

UNITY OF FORT LAUDERDALE

*Transforming Lives Through the Power of Love & Connection*

**SACRED SERVICE MANUAL**

*A Guide for Sacred Servers — In Every Expression of Service ~ August 2026*

*Enlightenment is of little or no value unless we continue to mature spiritually and emotionally.*

— **Charles Fillmore, as cited in Spiritual & Emotional Maturity by Toni G. Boehm & Bryan Sawchuk**

What you hold is not an orientation packet. It is not a list of rules. It is an invitation — to the most accelerated path of spiritual growth available to you: conscious, intentional Sacred Service.

Unity of Fort Lauderdale was built on a question. When Charles and Myrtle Fillmore gathered in their earliest Wednesday meetings, they did not open with announcements. They opened with a single question:

***How did you demonstrate principle this week?***

That question is the heartbeat of everything in this manual. Sacred Service at Unity of Fort Lauderdale — whether you serve at a Sunday gathering, a special event, an art gathering, a book group, or any expression of this commUnity's life — is a laboratory of demonstration.

You are here to prove, in real time, that love, excellence, presence, and self-less contribution are demonstrable spiritual principles. When applied with consciousness, intention, and action, they transform the people around you.

We are honored and grateful that you said yes.

## **GROUNDING IN MISSION — A WORD BEFORE YOU BEGIN**

Every ministry organizes itself around something. Some are minister-centric — built around the personality, presence, and preferences of whoever stands at the front. Some are community-centric — organized primarily around fellowship and belonging for their own sake. Unity of Fort Lauderdale is neither. We are a mission-centric ministry: everything here — Sunday gatherings, Sacred Service, how we navigate conflict, how we grow — is grounded in and centered on a single mission:

***Transforming Lives Through the Power of Love and Connection to Make a Positive Difference in the World.***

That distinction matters because it changes what holds this commUnity together. A minister-centric ministry rises and falls with one person. A community-centric ministry can drift into comfort and lose its edge. A mission-centric ministry is anchored to something larger than any single leader or any single gathering — which is why this manual exists, and why every principle, practice, and process in it traces back to that one mission.

## **THE FIVE UNITY GUIDING PRINCIPLES**

Unity teaches five foundational principles, distilled from the original teachings of Charles and Myrtle Fillmore (our Co-Founders). You will hear these referenced throughout your time at Unity of Fort Lauderdale, and throughout this manual:

**ONE** | There is ONE Power & ONE Presence, God the Good.

**DIVINE** | We are DIVINE at our core, an INDIVIDUALIZED expression of God.

**MIND** | We create our experiences through the activity of our consciousness. The Law of MIND Action – thoughts held in MIND produce after their kind.

**PRAYER** | Affirmative PRAYER & meditation awaken us to our connection with the Infinite.

**ACTION** | Through thoughts, words, ACTION, & insight we evolve and live the Truth we know.

## BEGINNING WHERE YOU ARE

If you are new to Unity teachings, some of the language in this manual — demonstration, the adverse ego, commUnity, the Twelve Powers — may be unfamiliar. That is not a barrier to Sacred Service. A theology degree is not what qualifies you to say yes to serving — it is the intention you bring: a willing heart, a beginner's mind, and a genuine desire to grow. Sacred Service is not simply a task to complete; it is an action grounded in spiritual principle, an expression of love and presence. As you go, you learn more about yourself in service to others and in co-creating with other Sacred Servers. Understanding deepens with time, practice, and participation — not before you begin, but as you go.

References and resources for you, if you are new: *How to Speak Unity* by Temple Hayes and *Lessons in Truth* by H. Emilie Cady are both available on Sundays (or online for you to purchase) and offer a gentle, practical introduction to the language and thinking you will encounter here. Beyond that, Unity Basics classes, the Five Principles, and ongoing SEM study are always open doors — described more fully as the "I Want to Understand" step of our Journey of Conscious Evolution, and available whenever you are ready to go deeper.

You will find a glossary of terms used throughout this manual as Attachment D, for quick reference whenever a word feels unfamiliar.

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## 1 · What Sacred Service Is

### THE ROOTS THAT BEAR FRUIT

Unity of Fort Lauderdale is a spiritual center and a living commUnity. These two things are not in tension — but they do have an order. And that order matters.

Everything we do — every gathering, every service, every event, every act of Sacred Service — flows from a single foundation: the conscious application of Spiritual Truth, lived and demonstrated in daily life. We come together not primarily to socialize, but to apply. To integrate. To demonstrate spiritual principles in real time, with real people, under real conditions. Those are the roots.

And something remarkable grows from the roots. When individual souls commit to doing their own inner work — to applying these teachings, demonstrating these principles, and showing up with consciousness and intention — they naturally draw together. Not out of need or dependency, but out of resonance. Shared practice creates a shared field. And within that field, bonds of extraordinary depth and authenticity form — friendships, warmth, belonging, and genuine connection that could not have been manufactured or organized into existence.

This is precisely how the Unity movement began. Not as an organization designed around social connection, but as individual souls — one person at a time — committed to proving that spiritual Truth produces real, specific measurable results in daily life. What emerged from that commitment was not planned. It was demonstrated. The commUnity that formed around Charles and Myrtle Fillmore's Society of Silent Unity and their original Wednesday gatherings was itself a collective expression of Unity's Fifth Principle in action: that through prayer, the application of Truth, and conscious living, lives change — and changed lives, gathered around a shared foundation, naturally produce a commUnity of extraordinary power and beauty.

The friendships, the warmth, the sense of belonging that so many find at Unity of Fort Lauderdale are among the most beautiful fruits of this work. They are real. They are celebrated. And they are the natural effect of people who chose, individually and collectively, to live what they believe.

The connections that Sacred Servers and commUnity members form with one another are born in the shared integration and application of these teachings — in the classes, the gatherings, the events, and the lived experience of showing up together around something greater than any one of us. That shared active interest and participation is not incidental to the mission. It is an expression of it.

Here, the deeper you go in your own spiritual practice, the richer the commUnity you experience. That is not a coincidence. That is Spiritual Principle at work.

***Charles and Myrtle Fillmore never intended to found a church. They proved that aligning human consciousness with God — Pure, Omnipresent Source — through the conscious application of spiritual principle, prayer, intention, and action restores the body to its natural state of wholeness.***

***They applied the tools. They demonstrated the Truth — and were restored to wholeness as the natural result of that alignment. As individual souls gathered around that shared commitment and applied these teachings one demonstration at a time, something extraordinary happened: a higher calling, lived and expressed through each person, created a bond so rooted in principle and shared purpose that commUnity became its natural and inevitable manifestation. Not built. Not organized. Demonstrated into existence — because these principles work, they have always worked, and***

***they are available to every soul willing to apply them. The Unity movement is their proof. And every act of Sacred Service is its living continuation.***

In Unity, God is understood as Principle — One Power, One Presence, One Energy — not a being who acts on whims, but an exact, changeless Truth, expressed as absolute good in all creation. God becomes personal to us not as a separate being who intervenes, but as the life, intelligence, love, and power we recognize within — God individualized in each of us.

Just as mathematical laws produce reliable results when applied correctly, spiritual principles — Life, Love, Intelligence, Substance — produce reliable results when applied with aligned consciousness and intentional action. Demonstration is not a concept. It is the expected outcome of a life lived in alignment with Truth.

The Fillmores' earliest gatherings were accountability circles of demonstration. Every participant was expected not only to learn spiritual principle, but to apply it — and to return each week ready to answer: How did it show up in your life? How did you demonstrate principle this week?

Sacred Service is that accountability made visible. When you serve at Unity of Fort Lauderdale — in whatever capacity, in whatever context — you are not filling a role. You are demonstrating principle. You are being the evidence that Truth works.

## **WHAT DEMONSTRATION LOOKS LIKE IN SACRED SERVICE**

Charles Fillmore taught that demonstration requires the alignment of consciousness (how you are thinking and believing), intention (what you are purposefully directing your energy toward), and action (the tangible expression of that alignment in the world).

**In Sacred Service, this means:**

- **Arriving centered, prepared, and energetically present — not just physically on time**
- **Setting a clear intention before every act of service: naming, even silently, what you are here to be and demonstrate — *"I have come here to be an expression of peace," "I have come here to be a demonstration of Truth," "I have come here to embody this principle"***
- **Treating every person you encounter as a Divine Being worthy of your full presence**
- **Releasing the Adverse Ego's need for recognition, credit, or social payoff**
- **Holding the standard of excellence even when no one is watching**
- **Returning again and again to the question: *Who am I being right now (aligned in Truth) — and does it demonstrate (demonstrating principle) what I say I believe?***

## SACRED SERVICE IS NOT VOLUNTEERING

Conventional volunteerism asks: *What do you want to do, and when are you available?* Sacred Service asks something far more purposeful: *What has God gifted you with — and are you willing to offer it fully, consciously, and without reservation, for something greater than yourself?*

This is the distinction that changes everything. It is why we ask Sacred Servers to engage with Spiritual and Emotional Maturity as an ongoing practice — returning, as we've noted, to the question of what principle we are demonstrating before we ever take action. It is why the energy, vibration, and consciousness we bring to our serving matters — what we emit, we attract. Law is impartial: it responds to consciousness, not intention alone. When our organizational systems are grounded in this understanding, that same energy is what we draw back to ourselves, and to the community we are building.

And it is why drama, gossip, and self-focused behavior are not compatible with this calling — not because we are rigid, but because we understand how energy, consciousness, and Law create. What we hold in consciousness while serving becomes part of what the entire system attracts back to itself. **Drama, gossip, and self-centered focus are, at their root, a failure to demonstrate Spiritual Truth Principle — and they directly undermine our intention to create a positive experience, both for those we serve and for the Sacred Servers serving alongside us.**

## INTEGRATION AND APPLICATION — THE COMPLETION OF DEMONSTRATION

Charles Fillmore's Wednesday gatherings were not theory sessions. They were accountability circles. The question on the table was not 'What did you learn this week?' It was 'What did you do with what you know — and what actually happened as a result?'

This distinction matters deeply for Sacred Service. Knowing the principles is the beginning. Applying them — in real interactions, under real conditions, with real people — is where demonstration actually lives. A Sacred Server who can speak beautifully about love, presence, and excellence but does not integrate those principles into how they show up on a serving day has not yet completed the circuit.

**Integration requires three things: 1. a specific commitment, 2. a timeframe, & 3. and an honest accounting of results and by when.** Before each serving engagement, ask yourself what you are specifically committed to demonstrating — not in general, but in this interaction, on this day. After each engagement, return to that commitment and ask honestly: What actually happened? What shifted — in me, or in someone I encountered? What is my next specific step, and by when?

This is not perfectionism. It is the completion of the demonstration loop. Sacred Service without this kind of intentional reflection becomes habit rather than practice, motion rather than growth. With it, every serving engagement becomes a measurable step in your own spiritual and emotional maturity soul evolution.

*The question is never 'Did I mean well?' The question is 'What did I demonstrate — and what can I point to as evidence that Truth works?' When someone walks through the door of one of our gatherings, they may*



***not know what they are looking for. But we do. We are here to be a spiritual solution — present, prepared, and alive to the possibility of what God can do in a person's life when they are met with love, excellence, and genuine invitation. That is Sacred Service. That is why you said yes.***

And this practice extends far beyond the serving engagement itself. How you show up on a serving day is how you show up in your relationships, your work, your inner life. Sacred Service, practiced with this level of intentionality, becomes a gift that multiplies across every area of your life — not because you are trying to be better in general, but because the discipline of conscious demonstration, practiced here, naturally transfers everywhere. This is not just Sacred Service. This is a training ground for the life you came here to live.

## 2 • The Sacred Server Calling

### YOU ARE NOT SIMPLY A VOLUNTEER

There is a word we do not use lightly here: calling. Sacred Service requires something that goes beyond availability and good intentions. It requires the willingness to be seen, shaped, and stretched by the work itself.

Carey Nieuwhof, a leading voice on volunteer culture in faith communities, makes a point that aligns deeply with this calling: people with significant gifts respond best to significant challenges. Under-challenge them and they will not stay engaged for long. Sacred Service is a significant challenge — and it is designed to be. We are not looking for people to fill seats. We are looking for people ready to grow into the fullness of who God made them to be, in service to something far greater than themselves.

### THE MISSION YOU ARE SERVING

The mission of Unity of Fort Lauderdale is simple and vast: ***Transforming Lives Through the Power of Love and Connection to Make a Positive Difference in the World.***

Every act of Sacred Service — every greeting at the door, every prayer offered, every space set up with care, every conversation held with presence, every gathering facilitated with excellence — is in direct service of that mission. The person who walks in carrying something heavy is walking toward you. What you create in that moment may be exactly what shifts something in their life. That is not small. That is the whole point.

### GIFTEDNESS AND FIT

Unity's teachings are clear: God designed each person with specific gifts, and those gifts are most powerfully expressed when they are placed where they belong. This is not about exclusion — it is about honor. Putting someone in a role that does not fit their gifts does not serve them, the community, or the mission.

We are committed to helping every Sacred Server find the right expression of their calling — whether that is hospitality, technology, music, prayer, facilitation, aesthetics, or one of the many other forms Sacred Service takes across the life of this community.

### THE SACRED SERVER IDENTITY

As a Sacred Server, you carry something precious — not just a role, but a living invitation. You are often the very first presence a person encounters. In that moment, you are welcoming them into the possibility of their own transformation.

You are also a living broadcast system. The frequency you carry when you arrive — your energy, your emotional state, your level of presence — directly shapes the environment others walk into. Self-care, rest, and arriving centered and prepared are not optional. They are part of what it means to serve with excellence.

***“How you do one thing is how you do everything.” T. Harv Ecker***

### **3 · Active Interest & Participation — The Full Life of a Sacred Server**

#### **SERVING AND GROWING**

The bylaws of Unity of Fort Lauderdale call for members to demonstrate "active interest, love, volunteer service, participation, and financial support." We carry that same spirit — adapted for Sacred Servers — into this manual:

*A Sacred Server of Unity of Fort Lauderdale shall endeavor to live in accord with the principles of love and Truth as taught by Unity, and further the work of this ministry through active interest, love, Sacred Service, and ongoing participation in the full life of this commUnity — its gatherings, its classes, its services, and its ongoing opportunities for spiritual and emotional growth.*

This means Sacred Service is not the whole of what you are here for. You serve AND you grow. You contribute AND you receive. You show up to give — and you make space in your life to be filled. A Sacred Server who only gives and never receives spiritual nourishment will eventually run dry. A Sacred Server who is actively engaged in the FULL LIFE of the commUnity brings a depth and aliveness to their service that cannot be manufactured.

#### **WHAT ACTIVE PARTICIPATION LOOKS LIKE**

- Attend services and gatherings regularly — not only when you are serving, but as a participant and recipient
- Engage with classes, workshops, and book groups as they are offered
- Participate in commUnity events and special gatherings across all expressions of this ministry
- Invest in your own spiritual and emotional growth as an ongoing practice
- Stay connected with your team and commUnity between serving engagements
- Engage in prosperity consciousness through financial support of the mission & organization.

#### **REST AND RENEWAL AS SPIRITUAL PRACTICE**

The rhythm of Sacred Service includes intentional seasons of giving and intentional seasons of renewal. Honoring that rhythm is itself a demonstration of spiritual principle — the same wisdom that knows when to act also knows when to rest.

If you find yourself exhausted, resentful, or going through the motions, return to the practices that refuel you: the SEM book, commUnity, meditation & prayer, & rest. Communicate with the office via email about adjusting your schedule — within 24 hours of knowing a conflict exists. Advance notice protects your team and allows the office time to find coverage.



## THE GENERATIVE INVITATION — YOU ARE THE ENROLLMENT

Enrollment into Sacred Service does not begin with a form. It begins with a conversation. When you are genuinely alive to what is available here and excited enough to share naturally, that aliveness is contagious. The most powerful invitation is never a flyer or a website link — it is you, sharing what has actually changed in your life.

- "Have you ever thought about serving in a commUnity like this?"
- "There are so many ways to contribute — what do you love to do?"
- "Sacred Service has been one of the most meaningful parts of my journey here."

When someone expresses interest, capture their name, cell phone, and email address right then — and then email it to [info@unityfortlauderdale.org](mailto:info@unityfortlauderdale.org) within 24 hours, no later than the end of the service or event. Follow-through belongs to us, not to them.

### 4 • The Standard of Excellence

#### THE EXPERIENCE YOU ARE CREATING

Think about your favorite restaurant. The one you return to again and again. It is probably not just the food. It is how you feel when you walk in — the energy that greets you, the atmosphere that wraps around you, the sense that someone genuinely cares that you are there. You made up your mind within seconds of walking through the door. And that decision was made before you ever looked at a menu.

The same is true for everyone who walks into one of our gatherings.

Our thoughts, our energy, our vibration, and our consciousness are not private. They are broadcast. They shape the atmosphere around us. They attract more of what they already are. Unity's co-founders understood this as Spiritual Law — consciousness is cause, and what we hold inwardly manifests outwardly. A room full of Sacred Servers who are present, joyful, and genuinely alive to the possibility of what this gathering can be for someone — that room feels different. People feel it within seconds of walking in. And within those same seconds, they are already deciding whether they want to come back.

***Within seconds of walking through the door, a person has already decided whether they want to return. That decision is shaped by the energy they walk into. That energy is you.***

This is not pressure. It is privilege. You have the opportunity, every single time you serve, to be part of what makes someone's first experience of this commUnity the beginning of something that changes their life. A person who walks in carrying something heavy — grief, confusion, loneliness, searching — may not remember the message. They will remember how they felt when they walked in. They will remember whether someone looked them in the eye with genuine warmth. They will remember whether the space felt alive or obligatory.

That begins with you. Not with the program. Not with the music. Not with the message. With you — and the energy you chose to carry through the door. This is why excellence in Sacred Service is never about perfection of execution. It is about intentionality of presence. When you arrive centered, prepared, and genuinely glad to be there — the atmosphere shifts. And that shift is what brings people back.

## EXCELLENCE IS HOW WE LOVE PEOPLE WELL

Excellence in Sacred Service is not perfectionism, and it is not performance. It is the consistent, intentional offering of your best — because the people who walk through the doors of our commUnity deserve to be met with the best expression of love and care we are capable of.

*We are a spiritual center and a church first. Excellence is how we love people well.*

## ENERGY STEWARDSHIP — YOU ARE A LIVING BROADCAST SYSTEM

The frequency you carry when you arrive directly shapes the environment others walk into. Arriving centered and prepared means:

- Prioritizing rest before a serving engagement
- Arriving on time — or early — so you are present and ready before guests arrive
- Taking a few minutes before you serve to center yourself and set your intention
- Leaving personal stress, conflict, and distraction at the door
- Putting your personal device away during service — presence is the assignment

## COMMUNICATION STANDARDS

|                             |                                                                                                                                                                                                                                                                                |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Email</b>                | Primary channel. Check and respond within 24 – 48 hours. All official Sacred Server communication flows through email.                                                                                                                                                         |
| <b>Scheduling Platform</b>  | The current scheduling tool (Planning Center) manages your serving schedule. Our Office Admin will orient you at onboarding.                                                                                                                                                   |
| <b>Phone / Text</b>         | A welcome personal courtesy — never a requirement. Email creates the documented record that protects everyone.                                                                                                                                                                 |
| <b>Response Time</b>        | 24 to 48 hours for email. If something changes affecting your schedule, communicate proactively with the office — do not wait to be followed up with.                                                                                                                          |
| <b>New Ideas / Feedback</b> | Always welcome. Submit in the "Contact Us" section on our website at <a href="http://www.unityfortlauderdale.org">www.unityfortlauderdale.org</a> . You will hear back within 24–48 hours on a normal business day, so your idea can be received with full attention and care. |

## WHEN SOMETHING SERIOUS HAPPENS — EMERGENCIES AND SIGNIFICANT INCIDENTS

Not everything that is difficult is drama. Some situations require immediate attention, documentation, and a direct response from leadership. Knowing the difference is part of serving with excellence.

A genuine emergency — a medical situation, a safety concern, a significant incident involving a community member or fellow Sacred Server — is always a priority. It is handled immediately, reported promptly, and documented formally.

***If something serious occurs during a serving engagement, the response is clear and non-negotiable: 1. Address the immediate need — call 911 if there is any risk to safety or health. 2. Notify your facilitator or coordinator on the spot. 3. Email the office at [info@unityfortlauderdale.org](mailto:info@unityfortlauderdale.org) as soon as possible after the incident — the same day, while details are fresh, documenting everything in writing. Documentation is required for insurance and ministry records. 4. Leadership will be in touch with next steps.***

After the immediate situation has been addressed and documented, the Self-Inventory Worksheet can also serve as a personal processing tool — a place to work through what you witnessed or experienced, to bring it to prayer, and to return to your own center before your next serving engagement.

The worksheet was designed for interpersonal situations — but its invitation to pause, pray, examine, and reflect is equally valuable after any moment that shakes you. Processing what happened internally, before bringing it to anyone else, is always the right first move.

## ACCOUNTABILITY — NOT DESPITE LOVE, BUT BECAUSE OF IT

Accountability is an expression of love — not a contradiction of it. When a Sacred Server consistently arrives late, disengages, or bypasses the culture we are building, addressing that directly is an act of care — for them, for the team, and for the mission.

Non-performance is never ignored here. It is addressed kindly, directly, and with the full belief that the person in front of us is capable of more. We hold this standard because we believe in the gifts God placed in every Sacred Server — and we are here to honor those gifts by calling them fully forward.

*People gravitate to where they are valued most. Value your Sacred Servers by listening, trusting, respecting their contribution, and giving them something significant to do.*

— Adapted from Carey Nieuwhof, *Top Tier Volunteer Blueprint*

## SPECIFIC FEEDBACK — HOW WE ENCOURAGE EACH OTHER

Generic appreciation is kind. Specific feedback is transformational. When you notice a fellow Sacred Server doing something well, use this simple formula:

***"I saw you do \_\_\_\_\_ — and \_\_\_\_\_ happened as a result."***

Specific always beats generic when it comes to building a culture of excellence. Be generous with this practice.

## WHEN DRAMA OR NONSENSE ARRIVES

Sacred Service is not a social club, and a serving engagement is not the venue for personal processing, gossip, or grievance. When drama surfaces, the redirect is warm and clear:

- "That's not something we bring into Sacred Service — have you seen the Self-Inventory Worksheet? That's where this belongs. If you don't have a copy, email the office and we'll get you one."
- "Thank you for sharing that. I'm going to stay focused on excellence right now."
- "This isn't the right moment for that conversation — let's both stay present to why we're here."

Say it once. Move on. The redirect is the boundary.

## 5 • Accessing Possibility in Every Interaction

### PRAYER FIRST — ALWAYS

We are not therapists or counselors. When someone arrives carrying something heavy — whether a fellow Sacred Server or a person walking in from the commUnity — prayer is always the first move.

- Prayer chaplains are present at gatherings specifically for this support. Connect people with them immediately and warmly, and if not or during the week —
- Silent Unity is available 24 hours a day, 7 days a week: 1-800-669-7729. This resource never closes. Pick up your cell phone and call Silent Unity With them or direct them to call.

*Prayer first. Always. That is the foundation of everything we offer here.*

### THE FOUR QUESTIONS — BEFORE EVERY INTERACTION

Before any significant interaction — a conversation, a redirect, a moment of connection — pause and access these four questions:

|                  |                                                                        |
|------------------|------------------------------------------------------------------------|
| <b>Intention</b> | What is my intention here? Who am I willing to be in this interaction? |
| <b>Presence</b>  | What is available in this moment as I bring my full presence?          |
| <b>Access</b>    | What gifts, resources, and relationships do I have to offer right now? |
| <b>Takeaway</b>  | What can I carry forward from this exchange?                           |

This practice transforms routine moments into sacred ones. It is the difference between going through the motions and actually demonstrating spiritual principle.

## CLOSING THE LOOP — REFLECTION AFTER EVERY SERVING ENGAGEMENT

The four questions open the interaction. What closes it is equally important. After each serving engagement — whether at a Sunday gathering, a special event, an art gathering, a book group, or any other expression of this commUnity's life — take a moment to reflect:

***What did I actually demonstrate today? What shifted — in me, or in someone I encountered? What is one specific thing I am committing to integrate or apply before I serve again — and by when?***

This is not journaling for its own sake. This is the completion of the demonstration cycle that began with your intention before you served. Intention without reflection is a circuit that never closes. When you bring both to your Sacred Service practice — the conscious before and the honest after — you stop going through the motions and start actually growing. This is what Fillmore's Wednesday meetings modeled: not just setting intentions, but returning to account for what actually happened and how you demonstrated spiritual principles as Sacred Service.

## SPIRITUAL SOLUTIONS FIRST

When a person shares something they are going through, the response is always a spiritual solution first — before advice, before resources, before anything else.

|                                                      |                                                             |
|------------------------------------------------------|-------------------------------------------------------------|
| <b>Someone is struggling emotionally</b>             | Prayer chaplain — right now, today or Silent Unity          |
| <b>Someone is seeking direction or clarity</b>       | A book, class, workshop, or offering currently available    |
| <b>Someone wants to go deeper spiritually</b>        | Share what has personally moved or transformed you          |
| <b>Someone expresses loneliness or disconnection</b> | Invite them into commUnity — an upcoming gathering or event |
| <b>Someone brings drama, conflict, or gossip</b>     | Redirect warmly and clearly — once. Then move on.           |

## RIGHT TIME, RIGHT PLACE — HONORING THE RHYTHM OF COMMUNITY

One of the most beautiful gifts of Sacred Service is the genuine commUnity that grows from shared mission and presence. Connection, friendship, and belonging are natural fruits of this work — and they are to be celebrated. Sacred Servers are encouraged to attend gatherings, classes, and commUnity events not only when they are serving but as full participants in the life of this ministry.

At the same time, every commUnity has a rhythm — and honoring that rhythm is itself an act of love. Every conversation has its appropriate time and place. Bringing a conversation to a moment that cannot hold it with the attention it deserves does not serve anyone — not you,

not the person you are speaking with, and not the commUnity whose energy and focus belong to something greater in that moment.

***During gatherings and services, the Spiritual Leader and/or Co-Spiritual Leaders are present for one purpose: spiritual content. The message. The teaching. The lesson. The consciousness of the organization for the greater good of the whole. That presence belongs to the whole commUnity — not to individual logistics, personal processing, or social access.***

The channels are clear and they exist for good reason:

- Logistical questions — email the office: [info@unityfortlauderdale.org](mailto:info@unityfortlauderdale.org) or text 954-228-0819
- Personal processing — Silent Unity (1-800-669-7729) and the Self-Inventory Worksheet are designed precisely for this
- A genuine conversation with leadership — after completing the inner-work (Self-Inventory Worksheet When Things Get Difficult), email the office to schedule an appointment. That door is always open and always welcome.

There is no need to call or text leadership directly to process what is coming up for you. Silent Unity never closes. The worksheet is always available. And if you have genuinely done the inner work and would like to go deeper, scheduling an appointment is exactly the right next step.

Sacred Service is not a path to personal access with leadership. It is the practice of becoming what you already are — a vessel of Source Energy, expressed in commUnity, demonstrated in action, and co-created with every Sacred Server who serves alongside you. This is what it means to be a Spiritually Mature Adult in service: to have moved beyond the needs of the small self, and to place your gifts, your presence, and your consciousness in full devotion to something infinitely greater than yourself, in service to Source Energy.

## 6 • Soul Growth Through Service

### THE FASTEST PATH TO SPIRITUAL GROWTH

There is no faster path to spiritual growth than self-less service. When you serve selflessly, you are required to release the small self: the adverse ego's need for recognition, credit, comfort, and control. What remains, when the small self steps aside, is the larger self (expresses as the spiritually mature adult) — the Divine Nature always present and always capable of far more than the adverse ego will allow.

Every serving engagement is an opportunity to practice Spiritual and Emotional Maturity — presence, accountability, curiosity, and authentic expression — in real time, with real people, under real conditions. Sacred Service is the training ground.

### THE SEM FOUNDATION — THREE CONCEPTS THAT UNDERLIE EVERYTHING

#### Meaning Making • The Framework

Meaning making is the process by which we interpret experiences, ascribe significance, and find coherence in life. Something happens — and before we finish processing what actually occurred, our minds have already constructed a story about what it means. That story is then what we react to — not the original event. Spiritual maturity requires us to slow that process down and examine it honestly.



## Emotional Maturity • The Capacity

The ability to be aware of your emotions, regulate impulsive reactions, and face your shadows — including anger, hurt, and disappointment — without being controlled by them.

## Spiritual Maturity • The Depth

The embodiment of wisdom and connection to something greater than yourself — expressed not through judgment or pride, but through love, compassion, and conscious choice in every interaction.

Every Sacred Server is provided with a copy of Spiritual & Emotional Maturity by Toni G. Boehm and Bryan Sawchuk as a foundational resource. This is not background reading. It is a living tool for the work you will encounter every time you serve.

# THE LONGEST JOURNEY — FROM THE HEAD TO THE HEART

There is a journey every Sacred Server is invited to make — one that cannot be rushed, cannot be intellectualized, and cannot be completed in an orientation. It is the journey from the head to the heart. And it is, as it has been said, the longest journey a human being will ever take — and the most important.

Unity Metaphysics draws a clear distinction between two ways of knowing. The head — the intellect — is analytical, comparative, and measuring. It is enormously useful for gaining preliminary understanding. But the intellect alone will eventually cause us to get stuck. We circle the same thoughts, analyze the same patterns, arrive at the same conclusions, and wonder why nothing shifts. This is what it looks like to understand Sacred Service conceptually without yet having dropped into it experientially.

The heart is different. In Charles Fillmore's Twelve Powers of Man, the apostle John represents the faculty of Love, stationed at the heart center. The heart is the seat of Divine Love — not sentiment, but the deep inner-knowing that arises when we stop comparing and measuring and simply open. Dropping from the head to the heart is not a technique. It is a surrender. It is the moment when intellectual understanding becomes lived Truth.

***The longest journey is from the head to the heart — but it is the most important one you will ever make.***

Myrtle Fillmore — often called the heart of Unity — understood Sacred Service as the practical application of this journey. Prayer takes the Divine Idea into the heart. Service moves it into the world. The two are inseparable. You cannot sustain meaningful Sacred Service from the head alone — it will eventually feel like obligation, performance, or burden. But when service flows from the heart — from genuine love, from the activated faculty of Love at the heart center — it becomes something else entirely. It becomes a demonstration of Principle that others can feel before a single word is spoken.

This is why Sacred Service activates spiritual growth so rapidly. It is not enough to know that God is Love. Sacred Service asks you to embody it — in how you greet someone at the door, in how you hold space during a gathering, in how you respond when things get hard, in the energy you carry when you arrive.

Every serving engagement is an invitation to go deeper — to consciously breathe into the heart, release the grip of analysis, and open to the Infinite Wisdom of Source Intelligence itself. This is the access point. Not the thinking mind, but the Higher Self — the Divinity within you that knows, without comparing or measuring, exactly what this moment and this person needs. This is what it means to serve as a Spiritually Mature Adult: not performing a

role, but embodying a presence. Not managing an interaction, but allowing Light and Spiritual Substance to move through you into it.

***Before you serve, try this: place your hand on your heart for a moment. Take a breath. Ask yourself not 'What do I need to do today?' but 'Who am I here to be today?' That single shift — from task to presence, from head to heart — changes everything about how you serve.***

## THE SHADOW AND THE INVITATION

As a conscious commUnity, it is our collective intention to create the conditions in which every person has the opportunity to see themselves more clearly — to become aware of where they are growing, and to have the tools, the support, and the shared field of conscious practice in which to do something meaningful with that awareness.

Whether that invitation is received and integrated is always a matter of individual choice. The opportunity, however, is always present. When someone's behavior activates something in you, when a conflict arises, when you find yourself reacting in ways that surprise you (or the same pattern/vicious cycle) — that is not a sign that something has gone wrong. It is an invitation to go deeper.

The immature ego assigns meaning to what happens and defends that meaning at all costs. The spiritually mature adult pauses, examines the story, looks honestly at their own role, and chooses a response that reflects who they said they came here to BE.

This work is the work of Sacred Service. It is why the Self-Inventory Worksheet When Things Get Difficult (Attachment A) exists. It is why we ask Sacred Servers to engage with SEM as a moment-to-moment conscious choice — not a one-time orientation.

## 7 • When Things Get Hard — The Sacred Path Forward

### ACTIVATION IS AN INVITATION

When something gets activated in you — whether it arises in relationship with another Sacred Server, in response to a situation within this commUnity, or simply within your own inner-landscape — it is never a sign that something has gone wrong. It is a sign that it is time to evolve. An invitation to step into courageous, committed growth rather than retreat into the familiar patterns of the adverse ego.

This is the moment of choice (will I choose to evolve into possibility or choose to resign into the familiar predictable patterns). And it is one of the most sacred moments available to you in your entire Sacred Service journey. And there will be many of them. The question is always, **"What will I choose to do as a responsible mature creator?"**

This section is your first stop. Read it fully. Sit with it. Let it do its work. And know that the most powerful and specific tool available to you for this moment — the place where the real inner-work happens — is found in the Self-Inventory Worksheet: When Things Get Difficult, included as Attachment A at the end of this manual.

Whether what has arisen is a conflict with another Sacred Server, a reaction to a situation in the commUnity, or simply something stirring within you that is ready to shift (change) — the worksheet meets you there. It is a personal processing tool as much as it is a conflict navigation tool. Whenever you feel activated, contracted, reactive, or simply aware that

something in you is ready to move, that is where you go first. Before you bring it to anyone else. Before you make it about the situation or the other person. Before anything.

To use it is to choose growth over resignation. Integrity over reaction. Conscious action over adverse ego pattern. That choice — made again and again, one activation/integration at a time — is how a Sacred Server grows, how authentic integrity is restored, and how this commUnity becomes the living expression of everything it teaches.

*The spiritually mature adult shares with intention, not compulsion. Speaks what is needed, to the person who needs to hear it, and brings the rest to prayer and self-reflection rather than to whoever happens to be listening.*

— **Spiritual & Emotional Maturity by Toni G. Boehm & Bryan Sawchuk**

## **DRAMA DUMPING — WHAT IT IS AND WHY IT HARMS THE CULTURE**

When something activates us, the first impulse is almost always to tell someone about it — to find another Sacred Server who will validate what we are feeling. What looks like processing is often something else: recruiting. When we bring our unexamined story to another Sacred Server before taking it to God, before looking honestly at our own role, before going directly to the person involved — we are not seeking clarity. We are seeking an audience. Every person we pull into that story becomes part of the problem rather than part of the solution.

This is drama dumping. It is one of the fastest ways to erode the culture we are all here to build together.

Before you reach out to anyone, ask yourself honestly:

***Am I sharing this to connect — or to offload?***

If the answer is to offload, that energy belongs in prayer — not in a conversation — for at least 24 hours. After that, the next step is the Self-Inventory Worksheet for the remainder of your processing.

## **THE SACRED PATH FORWARD — FIVE STEPS**

When something arises that involves another Sacred Server or a situation within this commUnity, the following process applies. It is not a bureaucratic procedure. It is a spiritual practice.

- 1.** Pause. Pray. Call Silent Unity (1-800-669-7729). Do not contact leadership, the other person, or other Sacred Servers during this window. Wait 24 hours.
- 2.** Open Spiritual & Emotional Maturity. Identify the competency being activated in you. Apply it as a practice for at least 48 hours.
- 3.** Self-Inventory Worksheet When Things Get Difficult (Attachment A). Look honestly at your own story (meaning-making), your own energy, your own role — before addressing anyone else's.
- 4.** Go directly to the other person — adult to adult, with your completed worksheet (Self-Inventory Worksheet When Things Get Difficult). The goal is not to win. It is to be genuinely heard and to genuinely hear.

5. If Steps 1 through 4 have been genuinely completed and the situation remains unresolved, bring it to the Spiritual Leader and/or Co-Spiritual Leaders. Leadership is the last step, not the first. Email the office at [info@unityfortlauderdale.org](mailto:info@unityfortlauderdale.org) to schedule an appointment with your completed worksheet as an attachment.

The full Self-Inventory Worksheet — including the opening discernment fork, the meaning-making layer, and guidance for when the other person is unwilling to engage — is provided as Attachment A.

## 8 • Your Sacred Server Commitments

### YOUR FORMAL YES

Before your first day of service, you will complete the Sacred Server Initiation Form — which captures your formal commitments in each area covered in this manual. That form is the beginning of your yes. The commitments below summarize what you are agreeing to as a Sacred Server at Unity of Fort Lauderdale, in whatever context you serve:

- ✓ I AM willing show up with intention — centered, positive, and prepared, in whatever context I am called to serve.
- ✓ I AM willing to serve at least twice per month (or as available) and attend team meetings, and or listen to all recordings as scheduled.
- ✓ I AM willing to communicate proactively via email within 24 – 48 hours and manage my schedule through the designated scheduling platform.
- ✓ I AM willing to engage with Spiritual & Emotional Maturity as an ongoing personal practice — not a one-time reading.
- ✓ I AM willing to bring my inner-work to prayer and self-reflection first — before bringing it to other Sacred Servers or to leadership.
- ✓ I AM willing to participate actively in the full life of this commUnity — its services, classes, and gatherings — as a growing recipient, not only as a giver.
- ✓ I AM willing to receive coaching and feedback (from the Spiritual Leaders) with openness, grace, and a growth mindset.
- ✓ I AM willing to contribute to a positive, uplifting environment in every context I serve — refraining from gossip, judgment, and negativity.
- ✓ I AM willing to follow the Sacred Path Forward when things get hard — beginning with prayer and inner-work, not with drama or escalation to leadership.
- ✓ I AM willing to complete and sign all required Sacred Server documents prior to my first day of service.

*What if, prior to every conversation, you were willing to ask yourself: How can I infuse this experience with kindness, openness, authenticity, and transparency in this moment?*

— **Toni G. Boehm & Bryan Sawchuk, Spiritual & Emotional Maturity**

As you step into Sacred Service, know that you are not doing this alone. You are part of a living, breathing team of individuals who share your commitment to showing up with love, intention, and presence. Every time you serve, you are making a real difference — in the lives of those who walk through our doors, in the energy of our commUnity, and in your own spiritual growth.

We are honored to walk this soul journey with you.

## ATTACHMENTS

|                     |                                                                                                                                                                                                                                             |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Attachment A</b> | Self-Inventory Worksheet When Things Get Difficult — The Sacred Path Forward. Includes: Opening Discernment Fork · Five-Step Process · Step 4B · Signature Commitment                                                                       |
| <b>Attachment B</b> | Recommended Resources — Spiritual & Emotional Maturity by Toni G. Boehm & Bryan Sawchuk; The Art of Conscious Conversations by Chuck Wisner. For newcomers to Unity: How to Speak Unity by Temple Hayes; Lessons in Truth by H. Emilie Cady |
| <b>Attachment C</b> | Team-Specific Job Descriptions. Each serving team has a specific job description outlining role responsibilities, arrival expectations, and team-specific standards. You will be provided with this living document by our Office Admin.    |
| <b>Attachment D</b> | Glossary of Terms — Definitions of key language used throughout this manual (demonstration, adverse ego, commUnity, the Twelve Powers, and more).                                                                                           |

# Attachment A • Self-Inventory Worksheet When Things Get Difficult

## A Sacred Path Forward

### How to Use This Worksheet

This is a 5-step process that unfolds over about a week — it is not meant to be rushed. Steps 1 through 3 are always inner work, about you, done alone. Step 4 is a direct, adult-to-adult conversation with the other person, if one is involved and only if that conversation is needed. Step 5 is a conversation with the Spiritual Leader and/or Co-Spiritual Leaders, only if you have done the work above and still do not feel complete within yourself regarding the situation. Start with Step 1 below.

## A NOTE BEFORE YOU BEGIN

*The adverse ego will resist this. It will tell you this is too long, too much, unnecessary — that you already know what happened and why you feel this way. That voice is not wisdom. It is the familiar pattern asking to be chosen again.*

*The demonstration of Power is not in the activation (the surge of heat, defensiveness, or emotional charge that rises the moment you feel triggered — the racing heart, the tight chest, the urge to react before you've thought). It is in what you choose to do with it. Power, as a spiritual principle, is the capacity to exercise dominion — to choose your response rather than be governed by reaction. Picking up this worksheet and completing it fully — every section, every question, with honesty and without rushing — is itself Power in motion. This is the work. And you are capable of it.*

*Enlightenment is of little or no value unless we continue to mature spiritually and emotionally.*

— Charles Fillmore, as cited in *Spiritual & Emotional Maturity* by Toni G. Boehm & Bryan Sawchuk

## ACTIVATION IS AN INVITATION

When something gets activated in you — the irritation, the contraction, the feeling of being lesser-than — it is never a sign that something has gone wrong. It may arise because of someone else, or it may not; you could be entirely alone, reading something, thinking of someone, or simply moving through your own thoughts. Wherever it comes from, it always points back to something within you asking to evolve. It is an invitation to step into courageous, committed growth rather than retreat into the familiar patterns of the adverse ego.

***Will I choose to evolve into possibility — or resign into the familiar, predictable patterns?***

This is the moment of choice. And it is one of the most sacred moments available to you in your entire spiritual/soul evolution journey.



This worksheet is your first stop — and the place where the real inner-work happens. It is a personal processing tool as much as it is a conflict navigation tool. Whether what has arisen is a conflict with another person, a reaction to a situation at work, in a relationship, in the commUnity, or simply something stirring within you that is ready to shift — this worksheet meets you there.

To use it is to choose growth over resignation. Integrity over reaction. Conscious action over adverse ego pattern. That choice — made again and again, one activation and integration at a time — is how a spiritually and emotionally mature adult grows, a soul evolves, how authentic integrity is restored, and how this commUnity becomes the living expression of everything it teaches.

***The spiritually mature adult shares with intention, not compulsion. Speaks what is needed, to the person who needs to hear it, and brings the rest to prayer and self-reflection rather than to whoever happens to be listening.***

— Spiritual & Emotional Maturity ~ Toni G. Boehm & Bryan Sawchuk

## **BEFORE YOU REACH OUT TO ANYONE, ASK YOURSELF HONESTLY**

*Am I sharing this to connect — or to offload?*

If the answer is to offload — that energy belongs in prayer and in this worksheet, not in a conversation with another person or with leadership.

## **THE SEM FOUNDATION UNDERNEATH THIS WORKSHEET**

### **Meaning Making • The Framework**

Something happens — and before we finish processing what actually occurred, our minds have already constructed a story about what it means. That story is then what we react to — not the original event. This worksheet asks you to slow that process down and examine it honestly.

### **Emotional Maturity • The Capacity**

The ability to be aware of your emotions, regulate impulsive reactions, and face your shadows — including anger, hurt, and disappointment — without being controlled by them.

### **Spiritual Maturity • The Depth**

The embodiment of wisdom and connection to something greater than yourself — expressed not through the small self or pride, but through demonstrating the Truth Principles of love, compassion, and conscious choice in every interaction.

## **OPENING DISCERNMENT • WHERE ARE YOU RIGHT NOW?**

Before you begin the steps, sit with this question honestly and completely:

***What has been activated in me — and where is it coming from?***

### **PATH A ~ Something has been activated within me — this is inner landscape work.**

There is no external conflict. This is an opportunity for personal expansion, integration of Truth Principles, and growth. This worksheet is your individual processing tool. Complete

Steps 1 and 2 fully. Sit with the self-inventory questions in Step 3 as a personal mirror. There may be no conversation needed with anyone else.

**PATH B ~ Something has arisen in relationship with another person or a situation.**

Inner work comes first — always. Complete all five steps in order. Do not move to Step 4 until Steps 1 through 3 are genuinely complete. The worksheet is still primarily about you — not them, not the situation, not the world around you. Whatever stirred it, the activation itself is the invitation. It is yours to meet.

**PATH C ~ I have done the inner-work and a direct conversation or leadership support is needed.**

You have completed Steps 1 through 4 genuinely and fully. You are ready for Step 5. Bring this completed worksheet with you.

Which path applies to me right now, and how I know:

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## Step 1 • Pause. Pray. Wait 24 Hours.

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*Day 0 – Day 1*

***Do this before anything else. Do not skip this step.***

- ☐ I called Silent Unity: 1-800-669-7729
- ☐ I brought this to God before bringing it to anyone else
- ☐ I waited the full 24 hours before continuing

The 24-hour pause is not optional. It is the first act of spiritual & emotional maturity. The activation you feel right now is real — and it is not yet information. Give it time to settle before you act on it.

## Step 2 • Open Spiritual & Emotional Maturity by Toni G. Boehm & Bryan Sawchuk

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*Day 1 – Day 3*

*Read. Sit with it. Identify one competency & apply it for 48 hours before moving forward.*

Read with this question held in your heart:

***What SEM competency is being activated in me right now — and what would it look like to consciously practice it for the next 48 hours?***

The competency I identified:

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What this competency is asking me to practice (demonstrate):

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- ☐ I applied this competency as a conscious practice for at least 48 hours before moving forward

## Step 3 • The Self-Inventory — Your Inner-Mirror

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*Day 3 – Day 6*

***Give this section a minimum of 3 full days. Do not complete Sections A through E in a single sitting. The more time, the less charge — this is not optional.***

This section is about you — your experience, your story (meaning-making), your energy, your growth, your evolution & expansion.

This is the most important work you will do. Read each question slowly. Answer honestly. The goal is not to build a case — it is to find the Truth (Spiritual Principle to apply) inside your own experience and to grow from what you find there.

### **Section A — What Is Actually Happening**

Describe only what was said, done, or experienced — facts only, no interpretation yet. What would a camera have recorded? What are you actually noticing in your inner-landscape right now?

What happened, or what am I experiencing internally:

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What specifically activated me:

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### **Section B — The Meaning I Made**

Something happened — or something arose within you — and before you finished processing it, your mind assigned it a meaning. That meaning became the story you are reacting to. Name it here.

The story I am telling myself about what happened or what this means:

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If this story is true, what does it reveal — about the other person, about me, or about my place here? This is the deeper conclusion underneath the story:

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Is this meaning a fact — or is it a story I constructed from the facts? My honest answer:

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What meaning could I assign to this same situation that would call me upward rather than pull me down:

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### **Section C — My Energy, My Role, My Responsibility**

This is the section most people want to skip. Do not skip it. This is where the real growth lives.

Where might my own energy, tone, words, actions, or consciousness have contributed to or amplified this situation:

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What emotion is underneath my activation — and what does it tell me about what I value, need, or am ready to heal:

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What was happening inside me before this activation even began — my energy, my state, my stress, my readiness:

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### **Section D — The SEM Mirror**

The SEM competency I identified in Step 2 — where do I see it showing up in this activation:

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Who did I say I came here to BE (love, peace, light):

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Who am I being right now:

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What would courageous, committed growth look like in how I move forward from here:

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### **Section E — Integration & Evolution**

This section applies whether your activation is purely internal or involves another person. Answer from your most honest, expanded self.

What is this activation inviting me to evolve beyond:

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What specific Truth Principle am I being called to demonstrate more fully — and by when:

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What is one concrete action I am committing to take as an expression of that Truth Principle:

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If this involves another person: Am I willing to go directly to them, adult to adult, with this completed worksheet? My honest answer:

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## Step 4 • Go Directly to the Other Person — Adult to Adult

*Day 6 or later — only once Steps 1–3 are genuinely complete*

**Only if Steps 1–3 are genuinely complete AND another person is involved.**

Not through a third party. Not to leadership first. Directly. Bring this completed worksheet — not as a weapon, but with an open heart and as evidence of the inner-work you have already done.

The goal of this conversation is not to win. It is not to prove your point. It is to be genuinely heard — and to genuinely hear. Two people who have both prayed and both done their inner work can have a very different conversation than two people who have not.

### Ground Rules for the Conscious Conversation

- ☐ Speak only from your own experience — “I felt...” not “You always...”
- ☐ Ask genuine questions — be curious about their experience, not just defensive of yours
- ☐ Listen to understand, not to respond
- ☐ No recruiting — do not bring others into this before or after

What I most want the other person to understand:

What I am genuinely willing to hear from them:

## Step 4B • If They Are Unwilling to Engage

*Allow a few days for the other person to respond before assuming unwillingness.*

*This step applies only if you completed Step 4 and the other person declined to engage.*

You have done the work. You went to them directly, with love and intention. They were kind (or not) — but they are unwilling to engage the process. This is not a failure on your part. It is information. Bring this specific experience — not the original activation, but this moment — to the Spiritual Leader and/or Co-Spiritual Leaders.

What happened when I went to them directly:

How I am feeling about their response — and what meaning am I assigning to it:

Can I serve alongside this person peacefully, even without a formal resolution? My honest answer:



## Step 5 • Bring It to the Spiritual Leader and/or Co-Spiritual Leaders

*Day 7 or later*

*Only if Steps 1–4 have been genuinely completed AND you still do not feel complete within yourself regarding the situation. Leadership is the last step, not the first.*

*Have I done this honestly and completely — or moved through it quickly to get to this conversation? If I am still simmering, that is a sign I am not done with Steps 1–3, not a reason to skip ahead.*

If you have completed Steps 1 through 4 fully and the situation remains unresolved, you are invited to bring it to the Spiritual Leader and/or Co-Spiritual Leaders. Bring this completed worksheet. Both parties bring their completed worksheets when possible and applicable. Reach out to the office [info@unityfortlauderdale.org](mailto:info@unityfortlauderdale.org) to schedule an appointment.

Leadership's role is not to declare a winner. It is to hold the space for what you individually or both parties could not complete on your own — from a place of love, spiritual & emotional maturity, and commitment to the growth and expansion of everyone involved.

### **My Commitment**

*I choose growth over resignation. Integrity over reaction. Conscious action over adverse ego pattern. One activation and integration at a time — this is how I grow, how I restore authentic integrity, and how I contribute to a commUnity that lives what it teaches.*

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Attachment D • Glossary of Terms

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Plain-language definitions for the key terms used throughout this manual — from foundational Unity language (Principle, Truth, the Twelve Powers) to the maturity framework (adverse ego, small self, meaning making) to commUnity and Sacred Service language (commUnity, calling, drama dumping, the Four Questions). Intended as a quick reference for any Sacred Server, newcomer or long-time member, whenever a word in this manual feels unfamiliar.

### Activation

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Rev. Bryan's term for a reaction — the bodily surge of heat, defensiveness, or emotional charge — that signals the Adverse Ego / small self has been triggered. This often shows up through defense mechanisms such as anger, frustration, irritation, or fear.

### Adverse Ego

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From Unity's Revealing Word: when the ego attaches itself to sense consciousness rather than Spirit, it builds a false self with no basis in reality — this is the adverse ego. It's simply a natural part of being human, arising as we try to protect our self-identity and emotional safety from perceived threats — nothing to fear or run from. Rather than something to fight or feel ashamed of, it's a teacher: a gentle signal to pause, notice, and make a new choice. When you notice it, you simply shift your focus from material senses back to divine Spirit — releasing the fight, and letting the old habit fade as you choose a higher, more loving path (thought, word, action, perspective, etc).

### Calling

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The inner pull toward a particular form of service that aligns with a person's gifts and deepens spiritual growth for both the giver and the commUnity.

### Closing the Loop / Sacred Path Forward

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A five-step conflict-resolution protocol behind the Self-Inventory Worksheet, with built-in time gaps between steps so a person does honest inner work rather than moving through it quickly just to get to the conversation.

### CommUnity

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Bryan's own coined term, capitalizing the “Unity” inside “community” to make visible — not just sayable — that Unity isn't only the center's name, but the animating quality, consciousness, and vibration within the commUnity itself.

### Demonstration / to Demonstrate

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To demonstrate a spiritual principle is to express Truth so clearly in thought, word, and act that it becomes visible in one's life and affairs — proof of an idea made manifest, not merely a mechanical result. It is the outward evidence of an inward shift: as your consciousness rises and your energy aligns with the Truth you hold, that Truth takes tangible form in your circumstances.

*Simple example: If you shift your consciousness from lack to trust in divine supply, and hold that energy steadily, you may find unexpected support showing up — not by coincidence, but as the natural demonstration of the inner change you made.*

## Divine Being / Divine Nature

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Other phrasings of the Divine Principle itself: our (human beings') essential nature as an individualized expression — our innate divinity, our spiritual origin — of the One Power (Good). We are an extension, or expression, of that One Power, rather than a separate theological concept.

## Drama Dumping

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A drama dumper is someone who unloads heavy stress, gossip, or emotional crises onto others all at once — without warning, without asking if the listener has the capacity, and often staying stuck in the same repeated cycle rather than doing the inner work (Steps 1–3 of the Sacred Path Forward) first. It's one-sided, over-explaining, and offloading unprocessed emotional charge rather than processing it themselves — leaving the listener feeling drained. A spiritually mature adult, by contrast, pauses to ask first — “Can I talk to you about something later?” or “Do you have a moment to talk?” — honoring the other person's time and energy rather than assuming it.

## Emotional Maturity

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The capacity to notice, name, and hold one's own emotional reactions without being run by them — responding from choice rather than reflex. It's a practice of self-regulation, shown through self-control, good listening, owning mistakes, and clear boundaries.

## Energy Stewardship / “Living Broadcast System”

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Energy Stewardship means consciously managing your own energy — physical, emotional, and mental — and directing your focus toward positive action rather than reacting on autopilot. The Living Broadcast System is the recognition that your presence, mood, and actions act like a continuous signal, naturally shaping the environment and the people around you — you're a living broadcast tower, not just an observer. In Sacred Service, this becomes a responsibility every Sacred Server carries: the frequency you bring when you arrive directly shapes the experience Guests walk into, so consciously choosing calm, clarity, and inspiration creates a positive, exceptional experience for everyone.

## Enrollment

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While enrollment traditionally means registering or signing up for a class, service, or program, in commUnity it means something deeper: connection and invitation. As Rev. Bryan and Toni say, “you are the enrollment” — who you are is generative, and simply being your authentic self naturally connects and draws others in. Enrollment isn't a transaction; it's an invitation into relationship, belonging, and participation.

## The Five Unity Guiding Principles

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Unity's five foundational principles — ONE, DIVINE, MIND, PRAYER, ACTION — move from the nature of God through our own divinity, the creative power of thought, the practice of prayer, and finally to living what we know to be true.

- **ONE** — There is ONE Power & ONE Presence, God the Good.
- **DIVINE** — We are DIVINE at our core, an INDIVIDUALIZED expression of God.
- **MIND** — We create our experiences through the activity of our consciousness. The Law of MIND Action — thoughts held in MIND produce after their kind.

- **PRAYER** — Affirmative PRAYER & meditation awaken us to our connection with the Infinite.
- **ACTION** — Through thoughts, words, ACTION, & insight we evolve and live the Truth we know.

## The Four Questions — Accessing Possibility in Each Interaction

Intention (What is my intention in this interaction? Who am I willing to be — kind, compassionate, willing, open?), Presence (What is available in this interaction as I be?), Access (What do I have access to in this interaction?), Takeaway (What is a takeaway from this interaction?) — a practice for turning any interaction into an opportunity for growth and connection.

## Giftedness and Fit

Unity's gifts-based service model: matching people to service roles based on their innate talents and life experience, rather than simply filling open slots.

## Higher Self

Your Higher Self is your True Spiritual Identity — the Eternal, wise aspect of you that is one with God, distinct from the adverse ego. In Unity teaching, this is your Christ Consciousness: the awareness of your oneness with God and all life, expressing itself as unconditional love and inner peace.

### Key Traits of the Higher Self

- **Pure Spirit** — Your true, perfect nature beyond the human adverse ego.
- **Christ Consciousness** — The awareness of oneness with God and all life.
- **Unconditional Love** — Loving without limits, conditions, or judgment.
- **Unified Vision** — Seeing the sacred value in every person.

## Meaning Making

Meaning making is what we naturally do with life — through our experiences, interpretations, perspectives, and history — as we build a sense of purpose and value out of what happens to us. It's a natural part of being human: our brains are wired to connect events into a clear story, and there's nothing wrong with doing this — it's simply how we make sense of our world, and stay connected to others. What matters most is awareness — noticing what meaning we're making, since our interpretations shift and grow as we do and our meaning and perceptions shape and create our reality.

## Prayer Chaplain

A trained volunteer who provides one-on-one prayer support to congregants, often working alongside or in coordination with Silent Unity.

## Principle (Spiritual / Truth)

A spiritual principle is a core truth about life and God — it teaches that your mind, your thoughts, and the unseen energy of the universe shape your physical reality. When you change what you believe on the inside, your outer world changes too.

*For example: if you consistently hold thoughts of peace and trust rather than fear, your life begins to reflect that peace back to you — in your relationships, your health, and your circumstances.*

Some of these truths show up as specific qualities of God expressed through us, such as:

- **Love** — the drawing, unifying power that connects us to God and to one another
- **Peace** — the calm, steady assurance that all is well, regardless of outer conditions

## Sacred Service

A Unity-wide ministry philosophy (formalized in UWH's Sacred Service Ministry Guide) holding that service is a soul-growth practice connected to a person's specific gifts and calling — more than a volunteer program, an act of service that responds to an inner call for SOUL growth & EXPANSION.

## Self-Inventory Worksheet

Because things get hard — a normal part of life and Sacred Service — this worksheet is a required tool for every Sacred Server. It is the written 5-step process that walks a person through the Sacred Path Forward when something is activated: naming what actually happened, uncovering the small self's meaning-making, and identifying the Spiritually Mature Adult response — all as inner work, done alone, before any direct conversation with the other party (Step 4) or with leadership (Step 5).

## SEM (Spiritual and Emotional Maturity)

SEM is the ongoing growth of a person's inner life — a conscious, continual surrender of the adverse ego's agenda (its drive to explain everything, protect, promote, prove, and feel safe, important, and to belong) to something bigger than its own needs, wants, and desires.

## Shadow

The shadow is the hidden or unacknowledged part of a person — the motives, intentions, wounds, traits, and urges pushed away because they feel unsafe, painful, or unacceptable, often learned early in life through what we were taught was okay to show. It's not something to fear; it simply surfaces, especially during times of change, as an invitation to bring hidden pieces into awareness and accept them as part of becoming whole.

The shadow holds two sides:

- **The dark side** — anger, jealousy, fear, and sadness, pushed away because they once caused pain.
- **The golden side** — our brightest gifts, like power, creativity, and brilliance, hidden because we were once told to be quiet or not stand out.

What isn't faced doesn't disappear — it tends to run the show from behind the scenes. Facing the shadow, rather than avoiding it, is what allows consciousness to grow, brings inner peace, and leads to lasting wholeness and balance.

## Silent Unity / The Unity Prayer Ministry

Unity's global 24/7 prayer ministry, founded by the Fillmores in 1890, that offers affirmative prayer by dialing **1-816-969-2000**.

## Small Self

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The small self is the conditioned, reactive part of a person running on autopilot — the Adverse Ego — making meaning from fear, habit, and self-protection rather than conscious choice. It's the part of being human that feels separate and driven by survival, status, and control, so its choices often come from a need to protect pride, gain approval, or defend against a perceived threat.

Because this pattern typically forms early in life and is never fully outgrown, the small self often behaves like an adolescent Adverse Ego-state even in adults — reactive, defensive, quick to take things personally, needing to be right, and struggling to self-regulate under stress. In Jungian psychology and spiritual frameworks alike, this everyday, conditioned identity is understood as a temporary mental construct or mask — not your deepest essence.

## Source Energy / Source Intelligence

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Reflects the classic New Thought concept of Infinite Intelligence — our Principle One, God, the Good — the one ultimate creative intelligence and energy flowing through and animating everything. Source Energy, Infinite Intelligence, and God are simply different words for the same One Power; use whichever term resonates most with you.

Stillness and prayer are one way to consciously tune into it, but we are never actually separate from it — we're always accessing Source Energy, whether we're aware of it or not. To the degree we align our thought and consciousness with it — and take inspired action from that alignment — we experience more of the goodness, abundance, and innate divinity that are the true nature of that One Power and Presence.

## Spiritual Maturity

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A conscious, ongoing practice of spiritual mind discipline — aligning thought, word, and action with Truth and Source rather than with the adverse ego's agenda. It shows up as humility, a lifestyle of forgiveness, stability during hard trials, putting others first, clear moral discernment, and trusting God (Spirit) over ego.

## Spiritual Solutions First

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Unity was founded on the practical application of spiritual principles to restore people to wholeness — and Silent Unity has been praying with people seeking spiritual support for over 135 years. As a spiritual center, our role is to offer that same spiritual solution first. When someone comes to us in need, we meet them there spiritually before anything else — through prayer, books, spiritual material, classes, workshops, services, or events we offer.

## Spiritually Mature Adult

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A spiritually mature adult lives with deep inner peace, love, and purpose — staying calm during hard times, accepting what they cannot change, and showing empathy and forgiveness toward others. They practice wisdom and self-awareness, recognizing their own flaws, releasing the need to be right, and seeing the bigger picture in life. They act with kindness and align their daily choices with their deepest values, often without needing praise or recognition. At the core of this maturity is the witnessing, conscious self (sometimes called the Soul Self) — the part that observes thoughts, emotions, and behaviors without judgment and chooses to co-create from Source rather than react from the small self.



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## Truth

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Capitalized “Truth” refers to the metaphysical reality of God's presence and goodness as taught by Jesus. The Fifth (Action) Principle calls us to live the Truth we know — through thought, word, and action — not just believe it intellectually.

Simple examples:

- **Love** — It's one thing to believe love is real. Living the Truth of Love means actually choosing kindness and forgiveness in your words and actions, even when it's hard — not just feeling it inside.
- **Peace** — It's one thing to know peace is available. Living the Truth of Peace means actually responding calmly in a stressful moment — through your tone, your choices, your presence — instead of just hoping to feel peaceful someday.

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## Twelve Powers

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First detailed by Charles Fillmore (Unity Co-Founder) in *The Twelve Powers of Man* (1930), these are innate Divine Faculties — Faith, Life, Love, Order, Power, Release, Will, and others — symbolically tied to the twelve disciples, each representing an aspect of Divine Capacity available to every person, metaphysically understood as forces working within human consciousness rather than merely historical or theological concepts.

Metaphysically, the subconscious mind holds twelve major energy centers, each governed by its own guiding pattern or identity. Fillmore taught that Jesus calling his twelve apostles symbolized an inner process: as a person grows from ordinary personal awareness into spiritual awareness, they learn to work with deeper levels of power within themselves. Through focused thought and spoken word, these inner energy centers are activated and brought to life. What once operated only on a personal, limited level begins to expand and function on a universal one.