

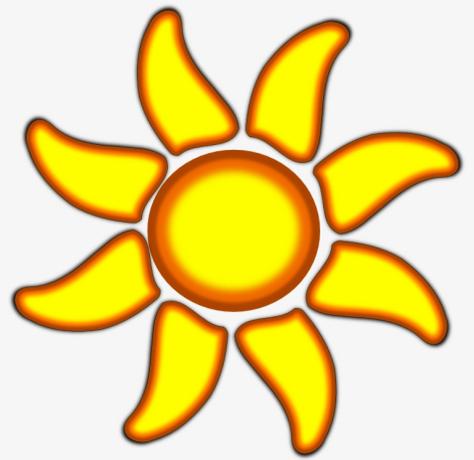
August 2020

The
UNITY
Messenger

Unity Church
of Peoria

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Issue 08



Ho'oponopono (the Hawaiian secret of Forgiveness)

Ho'o—Cause something to happen

Ponopono—Correction

It is defined as to correct an error. The error is a memory playing in the subconscious of your mind. The memory goes against You.

1. Repentance. I am sorry for the memory
2. Forgiveness. Please forgive me for the memory .
3. Divinity releases the memory with mana (Divine energy) coming down—back to zero. Literally reborn again with the breath of the Divine. Memory goes to storage and is purified by mana. (Divine energy)
4. I love you. Thank you. Another cleaning process.

A process of letting go of toxic energies within you to allow impact of Divine thoughts, words, deeds, and actions.

A process of repentance, forgiveness, and transmutation.

UNITY OF PEORIA

PURPOSE STATEMENT

*Honoring Oneness,
celebrating life,
and expressing love*

MISSION STATEMENT

*Being all God
created us to be.*

VISION STATEMENT

Creating heaven on earth

BOARD OF TRUSTEES

*Teresa Barnard, President
Roy Pitts, Vice-president
Edie Godby, Secretary
Juanita Burton, Treasurer*

**You are invited to attend
Board Meetings held each third
Sunday of the month at 1:30pm
in the Center!**

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August 2020 - From My Perspective

If you know me, you know I'm a pretty big reader. One new reading format I've just begun appreciating is Maria Shriver's SUNDAY PAPER. It comes to my email each Sunday morning, just in time to help give me a boost for the upcoming week. It contains not only her thoughts about many things happening at the moment, but also, articles by life coaches, former Navy Seals, business executives, and financial guru's among others. For the last couple of weeks, her opening "I've Been Thinking..." pieces have really spoken to me. One focused on taking a break from all the outer chaos of the world and rediscovering the value of play. The other that spoke to me focused on how much kindness really does matter.

In the piece about the value of play, she noted that, "Children have a way of being present in the now. They laugh out loud. They find joy in the simplest things. They have a sense of possibility. And so, I've started to play with that possibility." She goes on to talk about playing catch with her daughter and how that brought her joy, laughing out loud with a friend on the phone, organizing an egg race that brought back many childhood memories. It made me think about how much fun I have with my grandchildren, Gemma and Emmett. When they come over, we always play Monster. We've done this since they were both pretty little. Of course, I'm the monster and they are the children trying to hide/run away from/ or stun the monster with their magic sword (stunning only lasts for 30 seconds, just long enough for them to run away). Shrieks and giggles fill the air as well as growls and "Fee Fi Fo Fums." It involves lots of chasing through the house and hiding behind doors and in closets. Then we have to play a game of Uno. Gemma and I have finally gotten Emmett to lighten up and not take everything personally like when I throw down a WILD DRAW 4 card and he follows me! He no longer thinks I'm picking on him. We've teased him out of feeling sorry for himself, and now he calculates just when he can pay me back. What fun! But I don't always have them around to play with so I have to have my own form of play. My walking buddy and I have spirited conversations each day while we walk. It's work on some of the hills, but it also feels like play because of the good company. Feeding and watching all the birds and other critters in my yard is a form of play for me, too or taking a hike in the woods. Surrounding myself in nature always brings back childhood memories and helps to center me in my world. I suppose I could even include listening to music and singing as a kind of play. It always lifts my spirits. What do you play at? Is there something you can do that brings out the joy in you, that brings out the child in you? What does that feel like? Explore!

Maria's opening piece this week was about the importance of kindness right now. So many people are going through so much that we have no idea what's happening inside them. She notes that, "a new study from Everytown for Gun Safety finds that the economic downturn caused by Covid-19 could cause about 20 more lives lost per day by suicide, this year alone. According to the Census Bureau data, a third of Americans are feeling severe anxiety right now and a quarter of Americans are showing signs of depression." That's pretty scary! Many times, all it takes is a smile, a kind word, a willing ear to listen. Have you ever noticed that when you do something kind for someone, just how good it feels inside. Endorphins are released! It's a win-win. I have to laugh at myself because I can get all worked up when I drive. People pulling out in front of me then going 5 mph BELOW the speed limit! (Really??) or those people who move sooo slowly through the turn. I can find myself getting upset over others' driving! So, I've decided that one thing I can do to show kindness is to BACK OFF! Give other people some space, allow extra time for my travel so it doesn't make any difference if I have to follow some slow poke. And I'm sure it feels much better to those other drivers not to have me up their back! So, that can be one way I show kindness. There are many others. It's easy to get irritated, but doesn't do much good. I feel much better when I allow others to be who they are and not get all riled up. Silly me! I know I'm not always kind, okay? I recognize that, but if I make a conscious effort, that's a start. A little kindness can be a HUGE thing. I liked Maria's reminder that everybody is dealing with something and a little kindness is never out of place.

So, if you're interested in some of these thoughts, you might want to check out Maria Shriver's SUNDAY PAPER. It's touted as "a modern digital newspaper to inspire your heart and mind."

mariashriver.com/sundaypaper. Or not. Whatever you choose, have fun and be kind!

—Teresa Barnard
President

Lines from Linda:

Hello dear friends and family. I look forward to the day when we are able to be present to each other in the physical and converse in the energy of love and gratitude. As I write these lines I hold each of you in Love and Light.

The blessings of Life are all around us at this most challenging time in human history. The power of Love is revealed through so many amazing human beings allowing love to flow from them as a healing (wholeness) balm for all to receive. Your presence on Earth at this time is a challenge to a quote Charles Fillmore, co-founder of Unity, issued many decades ago. "Papa Charlie" always offered a mystical, yet practical view of living.

This quote is a reminder of our divine purpose in living on this beautiful planet. Deep within our being we feel an urge to be more, do more, feel more, celebrate more, laugh more, love more, and Papa Charlie gives us the following words to aid in the realization of these urges. Spirit within each of us is calling for a collective and individual revelation of God in being and action. This is our mission.

"It is your mission to express all that you can imagine God to be."

Charles Fillmore

It is our collective mission to express all that we can imagine God to be. Do you accept this mission?

Love, Linda