

Unity of Tustin
Spiritual Book Discussion Group
June 17, 2018

Vision: What we do (who, what, when, where, how much)

- We are a specific spiritual book study group that meets on Sunday mornings at Unity of Tustin from 9:30 to 10:45.
- We are a part of Unity of Tustin
- We are part of the greater community in which Unity of Tustin is a part
- We review material in a book to help us understand the material
- We further develop a collective consciousness that is centered in kindness, love, understanding, and acceptance that is ever expanding.
- We are a place to share how we are applying what we are learning in our every day lives and a place to ask and learn more about how we can apply it even more.
- A place to feel belonging (you are welcomed and celebrated for who you are now)

Mission: Why we do it

- To learn information, tools, practices and skills to do our own, unique inner work and grow emotionally and spiritually
- To increase our own consciousness and directly and indirectly impact the greater community
- Provide a place for people who aren't ready to participate in a church, and want to explore their spirituality.
- Provide a place for seekers to connect with spiritually minded people
- By sharing our lives, in the moment, together, we are able to hear and respond to the book material and expand our perspectives.

Values: How we do it

- A safe place to share and grow in, with confidentiality of what was heard, said and seen.
- Be visible in the Unity and greater community so that more people can take advantage of this connecting and growing opportunity
- Hold each other as both teachers and students, including the facilitators
- Stay focused on a line of teaching long enough so that the teachings can be embodied by the students

Previous Books Discussed:

This discussion group has been meeting with a variety of facilitators for over 20 years. Some more recent books are:

- Starting in December of 2018 the untethered soul, by Michael Singer
- A New Earth by Eckhart Tolle
- The Power of Now by Eckhart Tolle
- The Heartmath Solution by Doc Childre and Howard Martin
- Lessons in Truth by Emilie Cady
- The Sermon on the Mount by Emmet Fox