

CORE VALUES SUPPORTING BEHAVIORS

CORE VALUE & DEFINITION	PERSONAL BEHAVIOR	COMMUNITY
<p>Living Consciously</p> <p>We are Awake and Aware of our opportunities, challenges and choices and say “YES”! to Life.</p>	<ol style="list-style-type: none"> 1. I have a daily mindfulness meditation practice. 2. I do Deep listening. 3. I think before acting or reacting. 4. I journal daily to identify unconscious behaviors and receive guidance from Spirit. 	<ol style="list-style-type: none"> 1. We give Mindfulness Meditation workshops 2. We take care of the Unity Physical Facility. 3. We keep our group agreements. 4. We volunteer at Unity. 5. We serve healthy foods.
<p>God-Centered</p> <p>We turn within to God for guidance and prayer.</p>	<ol style="list-style-type: none"> 1. I meditate daily. 2. I invite Spirit to guide my life. 3. I offer Gratitude to God. 4. I have a daily Spiritual Practice. 5. I contemplate about situations. 6. I Pray daily. 7. I see the Divine in others as I see the Divine in me and realize our Oneness. 	<ol style="list-style-type: none"> 1. We invite Spirit into conversations when there is disagreement. 2. We Pray before any activity. 3. We select Prayer Partners and meet on a regular basis. 4. We teach how to pray. 5. We have a Prayer Ministry to Pray for us.

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<p>Community</p> <p>We enjoy a loving network of mutual support and plenty of co-creative activities.</p>	<ol style="list-style-type: none"> 1. I volunteer for Organizations that Serve. 2. I am active in Community. 3. I invite members to my home to get to know each other on a deeper level, (i.e. Coffee or Tea Party, Lunch etc.) 	<ol style="list-style-type: none"> 1. We welcome newcomers authentically into conversations. 2. We develop group activities and clubs for Book Study, Dancing, taking trips, theater, walking, movies, etc. 3. We support each other's spiritual growth.
<p>Abundance</p> <p>We practice giving and receiving frequently, knowing Spirit is our Source.</p>	<ol style="list-style-type: none"> 1. I notice where I limit my sense of abundance. 2. I give and receive expressions of love generously, including items such as supportive cards, calls, time, treasure, and talent. 3. I give Gratitude to Spirit for at least one thing received daily. 4. I practice raising my prosperity consciousness through reading books and taking classes. 5. I practice regular giving of my time, talent, and treasure. 	<ol style="list-style-type: none"> 1. We serve with organizations that align with our mission. 2. We give Workshops on Abundance in all its forms: time, talent, and treasure.

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<p>Inclusion</p> <p>We believe in the intrinsic value of everyone, and welcome All into our loving Community.</p>	<ol style="list-style-type: none"> 1. I socialize with a new person after service. 2. I engage with others wherever I go. 3. I notice when I am excluding someone and shift myself. 4. I practice being Compassionate with others. 5. I invite people to join me here at Unity. 	<ol style="list-style-type: none"> 1. We invite diversity in all its forms: LGBTQ, Interfaith, Multi-Racial, etc. 2. We teach workshops on Compassion. 3. We hold Healing Services for the Congregation.
<p>Love</p> <p>We embrace the gift of Self-Love, as the sure path to unconditional love for Everyone.</p>	<ol style="list-style-type: none"> 1. I practice Forgiveness regularly. 2. I practice Loving myself. 3. I see the good in people. 4. I do Loving things for people 5. I express Love to others. 6. I tell others what I appreciate about them. 7. I practice loving kindness. 	<ol style="list-style-type: none"> 1. We teach Self-Love Workshops. 2. We teach Forgiveness Workshops. 3. We teach Non-Violent Communication Workshops. 4. We encourage other studies such as A Course in Miracles. 5. We practice loving kindness with projects such as building in Guatemala and Showers of Blessings, etc.