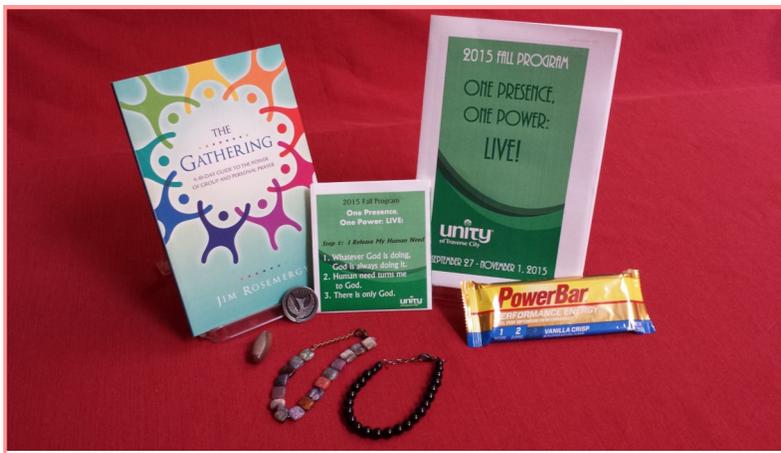


*'Here is the premise: the power of God is available to each of us. We don't need a scientist to devise an experiment to test this premise; each of us must test the claim for himself or herself. Our lives are the crucibles where there is a joining of human need and divine power . . . . The power is as present as we are. They are joined, but a way must be found so that the power that has always been destined to be expressed can find its way into the world.'*

~ Jim Rosemergy, from 'The Gathering: A 40-Day Guide to the Power of Group and Personal Prayer'



My sincere gratitude to everyone who helped create and/or participated in this year's Fall Program. To our education team, our small group hosts and facilitators, our Sunday worship team, and every one of you who chose to go deeper into your processes of prayer, meditation, and spiritual awakening . . . I honor you, I thank you, and I celebrate you. Rev. Eileen Stulak

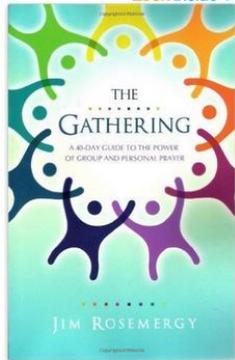
**Unity of Traverse City**  
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# 2015 FALL PROGRAM

# ONE PRESENCE, ONE POWER: LIVE!

**unity**  
of Traverse City

## SEPTEMBER 27 - NOVEMBER 1, 2015



UNITY OF TRAVERSE CITY  
Fall Program 2015

SUNDAY CELEBRATION SERVICES  
September 27 thru November 1  
10:30 a.m.

NOTES

CELEBRATION CIRCLES (small group study circles)

Weekly, beginning September 27, 2015

Locations, Days and Times will vary by group host and facilitator

ONE PRESENCE, ONE POWER: LIVE! CELEBRATION EVENT



**Alive With Swing!**

Dinner

Fun & Fellowship!

Hors D'oeuvres and Opening of Silent

Auction

Song and Dance Demonstration and fun!

Live Auction

Saturday, November 7

6:00 – 10:00 p.m.

Unity of Traverse City campus

Tickets \$15.00 each at the door

## NOTES

Dear Friend,

Welcome to our Fall Program Series for 2015 - **'One Presence, One Power: Live!'** This year, we will embark upon a journey that will offer us ways to truly bring the presence of God into greater expression through us. We'll be learning a nine-step prayer practice created by Unity minister Jim Rosemergy and offered in his book, 'The Gathering'. It is a powerful and empowering prayer practice, one that can be used solely in our personal lives and/or as part of a larger group.

Over the six weeks of our Fall Program this year, you will be provided with various resources and tools to support you as you move through considerations around prayer, some that perhaps you have not entertained before now. You will be offered: Rosemergy's book, 'The Gathering: A 40-Day Guide to the Power of Group and Personal Prayer', our inspirational Sunday Celebration series, and this specially created study guide for personal or small group study. I strongly encourage you to participate in our small groups. The support, sharing, and bonding that take place are such sacred gifts to offer and to embrace.

Our Fall Series is always designed with an intention for it to be an experience of deepening your faith, as well as your connection to your beloved spiritual community. It also offers the opportunity to form and deepen lasting friendships as you bring forth more and more of your unique Christ light into expression.

This year is one in which we are **LIVING THE EMPOWERED LIFE!** I look forward to joining you as we give new life to the One Presence and One Power that resides within us all. It is a sacred privilege to walk this journey with you.

Abundant blessings to you,  
Rev. Eileen Stulak

**FACILITATOR NAME** \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

**STUDY GROUP MEMBERS**

NAME \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

**Your Extra Mile:**

1. Practice letting go and letting God in all that you do.
2. Recite the prayer below once in the morning and then again at night.

**Scripture:**

'Do not be anxious about your life' ~ Matthew 6:25

**Looking Ahead:**

1. If your group has created a way to share the gifts of this series with others in the church community and/or the greater Traverse City area, finalize your plans for doing so.
2. Consider ways in which the group can remain connected now that the series is reaching its end. Form a prayer group? Have a 'reunion' of some sort in the near future? Thanksgiving potluck at the church on November 22<sup>nd</sup>?
3. Plan on attending the Fall Program Celebration and Fundraiser Event at the church on Saturday, November 7<sup>th</sup>!

**Closing Prayer:**

I have learned, in whatever state I am, to be content. God is enough. And so it is, amen.

Week 6 - And We're Live in 3, 2, 1 . . .  
Week 6 Reading: Pages 71-82; 164-171

Welcome and Opening Prayer - Fall Program Prayer (p.5)  
Read Group Shared Agreements (p. 5) and Check In

**This week's Affirmations**

**Step 8: I Have Learned, in Whatever State I Am, to Be Content.  
Knowing God is Enough.**

1. I seek first the kingdom of God.
2. I cannot know the future; what I do know, is God.
3. I am called to live a life of non-resistance, loving acceptance, and contentment.

**Quote (s):**

“Enter through this door, and your need will be added unto you without you having to make it the object of your life’s striving.” ~ Jim Rosemergy

“When we let go, something greater than ourselves can come into being, and with it comes contentment and joy.” ~ Jim Rosemergy

**Questions:**

1. ‘This is our choice. We can ask for many things, or we can yearn for a consciousness of the One.’ ~ Jim Rosemergy
  - A. Does it need to be either/or?
  - B. How might it be both/and?
2. Is God enough? Why or why not?

**ONE PRESENCE, ONE POWER: LIVE!  
FALL PROGRAM PRAYER**

*I understand that needs reinforce lack, so I remember that God is my source. I accept my human conditions, as they are the gateway for me to connect with my spiritual nature. I offer forgiveness to others, as well as to myself, and return to an experience of sacred love. In my times of silence and meditation, I wait and I listen. As I step into a higher consciousness of God, I bring forth wisdom, clarity, and greater belief in my divine potential. In every moment, I have the opportunity to choose contentment. As I do, I am a wondrous expression of the One Power and One presence in my life and in this world. It is God and It is Good! Amen.*

**GROUP SHARED AGREEMENTS**

1. I agree to be on time, ready to go, and to remain in our circle until it is complete.
2. I commit to be prayed up and current on my reading and any other preparation work that is mine to do.
3. I listen deeply for the voice of Spirit in all communication.
4. I communicate using “I” statements so as to honor the unique perspective that we each have.
5. I respect others by being open to different perspectives as well as by being mindful of sharing in a timely manner.
6. I honor the sacredness of our community by holding in strictest confidence all that is said in our circle each week.
7. I understand that my presence is important and will contact the facilitator if I am unable to attend.
8. I contribute to building a trusting community where all are free to explore, grow and express new facets of their True Self.
9. Thank You God!

**Week 1 - Do I Really Need Anything?**

Week 1 Reading: Pages xiii-xvi; 1-10; 83-90; 94-107

**Welcome and Opening Prayer - Fall Program Prayer (p.5)**

**Read Group Shared Agreements (p. 5) and Check In**

**This week's Affirmations**

**Step 1: I Release My Human Need**

1. Whatever God is doing, God is always doing it.
2. Human need turns me to God.
3. There is only God.

**Step 9: The Three Reminders**

1. I honor and respect my experience in the Silence.
2. I do not "grade" my prayer experience, for all is well, always.
3. I have gathered in God's name and I will gather again.

**Quote (s):**

'Hard truth is this: God does not fulfill needs. However, this truth does not mean that needs cannot be met . . . the need turns us to God so we can open ourselves to experience God as our Source.' ~ Jim Rosemergy

'All we need exists close at hand. All the love we will ever need . . . rests within us, for God has made a home in us.' ~ Jim Rosemergy

'When we become avenues for God's expression . . . not only will we be blessed, but we will also become avenues through which others can be blessed as well.' ~ Jim Rosemergy

**Questions:**

1. Is there a need to ask God for anything when God already knows what we need? What 'needs' have you had that turned you to God?
2. What needs have you presented to God and hoped God would resolve? Were the needs met to your satisfaction? What was your role in these times of 'need'?

**NOTES**

## NOTES

### Questions.....*continue*

3. Is there any 'need' in your life today? If so, what is it? Are you solving it yourself, or have you invited God into your process?

### Your Extra Mile:

1. My intention for this series is \_\_\_\_\_  
\_\_\_\_\_
2. Spend time in prayer contemplating the word 'need' and the meaning( s) it has for you. How might that meaning change or expand as you consider that you might not 'need' anything at all?

### Scripture:

'That this is God, our God forever and ever. He will be our guide forever.' ~ Psalm 48:14

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.' ~ Matthew 11:28

### Looking Ahead:

1. Discuss the possibility of a group activity or project based on putting the steps offered into action in some way. This could be something offered within or outside of Unity of Traverse City. (Example: during a year when the series theme was 'Joy', a group put together a booklet of 'joyful' quotes and offered them to the congregation and their friends.)
2. Send stories, successes, photos, etc. for the church website and/or sharing in the Sunday bulletins.
3. Read pages 11-30; 108-129 for next week

### Closing Prayer:

Oh God, our Source for every need, we are grateful that we have needs, for they bring our human experience toward Your spiritual guidance. May we be aware that the role of our needs is to turn us to You, and through the need, know that You are calling on us, awakening us to Your everlasting presence. Amen.

## NOTES

### Your Extra Mile:

1. Without condemnation, without judgment, observe your thoughts and feelings while you pray and/or meditate. Choose a situation that is troubling you and practice detached contentment.

### Scripture:

'For I have learned, in whatever state I am, to be content.'  
- Phil. 4:11

### Looking Ahead:

1. Discuss the possibility of a group activity or project based on putting the steps offered into action in some way. This could be something offered within or outside of Unity of Traverse City. (Example: during a year when the series theme was 'Joy', a group put together a booklet of 'joyful' quotes and offered them to the congregation and their friends.)
2. Send stories, successes, photos, etc. for the church website and/or sharing in the Sunday bulletins.
3. Read pages 71-82; 164-171 for next week.

### Closing Prayer:

Mother/Father God, thank you for loving me unconditionally in all my humanness. Today, I am open to practice waiting. I am willing to learn humility, compassion, nonresistance, patience, acceptance and self-love. I am open to let you guide my life and I am consciously choosing to stop and wait for you to lift me. Amen.

**Week 5 - Are We There Yet?**  
Week 5 Reading: Pages 61-70; 156-163

**Welcome and Opening Prayer - Fall Program Prayer (p.5)**  
**Read Group Shared Agreements (p. 5) and Check In**

**This week's Affirmations**

**Step 7: A Time Beyond Time**

1. Prayer and meditation focus my attention and clarify my motivation.
2. I practice; God perfects. I wait; God lifts.
3. It is, God is, I am.

**Quote (s):**

'It Is, God Is, I Am.' ~ Jim Rosemergy

'Action is called for in life, but not always by us. Waiting invites the activity of Spirit, and therefore it is not us, but God who changes the world.' ~ Jim Rosemergy

**Questions:**

1. Do you believe it is possible to ever experience detached contentment?
2. Is there a situation in your life that is troubling you? How would it feel to practice detached contentment toward that situation?
3. What do you feel about the concept of waiting for God to lift us, to let go, and 'let God be God'?

**NOTES**

**Week 2 - I Am Human, and That's A Good Thing!**

Week 2 Reading: Pages 11-30; 108-129

**Welcome and Opening Prayer - Fall Program Prayer (p.5)**

**Read Group Shared Agreements (p. 5) and Check In**

**NOTES**

**This week's Affirmations**

**Step 2 : I Accept my Human Condition, So I Can Express My Spiritual Nature.**

1. I accept myself just the way I am.
2. Acceptance is an expression of my spiritual nature.
3. There is nothing to fear, for I am a child of God.

**Step 3: I Willingly Release Any Part of my Human Self That is a Barrier to God.**

1. I am as close to God as I will ever be.
2. Willingness is the beginning of each new endeavor.
3. Letting go has a purpose.

**Quote (s):**

'Acceptance allows us to pull back the covers and look again at what we have hidden . . . Nothing is shunned or resisted, for to resist our humanity is to resist God.' ~ Jim Rosemergy

'Fear has no power where there is love. Anger dissolves in God's peace. Guilt cannot live where there is acceptance.' ~ Jim Rosemergy

'Resistance of any kind in the soul is resistance to God. Nonresistance invites Spirit's expression and calls for us to live as the spiritual beings we truly are.' ~ Jim Rosemergy

**Questions:**

1. Call to mind an uncomfortable feeling you had during a particular life experience. Consider this statement: 'I accept this feeling just the way it is.' How might the experience have been different had you been able to express this 'acceptance' from the start?

## NOTES

### Questions.....*continue*

2. If you do not like the way you currently approach a challenging time, in what ways might you be willing to bring forth new and better ways to move through those problems that occur in your life?
3. How have you expressed resistance and nonresistance in your life? What was noticeably different between the two experiences?

### Your Extra Mile:

1. Take time to move through the 'Friend at My Side' meditation on page 117 of 'The Gathering'. Share your experience with a trusted family member or friend.

### Scripture:

"O send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling." - Psalm 43:3

### Looking Ahead:

1. Discuss the possibility of a group activity or project based on putting the steps offered into action in some way. This could be something offered within or outside of Unity of Traverse City. (Example: during a year when the series theme was 'Joy', a group put together a booklet of 'joyful' quotes and offered them to the congregation and their friends.)
2. Send stories, successes, photos, etc. for the church website and/or sharing in the Sunday bulletins.
3. Read pages 31-50; 130-149 for next week

### Closing Prayer:

Dear God, we turn to You with our limiting beliefs or habits that resurface and distract us from You. In prayer, we affirm the Truth. We release old patterns, habits, and beliefs that no longer serve us. As we let go and partner with You, we are filled with divine ideas. We are courageous, confident, creative, and compassionate. We are one with You. What amazing grace! And so it is! Amen.

## NOTES

### Your Extra Mile:

1. We have a choice to have either a mundane state of existence or to experience the presence of God. When we say 'Yes' to God, we awaken to another world. Consider the events taking place around you - both near and far. Journal the feelings that arise for you as you do. Continue this journaling process through the conclusion of the series or beyond. Take note of the times that you consciously said 'Yes' to God and the differences you saw in your life as a result.

### Scripture:

'But first seek the kingdom of God . . . and these things will be added to you.' - Matthew 6:33

### Looking Ahead:

1. Discuss the possibility of a group activity or project based on putting the steps offered into action in some way. This could be something offered within or outside of Unity of Traverse City. (Example: during a year when the series theme was 'Joy', a group put together a booklet of 'joyful' quotes and offered them to the congregation and their friends.)
2. Send stories, successes, photos, etc. for the church website and/or sharing in the Sunday bulletins.
3. Read pages 61-70; 156-163 for next week

### Closing Prayer:

Mother/Father God, as we rise into conscious oneness with you, we are energized, motivated, healed, and empowered in all ways and in all areas of our lives. We go forward listening for your divine guidance within us . . . and we say 'Yes'! We do so after the presence of the Christ within, amen.

**Week 4 - Who Called?**

Week 4 Reading: Pages 51-60; 150-155

**Welcome and Opening Prayer - Fall Program Prayer (p.5)**

**Read Group Shared Agreements (p. 5) and Check In**

**This week's Affirmations**

**Step 6: I Acknowledge That a Consciousness of God Is the Answer,  
That Life is a Consciousness of God**

1. I am the open to bring forth the wisdom of God in me.
2. I put God first and then take action.
3. I say "yes" to God and experience the world in a new light.

**Quote (s):**

'You are never alone. You are part of the God Consciousness. Within you that you can draw upon. What a Privilege! What Glory! What Light! Allow it to be second nature to you to be this light.' - Dj what Khul, Tibetan disciple of Ancient Wisdom

'Life is consciousness.' - Emmet Fox

**Questions:**

1. Jim Rosemergy states, 'Life is consciousness, but life as it is meant to be requires that I become aware of the Presence.' What does this statement mean to you? Give an explanation or example of an occurrence that has happened in your life where you were 'aware of the Presence'.
2. When speaking of a candle, Jim Rosemergy notes that to try to light one without a wick is hard, if not impossible to do. He offers that we are to be the wick of the candle in life - in so doing we become aware of the Presence. How might you see potential in yourself and others being realized as we use this symbolism of 'being the wick' in order to be expressions of God in the world.
3. We become aware of God's presence through our practice of prayer. Have you been working with the weekly affirmative statements? Have you noticed any change in your consciousness as a result? If so, how? In what way?

**NOTES**

**Week 3 - To Forgive or Not to Forgive**

Week 3 Reading: Pages 31-50; 130-149

**Welcome and Opening Prayer - Fall Program Prayer (p.5)**

**Read Group Shared Agreements (p. 5) and Check In**

**This weeks Affirmations**

**Step 4: I Willingly Forgive Others.**

1. I forgive others and return to love.
2. Unforgiveness is a barrier to my relationship with God.
3. Forgiving others is a gift I give to myself.

**Step 5: I Willingly Forgive Myself. I am Precious to God.**

1. There is nothing I can do to cause God to stop loving me.
2. I am an image of God Itself.
3. I am not broken; I am as God created.

**Quote (s):**

'Forgiveness is the shortest route to God.' ~ Gerald G. Jampolsky, M.D.

'Forgiveness is the eraser that makes the hurtful past disappear.' ~ Gerald G. Jampolsky, M.D.

**Questions:**

1. Discuss and reflect on the power of willingness to forgive others and what part of your life would benefit from the willingness to forgive others. Who is on the phone - God or ego?
2. I will no longer echo the negative, destructive things people have said about me. What are 3 lies and 3 truths about yourself? If it's comfortable for you, share with your group your pledge to never knowingly echo a lie about yourself again.

**NOTES**

## NOTES

### Your Extra Mile:

1. Pages 35-38 of our book refer to 'Returning to Love'. Read this section again and write two letters. The first is to bring forth your feelings around someone you may be harboring unforgiveness. The second is to bless the person. You may also wish to send them an anonymous gift. This process is designed to help open your heart and 'Return to Love'. As your group continues to meet, you may wish to share your experience with this 3-step process to forgiveness.

### Scripture:

'Whenever you stand praying, if you have anything against anyone, forgive him that your Father in heaven may also forgive your trespasses.' ~ Mark 11:25

### Looking Ahead:

1. Discuss the possibility of a group activity or project based on putting the steps offered into action in some way. This could be something offered within or outside of Unity of Traverse City. (Example: during a year when the series theme was 'Joy', a group put together a booklet of 'joyful' quotes and offered them to the congregation and their friends.)
2. Send stories, successes, photos, etc. for the church website and/or sharing in the Sunday bulletins.
3. Read pages 51-60; 150-155 for next week.

### Closing Prayer:

Dearest Father/Mother God, be with me today and each day to heal my mind and soul. Release me from the shackles of my ego. Guide my journey to wholeness and oneness with all of life. Open my eyes to experience the light and the love that we all are. Forgiveness put me in the flow of love. With gratitude, I say thank you. And so it is, amen.