The Five Unity Principles

God is absolute good, everywhere present.

Every human being has a spark of divinity within, the Christ spirit. Our essence is of God; therefore, we are inherently good.

We are co-creators with God, creating reality through thoughts held in mind.

Through prayer and meditation, we align our heart-mind with God. Denials and affirmations are tools we use.

Knowing and understanding Unity Principles is not enough – we must also live the Truth we know through our thoughts, words, and actions.

Welcome to Unity of Raleigh!



Please mute your cell phone

There's a sweet, sweet Spirit in this place.

And I know that it's the Spirit, Spirit of the Lord.

There are sweet expressions on each face.

And I know they feel the presence,

presence of the Lord.

Sweet heavenly Spirit, Sweet heavenly dove.

Stay right here with us, filling us with Your love.

And for these blessings,

we do lift our hearts in praise.

For without a doubt we know,

That we'll have been revived.

When we shall leave this place.

You are the face of God, I hold you in my heart;

You are a part of me, you are the face of God.

You are the face of Love, I hold you in my heart;

You are a part of me, you are the face of Love.

Rev. Ellen Barron, M.Div.


My humanity is bound up in yours, for we can only be human together.
DESMOND TUTU

I release and I let go.

I let Spirit run my life.

And my heart is open wide.

Yes, I'm only here for God!

No more struggle, no more strife.

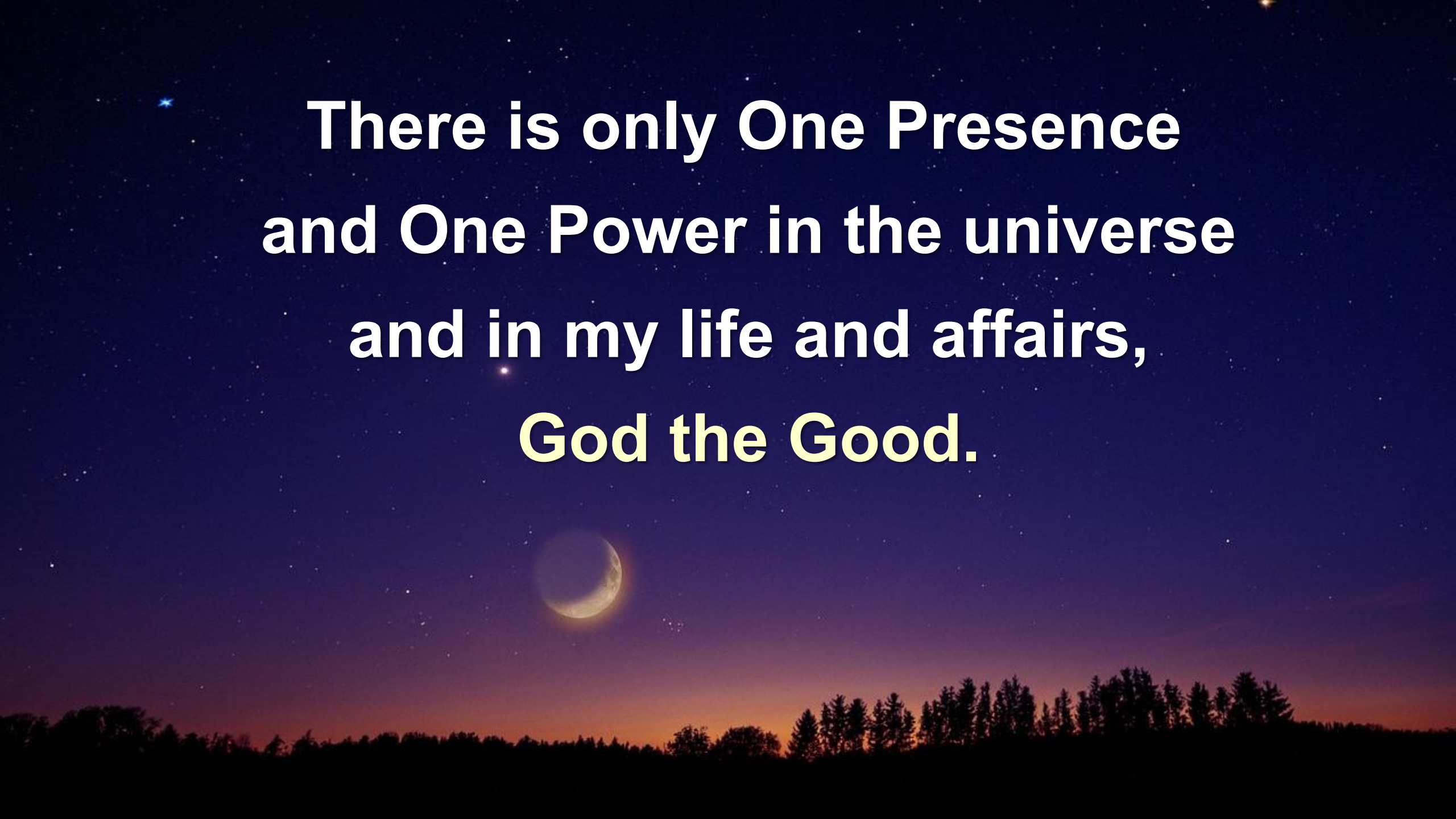
With my faith I see the light.

I am free in the Spirit.

Yes, I'm only here for God!

Platform Leader:

Bob Casey


There is only One Presence
and One Power in the universe
and in my life and affairs,
God the Good.



Daily Word:

Let Go, Let Go

Affirmation:

I let go and let God.



The Power of Release:

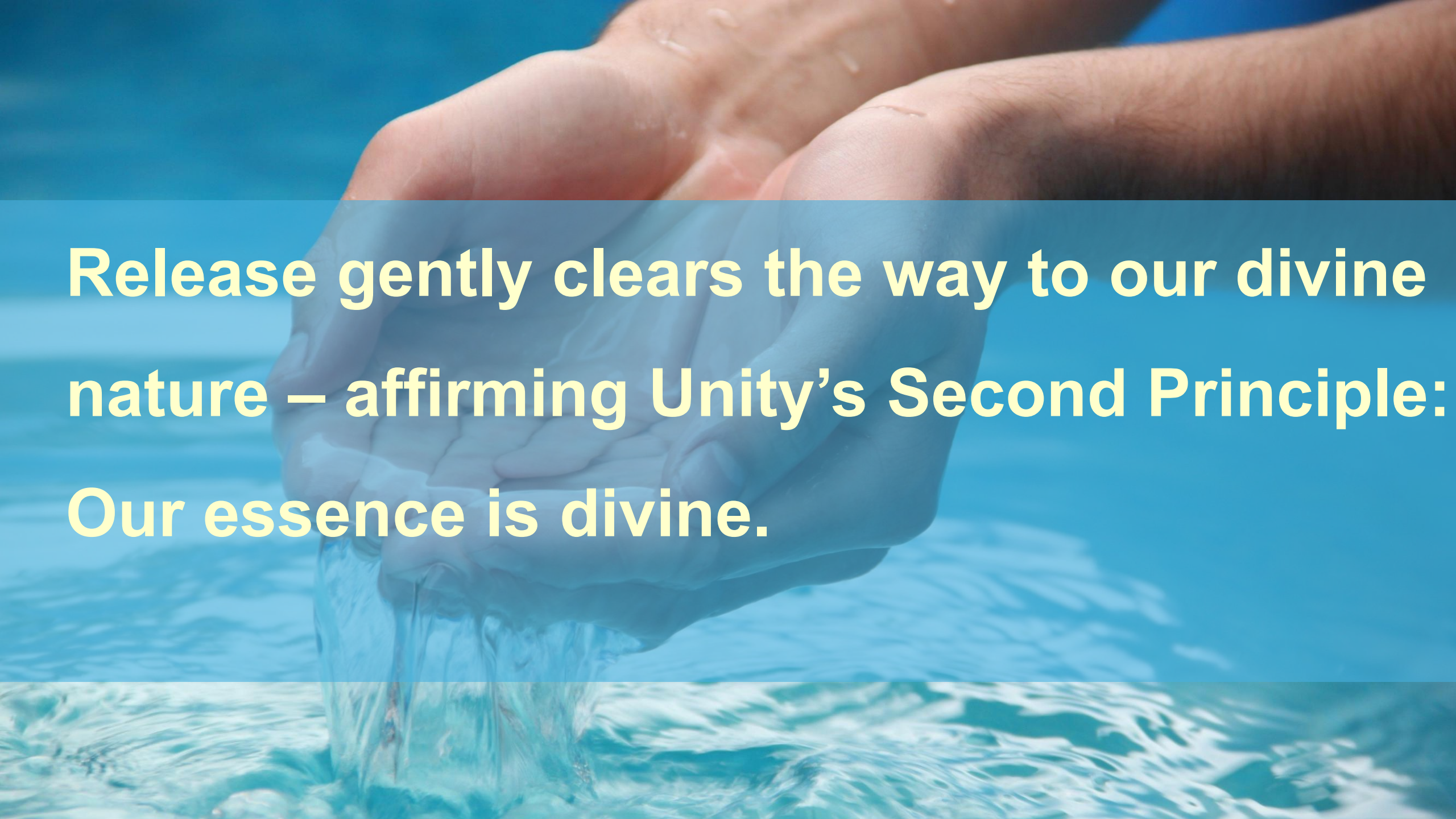
Letting Go to Let Life Flow.

Rev. Ellen Barron, M.Div.



“A letting go of old thoughts, in order that new thoughts may find place in consciousness.”

Charles Fillmore



Release gently clears the way to our divine nature – affirming Unity's Second Principle: Our essence is divine.



"Withdrawing mental sustenance from low ideals is denial." *Charles Fillmore*

<u>Unity metaphysics:</u> Denial isn't rejecting reality; it's refusing to give power to anything other than God.



All great spirituality is about letting go.” ***Richard Rohr***

For me, faith makes release possible.



Forgiveness is where the power of release becomes deeply personal.

“And forgive us our debts, as we also have forgiven our debtors.”

Matthew 6:1



I release the past and let my divine light shine.

Ways to Give at UCR:



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GIVE GREEN, WITH GRACE
3G
SAFE & SECURE

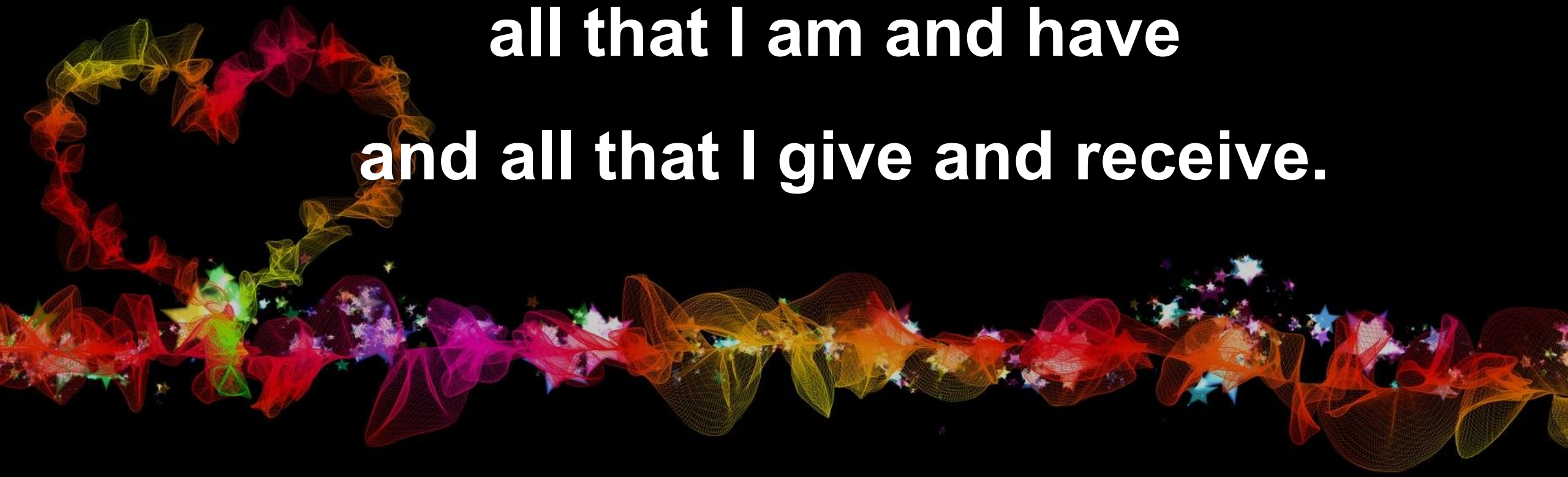
Thank you for your donation!

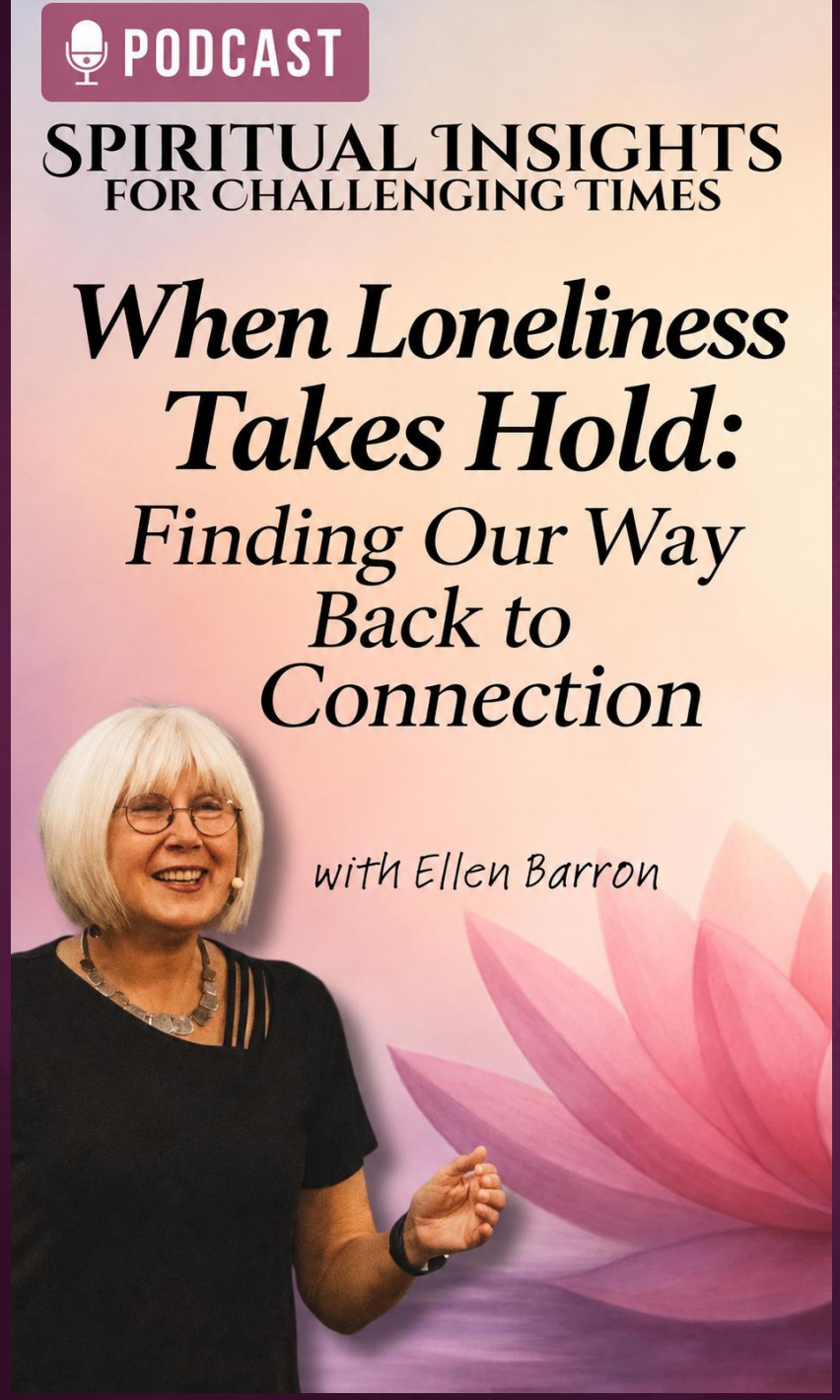
Divine Love flowing through me

blesses and multiplies

all that I am and have

and all that I give and receive.





New Podcast
Monday, November 9th

Are you feeling lonely, disconnected or unseen?
Join Rev. Ellen to explore how self-love and compassion open us to connection.



Please stay after the service next Sunday, for our Teams Meeting to connect, discuss current projects, review upcoming priorities, and enjoy some delicious pizza.



UCR's Veterans Season of Giving will take place Sunday, November 15, through Friday, December 18. We will be collecting clothing and non-perishable food to support our veterans.

Please visit our website for a list of needed items and times during the week for donations.



We will begin signing Holiday cards for service members starting November 15th.

If you would like, you can bring blank Holiday cards or sign the ones we have available.



Yoga class – this

Wednesday,

at 10:00 a.m.

$10.00



Our Caregivers

Support Group –

will meet today at 4 pm.

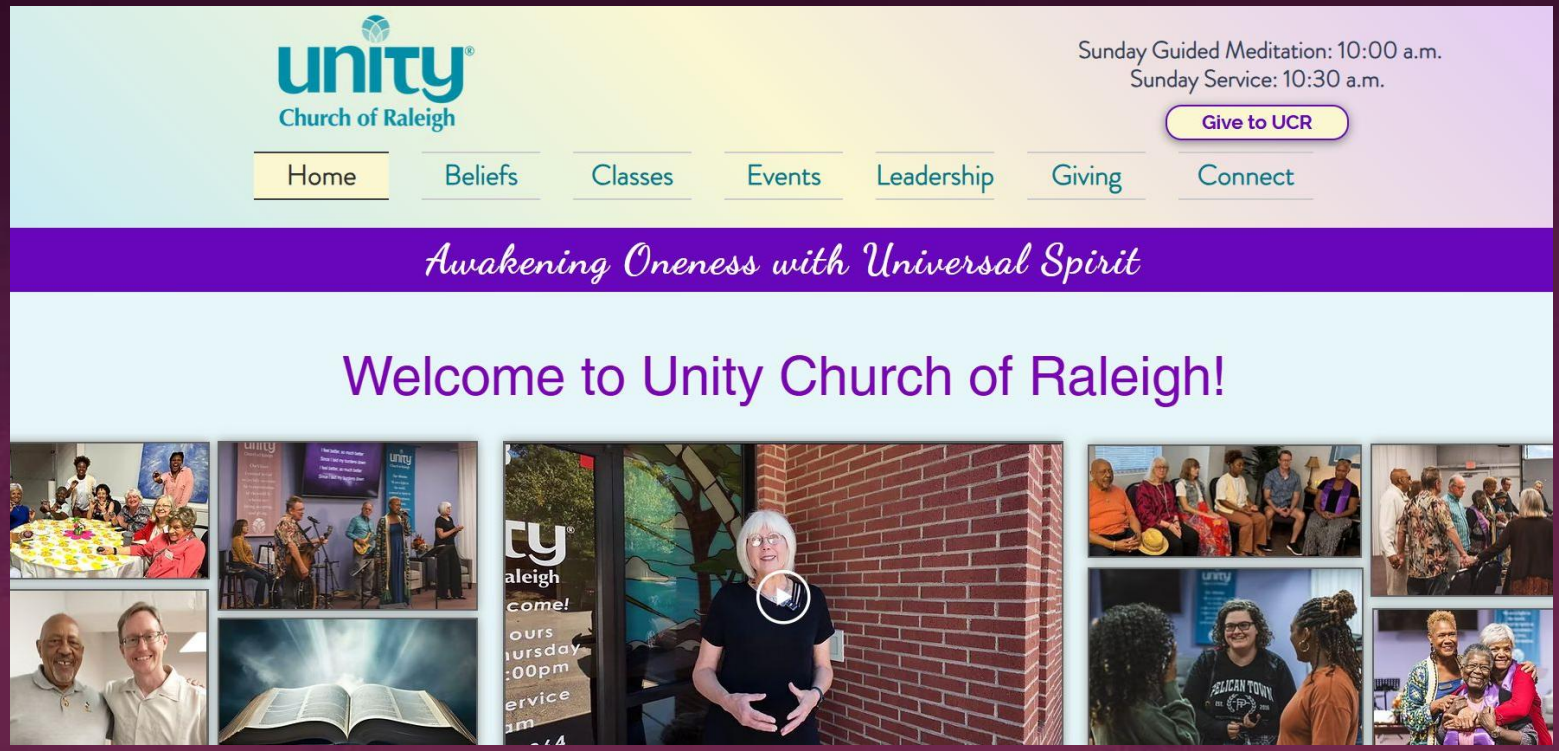
Find the Zoom link on our

Wellness Website.



LeAnna Cargman's

"Discovering Herbal Allies" workshop will be held on Saturday, November 14th from 10:00 a.m. - 11:00 a.m. For more information and registration details, please visit the website.



Visit unitychurchofraleigh.com for more information.

Email ucrprograms@gmail.com
to receive our weekly email newsletter.

Healing Circle Prayer Time

Stay for our Healing Prayer Circle,

Followed by a birthday potluck.





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.

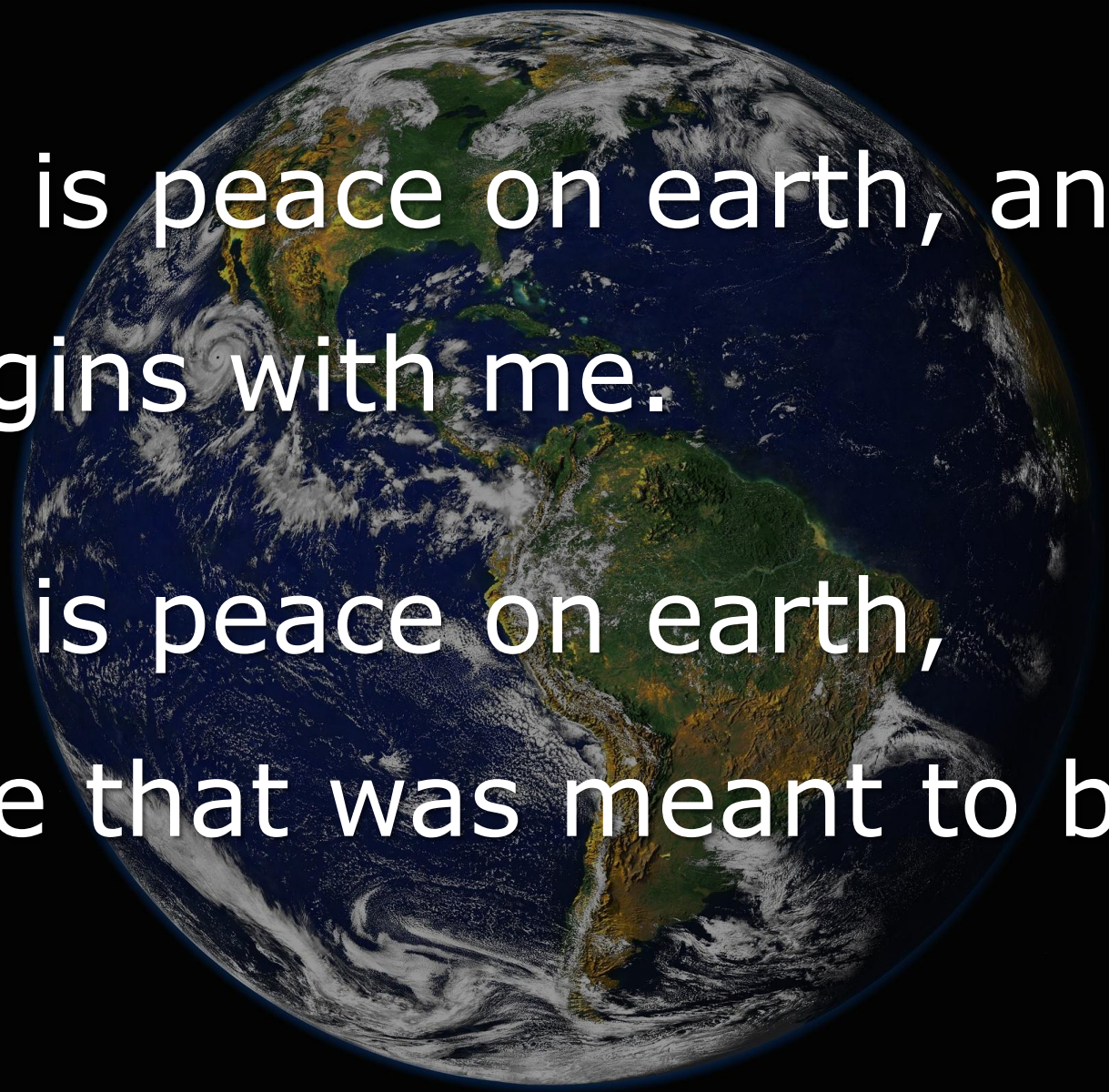
And all is well!

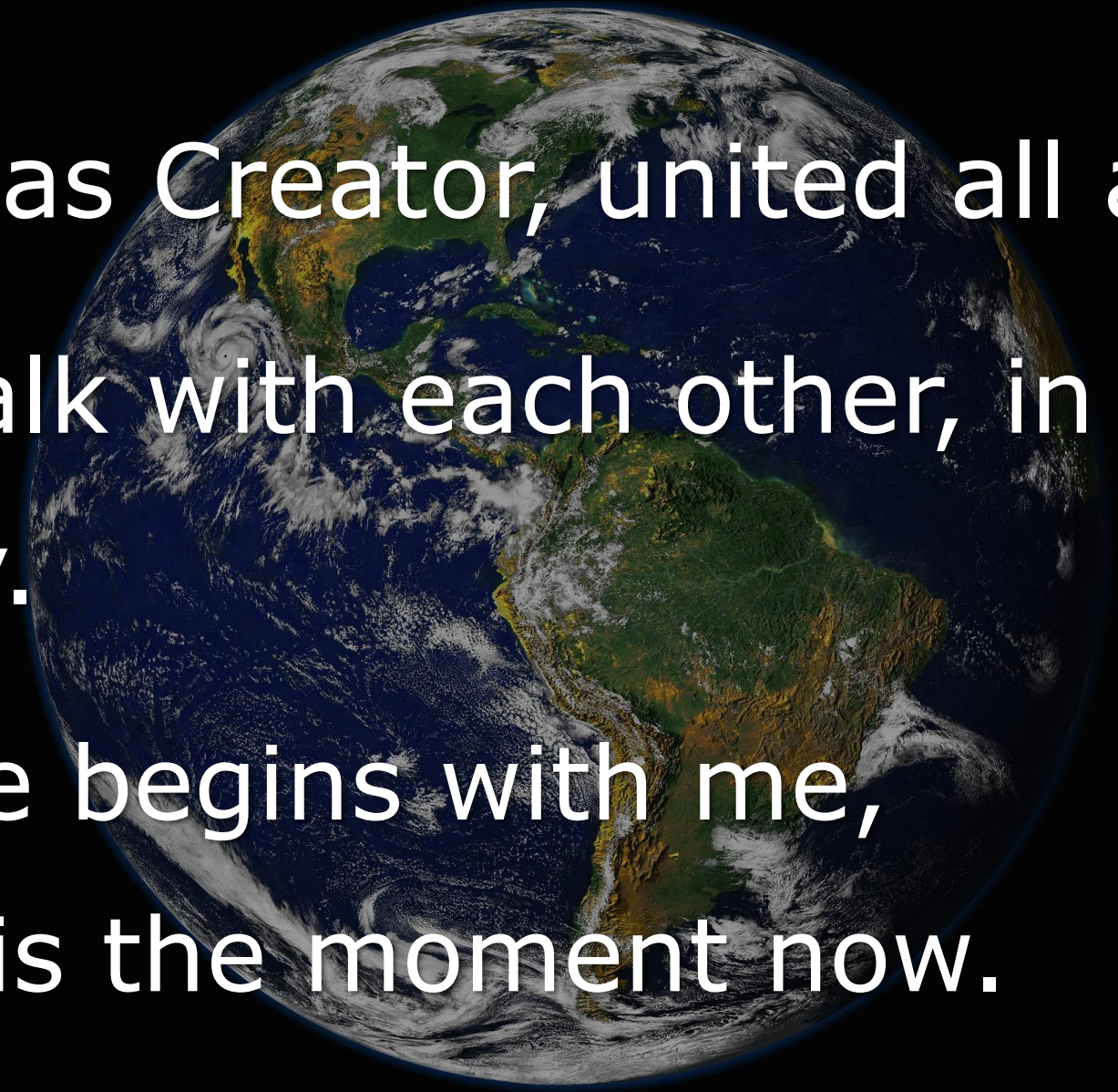
Yes, there is peace on earth, and

Yes it begins with me.

Yes, there is peace on earth,

the peace that was meant to be.

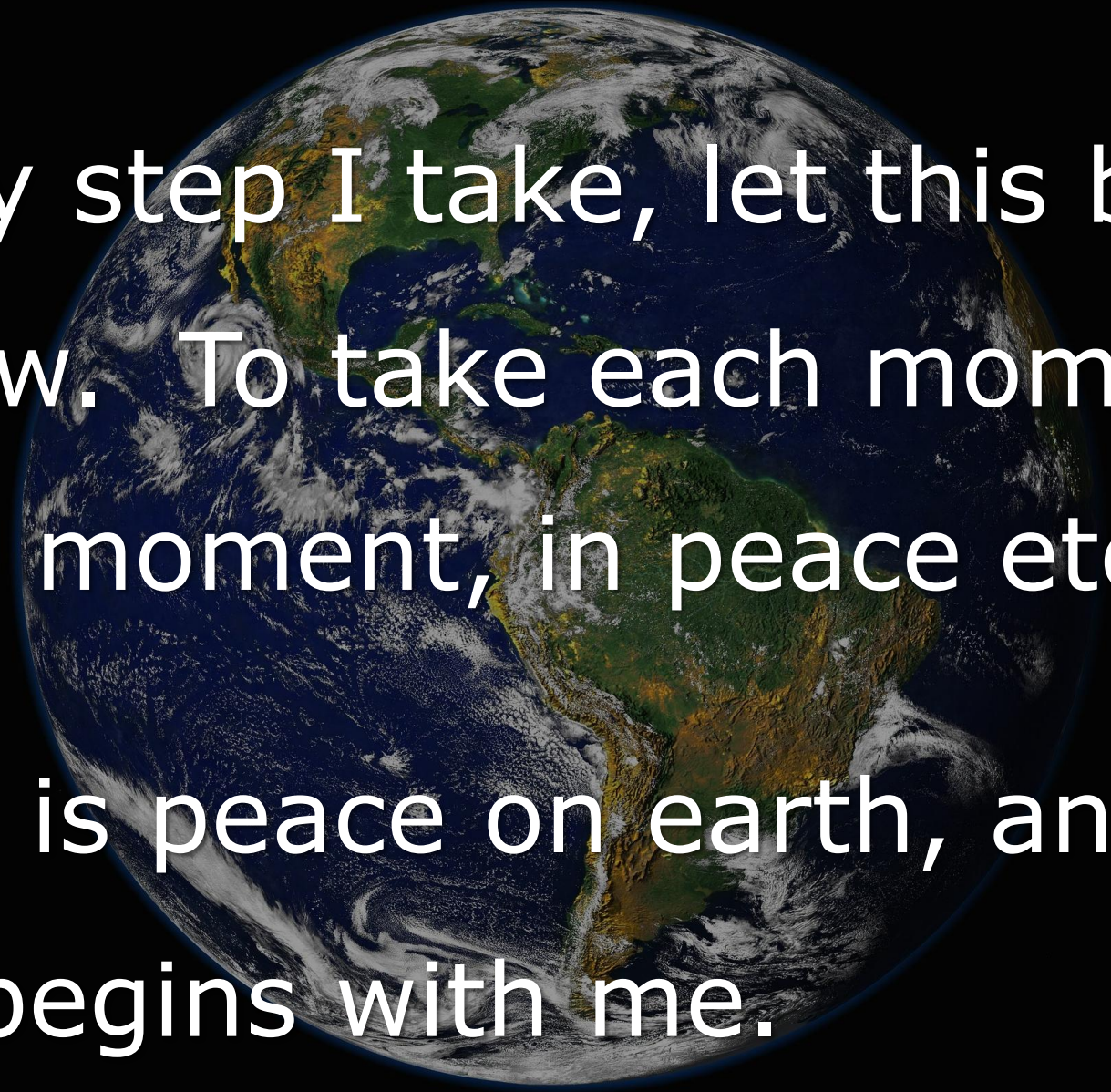




With God as Creator, united all are we.

Yes we walk with each other, in perfect harmony.

Yes, peace begins with me,
Yes this is the moment now.



With every step I take, let this be my joyful vow. To take each moment and live each moment, in peace eternally.

Yes, there is peace on earth, and

Yes it begins with me.



We love you,

We bless you,

We appreciate you,

And we behold

the Christ in you!

