



Faith



peace



joy



love

RECLAIMING *Christmas*

26 Days to
Spiritual
Rebirth



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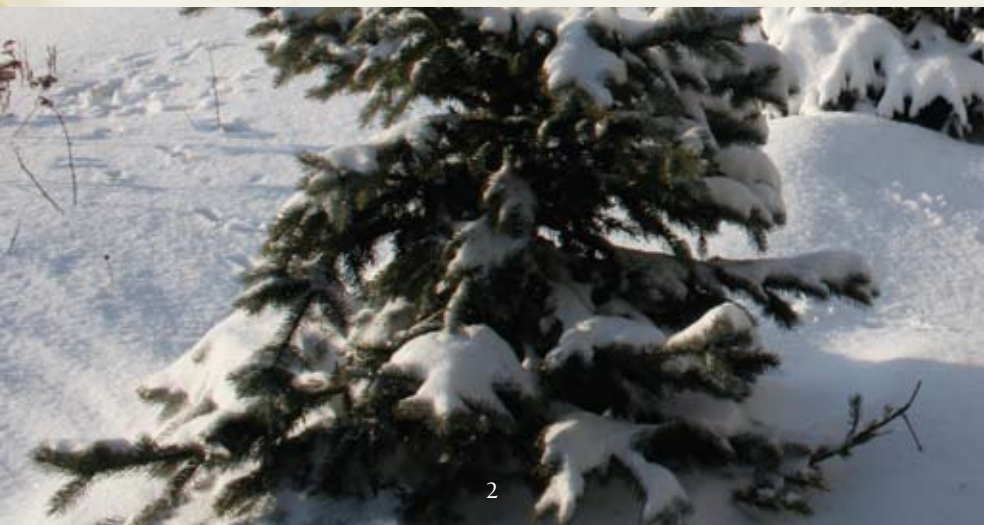
Introduction

We invite you on a quest ...

The goal? To reclaim Christmas by reconnecting with the spirit of faith, peace, love and joy that the Advent season represents. These gifts of spirit are priceless.

This booklet is based on the popular Unity book *The Quest: A Journey of Spiritual Rediscovery* and the *Adventures on the Quest* workbook. Each week of the booklet begins with an article on the significance of that week's theme, followed by seven days of thought-provoking questions for your reflection and written response through journaling. Together these lessons and exercises constitute a 26-day journey toward spiritual rebirth—the essential meaning of Christmas.

Each day also features a spiritual reminder and a verse from the New Testament chronicling the birth of Jesus—as the ultimate quest of faith, peace, love and joy taken by Mary and Joseph. In *The Quest*, authors Richard and Mary-Alice Jafolla share that this timeless story is:



... a triumphal march from our dim suspicion of the divinity within us to a glorious expression of that divinity. Jesus represents the Christ awareness in each of us as we allow it to become more and more active in our lives. Jesus' life represents spiritual humanity in expression, the person each of us is destined to become. The saga of Jesus is the saga of your own soul, not necessarily where it's been but where it is capable of going. His birth to a virgin represents the birth of the Christ in you, capable of being conceived only by God.

Consider this booklet a tool for you to use on your personal quest toward rediscovering the meaning of Christmas through self-exploration and the retelling of the birth of Jesus. It is a journey that can transform your life.

Let the journey begin ...



Week One



You already have all the faith you will ever need. It's true. You don't *gain* faith; you discover it and you direct it. The issue is not how much faith you have, but where your faith is invested.

What Do You Expect?

“Oh, if only I had more faith.

If I just had a little more faith!”

Ever said that? If you have, you might be surprised to learn you already have all the faith you will ever need. It's true. You don't *gain* faith; you discover it and you direct it. The issue is not how much faith you have, but where your faith is invested. You have faith on many different levels and in many different ways, but its most perfect expression is in your spiritual nature. True faith is a deep inner knowing that the good you desire is already yours. True spiritual faith is complete trust in God's will. ...

What Do You Know?

True faith, the kind you can always rely on, is a spiritual process based on eternal Truth. Faith is “knowing.”

The question is, What are you “knowing”? Are you knowing that God is in charge of your life and therefore you will be led to the perfect means of healing? Are you knowing that the right job is waiting for you? Are you knowing that wonderful blessings will come out of the heartache you're feeling over a loved one? Are you knowing your life will be ruined because your spouse is an alcoholic? Or that you will become diabetic because your father was? Or that you will never have enough money because your family has always been poor?

Plainly stated, faith is expectation. Whatever you strongly and consistently expect to come into your life is invariably what you will experience.

Here is something especially important: Faith, whether in the positive or negative, is always attached to a strong emotion. In fact, faith is not faith unless it has a strong emotion attached. You feel it so strongly that it is almost a reality already.

Is Faith Enough?

Jesus taught that “if you have faith as much as a grain of mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible to you” (Mt. 17:20).

If this is the case, why should you make any physical effort on your own behalf? Wouldn't it be easier to bring forth something into your life by merely directing your faith toward it? The answer to this, of course, is a resounding “Yes!” Your faith *can* make you whole. In fact, complete faith in God is the best route to instantaneous healing.

But hold on, we have to note two important things. First of all, it takes work to move your faith in the right direction. Secondly (and most important), although your faith is limitless, *faith can only extend to the self-imposed boundaries of your present consciousness*. It can go no further. Your present consciousness creates an “artificial boundary” which limits your faith, and limited faith can only express in limited ways.

How can your faith in abundant prosperity not be limited if your consciousness has faith that “I'll *never* be able to afford that”?

How can you direct much faith in your innate wholeness if your consciousness has faith that “I'll get heart disease because it runs in my family”?

This idea is so important that it bears repeating: *Faith can only reach to the self-imposed boundaries of your present consciousness! It can go no further.* ... Faith can be invested as strongly in sickness as in health, as strongly in poverty as in prosperity, as strongly in hatred as in love. Which will it be? It's your call.

Sunday

November 29, 2009

*"The angel Gabriel was sent by God
to a town in Galilee called Nazareth."*

—Luke 1:26

Expect wonderful blessings.

Faith works. What you expect, you get. That's wonderful to know because you've been given free will and can choose what to expect. You can make the decision to expect good and, in so doing, invite more good into your life.

You have an unlimited amount of faith within you. Where are you putting it?

Monday

November 30, 2009

"And he came to her and said, 'Greetings, favored one! The Lord is with you.'"

—Luke 1:28

Live in God's love.

List what you are expecting. What occupies most of your thinking and the topics of your conversations? That's where your faith is.

Tuesday

December 1, 2009

*"The angel said to her,
'Do not be afraid, Mary.'"
—Luke 1:30*

Let go and let God.

True faith is that deep inner knowing that the good you desire is already yours. Is your faith focused on an appearance or on the truth? In other words, is your thinking fixed on the problem (what you see and hear) or on the solution (God)?

Carefully examine your own faith. Where is it leading?

Wednesday

December 2, 2009

*"You will ... bear a son,
and you will name him Jesus."*

—Luke 1:31

Listen for guidance from Spirit within.

Be aware of your thinking. Watch for the signs that are dead giveaways that you are misdirecting your faith. For example, you might find yourself saying, "I'll never be able to afford that," a surefire way to send your prosperity to the gallows. It's so easy to repeat things you don't really mean, not realizing how you're herding your faith into the wrong pasture by saying them.

Write out some of the things you normally say which indicate a misdirected faith:

Thursday

December 3, 2009

*"He will be ... called the Son of the Most High,
and the Lord God will give to him the throne
of his ancestor David."*

—Luke 1:32

Open yourself to the working of Spirit.

Rewrite each statement you listed on the previous day in a positive, faith-filled way. (For example, if you wrote, "I'm so lonely," you might write, "I'm attracting new friends.")

Friday

December 4, 2009

*"He will reign over the house of Jacob forever,
and of his kingdom there will be no end."*

—Luke 1:33

Live in faith-filled expectation.

Become still for a few minutes. Remember a time when you felt on top of the world. You knew that everything was going to go perfectly. You expected it, and that is precisely what happened. You had absolute faith that the outcome was going to be wonderful, didn't you? And, naturally, it was.

How did you feel at the time? What emotions were involved?

Saturday

December 5, 2009

"The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be holy; he will be called Son of God."

—Luke 1:35

God's light and love shine through you.

Many of us spend more time checking out our financial investments than we do the investments of our faith. As you take a tally, do you find most of your faith investments on the asset (positive) side or on the debit (negative) side? Where were your expectations this week? Do the totals show that your faith is invested in fear or in God?

How can you increase your asset score (i.e., demonstrate more positive faith investments)?

Week Two



It is in the silence
that we meet God.

Connecting With Your Inner Power

The damp north wind was blowing a chill off the moors. It would be good to be inside on an evening like this. The American drew his coat collar tighter as he made his way to the home of his Scottish friend.

Ralph Waldo Emerson and Thomas Carlyle had enjoyed a strong friendship through correspondence for many years before they actually met. Now, after all that time, Emerson had finally come to Europe, making a special journey to Scotland so that he could at last meet the renowned essayist and historian face-to-face.

When Emerson arrived for the momentous occasion, Carlyle greeted him warmly, offered him a pipe, and then lighted one for himself. The great men then sat together in virtual silence until it was time to retire for the night. At that point the two warmly shook hands and praised each other for the fruitful evening they had shared together.

A Secret Place

There are times when feelings are too deep, too special, too moving for words. Perhaps you have felt such closeness with another human being or maybe you experienced it alone in nature. Times like these call for silence so that we can perceive their full meaning, savor the sweetness and listen with an inner ear for the message inherent in the stillness. It is in the silence that we meet God.

Jesus left us specific instructions about this silence. He made quite an issue out of entering a secret place when you want to connect with God. Go into a place where there is only you—you and your God—and shut out all the clamor of outer things, including your own thoughts.

The secret place of silence that Jesus told us to enter is not just a quiet room in your house or a deserted strip of beach or anywhere else that you might go for solitude. It is

more than that. It is an inner space, an internal and very personal place of total silence, which no one else can ever enter or disturb. It is that perfect, unchanging part of you which waits like a safe harbor, a friendly port, to welcome you in calm or storm, in peace or in distress. It is, in a sense, where you “connect” with God.

A Time to Listen

What we are calling “the silence” (some call it meditation) is very important to your journey because it is here, in the silence, that you find your peace and your strength.

Spending some time each day in the secret place of stillness may be the most rewarding thing you can do to further yourself. It will give you a chance to consolidate your gains, and it will enable you to cope more successfully with any dragons or demons which might happen to stray onto your path.

It's well and good to know about your spiritual nature—to talk about it and learn about it—but that in itself is not enough. The object is to experience your spirituality, to feel your oneness with the one God, to sense the comfort and the healing and, yes, the guidance which God offers you. However, all of this is impossible if you are too busy, too anxiety-ridden, too stressed, too noisy to listen. ...

Prayer is talking to God. Meditation is just the opposite—it is listening to God. There is nothing mysterious about the process; anyone can do it. Your quiet times become an open door through which you walk into a broader light, a larger sense of yourself and your world.

Things just automatically fall into better perspective after you sit still and listen.

Sunday

December 6, 2009

"Blessed are you."

—Luke 1:42

You are blessed with the infinite power of Spirit.

The only resource a battery-powered instrument has, its only power, is its batteries. Yet no matter how much the batteries are charged, as long as they are separated from their power source, they will eventually become ineffective.

Any changes created and sustained solely by your "battery-powered" human self must eventually run down. But when changes come from your spiritual self, that part of you "connected" to God, then you share in God's power. And that never wears out.

Name three things you thought you could control, which you have found out you couldn't.

Monday

December 7, 2009

"Nothing will be impossible with God."

—Luke 1:37

Open your heart wide to Spirit within.

What are the wonderful possibilities that exist for you in this now moment? List as many as you can.

Tuesday

December 8, 2009

*"Then Mary said, 'Here am I,
the servant of the Lord;
let it be with me according to your word.'"
—Luke 1:38*

**Let the Spirit of peace
guide your actions.**

Act "as if" today. Choose what you want to be today and act all day as if you really were that way. For example: I will act as if I were a very patient person; I will act as if I really enjoy my work; I will act as if I am prosperous.

What "as if" action did you take and what were the results?

Wednesday

December 9, 2009

*"Blessed is she who believed
that there would be a fulfillment
of what was spoken to her by the Lord."*

—Luke 1:45

**Draw inspiration from Mary's strength
and courage.**

List the instances in your life when you feel that you were open and receptive to God's will and allowed God-Mind to flow through your mind and inspire you. (Look for the times in your life when you absolutely knew that the decision you had made was the right one.)

Thursday

December 10, 2009

"And Mary said, 'My soul magnifies the Lord.'"
—Luke 1:46

You are on a magnificent journey of renewal.

This moment, as you read these lines, is a brand-new moment in your life. You can choose to be more relaxed, more trusting, more forgiving, more loving. You can choose to be whatever you want. The question is: Are you treating this moment in a new way? If so, how? If not, why not?

Friday

December 11, 2009

"My spirit rejoices in God my Savior."

—Luke 1:47

You are a child of light and peace.

The teaching that we are each a child of God is the most basic teaching in virtually all of the great religions.

With your present concept of God, what exactly does the term "child of God" mean to you?

Saturday

December 12, 2009

*"The Mighty One has done great things for me,
and holy is his name."*

—Luke 1:49

You are blessed beyond measure.

What do you feel is your most obvious and personal inheritance from God? Perhaps you have a great ability to love or a strong desire to teach or to serve or you feel you've been given the gift of healing. What characteristic inherited from your Creator are you most aware of?

Week Three

Love



Love is not a commodity that we can acquire and hoard. Love can only be released.

Your Built-In God Gauge

Scrooge, the protagonist of Dickens' classic tale *A Christmas Carol*, was an unloving, mean-spirited, unfeeling, cruel, utterly distasteful man who was completely unloved and, ostensibly, unlovable. He lived a miser's life. He hoarded everything, not giving of himself, his feelings or his possessions.

However, when he finally was forced to recognize his greater self, he made a complete turnaround. He began loving everyone and found such joy in giving to and helping others that his life took on new significance. Although his love was not immediately reciprocated, he was so caught up in releasing the love that he had, that it didn't matter if anyone loved him in return. It didn't stop him, nor did it discourage him from loving.

Scrooge felt good, not because he felt loved—people were too suspicious of his motives to love him. He felt good simply because he loved. Suddenly, Scrooge loved loving! The very act of loving others was satisfaction enough for him.

In this wonderful novel and through this extraordinary character, Dickens has communicated the great lesson of love: Love is not a commodity that we can acquire and hoard. Love can only be released. ...

Love Is What God Is

One would think that of all the places to find a definition of God, the Bible would be the first place to look. Yet John was the only writer in the Bible to define God, and he used only three words to define the Undefinable: "God is love" (1 Jn. 4:8). How simple. How succinct. How complete. How utterly perfect! God is love.

Love, then, is not a toy of human caprice—something we can trot out and use and then take back and put away when we are finished with someone. Love is a divine activity.

It is a cosmic force, a spiritual gift. It is a part of our life just as the ocean is part of the fish. As long as the fish swims in the ocean, the ocean sustains it and nurtures it and renews it because the fish is taking in ocean for life and renewal. The fish is part of the ocean, and the ocean is part of the fish.

Love is God's ocean, and we live and move and have our being in that ocean. Love is God's energy, and when we let love direct us, we let God direct us and we become part of the divine energy of God.

Without Love, We're Nothing

Paul spoke eloquently about love. He said, "If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal" (1 Cor. 13:1). In other words, no matter what I say, unless it resonates through the channel of love, it's only noise! It is meaningless.

Paul went on to say, "And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing" (1 Cor. 13:2).

How powerful those words are. They state that love is the single most important faculty we have. It is the hub of all good that is in us. Nothing else matters in our lives if we are loving. ...

Self-Love

The power that is love begins with God, to be sure, but we need to accept that love as our own before it can be sent to someone else. This is true self-love, and this type of self-love is not ego-centered. It is, in fact, anchored in the greatest of humility because only in loving self can we act as clear conduits for God's love. The more we accept God's love, the more we allow it to pass on to others.

Loving others is impossible until we love ourselves. Also, without love of ourselves, there is no "baseline" to mea-

sure other love. Without love of ourselves, we feel unworthy of any other love. “After all,” we reason, “if I can’t love myself, how can I expect anyone else to love me?” Only when you can love yourself can you remove the obstacles to the expansion of yourself.

Too often, however, we consider ourselves unworthy

of love and therefore are not able to express love. The danger is that when we believe ourselves to be empty of love, we look for someone to love us to “fill the void.” When we look to someone for love, we fail to experience true love. It is only when we release the love we have accepted for ourselves that we experience love. ...

Know that love is not something you have to master, but only allow. There is something you

can practice over and over again, however, and that is the decision to love. Make up your mind to love, and then let love do what love will.

The mind is extremely powerful. It can take you to the very gates of heaven, but only your heart can utter the password to let you enter.



Sunday

December 13, 2009

"An angel of the Lord appeared to him in a dream and said, 'Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit.'"

—Matthew 1:20

Listen to the voice of Love within.

Loving people don't strive for love, they allow love. If you think of the most loving people you know, chances are they are not trying to love. They are simply being true to what they are, and what they are is love.

List those people in your life who are love and how you can follow their lead:

Monday

December 14, 2009

"She will bear a son, and you are to name him Jesus, for he will save his people from their sins."

—Matthew 1:21

The light of God surrounds you.

However people may treat us, it's important to love them. Certainly it's easy to judge them as not worthy of our love, but in withholding love from them, we are first depriving ourselves. Are we unworthy too?

You are on a journey of transformation. List those people you now recognize as worthy of your love:

Tuesday

December 15, 2009

*"And they shall name him Emmanuel,
which means, 'God is with us.'"*

—Matthew 1:23

The love of God enfolds you.

The degree to which you can let your love flow unconditionally in all directions is the automatic built-in gauge of how you are letting God express in your life. Your love quotient is never higher than the least amount of love you give to some person, no matter how much you think you are loving someone else.

How can you express more of the love you have?
Be creative. Think of new ways to let love flow from you:

Wednesday

December 16, 2009

*“When Joseph awoke from sleep,
he did as the angel of the Lord commanded him.”
—Matthew 1:24*

Be both a giver and receiver of love.

In the past, has someone's love for you affected your decision to love that person and others? For example, the leader of a clique in high school may have unexpectedly shown love for you and you may have decided to love him or her and their group.

Choose and analyze one incident:

Thursday

December 17, 2009

*"Joseph ... went ... to the city of David called
Bethlehem ... to be registered with Mary."*

—Luke 2:4-5

Express the spirit of love and joy within.

In the past, has someone's lack of love for you affected your decision to withhold love from that person and others? For example, a bitter divorce may have led you to withhold love from your former mate and his or her family.

Choose and analyze one incident:

Friday

December 18, 2009

*“While they were there,
the time came for her to deliver her child.”
—Luke 2:6*

Your love and faith bless others.

Is there anyone you love unconditionally?

Think about this for a good while. If you answered “yes,” be sure there are no strings attached to your love. If you feel you could love this person more if he or she did something more, then your present love is conditional. Or if your love would diminish even a little bit if this person stopped doing something (like loving you), it is conditional.

Saturday

December 19, 2009

*"She gave birth to her firstborn son
and wrapped him in bands of cloth,
and laid him in a manger."*

—Luke 2:7

Love your inner child.

Please answer each of these next questions spontaneously as you read them and answer them in order.

List your three greatest assets. What do you feel makes you special or unusual? (Answer this now.)

a. _____

b. _____

c. _____

List your three greatest liabilities. What areas need improvement to make you a better person?

a. _____

b. _____

c. _____

Love

Week Four



Joy has been implanted in you from the beginning. No one can give it to you. No one can take it from you. It is entirely in your own hands.

Happiness Is a God-Job

True joy is completely independent of what happens to us from the outside. No person or event has any real power to make us happy. That may come as a surprise to most people because they spend their lives waiting for events and people to change so that things will get better.

To many, it would seem incongruous that joy has nothing whatsoever to do with circumstances. After all, hasn't each of us been guilty at one time or another of saying things like "If only my marriage were smoother, I would be happy," or "When I get a new job, my life will be great," or "How can you expect me to be happy when I have to take care of my invalid father?" or "Once the kids are out of college and on their own, I'll be able to enjoy my life"?

If we keep looking to the people and events of our lives to supply us with joy, life becomes like a shooting gallery at a carnival where, as soon as we succeed in knocking down one target, another one pops up! We can end up trying to "shoot down" one trial after another, never getting a breather and never getting the chance to relax and enjoy life right here, right now. We spend our lives chasing what we envision as happiness only to discover that whatever we may have caught in our nets turns out to be only a temporary stimulation and never lasting joy.

Where the Joy Is

If you had been looking for happiness in people and events, you discovered that it is not there. If you look to outer circumstances for your satisfaction cues, you will stay on an emotional seesaw.

There is the old story of the father who was so happy because he had a son. The son fell off his horse and broke his back, and that made the father sad. Then because of his injury, the son was not called to war, and that made the father

happy. Because he didn't go to war, the son married a terrible woman, which made the father sad. Then the son had a child, which made the father happy. And so on, and so on, one event gladdening, one event saddening. This is how most people live their lives, always reacting to whatever pops up and searching for joy in all the wrong places: outer events.

True joy is actually part of your nature. It's built into your very being. Yes, even in spite of outer circumstances which may appear to range anywhere from fair to awful, the experience of joy is always present deep within you. It is not something you take in from without, but something you let out from within you. Events merely give us an excuse to feel it.

No matter what situation you find yourself in, once you make contact with the Christ center at the core of your being, you feel an immediate rush of joy, because you know that you can trust God and that everything is going to be all right. There is no true joy without trusting God, for when you trust God you are aware that, whatever the situation, you are just an observer passing through, that things will work out right for all concerned, and that everything really is okay.

Joy Heals

When you touch the Christ of your being and can rest for a few moments in that sense of trust and peace which you find there, you automatically come away buoyed up and overflowing with joy. This feeling is totally spontaneous and, as you will discover, has nothing to do with what is happening in your life.

The feeling of true joy is a great harmonizer and healer, not only of inner emotions and human relations but of the physical body as well. In fact, it is this very feeling of inner joy which activates the healing forces by sending the message to your cells that all is well, that good is expected.

It is true joy which keeps you lifted, in spite of whatever is going on around you. True joy arises out of your contact with the spirit within you. When the contact is made, the joy breaks forth. You have already been proving this for yourself, perhaps without fully knowing what was taking place.

The lives of the great spiritual teachers throughout history have been marked by joy. If one continues to dip into that font of divinity within, the result simply has to be the sense of joy which comes from trusting God.

Joy has been implanted in you from the beginning. No one can give it to you. No one can take it from you. It is entirely in your own hands. If you are willing to turn inward to that Power which lies at your essence, you cannot help but find joy. It bolsters the soul and strengthens the body.



Sunday

December 20, 2009

*"Wise men from the East
came to Jerusalem, asking, 'Where is the child
who has been born king of the Jews?
For we observed his star at its rising,
and have come to pay him homage.'"
—Matthew 2:1-2*

Give thanks for the Christ in you.

There is no circumstance that can force you to relinquish your joy. The potential for joy exists at every moment. It is always we who decide if it will express.

What physical activity brings you the most joy? Why? There are probably many physical things you do that bring you joy: eating, dancing, a hobby. Choose one and write a few sentences on why it makes you happy.

Monday

December 21, 2009

*"When they saw that the star had stopped,
they were overwhelmed with joy."*

—Matthew 2:10

Express joy in all that you do.

What emotion, thought or feeling brings you the most joy? Why? This could include the feelings you get when you are with a special person in your life or the feeling of satisfaction with a job well done.

Tuesday

December 22, 2009

*"There were shepherds living in the fields,
keeping watch over their flock by night."*

—Luke 2:8

Spirit within brings you comfort and joy.

What spiritual sensation brings you the most joy?
Why? Perhaps you had a spiritual insight in your meditation
that brought you great joy.

Wednesday

December 23, 2009

*"Then an angel of the Lord stood before them,
and the glory of the Lord shone around them."*

—Luke 2:9

The Christ light shines in you.

Compare the joy you feel in each of your responses from the past few entries. Which is the most precious, and how can you make that joy more dominant in your life?

Thursday

December 24, 2009

*"The angel said to them, 'Do not be afraid;
for see—I am bringing you good news
of great joy for all the people.'"*

—Luke 2:10

Embrace the spirit of Christmas.

Joy comes not from circumstances themselves but from our adjustment to those circumstances. Be aware of the circumstances activating your joy. Was it reactive—was your joy dependent on changing circumstances? Or was your joy proactive—did you initiate the action yourself?

Make note of all the things that have brought you joy this week.



Christmas Day

December 25, 2009

*"To you is born this day in the city of David
a Savior, who is the Messiah, the Lord. ...*

*'Glory to God in the highest heaven,
and on earth peace!'"*

—Luke 2:11-14

**You are one with the spirit of
faith, peace, love and joy.**

Your 26-day journey is now complete. Sit quietly, in a comfortable seat. As you relax your body and mind, think of the word *joy* as you inhale and exhale. Then remain in the silence for several minutes as you allow the feelings of joy to bubble up from deep within you, sweeping through every cell of your body. Stay as long as you like in this state.

When you are ready, slowly come back to the present reality, bringing the buoyancy of joy with you.

Capture your thoughts following the meditation:



This Is Just the Beginning

Living each day, savoring each moment one at a time, you see that it is enough to know God, for God is all there is—the Alpha and the Omega.

Life lived from this awareness becomes so sweetly simple. It is Love which emerges as the force which allows us to live the simple life. Love is the healer. Love is the harmonizer of nations, the soothing balm of relationships.

Write a short summation of your feelings at having finished this time of growth and how far you have come since beginning. Where do you go from here?

Prayer Support

Sometimes people need help in praying—extra spiritual support when it feels too difficult to go it alone. In times like these, it is comforting to be able to contact a prayer ministry such as Silent Unity®, one of the oldest and largest prayer ministries in the world.

Silent Unity serves people of all faiths, and all prayer requests are treated with reverence and strictest confidentiality and are enfolded in prayer for 30 days.

The work of Silent Unity is based on the belief that true soul satisfaction can only come by knowing God—that experiencing the presence of God is the real need. In other words, God doesn't have what we want—God is what we want.

Silent Unity helps people know their oneness with God, that they may open themselves to the presence of God and recognize this divine presence in all people and circumstances.

For confidential prayer assistance at any time, day or night ...

Call: 1-800-NOW-PRAY (669-7729)

Connect: www.silentunity.org

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Booklet designed by Jenny Hahn and Karen Rizzo

I hope Christmas will always be ... the celebration of imagination, with its power to warm our heart on a snowy day and sprinkle glitter on a dark one, to give us the goodwill to wish a merry Christmas though there is not much to feel merry about, to give us the faith to believe that life is not humdrum existence, but is capable of unbelievable wonder, and in the stable that is the human heart, God appears.

—James Dillet Freeman, Once Upon a Christmas

Our Christmas blessings continue—

Visit www.unity.org for a retro look at Christmases past at Unity Village, Mo., ***Christmas is Coming! 2009***, a **FREE** e-booklet for kids, and other inspirational material for the holidays.

*From your friends at Unity
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