

CENTERPEACE



Vol. 26 / No. 1

The Unity Center of New York City

January / February 2012

“HAPPY NEW YOU!”

by Justin Epstein

At the stroke of midnight on January 1st, many people shout, “Happy New Year!” We do this every year. Everyone wants to have a happy New Year. However, the changing of the calendar isn’t going to make the New Year a happy one.

Researchers say that we think thousands of thoughts every day, and that our thoughts today are very similar to those of yesterday. The book of Proverbs says, “As a man thinks in his heart so is he.” Ralph Waldo Emerson said, “The ancestor to every action is a thought.” Metaphysicians throughout the ages have taught that our experiences in life are the result of our thoughts, feelings, and beliefs. Is there any wonder then why our lives seem to go through the same cycles year after year if we are thinking the same sort of thoughts? If we want our year to truly be a happy one and to have new experiences that bring with them growth and fulfillment, then change must first take place within us. In other words, you have to become a “New You” in order to have a New Year.

One way to becoming a New You is by developing a vision of the person you want to become. I believe that the person you want to become is the person that you are already in the highest dimension of your being—created in the image and after the likeness of God. [Genesis 1:27] Otherwise, you wouldn’t be able to envision it. High performing men and women have a vision of the ideal toward which they are moving. Unhappy people and those who are not getting the results they want in life do not give any attention to what they want to become. The prophet voiced the importance of having

a vision when he said, “Where there is no vision, the people perish.” People who lack vision get into a comfort zone and eventually into a rut.

One of the most important things you can do this new year is to envision the kind of person you want to be in the different areas of your life such as the spiritual, physical, financial, career, relationships, personal development, and community involvement. If all areas of your life were ideal, what would they look like? How would you look physically and what types of activities would you be involved in? What would your relationships be like with family and friends? What kind of work would you be doing? Having a vision of what you want and then regularly focusing attention on your vision is an important step to changing your thoughts...and eventually your life. Instead of focusing on what’s not right in your life or on what you don’t want, regularly focus on what you have envisioned.

In Greek mythology, Pygmalion created a statue of a woman out of marble who was so beautiful that every woman envied her. The statue was so perfect that the sculptor fell in love with it. Every day, he adorned the statue with flowers and jewels. Day after day, he loved and adored the statue. The gods pitied the man and breathed life into the statue and it became a real woman.

When we focus on the vision we have created of our ideals, we begin breathing life into their expression into our daily experience. James Allen said, “Dream lofty dreams, and as you dream, you shall become. Your vision is the promise of what you shall one day be. Your idea is the prophecy of what you shall at last unveil.” **Happy New You!**

One of the most important things you can do this New Year is to envision the kind of person you want to be....



Unity Center Activities

TUESDAY WORKSHOP SERIES

by Justin Epstein

12:00 Noon & 6:15 pm – Beginning Tuesday, January 17th

“PROSPER IN 2012”

Building on and expanding the prosperity principles presented in his Sunday Series, based on the classic *Spiritual Economics*, Justin Epstein presents practical and workable techniques for applying these principles in your life. This special series can change the way you look at prosperity forever. These spiritual growth workshops will include lecture, discussion, individual and small group work, visualizations and meditations. *In This Series, You Will:*

- ❖ *Develop Greater Trust In God as Source*
- ❖ *Reverse Financial Adversity*
- ❖ *Resolve Money Issues and Begin Attracting Abundance*
- ❖ *Release the Treasures That are Your Birthright*
- ❖ *And Much, Much More!*

“CIRCLE OF PRAYER” MEDITATIONS

Tuesdays, 11:30 am & 5:45 pm

This half-hour of Spiritual Intunement, led by Justin Epstein, 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.

“THE LOAVES AND THE FISHES”

Mondays, 12:00 Noon

(No Class January 2nd)

In these times of economic uncertainty and political unrest, it is easy to lose track of the fact that God is our source and our resource. Our jobs, financial accounts, and businesses are but temporary channels for Gods unlimited abundance and good. In this course, we will help you to focus on this Truth, and to develop a prosperity consciousness so as to be able to manifest prosperity, health, and well-being despite outer conditions. *Prosperity’s Ten Commandments* by Georgiana Tree West is used as a study-guide. Taught by Roderick Kennedy, Unity Education & Enrichment graduate, and member of the Unity Board of Trustees.

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. This is a beautiful time of renewal for body, mind, emotions, and affairs of life.

WOMEN IN UNITY

Wednesdays, 6:30 pm

This powerful group experience of sharing 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. *The Abundance Book* by John Randolph Price is used as a study-guide. Facilitated by Sondra Pugh and Ann Stenson.

“HEALING & WHOLENESS” - Part I

Mondays, 6.30 pm (Beginning January 23rd)

Learn the Source of Healing, the Consciousness of Healing, and the Practice of Healing through Universal Principles and Spiritual Laws used by Jesus and taught by Charles and Myrtle Fillmore. Offered for credit with Unity Institute for a contribution of \$36.00. Taught 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.

ACTING CLASS

Fridays, 6:30 pm

Come and explore your latent talent and creativity and doors will open to a deeper awareness of your Inner Self. No acting experience is necessary. Taught by Broadway actress/singer, Carolyn Maye Middleton. For details, call Carolyn at (212) 838-4775.

A UNITY PROGRAM FOR PEACE

Saturday, December 31st - 12:00 Noon

Be a force for peace in this beautiful time of declaring a positive statement for peace and good will as we enter the New Year. Come and experience inspiring readings and poetry, meditation, and music by Unity prayer practitioners, author/actor Donald Rayson McGrath, and pianist Paul Trueblood.

UNITY BOOK CLUB MINISTRY

Continues the Study of

“A NEW EARTH”

by Eckhart Tolle

Next Meeting Sunday, January 29th

2:00 - 4:00 pm

Join this enthusiastic Ministry as they continue the study of *A New Earth* by Eckhart Tolle, who outlines how we can truly create “a new earth” of love and happiness for ourselves and all. He shows how transcending our ego-based state of consciousness is not only essential to personal happiness, but is also the key to ending conflict and suffering throughout the world. Led by Carolyn Maye Middleton.

Special Workshop Series

“GROWING FORWARD...

CABOOSE OR ENGINE?”

Saturdays, January 28th, February 4th & 11th

9:30 am – 12:00 Noon

Treat yourself to an awakening in the New Year, as you plan the desires of your heart. Learn the basics of the impact of your thinking and the power you have from within to achieve what the Universe’s plan is for you. You can have peace, prosperity and plenty. Join fellow seekers on the path of practical positive thinking in a Spiritual Community. Led by Carol J. Hunt.

UNITY CENTER OF HARLEM

Sunday Services, 3:30 pm
2184 Frederick Douglass Blvd.
(at 118th Street)

After ten years of being a devoted study group, **Unity in Harlem** is now a full-fledged **Unity Center!** You are cordially invited to join them at their first Sunday Service on **January 1st at 3:30 pm.** The Center's leader and founder, *licensed Unity teacher Carol J. Hunt*, will speak on the subject, **"Launch a New You."** We congratulate Carol and all the dedicated members for creating a spiritual home for the community.

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UNITY GOES TO THE MOVIES

"ZORBA THE GREEK "

SUNDAY, JANUARY 15TH
1:30 PM

Every month we feature a movie with great entertainment and spiritual value on our 65 inch TV. After each showing, there is a group discussion of the film. *Hosted by Rod Kennedy.*

Zorba the Greek is a 1964 film based on the novel by Nikos Kazantzakis. In the film, Basil (*Alan Bates*), a writer who has been raised in Britain. One day he meets a gruff, free-spirited peasant and musician named Zorba (*Anthony Quinn*). The young, unhappy Englishman finds himself learning valuable life lessons from Zorba. Before his return to England, Basil asks Zorba to teach him how to dance. The story ends with both men enthusiastically dancing the sirtaki, a popular dance of Greek origin, on the beach. *Presented on a Love-Offering basis.*

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DISCOVERY ROOM

Our re-vitalized bookstore on the lower level of The Center is open every **Tuesday, Wednesday, and Thursday: 11:00 am - 6:00 pm; Sunday: 10:30 am - 12:30 pm; closed Monday, Friday, and Saturday.** Stop in often and browse through our wide selection of Unity and related metaphysical publications, including all of Eric Butterworth's published works.. *Victoria Barkley, Manager.*

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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 Healing Light of God. Many have been helped and healed. May we help *you?*

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LISTEN TO ERIC BUTTERWORTH EVERY DAY

www.EricButterworth.Org

and Unity's Website: www.UnityNewYork.Org

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.

[Click here to go directly to today's message.](#)

NOTE: These are the very same talks that inspired countless thousands of listeners to Eric's daily radio broadcasts for many years, not only in the New York metropolitan area but, at times, nation-wide and in other countries. Log on every day...*and tell your friends about the site.*

*The Wisdom of
Eric Butterworth*

A Parenthesis In Eternity

We talk about the "New Year" as if it were an entity that has a beginning and an end. Time, however, is completely relative, and a year is not an isolated period of time, but a brief "Parenthesis In Eternity." The period of time is irrelevant...only the flow is important. The falling ball of light in Times Square at midnight on New Year's Eve does not usher us into some "Never-Never-Land."

The most important preparation for the New Year is letting go of all that transpired in the old year. The keynote for this is: **"It has come to pass."** You may recall moments of heartache, times of pain, experiences of anxiety. Where is all that now? It has come to pass. Life, you see, is a flow. Nothing remains unchanged. The year, and all that can be identified with it, has come to pass.

Happy times, too, have come to pass. You may recall achievements, experiences of heart-warming fulfillment. These memories are good and satisfying. They vindicate your past faith and your future hopes. But tomorrow is another day, with new opportunities and new demands. You can build on past successes, but you can't rest on them.

Yesterday may have been the high point of your life. Give thanks for it and look forward to a continuity of good. But you can't hold on to that moment or that day or that entire year. It has come to pass, and tomorrow and tomorrow and tomorrow you must begin again.

Nothing that happens is final. Life is a flow, and "it is not yet revealed what we will be." [*1 John 3:2*] You may be inclined to "type" yourself on the basis of your past performance. There is certainly no point in denying your failures, though you might tend to overlook your achievements. The important thing to remember is this: ***You are not finished yet.*** You still have the inner potential for growth...***and it must come to pass.***

So, determine that you will move boldly into the New Year on a new high level of consciousness. Let go of the old, face forward to the new, and accept the challenge of Thomas Carlyle:

***"Every day that is born into the world
comes like a burst of music
and rings itself all the day through,
and thou shall make of it a dance, a dirge,
or a life-march as thou wilt."***

Sunday Services

of Creative "Worth-ship"

At The Unity Center, 213 West 58th Street

9:30 & 11:00 am

Justin Epstein, Minister

Jan. 1 – "BURNING BOWL & SACRED STONE CEREMONY"

Release the Past and Claim Your Good In the New Year

NOTE: One Service Only, 11:00 am

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New Sunday Series:

"SPIRITUAL ECONOMICS"

Would you like more abundance and increased financial security?

Join Justin for this series based on the New Thought classic,

"Spiritual Economics" by Eric Butterworth

Jan. 9 – GETTING STARTED IN SPIRITUAL ECONOMICS

Jan. 15 – WHAT'S YOUR DREAM?

Come hear Justin's rendition of Dr. Martin Luther King Jr.'s

"I Have a Dream" speech.

Jan. 22 – THE POWER OF BELIEF

Jan. 29 – WORK & THE GRATEFUL HEART

Feb. 5 – SECURITY & REVERSING

Feb. 13 – THE WONDER OF GIVING

Feb. 19 – THE MONEY ENIGMA

Feb. 27 – A NEW LOOK AT TITHING & A NEW WORLD ORDER

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.*

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"DISCOVERY CLASS"

The "Discovery Class," for children *ages 5 - 12*, is held every Sunday at 11:00 am. Ramona Kearns and Tina Aragona-Grimm are the lead teachers, supported by committed staff, who provide weekly Truth lessons, meditation, Bible stories, and music and art to engage and enlighten the children.

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LISTEN TO SUNDAY MESSAGES

www.UnityNewYork.com

Log on to our website and listen to all of Justin Epstein's inspirational Sunday messages.



The Unity Center of New York City

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