

## January 2022

This 12 Spiritual Powers for Families (begun in Sept. of 2021) is an initiative with the intention to create practical ideas that can be implemented at home. Together we are discovering our inherent spiritual power to live and express a life of goodness that cares for all life. We have many challenges and difficulties to overcome. Raising children can be a challenge! By exploring the 12 Spiritual Powers (originally understood by Charles Fillmore, co-founder of Unity), with children, we are true to the learning of what it means to be a creation of God, made in the image and after the likeness of God. During January the exploration of faith reveals how integral it is to see beyond what the outer eyes can see. Faith can be understood as the power to see, to know and believe with confidence and conviction.

Peggy Jenkins, in her book, *A Child of God*, writes: “faith forms what we have faith in”. When we practice faith in a power greater than self to help us do what is ours to do, we are forming faith in the Greater, the Potentiality of Universe. We call this Greater Power God. We are learning to form faith in that which can't be seen yet empowers in any physical condition or outer circumstance.

Resource books: *12 Powers of Man* by Charles Fillmore; *12 Powers Meditation* by Charles Roth. *Powers of the Soul* by Ella Pomeroy. I use TruthUnity.net to listen to live talks recorded by many of these early Unity teachers, speakers, authors. New through [unity.org](http://unity.org): *Adventures in Resilience* by Rev. Sharon Connors; *12 Powers Card Deck*.

## WHERE TO BEGIN

### ***Faith is the power to ‘see’ and know, beyond reason***

Seeds are a wonderful symbol to use and explore what faith is. Every seed, of every size, has within it the design and ability to grow and to create. We cannot see with our earthly eyes the oak in the acorn, yet we learn to believe in what we cannot see: the oak is there. When we ask children if a tree will grow from the seed, many will say yes. Our youngest ones are not educated to know this yet, but if we tell them it is so, they will believe. Belief and faith are similar but different. Young ones see more readily with their imagination so intact. Listening to children and giving them the message they have the ability to ‘see’ begins their life journey of learning to work with symbols.

### ***Family Circle & Talking Stick***

The September issue of *12 Spiritual Powers For Families* introduced the Family Circle (meeting) and a Talking Stick—ideas to implement consistently as a family. These help not only with weekly exploration of monthly spiritual ideas such as the 12 Spiritual Powers but also with problem solving and family planning. A way to gauge attention span in children is often calculated in minutes with the child's age, plus three. A child aged nine, plus three, would sustain attention for about 12 minutes. In the family circle, often with mixed ages of children, plan for short discussion/introduction, then shift the energy into movement, or pictures. A half hour is a long family meeting, even for teens!

During Family Circle explore the power of Faith in God as our ever present potential to help us.

## **JANUARY IDEAS TO CONSIDER AS A FAMILY**

### ***Divine Faith is our ability to 'see' and know beyond reason***

Parents model faith for children—they have a faith in the child to grow, to learn, to become. Words we share might be like these: “I have faith in the power of love in you to be more caring.” And, “I have faith in the power of Wisdom that is in you, to make wise choices.” These statements speak to their inner power and deep resources to meet life. You may be surprised that they will mimic this back to you!

Imagination: when children/people of any age are challenged by something, asking whether they can imagine themselves meeting the challenge with love may open up a new conversation, a new thought.

### **Books to explore:**

Children 4-9: All I See Is Part of Me by Chara M. Curtis. A picture book with a young boy encountering a voice and connection with all that he sees, only to be able to see all within himself.

Children 9-12: The Friendly Snowflake by Christopher Scott Peck ( author of The Road Less Traveled. A touching story of a young girl’s voyage into spiritual understanding. Life, love, faith and family relationships all come into play as she questions what God, the soul, and reincarnation might be.

Teens: The Narnia series of books is filled with evocative symbology and nurtures faith in the greater reality of life.

## ***JANUARY 2022***

### ***12 Spiritual Powers Study for Families***

### ***The spiritual faculty of “FAITH”***

***Monthly guide books beginning Sept. 2021 are available at [friendsofunity.org/families](http://friendsofunity.org/families)***

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