

THE FILLMORE YOUTH AWARD

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FILLMORE YOUTH AWARD

The Association of the Unity Churches International (AUCI) welcomes you to the Charles and Myrtle Fillmore Youth Recognition Award Program. You are about to begin one of life's great adventures—the exploration of your own spirituality, your own thoughts, feelings and beliefs about God, yourself and your relationship with God.

The emphasis of the Fillmore Youth Recognition Award Program is on your personal growth and awareness of the Truth about who you are. As you work through the program you will be challenged to complete several exercises related to your spiritual unfoldment. You will find this to be a worthwhile experience as you learn more and more about yourself each day.

We ask that from the first day a sincere and dedicated commitment be made to this program. In this way, you will reap the full benefits that the program has to offer.

STATEMENT OF PURPOSE/OBJECTIVES

The purpose of the Fillmore Youth Recognition Award is to provide each young person with a self-paced and creative program through which the individual will:

1. Achieve a greater understanding of the laws and principles of Practical Christianity as taught by Unity.
2. Grow in awareness and understanding of the personal indwelling Christ.
3. Understand how to relate and integrate spiritual laws and principles into daily life experiences.
4. Be recognized and rewarded for completing the program.

ELIGIBILITY

The AUCI has established the requirements for this program through the office of the Vice President of Education.

Any young person between the ages of 14 and 18 who is a member of at least one of the following organizations may participate:

1. Youth of Unity
2. Explorer Boy Scouts
3. 4-H
4. Sr. Girl Scouts of America
5. Camp Fire, Inc.
6. Future Farmers of America
7. Family, Career & Community Leaders of America
8. Individual youths who attend a Unity Church/Center

PROGRAM OVERVIEW AND REQUIREMENTS

This book contains an explanation of the program, exercises, and activities, which need to be completed as part of the award requirements. Please review the following information for a thorough understanding of the program:

1. Adult Advisor:

An adult advisor jointly selected by the student and the minister/youth education director/Y.O.U. sponsor/group leader, etc. will work with the student throughout the program. The advisor is not to be regarded as the person who has the right answers. Rather, the advisor serves as a listening friend, offering support and encouragement in addition to overseeing the completion of program requirements. A sincere and dedicated commitment on the part of the student as well as the adult advisor is required. It is recommended that the advisor not be a relative or current group leader, but someone else with a strong Unity background and with whom the student can relate.

2. Parent(s)/Guardian(s)/Involvement:

Parental involvement is highly encouraged though not a requirement. This program will require a great deal of time and commitment on the part of the student. The parent(s) guardian(s) can provide support and offer encouragement.

TIME REQUIREMENT

This is a self-paced program; however, all work must be completed within one year, but no less than 6 months from the time you begin the program with your advisor.

SPIRITUAL JOURNAL



A personal spiritual journal will be created throughout the program as you record your spiritual development as insights, thoughts, feelings, concerns and events.

Your spiritual journal is for you alone, not to be shared with anyone unless you choose otherwise. Responses to most exercises will be written in your workbook, which your advisor needs to read. Keeping your journal private allows you to express yourself more freely. The more you feel free to write the more you will learn about yourself and your relationship with God.

REQUIRED READING

Throughout the program, you will notice required reading lists. These books will not only aid your study of Truth principles, but also provide the necessary background information to complete program requirements. You may be able to borrow these from your church library, minister or licensed teacher. Some of these books may be available as audiobooks on CD.



WORKBOOK

A workbook in addition to your spiritual journal will be used for completing the written portions of the exercise in their program. Your advisor will review the workbook. (NOTE: An option to keeping a written workbook is to use a computer.) You and your advisor will need to sign each portion as it is completed.

Begin your workbook with a statement: "I am beginning the Fillmore Youth Award this day." _____

With my advisor _____

Name _____
Advisor _____

Date _____
Date _____

STEP TWO
THE HISTORY AND CONTEMPORARY
STRUCTURE OF UNITY

This section will provide an opportunity to study the history of the Unity movement and its contemporary structure.

Required Reading: "*The Story of Unity*" by James Dillet Freeman or "*Myrtle Fillmore, Mother of Unity*" by Tom Witherspoon



Exercise #1

Demonstrate your knowledge of the history of Unity, including Myrtle Fillmore's healing, the founding of Silent Unity and Unity Village by doing one of the following:

1. Write a historical report in your workbook.
2. Give an oral historical presentation to a group. If your advisor is not present, record your presentation for your advisors review.
3. Design and present a historical multi-media program.
4. Prepare an article for your church/center's newsletter. Check with editor of newsletter as to length of article. Include a copy of the article in your workbook.

Before you begin, discuss your choice with your advisor. Then sign the following when this step is completed:

Your signature:

Advisor's signature:

Date:

STEP THREE PRINCIPLES OF UNITY

This section explores Unity teachings and metaphysical interpretation.

There are basically five principles taught by Unity:

1. There is One Presence and One Power in the Universe, God the Good, all power and everywhere present.
2. God is individualized in Humanity and the Universe as the Christ.
3. Prayer is a means to experience the presence of God. Prayer and meditation are ways to “be still and know that I am God” and to accept the spiritual reality of our nature.
4. The law of mind action shows us that our thoughts will reflect the way we experience our daily lives. Through our beliefs, judgments, thoughts, words and actions, we create our perceptions of people, events and activities and choose our responses to them.
5. Practical application of our truth is remembering that we are eternal spiritual beings and allowing that love to fully express in our activities and relationships.



Exercise #1

Required Reading: “*The Simple Truth*” by Mary-Alice Jafolla

Optional Reading: “*The Unity of All Life*” by Eric Butterworth

“*The Unity Way*” by Marcus Bach

Answer in your workbook what Unity teaches about each of the following. Go to your advisor for assistance if the material read does not provide a clear understanding of Unity teachings regarding the following subjects.

1. The Bible
2. God
3. Man
4. Healing
5. Jesus Christ
6. Prosperity
7. Eternal Life
8. Spiritual laws and principles
9. The twelve spiritual powers of man



Exercise #2

“In Unity we recognize that each of the characters and events within a Bible story represents an aspect of ourselves and our lives. We can interpret and explore a Bible story much like we would a dream. Unity’s co-founder, Charles Fillmore, called this ‘metaphysical interpretation’ and often referred to characters and places in the Bible as symbolic or representative of certain states of consciousness. The *Metaphysical Bible Dictionary* is a collection of his interpretations.

“Regardless of his own ideas, Charles Fillmore often told his students that he was more interested in their own thoughts on what aspects of the Bible represented to them. They were to think for themselves and to find the practical application of the Bible in their own lives!

Resource Books: “*Metaphysical Bible Dictionary*” by Charles Fillmore

“*Revealing Word*” by Charles

Fillmore

“*Understanding the New Testament*” by Dr. Herbert Hunt

The purpose of this exercise is to provide an opportunity for you to explore the metaphysics of the Bible. The first two resource books listed above will provide metaphysical definitions. The co-founder of Unity, Charles Fillmore, wrote both. The third book, understanding the New Testament provides a basic understanding of metaphysics with biblical examples.

Choose one of the two parables listed below and in your own words, state your understanding of the metaphysical interpretation in your workbook.

1. Parable of the Prodigal Son, Luke 15: 11-31
2. Parable of the Good Samaritan, Luke 10: 30-36

NOTE: In this exercise give your own understanding first before reading what Mr. Fillmore had to say about it. Then, compare and contrast his understanding with yours. Remember that there are many ways of interpreting the meaning of a Bible passage. *Your understanding* will be the most important to you. Most often, your own understanding will take on greater meaning over time through greater spiritual awareness. When step three is completed, sign below.

Your signature:

Advisor’s signature:

Date:

STEP FOUR RELATIONSHIPS WITH OTHERS

In this section you will examine your actions in relating to others.

Required Reading: "*The Golden Key*" by Emmet Fox
(A Unity pamphlet. This is available through your Unity Center)

Optional Reading: "*As You Think*" by James Allen
"*The Quest*", Chapters 2 and 19

The following definition is offered for the Law of Mind Action in the Metaphysical Bible Dictionary:

"The law of mind action may be described in three steps: mind, idea, and manifestation. First, there must be mind; second, everything exists first as an idea in mind; third, the inherent power an intelligence in the idea causes it to express, and when it is expressed we have the manifestation."
To serve the Lord is to keep the divine law, the law of right thinking. It has come to be recognized as a law of mind action that people become like that which they behold; they manifest that which they mentally see."

In simpler terms, the Law of Mind Action means, "thoughts held in mind produce after their kind".

The Golden Rule, "Do unto others as you would have them do unto you." and President John F. Kennedy's statement, "Ask not what your country can do for you, but what you can do for your country" can be likened to different ways of expressing the law of mind action.

Through the awareness of our daily thoughts and actions, we can remember that everything we say and do is an expression of an idea we are holding in mind; and, in turn generates a like response of some kind. To receive what we desire, we must first be willing to give. If we wish to be loved, then it is necessary that we be loving.



Exercise #1

- A. Relate a situation within your family when you were in conflict with a family member. How do you see the Law of Mind Action at work?
- B. As you begin reading this assignment, in your workbook, describe a situation in which you are involved with your family or among your peers that involves conflict. Over the next three weeks as you practice what you have learned from your reading, describe or make notes in your workbook about significant events in the situation. After the 3 weeks, describe the situation as it exists then. Has it changed?
- C. What other circumstances in your life might be affected by practicing the Golden Key or some other spiritual treatment.

Exercise #2



Describe a current international event/action/issue, which interests you. How do you see the Law of Mind Action at work? Sign below when this is completed.

Your signature:

Advisor's signature:

Date:

STEP FIVE SERVICE

This section explores service to church and community and your experiences in service.

The definition of the word "service" according to the Webster's New International Dictionary is:

"Act of helping or benefiting; conduct of contributing to the advantage of another or others; as, to render service."

Service can be applied to lifestyles today in many ways; however, it is due to services offered by way of volunteerism that many social service agencies are able to continue their operations. Examples of these can be seen in blood banks, community services and for the elderly and homebound, the Salvation Army, the Red Cross, churches and many more.

Service or volunteerism plays an extremely important part of life and affects thousands of people. This portion of the Fillmore Youth Recognition Award is designed to bring service/volunteerism into focus. What kinds of services are being provided in your community? In your church? In your opinion, are these services worthwhile? Would you be willing to make use of these services?

The completion of this portion of the Fillmore Youth Award will require not only a study of the volunteer services available within your community, but that 20 hours are given in service.

Exercise #1



List in your workbook three service organizations within your community available for people. How did you find these organizations? Which of these organizations is the most important to people your age and why?

Exercise #2



In your workbook, list the services that are available through your center for the congregation and/or the public? Are their similarities to services offered by other community organizations? Differences? Make an appointment with the minister and discuss what types of programs/services are available in your center. Write your findings in your notebook.

Exercise #3



Actively participate in either a community service project or one within your center. A minimum of 20 hours needs to be volunteered on this project. Keep a record of your hours and activities in your workbook.

Exercise #4



Upon completion of the preceding exercises, in your workbook, answer the following questions:

1. How did you feel about volunteer work/service prior to your experience?
2. What was your response regarding the required volunteer hours?

3. Once you began your volunteer hours, did your feelings change?
4. What would you say is the one major thing you learned as a result of volunteer work?
5. Would you recommend to someone else your age to contribute volunteer service? Why or why not?

I have completed all the steps of service:

Your signature:

Advisor's signature:

Date:

STEP SIX AFFIRMATIONS AND DENIALS

As you learned in Step Two, the use of affirmations and denials played a vital role in Myrtle Fillmore's healing.

This portion of the Fillmore Youth Award is designed to offer practical application in your daily life of affirmations and denials.

Required Reading: "*Handbook of Positive Prayer*", by Hypatia Hasbrook

Optional Reading: "*The Mental Equivalent*", by Emmet Fox

Exercise #1



Choose three situations in your life today which you would like to see change. In your workbook, write an affirmation and denial for each situation and use for one month. At the end of the month, describe the condition of the situation.

CHOOSE ONE OF THE FOLLOWING:

Exercise #2a



The *Daily Word* published monthly by Unity School, contains a daily affirmation used by Silent Unity for each day.

Use these affirmations for one month and log in your journal any results. What feelings did you experience as a result of using these affirmations?

Exercise #2b

The International Youth of Unity prints a quarterly Prayer Panel letter, which is sent to each charter member group. Use this prayer panel during daily quiet times. (If you are not familiar with the Prayer Panel, contact the

International Y.O.U. Coordinator,
Association of Unity Churches,
P.O. Box 610, Lee's Summit, MO. 64063.
Telephone: 816-524-7414
E-mail: you@unity.org



Exercise #2c

Choose a particular issue or condition that is affecting your family, friends, group, etc., and write a denial and affirmation in your workbook to address the issue chosen. Practice its use during your daily prayer time for 30 days.

Your signature:

Advisor's signature:

Date:

STEP SEVEN PRAYER AND MEDITATION

This section has been designed to offer practical experience in prayer and meditation.

In Unity it is often said, "Prayer is when I talk to God, and meditation is when God talks to me." Prayer and meditation is the connection between the main body of God and each one of us, just as the nervous system connects the brain with all parts of the body.

Jesus taught us to pray by using the Lord's Prayer. While this is not the only way to pray, it is an excellent prayer for becoming centered and focused on the presence of God.

Required Reading: "*Handbook to Positive Prayer*,"
by Hypatia Hasbrook

Optional Reading: "*Living the Mystical Life Today*,"
by Jim Rosemergy



Exercise #1

Write your definition of meditation. Do you meditate? Why or why not?

Make a commitment for one month to spend at least 15 minutes daily meditating. Keep track of your meditation time in your journal and log your inner experience.



Exercise #2

In your workbook, answer the following questions:

1. What is the advantage of group prayer?
2. Do you feel comfortable with group prayer? Why or why not?

Write and lead a group prayer. How did you feel prior to and after this activity?



Exercise #3

Prepare and lead a group meditation. Discuss this meditation with your advisor before presenting and again afterwards. How did you feel? What response did you receive?



Exercise #4

E-mail or call in a prayer request to Silent Unity. There is never a charge and all prayer requests are treated with reverence and confidentiality.

Silent Unity on-line: www.unityonline.org

Call: 816-969-2000. If you have no means of paying for the call, you may call: 1-800-669-7729

Discuss your experience with your advisor (or minister) - how did you feel about requesting prayer help? Was there a difference in the situation or the way you saw it after your time of prayer with Silent Unity?

Your signature:

Advisor's signature:

Date:

STEP EIGHT THE CHURCH FAMILY

Jesus taught that we each have a direct relationship to God. He calls each of us to communicate with our Source directly. Churches and religious organizations are not needed to initiate or maintain communication with God. Our communication with God depends upon our personal commitment to know God through prayer, meditation and service to others.

If the church is not needed for communication with God, what are the reasons to support the need for a church or center?

Required Reading: 6 recent church newsletters.

3 issues of CONTACT (available through the Association of Unity Churches) Your center's Bylaws, Strategic Plan (if available) and Mission Statement and Vision.

Exercise #1

Meet with two church board members and two congregation members. Ask them why they attend your center? Ask them how they are being serviced by the center? Ask if they serve the center in any way and if so, how? What is their vision for the center? Record your impressions in your journal.



Optional Exercises

1. If possible, attend one board of directors meeting and write a brief report of the activities, which took place. Check with your minister for permission to attend.
2. Prepare a chart showing the organizational structure of your center.
3. Plan and conduct a Sunday morning Y.O.U. class lesson; or, help lead the group in preparing a Sunday morning service for the congregation. (This would require the minister's approval as to the extent of participation by the group.)

Your signature:

Advisor's signature:

Date:

**STEP NINE
CONCLUSION**

CONGRATULATIONS! The application form on the next page now needs to be completed and sent to the Association of Unity Churches , Education Leadership & Ministry Development Department, P.O. Box 610, Lee's Summit, MO 64063.

For this section you will look at what you have learned. The following activities conclude the Fillmore Youth Award requirement. Take time to carefully consider each question/activity, paying close attention to ways in which you have changed since you began this work.



Exercise #1

Without referring to the statement of faith you wrote in Step One, write one, which applies to your beliefs and feelings today.

Now refer back to your original statement. Is your statement of faith now different? How has it changed?



Exercise #2

Complete the following sentence in ten different ways:

During this program I learned...

Discuss with your advisor the things you have learned.

<p>Your signature:</p> <p>Advisor's signature:</p> <p>Date:</p>

Application for
The FILLMORE YOUTH RECOGNITION AWARD
Certificate of the Candidate

Candidate's Name: _____
(Please print or type)

Address: _____

City: _____ State: _____ Zip: _____

Candidate's Age: _____ Home Telephone: (____) _____

Indicate which category the candidate is active in:

- ____ Youth of Unity
- ____ Explorer Boy Scouts
- ____ Sr. Girl Scouts of America
- ____ Camp Fire, Inc.
- ____ Individual youth member of a Unity Center
- ____ 4H
- ____ Other: _____

I hereby make application for the Fillmore Youth Recognition Award. I certify that I have faithfully fulfilled all the requirements of this award.

Candidate's Signature: _____

Date: _____

The above candidate is an active participant in our church/center and has completed the program requirements for the Fillmore Youth Recognition Award.

Advisor's Signature: _____ Minister's Signature: _____

Date: _____ Date: _____

Please show this page to your minister.

A NOTE TO MINISTERS

Completion of the Fillmore Youth Award is a significant accomplishment by any teen. We encourage you to acknowledge their achievement in some special way. Consider presenting the award during a church service or other special event attended by people important to the teen. You might even invite them to speak for three minutes about what they learned through their work on this award. Consider publishing their accomplishment in the church newsletter with an accompanying picture. Celebrate with them and their family the marvelous spiritual being that they are!

The award certificate and a lapel pin are available through:

Association of Unity Churches International
P.O. Box 610
Lee's Summit, MO 64063
816-524-7414
acorder@unity.org