

May 2022

“Order, in Divine Mind, is an idea of unfolding, of evolution.”

(Ella Pomeroy, Powers of the Soul)

“...all life, animal and vegetable, seems in its essence like an effort to accumulate energy and then to let it flow into flexible channels, changeable in shape, at the end of which it will accomplish infinitely varied kinds of work.” (Henri Bergson, Creative Evolution)

May: May Day, Mother’s Day, Memorial Day. Humans love to create order with consistent holidays, celebrations, and traditions. By exploring the 12 Spiritual Powers (originally understood by Charles Fillmore, co-founder of Unity), with children, we are learning what it means to be spiritual beings having a human experience. The spiritual power of order is experienced in many ways. When we look out into our lives and our world we can relate to the great value of order. Parents love order especially when children arrive! Children learn to create order by their parents but don’t always fulfill their parents sense of order. Let’s be grateful that the whole Universe reveals there is order even in chaos.

Divine Order is increasingly understood from within. Our thoughts benefit from the orderly process of reasoning. Sometimes, in sheer survival with young ones or teens with their overwhelming needs, we compartmentalize our thoughts. Emotions may not seem orderly but self care reveals an orderly approach to working with emotions is healthy. Ex: creating space to feel, journaling, etc.

Divine Order is the creative order for making positive change. Ideas are invisible, yet taking time to think about them, building energy and enthusiasm for them, and then manifesting them as new behaviors, new jobs, new anything—all this is our creative way in a consciousness of God.

Quiet experiences of prayer, meditation, and spiritual contemplation, are the beginning for realizing spiritual insight. These insights are ideas and they are powerful to reveal our greatest vision for self as Self, and life and free and abundant living.

WHERE TO BEGIN: exploration, study, increased understanding
Divine Order

The way to begin to bring our lives into order is with a consistent turning to that which we call God. “Tuning in.” Prayer is a personal conversation with the God of our understanding—usually very personal. Memorized prayer can be helpful for children but may convey that the words are the prayer vs their very own words. Meditation is a practice of mindfulness and the way of receptivity. For children guided meditation will be enjoyed and work with their imagination. Introducing these practices with children is essential to understanding a connection within our mind and heart. A co-creative connection.

Family Circle

In what ways does your family discussions build a sense of order? Have you considered creating a prayer with and for your family—one that can be shared any time of the day, not just at bedtime. Children love learning the ways of prayer and meditation. Bring a bell to the family circle and let your child ring the bell to start your time together. Ring the bell, share a prayer. Remember a minute of silence can feel like a long time but a deep breath followed by your prayer is palpable. Plan for simple. Unity teaches Oneness: oneness with that which we call God; oneness with divine power such as Order. A simple prayer: I am, we are, one with God. I am, we are, one with Divine Love. I am, we are one with Divine Order. Divine Order guides us in our time together for love and peace. —make your own prayer!

RESOURCE BOOKS:

My Secret Place by Julie Gibbons

Places of Power by Michael DeMunn

Starbright Meditations For Children by Maureen Garth

MAY IDEAS TO CONSIDER AS A FAMILY

Explore the idea of order, and Divine Order. When making decisions create an orderly approach:

turn off distractions,

use the talking stick so each person is involved and heard,

create a pause such as 'sleeping on it' for more reflection,

agree upon a timeline for the decision making,

and, celebrate the collaborative, orderly process of decision making.

Start your orderly decision making process at any stage, the younger the better, and persist!

MAY's gift for FoU families with young children:

Prayer beads for prayer necklaces or bracelets give each child a chance to string beads as prayers in an orderly way. A pearl is being given to each child to represent God. Jesus shared that there is a pearl of great value to be discovered within each of us, within the heavenly spiritual experiences and thoughts. Other beads can represent family, friends, a pet, trees. The idea is to stress God first.

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12 Spiritual Powers Study for Families

The spiritual faculty of "ORDER"

Monthly guide books beginning Sept. 2021 are available at friendsofunity.org/families

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12 Powers Resources: 12 Powers of Man by Charles Fillmore; 12 Powers Meditation by Charles Roth. Powers of the Soul by Ella Pomeroy. New at unity.org: Adventures in Resilience by Rev. Sharon Connors