

A Personal Synopsis of Unity
by Karen Skelton

“So tell me about this Unity place you attend; what’s that all about?”

“Well, Unity appears like a non-denominational Christian church in some ways: each location is independent, is led by an ordained minister, holds Sunday services, etc. But what distinguishes it for me are a few things:

- ✚ It’s a place to learn and grow spiritually without the traditional religious dogma and creeds that I find to be divisive. People here encourage you to ask questions.*
- ✚ It’s as much a school as it is a church. Charles and Myrtle Fillmore, the founders, started Unity School of Christianity, and in their own words “preferred to be called teachers, not preachers.”*
- ✚ While it identifies most with Biblical teachings since that is far and away the most common frame of reference in our country, it honors all paths to God, and is great at finding the commonalities or Universal Truths that we share. You won’t hear claims of “We’re right; everyone else has got it wrong.” It’s much more globally minded than to think there’s only one way to understand our spiritual natures.*
- ✚ My favorite part is that I don’t feel a conflict between science and religion, either. I don’t have to “check my brain at the door” and do mental gymnastics to try and believe things that make no sense. Moreover, in just one Sunday service talk you might hear quotes from Jesus and the Dalai Lama and Albert Einstein! I’ve learned as much about quantum physics at Unity as I have about spiritual matters. In short, it nourishes both my head and my heart.*
- ✚ Oh, and I can’t leave out “Love in Action.” Unity explains that we are all spiritual beings from the same Source. Once you really grasp the implications of this, you begin to let go of fear or dislike of people you don’t know or understand. You can’t help but serve others – not because of some notion of “doing good works now to get into heaven later” – but because deep down you just get it. And this feeling of spiritual connectedness with God and all humanity can be positively profound and change the way you see, understand and experience life. At least it has for me.”*