

*With Love
at Christmas*



Advent 2025

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With Love for You

Our Advent theme this year, *With Love at Christmas*, has layers of meaning. We thought of Christmas cards and gifts being sent and received with love. We thought of loving holiday gatherings of family and friends. And we wanted to express our love at Unity for you who will read and treasure this booklet. We pray that it deepens your spiritual experience in this busy season.

Our booklet begins with three stories about love of family—love for a child, love as a child, and love of a chosen family. The Sunday essays on the Advent themes of hope and faith, peace, love, and joy were beautifully written by Rev. Maggie Alderman, who heads the Unity Prayer Ministry known as Silent Unity®. We've included special readings for Christmas Eve and Christmas Day, and the booklet continues through the 12 days of Christmas until Epiphany on January 6.

We hope you will take a few moments each day to center yourself in Spirit. Even if your season is less than merry and bright this year, please know these messages were written for you with love at Christmas.

Your Friends in Unity



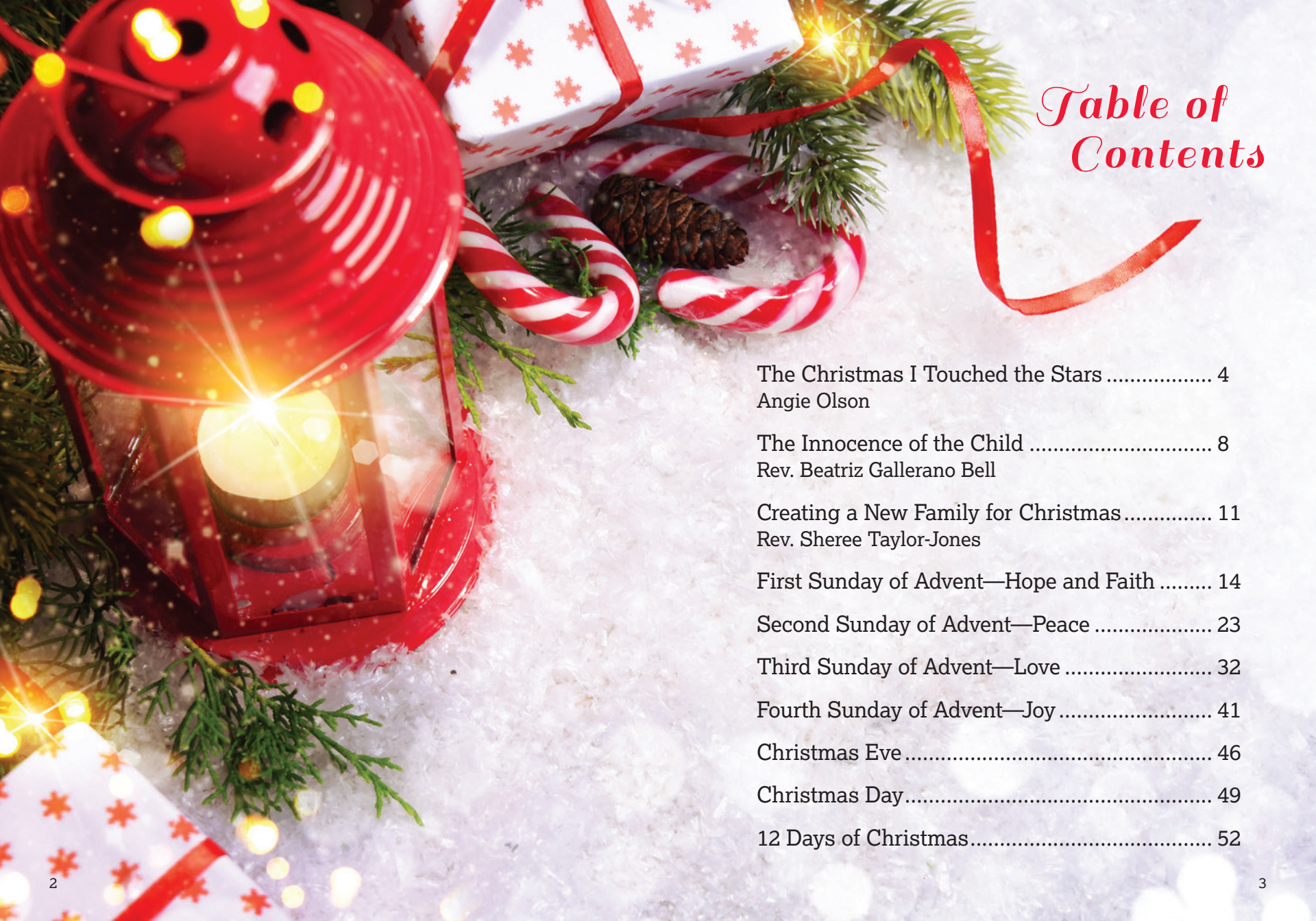


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The Christmas I Touched the Stars

Angie Olson

In October 2001, my world came crashing down. My sweet baby boy—just a year old—was suddenly fighting for his life. It was as though one moment he was toddling around happily, and the next he was in a coma and given only a three percent chance of surviving.

With a diagnosis of type 1 diabetes, the nightmare hit my husband and me like a tidal wave. The shock and fear were hard to process. But over several days, much to the surprise of his medical team, my son found his way back to life and recovered. We were so grateful!

We began learning a whole new lifestyle where every meal, activity, and moment had to be calculated and measured. I no longer slept, waking every few hours to make sure his blood sugar was stable. Our carefree days were gone, replaced by insulin injections, finger pokes, and near constant worry of “lows” that could send him back into a coma.

That first Christmas after his diagnosis, my husband and I needed space to breathe. We took baby James and escaped to the snowy stillness of Colorado, hoping the change of scenery would help.

We rented a cabin with a sprawling deck where I stood on the first night, staring into the vast sky. The stillness was so complete and the stars were so close, it seemed as though time stopped.

I can't quite explain what happened to me peering up into infinity that night. It was as if the entire sky leaned in to embrace me. The stars filled my soul and wrapped me in warmth. I began to cry heavily and release the grief, the worry, the exhaustion. It all came tumbling out like an offering to the gods.

My tears weren't just sadness. They were cleansing, healing, transformative tears.

As I stood on that deck, I thought of the Christmas story—of shepherds and stables and the brilliant star that guided the world to hope, just as I was now standing under a blanket of stars guiding me to an understanding of life. The awareness that *it's the same sky they saw* hit me in a way it never had. I understood that we are all connected through time and space. We are one.

For the first time since my son had almost died, I felt peace. Real peace. A deep, spiritual knowing settled into me: *Everything is going to be okay*. Not because life had magically gotten easier, but because I could finally feel the presence of something bigger than my situation—God, the Universe, love, the cosmos. In that moment, I was one with all of it.

My faith grew deep roots in the mountains that night.

The next morning, the world hadn't changed. Diabetes still followed us everywhere. But something inside me had shifted. I didn't feel as desperate. I felt more grounded and began thinking, *We can do this!*



And from that point on, I was more able to be with my family again. To sit by the fire, laugh, and play with my chubby-cheeked little boy, who was unaware of anything but joy. I felt such immense gratitude.

He still has a sense of joy, and I still feel the same gratitude as I watch the young man he is becoming. He keeps going no matter what. And he loves nothing more than to be beneath the stars on a crisp Colorado night.

That Christmas, I found a knowing that no matter what we face, we are all part of something so much greater than the individual lives we lead. To remember that feeling of oneness, I simply need to look up and touch the stars.

Angie Olson is chief marketing officer for Unity World Headquarters.

The Innocence of the Child

Rev. Beatriz Gallerano Bell



In December, the air seems full with an energy of celebration and joy that permeates everything. The lights, decorations, and colors imbue the landscape with a special glow and charm.

Our hearts prepare to experience the birth of the Christ child, and at times, this seems to return us to that natural state of innocence and candor from which we should never have departed in consciousness, and to which our soul naturally tends to return.

The Christmas season inevitably brings back memories of my childhood, a time filled with magic, excitement, and anticipation.

I remember how excited and anxious my sister, my cousins, and I would be as we prepared for the arrival of that special day when we would receive our gifts from Jesus. For us, the one who brought the gifts was not Santa but the baby Jesus.

In my country, Argentina, we await his arrival at midnight on December 24. It's summertime, the heat is intense, and, given the special nature of the celebration, families gather for a Christmas Eve dinner that lasts well past midnight.

Every Christmas Eve, the 15 children in our family counted the minutes to midnight, waiting to see whether we could catch Jesus leaving our gifts. But the same thing always happened: A few minutes before midnight, one of the adults would come and tell us that he or she saw the star that carried Jesus approaching in the sky, so we all scampered outside to see him. By the time we came back inside, he had already left the gifts.

Although this caused us some frustration, our joy and curiosity about what we were about to receive was much greater.

Nostalgically recalling those Christmases, Jesus' words come to mind: "Unless you change and become like children, you will never enter the kingdom of heaven" (Matthew 18:3). I could say that when I opened those presents, that innocent little girl was in the kingdom of heaven, and that, even though she hadn't seen the bearer of the gifts, she felt his presence there. I felt important, valuable, and loved because, no matter how many children had requested a gift, Jesus had a special one for me.

I've always been amazed by the purity, innocence, and spontaneity of childhood. A time to play, dream, treasure, and enjoy. The Advent season is an opportunity to begin the "change" Jesus speaks of and to refresh the purity latent within each of us.

Simply remembering that this wonderful child will soon be reborn within us is the greatest gift we can give ourselves. Likewise, living and acting from that center of love and purity, which is the Christ consciousness, is the greatest gift we can give to others.

Christmas is not the experience and celebration of a single day. Christmas is a permanent and renewed rebirth of the holiness and splendor of the Christ, which has, is, and will always be bringing us gifts of love and peace, gifts that can only be enjoyed to the extent that they are shared.

May the spirit of Christmas be eternally expressed in you and me.

Rev. Beatriz E. Gallerano Bell and her husband Frank have a ministry in Córdoba, Argentina, called Unity Sembrando Luz (Unity Sowing Light) and oversee distribution there for the Spanish-language Daily Word, La Palabra Diaria.



Creating a New Family for Christmas

Rev. Sheree Taylor-Jones



When I was a kid, I often watched television and fell in love with the families in *Leave It to Beaver*, *The Brady Bunch*, *The Cosby Show*, and *Family Matters* as examples of the perfect family. These understanding parents shared pearls of wisdom in loving ways when their children missed the mark. I wanted a family that functioned in these magical paradigms of love, joy, forgiveness, and gentle life lessons.

My family did not resemble those wholesome dynamics. By the time I was 9 years old, my parents were divorced, and I felt relief that there would be no more screaming fights. However, divorce was not seen as positive by outsiders. At my religious school, a stigma was attached to a child of divorced parents, as if others perceived us as sinful. So even though my home was more peaceful, I did not fit in at school.

As an immigrant, I already felt I didn't belong. Being born in London, England, would seem to make for an easy transition to America, but it wasn't. Many immigrant children are raised within the constructs of their parents' homeland, which often creates a sense of separation in their new country.

I yearned for a sense of belonging and a joy-filled family. It seemed a fruitless wish until I discovered the spiritual principles taught in Unity. Learning that we are all part of God with no separation opened me to defining *family* in an exciting new way. I now had a world of possible brothers and sisters, aunts and uncles, moms and dads.

One day I found my "older sister" at a place and time when I was doing deep spiritual and emotional work. We met at a retreat center and became roommates. She was married and had two kids; I was single and of a different race. But we knew we belonged with each other. Soon my Christmases turned into



joyous and raucous family events, opening presents and making breakfast with her girls.

I was finally home in a way I had always hoped to be.

After 30 years of friendship, my older sister passed away and her adult daughters have become mine. I also have a 5-year-old girl named after me and a rambunctious 7-year-old boy who fill my life with joy.

Over the years, my manifested family has changed. My "closest sister" was found when I attended seminary. We don't have a lot in common, but we love Unity, believe in the principles, see each other as divine sisters, and love each other fiercely. No matter where I reside, she has spent every Christmas with us. We just chill and know that we are the sisters we wish we had had as children. We understand each other and know we belong.

Claiming my power to create the family I need has given me gifts and blessings over my lifetime. I have metaphysically adopted brothers, sisters, sons, daughters, grandbabies, in-laws, aunts, uncles, and friends. Many lost souls have joined us at our dinner table because we believe that sharing our blessings with others is the true walk of being the Christ.

Each time my husband and I open our home and hearts to others, we are surprised with laughter, joy, love, and kinship. The family life I dreamed of in the past has been created in my present.

Rev. Sheree Taylor-Jones heads a New Thought community in Austin, Texas, called Celebration of Spirit.

FIRST SUNDAY OF ADVENT

November 30, 2025

Hope and Faith

Rev. Maggie Alderman



Part of what makes the Christmas season so magical is how we manage to light up the world—seemingly out of thin air. One moment, we're settling into the early, darker days of winter, and the next, lights begin to appear on homes and public spaces, inspiring awe and wonder across generations. While we may give little thought to the *how* of it all, most of us know from experience that it doesn't happen by accident. Behind the scenes is planning, coordination, and a collective effort to ensure the lights are up and shining brightly for all to enjoy.

This act of bringing light into a darkened world moves us deeply. Light becomes more than decoration; it becomes a symbol, a beacon of hope. It reminds us that we have enough inner resources to endure temporary darkness. We have the wisdom, imagination, and, most important, the faith to move through this season that represents a new birth—an awakening or deepening of our Christ consciousness.

Faith in particular plays an active role during Advent. Without it, we may lack the courage to embark on the journey of inner transformation that the season invites. Here, we can take a literal page from the story of Jesus' birth. There is nothing in the narrative that suggests ease or certainty. Every character in the story steps into the unknown—and what we do not know or understand, we often fear.

And yet, whether it's an angel's message or the light of a star guiding the way, faith is the thread that holds the story together. Faith is the impulse to trust what we cannot see, what we do not yet understand but somehow know is calling us forward. It invites us to be more than witnesses. It calls us to be conduits for the light of the world.

Perhaps that's why we, as light-bringers, take such care and pride in lighting up our world each Christmas. The glow stirs cherished memories from the past while also serving as a present-day metaphor: A single light can transform darkness into clarity, fear into faith, the unknown into the familiar.

We matter. The light we bring into the world—expressed in the way each of us is uniquely designed to do—matters. This Advent season, may we resist the temptation to shrink in the shadow of fear. Instead, let us follow the courage of Mary, Joseph, the shepherds, and the wise men, who each responded to Spirit's call. Let us step forward in faith, trusting that the light we offer is exactly what the world needs, right now.

Rev. Maggie Alderman is director of the Unity Prayer Ministry, Silent Unity. She has written the essays for each of the Sundays in Advent this year.

Monday, December 1, 2025

Advent is a time of anticipation as we prepare for the symbolic birth of the Christ in us. We look forward to experiencing good cheer, happiness, and the love of those near and dear to us. Our hearts are filled with hope that past differences and disagreements will be overcome. During this holiday season, we look for the innate goodness of others and see them expressing on a positive and divine level.

As we continue to grow spiritually, we realize that faith is not only wishing for good to manifest but believing it will. Faith is *knowing* the good we desire will manifest. Regardless of how long it takes and in spite of the seeming odds, faith holds onto the idea of love, success, wholeness, and abundance.

During this holiday season, let us see and focus on the goodness of life, and let us truly expect a miracle to happen!

—Rev. Saba Mchunguzi

On this day of Advent ...

I focus on the goodness of life.

Therefore my heart was glad, and my tongue rejoiced; moreover, my flesh will live in hope.—Acts 2:26

I'm reminded this Christmas that the birth of every child involves hope. Our parents surely held us in a consciousness of hope; at minimum, they probably hoped we'd survive childhood! Faith arises from hopefulness, the power to meet uncertainties. Faith tells us an aliveness of Spirit is at work in us and in the minds and hearts of our loved ones—each of us a unique, individualized expression of Christ consciousness.

Dearest friend, will you join me in letting go of wishy-washy attitudes about faith, abandoned when our expectations aren't met? Rather, claim with me that faith in God is our source of:

- Serenity when we feel powerless to change anyone or anything.
- Peace to counter the conflict and fear we may see around us.
- Love to share in any circumstance.

This is what I truly want—the consciousness that Jesus demonstrated.

—Rev. Kathy Harwood Long

*On this day of Advent ...
I am unfailing as love, faith, and hope.*

Now faith is the assurance of things hoped for,
the conviction of things not seen.—Hebrews 11:1

Hope and faith are greatly intertwined. Both are internal forces or energies that fill us and keep us moving forward.

Spiritually, we can consider hope as the expectation of accomplishing a divine promise in the future. Expectation may fill us with joy and peace.

Faith is the certainty—a more profound and more rooted energy—of what is hoped and not yet seen. While hope waits for the future, faith is for the present time, here and now. With faith, I trust that in spite of any situation, divine order has already been established for my good.

The biblical Abraham provides an example of hope and faith. Abraham believed and hoped that the promise that he would be a father of nations would become true, in spite of his age and his wife Sarah's infertility. According to the story, Sarah was in her 90s when their son Isaac was born. Abraham is known as the "father of faith."

—Rev. Dr. Norma Iris Rosado

*On this day of Advent ...
I have faith that I am divinely guided.*

No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised.—Romans 4:20-21

This Advent season, we are prayerfully attuning to the power of love opening our hearts to divine inspiration. When the angel visited Mary, she received her calling not solely as an idea. Mary put aside her egoic self and humbly put the Lord—her spiritual nature—in charge of her being.

This passage from Luke shows us how, through Mary's heart-centered consciousness, she welcomed the Word to become flesh within her. The Word was not spoken only to pass away; it became embodied within her.

Through prayer, we follow Mary's path to "let it be with me." The Word is given life with you today as you use your power of faith to believe that you are embodying your Christ nature now.

—Rev. Jeanmarie Eck

On this day of Advent ...

My faith invites the Word to be expressed as me now.

Then Mary said, "Here am I, the servant of the Lord; let it be with me according to your word." Then the angel departed from her.—Luke 1:38

Maintaining hope and faith in challenging times is not always easy. When life seems uncertain or we are faced with situations that feel hopeless, we can make a conscious decision to choose faith over doubt and hope over despair. It is not enough to simply wait for a feeling of hope to arise. Often, action is required to return us to a place of faith.

It may be as simple as getting out of bed, saying a prayer, lighting a candle, and choosing to believe that a better moment will come. We take comfort in prayer and wait for the answers we seek. We take life one step, one breath, and one prayer at a time.

We won't always know what we are being called to do. Having faith simply means we are choosing to trust that there is a divine hand at work, even when we don't see it or understand it.

—Amy Ellis

On this day of Advent ...

I affirm I am being guided, and I choose to trust divine wisdom.

Suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts ...—Romans 5:3-5

Saturday, December 6, 2025

The most meaningful gifts I have received are the gifts I use in my daily life. Every day I carry with me a beautiful fountain pen that was a gift from friends. Each time I write with that pen, I think of these friends. The energy of their love freely flows with the dark India ink and permeates every word I write.

Maybe the most meaningful gift I have received, a gift each of us has received, is the gift of faith. How good it is to know that we have instant access to the power that is faith, and that just a little bit of faith can make what seems impossible possible.

Mountain-moving faith is revealed when we use faith in our daily lives. Each time we use the gift of faith and think of the Source from which it flows, all the gifts of Spirit are made manifest.

—Rev. Ric Schumacher

*On this day of Advent ...
I express the great energy of faith.*

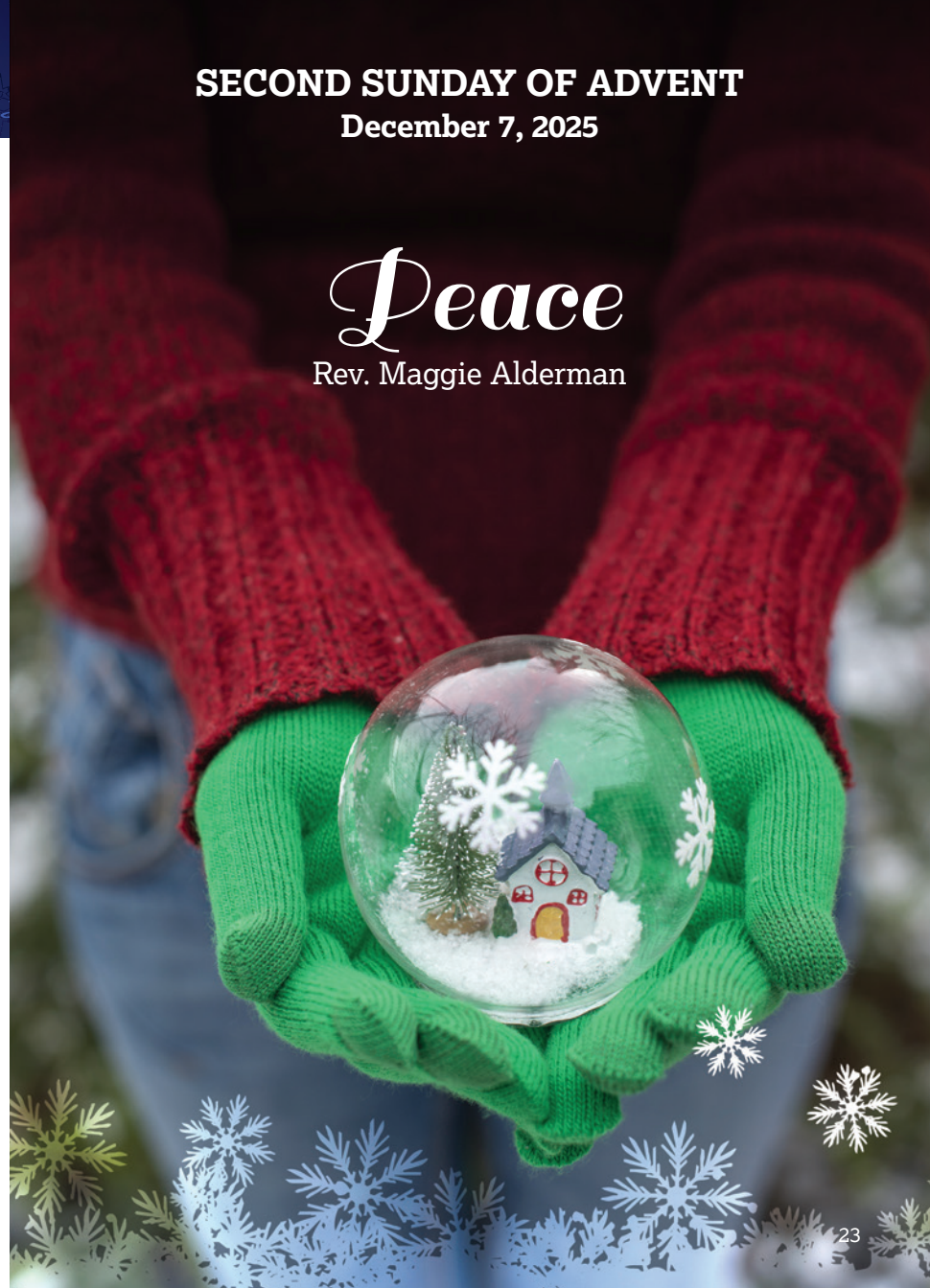
For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, “Move from here to there,” and it will move; and nothing will be impossible for you.—Matthew 17:20

SECOND SUNDAY OF ADVENT

December 7, 2025

Peace

Rev. Maggie Alderman



At this point in the holiday season, many of us are immersed in preparation and celebration. The air around us seems alive with tradition—the sound of carols, the scent of baked goodies, the hum of anticipation. In almost every direction we turn, we may be met with the reminder that we are *on the clock*, and we have a finite number of days left until we are ready, whatever that means. If we're not careful, we can get swept up in the outer activity and miss the sacred invitation of Advent: to be intentional about who and what we are becoming.

Each year, this season offers a paradox—an invitation for deep, soul-level reflection in the midst of sensory overload. We're asked to consider what is seeking to emerge through us, even as we juggle gift lists, party invites, and the regular hustle and bustle of life. But maybe this isn't a contradiction at all. Isn't this our spiritual path in motion? Holding the truth of our divine nature while managing the beautiful messiness of being human?

Perhaps this is one more reason why the Christ child is called the Prince of Peace. Even his birth, humble and unlikely, unfolded with quiet assurance. A manger, unassuming parents, and uncertain circumstances could easily have spelled chaos. And yet, scripture paints a picture of stillness and divine order.

When we find ourselves in the midst of birthing something new amid challenges or less-than-ideal conditions, we're invited to respond as Mary and Joseph did: with presence and trust. This week of Advent encourages us to cultivate peace through the practice of nonresistance, simply being with what is in each moment. Balancing spirit and humanity isn't always graceful, but it is sacred. And we are not without guidance. The Nativity story reminds us that peace is possible, even in the unexpected.

Jesus modeled how to still the noise of our inner dialogue—the choices we make daily, the opinions of onlookers, the complexities of our relationships—and tend to the inner life. Taking a pause during the shopping, wrapping, and baking helps us return to intention. It anchors us in what truly matters.

Make no mistake, friends—this is a season of powerful manifestation. Let us prioritize moments that strengthen our inner peace, so that our words are spoken in love and our actions reflect conscious intention. Doing so doesn't just create a more meaningful holiday season; it sets the tone for the life we wish to live in the year ahead.



Monday, December 8, 2025

The world defines peace as the cessation of conflict. When a war is over, there is peace. When the situation at work or home or school is fixed, I'll be at peace. But when a war ends or the situation is resolved, something else pops up to disturb our peace.

Spiritual wisdom teaches that peace arises from within. The soul that is in harmony with Spirit knows peace. Peace in our world begins with peace in our hearts and minds.

Peace is not the cessation of conflict; it is a consciousness attuned to the divine order and divine timing inherent in creation. It is the flexibility of mind and body to adjust and flow with the natural evolution of life.

Peace is natural when I accept that good, orderly direction (G-O-D) is at work now and always. Divine order and divine timing are at work in my life and affairs.

—Rev. Matthew E. Long

*On this day of Advent ...
My awareness of God is my peace.*

Peace I leave with you; my peace I give to you ... Do not let your hearts be troubled, and do not let them be afraid.
—John 14:27

Tuesday, December 9, 2025

Often when we turn on the news, a podcast, a blog, or even when we go shopping, we see unpeaceful times. I invite you to consider that they are opportunities to call peace forward.

The peace “which surpasses all understanding” indicates that peace is possible no matter what is appearing. The activity of peace resides inside of us first. Once we feel peace, then it shows up everywhere, even when we don't see it with our eyes.

To experience peace, we must create an action. I invite you to practice now. Take a moment to center yourself by taking a gentle breath. Next, repeat the following words: *Peace, be still. Peace, be still. Peace be. Peace.* Continue to repeat these words until you feel peace inside your body. You are centered. You are calm. You are at peace.

—Rev. Edith Washington-Woods

*On this day of Advent ...
I am centered, calm, and peaceful in this moment,
on this day.*

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
—Philippians 4:7

There is a story in the Bible about Jesus walking on water during a serious storm. At first the disciples in the boat were understandably frightened when they saw—but did not recognize—Jesus walking on the water toward them. After reassuring them, Peter left the boat and started walking on the water toward Jesus.

As he observed the chaos of the storm around him, Peter lost his focus and began to sink. Crying out for help, he reached out to Jesus, who pulled him to safety and then brought him back to the boat where they joined the other disciples. It was only when they all were in the boat together that the storm stopped.

When we alone try to handle the busyness of the holiday season, as well as our usual busyness, we lose our focus like Peter and begin to sink into the chaos. When we reach out for help and embrace the love of a peaceful community, we can experience peace and calm.

—Rev. Danny Spears, D.Min.

On this day of Advent ...

I discover and embrace peace in community.

Mercy, peace, and love be yours in abundance.—Jude 1:2

How often do we hear people telling us they want peace on earth and how often do we really find it? We want peace in our personal lives, in our spiritual communities, and in our world community. We know there are spaces with no peace, so what do we do? How can we live fully in peace along with those whom we might find different and difficult to connect with?

We can listen to our heart and soul space. We can sit still and breathe. We can meditate in silence and pray. We can reach out our hands and hold onto each other. We can affirm that despite our differences, we are all in this together. We might wonder where God is, where love is, and where peace is, but here's what we know: God is everywhere, Spirit is everywhere, and we walk with our ancestors all the time.

Peace is within us and around us. All we need to do is call it forth.

—Akosua Washington-Woods, LUT

On this day of Advent ...

We come together in peace every time.

If it is possible, as far as it depends on you, live peaceably with all.—Romans 12:18

As I give thought to all that has taken place in the world and in my life since last Christmas, I am grateful for the gift of God's peace that has kept me balanced and unafraid. It is a level of peace that can't be explained to others when they question my failure to react or even discuss the daily news reports. I have learned to see myself surrounded by the peaceful arms of God, which does not require an explanation.

Preparing to celebrate the birth of Jesus, I contemplate the joy of new birth that I will experience spiritually this season, and more peace fills my soul. I know this peace is available to anyone and everyone who is willing to spiritually connect to the idea of God's unlimited peace and call it forth from within. All of us can feel surrounded by the peaceful arms of God.

—Rev. Alberta Ware

On this day of Advent ...

God's unlimited peace keeps me filled with love and joy!

I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!—John 16:33

Silent night. Holy night. All is calm. All is bright.

These words from a familiar Christmas song evoke the peaceful atmosphere surrounding the birth of one of the most influential people in history. The stillness of a dark night. A shining star lighting the sky. A young couple together with their first child, moments after the birth.

At this time of year, we celebrate the arrival of light into a dark world—the birth of Jesus, the Christ. This is the beginning of a story that many have called the greatest story ever told.

But consider that this story is not only about Jesus; it's also about you. The manger can symbolize your open heart, a place where peace is found when you take time to be still. Let the birth of Jesus remind you of this deeper Truth: that silent, holy night is within you.

—Rev. Dale Worley

On this day of Advent ...

I remember that I AM the peace I seek.

I will both lie down and sleep in peace; for you alone, O Lord, make me lie down in safety.—Psalm 4:8

THIRD SUNDAY OF ADVENT

December 14, 2025

Love

Rev. Maggie Alderman

There is something about Christmastime that seems to amplify the energy and expression of love.

Maybe it is the novelty of this sacred time. After all, it isn't every day that we reminisce over ornaments crafted by once-tiny hands or pause to remember loved ones who are no longer with us on this earthly plane.

Or maybe it is the steady rhythm of love always flowing through us that becomes so elevated it cannot be contained and must be shared. Think about it. Love just feels better during Christmas, doesn't it? We experience expressions of love in a multitude of ways—a warm hug, receiving a Christmas card, or admiring a perfectly decorated tree.

Some of the best gifts shared are those made with love. We cherish them knowing we were held within the heart of the creator as their gift took shape. It's the thought that counts, certainly, but there is more to it than that. It's someone important to us saying, "Thank you. I see you. I love you too." Often receiving a gift from these people is just icing. Somehow knowing them and getting to be in relationship with them is gift enough.

Have you ever stopped to consider the impact your love has made on the world? Not just those closest to you—those who by virtue of family or friendship "have to" love you—but the ripple your love creates in the lives of others, simply by letting your Christ light shine brightly.

At times we may be tempted to downplay our own love, convincing ourselves that it isn't anything special, that the world and those around us would function just fine and never know the difference should our love be withheld. Such thoughts go against the truth of our divine nature and

the purpose for our journey through the Advent season each year. This is our opportunity to deepen our spiritual roots and further develop our faith and love so we can live more fully in the light of Truth.

Unity cofounder Myrtle Fillmore taught us that love is the great harmonizer, a force that can heal, restore, and unite. She believed that love has the power to bring us into harmony with ourselves as well as others. And where love is present, negativity and discord dissolve.

At Christmastime, we are reminded of the loving presence of the Christ within, and we feel Myrtle's words in a much deeper way. Love at its core is a harmonizing force. When we open our hearts to freely give and receive love, whether in the form of a shared memory or a homemade gift, we are aligned with the divine law of unity. It is the energy of love that fosters peace and healing in our lives and in the world around us.

Monday, December 15, 2025

Love is our true nature. Allowing our hearts and minds to open, we feel and express love in every moment.

We may think of love, especially during the holidays, as that fuzzy feeling we get when we are around those we cherish. And while this is certainly a version of love, there is much more to it.

Hearing birdsong on a winter morning reminds us how lovingly interconnected we are with all creation. Caressing a newborn child's skin reminds us of the loving care expressed into every fiber of every being. Get-togethers remind us of love's importance within our chosen circles. Aromas and flavors of the holidays remind us that life is meant to be lovingly savored.

Opening ourselves to these truths, we embody our true nature. We see only love, as the Divine sees.

—Rev. David B. Adams

*On this day of Advent ...
I choose to see love everywhere.*

By this everyone will know that you are my disciples, if you have love for one another.—John 13:35



One of the things I love most about love is how it can be so many things to so many people at the same time. Love can truly be all things to all people. It transcends time, space, language, and every definition by which we try to limit it, existing on its own terms as one of the most important creative forces of the universe. Love inspires us, heals our wounds, brings us solace, and challenges us to grow, always making us want to be the best version of ourselves.

During this holiday season, I hold love close in its many forms. I incorporate it into my beliefs, thoughts, activities, and actions, allowing it to provide me with inspiring and creative ways to share the gifts I have to give. Whatever I offer in love will end up being the right and perfect gift at the right and perfect time, and I am grateful.

—Trish Yancey, LUT, CSE

On this day of Advent ...

I am love in action, sharing my gifts with the world.

Let all that you do be done in love.—1 Corinthians 16:14

As we focus on love today, I invite you to center your attention in your heart. Take a breath into your heart space and bring to mind someone you love. Now imagine them sitting beside you and envision the presence of the Divine joining you—together forming a sacred circle. This circle has no beginning and no end; it is a holy container of love.

It has been said that God dwells in the space between us. When we bring our awareness to that space—the sacred connection between ourselves and another—we open to the very presence of the Divine. Love has the power to transform everything unlike itself. When we choose love, we dissolve any blocks that may stand in the way of God's presence between us.

This Christmas season, we celebrate the transforming power of love. Wherever you are, wherever you go, you carry the radiant gift of love. May the spirit of love fill your heart and home this season and always.

—Rev. Suzanne Carter

On this day of Advent ...

*Love shining from my heart illumines my path,
and I know what to do.*

For where two or three are gathered in my name, I am there among them.—Matthew 18:20

When we think of Christmas, we often imagine a lit fireplace where we can sit and contemplate the dancing flames with a cup of tea, hot chocolate, or coffee in our hands. Today, I invite you to close your eyes and travel within, to sit in front of an inner fireplace, where a fire of love glows when we remember the birth of Jesus.

It is time to bring to our hearts all the parts of ourselves that we have somehow set aside, to renew them in the love of Christmas. Let us bring into the light the moments in which we judged ourselves, those in which we believed we weren't good enough, the mistakes we made, and allow the flame of unconditional love that burns in the Christmas fireplace to transform them.

It is time to be reborn into the loving and innocent being that God created as you.

—Rev. Claudia Olmos

On this day of Advent ...

I am renewed in the resplendent love of Christmas.

So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!
—2 Corinthians 5:17

When I made a list of things I love about Christmas—gingerbread, twinkling lights, festive gatherings, giving and receiving presents—it revealed mostly treats for the senses and a lot of nostalgia from childhood. Had I outgrown Christmas? There had to be more meaning. Where was actual *love*?

A new list went deeper. The love of a mother for her baby. The love of new life as unlimited possibility born into the world. When *God is love* showed up on the list, I knew I had hit on something. The essence of Christmas is God's divine love expressed in the world in human form. The birth of Jesus is the ultimate expression of love made real and present as the Christ that we are.

Christmas is indeed about love—a love that is everything, all the time, including you and me. The idea of Christmas as love itself fills my grown-up heart with—you guessed it—love.

—Rev. Lesley Miller

On this day of Advent ...

I am the presence of love.

Whoever does not love does not know God, for God is love.
—1 John 4:8

Saturday, December 20, 2025

Advent calls us into love. Not the glittering, polished love of holiday movies, wrapped gifts, and store windows, but love that is complex, complicated, and messy. The story of Jesus' birth—marked by uncertainty, fear, and courageous faith—reminds us that divine love often arrives not in perfection, but in persistence and boldness.

Advent love dares us to go deeper:

To reach out to the hurting.

To prioritize connection over consumption.

To extend forgiveness, even when it's difficult.

To risk vulnerability by opening our hearts again.

As we light the candle of love this week, let us ask: *How am I being called to love more fully, more truthfully, more daringly? What might be born in me if I let love lead?*

It is this love that brings light into a weary world.

—Rev. Christina Garza

*On this day of Advent ...
I am a powerful channel of God's love.*

Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God.

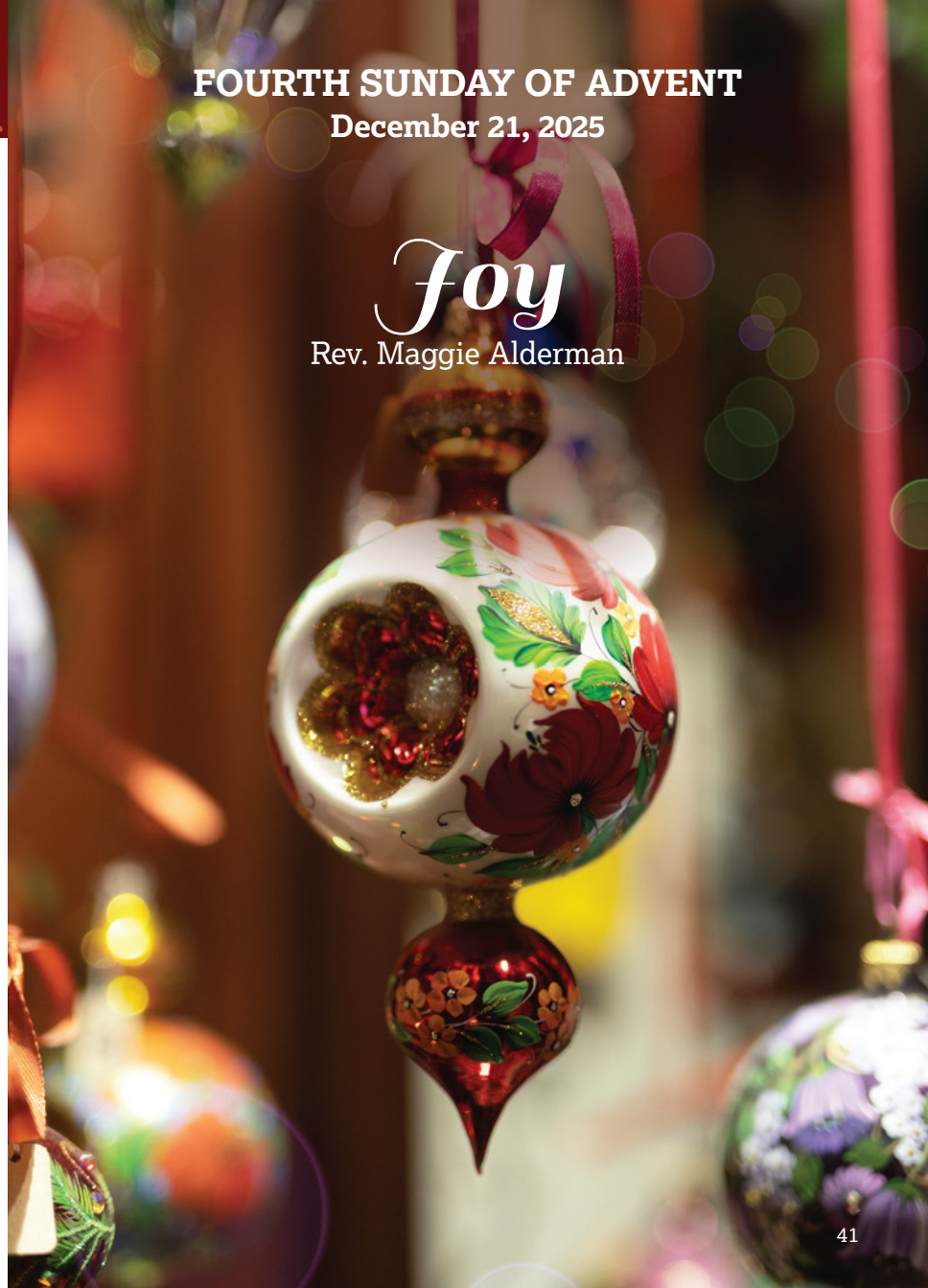
—1 John 4:7

FOURTH SUNDAY OF ADVENT

December 21, 2025

Foy

Rev. Maggie Alderman



With all the tantalizing delights of the season, chances are we have danced through the past few weeks with glimpses of joy within ourselves and others. There is nothing like the first sight of Christmas lights or receiving a homemade gift to stir the heart and spark the unmistakable feeling of joy.

By the time we round the corner to the last week of the Advent season, we have accomplished so much. Ideally gifts are wrapped, cookies baked, decorations hung, and the holiday marathon is nearly complete. With the help of others (and more than a few prayers), we've done what we could. Now we pause to take a breath and take it all in.

While there is nothing like celebration for a job well done, this time of year also invites moments of quiet reverence. In the stillness, we reflect on what has unfolded within us. Through the power of faith, we've ignited new courage to offer our authentic selves to the world. We have allowed space for a deeper understanding of how inner peace transforms our outer experiences and how invaluable our love is in creating harmony and unity.

For most of us, these are not new concepts, but by consciously moving through the Advent season, it becomes more than a countdown to Christmas. It becomes a journey back to the heart of who we are and the truth of our divine expression.

And we're not done yet.

Joy is a tool that we are invited to develop during Christmastime too.

It's easy to feel joy watching children play or when our favorite carol comes on the radio. But joy isn't limited to the obvious moments. It often arrives in the quiet, unseen places—when we have finally let something go once and for all (and mean it this time), or when we truly forgive, or when we reach a goal we once only dreamed of.

No one should celebrate our victories more than we do, but for many of us that is a difficult task. Hence the invitation this week, once again, to go within and take inventory of all that brings us joy. As we recognize joy in the big moments, finding it in the smaller ones becomes easier, more frequent. Soon we begin to see the continuous ways that God is indeed at work in our lives, bringing about our highest good in all circumstances.

It is no wonder we sing, "Joy to the world! The Lord has come." Jesus, as the light of the world and the prince of peace, came to remind us to seek God in all things and expect joy as a part of the journey.

Affirming that we cocreate our life experiences with the energy of God, we step forward faithfully, mindfully, and lovingly. All that we create with Spirit is for our good. So let us go forward this week with that awareness. Let us choose joy not just today but in all the days to come. Let us be a living expression of joy, together, as we move into the new year.

Christmas has always been one of my favorite times of the year. There's something about the lights, the music, and the sacred pause of the season that fills me with wonder and awe. From the time I was a child to my adult years, the Christmas season could always spark joy in me. Even when I was traveling, I'd ship ornaments ahead to make sure I'd have a Christmas tree wherever I was. That ritual grounded me in joy.

Joy, after all, is not dependent on circumstances. It's a spiritual practice, a choice to embrace light even in the darkest and coldest times. Christmas reminds us that love is ever-present and that abundance is found in connection, in laughter, and in being present with those we love.

This season, let your joy be bold and boundless. Not because everything is perfect but because your heart is open, and you bring joy to the celebration of life.

—Rev. Ken Daigle

On this day of Advent ...

*I am a radiant expression of light, love, and abundance.
I choose joy.*

The light shines in the darkness, and the darkness did not overcome it.—John 1:5

The first night I saw her, she was napping in a chair on my patio. Admittedly, I was surprised, but she did not seem disturbed by my sudden appearance at the door. I had never seen a raccoon in my yard, much less resting on a patio chair. What a joyful experience!

She returned nightly that summer with five kits in tow, all competing for the cat food I put out and for the miniature marshmallows I tossed them. But suddenly they were simply gone. I was truly heartbroken.

In this week of joy at Christmas, I remember such simple moments and know that joy is at the core of my being. The years may evoke great moments of joy—the graduations, weddings, and babies—but joy can reside even in the smallest events and amidst the saddest circumstances.

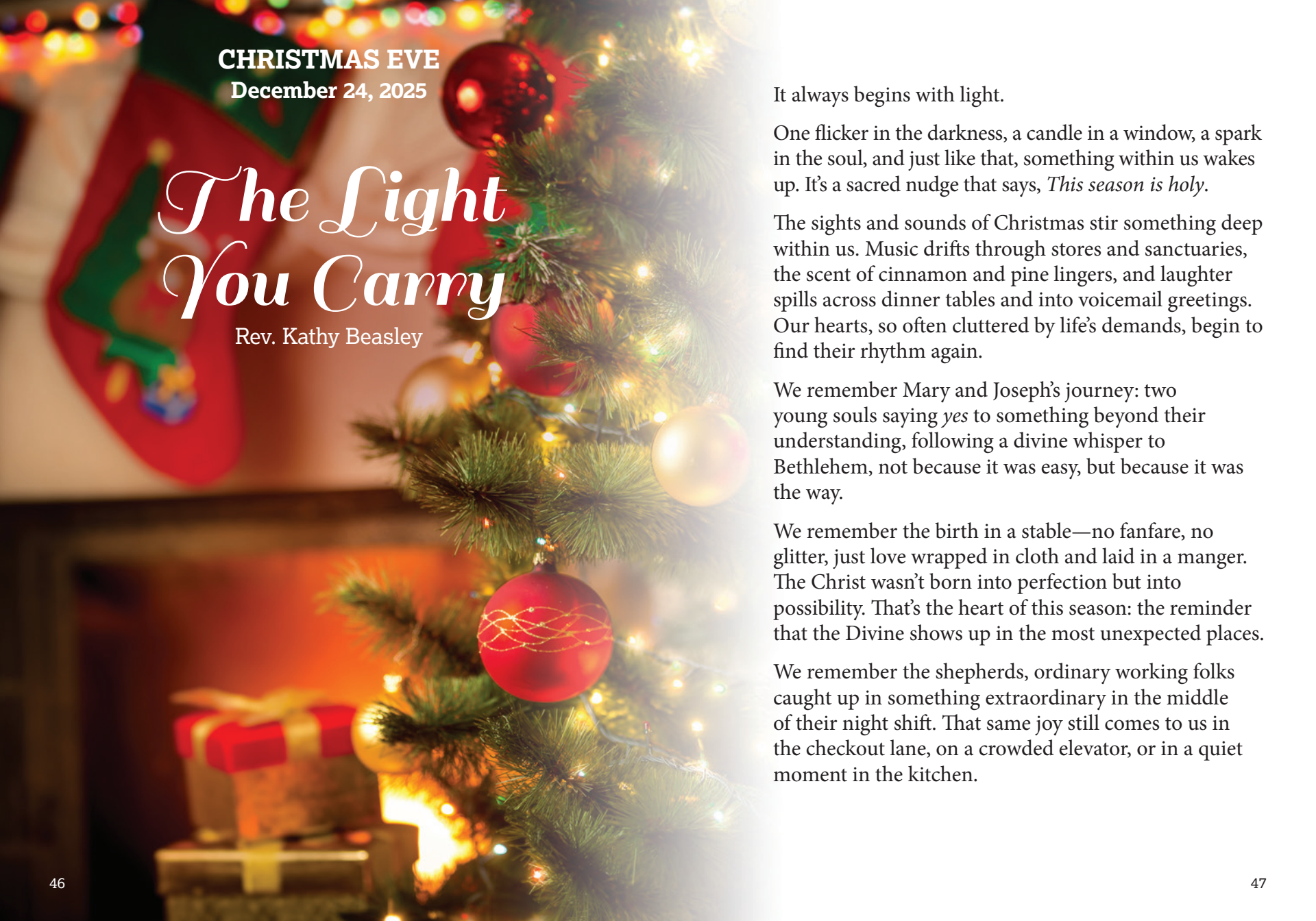
For me, God's creatures are a source of boundless joy. Connecting with various and amazing life forms touches the Divine within and awakens my joyful feelings. What a blessing!

—Rev. Margo Ford

On this day of Advent ...

I am open to the experience of joy.

I have said these things to you so that my joy may be in you, and that your joy may be complete.—John 15:11



CHRISTMAS EVE

December 24, 2025

The Light You Carry

Rev. Kathy Beasley

It always begins with light.

One flicker in the darkness, a candle in a window, a spark in the soul, and just like that, something within us wakes up. It's a sacred nudge that says, *This season is holy*.

The sights and sounds of Christmas stir something deep within us. Music drifts through stores and sanctuaries, the scent of cinnamon and pine lingers, and laughter spills across dinner tables and into voicemail greetings. Our hearts, so often cluttered by life's demands, begin to find their rhythm again.

We remember Mary and Joseph's journey: two young souls saying *yes* to something beyond their understanding, following a divine whisper to Bethlehem, not because it was easy, but because it was the way.

We remember the birth in a stable—no fanfare, no glitter, just love wrapped in cloth and laid in a manger. The Christ wasn't born into perfection but into possibility. That's the heart of this season: the reminder that the Divine shows up in the most unexpected places.

We remember the shepherds, ordinary working folks caught up in something extraordinary in the middle of their night shift. That same joy still comes to us in the checkout lane, on a crowded elevator, or in a quiet moment in the kitchen.

And the wise ones, the seekers. They followed the light because something in them knew it was worth the journey. Their gifts weren't just treasures; they were acknowledgments of the sacred before them.

Christmas is not just their story; it's our story of Truth that continues to unfold every time love is chosen, joy is shared, and peace prevails. So whether you light a candle, wrap a gift, or sing a song, let this special day remind you that you are a bearer of light, a bringer of joy, and a living, breathing expression of divine love.

*On this day of Advent ...
Divine light shines through me.*

You are the light of the world.—Matthew 5:14



CHRISTMAS DAY
December 25, 2025

With Love at Christmas

Rev. Jim Blake



Christmas is so much more than a season. We have an opportunity to see it as a sacred invitation. Beneath the sparkle of lights, our favorite holiday tunes, and the Hallmark movies rests a deeper truth—the celebration of the Christ presence, not only born in Bethlehem long ago, but born again and again uniquely in each of us. This is the heart of Christmas: the awakening of Christ consciousness, the divine love that lives within.

The Christ child came into the world as light in darkness, peace in unrest, hope in times of trouble. This same light, peace, and hope are born within us each time we open our hearts to divine love. Every moment we choose compassion over criticism, generosity over fear, a kind word over apathy, we give birth to the Christ in the world once more.

Christ consciousness is not confined to one holy night; it is the eternal presence whispering in our souls. It is the still, small voice that calls us to love more deeply, to see with spiritual eyes, to act from the truth that we are all one in God. At Christmas, this voice speaks more clearly, inviting us to pause and remember who we truly are—expressions of divine love.

In this holy season, let us each make room for the Christ to be born anew. May we create space for the wonder and majesty of this time of year, for grace and gratitude, and the miracles large and small that accompany the season. The birth of Christ consciousness in us is our lifelong unfolding—a daily *yes* to love, to light, and to our own unique expression of them.

This Christmas, let love lead the way. Let it guide your words, soften your heart, and lift your spirit. Let it be the reason you forgive, the force behind your giving, and the source of your joy for just being you. For when we live from this place of divine love, we are the miracle. We are Christmas in expression.

On Christmas Day ...

I let love lead the way.

Let love be genuine ... love one another with mutual affection; outdo one another in showing honor.

—Romans 12:9-10



12 Days of Christmas

We will continue our daily devotionals through Epiphany on January 6.

Epiphany traditionally commemorates the day that the magi reached the baby Jesus, bringing their gifts and their intuitive knowledge that this child would alter history. The word *epiphany* means “revelation.” Each Christmas reveals to us anew the divine energy that is born in every child, the spiritual gifts that each of us brings to this human experience.

Having just celebrated the inborn Christ in Jesus and in us, we will explore in these next 12 days the idea that we are divine and what it means for us. Unity teaches that we are equipped with 12 inner powers or attributes of God to be developed throughout our lives.

By focusing on these 12 innate qualities, we can enter into 2026 with a fresh understanding of our own spiritual nature. We invite you to explore these 12 powers within yourself and consider ways to bring them forth and use them more intentionally as you journey through the coming year.

Your Friends in Unity

Friday, December 26, 2025

The Power of Faith

Have you ever celebrated a special moment or reached a milestone only to find yourself asking, “Now what?” We may ask that very question as we emerge from the powerful season of Advent and the Christmas celebrations to honor the birth of our Way Shower, Jesus. We have renewed our awareness of the divine light within each of us.

But now what? How do we live as divine beings? We focus first on the power of faith, one of the 12 qualities of our inner Christ light. As a new year approaches, what are you ready to put your faith in? Jesus shared many times that God can do amazing things through our faith, even if it's the size of a mustard seed, so don't minimize the power of your faith. Even a little faith can grow into something mighty, something bound to change your life and change our world.

—Rev. Juan del Hierro

Affirm Faith:

I have faith in the light within me.

It is like a mustard seed that someone took and sowed in the garden; it grew and became a tree, and the birds of the air made nests in its branches.—Luke 13:19

Saturday, December 27, 2025

The Power of Strength

An exhausted parent summons the strength to comfort a frustrated child. A team member prepares for a necessary yet difficult conversation. A timid person finds the courage to say *no*.

With a loving heart we summon strength from the Source of all energy and wisdom. Focusing on the center of Being, we draw from the infinite flow of life. Sometimes quiet, sometimes expressive, the power of strength helps us move when it is time to move and stay when we are called to stay.

With strength we can form and uphold boundaries to help ourselves and others. With strength we can open to vulnerability and break down walls. In situations where people are divided, we can hold space for opposites to draw together. Like a runner continuing to move forward when the body wants to stop, we can summon strength to meet our challenges and respond with love.

—Rev. Shirley Knight

Affirm Strength:

I summon strength from the love of all creation.

Do not fear, for I am with you ... I will strengthen you, I will help you.—Isaiah 41:10

Sunday, December 28, 2025

The Power of Wisdom

On this Sunday after Christmas, when the rush is done and the silver wrapping paper and red bows are put away, it feels good to lean into the spiritual power of wisdom. I engage in a thoughtful journey deep into my own heart where wisdom is my guiding light.

Wisdom is not just what I feel and know; it is the divine presence within me, guiding my every step toward my highest good. Wisdom graciously offers me the clarity and understanding to navigate the winding path ahead.

To connect with this divine power, I seek time in the Silence where true wisdom resides. I listen for the still, small voice that never fails to whisper guidance and truth. With every action, I align with wisdom, ensuring that my choices reflect my highest self and contribute to my greatest good. On this day and always, I trust wisdom to light my way.

—Rev. Robin Volker

Affirm Wisdom:

Wisdom is my spiritual compass, gently guiding me with grace and clarity.

If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you.—James 1:5

Monday, December 29, 2025

The Power of Love

We savored the season of Advent as we welcomed the gifts of faith, peace, love, and joy. The joyous celebrations of Christmas are behind us, and we now embrace the divine powers that were endowed in the Christ child and are innate in all beings. We confidently embody these powers as we express the Christ of our being.

Today we open mind, body, and spirit to the power of love—love that takes us far beyond the enticement of our feelings and emotions. Unity cofounder Charles Fillmore called love “one of the most beautiful attributes of God.” As we look toward a new year, we see with eyes of love to behold the goodness in humanity and all creation. We remember our oneness with all beings and share from hearts overflowing with compassion, kindness, generosity, and grace toward all others. We are indeed all of the same Source, regardless of differences in this human realm. Let us seek the good in each day and each life experience in the coming year.

—Rev. Karen Romestan

Affirm Love:

I look with the eyes of God and I see the good.

Above all, clothe yourselves with love, which binds everything together in perfect harmony.—Colossians 3:14

Tuesday, December 30, 2025

The Power of Power

It was ingrained in me from childhood that by calling upon Jesus, all my needs would be met and I would be protected. It appears that back then, I was being unconsciously indoctrinated into practicing the power of my spoken word.

Over the years, I became more knowledgeable about our 12 inner powers as described by Unity cofounder Charles Fillmore. The power of *power* is located in the throat and represented by the disciple Philip, a preacher. Speaking the word has brought confidence and assurance along with love, faith, and peace into my world, giving me freedom from thoughts of lack or limitation.

It is important that we remember to positively monitor the words that come through our throats, tongues, and mouths. Even if we see the power of words being used destructively, we must keep living the divine power we know.

—Marilyn King-Compton

Affirm Power:

I call upon my spiritual power to speak through me.

Whoever speaks must do so as one speaking the very words of God.—1 Peter 4:11

Wednesday, December 31, 2025

The Power of Imagination

Everything in the manifest world originates in the imagination. Some of the wildest ideas from the cartoons I watched as a child have become reality. *The Jetsons* featured a flatscreen television, video conferencing, a robot maid and butler, a microwave oven, and a moving sidewalk. Dick Tracy's watch was also a two-way communication device. Things that originated in someone's imagination are now in our homes and airports, and on our wrists.

The first time I won anything was at a raffle where I pictured myself winning the item even before I purchased my ticket. Each of us has this power of creative imagination. Before we can accomplish anything, we must visualize it in our minds. In the words attributed to William Arthur Ward, "If you can imagine it, you can achieve it; if you can dream it, you can become it."

—Rev. Sandra Campbell

Affirm Imagination:

I use my imagination to create the good that I seek.

Whatever you ask for in prayer, believe that you have received it, and it will be yours.—Mark 11:24

Thursday, January 1, 2026

The Power of Understanding

Understanding is the gift of knowing that Spirit is always present and that right solutions show forth when God is sought. When I can say "I understand," I clearly find solutions to my problems as I realize I have been viewing them through my limited human perception. God's way is always greater, and the results are always good.

I don't always understand through my logical, rational thinking, yet intuitively I know to let go and trust Spirit. I affirm the Christ power of understanding within me. I wait patiently for the revelations I need. I will know them when I am ready to see the situations in my life through kindness and compassion for myself as well as all others. Then I can confidently make the right decisions.

As this new year begins, I remember that Christ is born in me. I can face whatever life brings with a deeper understanding that with God all things are possible!

—Rev. Peggy Konkell

Affirm Understanding:

*Divine understanding opens my eyes and ears
to clearly perceive the truth.*

Give me understanding, that I may keep your law and observe it with my whole heart.—Psalm 119:34

Friday, January 2, 2026

The Power of Will

For many, the new year is a time to map out new goals and set fresh intentions. It can feel exhilarating or intimidating. For ambitious dreams, it's often both.

Perhaps Jesus felt something similar as he approached his first public miracle. When his mother, Mary, asked him to keep the wine flowing at a wedding banquet, he hesitated: "My hour has not yet come."

We aren't told why he was reluctant. Maybe he questioned his readiness. Maybe he wondered whether the task was truly his to do. Maybe he hesitated because he knew that stepping forward would change everything.

It's not unlike the resistance we often feel when we dare to pursue fuller, freer, more abundant lives.

Jesus moved through his resistance by summoning both *willingness* to embrace the moment as it was, and *willfulness* to push through whatever inner doubts stood in the way. As he told us himself, all that he did we can do also.

—Rev. Kurt Condra

Affirm Will:

*Aligned with divine will, my will moves to action
all other faculties of the One Mind.*

For it is God who is at work in you, enabling you both to will and to work for his good pleasure.—Philippians 2:13

Saturday, January 3, 2026

The Power of Order

Let us start this year by being intentional about keeping our house in order. Call forth harmony in the physical, mental, emotional, and spiritual spaces of your individual experience. Each room must be deep-cleaned and reorganized to clear any clutter from last year.

Order is established through alignment with the structure of the Universe. Ask yourself: *Am I holding on to anything that does not promote the best possible outcomes?* Remember that you are always where you are meant to be and always divinely guided on your path. Throughout this new year, organize and make room for what you truly desire to manifest in perfect timing.

Today, choose clarity over chaos and avoid being distracted by disorganization. Seek to make conscious choices to follow up and follow through. Plan with purpose and focus on completing priorities to live your life decently and in order.

—Veronica Walker-Douglas

Affirm Order:

I live in order and abide in love.

But all things should be done decently and in order.
—1 Corinthians 14:40

Sunday, January 4, 2026

The Power of Zeal

As the frenetic energy of the holiday season begins to quiet, I grow more aware of the internal shift in my own consciousness. Directing my attention to the divine presence born in me on Christmas, I awaken to new, more expansive experiences of joy and love.

The new year brings opportunities each day for me to become more focused on Spirit's call. A growing awareness of divinely inspired desires awakens a deep commitment to the divine purpose of my life. Using my faculty of zeal, I transform inspiration into right action.

Every sunrise illuminates the presence of good/God/love in my life. Holding an intention to be a presence of love in the world, divinely directed enthusiasm allows my inner light to come into expression.

—Rev. Todd Humphrey

Affirm Zeal:

I choose right words and right action to enthusiastically express the Divine in me.

The human mind may devise many plans, but it is the purpose of the Lord that will be established.—Proverbs 19:21

Monday, January 5, 2026

The Power of Release

During Advent, we welcomed the coming of Christ consciousness more fully into our lives. On this spiritual path, we may also feel compelled to release negative thoughts, feelings, attitudes, and perceptions. When we do so, we are enriched.

I was reminded of that when scaling a ladder to get up on the roof. Every step up the ladder gave me a little more anxiety about a potential fall to the ground. I had to release my fears with each step or remain paralyzed. When I reached the top and swung my leg onto the roof, I was filled with joy. I felt great.

When we are striving for something greater, we release the lesser fears and anxieties that hold us back. When we do this, we can reach new heights.

—Rev. Bill Englehart

Affirm Release:

I release the claims of my mortal mind to make room for my spiritual nature to express.

Do not conform to the pattern of this world, but be transformed by the renewing of your minds.—Romans 12:2

EPIPHANY
Tuesday, January 6, 2026

The Power of Life

On this day of Epiphany, I embrace new life. My soul awakens to the infinite power of life that flows ceaselessly through me. I am a new creation, born anew in the miracle of existence. With every breath, the divine spark within me is ignited and renewed.

The past is gone. I am free—unbound and unlimited—to create the life I desire. I am a living, breathing miracle. The universe surrounds me with love and support, conspiring for my highest good. It gently reminds me that I am fully divine and fully human.

Rooted in this sacred truth, I move forward boldly toward God's highest vision for my life. I breathe life into my intentions. I listen to the still, small voice within that assures me, *You matter. You are worthy. Follow your heart. You are deeply and wholly loved.*

With a grateful heart, I celebrate the radiant life ever unfolding within me.

—Rev. Elizabeth Longo

Affirm Life:

The boundless power of life flows through me.

To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.—Romans 8:6

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