

SEPTEMBER 2021

We begin our journey with the study of the 12 Powers and the intention to bring practical ideas to families: grandparents, parents, children. In the home!

We start with the basic exploration of spiritual powers as taught by the co-founder of Unity, Charles Fillmore, who derived insights about the 12 Powers of God in humanity from study of the 12 disciples. Contemplation and exploration of our spiritual capacities and powers can mean conscious, individualized Christ expression. The influence in our personal lives, our families, and our work in the world, is centering, inspiring, and transformative. May this study be ever so meaningful and make a difference in every facet of our lives.

Starting with the spiritual faculty of “Power” which Mr. Fillmore located in the general area of the throat or voice box, we discover our power to bring invisible thoughts, feelings, and ideas, into manifest reality with our words. Some 12 Powers teachers attribute colors, or assign a specific month but we’ll discern our unique study process. Any person, at any age, that realizes the Divine Power to manifest love and wisdom through words and actions notices improved communication, an increase of harmony in relationships, and an inner sense of contentment. Working with a power greater than self is a huge beginning point for children who often feel powerless. This isn’t power, like SuperHeroes subduing and dominating others. Rather think of it as soft power; power that flows through intention, values, and ‘greater vision’ of self and all else. Very abstract for young and old, yet we make progress, one day at a time. I’m including basic ideas I already implemented with my own family. Let me know what has been beneficial to you. Together we can collect ideas to share!

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.

WHERE TO BEGIN

Family Circle

Creating a family “circle” time once a month gives everyone a chance to share, process, and learn. My family created this on Saturdays. We’d “circle up” with pillows on the floor; laid back and casual with an intention of ‘short and sweet’. Initially we introduced what the family circle was for and over time this evolved. I introduced active listening with what is traditionally referred to as a Talking Stick. You can make something really special for this purpose but, in a pinch, on a trip we once used a banana to hold while we attempted to listen to each other and sort out our issue. Whoever has the stick, or banana, is the one doing the talking, and the rest practice listening.

My husband and I at times had forethought about what we wanted to share, such as who’s mowing the lawn this week (boring to the kids! but we were all learning to coordinate and collaborate with each other). Our children often would want to know when we were going to the zoo, etc. Or, we might ask questions to draw out an issue in the early stage, example: upsets over toys.

The Family Circle is also a time for exploration of the 12 Spiritual Powers focus of the month; introducing a little each week. For September our focus is our Power to use words with kindness. At school this can be so challenging: learning to share, asking for what is truly wanted, advocating for self without boasting, saying no without needing to be angry, etc. See the ideas included and add yours in with thought about what occurs for you daily, and for your children. When everyone is learning together, there’s a greater chance for compassion with each other while learning and we’re always learning!

Some families create a process for collecting questions and subjects throughout the week, to be addressed at Family Circle. But just by creating the circle our children begin to understand that the family can and will work together.

SEPTEMBER IDEAS TO CONSIDER AS A FAMILY

Divine Power to share love and kindness with our words:

Send a surprise card to family members and friends; even our youngest can scribble some color in a card.

Make a gift to give to a teacher--or someone who wouldn't be expecting a gift: a neighbor, grocery store clerk, mail carrier.

Practice using words to invite and include someone new to play; at school or outside of school.

Story books that emphasize that learning to say No can be kind to oneself, and others-- instead of being upset and blaming others.

Active Listening practice: restating what the other person said and asking, "Did I hear you correctly." Works great with teens!--parents and teens are sure they're not being heard.

Prayerfully calling upon Divine Power to express through our words on a test at school, followed by gratitude for the words that come.

Random Acts of Kindness --send valentines early :)

This month our gift bags for FoU families with younger children include:

The Invisible String by Patrice Karst, an excellent introduction to the invisible connection of the Power of Love.

Materials for children to make a gift, cards, and more.

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Friends of Unity

12 Spiritual Powers Study for Families

The spiritual faculty of "Power"

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