**What is Unity?**
by  Rev. Greg Barrette

**Unity is "positive, practical Christianity."**

POSITIVE--In 1978, I spent a day chauffeuring Norman Vincent Peale around Kansas City. When he found out that I was a ministerial student at Unity, he told me that the title of his best seller, *The Power of Positive Thinking*, was actually borrowed from an article written by Unity's co-founder, Charles Fillmore. Ten years later, Peale returned to dedicate the Silent Unity building and said, "I have been spiritually fed by this place for many, many years. I am glad to acknowledge the debt of gratitude I owe to Unity for my own spiritual insights and growth and for the help it has given me in my ministry over many years. It has helped me in preaching, in writing, and in dealing with individuals. I have a great respect and regard for the Fillmores. Unity ministers are leading people to higher levels of consciousness. Unity has related mind to the spiritual life. It teaches people to think their way into understanding and newness of life."

PRACTICAL--Unity is less concerned with theory than results. An engineer friend likens it to the difference between engineering and physics. A physicist is more involved with theory, but an engineer takes that theory and applies it in a practical sense to build something. Unity is less interested in theology (religious theory) than it is with what you can do with it. Unity takes the position that religion only has value to the extent that it is practiced day by day. In fact, the original name of Unity was "The Society of Practical Christianity."

CHRISTIANITY--Unity's founder, Charles Fillmore, once wrote that Unity was a return to "First-Century Christianity." In the time of the first disciples, Christianity was far less concerned with its theology than with its results. It was open-ended about beliefs, but definite about the power of prayer. So is Unity today. Unity is a path for spiritual living.