUN during this wellness-based group drumming event. Feel the incredible power of intentional drumming for your own mind, body, and spiritual wellness—no experience required. Beginners welcome! BRING A DRUM IF YOU HAVE ONE, OR USE ONE OF OURS! We can't wait to drum with you!

We are honored to offer Krista's Drum Circles on the last Wednesday of every month. We begin promptly at 4pm and end around 5:15. Love offering has been reduced to only \$10.

Line Dancing Lessons/Practice During Fellowship



July 19th Electric Slide

Like to dance but struggle to keep up with the steps? Join us for **Dance Dance Sunday!** Kate Okrongly will break down one popular line dance per session so you can learn the steps with confidence. Geared for beginners and open to all, join us on the 3rd Sunday of every month through November at 12:45 PM in the Activity Center. This month, **on July 19th, we will learn *The Electric Slide*.**

Dance Dance Sunday Schedule

July 19th ... Electric Slide

August 16th ... Boot Scootin' Boogie

September 20th ... The Chicken Dance (Los Pajaritos)

October 18th ... The Cha Cha Slide

November 15th ... Review of all four dances

December ... All set to dance at the Gala!

A Course of Love



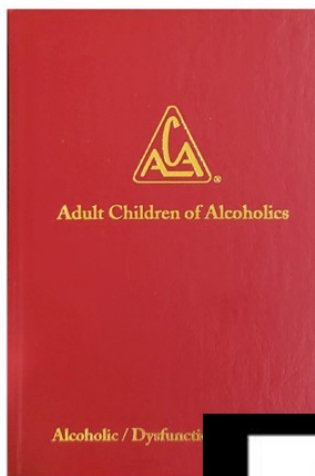
COMBINED VOLUME

THE COURSE
THE TREATISES
THE DIALOGUES
Including Dialogue Unveiled

Mari Perron, First Receiver
Second Edition

Tuesdays at 10:30
In the Fillmore Classroom
in the office building on
the west side of this
campus, which is furthest
away from 101st Avenue.

Our A Course of Love group meets Tuesday mornings at 10:30 in the Fillmore Classroom and invites you to join them. Any questions? Contact Darlene Hubbard at 480-454-6339.



Unity Spiritual Center hosts four 12-step programs every week: Closed AA meetings on Tuesday and Thursday mornings at 10:30; Overeaters' Anonymous on Thursdays at 6pm; and ACA on Mondays at 5pm. Also, TOPS Weight Loss Support Group meets here Mondays at 4:30 pm.

Volunteer of the Month



Have you ever been blessed with a hug from Elaine Burdt? If yes, then you know what a welcoming presence she is... She was one of the very first to volunteer to be a weekday receptionist for the office, where she greets visitors with her beaming presence. (A great way to meet the rest of our congregation and get to know your church better, BTW.) Thank you, Elaine, for always being so ready to help out

Outreach

Unity Spiritual Center's Outreach Team has expressed heartfelt gratitude from the team and the local agencies they work with for the generosity of our congregation. They have put together the following list of needs to help out the homeless population in our community and to help support Justa Center, which helps the homeless in downtown Phoenix.

Current Needs Identified By Our Outreach Team

For homeless in our community:

Toiletries	T-Shirts
Sunscreen	Towels
Umbrellas	Pillows
Any Type Bags with Handles	Blankets
Laundry Detergent (preferably pods)	Socks
Feminine Products	Water!!!
Clothes: All clothing is appreciated T-Shirts are needed	
Food: Individually wrapped food items, pop top canned goods – nothing outdated	

Needed at Justa Center (helps the homeless in downtown Phoenix)

Ground Coffee	Creamer/Sugar
Paper Products	Cleaning Products

DONATIONS CAN BE GIVEN TO OUTREACH VOLUNTEERS (AMY VAVRA, BETSY DREYFUS, NORMA DICKSON) OR DEPOSITED IN THE BLACK BUCKETS BY THE ACTIVITY CENTER STAGE.

Our Board of Trustees



Paul Martodam, Alternate; Cathy Filippone;
Darlene Hubbard; Barb Layton, Secretary

Rev Sharon Connors; Mackey Essary, President;
Alan Fields, Vice President; Stan Shawl, Treasurer

Our Mission

A spiritual campus dedicated to teaching and demonstrating principles that inspire people to live their greatest life through discovering Spirit within.

Unity Spiritual Center
10101 West Coggins Drive
Sun City Arizona 85351
623-974-6443

Contact Us Via Email

