

**LIGHT
OF
GOD**

A RELIGIOUS EMBLEMS
PROGRAM FOR YOUNG
PEOPLE OF UNITY



Light of God Emblem Instruction Book

This book belongs to:

NAME _____	AGE _____
ADDRESS _____ _____	
CHURCH _____	
MY COUNSELOR IS _____	
ADDRESS _____ _____	
PHONE _____	
MY YOUTH LEADER IS _____	
ADDRESS _____ _____	

**Education Services Division
Association of Unity Churches®
P.O. Box 610
Lee's Summit, MO 64063**

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The Light of God Religious Emblems Program For Ages 11-13

Introduction

You are about to begin a great adventure by participating in the Light of God Religious Emblems Program. The Association of Unity Churches designed this awards program especially for you.

As you work through the Light of God program, you will have the opportunity to do things related to your unfoldment that you may never have done before, or may not have done in the way or to the extent that you will be doing them in this program. Doing new things, or doing familiar things in a new way, is always exciting. So get ready for a great adventure that will help you develop your own Christ nature.

Only you can make the Light of God program a worthwhile experience. You are asked to do your best in these projects and activities from the first day until the last. In this way you will reap the full rewards this program offers.

The Purpose of the Program

The purpose of the Light of God Religious Emblems Program is to give young people in Unity a practical method to achieve a basic spiritual understanding of the truths taught by Unity, to support and recognize youth for their achievements in the presence of the church body, and to provide recognition by all participating youth agencies. Wearing a Light of God emblem on clothing or uniforms will give a feeling of accomplishment and achievement to the individual, as well as support our Unity of purpose for our young people.

Who May Participate?

Any young person between the ages of 11 and 13 who attends Unity may participate in this program. A young person may work on a one-to-one basis with a counselor; or a small group may gather periodically to compare notes or to complete some of the requirements together with a minister or assigned counselor.

This program can also be a resource and guideline for a children's education class under the supervision of a counselor.

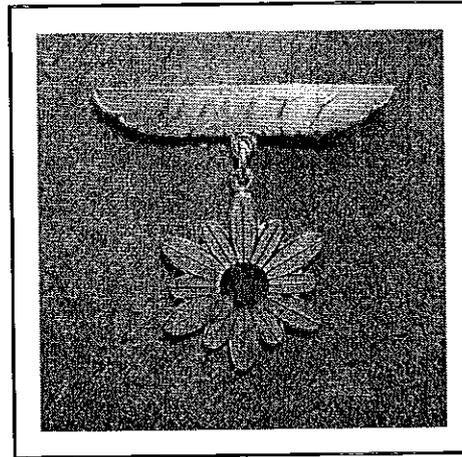
The approximate length of time for the completion of this program is six to eight months.

What Recognition is Given?

Boy Scouts

This emblem consists of purple Unity wings (1 3/8" x 5/16"), "Unity" in gold with a 1" suspended sunburst in gold and purple.

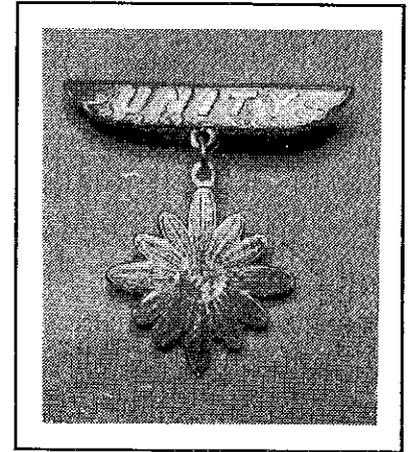
The Boy Scouts of America has authorized this emblem to be worn on the Boy Scout uniform, centered on the left breast, suspended over the pocket.
No. 1625



Girl Scouts

This emblem is for girls in the Girl Scout Cadet program. The emblem consists of purple Unity wings, 1" X 3/16", with Unity in gold; a pin back and a 3/4" sunburst in gold and purple.

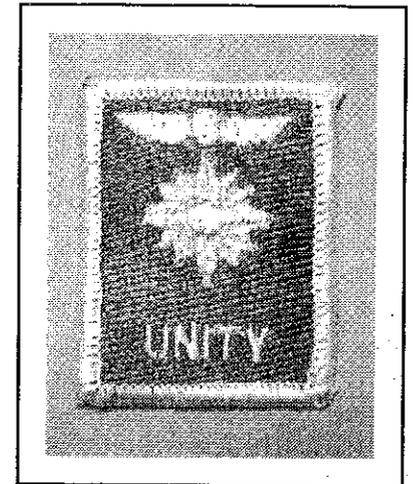
The Girl Scouts of the U.S.A. has authorized this emblem to be worn on the right side of the uniform, level with the Girl Scout membership pin, or on the insignia sash in the area below the membership stars or troop numerals and above the next official insignia already on the sash.
No. 1627



Camp Fire

This emblem is for girls and boys in the Camp Fire Discovery program. The embroidered emblem consists of a purple background with a white border. The name UNITY is also in white with the Unity wings and sunburst in gold bullion thread. The size is 1-1/2" X 2".

You will want to wear your new emblem with pride by sewing it in a special place on your ceremonial clothing.
No. 1626



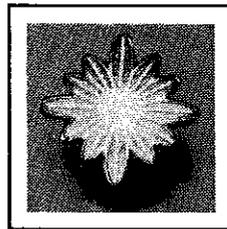
Unity 4-H, FFA, FHA

This emblem is also available to any youth in Unity between the ages of 11 and 13, who is active in any church, center, or study group. It is also for boys and girls in the 4-H, FFA, and FHA. The emblem consists of purple Unity wings, 1" X 3/16", with UNITY in gold; a pin back and a 3/4" sunburst in gold and purple. This emblem may be worn on any uniform or civilian clothing. No. 1627



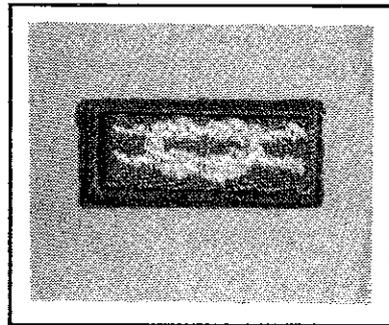
Miniature Pin

For parents and young people receiving the Light of God emblem. This consists of a 1/2" sunburst pin with a pin back to be worn on civilian clothing. No. 1650



Square Knot

This cloth, silver knot on a purple background is an insignia designed by the Boy Scouts of America. It is for boys in the Boy Scout program who have earned the Light of God emblem. Your square knot No. 5014 may be ordered by your Scoutmaster.



How Do I Start?

1. Make an appointment with your minister to talk about how you can earn the Light of God Emblem.
2. Your minister may serve as your counselor; or your minister may appoint someone else as your counselor to work with you.
3. Standards for the Light of God Emblem have been set by the Department of Education Services of the Association of Unity Churches. All requirements in the program are set as a minimum and no changes are permitted.
4. As you proceed, compile for yourself a notebook of written work, with descriptions of your projects.
- * 5. **Review all seven requirements before you start your work.** Pick up a copy of the book, *The Simple Truth*, at your church bookstore. If a copy is not available at your church, have them order a copy to help you fulfill this requirement. Talk with your counselor about the service projects that are required. **Half of the service projects are to be completed during the first phase of your work, the second near the conclusion.**
6. There are seven requirements for this emblem. **Discuss each requirement with your counselor before you begin.** When you have completed all the requirements, your counselor will sign this booklet and the date the work was completed.
7. When all requirements have been completed you, your parents or guardian, and counselor will sign the form in the back of this booklet. At this time your minister will notify you when and where to appear before the Reviewing Committee. This committee is comprised of your minister and two other members from your church.

*Important step

8. After the Reviewing Committee Chairpersons have signed the application in this booklet, the application should be mailed to: Education Services, Association of Unity Churches, P.O. Box 610, Lee's Summit, MO 64063.
9. The Light of God Emblem will be sent to your minister. When it arrives, you and your minister may set the date for presentation of the award at an appropriate church service. Please do not set the date until the award is received.

Reference Books

Listed below are several books in your church library or bookstore to help you. Consult your minister or counselor for additional help.

- * *The Simple Truth* by Mary-Alice Jafolla, Unity Books
- The Story of Unity* by James Dillet Freeman, Unity Books
- Myrtle Fillmore, Mother of Unity* by Thomas E. Witherspoon, Unity Books
- Discover the Power Within You* by Eric Butterworth, Harper & Row

*Required reading

Unity Pamphlets

Twenty Questions About Unity (order from your Association of Unity Churches, P.O. Box 610, Lee's Summit, MO 64063).

Step One - What Are You?

You are a complex, interesting, and wonderful creation of God.

Sometimes you may ask yourself questions like, "Who am I? What am I doing here? How am I different from everyone else? How am I the same?"

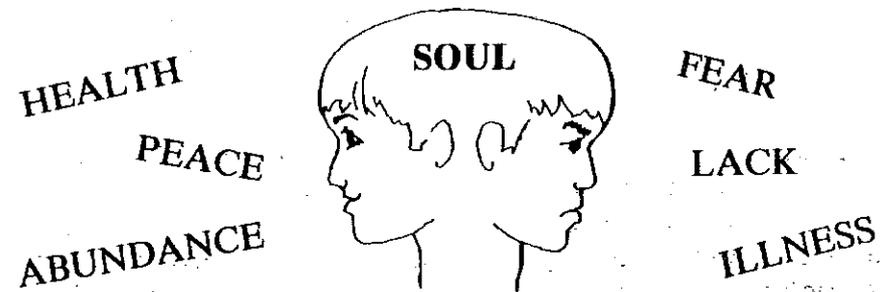
Fields of study are devoted to finding answers to these same questions. Anthropology asks, "How did humans come to be the way we are?" Psychology asks, "What is 'thinking'?" Sociology asks, "How do I live in this family, in this city, in this country?"

All through the history of philosophy a search continues to solve the mystery of human beings. We can trace this search from the ancient Greeks, who felt nothing was greater than the attainment of knowledge of the self. The highest wisdom of the ancient Greeks was expressed in two words, "Know Thyself." This precept was inscribed high above the temple doors. Knowing yourself is one of the most important things you can do.

Let's begin to "know yourself" more. Your body is the wonderful place where life expresses. God is life, so your body is a place where God lives. All over the world people build temples, cathedrals, and churches which they reverence as "the house of God." Yet, people forget to reverence their bodies as "the House of God." Your body is also the home of your soul.

GOD

THE WORLD



THE SOUL IS PIVOTAL.
IT CAN LOOK TO THE WORLD OR TO GOD.

In Unity we define soul as everything that goes on in your mind. This includes your thoughts, beliefs, attitudes, and feelings about things. Your soul decides how you act and what you say. The soul is described as "pivotal," which means it is like a swinging door. When you direct your thoughts toward God, you can receive all the marvelous ideas you can use to be happy. When your thoughts are directed toward people, places, events, and things, the soul can receive incorrect information. This may cause us to be unhappy. However, we can make the choice to fill our souls with positive, truth-oriented thoughts, beliefs, feelings, and attitudes.

Spirit is the real you. It is the perfect part of you that is God. Since this part of you is perfect, it never changes. This perfect part of you knows God, and as you stay in contact with it through prayer and meditation, you will be guided into good and happy experiences. You will see the Truth about life of abundance, joy, good health, and harmony. Every other person also has this perfect Spirit, no matter how appearances may otherwise indicate.

The thoughts or attitudes we hold consistently in our minds will be outwardly expressed in our lives. The choice is ours as to what we want, for our souls can look outward to the world or inward to Spirit.

Proverbs 23:7 states that, "For as a man thinketh in his heart, so is he" (RSV). Whatever you believe and feel strongly about and think about over and over will somehow happen in your life. This is called the law of mind action. You see, your body and all the events in your life are the direct result of what you believe. The subconscious mind is like a factory that makes things. It doesn't really care what it makes, it just makes things according to what it is told to make by the thoughts and feelings given it by the decision of the conscious mind.

Jesus said that whatever we sow, we will also reap. If you plant tomato seeds, you will certainly expect to get tomatoes and not potatoes, because the seeds grow according to this law. If you think happy thoughts most of the time, you will create happy things around you in your life. If you believe you can learn easily, you will do better in school; the law works to bring into your life whatever you believe in.

Write the following three requirements for your notebook and share them with your counselor upon completion:

1. Write a paragraph on each part of your threefold nature: Spirit, soul, and body. Answer the questions, "Why is it important to turn inward to Spirit? What makes up the soul? How do your thoughts and feelings affect your experiences?"

(For more information on Spirit, soul, and body, and the law of mind action, read the related chapters in the recommended book, *The Simple Truth* by Mary-Alice Jafolla.)

2. Which Way?

With your soul you can look strictly to the outer, physical world for solutions to your problems, or you can look inwardly to Spirit for direction. Many times a day you decide how to handle a situation--in a strictly physical (outside) way or in a spiritually (inside) directed way. Write a strictly physical way and a spiritually directed way you would handle each situation below. Which one do you feel is best?

- a) Someone at school has started a rumor about you that is not true. What do you do?

Strictly physical way: _____

Spiritually directed way: _____

b) Someone in your class is having a party and has not invited you. What do you do?

Strictly physical way: _____

Spiritually directed way: _____

c) Write your situation here: _____

Strictly physical way: _____

Spiritually directed way: _____

3. Keep a daily log of your thoughts and feelings for three weeks. Before going to bed each night, sit quietly by yourself and record the thoughts and feelings that you can remember having during the day. Did you have a good day or not-so-good day? Can you see how your thoughts and feelings influence the type of day you experienced? Include this in your notebook.

Step Two - History of Unity

Charles and Myrtle Fillmore are the cofounders of Unity, which was officially established in 1889. There were many events in their lives that guided them in the direction of spiritual unfoldment and finally resulted in the founding of the Unity movement.

From the day you were born, different people, places, and events have had an influence on your life. Your present beliefs are the result of all the things that have happened to you until now.

Let's take a look now at the early lives of Charles and Myrtle Fillmore so we may better understand their spiritual unfoldment and unwavering faith. As you read their story, remember some of the highlights of your own earlier experiences and see if you can see how they have influenced you.



Mary Caroline Page, better known as Myrtle Fillmore, was born on August 6, 1845, in Pagetown, Ohio. She was next to the youngest of nine children. Although she was christened Mary Caroline as a small child, she adopted the name Myrtle at an early age.

Myrtle was afflicted with a disease which doctors diagnosed as tuberculosis, which was medically "incurable" and thought to be inherited. As a result of this disease, she was not healthy.

Myrtle enjoyed school, however, and raced through simple mathematics and explored algebra, geometry, and trigonometry long before she advanced officially into such subjects in the little one-room Pagetown schoolhouse. Science, as taught at the elementary level, failed to hold her interest, so she read her older brother's books about chemistry and physics, and also became interested in astronomy. At an early age Myrtle could identify many constellations.

By the time she was a teenager, Myrtle had read every book in the Page household which included works by Shakespeare and Josephus, *The Life of Luther*, *The Life of Wesley*, *Plutarch Lives*, *Gold and the Gospel*, the Bible, and dozens more.

Myrtle deeply loved God and nature, and she spent many hours along the banks of the little stream behind her home or high on one of the rolling hills, drinking in all the wonders of God she saw there. Her relationship with God was satisfying, and although she did not know it as a child, she realized later she was even then feeling and responding to the omnipresence (God everywhere present) of God. The abundant life of God poured out to her from everywhere, and her hungry soul drank it in and rejoiced in expressing it.

In 1867 Myrtle enrolled in "The Literary Course for Ladies" at Oberlin College, Oberlin, Ohio. Upon graduation she was licensed as a teacher and became a schoolteacher in Clinton, Missouri. Myrtle loved Clinton, and was loved in return by the children she taught and the people of the town. But the tuberculosis from which she suffered made it inevitable that she look for a climate that was better for her health.

In the mid 1870's, Myrtle Page left Clinton and moved to the better climate of Denison, Texas, where she did some private tutoring and joined the Denison Literary Club. Little did she suspect that here she would meet her future husband. But she did one evening at the Denison Literary Club.

Let us take a look now at the early life of Charles Fillmore and see what chain of events brought him to Denison where he was to meet his future wife.



Charles Fillmore was born in a log cabin on August 22, 1854, on an Indian reservation just outside a small town in St. Cloud, Minnesota. When Charles was seven, his mother and father separated. Charles and his younger brother, Norton, stayed with their mother in the little cabin in St. Cloud, and found themselves drawn closer together by the need to provide for the necessities of everyday living.

Nature, at this early age for Charles, probably said something different to him than it had to Myrtle. He found the wild game and berries of all kinds to be plentiful in the area, and he and his brother were often found down at a nearby creek or pond gathering these gifts of God for the supper table. In the fall, there was an abundance of wild rice, and Charles would go out in his canoe, and bending the rice blades, he would beat off the grain with a stick and bring it home to dry and store for his mother to use later.

Charles' mother, Mary Fillmore, became the chief influence in shaping his destiny. Life was not easy for Mary, but she had a rich zest for life and a determination to raise her family, which those around her found contagious. The determination to reach her goal outweighed any obstacle that crossed her path. In the early beginnings of Unity, when it appeared they would have to abandon their efforts, Charles found within himself the same strong determination and faith that his vision would accomplish.

At the age of ten, Charles was severely injured in an ice-skating accident, which later proved to be one of the most influencing incidents of his life. His hip was dislocated, and the hip socket was eventually destroyed by the long illness that followed. For two years Charles did not believe he was going to live, but something within him determined to survive. At the end of this long struggle he was left with a withered leg, but his spirit remained whole, and as is often the case when given such a heavy challenge, his spirit grew stronger. It was this determined, robust spirit that shaped the life of the man, Charles Fillmore.

Youth is the time of life when most people engage in physical activity, but this activity was denied Charles Fillmore. Here was a young boy with an alert, swift, vital mind balanced with an unwavering spirit, lodged in a body incapable of much physical activity. This mind and spirit had to find an outlet for expression.

At the end of this two-year struggle, Charles started to school but in a short time he had to abandon school in order to go to work and help his mother. His first job was a printer's devil (helper) in St. Cloud, where he learned something about printing that he would use some thirty years later in publishing the magazine, *Unity*.

An army officer by the name of Edgar Taylor was stationed in St. Cloud, along with his wife, Caroline, and their son, Edgar. Charles and Edgar became friends. Edgar's mother had been educated at the same college that Myrtle Fillmore attended. Caroline was determined that her son get a good education, and she spent much of her time teaching him classical literature that she loved so much.

Young Charles had a curious and avid mind and a spirit ready for books and learning. He soon found himself being tutored by Caroline along with Edgar. He studied the great works of Shakespeare, Tennyson, James Russell Lowell and Ralph Waldo Emerson. The American writers, James Russell Lowell and Ralph Waldo Emerson, came to mean so much to him that later he and his wife, Myrtle, who also admired these writers, named their first two sons, Lowell Page and Waldo Rickert, after them.

Caroline taught Charles the rules of grammar and writing skills that would prove so valuable in his later years in expressing the New Thought ideas he shared with the world. We can certainly see what an influence Caroline Taylor had on the life of Charles Fillmore, and God's perfect plan unfolding, all in divine order.

When Charles was nineteen years old, he left St. Cloud to begin life in Denison, Texas, as a freight agent with the MK & T Railroad. He joined the Literary Club in Denison.

On a Monday evening in 1874, at the Denison Literary Club, Charles met Myrtle. When Charles looked at her, something within him said, "There's your wife, Charles." Seven years later they were married.

The early years of marriage for the young couple were a whirlwind of adventure which took them to Gunnison and Pueblo, Colorado; Omaha, Nebraska; and finally to Kansas City, Missouri, where Charles went into the real estate business.

Life in Kansas City was not easy for Charles and Myrtle. Charles found himself with a wife in declining health and two small children to care for. Myrtle's condition was deteriorating rapidly, and doctors said she had only a short time to live.

One evening, in the spring of 1886, when Myrtle was desperately sick and they did not know where to turn, she went to hear Dr. E. B. Weeks, a lecturer from the Illinois Metaphysical College in Chicago. During this talk, he made the following statement that was the catalyst that changed Myrtle's life. "I am a child of God and therefore I do not inherit sickness." This truth took root in Myrtle's mind.

She began to talk prayerfully to her body. Days, weeks, and months went by, and gradually she saw improvement. She shut herself in her room and studied the four Gospels of the Bible carefully, especially the book of John. She believed in the healing words of Jesus Christ, and by 1888 Myrtle Fillmore experienced a complete healing.

By this time, Charles Fillmore, having observed the miracle that had taken place in his wife, was well into the study of Truth himself. In his calculated and businesslike manner he began to sit in the silence, alone with God. For many hours every day, over a period of weeks and months, he sat in the silence, reaching deep within himself to find God. He reached God, and God reached him, by opening a channel of communication with the Father which is available to all--from within, in the silence. From that time on, the Truth of God and their faith in Him would dominate the Fillmores' existence, and be the motivating factor that resulted in the founding of Unity.

The pain in Charles' leg subsided, and his hip began to heal and grow stronger. In time, his leg filled out and lengthened so he no longer had to wear a brace.

Charles and Myrtle prayed for others and taught others to pray for themselves. Their prayers were answered, and everyone helped by prayer told others about what happened to them. It wasn't long before many phone calls and pieces of mail were being received by the Fillmores, and in 1889, Charles made the decision to give up real estate and devote his time to the study of Truth and prayer for others.

It was in this same year the first publication of *Modern Thought*, (known today as *Unity* magazine) went into print. In this publication, Charles found himself using the writing and printing skills he had learned in his youth. 1889 is considered the founding year for Unity.

In April of 1890, Mr. and Mrs. Fillmore formed the Society of Silent Help, which has developed into the prayer ministry of Silent Unity. At first, Myrtle personally answered all the letters requesting help, and she and Charles met daily with a small group of dedicated people to pray for others.

Today almost two hundred million pieces of mail pour out from Unity each year, and thousands of phone calls and letters are received by them daily. There are Unity centers encircling the globe, teaching the Truth faithfully taught by Charles and Myrtle.

Charles and Myrtle Fillmore built their faith on the principles of Truth that Jesus taught, and this same faith is active today in every prayer uttered at Unity Village and Unity centers around the world. It lives in the words of the magazine, *Daily Word*, that touches the lives of millions of people of all faiths. This faith is the message underlying the publication of *Unity* magazine and the many books of spiritual help published by Unity. This faith is the faith that lives in all people waiting to be called forth through prayer.

The contribution of the Fillmores cannot be measured in words. Their lives remind us constantly to turn to the teachings of Jesus Christ, to be still and listen to the still, small voice within, to trust and to know that with God all things are possible. If you wish to catch the meaning of the Fillmores, do not seek in printed page and spoken word. Look within yourself, in the silence, and experience your own life being transformed.

Write the following three requirements for your notebook and share them with your counselor when you have completed them:

1. After reviewing the early lives of Charles and Myrtle Fillmore, you can see many people influenced them. Take a reflective look now at your life and see who has had the greatest impact. Write a paper about three or four of these people, telling how they have been influential to you.
2. You can also see that experiences or events shape the direction our lives take. What are two or three important experiences of your life, and why are they important to you? Write a reflective paper about these events.
3. One of the greatest gifts God gave to us is our freedom of choice. Think of the important decisions you have made in your life, and write a paper on two or three of these choices, telling why you made them and what the result has been because of them. Remember, freedom of choice includes the way we think about the people and events in our lives. Discuss the idea of freedom of choice with your counselor, and some of the choices you made.



Step Three - Bible

The Forgiving Love of God

Luke 15:11-32

The following is the parable of the Prodigal Son as told by Jesus Christ. Although Jesus never wrote a word, except once when he wrote with his finger in the dust, He was one of the greatest storytellers of all time. In this parable, or story, you will see a story about all people.

The Parable

A wealthy farmer had two sons. The younger son decided one day that he was tired of working with his father on the farm, so he said, "I know I shall get my inheritance some day, but I would like to have it now, if you don't mind." The father, being very wise, did not argue with him. So the father said, "Very well, here is your share. Go ahead." So the son took his inheritance and left home to travel through new, distant, and different lands. The older brother, however, remained at home with his father and continued his work. The Bible tells us the oldest son continued to meet his responsibilities for his family and to the land.

Before long, the younger brother discovered he had lost or wasted all the money his father had given him, and he had nothing; from a comfortable home and a place of respect in the community, he had lowered himself to being in charge of a swineherd; and to a Hebrew there was nothing lower. In a way it was no worse than having to look after cows or other animals, but to the Hebrew it was a terrible thing because they considered the pig unclean and a curse. He was hungry and had no place to stay. He realized he had made a mistake, but what could he do?

And then something happened: a thought came to him. He found himself saying, "I will arise and go unto my father." This was the direct inspiration from the voice of God within.

As the son approached his father's home, his father saw him at a distance. He was so happy he ran to meet his son and embraced him in joy. He gave a big party to celebrate the return of his youngest son. The father was glad to see his son and welcomed him home with love and rejoicing, not harsh words, anger, or punishment.

The father in this story represents God. Jesus is telling you that God loves you, no matter what you do or have done in the past. God only cares about your well-being right now. God does not judge you or criticize you. Whenever you realize you have made a mistake, don't punish yourself with guilty thoughts. Begin moving in a more positive way, calling upon God for direction and inspiration through prayer.

1. Write your understanding of the following questions in your notebook, and share them with your counselor when you have completed them.
 - a) How do you think the younger son felt when he discovered his mistake?
 - b) How do you think his older brother felt about having to do all the work?
 - c) Which people in this story had to demonstrate forgiveness?
 - d) Did the younger son have someone to forgive? Why?

- e) Write a short paragraph which tells what you learned about forgiveness from this story.
2. Give the following metaphysical interpretations of the Prodigal Son and place them in your notebook. Note: Ask your minister or counselor where these references can be found.
- a) The son's father
 - b) The youngest son
 - c) The oldest son
 - d) The far country
 - e) Returning home

References: *Diagrams for Living* - Fox

Your Hope of Glory - Turner

A Study of the New Testament - Hunt

Metaphysical Bible Dictionary - Fillmore

3. I forgive myself by giving up (admitting) to God everything I believe I am guilty of and accepting in its place God's peace and understanding. In my willingness to be forgiven, I am also willing to forgive others and follow the inner guidance, if any, that comes to me to make amends.

Step Four - Book Report

Contact your minister or counselor and ask where you may obtain *The Simple Truth* by Mary-Alice Jafolla. Write a 300-word report on this book and place it in your notebook. Below is a sample outline you may wish to follow:

The Book Title

Name of the Author

- I. Write a brief summary stating the author's central theme, purpose, or message.
- II. Write a few paragraphs describing briefly some of the highlights of the book. What seemed to be the special message for you? What did you get out of the book?

If you will make a few notes as you are reading, jot down page numbers, and/or underline key sentences if the book is yours, this will make your review work easier. You may wish to use a short quote or two from the book. Remember, if you use the author's exact words, you must be sure to put them in quotation marks.

- III. What information did you find in this book that you can use in your everyday life? Explain.

NOTE: You may find it helpful to write just as though you are telling a friend about the book. If you have trouble writing this book report, you may wish to put it on tape and share the tape with your counselor. As you start your report, you might begin with this affirmative prayer:

"I am open and receptive to God's living Spirit of Truth. My mind is orderly, and I express my thoughts and feelings easily."

Step Five - Prayer and Meditation

Prayer and meditation are two of the most positive communication tools we have as Truth students. Prayer is simply when we talk to God, and meditation is when we listen to what God has to say to us.

When we pray, it does not really matter whether we talk to God aloud or in a silent whisper. Nor does it do a lot of good to repeat words or phrases like a parrot if we don't mean them. What does matter is how we feel about what we say.

When praying, we don't have to beg or plead with God. Remember, God is not an old man with a long white beard, living thousands of miles up in the sky. God is Spirit, as close to you as your hands and your feet. He is the drummer who beats your heart. He knows what your needs are even before you ask. We are to ask because we have free will. God does not impose Himself on us.

One way to pray is by using affirmations. These are simply strong, positive statements of Truth which show our faith that God's will of good is always being done in our lives.

Our prayers do not change or influence God. You may ask then, why do we pray? We pray because, when we do, something happens inside of us and changes the way we feel about ourselves and others. Our lives become better because we have lifted our minds and hearts to a place where we can accept all the good God has for us. When we pray, we enter what is called 'The Secret Place of the Most High.' We enter our private closet, (which is in our minds and hearts) so to speak, and close the door. When we enter this secret place to pray, it is like the meeting of the closest and best friends. God is always there. There is nothing that you cannot share with God. God can be trusted with your most private thoughts and feelings.

God always answers prayers. Sometimes God's way is not what we think the way should be, but we must trust that God's way is always right and best for us.

It is important to set a time each day to pray and meditate. Try to make it the same time each day, such as when you get up in the morning, after school, or before you go to bed at night.

As we said before, prayer is talking to God, and meditation is listening to God. Both are wonderful experiences. When we meditate, we learn to seal our lips and listen to the still, small voice within us for guidance and understanding.

How Do We Meditate?

1. Choose a time when you can be alone for awhile. (You will need about five minutes each time you meditate at first. You may want to meditate longer after you get used to it.)
2. Find a quiet place--like your bedroom--when no one else is around. Some boys and girls like to meditate by a peaceful poster or a living houseplant. The place you choose to meditate should be a comfortable place where you feel at peace.
3. Before you meditate, take time to rest your body. Take some very slow, deep breaths to help your body feel relaxed. Sit on a straight-backed chair or cross-legged on the floor. You might want to sit with your back against the wall so you won't be tempted to slump or slouch. Don't try to meditate lying down, because you might fall asleep.
4. Close your eyes to help you shut out the sights and noises around you. Don't think about anything. Just try to **feel** a very peaceful feeling inside you.

Sometimes it is difficult not to think of a million things all at once--especially when you are trying not to think of anything. It will help you keep your mind still if you will imagine a beautiful, peaceful picture.

Or, repeat peaceful words slowly in your mind until the busy thoughts disappear. Some good words and phrases for this are: Love, Peace, God, Jesus; or Peace, be still.

5. Everyone's experience in meditation is different. The experience we want is peace. Put aside all expectations and let God do the work in the silence. Remember, in spiritual matters, silence is the pure power of God at work within the mind.
6. God is blessing you with these feelings all the time. Meditation is how you learn to feel God's blessing whenever you want to feel it. Sometimes it is hard to relax your mind enough to feel God. But even then God is blessing you whether you feel it or not.

We should be aware that God speaks to us in other ways besides prayer and meditation. Our mind is our link with God, the Source of all knowing and knowledge. God is sending us messages about ourselves and our lives all the time, but we do not always listen to them. This is because we are so busy with the details of living that we forget to pay attention to God's messages. It is only when we still our busy thinking that we are able to communicate through other ways. Some of these ways are:

Words of other people	Daydreams
Dreams	Visions/vivid imaginings
Inspirations	Direct Revelation
Sudden insights (the "Aha! experience)	
Strong feelings and desires	

Regardless of the way God speaks to us, it is the inner voice that makes us aware that what we received is the right and vital answer for us.

Requirements

1. Keep a prayer/meditation journal for at least three months. List date and time and any inspirations, insights, or directions you received during this time.
2. In requirement 1, you learned how to make prayer and meditation an active part of your life. Take a moment now and look back over the past

three months of your prayer/meditation journal and list all the positive things that have been accomplished through your prayer life.

3. Lead a prayer or meditation in your children's education class or church.
4. Have you ever received good ideas from daydreams, dreams, visions, prayer, meditation, or other strong feelings or ideas? If so, list five and explain them in your notebook.

Step Six - Our Twelve Powers



As Jesus prepared to begin His ministry of teaching and healing among the people, He gathered around Him a group of twelve helpers or disciples. He chose men with qualities He knew would be useful in the tasks that lay ahead.

All of them were people like you, chosen because they were ready to hear God's call to learn, teach, and share their specific talents and abilities. These men became friends and family as well as Jesus' assistants, and all twelve of them worked together to carry His message forward and accomplish the work that He set out for them.

The twelve disciples who followed Jesus, and who later became teachers, represent twelve powers in the mind of each person. These powers are part of our God-Self, and help us to show forth more of God's goodness in everything we think, say, and do. They work together to accomplish God's work in our world.

We are God's children. God has given us certain creative aspects that allow God to express through us. We help create this world we live in through the use of our minds. Once we understand about the existence and operation of these qualities in us, we can use them to create a better world for ourselves, our friends, and families. We have control over how we use our own creative energy, and we can channel it in any direction we desire.

These qualities are operating in ways that we can see in everyday life. Just as the disciples helped Jesus do His work for God, the disciple-powers of our minds help us to do God's work, too.

Listed here are the twelve disciples of Jesus and the powers of mind they represent:

Peter represents **Faith**

Peter was a fisherman. He was special to the group because of his faith. To have faith is to look to God alone as your one Source for all good that leads you to your Father's kingdom.

John represents **Love**

John was another fisherman. John's father was a fisherman, too. John was so full of God's love that Jesus thought of him as a brother.

Andrew represents **Strength**

Andrew was Peter's brother. He was also a fisherman. He was special because of his strength. He was strong because he stood up for his beliefs.

James represents **Wisdom** or **Judgment**

James was John's brother. Their father's name was Zebedee. So we have still another fisherman in the special group of Jesus' friends. His wisdom made James special. To be wise is to be able to know the right thing to do.

Philip represents **Power**

Philip was among the first to be chosen by Jesus. Philip was special because of his power. He used his power to heal sick people. It was Philip who brought another man, Bartholomew, to meet Jesus.

Bartholomew represents **Imagination**

Bartholomew became a friend of Jesus when Philip introduced him. His special quality was his imagination. When we use our imagination we use our minds to think of new ideas, new things, and new ways of doing things.

Thomas represents **Understanding**

Thomas was another fisherman friend of Jesus. He had special understanding. When we have understanding, it means we can figure things out.

Matthew represents **Will**

Matthew was a rich man who gave everything away so he could be with Jesus. He wrote a part of the Bible and told people the things Jesus said. His will was special. To will something is to want it so much you will try very hard to get it or do it. He was happy to do God's will.

James represents **Order**

James was one of two disciples named James. He was called "James the Less." He was special because of his sense of order. When things are in order, they are as they should be, where they belong.

Simon represents **Enthusiasm** or **Zeal**

Simon, the Zealot, was a friend of Jesus. He was known for his enthusiasm or zeal. If you are "enthusiastic," that means you are excited about something you are doing or something that's going to happen. We usually work hard at anything that we are enthused about.

Thaddaeus represents **Elimination**

Thaddaeus was the brother of another disciple, James the Less, and his special quality represents elimination of impure thoughts in the mind. This special quality of purity enabled him to feel close to God.

Judas represents **Life**

Judas was the "treasurer" of the group. He took care of the money Jesus and the disciples needed for food and shelter. He gave some money to the needy or poor people. He was special because he took care of the needs of earthly life.

Listed below are the twelve powers and a description of their function within each of us:

1. Faith

Faith says "yes" to God in our lives. It is the power to "clothe" our images of the mind with spiritual substance. It is quickened by belief.

2. Love

Love binds us to God and to others in harmony. It is the "glue of the universe," the magnetic, attracting power that binds all things together in a universal unity.

3. Strength

Strength follows through and makes sure actions are completed. It is the "stabilizer. . .that part of us that endures and keeps on keeping on."

4. Wisdom or Judgment

The Judgment faculty weighs and measures facts and selects the best alternative to fit the situation. It is the power to evaluate, to decide differences.

5. Power

Power transfers our energy from thinking into action through the spoken word.

6. Imagination

The imagination faculty thinks up the particular shapes and forms things will take in our lives. It is the "picture maker," the power to shape substance.

7. Understanding

Understanding tunes into God within and knows the right thing to do.

8. Will

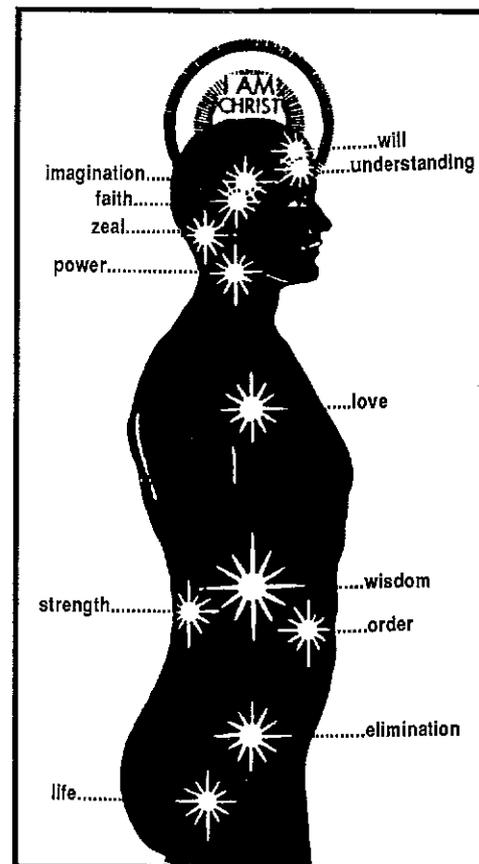
Will says, "I will" do something or "I will not" do something. Will is the "chooser," the decision maker.

9. Order

Order says, "First things first." It is "the first law of the universe."

10. Enthusiasm or Zeal

Zeal is "the cheerleader" that gets excited about things. It is enthusiasm and desire.



11. Elimination

Elimination lets go of unneeded elements, and forgives apparent wrongs. It is "the releaser," cleansing, denial, and forgiveness. It enables us to say "no" to error thoughts and beliefs.

12. Life

Life adds movement and activity to our ideas. It is the "creative force," activity, expression.

Learn to look for the operation of these faculties in your life. Remember: all twelve work together to do God's work in the world, and all are constantly at work in everyone. No one faculty operates by itself, although sometimes we may get out of balance by letting one dominate how we act. All of God's helpers work together for good.

Requirements

1. Recite from memory to your counselor the twelve powers. Include the name of the power and the disciple who represents it.
LIP-JUZE-FLOWS (An acronym for the twelve powers)
2. Make a drawing in your notebook of the twelve powers, similar to the one on page 31. Indicate the location of each of the twelve powers by drawing an arrow to the location and labeling the power.
3. Write a paper giving an example of how you have used each of the twelve powers in your life. Example: How have you used the power of Faith? How have you used the power of Love, etc.? Include this paper in your notebook.

Step Seven - Service Projects

Select with your minister and counselor two or more service projects related to your church or community for a total of no less than 10 hours. Enter each project in your notebook describing how each was planned, developed, and carried out, and the total number of hours given to each project.

Listed below are some suggested service projects:

Play an instrument at church or children's education class, or sing in the church choir for at least three months.

Assist in directing pedestrian or vehicle traffic before and after church for at least one month.

Repair books in church library or church songbook.

Plant and help care for church shrubbery, trees, flowers, or lawns.

Build a table, cabinet, or other facility needed in your church.

Serve on the vacation Bible School or Day Camp staff of your church.

Begin correspondence with some boy or girl in your age group and from another state or other country who is a member of Unity. The name and address of other Unity churches may be obtained from your minister.

Write a poem or article and have it published in your church bulletin or regional

or national newsletter.

Help decorate your church for the holidays or other special events.

Participate in "Circulation Day" by helping set up, assisting, and cleaning up afterward.

Create a theme and display it on a bulletin board in your church.

Help in the office of your church.

Assist a Sunday school teacher with his/her program (be a teaching assistant).

Visit some shut-ins or elderly persons.

If you play a musical instrument, look into the possibility of giving a short program at a retirement home or a children's hospital.

Volunteer your services to a community organization such as the Red Cross.

Congratulations!

When you have completed the seven steps in this booklet and have had each one signed by your counselor, you are ready to meet with the Reviewing Committee.

Complete the top portion of the Light of God Emblem application entitled, "Certification of the Candidate." Have your parent or guardian and your youth leader sign this portion. You are now ready to meet with your minister and the Reviewing Committee. When you have passed the Reviewing Committee, your minister will then mail your application to the Education Services Division, Association of Unity Churches, P.O. Box 610, Lee's Summit, MO 64063. Allow at least three weeks for the application to be processed. After your minister has received your emblem, plans can then be made for a special presentation in your church.

After the presentation, wear your Light of God Emblem with pride as you join other religious groups in displaying the badge of your faith.

It has taken a lot of work, but it was fun. Think of all the new truths you have learned which will help you the rest of your life. Be sure to thank your counselor for all the time and interest devoted to helping you complete this award.

Final Checklist

Do you have the signatures of:

- The Candidate Youth Leader Parent or Guardian
 Minister or Counselor Reviewing Committee Chairperson
 Correct Address of Church Order Form Completed

Mail order to:

Education Services Division
Association of Unity Churches
P.O. Box 610
Lee's Summit, MO 64063

PLEASE CUT ALONG DOTTED LINE 



Application for The Light of God Emblem

Certification of the Candidate The Light of God Emblem

Candidate's Name _____
Please type or print in black ink

Address _____

City _____ State _____ Zip _____

Candidate's Age Rank _____

Is An Active Member of the Following National Youth Organization:

- Boy Scouts 4-H Club
 Girl Scouts/Guides Future Farmers of America
 Camp Fire Future Homemakers of America
 Youth of Unity Other

The Above Candidate Is An Active Member of Our Youth Group:

Troop Or Group Number _____ Date _____

Youth Leader's Signature _____

Club Or Chapter Name _____

I hereby make application for the Light of God Emblem. I certify that I have faithfully fulfilled all the requirements for this emblem. I further certify that I have prepared myself as best I can for the Reviewing Committee.

Candidate's Signature _____ Date _____

Parent Or Guardian's Signature _____

CERTIFICATION OF THE CHURCH

This candidate is an active participant in our church and has successfully completed the program requirements for the Light of God Emblem and is now ready for the Reviewing Committee.

Minister or Counselor's Signature _____

Date _____

Name of Church _____

Address _____

City _____ State _____ Zip _____

APPROVAL OF THE REVIEWING COMMITTEE

We have reviewed the candidate's notebook, have interviewed the candidate, and have checked any points in question with the minister. We find everything in order and, therefore, recommend the candidate be awarded the Light of God emblem.

Committee Chairperson's Signature _____

Date _____

LIGHT OF GOD OFFICIAL ORDER FORM

No.	Description	Unit Cost	Quantity	Total
1625	Boy Scouts Emblem	\$5.00		
1626	Camp Fire Emblem	2.50		
1627	Girl Scouts	4.50		
1627	Unity, 4-H, FFA, FHA	4.50		
1628	Certificate	1.00		
1650	Miniature Pin	2.00		
1657	Religious Emblems	3.50		
	Church Bulletins	for 50		
POSTAGE				
TOTAL				

CHURCH WILL BE BILLED FOR THE ABOVE POSTAGE
PLACE ORDER ONLY WITH COMPLETED APPLICATION

Application for The Light of God Emblem

Certification of the Candidate

Candidate's Name _____

Please type or print in black ink

Address _____

City _____ State _____ Zip _____

Candidate's Age Rank _____

Is an active member of the following national youth organization:

- | | |
|---|---|
| <input type="checkbox"/> Boy Scouts | <input type="checkbox"/> 4-H Club |
| <input type="checkbox"/> Girl Scouts/Guides | <input type="checkbox"/> Future Farmers of America |
| <input type="checkbox"/> Camp Fire | <input type="checkbox"/> Future Homemakers of America |
| <input type="checkbox"/> Youth of Unity | <input type="checkbox"/> Other |

The above candidate is an active member of our youth group:

Troop or Group Number _____ Date _____

Youth Leader's Signature _____

Club or Chapter Name _____

I hereby make application for the Light of God Emblem. I certify that I have faithfully fulfilled all the requirements for this emblem. I further certify that I have prepared myself as best I can for the Reviewing Committee.

Candidate's Signature _____ Date _____

Parent or Guardian Signature _____



CERTIFICATION OF THE CHURCH

This candidate is an active participant in our church, has successfully completed the program requirements for the Light of God Emblem and is now ready for the Reviewing Committee.

Minister or Counselor's Signature

Date _____

Name of Church _____

Address _____

City _____

State _____ Zip _____

APPROVAL OF THE REVIEWING COMMITTEE

We have reviewed the candidate's notebook, have interviewed the candidate, and have checked any points in question with the minister. We find everything in order and, therefore, recommend the candidate be awarded the Light of God Emblem.

Committee Chairperson's Signature:

Date _____

Mail to: The Association of Unity Churches International
 Attention: Kathryn Kellogg
 PO Box 610
 Lee's Summit MO 64063

Or Fax: 816.525.4020 Attention: Kathryn Kellogg



Religious Emblem Program Workbook and Award Order Form

Complete the information below and mail this form along with your check for the total amount to:
 Unity Worldwide Ministries, P.O. Box 610, Lee's Summit, MO 64063
 Attention: Youth Ministry

For questions, more information or to call your order in, call 816.434.6869.

Name _____
 Address _____
 City _____
 State/Zip _____ Phone _____
 Your Church _____

Booklet	Age	Order #	Unit Price	# of Units	Total Price
God in Me	6-10	Available online, www.unity.org/emblem			
Light of God	11-13	Available online, www.unity.org/emblem			
Fillmore Youth Award	14-18	Available online, www.unity.org/emblem			
Award	Age	Order #	Unit Price	# of Units	Total Price
"God In Me" Pin - Cub Scout	6-10	1615	8.25		
"God In Me" Patch - Camp Fire	6-10	1616	2.50		
"God In Me" Pin - Girl Scout	6-10	1617	7.50		
"God In Me" Certificate	6-10	1618	1.00		
"Light of God" Pin - Boy Scout	11-13	1625	8.25		
"Light of God" Patch - Camp Fire	11-13	1626	2.50		
"Light of God" Pin - Girl Scout	11-13	1627	7.50		
"Light of God" Certificate	11-13	1628	1.00		
Fillmore Youth Award and/or Parent Miniature Pin	14-18	1650	4.25		
Shipping and Handling					4.95*
Total Enclosed					

* The set rate for shipping and handling is \$4.95, regardless of order size. Prices are subject to change.

For Office Use Only

Date Rec'd _____ Acct # _____

Amt. Rec'd _____

Reference No. _____

Processed by _____

Fund 1052

Method of Payment:

Check (Payable to Unity Worldwide Ministries)

MC Visa Am Ex Discover Total to be charged \$ _____

Card # _____

exp. date ___/___/___ CID # _____

Name as appears on card _____

Card Billing Address _____

City _____ State _____ Zip _____

Signature _____ Date: ___/___/___