

**UNITY IN ACTION CHURCH IS  
AN ACCEPTING, LOVING COMMUNITY  
WHERE WE AWAKEN TO OUR UNFOLDING EXPRESSION OF GOD**

# UNITY IN ACTION

April 2016

PEACE  IS IN OUR HANDS

## Standing on Holy Ground By Jesse Herriott -

The beauty and irony of human life is we are always dancing about, trying to find Spirit or connect with some kind of transcendence. We may know in our minds there is not a spot where Spirit is not, but we can become so caught up in our affairs, and even in those things we deem spiritual, we forget Spirit is always where we are.

Yoga, meditation, prayer, and spiritual readings are wonderful techniques for connecting with Spirit. They serve as channels to help us unplug from the world, and to plug into the unchangeable, eternal part of ourselves. However, we cannot allow ourselves to become so engrossed with spiritual techniques that we believe they are the only way to connect to that transcendence. In reality, there is nowhere we need to go (and nothing we need to do) to connect with Spirit. As recorded in the Old Testament, "where we stand is holy ground." **We simply** have to remove the barriers from our minds that prevent us from sensing Spirit all around us.

It is truly impressive when people are able to bend their bodies into the shape of a pretzel during yoga, and remarkable when we are able to reach heightened states of spiritual bliss during meditation. However, these spiritual techniques are simply methods of pointing us back to the sacred stillness that always exists within our hearts.

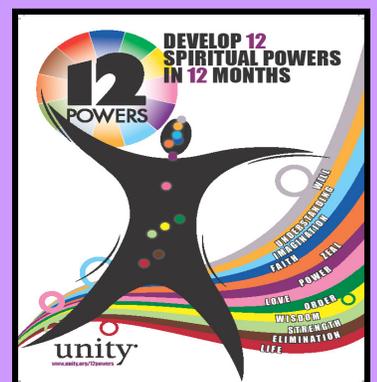
While I was in the military, stationed at Fort Jackson (South Carolina) during basic training, I remember a day when my training was so stressful that I could not meditate. I attempted to borrow a practice from my elders and got on my knees to pray. But my attempts to connect to Spirit only resulted in my knees hurting due to kneeling on the cold, damp ground during the previous day's training maneuvers. I also was not in a space where I could concentrate long enough to read any sacred texts. I longed to feel that connection to Spirit. It was at that moment I really began to let go and simply rested in stillness, I discovered Spirit's omnipresence. In the twinkling of an eye, I was caught up in Spirit, and for a time, I forgot where I was. So for those of you who cannot do yoga—don't sweat it! If you have trouble meditating, do not worry!

For those of you who have trouble concentrating, or even understanding spiritual books, don't feel saddened! Spirit is right where you are. You are not required to go anywhere, do anything, purchase anything, or mold yourself into any image in order to embrace Spirit. Spirit embraced you a long time ago and has never let go.

Now take a deep breath—in through your nose and out through your mouth. Imagine all hindrances falling away, and upon your exhale, feel Spirit's embrace. And so it is. -

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**Unity In Action Prayer  
Circle of Love – Thursday**

6:00 p.m. – 6:30 p.m.

in the prayer room

**11 a.m. Sunday's in April**

**April 3, In Quietness And Confidence Shall Be Your Strength** –What is true strength? We each have a limited concept of strength and today's lesson will introduce a greater concept of what true inner strength is. Whenever you need to be strong and courageous in a situation you will need to get still. Meet all changes and new challenges with the strength of tolerance, patience, stillness and unswerving trust. You will learn to the application and practice of these ideas which will allow you to "hang in there," and "stick with it." Faith and Strength help us see the bigger picture and be successful.

**April 10, Right Use Of Strength** –Have you misused the power of strength by mentally fighting and physically resisting your environment, people, conditions and situations? This lesson will include examples for applying a new understanding of strength on the physical, mental and spiritual planes for bringing about a transformation in your life. I Chronicles 28-20 "Be strong and of good courage...fear not, be not dismayed for the Lord God is with you."

**April 17, The Paradoxes Of Strength** –What you know and call handicaps can prove out to be blessings. How? They provide opportunities to develop the ability to be a conduit for a greater quality of life that you might otherwise not know. Today we will consider the words of the apostle Paul who stated that he found his strength in what is often called "weaknesses."

**April 24, Special Guest Speaker**



# APRIL 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 11 a.m. <i>Positive Practical and Fun</i>	4	5	6	7 <i>Prayer Circle of Love 6 p.m.</i>	8	9
10 11 a.m. <i>Positive Practical and Fun</i>	11	12	13	14 <i>Prayer Circle of Love 6 p.m.</i>	15	16
17 11 a.m. <i>Positive Practical and Fun</i>	18	19	20	21	22	23
24 11 a.m. <i>Positive Practical and Fun</i>	25	26	27	28	29	30



**12:00 p.m. Sunday the 24h—Come celebrate the April Birthday's**