



newsletter

PRAYER IS THE GLUE - AND IT STICKS

"Why is Unity such a friendly place?" a newcomer wonders. "Everyone seems to know each other and be so open!" Outside the sanctuary, congregants warmly greet each other. Our newcomer spots the entrance to the Meditation Gardens and its Prayer Box. Beyond the roses, people in pairs connect in thoughtful contemplation and prayer. One asks a Prayer Chaplain wearing a white ribbon, "How do I request a prayer?"

The reply, "Write what is on your heart on a prayer request form and put it in the Prayer Box for daily prayer by our Prayer Team for 30 days, plus another 30 days at Unity Village. Or, we can pray together in the Gardens right now!"

The newcomer continues, "Perhaps this is why there is so much joy here."

Indeed! Prayer is the glue binding our spiritual family. For example, the bond between a prayer chaplain and recipient is the Truth of our Existence, a channel of God expressed as love.

Prayer healed Unity founders Charles and Myrtle Fillmore. In their home, healing prayer sessions sparked the Unity Movement in 1889. Today, their vision of a prayer family binds our beloved Tustin spiritual family. Unity of Tustin's 18 prayer chaplains make monthly confidential calls to support members through their most challenging and celebrated experiences.

Since 2001, more than 120 Unity of Tustin members have been trained as prayer chaplains. Many have grown into leadership positions at our church.

Our prayer chaplains joined together recently to explore and meditate at the Ramakrishna Monastery in Trabuco Canyon. In nearby St. Michael's Abbey, they were entranced by the beautifully chanted noon prayers. Prior Hugh honored the group by sharing the journey of their Norbertine Monks here from Hungary, that included creating a gorgeous cathedral and library filled with art and original manuscripts dating back to the 15th century.

Needing prayer? Request one at <https://unitytustin.org>, or call the Unity of Tustin office at 714730-3444, ext. 121; or call Unity Village 1-800-NOW-PRAY hotline.

By Bonnie Gosline and Patti Higgins



OC'S INTERFAITH YOUTH ALLIANCE VISITS OUR YOUTH



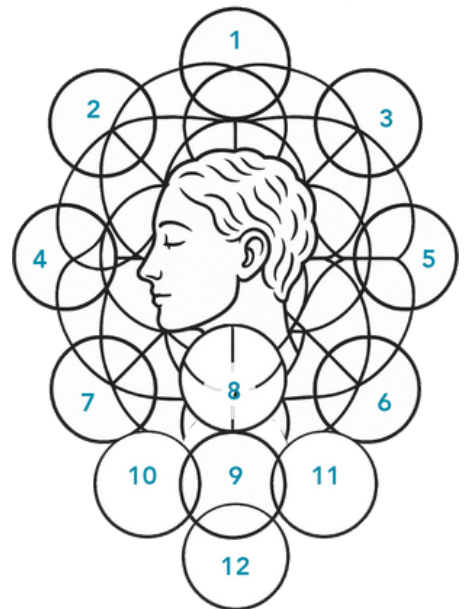
Recently, **Youth & Family Life** experienced the joy of welcoming members of the **OC Interfaith Youth Alliance** to Unity of Tustin for a beautiful afternoon of connection, learning, and spiritual exploration. Maddie opened the meeting with a heartfelt and well-grounded presentation on **Unity's core beliefs**, offering clarity and insight regarding our spiritual journey. Kiyas then led a meaningful tour of our **meditation gardens**, sharing the stories and symbolism behind each sacred site with great presence. Troy's **Labyrinth Workshop** brought a peaceful, contemplative depth that invited us all inward. Lunch and soulful conversations in the garden brought the event to a close, **sunny, simple, and sacred**. A special thanks goes to **Jessica and the IYA Team** for making this visit so special. These moments of interfaith sharing remind us of our shared humanity and the spiritual heart that unites us all.

By Erin Hostetler

CHARLES FILMORE'S INTRODUCTION TO THE TWELVE POWERS OF MAN

The Essential Charles Fillmore, Chapter 20

"The subconscious realm in man has twelve great centers of action, with twelve presiding egos or identities. When Jesus had attained a certain soul development, he called his twelve apostles to him. This means that when man is developing out of mere personal consciousness into spiritual consciousness, he begins to train deeper and larger powers; he sends his thought down into the centers of his organism, and through his word quickens them to life. Where before his powers have worked in the personal, now they begin to expand and work in the universal. This is the first and the second coming of Christ, spoken of in the Scriptures. The first coming is the receiving of Truth into the conscious mind, and the Second Coming is the awakening and the regeneration of the subconscious mind through the superconscious or Christ Mind."



Shared by Kirk Reeve

HAS UNITY GOT TALENT ? YOU BETCHA !

What talent, you ask? Let us prove it! Come to our **Unity's Got Talent show** immediately after hospitality on **August 10, 2025, at 1 pm**. Revel to the likes of our extraordinary Margie Carrigan and Libna Burger.

Margie, a farmgirl from Minnesota, started in Brigadoon in high school. From there, the talented soprano sang at Carnegie Hall, at Segerstrom's Grand Opening, in the esteemed Master Chorale of OC, the Pacific Chorale, and the Festival Singers with Carol Roman at the piano. She worked with many renown conductors along the way.

Margie solos in Unity's choir preferring classical pieces. Here she has grown in confidence as a performer, appreciating the spiritual side of music, admiring Carol's seamless events, and performing in Unity talent shows. A retired pediatric public health nurse, open-hearted Margie volunteers in our Gardens, with Hospitality, at Sunday Supper, at The Assistance League of Tustin, and at Brackens Kitchen cooking for Alhambra fire victims. A longtime member of Unity, Margie honors the departed by singing at Memorial Services.

A new soloist Carol has welcomed into Unity's choir family is Libna Burger. Alongside her Unity mom Myriam Pastenphelps, Libna learned the mandolin and guitar as a child in Mexico City. The duo belted out mariachi type music in coffee shops, other gatherings, and high school contests. Margie and Carol now sharpen Libna's musical skills while stimulating her creativity. A fairly new member at Unity, Libna wow'd us at last year's talent show. The audience was not expecting such a fun, energetic showstopper.

Libna teaches in the Dual Language Immersion Program at SAUSD, and finds Unity's choir supportive, and caring. Under Carol Roman's loving, skillful direction, choir members bond while expanding their vocal ranges and learning new pieces with recorded parts. The Voices of Unity vacation in August, rehearse on Mondays at 5:30, and perform the first Sunday of each month. **JOIN THE CHOIR! JOIN US AT THE TALENT SHOW!**

By Patti Higgins



Margie Carrigan



Libna Burger

SUNDAY SUPPER MIRACLES

How does one cook facing a "mystery?" asks Angel Master Chef Natalie before answering the question herself as she begins to plan a Sunday Supper's menu. "By diving into prayer!" The former UOT Prayer Chaplain and a 38-year Unity member knows what she's talking about. "Will there be 35 or 200 ravenous, unhoused guests?" As numbers vary, so do Natalie's ingredients. Food Banks nationwide, like the Second Harvest Orange County Food Bank (our primary doner), have declined by 50% due to poor harvests and cuts from federal social programs. Unity's Green Bag food donations are urgently needed to help stock Sunday Supper's empty shelves!

Natalie, the Sunday **Supper Certified Serve-Safe Food Manager**, is prayerfully guided, when learning how much and which protein, if any, St. Paul's has for us. She shops without recipes for the meat, ingredients and side dishes. Her angelic sous chefs Bonnie, Pam, Margie, Vanessa and Charles follow Natalie's intuitive lead, chopping salads, moving heavy pans, on their feet, sweating for over five hours on a Sunday. They recently plated 140 delicious dinners of comfort food to be served by 35 county-certified "food server-safe" Unity volunteers. This team has prepared dinners for those in need at Sunday Suppers 4-5 times a year for the past nine years. Dustin washes dishes and Marco and Jon clean up. How did Natalie Davis learn her cooking art?

How did Natalie Davis learn her cooking art? From necessities in being in the middle of 9 kids, and from her mom who cooked in restaurants in Hawaii. After college, Natalie became a licensed contractor, building subdivisions in Michigan. A master of detail and a visionary, Natalie listened within, and was led to earn a doctorate in Holistic Health Counseling and become a certified instructor/lecturer in colon-hydro therapy. Author of "Body Talk Never Lies", Natalie has treated 40 clients a week for 39 years, a total of 70,000 hours of service. She welcomes every day "doing God's work" by transforming and healing lives. Thank you, Beloved Natalie!

By Patti Higgins

THEY RECENTLY PLATED

140 

DELICIOUS DINNERS OF COMFORT FOOD

SERVED BY

35 

COUNTY-CERTIFIED 'FOOD SERVER-SAFE' VOLUNTEERS

UNITY

SUNDAY SUPPERS

4-5 TIMES A YEAR FOR THE PAST NINE YEARS 



GREEN BAGS OF FOOD ITEMS NEEDED FOR SUNDAY SUPPER USE!

Mark the date September 14th on your calendar!

Please bring your Green Bag food items to Unity on Sunday, September 14th, 10:30 a.m. – 12:30 p.m. Meanwhile, pick up your list of needed items on the Welcome Table. Donations are graciously received by our Sunday Supper local low-income seniors, families, and the unhoused. **Don't have a Green Bag?** Any box or bag is fine. **No time to shop?** Cash accepted and we will shop for you.

Regular donations to Sunday Supper of food from OC Second Harvest have declined by half due to recent cuts in federal funds – down from 900 pounds to 450 pounds. Food is very much needed for our Sunday Supper Program! Our neighbors are hungry! Regular Green Bag pick up days are the Second Sunday of the Odd Month: September 14 and November 9, 2025.

Thanks!

Susan Gilmore and Patti Higgins

Sunday, 
September
14th

YFL'S SWEET CELEBRATION OF GRATITUDE FOR OUR CHURCH COMMUNITY

Much love and a heartfelt thanks to our Unity of Tustin family!

On Sunday, July 13th, Youth & Family Life hosted an Ice Cream Social as a joyful way to give back to the beautiful community that continues to uplift and support us. From the scoops to the smiles, every detail was lovingly prepared by our youth and staff as a gesture of appreciation for the incredible support we've received throughout the year. It was a sweet gathering filled with laughter, connection, and the unmistakable warmth of a community that genuinely cares.

To all of you who show up for our youth, for each other, and for Spirit, thank you! We feel your love deeply, and hope you feel our love back! We are well loved indeed . . . and you can tell.

By Erin Hostetler



THE INCORPORATED MEDITATION GARDENS OF ORANGE COUNTY

THE INCORPORATED MEDITATION GARDENS OF ORANGE COUNTY

Some years ago, a census of visitors walking Unity's gardens during the week vs. attending Sunday Services showed that five times more people enjoyed our delightful outdoor space during the week than attended the Sunday services. That could well be true today. Business meetings are held in our gardens. Children play. Meditators relax. Lunches are eaten in the holy space that we gladly share with our neighbors. Our gardens are a special asset to the City of Tustin and South County as well as our church.

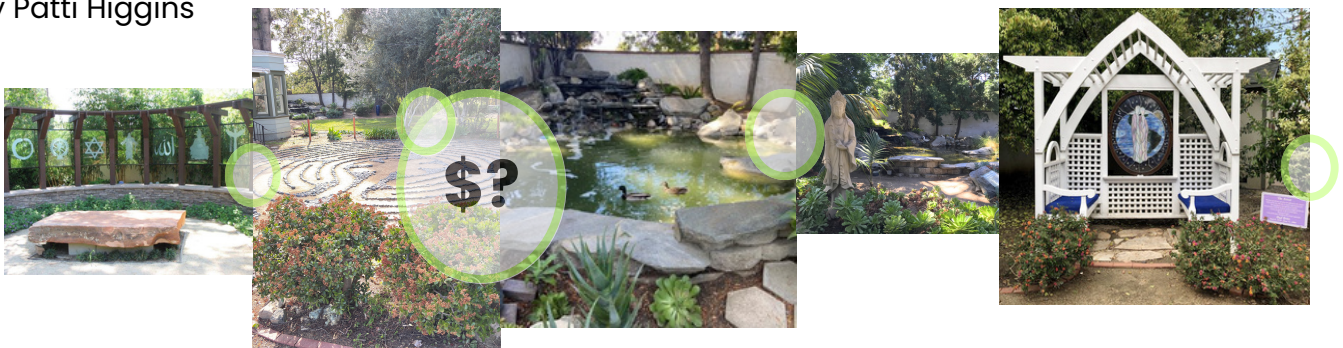
One of our church members realized his employer had a fund to match employee donations to **non-profits other than churches**, or are referred to corporate for corporate giving. **Does yours?** How do we best subsidize our gardens which requires a monthly expenditure of \$8,000, or nearly 20% of Unity's operating budget? We affirm there are many people who would support the gardens as a valuable space of peace and comfort, a beautiful spot to enjoy nature in our increasingly frantic urban landscape, as well as a way to avoid more land development this area.

The Unity of Tustin Board decided that there might be a way for individuals and charitable foundations to support our meditation gardens if we incorporated the gardens separate from the church. In January 2024, the Unity Board approved the creation of the Meditation Gardens of Orange County Nonprofit Corporation. The MGOC is under the advisement of Unity's Board and the property remains an asset of the Church.

A MGOC Board headed by our church sprinkler/tree trimmer extraordinaire Steve Stoeckel was formed, including treasurer Kim Manning, Vice President Doug Anderson, Secretary Sandra Schoonover, plus members Irene Lara and Patti Higgins. Within its first year, the MGOC received California State Incorporation, the UOT Board approved MGOC Bylaws, obtained a mailbox, email account, and bank account. A wonderful website (meditationgardensofoc.org) was launched with a QR code for donations. Recently, plaques with QR codes at each site connecting to the website were installed. Each plaque explains the various sites throughout the garden as well as offering a method to donate to the gardens.

Connie Carter, leader of the Sacred Grounds ministry, invites everyone to participate in the next garden clean-up on August 2, and again on October 4th. Other ways to participate in supporting our gardens is to research any grants that we could apply for, or volunteer to serve on the MGOC Board.

By Patti Higgins



FROM THE UNITY CLASSIC BOOK LIBRARY

How to Let God Help You (plus 24-page Guide Booklet), by Myrtle Fillmore.

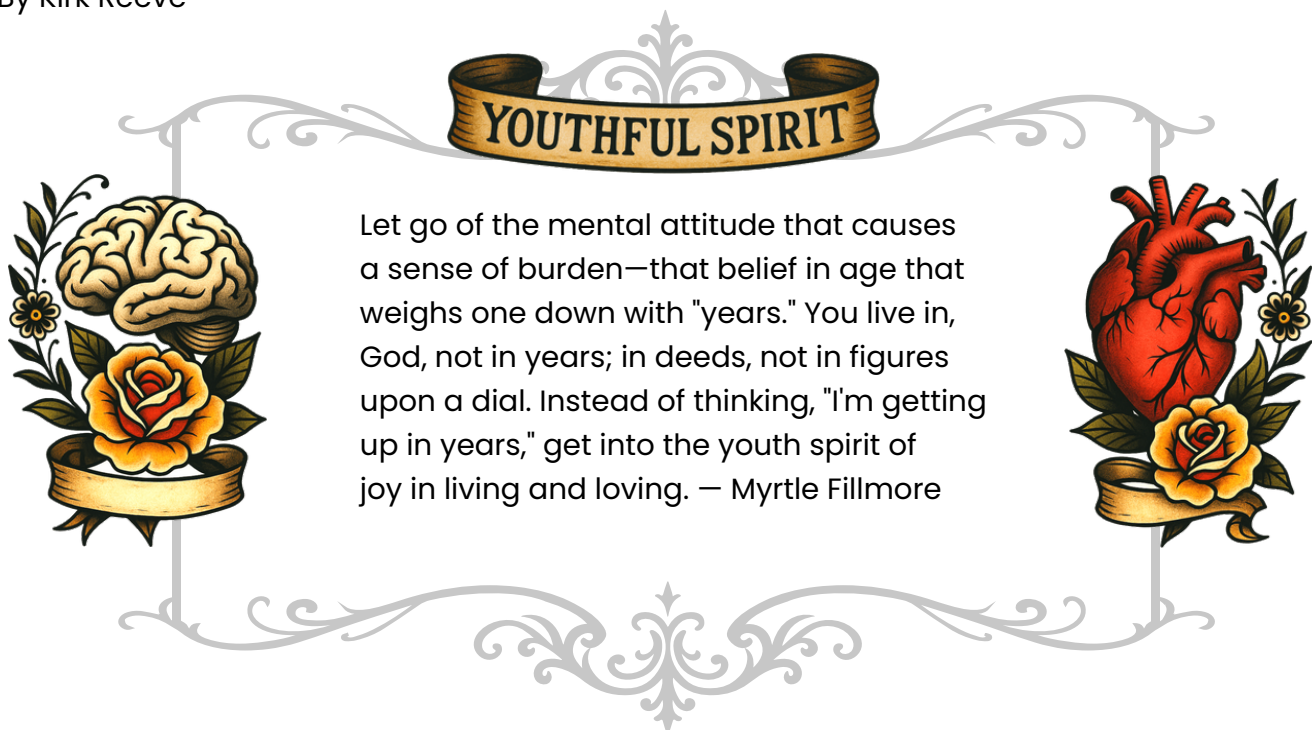
Myrtle Fillmore (1845 -- 1931) was co-founder of Unity along with her husband Charles Fillmore. During most of her childhood and on into adulthood, she experienced "all the ills of mind and body that I could bear. Medicines and doctors ceased to give me relief and I was in despair." After struggling with numerous medical ailments for which orthodox medicine fell short, she eventually turned to spiritual self-healing which she credited for improved health.

At the age of twenty-one, she enrolled in a literary course at Oberlin College. After graduating, she taught at public schools in Clinton, Missouri and Denison, Texas. In Dennison, she met Charles. They married in 1881. After several moves, they settled in Kansas City, Missouri. By then, they had three sons, Lowell, Rickert, and Royal.

Both Myrtle and Charles were introduced to New Thought teachings through classes held by Dr. E. B. Weeks. Myrtle subsequently recovered from tuberculosis crediting prayer and other methods learned from Dr. Weeks. Charles began to heal from a childhood injury which he, too, attributed to New Thought teachings. These healing developments led them both to become devoted students of New Thought philosophy.

In 1889, the two began publishing a new periodical, 'Modern Thought', notable as the first publication to accept the writings of New Thought pioneer William Walker Atkinson. In 1890, they announced the forming of a prayer group that would later be called 'Silent Unity', and in 1891, the Fillmore's 'Unity Magazine' was published, along with H. Emilie Cady's 'Lessons in Truth' in the new magazine. These writings became the seminal work of the Unity Church. Myrtle's book *How to Let God Help You* was an outgrowth of all of this.

By Kirk Reeve



THE WISDOM OF FRANCES HODGSON BURNETT

From her classic novel *The Secret Garden*

"One of the things people began to find out in the 20th century was that thoughts-- just mere thoughts -- are as powerful as electric batteries, as good for one as sunlight, or as bad for one as poison."

Shared by Kirk Reeve



please share your inspirations, thoughts & ideas :)



How to Access the Newsletter Online

1. Go to UnityTustin.org
2. Click on the heading "About"
3. Click on "Community Updates"
4. Click on "Monthly Newsletters"

or use the camera app
on your phone to scan
the QR code

