

Syllabus Unity Prayer SPD 100

Title of Course:	Unity Prayer
Meeting Dates and Times:	June 23-28, 2025 12:45-2:45pm
Location of Course:	Zoom
Instructor name and Contact information: (phone number and/or email address)	Carol Plummer cjplummer@verizon.net 301-529-9948 (cell)

A. **Course Description:** Affirmative meditative prayer is at the heart of the Unity spiritual path. The Unity way of prayer is ultimately aimed at experience of the Divine and Realization of the practitioner's Divine Potential. Along the way there are practical benefits, including guidance, healing and abundance. In this course, students are introduced to Unity's Five Step Prayer Process, supported in developing their daily prayer practice and learn the fundamentals of praying with others.

B. **Instructor:**

Carol, a Licensed Unity Teacher, is an active prayer chaplain and coordinator of the prayer chaplain program at Unity of Gaithersburg. She co-leads the training of prayer chaplains.

Since joining in 2015, she has served on the Board, chaired the Welcome committee and Online Auction, and participated in hospitality, communications, and bookstore teams. She now co-leads the SpiritGroup initiative and has led 6 SpiritGroups. With over 40 years as a seeker and consciousness explorer, she enjoys discussing and sharing spiritual topics.

She has 30 years in corporate business (which included positions in technical support, training, management and leading cross functional teams), led a women's business networking group and was an entrepreneur.

C. **Course Objectives:**

By the end of the course learners will be able to:

- Describe and demonstrate the application of the principles of Truth present in the five-step prayer process.
- Identify their current prayer method and compare and contrast with the Unity's affirmative prayer.
- Create/Update their prayer/spiritual practice with attention on consistency
- Articulate the fundamentals of praying with others.

D. **Required Texts and Materials:**

- Martella-Whitsett, Linda. How to Pray Without Talking to God
- Martella-Whitsett, Linda and Morency, Deeann Weir. Discover Your Divinity
- Foulkes, Francis. Effectual Prayer (Available for free at Truthunity.net)
- Ingraham, E.V. The Silence (Available for free at Truthunity.net)
- Finding Peace Through Prayer booklet G1317 (order for free from Unity.org)

E. Recommended Texts and Readings

- Hasbrouck, Hypatia. Handbook of Positive Prayer. Unity Village: Unity, 1984
- Rowland, May. Dare to Believe (Available for free at Truthunity.net)
- Butterworth, Eric. Discover the Power Within You (Chapter 9)
- Fillmore, Myrtle. How to Let God Help You, Unity Village (Available for free at <http://newthoughtlibrary.com/>)

F. Course Requirements and Assignments:

Students will be expected to:

- Participate actively in each class session’s activities.
- Complete reading assignments.
- Share (3-5 minutes) in class an example of your prayer/spiritual practice.
- Write a 500-600 page reflection paper.

G. Student Evaluation:

- S (Satisfactory) met all requirements.
- I (Incomplete) waiting for final assignment.
- AU (Audit) not seeking credentialing (no assignments required)
- NC (No Credit) did not complete final assignment within three months of end of course and/or did not meet attendance requirements.

Ten SEE credits will be granted when the student has successfully completed all the class assignments. Unless special permission is requested and granted, students are expected to attend all four two-1/2 hour classes.

H. Course Evaluation: During the final session, students will have the opportunity to complete a course evaluation. The feedback given will be appreciated and used to improve future class offerings.

I. Instructor’s Commitment: I will come to class prepared to engage the class in discussion and exploration of the topic. I will create and support a safe learning environment in which participants feel inspired to explore the topic and safely share their deepest thoughts and feelings. I will support all participants in their understanding of the material.

J. Class Schedule and Assignments:

The course will be covered in four two-1/2 hour sessions. Below are the topics for each class along with assignments for the next class.

Class	Date	Topic and Themes	Assignments for Next Class
		Preparation	

Class	Date	Topic and Themes	Assignments for Next Class
			<p>Read Ch 1 and 8 Discover Your Divinity by Martella-Whitsett & Morency</p> <p>Read Ch 2 How to Pray Without Talking to God by Rev. Linda Martella-Whitsett</p>
1	6/23/25	<p>Welcome & Introductions</p> <p>Overview & Heart Agreements</p> <p>What is prayer?</p> <p>How is affirmative prayer different</p> <p>Purpose of prayer</p> <p>Why aren't our prayers answered?</p> <p>Prayer partnering</p> <p>I am prayer flow</p> <p>Closing Prayer</p>	<p>Before class 2</p> <p>Call Silent Unity</p> <p>Plan to present your prayer - spiritual practice (2-3 min)</p> <p>Find and bring a prayer you like to class</p> <p>Read Ch 3 How to Pray Without Talking to God by Rev. Linda Martella-Whitsett</p>
2	6/24/25	<p>Opening Prayer</p> <p>Debrief Silent Unity calls</p> <p>Types of Prayers</p> <p>Exploring prayer intention & wording</p> <p>Daily Spiritual/prayer practice</p> <p>RX Prescription Chart Spirituality & Practice https://www.spiritualityandpractice.com/practices/chart</p> <p>Closing Prayer</p>	<p>Before class 3</p> <p>Review The Silence by E.V. Ingraham</p> <p>Read Ch 5 and 7 Discover Your Divinity by Martella-Whitsett & Morency</p> <p>Read Ch 5 How to Pray Without Talking to God by Rev. Linda Martella-Whitsett</p> <p>Review Prayer materials</p>
3	6/25/25	<p>Opening prayer</p> <p>Divine Presence/Identity</p> <p>5 Step Affirmative Prayer structure</p> <ul style="list-style-type: none"> • Relaxation • Concentration • Meditation (& Silence) • Realization • Appreciation <p>Closing Prayer</p>	<p>Pray with prayer partner</p> <p>Work on Affirmative prayer flow worksheet or use templatg on pg</p>

Class	Date	Topic and Themes	Assignments for Next Class
			110 Discover Your Divinity
4	6/26/25	<p>Opening prayer Debrief prayer calls/practice 5 Step Affirmative Prayer (con't) Prayer Movements Affirmative Shared Prayer Closing prayer</p>	<p>Read High Watch by Frances Foulkes Read Holding Space article https://rosecoloredglasses.com/holding-space/ Read Ch 7 How to Pray without Talking to God by Rev. Linda Martella-Whitsett Read Ch 9-11 Discover Your Divinity by Martella-Whitset & Morency</p>
5	6/27/23	<p>Opening Prayer Praying with others Discuss holding space Compare to holding high watch Sacred Circle Summary & Takeaways Course evaluations</p>	<p>What is next? How can you and what are you willing to do to continue to apply what you learned in this class in your life?</p>
		<p>Reflection Paper Write a 500-700 word self reflection paper answering one or more of the questions: What perspectives or insights did you get about prayer or your prayer/spiritual practice? How will what you learned impact your life? What changes did you or will you make in your prayer process or practice?</p>	