



Unity Church of Hilton Head Island

# Connections

## Daily Word

### Affirmations

#### Inner Peace

*In the quiet of this moment, I am a peace. All is well.*

#### Guidance

*I am divinely inspired to right action.*

#### Healing

*I am an ever-renewing expression of divine life.*

#### Prosperity

*I am successful and fulfilled, realizing the power of God in me*

#### World Peace

*Let there be peace on Earth, and let it begin with me*

*These affirmations are from the January/February 2010 issue of the Daily Word. It is suggested to follow these simple steps to help support you create a spiritually center life.*

- Claim each affirmation as true for you and your loved ones.
- Give thanks in advance, remaining open and receptive to your highest good.
- Continue affirming the truth of each affirmation to inspire you throughout the day.

## Note from the Editor

Happy New Year. Have you made your New Year resolutions yet? Perhaps you would like to start a new spiritual practice or gain a greater understanding of Unity principles? Join your UCHHI friends each month as we explore the meaning of *The Twelve Powers of Man* written by Charles Fillmore and *Christ Enthroned in Man* by Cora Dedrick Fillmore. Unity's outreach ministry this year is also featuring the Twelve Powers via the Unity 2010 Calendar and the Unity Web site at [www.unity.org](http://www.unity.org). This month we begin the spiritual journey with the study of FAITH and the Spotlight features our minister Reverend Justin Epstein.

*...According to your faith let it be done to you—Matthew: 28-29*

Cathy Sneed

## Reflections

### Faith in God

*I have faith in God, knowing that with God, nothing is impossible.*

A little faith goes a long way in clearing my mind, in restoring inner peace, in allowing me to function as a person who is capable of great things, for indeed I am.

Faith in God in me and in others develops courage, patience, understanding, hope, and so much more. It strengthens me and every aspect of my life. Each thought or act of faith is like a single fiber that, when

woven together with others, creates a lifeline that connects me to health, peace, prosperity, and great opportunities.

I have enough faith that keeps me going when there seems no way to go on. Such faith is the understanding that God will see me through whatever it is that I am experiencing. Faith is surrendering to God's presence and power and accepting that with God, nothing is impossible.



**From The Daily Word...**

**“Love, Inspiration, and Guidance for Everyone”**

*Unity of Hilton Head Chaplain and Prayer Ministries are available for your prayer needs. To reach a chaplain, call Elizabeth McGinness @ 843-341-3899. Chaplains are also available each Sunday after church.*

### The WORD of the MONTH FAITH

*“The perceiving power of the mind linked with the power to shape substance. Faith is a deep inner knowing that that which is sought is already ours for the taking.”*

...from The Revealing Word by Charles Fillmore

## January Calendar

Mark your calendar for the following messages and events.

**January 3:** *White Stone Ceremony* and Birthday/Anniversary Sunday

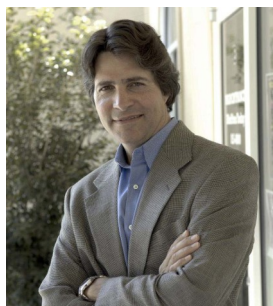
**January 10:** *Message* and Treasure Mapping 12:30-2:30 with Frank and Mary Lou Stark

**January 17:** *Message*

**January 24:** *Message* and Circle Dancing with Carolyn Hubers after church

**January 31:** *Message*

## Justin Epstein



HE WALKS THE TALK is a common phrase we use to validate someone of integrity and who has a strong allegiance to their principles. Justin Epstein, our minister and CEO, certainly fits the definition. When developing this month's newsletter, Justin's personal story seemed to be ideal in helping to clarify the concepts as well as the practice of faith. He, of course, is a man with profound faith and often reminds us of the practice of faith through his messages, newspaper articles and his personal example.

So, where did Justin come from? Those of us who have read his biographical notes know that Justin was raised in a philosophical eclectic family in Norfolk, Virginia. As a youth, he was raised and educated in the Judaism tradition attending Hebrew school through the sixth grade. However, he was also strongly influenced by his mother who introduced him to Integral Yoga and the philosophy of its founder Sri Swami Satchidananda. His step father grounded him with golf and it remains Justin's passion. In high school, he was active in student government and in sports describing his life "as easy, happy and successful." After graduation and in the early years of college, Justin's self awareness noticed a change in his moods and world view. He was becoming less happy, critical, angry and often sad. Relationships no longer were easy for him after being voted "the friendliest" in high school. As with most young adults,

Justin questioned the meaning and purpose of life. He sought refuge in reading books on positive thinking and became a Sunday morning TV watcher of Robert Schuller's, *The Hour of Power*. He also began practicing yoga, eating a vegetarian diet, and studying new thought philosophies including Unity authors. It appears Justin was now launched on his spiritual journey.

After college graduation from James Madison University with degrees in religion/philosophy and Interpersonal Communication, Justin began his ministerial studies at Unity Village. Later, while still in Kansas City, he was an assistant minister at Christ Church Unity. However, Justin still felt unsettled about his career path and returned to Virginia Beach, Virginia and worked in his home church, Unity Church of Tidewater for over a year. Still drawn to eastern philosophies and in particular the teachings of Paramhansa Yogananda, Justin then followed his heart to Ananda Village in Northern California where he lived and worked for three and a half years. During his time at Ananda, he also spoke in New Thought churches in Northern California and became a part-time minister for a Religious Science church in Placerville, California. In 1999, Justin received a phone call from Eric Butterworth inviting him to work with him at Lincoln Center in New York City. From the foothills of Northern California to the streets of Manhattan, Justin made the transition quite easily.

Justin served in New York City for five years where he had a cable television show called "Practical Spirituality" and shared the stage with such notables as Marianne Williamson, Dr. Maya Angelou and many other new thought and motivational speakers. It was after Justin's tenure in New York that he sought out his own ministry and found Unity of Hilton Head waiting for him. Justin has now been our minister, CEO, and Way Shower for the past 5 years.

Now, as to the practice of faith, Justin affirms in his manuscript, [The Ancient Mystery](#) "having faith involves going beyond mere intellectual belief to actual experience of God." His yet unpublished manuscript was recently discussed in UCHHI small

groups and through Sunday messages. Justin's book gives you seven keys for knowing God, the Mystery, and for "discovering the missing peace that every Soul longs for." Justin also has described faith moments in his life. One experience occurred during college while studying for an exam and apparently realizing he needed a little help from above. Here is his description of the incident.

One evening while sitting in an empty classroom at James Madison University in Virginia with a stack of books studying for yet another exam, I began wondering how faith in God and doing well on an exam worked together. It made sense that faith was not going to cause God to somehow put an "A" on the exam. Also, faith would not exempt me from putting a lot of time and energy into studying. The conclusion was that faith would allow God to express more fully through me as I did the very best that I could. "I work and the Father works." Faith that God was working through me resulted in receiving guidance, self-confidence, calmness, clarity, motivation and persistence. I'm reminded of two statements that support having a practical faith: "God helps those who help themselves" and "God can only do for you what He can do through you."

To Justin, faith is a faculty and an inherent part of our spiritual nature. He believes that faith is everywhere like electricity.

There is plenty of electricity, but we must turn on the light switch in order to release the flow of electricity and light in our homes and businesses. In some rooms, the light is controlled by a rheostat which can be turned up to make the room brighter or lowered to make the room darker. In a similar way, our faith can be turned up in such a way that we can become aware of the presence of God in our life or turned down in such a way that we perceive lack and limitation.

This coming year the Connections Newsletter along with Justin invites you to take the leap of faith. As Justin can personally attest, there are many twists and turns on the road called life but a spirit and faith filled life is one road worth taking. We all thank Justin for being our guide along the way.

## Faith

*In beginning this new, year long series on the Twelve Powers of Man, it hoped the information will stimulate you to explore the concepts more thoroughly with your own self study and reading of the source materials. As with all systems of belief, the reader must verify validity through their own belief and value system.*

As a background to the study of Charles and Cora Fillmore's books and their philosophy, Mr. Fillmore uses concepts developed during the early days of the New Thought movement along with the metaphysical understanding of the Bible to explain his system of regeneration or the development of Christ Consciousness. His assumption is that the reader has an understanding of the super conscious, conscious, and subconscious minds. In essence, Fillmore set forth in his writings that Jesus was sent to inject new life into man and help man awaken his facilities; the goal being a new race of men from a man of flesh to man of Spirit. Jesus, as our Way Shower, provided the example of one who had harnessed this Spiritual energy and maximized the potential of his energy centers as evidence by his miracles. The Twelve Powers system promoted by Charles Fillmore, in summary, is "that all powers are expressed and developed under the guidance of Divine Mind, all powers come from God and all powers are directed by the Word of God." Each power, as represented by an Apostle, controls a function in the soul and body. Physically, these are ganglionic or nerve centers in the body.

The first center to be understood is the FAITH center named after the first Apostle Peter. The center represents faith in things spiritual and faith in God. It is felt that this center must be the first to awaken and thus help train and build up the other centers to rise above the effects of the outer world. To begin, like Apostle Peter, we must first be receptive to the spiritual dimension of life. To do this, one must attune to their inner thoughts and learn to trust oneself and to trust God. This is often called inner knowing. The action mechanism is FAITH. Faith "move and molds ideas and brings them into concrete

expression" and faith gives us strength, hope and courage per Cora Fillmore. For Jesus, as well as us, the spoken Word unleashes the power of faith. These events are evidenced in the miracles of Jesus like controlling natural elements by the Word.

This center is located in the center of the brain and is associated with the pineal gland. By opening up and fortifying this center through affirmation and meditation, "the mind generates an energy that contacts the universal energy and causes circumstances and events to fall into line for the attainment of the latent ideal." Charles Fillmore strongly believed that "all thoughts good and bad have existence through mind and when recognized by man there will be a shift in consciousness."

Now, translating this to one's daily life, have you noticed that when life circumstances overwhelm you and you feel helpless. More dramatically you feel fear. This is the time to activate the FAITH center and know with your *inner knowing* that you have the power of the inner Christ in you and have a direct connection with God's energy. To help you reinforce this connection to God, meditation and prayer are suggested along with affirmations. Likewise, you might visualize holding the hand of Jesus or you might surround yourself with the color deep blue, which is the color of this center.

In summary, as Cora Fillmore reminds us "you are a Spiritual being—a god in the making" and that we must "let go of all material preconceptions of yourself and dwell continually in the higher dimension, where you see through the eyes of Spirit, hear with the ears of Spirit, and feel with the heart of Spirit." FAITH unlocks the kingdom of heaven.

Affirmation\*

I am strong in faith.

I am being lifted out of fear and doubt.

I am secure in the protective love and Power of God.

Sources: The Twelve Powers Of Man by Charles Fillmore and Christ Enthroned in Man by Cora Dedrick Fillmore, Unity House, Unity Village, Missouri.

\*A Twelve Power Meditation Exercise, by Charles Roth, Unity House, Unity Village, Missouri.

### QUOTES

*If you have faith the size of a mustard seed... nothing will be impossible for you. Matthew 17:20*

*Whatever we have faith in; we put our energy and commitment into. Angel Wisdom*

*Faith is the state of being ultimately concerned...and the acceptance of the promise of ultimate fulfillment. Paul Tillich*

*Ask, and it will be given you, search, and you will find; knock, and the door will be opened for you. Matthew 7:7*

"you are a Spiritual being—  
a god in the making"

## Spirit Work

Beginning this month **SPIRITWORK** will focus on helping you to understand and to apply the “power” of the month. Starting with faith, let’s explore ways to bring the power of faith into your life. For the visual learner, you might want to place the color blue around your home and your work. You might wear blue clothes more often this month as well as wear blue when your faith feels depleted. For the auditory learner, you might say affirmations or biblical quotes to reinforce faith driven principles. For the kinesthetic learner, you might begin a Power Bag and place tokens in it each month that represents the power to you to you. For example, for faith, a rock representing the Apostle Peter or a magnet symbolizing drawing the God’s substance to you or a heart representing your heart’s desire. The key to understanding a power is to individualize what it represents in your life and use it as needed. Think of it as your private code to finding the Christ Mind in you.

## On the Bookshelf The Twelve Powers by Charles Fillmore and Cora Fillmore

Looking for a greater understanding of the origins of Unity principles and practice? This Unity classic is required reading. However, it is not for casual reading, but is more of a text for the serious student of Truth. Fortunately, the current edition includes Charles Fillmore’s *Twelve Powers* and Cora Fillmore’s *Christ Enthroned in Man*, which tend to compliment each other in understanding each power.

The concepts presented by Charles and Cora are mind expanding but are also practical. Essentially, the twelve powers represent centers of action in man’s consciousness with the goal to awaken the Christ Mind in each of us. Using the symbology of the Twelve Apostles, Mr. Fillmore gives us a physical road map to locate each of the twelve nerve centers in the body and then describes the faculties they represent. In addition, there are colors that represent each center that can be used in meditation. Another practical application might be using the power of a center to recharge your system. For example, if you are having lower back pain, you might look up the power of the Apostle Andrew, which is associated with the back and read about the faculty of strength. Likewise, if you are going for an important job interview you might review the center for voice and power associated with Philip. The understanding and use of the twelve powers can only enhance your life.

Clearly this book has shaped the Unity movement but as the introduction asserts, “not all of Charles Fillmore’s assertions regarding regeneration, physical immortality, and sexuality are universally accepted among Unity people today.” Yet, like Charles Fillmore asserted, and Unity followers strongly believe, “the responsibility of acceptance rests with those who hear...it is a matter for the individual to work out according to his own choice and faith.” This book can certainly offer you another choice and hopefully affirm your faith.

Cathy Sneed

*The Unity Church of Hilton Head bookstore is open Sunday after church in the Fellowship Hall. If you have a book request contact Anne Tunney at 705-2608.*

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## Feedback:

Have a favorite quote, story, or spiritual experience. Pass it on and let us share it with others. Send to Cathy Sneed at [sneeds@yahoo.com](mailto:sneeds@yahoo.com)

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[www.unitychurchofhiltonhead.org](http://www.unitychurchofhiltonhead.org)