

February 2021

The  
UNITY  
Messenger



Issue 1

## I am Life-Giving Spirit

I am life-giving Spirit expressing myself through a miracle working faith, a rhythmic will of good, a growing understanding, a vivid imagination, a vibrant enthusiasm, a deepening inner sense of authority and decision.

I am life-giving Spirit expressing myself through a feeling of love, wise action, a sparking joy, a resilience strength, a forgiving attitude, a thrilling sense of aliveness.

*Teresa Barnard sent me this when I was looking for ideas for this month's newsletter. It is a 12 powers affirmation and Teresa has been reciting it in the morning to start her day. We can all use a reminder (more than we think) that we are Life-giving Spirit overflowing with love.*

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## 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*

*through the oneness of mind,*

*body and spirit.*

### BOARD OF TRUSTEES

*Teresa Barnard, President*

*Roy Pitts, Vice-president*

*Edie Godby, Secretary*

*Juanita Burton, Treasurer*

*Linda Foreman, Minister/CEO*

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

### In this newsletter...

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## . Love Speaks Five Languages

I read a book several years ago that changed how I interacted with my friends and loved ones, *The Five Love Languages* by Gary Chapman. He wrote multiple versions for different circumstances. The original book was intended for romantic couples. However, the basic principles are transferable to platonic relationships as well.

The five love languages are words of affirmation, quality time, gifts, acts of service, and physical touch. In addition to the love languages, Mr. Chapman states most people are “bi-lingual” in their love languages. The premise of the book is relationships break down due to not “hearing” each other and feeling unloved and unwanted. If you have two individuals who are bi-lingual in their love languages, and they are speaking four different love languages; they will fail to connect. Or worse, feel wounded by each other when there was no offense intended. Like the saying, “The road to Hell is paved with good intentions.”

For example, Bob and Betty are an unhappy couple. Betty doesn't feel loved, and Bob doesn't feel appreciated. Bob shows his love by playing board games with her (quality time) and taking care of her car (acts of service). Every week, Bob takes Betty's car and washes it, fills the gas tank and checks the oil and tires. Betty doesn't feel loved at all by Bob. He never says “I love you, (words of affirmation)” or hugs her or holds her hand (physical touch). Betty wants to break up with Bob because she doesn't think he loves her. Bob is a man of few words and likes his physical personal space. This is why he takes care of her car every week and plays games with her. When she doesn't enjoy board games or doesn't thank him for taking care of her car, he feels rejected. They eventually end the relationship because they do not feel loved by each other. Ironically, they love each other very much. Since they didn't speak the same languages, their connection deteriorated.

Brenda and Laura are best friends. They have been best friends since college graduation. Brenda got a promotion at work. With this promotion, she received a raise, more responsibility and was expected to put in more hours. Initially, Laura was happy for Brenda. With the new opportunity, Brenda saw less of Laura. Laura thought Brenda “was getting too big for her britches” with this new promotion and felt ignored by Brenda. Brenda missed her time with Laura. When time allowed for them to go to dinner or to a movie, Brenda would pick up the tab (gifts). She felt badly for spending less time with Laura due to her new responsibilities and wanted to share her new found success with her friend. After a while, Laura got upset with Brenda for not hanging out with her as much as she used to (quality time). Luckily, Brenda figured out Laura missed hanging out with her and Laura was capable of paying her own way the limited time they spent together. The friendship was saved because Brenda discovered they were speaking “different languages” and made more of an effort to spend time with her.

We need to pay attention to the languages of our friends and loved ones. We need to figure out their love language and meet them where they are at. Our connections not only sustain but will strengthen. Find the love and return it.

## How to Accept Yourself By Rev. Robert Brumet

### Radical self-acceptance goes beyond mere self-esteem and opens us up to divine love

At the beginning of each year, we put great effort into making resolutions and trying to change ourselves in order to be happy.

We tell ourselves that if only we were thinner or looked younger, smarter, nicer, or prettier, we would be loved, worthy, and would fit in society.

We may have never thought that accepting who we truly are, and all of our human experience, is the greatest gift and the surest route to happiness.

### Opening Our Hearts to Divine Love

We all yearn to be loved just as we are. **Love that is “earned” feels hollow** and does not truly satisfy us. We want to be loved unconditionally.

The way to experience total acceptance of our self is to [open our hearts to the divine love already within us](#) in the present moment.

The deepest desire of our hearts is to experience the fullness of God’s love, which is freely given. But because we are conditioned from birth to believe that the love we seek must come from someone, or something outside us, we think it must be earned.

We go through life seeking deep satisfaction from people, places, or things. Our very identity forms around the strategies we adopt to get the love we seek.

Only when we let go of the attachment to our own ego—our personal [sense of self](#) or concept of “me”—do we fully experience God’s love.

**Our personal concept of self is based on time:** what happened to us in the past or our plans for the future. Nothing that is based upon the concept of time—people, places, or things—will bring the satisfaction we seek.

The only way to perceive divine love is to be fully open and present to this moment; fully accepting our experience of life right now. This is the practice of radical self-acceptance.

God’s love is always available in the present moment—but most of the time, we aren’t! Divine love hasn’t left us, but we leave it every time we abandon the present moment. **We seek self-acceptance and love as if they were commodities that can be acquired, like a car, a degree, or the house of our dreams. But this desperate seeking separates us from fully accepting our self in the present moment.**

Right here, right now is the only place where we can find what we desire most.

### Embracing Radical Acceptance

Radical acceptance of the here and now is a form of Divine love—the most transformative power there is. The practice of radical self-acceptance begins when we stop looking for love in the future and accept our experience of life in this very moment.

We fully accept each life experience [without resistance](#), analysis, interpretation, manipulation, or control. We experience each sensation, emotion, and thought completely, without judgment, and then we let it go. If it is difficult to accept what is, we can accept our own resistance to that situation. With deep acceptance, we will see that the part of us that is aware of our resistance is itself free of resistance.

Radical self-acceptance does not mean we enjoy every experience that arises. Acceptance is not the same as liking something. It also means that, while I accept my present internal experience completely, I act ethically and responsibly in the world.

The word *radical* is derived from the word “root.” We can find the love we seek at the very root of every experience. That which is true can be found only in the present moment.

As we bring awareness, acceptance, and openhearted kindness to each present moment experience, the quality of that experience begins to change inside us: Love takes root and begins to blossom from within us. As we accept our self, we begin to see we are the love we are seeking!

We find it easier to share the love we are with others. In fact, we find great joy in doing so. Just as a mother loves her newborn child, we find it natural and deeply satisfying to love others. We feel gratitude for the opportunity to share with others the love arising from deep within us.

Eventually, we see that it is not “our” love at all, but universal love, inseparable from life itself, that moves through us.

As we bring awareness, acceptance, and kindness into every experience of our lives, we find ourselves becoming joy-filled channels of the ever-present love; this is the experience of radical self-acceptance.