

CENTERPEACE



Vol. 24 / No. 1

The Unity Center of New York City

January / February 2010

UNPACK A HAPPY NEW YEAR AND A HAPPY NEW YOU!

by Jim Gaither

“*I*n the beginning, God....” These words at the beginning of the Bible (in most translations) contain the essence of Truth, and practical application of Truth, when you “unpack” the meaning. Before “unpacking” that meaning, let me share a few thoughts about “unpacking.” I keep Christmas in my “upper room.” By that I mean, of course, that I hold the Truth of the Inner Christ Nature in the high place of consciousness. I also mean that I keep my Christmas decorations packed in boxes in my attic. Every December, we bring the boxes down and put up the decorations and lights, and...voila! We have unpacked Christmas! Then in January, we move Christmas back to the “upper room” until next year. Of course, Christmas is more than decorations...but you get the idea.

Likewise, if you desire a “Happy New Year,” you must “unpack” it from within your consciousness. Would you have an increase in health this New Year? You can “unpack” it by choosing to hold thoughts of health, by practicing regular prayer and meditation to reduce stress and to let the Perfect Life of Spirit flow through you. Following your inner guidance you might also choose to make changes in your patterns of diet and exercise.

Would you have an increase in prosperity this New Year? You can “unpack” prosperity by opening your mind to new creative ideas and Divine Guidance and by acting from your guidance and inspiration, by daily affirming that you live, move, and have your being in the Infinite Spiritual Substance of God, by seeing yourself as a successful prosperous Child of God, and by giving more of yourself and your resources to fulfill the law of giving and receiving at a higher level.

Would you be more at peace and more joyful this New Year? You can “unpack” the Divine Peace and Joy within you by recognizing the presence of God in you and being receptive to that Infinite Source of Peace and Joy.

This brings me to the “unpacking” of the words “In the beginning, God.” “In the beginning” defines the nature of God: God is that which is *First* and *Foundation* of the Universe. Before the *things* of creation, there had to be Eternal Truths, Laws, and Creative Possibilities. Truths, Laws, and Possibilities are *self-existent ideas*, not material things. Where there are ideas, there is mind. Hence, when we “unpack” the phrase “In the beginning God” it tells us that God is Creative Mind containing all Truth, Law, and Creative Ideas. It also tells us that we are Divine Ideas in Divine Mind. And as is written several verses later, we are “the Image and Likeness” of God. All the good and happiness you seek are already within you, waiting to be “unpacked.”

The practical application of Truth is also “packed” into the phrase. “In the beginning God” suggests putting God *first* in our thoughts. Think *first* of God’s Goodness when thinking of yourself or others or conditions; know *first* that Goodness is in the very essence of being. This is the essence of healing and transforming prayer: behold God’s Good, Presence, and Power as *primary* and *absolute* Truth in all people and conditions. Put God first in your life, your thoughts, and your actions. By so doing, you will release your greatest fulfillment: the full expression of the Divinity within you. May you put God first this year and thereby unpack a “*Happy New Year!*” and a “*Happy New You!*”

All the good and happiness you seek are already within you, waiting to be “unpacked.”



Unity Center Activities

TUESDAY LECTURE SERIES BY JIM GAITHER

12:00 Noon & 6:15 pm

“HEALING LIVES THROUGH SCIENTIFIC PRAYER”

The Truth of God can be demonstrated by the healing and transforming effects of practicing scientific prayer. Your prayer practice can have a beneficial influence in your own life and in the lives of others. In this course you will learn the principles of scientific spiritual treatment and how to effectively pray with others through instruction and experiential exercises. *This course is required for participation in our Unity Prayer Practitioner Program.* In order to become a Unity Practitioner, you must attend and participate in all classes. *Suggested love-offering: \$25.00 per session.*

Jan. 5 – “Why and How Scientific Prayer Works”

Jan. 12 – “Practitioner Ethics”

Jan. 19 – “The Primary Affirmation”

Jan. 26 – “Purpose & Power
of Metaphysical Denials”

Feb. 2 – “Beholding the Divine
In Yourself and Others”

Feb. 9 – “Divine Remedies
for Human Challenges” Part 1

Feb. 16 – “Divine Remedies
for Human Challenges” Part 2

Feb. 23 – “Divine Remedies
for Human Challenges” Part 3
Series Continues Through March 23rd

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“CIRCLE OF PRAYER” MEDITATIONS

Tuesdays, 11:30 am & 5:45 pm

This half-hour of Spiritual Intunement, led by Jim Gaither, is a beautiful prelude to the Tuesday Lectures, and a time to join in The Center’s “Circle of Prayer” to radiate a powerful Healing Energy of Life and Love to all who have requested special prayers.

WEDNESDAY MEDITATION SERVICES

by Justin Morley

12:00 Noon & 6:15 pm

Devoted to personal and spiritual growth and renewal, this inspiring hour features a dynamic and stimulating lecture dealing with basic Metaphysical Principles and how to apply them effectively in your life, and a guided healing meditation designed for the tapping and releasement of the Healing Flow of the Infinite within. It is a beautiful time of renewal for body, mind, emotions, and affairs of life.

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WOMEN IN UNITY

Wednesdays, 6:30 pm

A powerful group experience, this sharing time provides an opportunity for women to express their thoughts and feelings in an atmosphere of love and trust, and to learn from one another how to apply Spiritual Principles in their lives and careers—a wonderful time of mutual spiritual support.. *Facilitated by Sondra Pugh and Ann Stenson.*

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“YOUR HEALING HERITAGE”

Thursdays, 6:15 pm - Beginning January 14th

This is a practical guide to the Infinite Healing Presence which lies within each of us—the power to bring about health and healing. It will help you develop and become established in an abiding consciousness of health and wholeness—your natural state and your Divine Inheritance. You will explore different techniques, methods and processes that will enable you to take the necessary steps to restore and regain control over your health and well-being. Awaken to the healing abilities within you and begin to experience high-level wellness and abundant living. Each class includes a Chakra (energy centers) balancing, a guided Healing Meditation, and the “Oneness” Prayer and Healing Circle. *Taught by licensed Unity teacher, healing therapist, and Interfaith minister, Marion A. Gambardella.*

“METAPHYSICS I” Part 1

Fridays, 11:30 am & 5:30 pm

Beginning January 22nd

This is an introductory course in Unity Metaphysics, which provides the basic concepts and ideas found in the writings of Eric Butterworth, Charles Fillmore, H. Emilie Cady, and other noted Unity teachers and authors. The material is an updated version of the book, which has been edited and amplified by Rev. Dr. Paul Hasselbeck. And...the last five minutes of each class will focus on some aspect of health and nutrition. Offered for credit with Unity Institute, but open to all (\$36.00 registration fee for credit). *Taught by licensed Unity teacher, Nan Baldwin*

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ACTING CLASS

Fridays, 6:30 pm

Come and explore your latent talent and creativity. As you work on scenes and monologues using your body, mind, and spirit, you will realize the power of your uniqueness and doors will open to a deeper understanding of your Inner Self. No acting experience is necessary...only a desire to find new ways for self-expression as you discover a new you. *Taught by Broadway actress/singer, Carolyn Maye Middleton.* For details, call Carolyn at (212) 838-4775.

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UNITY IN HARLEM STUDY GROUP

Sundays, 3:30 pm

Ross Carnegie Piano Studios, 246 West 137th Street,

This dynamic study group presents a wonderful program of learning Truth Principles every Sunday afternoon through the study of many important spiritual and metaphysical books. There are also a variety of special events and guest speakers. *Led by licensed Unity teacher, Carol J. Hunt.*

ABOUT UNITY CLASSES

All classes (except special workshops) are presented on a love-offering basis, with each student evaluating the help received and giving accordingly. *Suggested offering: \$15.00 per session...or more, as your grateful heart guides you.*

INTERNET RADIO PROGRAM
“Biblical Power for Your Life,”
With Jim Gaither and Karen Tudor
Thursdays, 3:00 pm
www.unity.fm

Each week, Jim and Karen introduce a biblical character from a cultural, historical, psychological and symbolic perspective that will help you reveal Spiritual Truths about yourself.

Be sure to log on every Thursday at 3:00 pm (*Eastern Time*) to hear, live, the latest in this on-going inspirational series. All of the programs are archived on the site, so you can listen to previous sessions at any time.

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LISTEN TO ERIC BUTTERWORTH EVERY DAY
www.EricButterworth.com

You can listen to a different Eric Butterworth message of spiritual growth (*from the archives of his radio broadcasts*) every day on this beautiful website. We receive countless e-mails from people expressing gratitude for the inspiring words of Eric that make their lives richer and more fulfilling in every way. Log on every day...**and tell your friends about it!**

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THE DISCOVERY ROOM

Our beautiful bookstore on the lower level of The Center is open: **Tuesday, Wednesday, and Thursday: 11:00 am - 6:00 pm; Friday: 11:00 am - 4:00 pm; Sundays: 10:00 am - 12:30 pm; closed Saturdays and Mondays.** We invite you to stop in often and browse through our wide selection of Unity and related metaphysical and spiritual growth publications, We suggest the following for friends...and for yourself:

“THE ESSENTIAL CHARLES FILLMORE:
Collected Writings of a Missouri Mystic
Edited, with Commentary, by James Gaither

Charles Fillmore was a pioneer in applying Spiritual Principles for healing and prosperity, and a profound thinker on both science and religion. This book provides an overview of Mr. Fillmore’s teachings, with commentaries by Jim Gaither summarizing essential points and explaining the importance of these teachings in relation to science, philosophy, and theology. [*\$19.95*]

BOOKS BY ERIC BUTTERWORTH:
Discover the Power Within You - \$14.99
Spiritual Economics - \$13.95
The Creative Life - \$12.95
PosiTrends or negatrends? - \$9.95
Life Is for Loving - \$9.95
The Universe Is Calling - \$13.99
Celebrate Yourself - \$13.95
In The Flow of Life - \$13.95
Unity: A Quest for Truth - \$11.95
Life Is for Living - \$9.95

These books may be ordered by mail or by phone using your Visa or MasterCard.

Postage and handling: *\$3.00 for one book, \$1.00 for each additional book [up to \$6.00].*

**UNITY’S
CIRCLE OF PRAYER**

You are never farther from the prayer-support of Unity’s Prayer Circle than a telephone call or an e-mail request. You will be held in the loving light of Truth. Many have been helped and healed.
May we help **you?**

The Wisdom of
Eric Butterworth

Seekers after Truth, we hold the belief that the goal of life is the full becoming of the person. So much effort is expended in striving to *have* something or to *do* something, while the real object should be to *become* something.

One of the great moments in life occurs when you realize that the chief cause of your difficulties is a blurred image of life and of yourself. It is the discovery that, for you, things are not as *they are*, but as *you see them as being*; and that when you adjust the focus of your mind, you begin to live in a new world of possibilities.

The word “focus” means “hearth.” It literally refers to bringing all the forces of Spirit in you to the point of combustion. Contrary to orthodox psychological belief, you are not a bundle of repressions, but a vast pool of possibilities. Thus your present challenges are simply the frustration of your potentialities.

When you lose the sharp focus of your mind, the images of what you see and experience become blurred. Every vagrant thought that crosses your mind can add tension and confusion. If you remember that you were made for mastery, you will realize that you can always say “No!” to negative thoughts, even as a person addicted to television can learn to use the “off” switch.

All evil, lack, sickness, inharmony—and the various limitations you are striving to overcome—have their root in a distortion of the Divine Flow. Any time you become angry, tense, or fearful, you lose your sharp focus of perception. To change all this you must change your mind... *and keep it changed.*

Getting in focus is not *setting* things right, it is *seeing* them rightly. In short, it is not what you see, but what you see *from*. When your thoughts are “stayed on God,” your seeing becomes a projection of positive energy. You will see things and people not just as they are, but as they *can be*, which is a positive influence toward making the ideal real.

Don’t start your day looking in the mirror to find out how you feel or how things are going for you. First, get yourself in focus and see with the searchlight of Truth. Then go forth giving yourself and all that concerns you a daily dose of “Cosmic Praise.” You will stand tall in every experience in the calm awareness of who you are. Instead of being at the mercy of life’s exigencies, you will be the master of life’s possibilities.

Sunday Services *of Creative "Worth-ship"*

At The Unity Center
Our Beautiful Landmark Building
213 West 58th Street
11:00 am

Lectures by
Jim Gaither, Minister

Eric Butterworth named Unity's
Sunday Service
"An Experience of Creative 'Worth-ship,'" a special time of spiritual growth leading to self-realization and self-worth.

Jan. 3 – THE MOST IMPORTANT THING...

Within you is an idea of "the most important thing" for your life. Through whole-hearted devotion, you can have it.

Jan. 10 – THE ANSWER

There is an answer for every human question and challenge.

Jan. 17 – NON-VIOLENT STRATEGIES TO ELIMINATE VIOLENCE

Some lessons from Jesus, a medieval emperor, a Pennsylvania settler, and Dr. Martin Luther King, Jr.

Jan. 24 – DE-MYSTIFICATION

If you sometimes feel "mystified" by life, you can become "de-mystified" by means of "mysticism."

Jan. 31 – SIGNS AND WONDERS

The Source of all "signs and wonders" is within you. Let it work signs and wonders through you.

Feb. 7 – DIVINE PROVIDENCE

The Universe has provision for every human need.

Feb. 14 – LOVE: DIVINE AND HUMAN

All human love is rooted in God; yet human love sometimes is a distortion of the Divine Love.

Feb. 21 – TRANSITIONS

Past, present, and future are one in the Eternal Mind. In that Truth lies a key to success.

Feb. 28 – WHAT'S SO IMPORTANT ABOUT FORGIVENESS?

The practice of forgiveness is a remedy for a wide range of human challenges.

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LISTEN TO SUNDAY LECTURES
www.UnityNewYork.com

Log on to our website and listen to all of Jim Gaither's Sunday talks and selected Tuesday "Circle of Prayer" meditations.

"DISCOVERY CLASS"

The "Discovery Class," for children ages 5 - 12, is held every Sunday during the Service. Each week our dedicated teachers use a combination of lessons, prayer ("quiet moments"), Bible stories, and music and art to both engage and enlighten the children.



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Published by

The Unity Center of Practical Christianity

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