

## **What is Unity?**

Unity is positive, practical Christianity. It teaches the practical application in everyday life of the principles of Truth taught and exemplified by Jesus Christ and other master teachers. Unity is a way of life that leads to health, prosperity, happiness, and peace of mind. It is worldwide movement in which people study and practice spiritual principles that transform their lives.

Unity honors the many paths to God. We believe that all people are created with sacred worth, made in the image and likeness of God. Everyone is welcome in Unity and we do not discriminate on the basis of race, gender, age, creed, religion, nationality, sexual orientation, ethnicity, or physical disability. Our sincere desire is to express as a spiritually aware, nondiscriminatory organization that supports and celebrates diversity. It is with love and in celebration of our unity, in the midst of our wondrous diversity, that we welcome you to Unity Church of Christ.

The Unity movement was founded by Charles and Myrtle Fillmore. Our foundation is prayer. As people heard of Myrtle Fillmore's remarkable healing utilizing prayer and affirmations (positive statements of truth), many seeking help became interested in how she accomplished this healing. As people began to join together in small circles of prayer and Unity grew. Soon, classes formed, taught by Charles and Myrtle Fillmore, as well as some of the most prominent metaphysical teachers of their day (i.e., Emma Curtis Hopkins).

The first issue of Unity magazine was published in 1889. The teaching of the practice of prayer through classes and correspondence led to the establishment of Silent Unity (our worldwide prayer ministry) and Unity School for Religious Studies (now called Unity Institute). A Ministerial Education Program; a Continuing Education Program; and a Retreat Center soon followed. Unity continued to publish numerous inspirational articles, magazines, and books. With a foundation of prayer, education, and publishing, Unity has blossomed into an international organization today.

## **What are the basic tenets of Unity teachings?**

**First:** God is the Source and Creator of all. There is no other enduring power. The nature of God is absolute good. God is present everywhere and in everyone, whether they are aware of this or not.

**Second:** We are spiritual beings created in the image and likeness of God. Each person is a unique expression of God; each has the Spirit of God (or Christ Light) within them.

**Third:** Jesus was a person who expressed perfection and thereby became The Christ. The Christ is the divine in everyone and everyone has the potential to express the same Christ Spirit that Jesus did.

**Fourth:** Jesus' teaching was based on prayer, which is communion with God. Prayer is the conscious use of the word, the creative power of God. One powerful way to pray is to be aware of your words and speak only positive words. Your words help create your experience of the world, yourself, and others. Unity teaches that using affirmations (positive statements of Truth) and denials (denying power to appearances and circumstances), establishes right patterns of thinking and feeling. Through our thoughts, feelings, words, and actions, we use the creative power of God to bring forth a life of joy, peace, abundance, health, and love.

### **Does Unity believe in the divinity of Jesus Christ?**

Yes. Unity teaches that the Spirit of God dwelt in Jesus, indwells every person, and that every person has the potential to express the perfection of Christ, as Jesus did, by living what he taught. Jesus taught principles of love, peace, joy, power, and abundance.

### **What are Unity's distinctive characteristics?**

Unity sees each person as already whole, for each is created in God's image and have God's light and life within them. Our path is a journey of remembering the truth of our being and expressing that more fully each day.

Unity teaches positive prayer, and Unity students are encouraged to align with the spirit of the Christ within which provides personal guidance and direction that will best enhance their lives. Unity ministries provides a safe and sacred place for study, participation, fellowship, service, support, transformation, and awakening to the joy of living in the world. Each Unity ministry is supported by the freewill offerings of all those who share its vision of world peace, harmony, and the oneness of all life. Unity affirms the power of each individual to advance spiritually according to his or her own understanding. Respect for and faith in the spirit of God in everyone is core to our teachings and makes it unnecessary to set down fixed creeds or impose limiting beliefs.