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

Thank you for this day, Spirit,

thank you for this day.

This healing, this healing, this healing day.

Thank you for this day, Spirit,

thank you for this day.

This beautiful, this beautiful, this beautiful day!

Thank you for my friends, Spirit,

thank you for my friends.

My wonderful, my wonderful,

my wonderful friends.

Thank you for this day, Spirit,

thank you for this day.

This beautiful, this beautiful, this beautiful day!

Thank you for this day, Spirit,

thank you for this day!

This beautiful, this beautiful, this beautiful day!

Wanna say thank you, thank you, thank you,

thank you, thank you, thank you, thank you,

thank you!

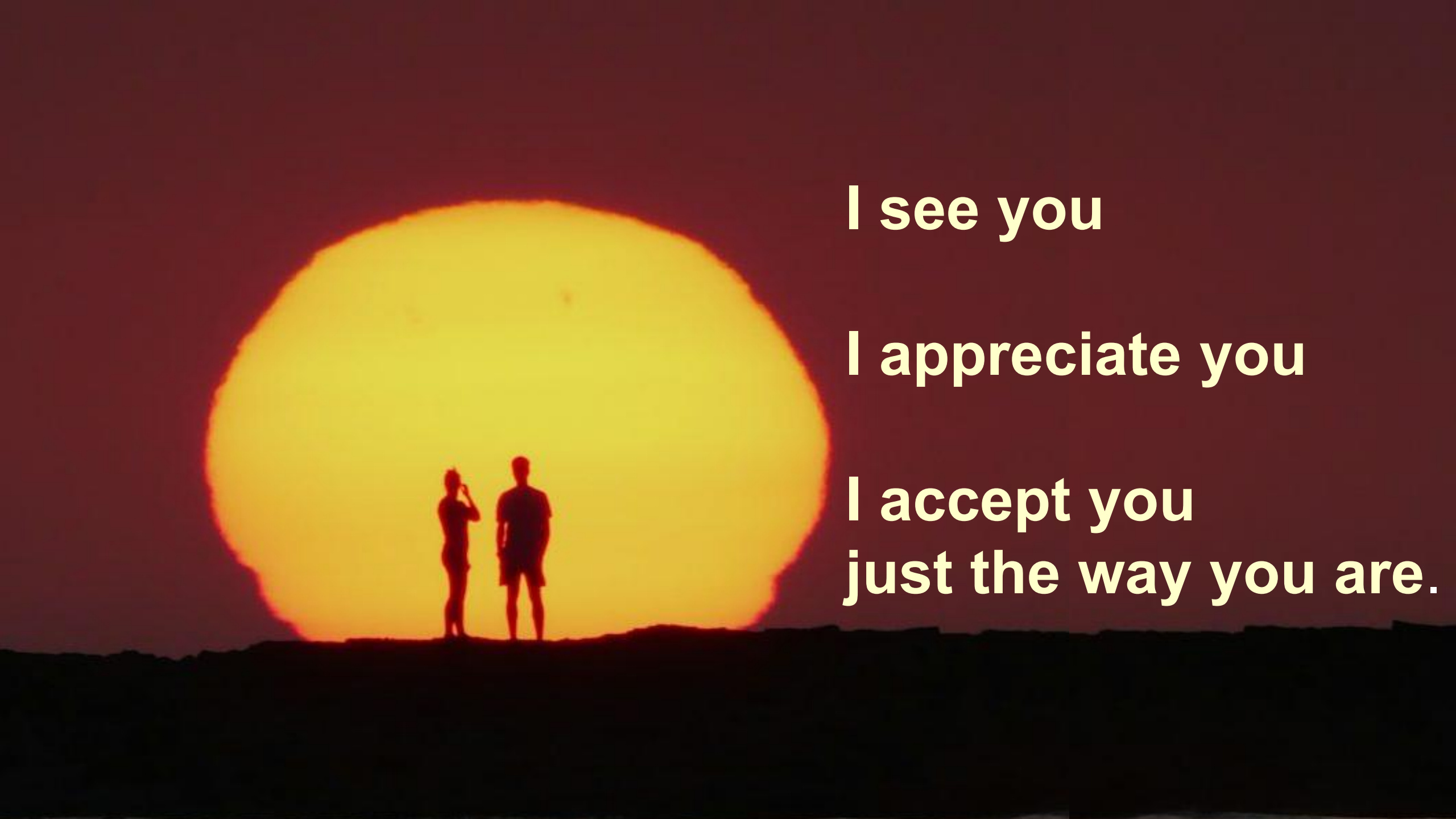
You are the face of God, I hold you in my heart;

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.


I see you
I appreciate you
I accept you
just the way you are.

I am so grateful, grateful.

I am grateful for all the love that I have.

I am so grateful, grateful.

I am grateful for all the love that I have.

Everywhere I look and every face I see,

Is love reflected shining back to me.

I just give thanks for all these simple things,

That joy and peace, that gratitude brings.

I am so grateful, grateful…

I am grateful for all the love that I have.

I am so grateful, grateful…

I am grateful for all the love that I have!

Every day I wait before I open my eyes.

I count my blessings, and I realize…

Life is a miracle, when I see it that way.

I focus on the beauty, that's why I've got to say:

I am so grateful, grateful.

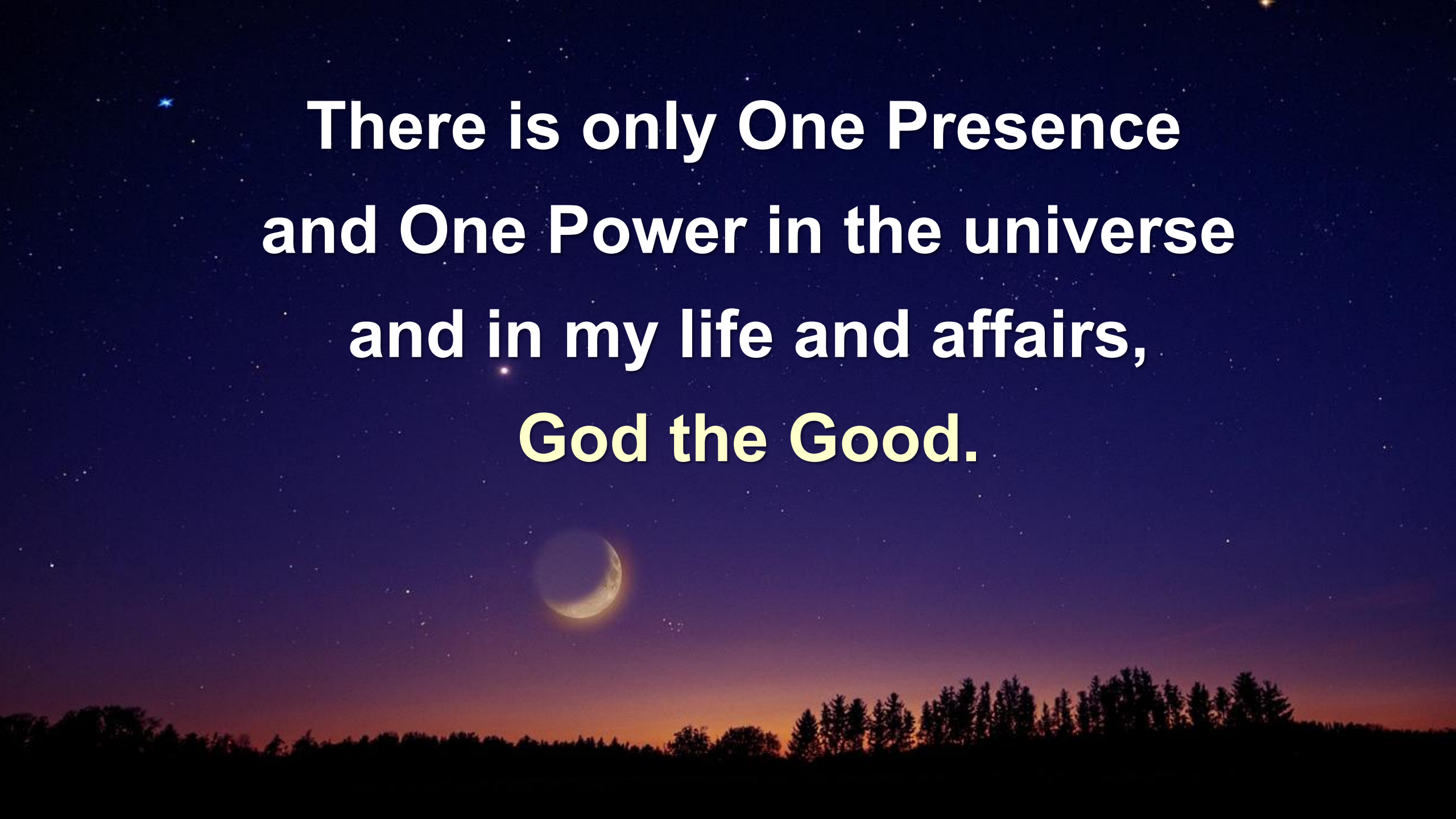
I am grateful for all the love that I have!

I am so grateful, grateful.

I am grateful for all the love that I have.

Platform Leader:

Mary Butler


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



Daily Word:

Thankful!

Affirmation:

I am grateful.



Living Life As Gratitude

Rev. Ellen Barron, M.Div.



“Gratitude is the law of increase. *Whatever you bless with your thanks grows and multiplies.”*

Myrtle Fillmore



“Gratitude is not just a reactionary emotion. It is a causative energy.”

Eric Butterworth



Faith and Gratitude meet. Faith trusts the divine abundance. Gratitude makes us receptive. *Blessing and action give that awareness expression in our lives.*



Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Thessalonians 5:16-18



“Praise is gratitude in action.”

Myrtle Fillmore

Unity Five Step Affirmative Prayer Movements:

relaxation, concentration, meditation, realization, and appreciation.



Ways to Give at UCR:



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GIVE GREEN, WITH GRACE
3G
SAFE & SECURE

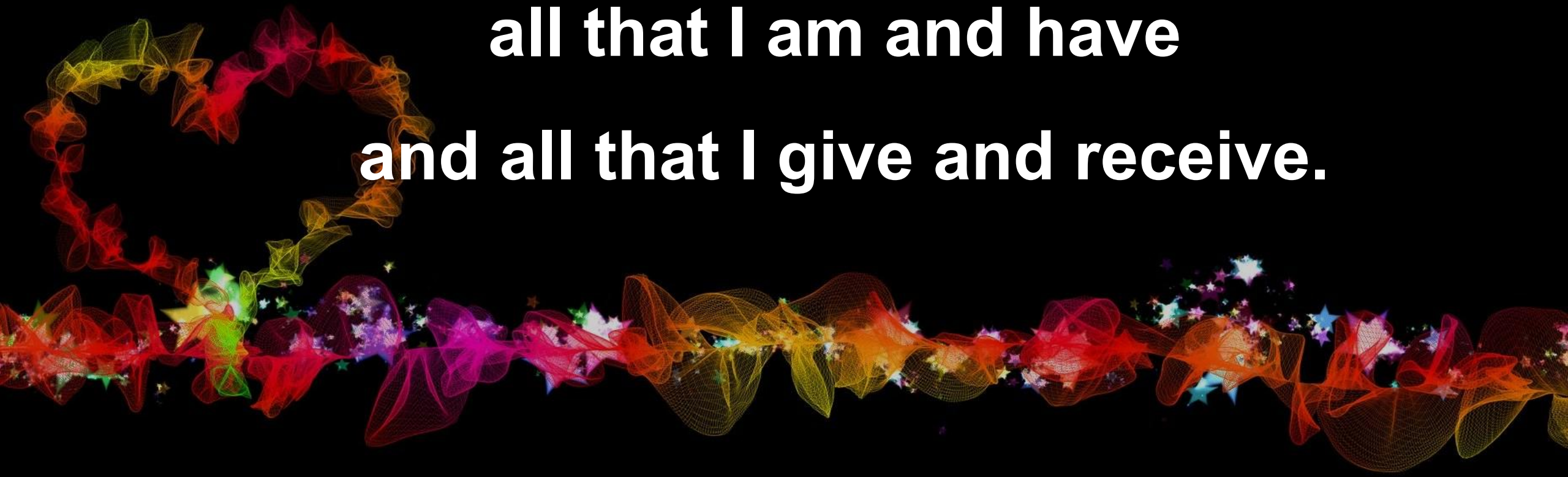
Thank you for your donation!

Divine Love flowing through me

blesses and multiplies

all that I am and have

and all that I give and receive.





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

PODCAST

SPIRITUAL INSIGHTS
FOR CHALLENGING TIMES



Forgiveness: The Path to Freedom

By Reverend Ellen Barron

Monday, Nov. 16th



*This month, the **Affirmative Prayer workshop** with Rev. Teresa, will be next Sunday, November 21st, from 12 pm to 1pm.*

Available in person, or on Zoom after service.



November's Outreach

Unity of Raleigh veterans Season of Giving

November 15, through Friday, December 18.

Collecting clothing and non-perishable food to support our veterans.

Please visit our website for a list of needed items.

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





Yoga class – this

Wednesday,

at 10:00 a.m.

$10.00



Our Caregivers

Support Group –

will meet Sunday, November

22nd at 4 pm.

Find the Zoom link on our

Wellness 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 team pizza meeting





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.

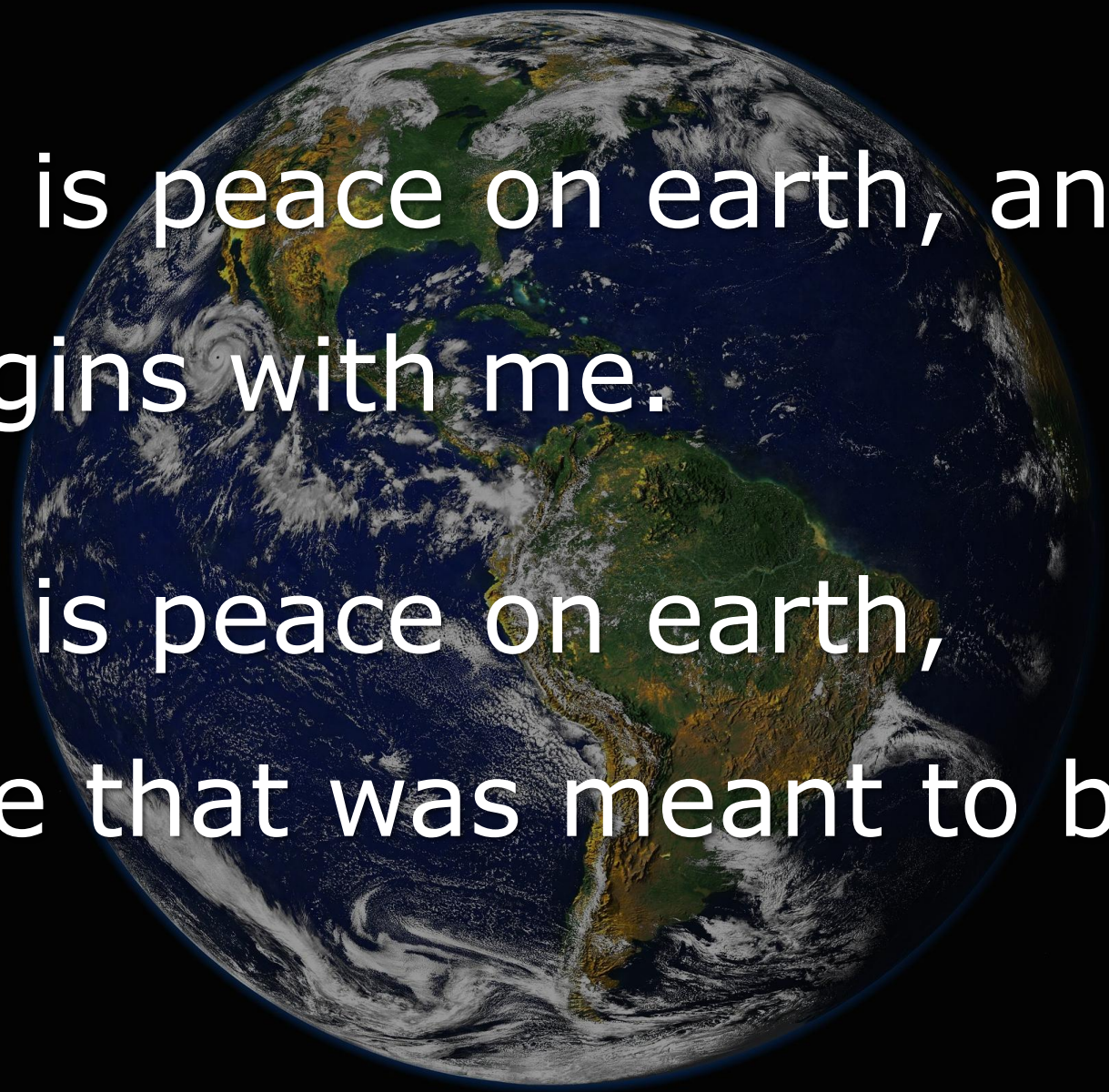
And all is well!

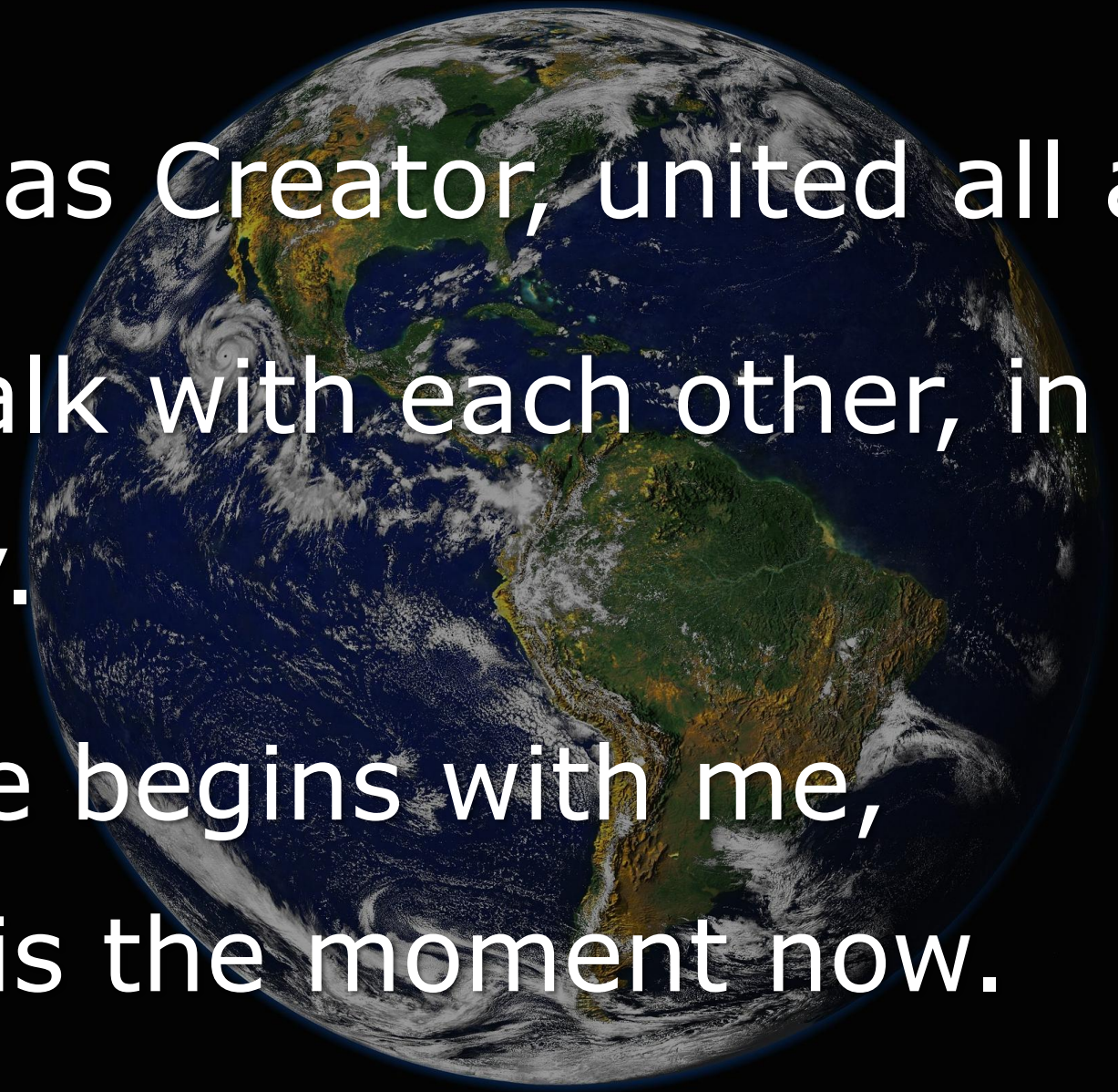
Yes, there is peace on earth, and

Yes it begins with me.

Yes, there is peace on earth,

the peace that was meant to be.

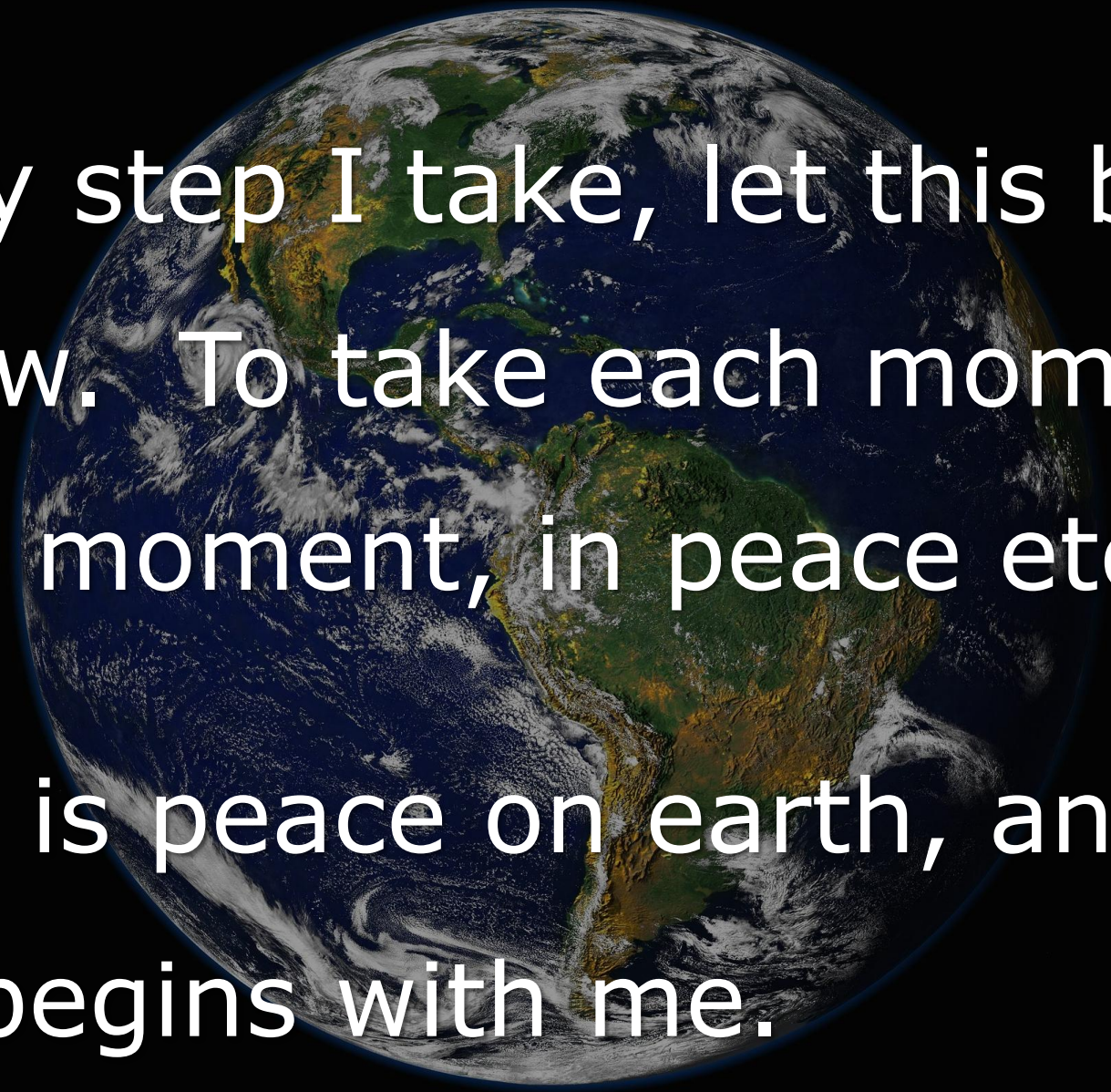




With God as Creator, united all are we.

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!

