

'You have something to say that's never been said. You have something to do that's never been done, or something to write that's never been written. There's a power that resides within you awaiting your discovery. It is rising up and calling on you to pay attention. And it will not let you rest or be happy until you make use of it and realize your dreams.'



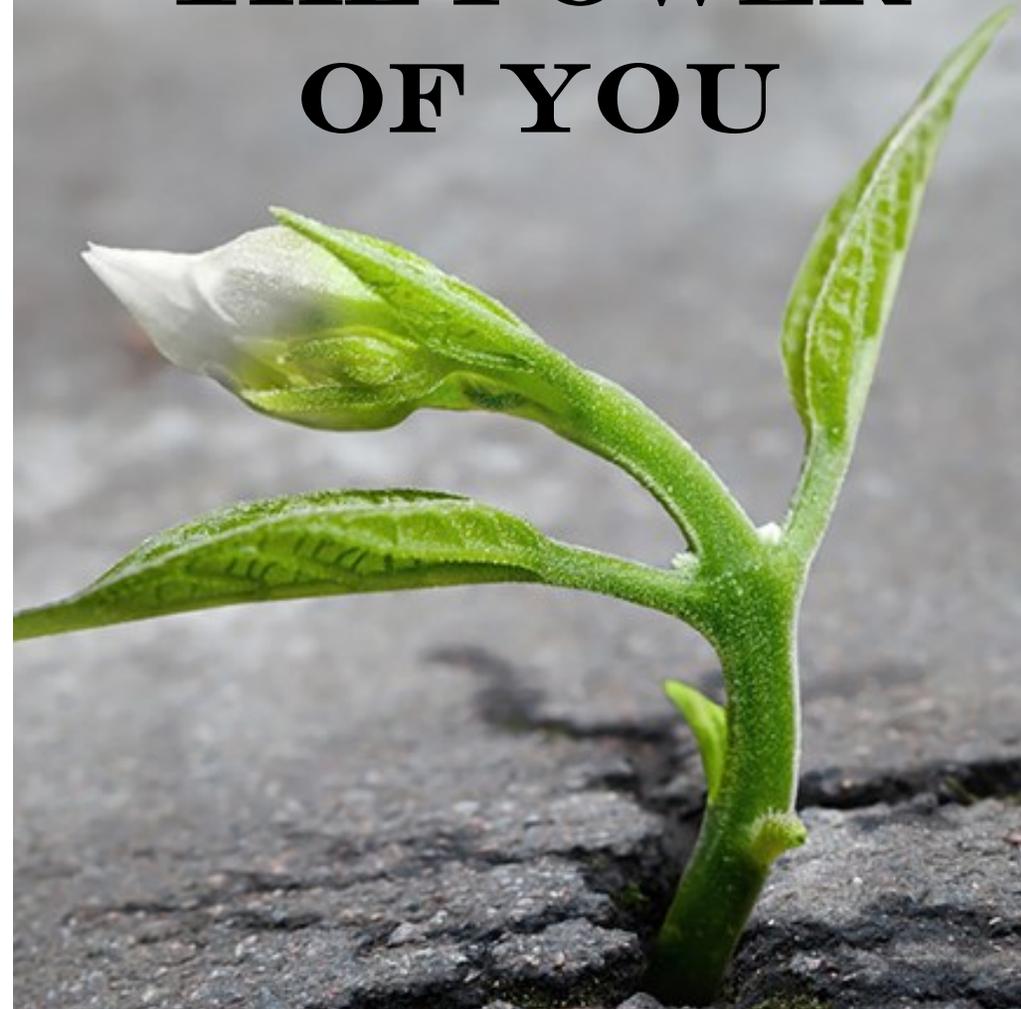
the power of you

How to Live *Your* Authentic,
Exciting, Joy-Filled Life *Now!*

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 teams, and every one of you who chose to embrace the divine power of God in you and share more of your perspective, purpose, passion, and gifts with all of us . . . I honor you, I thank you, and I celebrate you.

Unity of Traverse City
3600 Five Mile Road, Traverse City, MI 49686
231.938.9587 · www.unitytraversecity.org

THE POWER OF YOU



2019 Fall Program
September 15 - October 27



the power of you

How to Live *Your* Authentic,
Exciting, Joy-Filled Life *Now!*

UNITY OF TRAVERSE CITY

2019 Fall Program:

The Power of You

Based on the book of the same name

by author Chris Michaels, D.D.

SUNDAY CELEBRATION SERVICES - 10:30 a.m.

September 15 thru October 27

CELEBRATION CIRCLES (small group study circles)

Weekly, beginning September 16, 2019

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

CELEBRATION EVENT AND FUNDRAISER

**'Flower
celebration**

*Saturday,
from 6:00 -*

*At the Traverse
Country Club*



***Power', a
of the 60's***

*November 2,
10:00 p.m.*

City Golf &

NAME _____

PHONE _____

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FACILITATOR NAME _____

Phone _____

Email _____

STUDY GROUP MEMBERS

NAME _____

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Dear Friend,

Welcome to our Fall Program Series for 2019 - **'THE POWER OF YOU'**. This year, our series is highlighting the powerful teachings of New Thought Christianity. We will be exploring them in greater depth as a means to discover the depths of our own divine greatness. We will learn how to apply these spiritual principles in ways that help us to 1) know our purpose in life, 2) how to bring it into expression, and 3) live authentically and joyfully as a result.

Over the seven weeks of our Fall Program this year, you will be provided with various resources and tools to support you as you begin to see yourself as more than you may think yourself to be - someone with gifts, talents, and a powerful and significant purpose to share in our world.

You will be offered: author and Center for Spiritual Living director Chris Michaels' book, *'The Power of You: How to Live Your Authentic, Exciting, Joy-Filled Life Now!'*, our weekly inspirational Sunday Celebration series, and this specially created curriculum guide for personal or small group study.

As in past years, our small groups will form and I encourage you to step into the power of sharing with others of like mind and belief. The support, sharing, and bonding that take place are such sacred gifts to offer and to receive.

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 celebrating **ONE HUMANITY**,

THE POWER OF YOU SERIES PRAYER

Affirm this prayer prior to entering into the weekly discussion questions and activities. Allow it to center you in God's presence within you, to clear your mind, and to open your heart to all that Spirit wishes to bring into your awareness.

There is only one Presence and Power in my life. It awakens my soul each day to the divine purpose I have come to express. I am empowered by this divine energy to accept myself and every experience that comes my way. I use the power of my mind to focus on creating a life filled with happiness and joy. I know that my soul is calling me to believe in all that is possible for me. This spark of conscious living ignites in me and I take command of my life. I turn within, partner with God, and step boldly into the life I was meant to live and all that I have come here to be. And so it is, amen.

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GROUP SHARED AGREEMENTS

Shared agreements help everyone participating in a group to remain in commitment and heartfelt connection with each other. You can add additional statements as long as everyone in the group agrees to do so.

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.

Week 1: A Bigger Universe - A Greater God

Welcome and Opening Prayer - Fall Program Prayer (p. 4)

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

Week 1 Reading: Introduction, Chapter 1
Pages xiii - xvii and 1 - 32

This week's Affirmations:

1. God is an indwelling Presence, not an external deity.
2. There are as many paths to God as there are people on the planet.
3. There is only one Power in the universe and it is the Source of all good.

Quote(s):

'If you're going to have a bigger life, you have to have a bigger God.'
- Chris Michaels

'You might say: In him, we live and move and have our being, except God is not a *him*. It's a Presence, not a person. It's a Spirit, not a man. It's an indwelling Presence, not an external deity.'
- Chris Michaels

'There is some kind of homing device within our spirit that compels us to find our way back to the Source of life.' - Chris Michaels

'Perhaps the God we go in search of up there in the heavens has never been farther from us than our breath. Perhaps Divinity is a seed planted in every human soul.' - Chris Michaels

Questions:

1. We sometimes approach life as though we are powerless victims, when the truth is, we are powerful co-creators. Name some of the ways you are already in partnership with the Divine.
2. Several of the world's mystics have pointed to the two most

3. The book offers (pages 247-250) a comparison between five people closest to you being your 'inner circle' or the 'Fab Five'. Which would you rather have in your life, and why? Where do the current 'five people closest to you' fall on the spectrum between bringing you mostly joy or mostly drama?

Divine Power in Action:

Take all that you've learned and discovered about yourself since the series began. What **one** desire for your life is most present in your heart? Set a course to follow its lead. Then, take the first step forward knowing that you are walking on holy ground. Stay awake, confident, mindful, committed, and true to your path. Allow the power of God in **YOU** to be your partner and to make smooth your journey.

Looking Ahead:

1. If your group has been working on a **DIVINE POWER IN ACTION** activity or project together, finalize your plans for its completion and/or sharing with the congregation.
2. Consider ways in which the group can remain connected now that the series is reaching its end.
 - ◇ Attend the Fall Celebration Event and Fundraiser together on Saturday, November 2.
 - ◇ Meet for coffee and conversation once a month.
 - ◇ Connect at the Thanksgiving potluck at the church on November 24.

Closing Prayer:

Sweet Spirit, I am so grateful for this daily inner journey of discovering the power of me . . . the power that exists through your presence in me. I set an intention to do my part to share more wisdom, more compassion, and more love through the choices I make and the life I live. May all that I do be an expression of my greater awakening to my spiritual self and greater awakening of this world to all that is good and possible for all. And so it is, amen.

Week 7: The Final Frontier

Welcome and Opening Prayer - Fall Program Prayer (p. 4)
Read Group Shared Agreements (p. 5) and Check-In

Week 7 Reading: Chapter 7
Pages 234 - 260

This week's Affirmations:

1. To explore the spiritual frontier, I journey within towards greater depths of my own consciousness.
2. I am human and divine, a perfect spiritual being having an imperfect experience.
3. How I live my life matters to those around me and to future generations.

Quote(s):

'The solution to our problems individually and also collectively is to discover a new world **within**; to seek out new life and boldly go where we've never gone before.' ~ Chris Michaels

'We are not victims. We're powerful co-creators, responsible for our own choices and their consequences.' ~ Chris Michaels

'We grow consciousness. It's all part of the Divine plan to bring us to the place where we know ourselves as one people on one planet with one voice saying, "We are here Creator. We are conscious, awake, and ready."' ~ Chris Michaels

Questions:

1. Chris Michaels notes on page 243 that all faiths and religious philosophies were created to help us answer the questions, 'Who created us?' 'Why are we here?' 'What is the meaning of life?' How would you answer each of these questions today?
2. The stories that make up our lives all serve to help show us who we are. Think about a particular story in your life - whether it be one of joy or challenge - and share what the story told you about yourself

Questions - Continued:

3. In the Roman emperor Marcus Aurelius' prayer, his prayer is not an asking for something, but an affirmation and acceptance of the natural order of things. When you pray, is the purpose of your prayer to get God to do something for you, or is it a recognition that everything in life is in harmony and unfolding toward the greatest good? Or both?

Divine Power in Action:

In your times of prayer this week, pay attention to your thoughts and words. Perhaps even write some prayers on paper. Make a conscious effort to offer your prayers such that they are not requesting that God do something for you; rather, that they express your awareness of what God is *already* doing for you.

Looking Ahead:

1. Discuss the possibility of a group activity or project based on the series, perhaps getting together to try a **DIVINE POWER IN ACTION** option or activity together, or one based on the series that supports our 2019 theme of **ONE HUMANITY, MANY STORIES**. These can also be done individually as well.
2. Send stories, successes, photos, etc. for the church website and/or sharing in the Sunday bulletins.
3. Read Chapter 2; pages 33 - 72 for next week.

Closing Prayer:

O Creator, O Universe, O Nature, O Great Presence, no one is like you. You are great and your name in its many forms is mighty in power. Your power created the earth and your wisdom founded the world. The galaxies were stretched out by your understanding. Your thunder and water pour from heaven. The clouds rise at your calling and the lightning flashes at your command. You whisper the wind into motion. You are the Maker of all things. Whatever comes my way today, I know you are bigger and more magnificent than anything I have to face. Thank You. And so it is, amen.

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Week 2: Self-Discovery

Welcome and Opening Prayer - Fall Program Prayer (p. 4)

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

Week 2 Reading: Chapter 2
Pages 33 - 72

This week's Affirmations:

1. My spiritual journey always leads me back to my true self.
2. Spirit is calling me to believe in myself.
3. I am open to all of life's experiences as I discover the power of my own nature.

Quote(s):

'Be not afraid. Plan a future that excites you, one that invigorates you; one that's worthy of a spiritual being living in an unlimited universe. Set the vision for your future high, way up there, beyond where your fears can reach.' - Chris Michaels

'Only by being completely open and vulnerable to all of life's experiences do you discover the power of your own nature.'
- Chris Michaels

'Everything that happens to you, happens *for* you.' - August Gold

'We are a slowly awakening planetary giant just beginning to realize that we are one living body responsible for its own future in a universe of unknown dimensions.'
- Barbara Marx Hubbard

Questions:

1. What is that something within you waiting to be born; a Power that screams at you every day, a voice inside your own heart that knows the truth?
2. It's a lot easier to insulate yourself, to comfort your loss with food or something else to avoid feeling. But in the end, it's a strategy that fails us all because we get trapped inside. What would happen

Questions - Continued:

3. There is a statement in the book that says, 'And even when your body dies, your soul will live on forever.' What does this mean to you?
4. In your view, what is the difference between spirituality and religion?

Divine Power in Action:

Take time to reflect on the phrase 'field of infinite possibility'. Ask yourself how deeply you believe this field being available to you. To believe in it is to intentionally and consciously agree to step outside of your current comfort zone. Try taking three such steps this week as they apply to some aspect of your life and how you desire it to be. Record how these steps unfolded, what you felt, the successes attained and/or challenges encountered, and what you learned about yourself in the process.

Looking Ahead:

1. Discuss the possibility of a group activity or project based on the series, perhaps getting together to try a **DIVINE POWER IN ACTION** option or activity together, or one based on the series that supports our 2019 theme of **ONE HUMANITY, MANY STORIES**. This can also be done individually as well.
2. Send stories, successes, photos, etc. for the church website and/or sharing in the Sunday bulletins.
3. Read Chapter 7; pages 234 - 260 for next week.

Closing Prayer:

Dear God, we feel your presence in our lives always, and understand that humanity has been uniquely created with the knowledge that the goodness in our soul is enough - by acknowledging your love, compassion, and direction, we will treat ourselves accordingly and trust our purpose in your world.

Week 6: Self-Command

Welcome and Opening Prayer - Fall Program Prayer (p. 4)
Read Group Shared Agreements (p. 5) and Check-In

Week 6 Reading: Chapter 6 Pages 202 - 233

This week's Affirmations:

1. There is no greater authority than the divine wisdom in my soul.
2. I make my own choices, set my own values, and choose the direction for my life.
3. I am free to be myself today, contradict myself tomorrow, and be loved just the same.

Quote(s):

'To fully own yourself, to have a full sense of your worth and power, you must begin by taking command of your life.' - Chris Michaels

'The new spirituality claimed that the highest authority resides within us, not in some external deity that acts as an overlord, nor a government which tries to dictate or legislate morality.'
- Chris Michaels

'Taking command of your life requires you to step away from the crowd and make your own path. Genius always travels alone. It is not concerned with the approval of others, nor does it need it. To travel this path, you have to leave behind any need for approval.'
- Chris Michaels

Questions:

1. Why is it so important to not let others treat you poorly? If or when they do, what might they be indicating through their behavior toward you? What are some possible hidden messages?
2. Society often does a really good job of pigeonholing people into different categories. What does this mean, and has it ever happened to you? Share if you are comfortable doing so.

Questions - Continued:

3. Of the three symptoms of consciousness awakening, which one do you relate to the most and why? (Pages 69-72)

Divine Power in Action:

One way to experience self-discovery is to reflect back on the stories in our lives so far. Take time this week to reflect on your stories. Which ones repeated themselves? Which offered the greatest lessons? Caused the deepest pain? Who were the teachers who showed up in your stories? What did you learn? Pay attention to how you answer these questions, for it is how you are telling your story today. See if you think you might tell it differently in the future.

Looking Ahead:

1. Discuss the possibility of a group activity or project based on the series, perhaps getting together to try a **DIVINE POWER IN ACTION** option or activity together, or one based on the series that supports our 2019 theme of **ONE HUMANITY, MANY STORIES**. These can also be done individually as well.
2. Send stories, successes, photos, etc. for the church website and/or sharing in the Sunday bulletins.
3. Read Chapter 3; pages 73 - 120 for next week.

Closing Prayer:

Creator, Spirit, show me my power, my courage, my wisdom, my peace, my richness, my genius, my creativity, my strength, my purpose, my gifts, my joy, my light, my true self-expression. May all that I express and share be for the blessing of all forms of expression of life and consciousness, seen and unseen, here on Earth and throughout the Universe. Thank you and so it is, amen.

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Week 3: Self-Acceptance

Welcome and Opening Prayer - Fall Program Prayer (p. 4)

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

Week 3 Reading: Chapter 3
Pages 73 - 120

This week's Affirmations:

1. I accept everything that makes me who I am.
2. I am a powerful co-creator with the Universe.
3. I am operating at peak performance, doing the best I can with the wisdom I have.

Quote(s):

'You have peace, the old woman said, when you make it with yourself.'
- Mitch Albom

'Everything that happens to you, happens for you.' ~ Chris Michaels

'I don't know if I continue, even today, always liking myself. But what I learned to do many years ago was to forgive myself . . . because if you live, you will make mistakes - it is inevitable.' ~ Maya Angelou

Questions:

1. Read the section, 'Who Told You That You Were Naked?' on pages 85 - 86. What were the messages from the past that made it difficult for you to accept yourself, that made you keep doubting yourself?
2. How do you think your life would have been different if someone had told you at age 5, 10, or 20 that your only duty in life is to be what you are, to be true to yourself, to stay true to your talent, to be yourself?
3. Read the three truths on pages 97 - 103. Do any of these truths really speak to you, and if so, why?

Questions - Continued:

4. What is the 'power of vision' as you would define it be or have seen it at work in your life?

Divine Power in Action:

Calling upon the power in you, write a Commitment Statement, one that lists at least three statements or promises you will keep as you begin to follow your heart and accept your soul's assignment.

Looking Ahead:

1. Discuss the possibility of a group activity or project based on the series, perhaps getting together to try a **DIVINE POWER IN ACTION** option or activity together, or one based on the series that supports our 2019 theme of **ONE HUMANITY, MANY STORIES**. This can also be done individually as well.
2. Send stories, successes, photos, etc. for the church website and/or sharing in the Sunday bulletins.
3. Read Chapter 6; pages 202 - 233 for next week.

Closing Prayer:

Dear Spirit, I affirm the courage and faith to acknowledge my uniqueness as I've been created in your love and spirit, I trust in my inner creativity to assist me in embracing my soul and its purpose as I move through my journey on this planet.

Week 5: Your Soul's Assignment

Welcome and Opening Prayer - Fall Program Prayer (p. 4)
Read Group Shared Agreements (p. 5) and Check-In

Week 5 Reading: Chapter 5
Pages 171 - 201

This week's Affirmations:

1. I live and move and have my being in the presence that is Spirit.
2. I turn within and invite Spirit to guide me in realizing my divine potential.
3. As I co-create with Spirit, I am always guided to the greatest good and highest successes in my life.

Quote(s):

'Like the flower that naturally turns to the sun for its source of nourishment, one day you will choose to turn inward where Spirit resides, and it's there you will discover your soul's assignment.'
~ Chris Michaels

'Resolving yourself to a behavior that you haven't prepared for spiritually, emotionally or psychologically will not turn out well.'
~ Chris Michaels

'Every soul has an assignment, a purpose to fulfill.' ~ Chris Michaels

Questions:

1. It has been said that we are not afraid of failure. We're afraid of success. We're not afraid to live an **ordinary** life. We fear the **extraordinary** life, the life of greatness. What does this mean to you? How have you seen this at work in your life?
2. To find what your true purpose is in life requires some inner reflection and thought. How do you define **success**, and what

Divine Power in Action:

1. Author Chris Michaels sets forth various questions we can ask ourselves to determine our current thoughts about our own self-worth on page 106. Spend time this week reflecting on these questions and answering them truthfully. For any answers you find yourself wanting to be different, commit to drawing upon Spirit's power in you to begin shifting the answers to where they reflect an unconditional acceptance of self.
2. Think about one way you can 'give the best' and focus on that for the week.

Looking Ahead:

1. Discuss the possibility of a group activity or project based on the series, perhaps getting together to try a **DIVINE POWER IN ACTION** option or activity together, or one based on the series that supports our 2019 theme of **ONE HUMANITY, MANY STORIES**. These can also be done individually as well.
2. Send stories, successes, photos, etc. for the church website and/or sharing in the Sunday bulletins.
3. Read Chapter 4; pages 121 - 170 for next week.

Closing Prayer:

Dear God, I embrace the wholeness and perfection of my true self. As I turn within to your presence in me, I remember by sacred worth and ground every thought, word, and action in that Truth. I honor my uniqueness and go forward with excitement and anticipation to experience all that life has to offer and all that I have to give. And so it is, amen.

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Week 4: Your Mind and How to Use It

Welcome and Opening Prayer - Fall Program Prayer (p. 4)

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

Week 4 Reading: Chapter 4
Pages 121 - 170

This week's Affirmations:

1. How I choose to use my mind determines everything in my life.
2. Forgiveness is a decision I make **about** myself and **for** myself.
3. I am more committed to building my future than I am to surviving my past.

Quote(s):

'You must learn a new way to think before you can master a new way to be.' ~ Marianne Williamson

'Whatever you hold in your mind on a consistent basis is exactly what you will experience in your life. ~ Tony Robbins

'Our life is the creation of our minds.' ~ Buddha

Questions:

1. Look at the seven benefits of forgiving on page 139. Talk about a situation in your life when you forgave and what benefit you received.
2. In this chapter, the author talks about many ways that we misuse the power of our minds. Talk about one of those ways that happens in your life.
3. Of the six lessons outlined in this chapter on pages 152 - 162, which one do you think would bring the most benefit to you if you focused

Divine Power in Action:

1. Create a vision - one you hold in your mind or perhaps artistically create on canvas or paper. Fill it with images of what you wish for your life. Come back to it and prayerfully focus on it each day. Use the power of your mind to begin co-creating with Spirit its manifestation in your life. Try using the affirmative prayer on page 168 of our book to support you in the process.
2. Choose one of the six lessons and try to practice it every day this week.

Looking Ahead:

1. Discuss the possibility of a group activity or project based on the series, perhaps getting together to try a **DIVINE POWER IN ACTION** option or activity together, or one based on the series that supports our 2019 theme of **ONE HUMANITY, MANY STORIES**. These can also be done individually as well.
2. Send stories, successes, photos, etc. for the church website and/or sharing in the Sunday bulletins.
3. Read Chapter 5; pages 171 - 201 for next week.

Closing Prayer:

Mother/Father God, I open my mind to Divine Ideas, knowing they are unlimited in number and filled with potential. I focus my thoughts on all that I wish to create and experience in my life. I let go of any critical voices in my mind, trusting that divine guidance, clarity, wisdom and more will make themselves known as I remain Spirit-Led. I go forward in faith to co-create my life with you. Amen.