

Reset Your Mindset....

MY ELECTION INTENTION

100 DAYS OF MINDFUL PRACTICE

July 28 - Nov. 4, 2024

- DAILY MINDFUL MESSAGES FROM THOUGHT LEADERS
- WEEKLY ZOOM COMMUNITY CHECK-INS
- INTENTIONAL COMMUNITY BUILDING
- BASED ON PROVEN SOMATIC-HEALING PRACTICES

Tune out the fear - Tune in the Vision!

Text "join" to 470-784-0250

WWW.MYELECTIONINTENTION.COM

New Thought organizations are coming together to raise the vibration and make a difference for this year's election. From July 28 to November 4, 2024, engage in a transformative journey with 100 Days of Mindful Practice. It's time to "Tune out the Fear and Tune in the Vision".

Beginning on July 28 and continuing for 100 days (Nov. 4) - we are cultivating a special mindfulness practice to raise the vibration for the 2024 US Presidential Election.

The airwaves are filled with fear, noise and anxiety closing in from all sides. While it is important to be an informed voter - it is also critical to pay mindful attention to

the vibration and frequency of our consciousness, knowing that the quality and tenor of our thinking directly impacts the quality of our experience. With that in mind, we seek to intentionally cultivate a high vibration mindfully grounded spiritual practice for 100 days.

This program will follow a 10 day cycle of somatic healing practices (repeated 10 times) paired with affirmations, mindful voice messages delivered directly to your phone, and weekly zoom session where you can check in and build community with others in the practice.

The 10 day somatic healing practice cycle is inspired by the book "What It Takes to Heal: How Transforming Ourselves Can Change the World" by Prentis Hemphill. you can [purchase the book here](#).

Visit: <https://slc-atlanta.org/programs/my-election-intention> to learn more.



Get the SCOOP!

Join us during fellowship on

Sunday, August 11th

as our Board of Trustees serves up a scoop
or two at Unity of Livonia's

Ice Cream Social

after Sunday service!

**Conversation, Coffee,
and Cookies...**

A Drop-in Circle of Sharing



**Thursday, August 15th from 11:00 am - 12:30 pm
in Friendship Hall**

We know that our world has become more disconnected as we interact more often through devices. Our goal is to provide a space and time to meet in person and get to know each other as we discuss topics of interest to everyone.

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In that spirit, please join us on the third Thursday of each month as we host a drop-in circle to get to know each other in a warm and loving environment. We will discuss varied topics (both pre-planned

and as they come up) with the goal of fostering an experience of personal connection, upliftment and peace. All are welcome and no commitment is required. Come when you can and share as you feel called.

We will gather at Unity of Livonia in Friendship Hall from 11-12:30. Coffee, tea, water and a snack (most probably cookies!) will be shared. Please join us.

Then starting in September...

We are offering a new drop-in opportunity on the 1st and 2nd Fridays of each month, also from 11-12:30 in Friendship Hall. It will be facilitated by Annette Mullett, Patricia Askew, and Judy Cole.

Join us in this circle of peace and love while we develop and celebrate our power, authenticity, joy, and gratitude.... empowering ourselves and others to honor and celebrate the truth of who we are.

All are welcome and no commitment is required. Come when you can and share as you feel called.

*We look forward to meeting you!*

## **Congratulations** **to our Volunteers of the Month, July 2024**

***Ellen Dull and Jan Kaplan***

The Annual Picnic is a big undertaking that is developed over the course of several months each year. A lot of planning, organizing, and last-minute details go into making the picnic run smoothly. Thanks to these two individuals, our annual picnic on July 14th picnic was a stand out! Please join me in recognizing co-chairs Jan Kaplan and Ellen Dull as volunteers of the month for July.

*"Ellen and Jan, we love you. We bless you. We truly appreciate you.  
We behold the Christ in you."*



New Event

**LIVONIA SHOWCASE**

**Sunday, August 25th, 2-4 PM**

**Come and enjoy an afternoon of discovery!**

Get to know your spiritual community as they share their talents, creativity, and favorite collections of treasures. If you have ever wanted to express yourself in a safe and loving environment or encourage others who are doing so, this is your opportunity.

There is still time for you to participate as an exhibitor or performer in this safe and loving environment. Please call Judy Cole at (313)336-6823 to learn how you can participate.

**Free event \* Silent Auction \* 50/50  
Light Refreshments Available**

## **Spiritual Power of the Month**

### **August - Will**

**Disciple: Matthew  
Color: Silver**

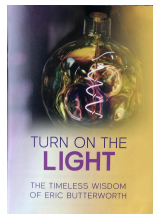


Will is the ability to chose, lead and decide. It is our job in developing our God-given potential to reeducate the will, the directing power of our mind, to teach it to become receptive to spiritual motivation, rather than to goals determined by our materialistic pursuits alone.

The rewards of unifying our wills with the will of Spirit are great. They include health, happiness, joy, peace, harmony, prosperity, and other good that we cannot even visualize in our present state of consciousness.

When you find yourself confronted by a strong will that insists you go its way, turn within to the Christ, the God self, the spiritual core of your nature, and silently say to the other person: "The Christ in me beholds the Christ in you." Let the love of Spirit and the understanding of the spiritual nature of that other person pour forth from you so strongly that there is no conflict of human wills. Rather, there is a higher power at work, establishing harmony and order.

**"I move forward with confidence as I consciously  
choose each step on my path"**



## **Morning Reflections & "Live at Five"**

Morning Reflections meets on weekday mornings from 10:00 - 10:30 AM. All are welcome to join us via Zoom to connect and reflect. We will continue using the booklet ["Turn on the Light: The Timeless Wisdom of Eric Butterworth"](#) throughout August. Booklets are available in the bookstore while supplies last or can be ordered online by clicking on the link above.

During Morning Reflections we begin by reading a brief passage from our booklet, followed by an open discussion where we share our thoughts, feelings, ideas, and prayers. Join us any day or every day. All are welcome. While a booklet is not required, one can be downloaded using the links provided above.

If you are not available to join us at 10:00 AM, you will have a second chance to join me "Live at Five" on Facebook at 5:00 PM every weekday. I will share an

inspiration from the same booklet and a synopsis of what was discussed at 10:00 AM. It's a great five-minute recharge!

In Peace, Joy, and Love,  
**Reverend Cindy**

Join Zoom Meeting  
[Morning Reflections](#)

Meeting ID: 830 2454 8261  
Passcode: reflection

Dial in number: (646) 558-8656  
Meeting ID: 830 2454 8261  
Passcode: 9728310109  
\*6 to Mute or Unmute



## 2023 Annual Church Picnic

Thank you to everyone who participated and made this event a success!



*Unity of Livonia*

## A Course in Miracles Study Group

with Rev Jim White

**Tuesday Evenings, 7:00 - 8:30 pm (ET)**

Join us each week on Zoom for a complete, ongoing study of A Course in Miracles (ACIM).

**Join at any time!**

For more information, send your email to [info@lovecomm.org](mailto:info@lovecomm.org).  
Or call 1.734.306.7899.

**Meditation at your Fingertips**

Did you know there are a wonderful collection of audio meditations from the Unity Prayer Ministry available online to support you?



New two to five minute meditations are released monthly and others are archived. There are many to choose from and they are arranged by topic at this website: <https://www.unity.org/collection/monthly-audio-meditations-unity>.

Unity also has a YouTube channel that provides online meditations for your spiritual enrichment: <https://www.youtube.com/@UnityOnlineOrg>

## Unity... where your heart is at "ohm"



## Online Giving

Did you know you can make a donation to Unity of Livonia online by supplying your credit card or bank account information? Both one-time and recurring donations can be scheduled.

Recent changes to our website allow you to designate a program or group (e.g., Morning Reflections, Outreach) for your donation. For a complete list of the programs or groups available, visit our website at:

[www.unityoflivonia.org/donate](http://www.unityoflivonia.org/donate)

## SILENT UNITY IS HERE FOR YOU *24 hours a day, 7 days a week*

Do you have a prayer request? There are several ways to contact Silent Unity, the 24/7-prayer ministry:

Download the **uPray** mobile prayer app on your mobile device

Or use our [online prayer request form](#).

Call: 1-816-969-2000

Write: Silent Unity, 1901 NW Blue Parkway, Unity Village, MO 64065-0001



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Did you know that Kroger will donate a percentage of your purchase to Unity of Livonia? All you need to do is specify Unity of Livonia as your rewards partner

Visit [Kroger Community Rewards](#) today

Did you like what you read? If so, please consider making a donation to Unity of Livonia's general fund or the capital fund which is reserved for infrastructure improvements. [CLICK HERE](#)

Sunday Worship Service 10 AM - Available live and on YouTube at

[youtube.com/user/unityoflivonia](https://www.youtube.com/user/unityoflivonia)

Office Hours, Monday thru Wednesday 10AM - 4PM

Unity of Livonia | 28660 Five Mile Rd. | Livonia, MI 48154 US

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