

**This information brought to you by your Association of Unity Churches..**

## **COMMUNION SERVICE FOR CHRISTMAS:**

**REV. SHAY ST. JOHN - SAN FRANCISCO, CA**

### **Foreword**

- I. A tradition is being established...
  - A. A process unfolding - as we share together in times of union...communion...a deep connection with our Oneness.
  - B. Beginning to experience the power of Unity's Spiritual communion service
  - C. Very powerful
  - D. Special time of prayerful attunement to the Christ Indwelling.
  - E. Do it about once a month - alternating between the 9 and 11 AM services.
- II. Do not want to get locked into ritual
  - A. Time to let that go -
  - B. look to the inner meaning of communion rather than the outer serving of the elements.
  - C. Discover the power of an inner experience in which the communion service so familiar to most of us is FELT throughout every fiber of our being.
- III. Acknowledge that ritual has power - honor that spiritual power found in meaningful ritual shared together
  - A. Use words familiar to all of us from a fundamentalist background -
    1. Transpose them on to a glorious tapestry of metaphysical understanding, woven with threads of illumination that open us to the real message our Way Shower was revealing to his disciples.
    2. Identify the bread used in this service is reflective of SUBSTANCE - unlimited substance - ever accessible to us when we look to God as the Source of all our Good.
    3. Acknowledge the WINE as that ever flowing energy of LIFE seeking to express itself WHOLLY through us.
    4. As we appropriate that SUBSTANCE AND LIFE in deep meditative communion with one another, we experience RENEWAL AND REGENERATION of our entire being!
  - B. Give thanks that Unity is a bridge between the old - the familiar - and the new - the unfolding power of God in our lives.
    1. Just as Jesus was the bridge to a new understanding of the old Judaic Law, Unity is a bridge to a deeper understanding of His Law of Divine Love.
- IV. Within the Spiritual Communion Service there are 4 important steps.
  - A. The first is centering in the power and presence of God within us - affirming our oneness.
  - B. The second is forgiveness - release - of ourselves and others so that Spirit

may do its perfect work in and through us.

C. The third is the acceptance within our being of the power of God's life and love as we appropriate the spiritual elements of true communion.

D. The fourth is consecration of our lives to the expression of the Living Christ in all we do.

V. To give you a sense of the power of this communion service, I invite you to relax now and enter into a meditative state.

## Service

I. FIRST READER: In this season of ADVENT, we come together to attune ourselves to the energies of love, oneness and peace that enfold our earth. We prepare ourselves for this time of quiet sharing, meditation and communion as we relax, find a comfortable position, turn within and call forth the ever-present guidance of the Indwelling Christ. We attune in prayer - and allow these words to guide the meditations of our hearts. "Oh God, I thank You that You hear me when I speak...whether my words are spoken aloud or in my inmost being. I thank You for the blessings of this glorious season of ADVENT in which I prepare for the true experience of CHRISTMAS.

The deep message of this season of Light now fills my being.

I see each soul upon the earth touched by an increased awareness of the radiance of Your Light. May the blessings of Your Love lift everyone upward in divine wholeness and attunement with the Spirit of the Christ. Father-Mother God, let me cooperate in expressing the true spirit of Christmas -which is peace and goodwill.

Let my mouth speak the words that should be spoken.

Let my ears hear the music of the spheres proclaiming the Good in everything.

Let my song join with the celestial choir in giving eternal praise to you. Let my thoughts ever seek and worship You.

II. SECOND READER: May the Christ Child be born anew in my consciousness throughout this Christmas season. Fulfill in me the promise that I may, in Your name, do the things that should be done by me. Come and walk and talk with me, for I am preparing the way as I open myself to a true communion experience with you.

My Christmas gift, my offering of Love, is the gift of myself.

Teach me how to walk the earth with my head held high in adoration, with my Spirit soaring with the enlightenment of the Christ Mind, **and** with the Peace of the Truth of God permeating my being. Align my consciousness with Yours, Christ of God.

From everything less than the perfection of Truth, make me free.

Seal my total being in Yours with the constant knowing that I am Your child Divine.

Thank You, God, that this is so.

III. FIRST READER: This moment, dear Lord, we come to the stable of Your Love, pregnant with new hope, filled with aspirations and trust.

The days are now accomplished, and we are ready...willing...to be delivered! A new birth is forthcoming, and we rejoice in our expectancy of its joys! This moment my heart sings a new song, affirming: Fill me with Your Spirit, Lord!

Pour out Your Love in and through my every thought and feeling.

Let me walk and work and live in the consciousness of Your Holy Presence. Let Love so fill my being that I hold no thought of condemnation or fear -For I have total trust in Your guiding wisdom ever within me.

I purify my heart; I cleanse my mind; I make complete and total peace with all people in my world. And I make peace within myself.

This moment I am free to love unconditionally - free to hear the angel's song of this joyous Christmas season!

#### IV. SOLOIST SINGS FIRST VERSE OF 'I AM THE BREAD OF LIFE'

I am the love of God. He who comes to me shall be at peace.

He who believes in me shall not fear.

No one can come to me unless the Father draw him.

And I will raise YOU up...and I will raise you up...

And I will raise you up...and you will live with me!

V. SECOND READER: In preparation for this time of communion, I now look within my own heart and mind, seeking any seed of tension or concern; fear or unforgiveness. Like a gardener gently tending the newly sprouting crops planted in love, I rejoice in the strong, healthy growth of Truth I find.

But should a weed thought appear, I lovingly remove it from my awareness, blessing and forgiving myself and anyone with whom it may be connected.

Sure that I have released all that is less than good from my awareness, I now rest into complete Oneness with God - trusting in the Divine Flow of His Love to heal, strengthen and renew me.

I am now prepared for greater insights, deeper understanding and the spiritual experience of Light as I commune with God in the stillness of my own Being, free of all unforgiveness - open to the transforming miracle of infinite Love.

#### MOMENT OF SILENCE - WITH ORGAN BEHIND IT

VI. FIRST READER: As that forgiving power moves in and through us, we are cleansed anew - whole and free -pure in the Spirit of love.

So it is that the thunder of the Silence fills my awareness.

In this season of rebirth, I rejoice in the unfolding power of the Christ moving through me. Now it is that the Voice of the Living Christ is heard within the depths of my being. This is the time of true Communion - a time of transformation and grace.

Within the holiness of this moment, the Presence of the Master is so very real...

He lives within me, quickening an inner response to His Light in all I do.

And the joy I feel in this holy instant is so impregnated with power that I am moved... Moved to allow a rebirth of joy to flow through my very cells and out into the Universe. And the Christ speaks to me quietly in the stillness...asking:

VII. SECOND READER: WILL YOU FOLLOW ME, DEAR ONE? FOLLOW ME AS THE WISE MEN FOLLOWED THAT STAR SO LONG AGO? ARE YOU WILLING TO LET YOUR LIGHT SHINE FORTH SO THAT ALL THE WORLD MAY SEE?

VIII. FIRST READER: And I respond, "Yes, Lord, I am ready...

Ready to follow Your Truth in all I do...ready to allow your Light to shine in wondrous ways throughout my life...ready to seek your guidance first, so that I may be a pure and loving instrument of Your peace.

And The smile of the Master is so full, so special, that I know all is well.

Here in the quiet the Christ ministers unto me...sharing freely God's vision of Good with me.

I envision myself filled with the power of the Holy Spirit. I am enfolded in the loving arms of the Christ.

My understanding is expanded, and I now realize that true communion is more an INNER process of TRANSFORMATION than an outer process involving physical elements.

The Christ now invites me to be...to be so empowered by the awareness of His Love that I am totally at one.

He feeds me on words of Truth...

this is the bread of Sub-stance that now is freely given unto me.

I am now open and receptive to a TRANSFORMATION and TRANSUBSTANTIATION of my Self into the radiant, Light-filled Being that I am in Truth. This moment I become so still... so quiet...

The Christ Indwelling shares with me in true communion an invitation to be at one with God's Will. In the presence of the Christ, I feast...and I grow...

And I see...as the Christ rises - takes the unbroken loaf of Substance in His hands.

Blessing this bread, He breaks it...and holds forth a piece of it for me to eat.

And as He hands it to me, I feast on Truth with Him, experiencing the power of renewal and rebirth, as He shares:

IX. SECOND READER: "TAKE AND EAT...FOR THIS IS MY BODY."

X. SOLOIST SINGS SECOND VERSE OF 'I AM THE BREAD OF LIFE'

The bread that I will give is my love for the life of the world.

And he who eats of this bread, he shall live forever...

He shall live forever...

And I will raise YOU up...and I will raise you up...

And I will raise you up...and you will live with me!

XI. FIRST READER: I now appropriate into every part of my being the BREAD of God's Truth - the substance of His Love.

As Jesus revealed to His disciples some 2,000 years ago, "I AM THE BREAD OF LIFE," so may I follow His example and become the living expression of the Substance of Truth in my life. In so doing, may my words, my actions and my life show the way to another...

reveal Your Truth to a receptive heart... touch all my fellow beings on this planet Earth with the Oneness I know that interconnects us all. Yes, God, I AM the spiritual Substance from which all Your Good flows.

As the Christ is born in the manger of my heart this season, so is the Substance of Your Love now quickened within me, and I am transformed!

I am the fount from which all Your blessings radiate.

As I listen and hear the Christ inviting me to partake of Your omnipresent substance, I

realize who and what I am - Your beloved child... the image and likeness of Your Absolute Goodness, and so I affirm:

"I AM ONE WITH THE RADIANT, LIVING SUBSTANCE OF GOD. I AM HEALED IN MIND AND BODY."

THANK YOU, GOD.

And the Christ penetrates the stillness once again...affirming:

XIII. SECOND READER: WELL DONE, GOOD AND FAITHFUL SERVANT. YOU HAVE BEEN RESPONSIVE TO THE QUICKENING OF MY LIGHT WITHIN YOU AND NOW YOU ARE RECEPTIVE TO EVEN MORE OF THE FULLNESS OF MY FATHER'S KINGDOM!

XVI. FIRST READER: And now the Christ holds out before my spiritual eyes a chalice, resplendent with sunbeams of Truth.

My spirit rises with its movement, as He holds this chalice up to the heavens... a chalice filled with the overflowing wine of Truth, declaring:

XVII. SECOND READER: FATHER, I GIVE THANKS THAT THOU HAST HEARD ME, EVEN BEFORE I ASK."

XVIII. FIRST READER: Gently he holds forth the cup for me to drink fully from it. His words echo in my soul, as the very atoms of my body respond to their power:

XVII. SECOND READER: DRINK YE ALL OF IT, FOR THIS IS THE BLOOD OF THE COVENANT WHICH IS Poured OUT FOR MANY.

XVIII. FIRST READER: I now drink deeply and fully of this God - life, dedicating my whole being to the expression of pure, loving God-life in all I do.

XIX: SOLOIST: 3RD VERSE:

UNLESS YOU EAT OF THE LOVE OF THE SON OF MAN

AND DRINK OF HIS LIFE,

AND DRINK OF HIS LIFE,

YOU SHALL NOT HAVE LIFE WITHIN YOU.

And I will raise YOU up...and I will raise you up...

And I will raise you up...and you will live with me!

XX. SECOND READER: We know that this cup from which we have drunk is the cup of life...

the cup of goodness...the cup of plenty and peace and Good Will to all people.

As we drink from this cup, we appropriate this idea of Spirit Life, and we are quickened and made new.

As the angels revealed the message of LIFE so long ago to the shepherds, so does the Christ within me now reveal to me the fullness of life and the love of God for all of us.

Affirm with me: I AM FILLED WITH THE QUICKENING LIFE OF SPIRIT. I AM MADE NEW IN SOUL AND BODY. THANK YOU, GOD."

XXI. SOLOIST: 4TH VERSE:

I AM THE WAY AND THE TRUTH.

I AM THE LIFE.

NO ONE COMES TO THE FATHER EXCEPT HE COMES IN LOVE!

And I will raise YOU up...and I will raise you up...

And I will raise you up...and you will live with me!

XXII. FIRST READER: Dear God, in PRAYER and in silence we have communed with the Christ Indwelling and know the power and presence of your love at work.

In gratitude we have affirmed our receptivity to Your light.

We have appropriated the substance and the life of Spidt.

Let us ever know that within us is nourishment that is not of bread and wine alone - but of Your ever present love that vivifies, renews, vitalizes and restores us. As we respond joyously to life and love and beauty..

as we work patiently and willingly,

as we overcome challenges and opportunities presented to us in the course of each day's miraculous adventure,

We feel our attunement to Your all pervading presence.

Now in the stillness we consecrate ourselves to go forth and let our lives be the living examples of the Power of Your Love in action.

My spirit shall be restless nevermore, for I know that I am now dedicated to serving You in all I do. Yes, God, I give thanks and praise thee in all my ways!

XXIII. SECOND READER: LET THE WORDS OF MY MOUTH AND THE MEDITATION OF MY HEART BE ACCEPTABLE IN THY SIGHT, O LORD, MY ROCK AND MY REDEEMER.

XXIV. FIRST READER - AND SO IT IS THAT WE RISE INTO NEW LEVELS OF GROWTH AND UNDERSTANDING, for here, in the communion we have shared, we have touched that power and presence of Spirit abiding within us.

Listen...feel...know the echo of God's Light moving through you now...

for the Christ is ever promising: "I will raise you up..."

XXV: SOLOIST: 5TH VERSE: (REALLY THE LAST VERSE)

I AM THE CHRIST WITHIN YOU.

I AM THE TRUTH.

NOW WE ARE ONE IN COMMUNION AND WE LIVE IN PEACE!

And I will raise YOU up...and I will raise you up...

And I will raise you up...and you will live with me!

SING CHORUS ONCE AGAIN - EVERYONE JOIN IN:

And I will raise YOU up...and I will raise you up...

And I will raise you up...and you will live with me!