

Dear Friend

Thank you for downloading this welcome pack. Wherever you are on your spiritual journey, you are welcome here.



About Unity

Unity is a sacred community of like-minded people, celebrating our human uniqueness and spiritual oneness with God through prayer, song, meetings and meditation. We offer practical, spiritual teachings that empower abundant and meaningful living.

In this pdf you will find details of our prayer line, devotional Daily Word, as well as Unity ideas and tools to help you day to day.

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Questions

If you have any questions, please contact us by telephone on 01628 628915 and we will be happy to answer them for you.

Prayer Support

confidential prayer support, do call us on the Silent Unity Prayer Line – 01628 628916.

You are welcome

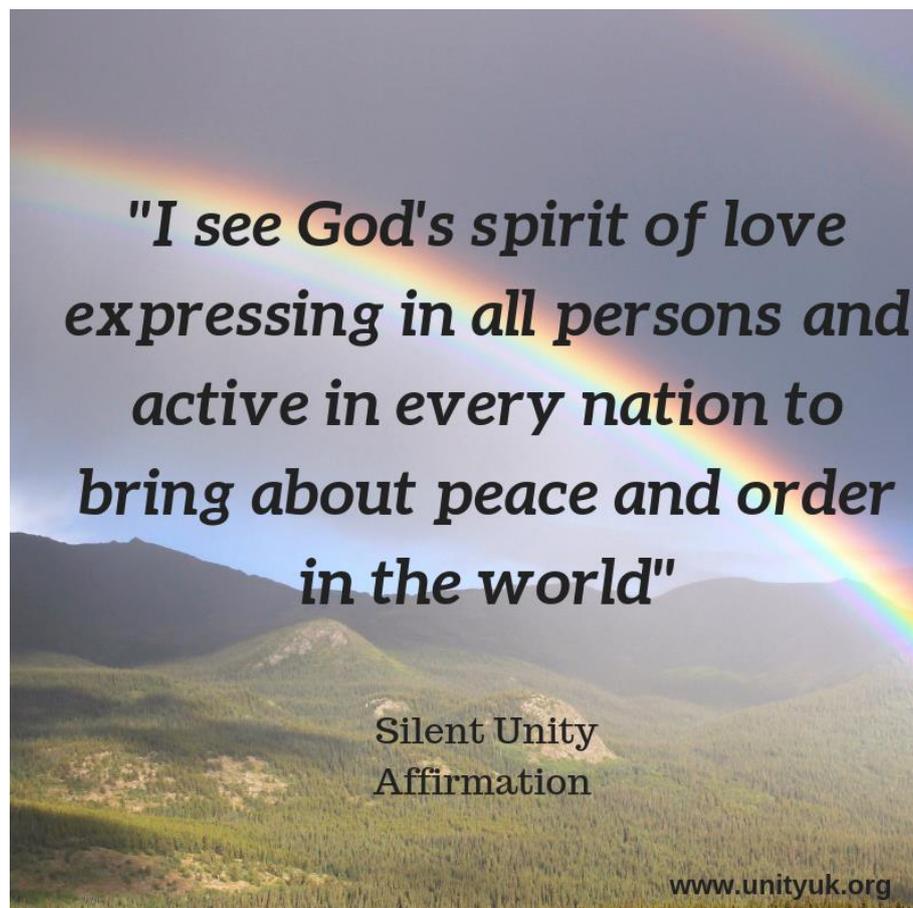
We look forward to making a deeper connection with you and you are invited to join us online for our online daily prayer meetings.

Daily Word Service - Monday- Saturday 9am-9.25am and Sundays at 10am
Silent Unity Prayer Service – Monday - Friday at 12 noon

And any of our other events such a monthly service, bookclub, workshops and retreats.
Click here for more details.

In the meantime, it is our prayer that your days will be blessed, filled with God's love, prosperity and peace.
Blessings

Unity UK



THE ADVENTURE CALLED UNITY

Written by Charles R. Fillmore (the grandson of Charles Fillmore co-founder of Unity)

What is Unity?

I suppose that the question most often asked me is “What is Unity?” I find that trying to answer this question meaningfully is an interesting challenge.

I believe that Unity can make one’s life an adventure, because Unity arouses interest in our spiritual nature. It whets our desire to find out what our true relationship with God is. It poses questions to which we must seek understandable answers.

Unity tells us that our minds are our connecting links with God and that if we are to control our spiritual growth and unfoldment, we must control our thinking. Such statements are highly motivating to that part of the intellect, which seeks answers.

In this world of seeming turmoil, conflict and unrest, Unity affirms the bold statement: **“We know that all things work together for good for those who love God, who are called according to his purpose.” (Rom. 8:28)**

To some, this may sound implausible, but it certainly makes one curious to find out the basis on which such a statement can be made.

Unity says that other spiritually illumined people – ministers, priests or religious teachers – can help one get started on the right path for finding God, but ultimately each person must find God individually. In other words, Unity says that true religious growth is a “do-it-yourself project”. Others can help you find a beginning: books and lessons can get you started by pointing you in the right direction, but if you truly want to know God, you must become acquainted with God yourself.

Unity does not emphasize formal membership and has never been preoccupied with gaining converts merely for the sake of numbers. In fact, Unity says that one can subscribe to its teachings and still retain membership in any other church. Unity’s viewpoint is that there need be no conflict of religious beliefs.

Unity believes that there is good in every religion and that we should keep our minds open in order to find the good when an opportunity is presented. In keeping with this attitude, people of various religions the world over find good in the practical Christian principles taught and promulgated by Unity. Unity has no strict creed or dogma. One might describe Unity as a religious philosophy with an “open end”, seeking to find God’s truth in all life, wherever it may be.

What Do We Believe?

God gave us freedom of choice. Unfortunately, we have used this freedom to bind ourselves in chains of ignorance. As individuals, we have thrown up walls of self-incrimination and guilt in our consciousness, thus cutting ourselves off from the abundant good that God has for us. Collectively, people have built up false beliefs about sin, sickness and death, causing us to lose sight of the true meaning of life, which is that we are all children of God. As such, it is our privilege, in fact our very *mission*, to be heirs to God's kingdom.

Unity tells us that the number and seriousness of our past mistakes do not matter to God. God holds no grudges and has no account book. For those of us who have gone astray, who have wandered down the wrong pathway, Unity says that there is no depth to which we can sink where God cannot find us, that God is ever ready to give us a helping hand if we sincerely wish to be lifted up.

Unity teaches us that there is a divine law of prosperity, by means of which we can avail ourselves of the riches of the kingdom of heaven. By getting in rhythm with "the law of giving and receiving", as it is often called, we can demonstrate unlimited supply to meet all our needs. The secret is that we must learn to become open, receptive, responsive and obedient to the law in order to make ourselves channels for the inflow and outflow of God's good.

Unity assures us that if just one person has learned the secret of successful living, then anyone can because "God is no respecter of persons" (Acts 10:34 KJV).

Unity is an adventure because it teaches us how to pray affirmatively. Our prayer ministry, Silent Unity, has been answering requests for prayer from around the world since 1890. A group of dedicated people is in prayer 24 hours a day, 365 days a year. Have they learned how to help other people pray? I wish you could see the thousands of testimonials Silent Unity receives!

Prayer in its purest form is simple. It is a matter of concentrating one's entire intellect on God, affirming a positive statement of truth, meditating on divine Principle and finally turning within one's own being in a wonderful time of quiet which Unity calls "the silence", wherein one becomes receptive to the "still small voice" of God.

Finally, Unity is an adventure because it brings God and heaven right down to the here and now and makes God available as a full-time partner in our daily living.

Even in this space age, we have a tendency to visualise God on a golden throne, in a heaven with pearly gates, somewhere off in "the far beyond". In times of trouble, some of us still pray to a great man with long, white whiskers. We often betray our belief in an

anthropomorphic God when a seeming miracle happens in life, which causes us to say “I owe it all to the man upstairs” or “Someone up there must love me!”

Today leading theologians realise that we must expand our thinking where God is concerned if we are to keep the findings of science and religion compatible.

Unity says that “heaven can’t wait”. Too many people are putting off heaven until sometime in the future. But, it can’t wait. It is around and about us here and now, pressing in upon us, waiting for us to acknowledge and accept it. Each of us is a unique, spiritual creation, a divine original with his or her own special God-given spark, capable of becoming a channel for God’s love to pour forth into the world. That is God’s plan. It is up to us to get into harmony with it.

Yes, life can become a thrilling adventure! Unity helps us on this magnificent adventure by arousing our curiosity about our spiritual nature, by telling us how to be open and receptive to our good, and by helping us learn to pray successfully and to make God a full-time partner in our lives.

Of course, it is not possible for me to tell you all about Unity in these few pages. We do want to share with you “the adventure called Unity”, however, and we are eager to send you more information upon request.

How do we serve in the UK?

Unity World Headquarters publishes books, pamphlets, affirmation cards, a wall calendar and bi-monthly magazines. Here in the UK we have access to all these materials and print the British version of Daily Word.

We would be delighted to post you a welcome pack, which includes a current copy of the Daily Word: <https://www.unityuk.org/>

Daily Word is our magazine for daily prayer and meditation. Each page carries an affirmation for that day, an inspirational message and a Scripture quotation. The magazine also features poetry, articles and other special material: <https://www.unityuk.org/>

Daily Word in Large Print is published to meet the needs of those who cannot comfortably read smaller print. It is also posted free of charge to those who are registered blind or unable to easily read printed material.

Specific information regarding this can be found here: <https://www.unityuk.org/>

Our prayer ministry, Silent Unity in the UK, is the heart and soul of our Unity work. It is affiliated to Silent Unity at Unity World Headquarters. We have a dedicated team of professionals who will pray affirmatively with anyone who calls, writes or emails us.

Contact details are:

Email: silent.unity@unityuk.org

Tel.: 01628 628916

Write: Unity 10 Lake End Court, Taplow Road, Taplow, Bucks. SL6 0JQ

We hold regular prayer meetings online also have other free resources you can access via our website:

<https://www.unityuk.org/>

We offer workshops, retreats and discussion groups, also supporting home prayer and study groups within the UK.

Affiliated to the Association of Unity Leaders and Ministries UK, we are connected to the Unity groups and centres who support our local Unity family: <http://aulm-uk.org/>

Any questions, please call the office: 01628 628915

Or visit our website: www.unityuk.org

Ten Golden Minutes

Isaiah 26:3

Those of steadfast mind you keep in peace— in peace because they trust in you.

How do we keep the faith, stay positive, not judge by appearances, be loving and forgiving, non-resistant and put God first?

Starting and ending the day with prayer:

1. The first five minutes on waking each morning

- Spend in quiet and even wordless realisation of oneness with God.
 - A consecration of mind, heart and hands to express the qualities and potentialities of our God-Self.
 - Focusing on thinking and acting in integrity with my Infinite Self.
 - Followed by a stirring pep-talk to get the mind functioning with interest and enthusiasm.
 - Affirming that this is a divine order day.
 - **I AM alive, alert, awake and enthusiastic/** reading favourite Bible quote
 - This beginning the day with joy (laughter) and peace.
 - Look in the mirror and spend a few minutes praising your self – wonderful, attractive, confident, capable, harmonious, orderly and relaxed.
 - Upon getting up, before meditation, do some breathing and stretching exercises to loosen the body.
- Devise your own morning ritual to support and uplift you.

2. Getting ready for bed

- Mentally prepare for bed before going there
- begin to unwind and relax.
- Journal to help clear the mind.
- As we undress, mentally put down the thoughts/activities of the day.
- **“I come to bed to sleep and rest.”**
- Read some spiritual material
- Then lie flat on the back and talk to yourself
- **“I have done my best, I leave the rest.”**
- **“I relax and let go and fall into the loving arms of peace.”**
- **“This duvet/sheet envelops me like God in its loving embrace.”**
- Let the muscles relax and grow heavy
- **“As I sink deeper into the mattress, I sink into peace.”**
- Speak some words of prayer or affirmation that keep you focused on God.
- You will probably fall asleep before you finish.

Know for yourself:

I do not have to strain to get close to God –oneness is the truth.

Like a compass needle pointing north, I persistently turn my focus on God and a deep peace washes over my soul.

Based on “Life is for Living” by Eric Butterworth

What is Affirmative Prayer

Affirmative prayer is using our thoughts, words and emotions to establish a positive state of mind and body: For example in regard to wholeness and healing, abundance, guidance or peace. We pray from the perspective of wholeness instead of illness, abundance instead of lack. We pray not to fix a problem but realise the solution. We pray from the perspective of Truth in the Mind of God, where only our good is known. As we speak positive words we allow ourselves to feel the truth of them at the same time.

For example:

The life/love/guidance/abundance/peace of God is now established in my body, mind and heart. Thank you, God.

Affirmation follows our release – for before we can claim something good and new, we have to release what is in the way of our experience of this. We say in Unity, I let go and let God be God in me. Or, I release and let go of any doubt, fear or concern for God as good is blessing me now. Now we have made space to experience our good in new and positive ways. Once we have released and let go of our fear, doubt or concern we always follow with an affirmation, replacing the old with the new.

“So I tell you. Whatever you ask for in prayer, believe that you have received it, and it will be yours.”
– Mark 11:24

‘Asking’ through affirmative prayer is using our words, with focused intention and positive, faithful feeling, to speak the good that is already here, in the Mind of God, for us to consciously connect with here and now.

We pray from the perspective of God. In other words, not from the point of the problem, but from the point of the solution. We are aligning with God as Source, Presence, or Divine Love and Wisdom, remembering that we are all beloved expressions of God and that our every need is already met. Our role here is to honestly recognise what our need is. Is it for loving relationships? Is it for a safe and comfortable place to live? Is it for good health and well being? Is it for right employment? Or for something else?

“Your Father knows what you need before you ask him.”
-Matthew 6.8

When we get clear about what we really want, and focus on this in the knowing that in the mind of God it is here for us now, using our words with positive, feelingful intention, we are aligning with our highest good, and experiencing the way for it to become manifest. Our role is also to hold the intention of the highest and best outcome for all (not necessarily the specific outcome for us we think we are looking for).

In Unity we say that God knows the whole picture – we only see in part. As we pray to know the highest good for us all, even greater good than we can imagine will be experienced.

Affirmative prayer aligns us with the truth of who we are – whole, loving, creative, insightful expressions of God.

Let affirmative prayer guide you to this experience of your true self.

An example of affirmative prayer

Healing and Wholeness

As I relax into prayer, I centre myself in God's holy presence, letting go or moving through any concerns, to touch the peace of God in the stillness.

I am attuned to the healing power and activity of God, at work right now in my body. My body, mind and heart respond to this healing life-giving energy. I am renewed and restored.

I give thanks for the light of God guiding all the medical people who support me on my healing journey.

Thank you, God, for my healing, that is happening now.

Amen





What next Continuing your journey

If you have enjoyed reading this welcome pack and would like to learn more you may like to:

[Request](#) a free sample copy of Daily Word. Please include your postal address, UK addresses only.

[Contact](mailto:silent.unity@unityuk.org) Silent Unity for prayer silent.unity@unityuk.org

Join us at an online service on Zoom

[Subscribe to our Youtube channel](#) for meditations, prayers, talks and more.

[Join our newsletter](#)

Prayer for Protection
By James Dillet Freeman

The light of God surrounds us;
The love of God enfolds us;
The power of God protects us;
The presence of God watches over us.
Wherever we are God is!
Amen