

Dear Friends,

KD and I have just returned from our trip in Japan. What an adventure and joyous experience we had with my son Robert and his wife Keiko! Every place we went required lots of walking, mostly uphill. We joked it was Japan's exercise program for losing weight. We drank in every moment as we traveled around the country side by train, bus, cab, cable car, and foot.

Robert asked me what surprised me the most about what we saw on our travels. Without hesitation I said, "Simplicity, consideration, and generosity." As much as the Japanese love western culture and try to imitate it, they maintain a sense of simplicity that is rarely ever found here. KD and I marveled at how simple and well decorated their homes were. The gardens (yards) were well kept and displayed a variety of colorful plants and edible vegetables, herbs, and spices. Simple and functional is what we saw everywhere we went.

Every person we met went out of their way to show consideration and respect for those around them. Walking the streets and roadsides people, cars, bicycles, taxis, and mopeds all shared the same area without an accident. Because everyone extended consideration for the other everything moved in perfect order. No one person was vying for a lead position or trying to rush from one place to another without regard of those around them.

When we entered a building of any kind we were always greeted with smiles, a verbal greeting, and a bow. When we left we were again thanked for being there and asked to come again, also with a bow. When we dined out the wait staff was generous with the food and service. When I asked Robert how the tip was figured he informed me that it is an insult to tip the wait staff. Very rarely is tipping done in Japan. It is an honor to serve the customers and their reward is taking care of their customers in a generous and friendly manner.

The Japanese love to give and receive gifts. They are truly a gift giving nation of people. When we visited Keiko's family they had gifts for us and we had gifts for them. They don't have to be big or expensive. As the saying goes, "It's the thought that counts."

Everything KD and I experienced made us more appreciative of all the blessings we have received here at Unity Church of Bakersfield. Each of you have impacted our lives beyond measure. The love and light that is shared by our faith community and extended family shines bright in our hearts. We are grateful to have such loving, warm, and generous friends and colleagues.

As we approach the holiday season may we all take a few minutes to remember our blessings, our gifts and let others know what they mean to us. Let's look to share our light and love in service to others. Let's keep our lives simple and be generous with our words, thoughts, and deeds.

In fact, let's make Thanksgiving Eve a complaint free day. Will Bowen, Unity minister and author of *A Complaint Free World* suggests: *As you prepare for Thanksgiving and anticipate the gathering of friends and family let's start being thankful and make a pledge to stop complaining.*

We know that our thoughts create our lives and our words tell people what we are thinking. I was impressed by the Japanese and their attitude about life. Just as they try to imitate the western style it would be good to imitate the eastern style. Buddha proclaimed, "*We are shaped by our thoughts; we become what we think.*" And Jesus stated, "*As you believe, so it will be done for you.*"

Happy Holidays!



Unity Center - Bakersfield
 1619 E Street, Bakersfield, CA 93301
Your Spiritual Home for the 21st Century

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Mailed with abundant blessings to...

**Rev. Chuck’s ongoing class on Compassionate Communication - During Healing Prayer Services,
 6:30 p.m. Wednesdays**

SATURDAY, NOVEMBER 3RD, 10 A.M. TO 6 P.M. - INTERFAITH HARVEST FESTIVAL!!!

Nov. 17th & Dec. 8th at 2 p.m. at Borders Bookstore - Youth Empowerment Meeting - ages 14-19

**All Church Potluck and Bingo - Sunday, Nov. 11th after services. Bring a \$5 gift certificate & food!
 Potluck & “Giving Thanks Workshop” - Sunday, Nov. 18th after services. Workshop begins at noon.**

HOLIDAY KID’S CAMP - Y.O.U. service project - \$10 per child - sign up now!

CHRISTMAS CONCERT - Sunday, Dec. 16th at 11:30 a.m. - Luncheon provided afterwards

Dearly Beloved,

We believe in the power of prayer. During the months of November and December we affirm with you that your faith in God’s love is your source of health, vitality, peace, abundance, guidance, and well-being. We affirm divine wisdom, harmony, and understanding in all you do and say. Your prayer request will be kept in our prayer box and affirmed each Wednesday at the healing prayer meeting for 30 days. Then we send it to Silent Unity for another 30 days. We welcome your request.

Please pray with me concerning: _____

Please accept this gift of \$_____ to keep this important work going in Bakersfield.

Abundant Blessings is a bi-monthly newsletter. It is our hope that the articles, activities, and information shared within

these pages helps you to create and live a more abundant life.

Unity Church of Bakersfield
 2001 Truxtun Ave, Bakersfield CA 93301
Office & Bookstore
 1619 E Street, Bakersfield CA 93301
 Phone: 661-327-8614
 Website: www.unityofbakersfield.org
 Prayer: 1-800-669-7729

Those Who Serve You In Love...

Rev. Chuck Courneyea, Minister
 Rev. Shirley Bring, Minister Emeritus
 Rev. Dr. Cassandra Sheard, Community Liaison, Prayer Team
 Ray Wallace, President of Board of Trustees, Prayer Team,
 Music Team
 Eric Foss, Vice-Pres. of Board, Webmaster, Audio-Visual Team
 Owen Kulewicz, Secretary-Treasurer of Board, Office Team
 Mark Harris, Member of Board, Maintenance, Fellowship Team
 Sue Berry, Member of Board, Usher/Greeters Team, SOUL
 KD Vargo-Courneyea, Youth Ed Coordinator, YOU Sponsor
 Deborah Goaldman, Coordinator of Bookstore Volunteers
 Beverly Marino, Coordinator of Church Services, Music Director
 Stephanie Apsit, Coordinator of Fellowship Volunteers
 Christina Harris, Coordinator of Social Activities

The gift of life is one of the greatest blessings we can have.
 With that in mind it is our pleasure to
 celebrate the following birthdays:



November

Allen Polson
 Windy Lewis

December

Joey Foster
 Stephen
 Zelen

Taisha Alvarado
 Linda Alvarado
 Royann Maxson
 Katrina Oldershaw
 Vivian Hayes
 Pam Simpson
 Robert Courneyea
 Sue Berry
 Karen Chadwick
 Eric Foss
 Karyn Cosper

Lynnette Anderson
 Tanner Boyd
 Patti Ross
 Matt Greenlee
 Viola White
 Erika Dahlen
 Deanna McCay
 David Selzam, Jr.
 Craig Luther
 Gloria & Julia Brewster
 Louis Marino

Charlotte Torrey
 Diane Cooper
 Karl Burlingame, Jr.

Marilyn Yeich
 Linda Silva
 Roberta Norbury
 Sandra

Mansfield

Vickie Lacey
 Scott Eidenshink
 Charlene Wallace



Our greatest asset is our volunteers. Your greatest gift to God is to be of service for it enriches the lives of all who are touched by it. When you see the following individuals around the church give them a hug for sharing their "gift of service."

November

Ushers/Greeters:

Lynnette Anderson &
 Sue Berry
 Felicia & Owen Kulewicz
 Wynter Campbell &
 Sandy Wagner
 Y.O.U.

December

Ushers/Greeters:

Lynnette Anderson &
 Marion Owen
 Judy & Tom Soucy
 Wynter Campbell &
 Jean Irvine
 Toni & Rachel Salazar
 Y.O.U.

Fellowship:

Stephanie Apsit
 Diane Cooper & Sue Berry
 Y.O.U.
 Jennifer Cecero &
 Stephanie Apsit

Fellowship:

Stephanie Apsit
 Karen Sickler &
 Lynnette Anderson
 Karen Mathis (luncheon)
 & Georgeann
 Kirkpatrick
 Y.O.U.
 Samantha Lopes &
 Stephanie Apsit

Bookstore:

Joanie Steckel
 Deborah Goaldman
 Char & Ray Wallace

Bookstore:

Joanie Steckel
 Deborah Goaldman
 Char & Ray Wallace

Platform Assistant:

Mike Oldershaw
 Marion Owen
 Deborah Goaldman
 Eric Foss

Platform Assistant:

Mike Oldershaw
 Marion Owen
 Deborah Goaldman
 Ray Wallace
 Margaret Smith



Our Abundance Factor:

Year To Date Income: \$82,919.92
 Year To Date Expenses: \$78,933.98
 Difference: \$ 3,985.94

As of September 30, 2007

In the end, the Love we take is equal to the Love we make. Thank you for lovingly giving of your financial abundance to Unity Church. Your gifts help the church, and each of you, to grow in many ways, and with much love.

Thanks!
Owen Kulewicz
Secretary/Treasurer

Ribbons of Love

At Harp Camp last week, we learned an exercise for playing harp: first to play as we normally do and observe how we felt, then form a picture of a cord connecting the bases of our spines to the center of the Earth, play again, and observe how we felt.

Try some simple task – first without, then with picturing this cord. See how you feel. Don't worry if you don't play harp – just wash dishes, drive your car, clean your house, or tuck a child into bed. It's called grounding. When we were grounded, our partners actually could not shove us off our feet as easily as when we were not.

When you have the picture in your mind, thank God for the cord. Thanking God "cements" the image, bringing it to reality.

Next, we tried playing normally, and then picturing a second cord connecting ourselves with our harps. The music got prettier. Finally we pictured ourselves all corded together. The music got even more beautiful.

Then picture a cord of love connecting you to those dishes, your home, your car, and your child. Let it encircle you and all your family. It doesn't take much imagination, and once you've imagined it, you can go on about what you are doing, and let the cord be there. Whenever you think about it, thank God for it again.

Third, picture each of them connected to the Earth. See how your perception of them changes again.

Think of all the things and people you can hitch love cords to – it's called visualization prayer. Can you picture your appliances? Your home? Your family? Your ancestors and descendants? Bakersfield? All of California? Our political leaders? The world? The San Andreas Fault?

Finally, I pictured one last cord of love for each one to the sky – to God. Go ahead –and don't forget one for yourself. Thank God for them, too.

Doesn't that just about sum up your daily prayers?

Blessings on you, and on your house.

We Love Our Volunteers

It takes many hands in front and behind the scenes to keep the doors open and services in place here at Unity of Bakersfield. We want to thank everyone who gives of their time, talents, and treasures on a regular basis to help Unity be a blessing in the community in which we live. We believe everyone has a gift to share, the "light" that is theirs to share with others so their little part of the world can be brighter. With that in mind, we joyously celebrate the "light" of *Becky Eidenshink*, who is our SOUL (Spirits of Unity's Love) President, a past member of the Board of Trustees, and a frequent office volunteer. Becky has been especially busy right now in preparations for our Harvest Festival. Please give her a hug the next time you see her. Thank you, Becky. We love and appreciate all that you do.

GIVING THANKS WORKSHOP



Come rejoice in your blessings and give thanks at this workshop. You will leave with gratitude and affirmations to celebrate this time of year. There will be hands-on activities to express thankfulness.

**Where: Unity Church of Bakersfield
1619 "E" St. (Truxtun & E)**

When: Sunday, November 18, 2007

Time: 12:00

Cost: Love Offering (or \$15)

There will be a potluck after the service and before the workshop. Please bring a dish to share with others.

If you have any questions, please call Christina Harris, Licensed Clinical Social Worker, at (661) 302-9999.