

Unity Prayer – SPD 100 - Winter term 2023

(all information correct as of 18 Feb 2023)



Course Facilitator

Wendy Karr, MA, Licensed Unity Teacher – personal email: unitycanada.adulted@gmail.com

Wendy (she/her) has been a member of the Unity movement since 1984, receiving her Licensed Unity Teacher status in 2000. She currently serves as both Licensed Unity Teacher Representative and Adult Education Coordinator to Unity Canada. She has chaired and served on a number of Unity Worldwide Ministries' Teams. Most recently, she has been invited to be an occasional instructor for UWSI.

Registration

All participants – send the following information to courses@unitycanada.org:

- First name, middle initial, surname
- Mailing address
- E-mail
- Birthdate
- Name(s) of Course(s) for which you are registering.

Fees

This course is presented on a “**Facilitator Free-will Fee**”. In the tradition of Unity’s co-founders and early teachers, there is no set course fee, and no one will be turned away on the basis of their economic circumstances. Participants are free to share as they are able and willing.

Your facilitator graciously and gratefully accepts this financial sharing.

Canadian residents may send an e-transfer to accounting@gmail.com or use PayPal to send funds to accounting@unitycanada.org

Participants outside of Canada may use PayPal to send funds to accounting@unitycanada.org

UWSI course fee for SEE candidates

\$45 Canadian for Canadian residents – can be included in a single e-transfer or PayPal transfer, please indicate to which course(s) the funds apply.

\$45 USA Dollars for participants outside of Canada – can be included in a single PayPal transfer, please indicate to which course(s) the funds apply.

Ministers and Licensed Unity Teachers – CEU credits

No extra fee is required. Donations to Unity Canada gratefully received.



Syllabus: SPD-100 Unity Prayer



UWSI - Course Description

Affirmative meditative prayer is at the heart of the Unity spiritual path. The Unity way of prayer is ultimately aimed at experience of the Divine and Realization of the practitioner’s Divine Potential. Along the way there are practical benefits, including guidance, healing and abundance. In this course, students are introduced to Unity’s Five Step Prayer Process and supported in developing their daily prayer practice.

UWSI - Course Learning Objectives

By the end of the course learners will be able to:

- Describe and demonstrate the application of the principles of Truth present in the five-step prayer process.
- Identify their current prayer method and compare and contrast with the Unity method of affirmative prayer.
- Create a prayer practice that the student can maintain.

DATE	TOPIC(s)	READING*
FEB 25 TH	<i>Introductory remarks How did we get here? Review of Unity’s 5 principles</i>	Handout: The Importance of Context (Wendy) <i>Martella-Whitsett – Opening Letter, Chapter 1</i>
MAR 4 TH	<i>What is Affirmative Prayer? Affirmations and Denials</i>	<i>Martella-Whitsett – Chapters 2, 3, 4</i>
MAR 5 TH	SEE CREDIT REGISTRATION AND UWSI FEE DUE BY 11:59 PM ET	
MAR 11 TH	<i>The 5 (+2) Step Prayer Process. Keeping language current</i>	<i>Martella-Whitsett – Chapter 5</i>
MAR 18 TH	<i>Personal prayer</i>	<i>Martella-Whitsett – Chapter 6</i>
MAR 25 TH	<i>Praying with Others Silent Unity</i>	<i>Martella-Whitsett – Chapter 7</i>
APR 8 TH	SEE AND CEU ASSIGNMENTS DUE (see below)	

Sessions start at noon ET (1 pm AT / 11 am CT / 10 am MT / 9 am PT)

Zoom Meeting ID: **824 0293 4028**
Passcode: **192101**

Recommended Text

- Martella-Whitsett, Linda. *How to Pray Without Talking to God*
- Other materials will be cited, but no other texts are required.

vUWSI Recommended Reading - FYI only, will not be covered in class

- Butterworth, Eric. *Discover the Power Within You*
- Foulkes, Francis. *Effectual Prayer* (Available for free at Truthunity.net)
- Cady, Emilie, *Lessons in Truth* (Available for free at Truthunity.net)
- Rowland, May. *Dare to Believe* (Available for free at Truthunity.net)
- Hasbrouck, Hypatia. *Handbook of Positive Prayer*. Unity Village: Unity, 1984.
- Fillmore, Myrtle. *How to Let God Help You*, Unity Village

DATE	Going Deeper (supplementary readings)
FEB 25 TH	<i>Foulks</i> – Forward, Chapter 1 (Effectual Prayer) <i>Butterworth</i> – Preface/Introduction, Prologue, Chapter 4 (Jesus’ Unique Concept of God) <i>Fillmore</i> – Chapter 37 (Myrtle Fillmore Talks About Her Life), Foreword <i>Hasbrouck</i> – Chapters I (About Positive Prayer), III (To Pray Constantly) <i>Rowland</i> – Forward, “God Is Your Help in Every Need”, “On Wings of Prayer,” “The Seekers of the Light Are One”
MAR 4 TH	<i>Cady</i> – Chapters 4 (Denials), 5 (Affirmations) [may be a different chapter number depending on the edition] <i>Fillmore</i> – Chapter 7 (Denial and Affirmation) <i>Hasbrouck</i> – Chapter IV (The Use of Denial and Affirmation), VII (An Active Denial) <i>Rowland</i> – “Your Importance to God” “Give It the Light Touch”
MAR 11 TH	<i>Foulks</i> – Chapters 2 (Preparation), 3 (Relaxation), 4 (Concentration), 5 (Meditation), 6 (The Silence), 7 (The Message), 8 (Living the Life) <i>Hasbrouck</i> – Chapter V (The Seven-Step Prayer) <i>Cady</i> – Chapter 7 (Definition of Terms: Chemicalization, Personality, and Individuality) [same note re: edition]
MAR 18 TH	<i>Hasbrouck</i> – Chapters IX (Visualization as Prayer), X (Guidance)
MAR 25 TH	<i>Foulks</i> – “Meditations for the High Watch” <i>Hasbrouck</i> – Chapters VI (Prayer Letters), XI (Nine-Hour Prayer Vigil)

Instruction will be in English, with auto-generated CC in French.

UWSI SEE & UWM CEU Credit Requirements [Not required for participants listening/auditing]

- 1) **Attendance** [all participants desiring credit for this course]
While perfect attendance is preferred, life does happen. If you need to miss part or all of a session, please contact Wendy as soon as practicable (preferably in advance) to arrange for make-up assignment.

- 2) **SEE Assignment – Due on or before 11:59 pm ET 8 Apr 2023**

Exploration: In a format of your choosing (something which can be emailed - essay, poetry, art, music, link to your own original online video, etc.), reflect on this question:

Knowing what I know now about Unity's style of prayer, how can I apply this understanding in my life going forward?

With your assignment, please ensure you include your personal information, as given when you registered for this course. ***Please ensure that all emails and attachments are scanned for viruses before sending. Thank you.***

CEU Assignment (for Unity Ministers and LUTs) - Due on or before 11:59 pm ET 8 Apr 2023

Exploration: In a format of your choosing (something which can be emailed - essay, poetry, art, music, link to your own original online video, etc.), reflect on these questions:

**How might one apply the Ministry Pillars to prayer?
How might one apply prayer to the Ministry Pillars?**

Information about the Ministry Pillars can be found here:

<https://www.unityworldwideministries.org/annual-summit-information>

With your assignment, please ensure you include your personal information, as given when you registered for this course. ***Please ensure that all emails and attachments are scanned for viruses before sending. Thank you.***