**WHAT IS UNITY?**

Unityis a positive, practical, progressive approach to Christianity based on the teachings of Jesus and the power of prayer. Unity honors the universal truths in all religions and respects each individual's right to choose a spiritual path. The Unity movement is open and welcoming of all individuals regardless of race, color, gender, age, creed, religion, national origin, ethnicity, physical disability or sexual orientation. Unity is more than a church. It is a spiritual practice, and a spiritual community, for all individuals who are seeking to grow, to flower, and to become all they are meant to be.

Founded in 1889 by Charles and Myrtle Fillmore, Unity School of Christianity offers a practical philosophy for living. Unity has no strict dogma, but offers inspirational guidance and instruction to all who are seeking a deeper understanding of their spiritual nature. Unity teaches that God’s will for us is good: happiness, health, harmony, and abundance. Our purpose is to realize and express our inherent divine potential.

**STATEMENT OF PURPOSE**

We join together in spiritual community to live from our oneness with God, each other, and all of life. We strive to uplift all people in their spiritual growth as we apply the principles of Jesus the Christ and embrace the universal truths of other faith traditions. Through our loving fellowship and our spiritual practice, we strive to be an empowering force for spiritual evolution, bringing light and love to an awakening world.

**UNITY’S FIVE BASIC PREMISES**

1. **There is only one Presence and one Power, God the good.**

God is absolute good, everywhere present.

2. **Divinity dwells in us.** Human beings have a spark of divinity within them, the Christ spirit. Their very essence is of God, and therefore they are also inherently good.

1. **The formative power of thought**. Having divinity within us, human beings have access to creative power. We influence the manifest realm through the activity of our thinking; therefore, we pay close attention to the content and direction of our thoughts.
2. **Practice of the Presence through Prayer and Meditation.**

Prayer is creative thinking that heightens our connection with God-Mind (i.e., higher

consciousness) and therefore brings forth wisdom, healing, prosperity, and everything

good.

1. **The Law of Demonstration.** Knowing and understanding the laws of life, also called

Truth, are not enough. A person must also live the Truth that he or she knows.