

Dear Friends,

An old time song, "Spring Showers Bring May Flowers", is a joyful melody. It reminds us that growth and opportunity are waiting right around the corner to bless us with their abundance. I like the springtime and watching all the new growth appear--a promise of things to come.

There is, however, a childhood memory that keeps creeping back into the forefront of my mind that was not fun--at least for any kid I knew of when I was growing up. It's the memory of "spring cleaning!" I would wake up on a beautiful Saturday morning thinking about all the great stuff my friends and I could do. Then my freedom bubble would suddenly burst at the sound of my mother's voice saying, "Okay Chuck, it's time for spring cleaning!"

Now mind you, we lived in a two-story farm house built in the early 1800's. We had wooden floors, a wood and coal burning furnace that coated the entire house with a film of dust during the cold winter months. The storm windows had to come off and all the windows had to be washed. All the floors had to be cleaned and polished, which I guess wasn't all bad as my mother would put me and my two sisters on a blanket and pull us around the floor to polish it. I thought it was great, except for the occasional splinter in the butt. Many years later we got wall-to-wall carpet and a great toy--a canister vacuum! It was great for cleaning dust bunnies from under the beds and then blowing air at the cats as we ran from room to room.

When I was older and allowed to be left alone, my mother charged me with washing down all the kitchen cabinets while she was at work one Saturday. Looking at the monumental job ahead of me I got the bright idea that it would be easier to paint all the cabinets than clean them. So out to the barn I went to see how much paint we had. After finding three partial cans of different colors I mixed them together into a full gallon of what turned out to be some off-green color that I thought would add a special look to our country kitchen. My mother, to say the least, was not happy. So much for short-cuts.

As I look back over my childhood experiences, they did involve a lot of cleaning, washing, dusting, folding, and ironing--which KD is really happy that I know how to do. Every time I used to complain, my mother would wisely inform me that one day I would look back and thank her for teaching me these things. In a real and metaphorical way I came to realize her statement held a lot of truth. Thanks, mom!

I find the spring to be a time of year that I can clean out my consciousness of beliefs. Just as our houses accumulate masses of unwanted stuff, so do our minds. This is a time when I can concentrate on ways to release, let go and get rid of old habits or ways of thinking that no longer serve me in a positive and uplifting way.

Being able to release stuff from our lives, to do a spring cleaning of our minds, is one of the most important steps in our emotional and spiritual development. Release is about letting go of those things from the past that have attached themselves to your way of thinking and behaving. If you are having trouble moving forward to a new way of life, of thinking, of acting then look back and see what idea or belief is keeping you locked to the past.

The beauty of this advent of springtime and the renewal in nature is that it can also happen in us. Part of our growth is our ability to let go of those things that no longer serve us on our spiritual journey. As Jesus stated, *"You will know the truth and the truth will set you free."* So what is the truth of your situation, circumstance, and what can you do to change how you look at it? One thing you can do is affirm that you *CAN* change, evolve, and do something different.

It takes a willing commitment to make the necessary changes. Think about this: when sorting through stuff that you are looking to throw or give away, do you stop and think to yourself, "I'd better keep this because ____, or in case ____."? If you're going to take out the garbage, why root through it? Instead, use a blessing as you take it to the curb. "I give thanks for the value I have received. It is time to let go and move on."

Have a great time with your spring cleaning and may you have a great Easter experience.

Blessings,



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

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RETURN SERVICE REQUESTED

Mailed with abundant blessings to...

- Rev. Chuck's class "Lessons In Truth" - Mondays Feb. 24 - Mar. 31 6:30 p.m. (No class March 10th)**
- Rev. Ruinese Cassandra's class Spirit/Soul Adventure - Tuesdays at 10 a.m.**
- Rev. Chuck's class on "Awakening to Self-Mastery" during Healing Prayer Services, 6:30 p.m. Wednesdays**
- Y.U.M.M. (YOU's Monthly Meeting) - March 8th at Border's Café at 2 p.m., ages 14-19**
- GUEST SPEAKER: Dr. Chuck Wall - Sunday, March 9, 2008 at 10 a.m.**
- GUEST SPEAKER: Rev. Dr. Ruinese Cassandra Sheard - Sunday, March 16, 2008 at 10 a.m.**
- EASTER SUNDAY - Egg Hunt for ages 9 and under immediately following services March 23rd**
- SPRING KID'S CAMP - Sat. April 5, 9a.m. to 3p.m., ages 2-13 \$10 per child! Y.O.U. Service Project.**
- Y.U.M.M. (YOU's Monthly Meeting) - April 12th at Border's Café at 2 p.m., ages 14-19**

Dearly Beloved,

We believe in the power of prayer. During the months of March and April 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.



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.”

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. R. 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, Sec.-Treas. of Board, Office Team, Y.O.U.
- Mark Harris, Member of Board, Maintenance, Social 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:

March

- Jeff Courneyea
- Lucinda Soria
- Deb Carlson
- Frank Vail
- Chris Reaney
- Mark Flores
- Karl Burlingame
- Jennie Portillo
- John Purdy
- Mike Oldershaw
- Bill Peters
- Kendra Oldershaw
- Jennifer Cecero
- Judy Flickinger
- Raymond Furey
- Sayuri Buell
- Jake Ingle
- Karen Pike

April

- Jaye Naomi
- Lora Lopes
- Ada Davis
- Susan Saylor
- Samantha Lopes
- Alice Hopfe
- Julia Davis
- Jim Cecero
- Joy Bowen
- Nicole Portillo
- Dixie Brewer
- Lodema Kitchen James
- Phil Kemp
- Zachary Courneyea
- David Bowling
- Keiko Courneyea
- Thelma Farmer
- Ginger Boyd
- Sherry Brown
- Abby Stevens
- Daniel Kulka



March

Ushers/Greeters:

- Felicia & Owen Kulewicz
- Judy & Tom Soucy
- Wynter Campbell & Sue Berry
- Stephanie Apsit & Lynnette Anderson
- Y.O.U.

Fellowship:

- Stephanie Apsit & Sherry Brown
- Stephanie Apsit
- Y.O.U.
- Darlene Saunders & Connie Bennett
- Ray Wallace

Bookstore:

- Joanie Steckel
- Deborah Goaldman
- Char & Ray Wallace

Platform Assistant:

- Mike Oldershaw
- Rev. Ruinese C. Sheard
- Deborah Goaldman
- Ray Wallace
- Margaret Smith

April

Ushers/Greeters:

- Marilyn Yeich & Julia Davis
- Sandy Wagner & Sue Berry
- Wynter Campbell & Jean Irvine
- Y.O.U.

Fellowship:

- Sherry Brown
- Stephanie Apsit
- Y.O.U.
- Sue Berry

Bookstore:

- Joanie Steckel
- Deborah Goaldman
- Char & Ray Wallace

Platform Assistant:

- Mike Oldershaw
- Marion Owen
- Deborah Goaldman
- Ray Wallace

Our Abundance Factor:

Year To Date Income: \$ 9,698.51
 Year To Date Expenses: \$ 9,514.23
 Difference: \$ 184.28



As of January 31, 2008

Through You, God, we know 2008 has already been a prosperous, financially abundant year for Unity Church of Bakersfield. Thank You, God for our continued financial strength. Thank You, God! Thank You, God! Thank You, God!

Blessings,
Owen Kulewicz
 Secretary/Treasurer

Unity Life
March, 2008

Who's Your God
By Jaye Naomi

I recently watched "Gone with the Wind" and extra features on the 4-disk set. At the same time, I've been following Keep a True Lent, and the accompanying Bible readings.

The Bible says that while an heir is a child, he is subject to the servant – the word in the King James is "slave." Seeing "Gone with the Wind," and noticing the influence Mammy and the rest of the servants had over Scarlett, Melanie, and the rest of the gentlefolk, I have a new understanding of that relationship.

Scarlett never quite got over needing to please Mammy and the rest of the hierarchy she had lived under – neither did Melanie, Ashley, or the rest. The only one who really did was Rhett Butler. We're a lot like them. That hierarchy represents many things – our parents, friends, family, the internal "tapes" that play in our heads, and the Bible itself. Our parents were supposed to teach us to make our own decisions. Even the Bible was never meant to be a "slave master" – I think even with it, we were meant to grow up to make our own decisions.

A friend told me last week that when she began twelve step recovery, she described her higher power (God) to her sponsor, and her sponsor said, "Well, you need to fire that one, and find yourself one you can live with!" because my friend's original higher power was a distant, cold score-keeper just waiting for her to make her next mistake in order to ding her for it. She eventually did fire it, and now knows a God who loves her, lives inside her instead of "way up there," and wants to help instead of keep score.

Many traditions say, "What you worship, you become."

Do we have a divine being, higher power – God – that keeps score? If we do, that's who we become. I know people like that. I struggle daily against being that, because that is my own original higher power, and it's the family I came from.

The Higher Power I have come to know and love, in the last 15 years is very much like my friend's. It's pretty well summed up in three words:

God is love.

When I remember that, my life works a lot better. Sometimes I need something like "Gone with the Wind" to remind me just how big the difference can be.

If you want a thoughtful evening, watch the movie, and think about what each character says about you and God. Better yet, read the book. I think I'm going to be looking for it.

Blessings on you, and on your house.

God's Hands
by Char Wallace

We are one step below the angels on high
God's expression, you and I.

We are God's hands outward reaching;
What message are my hands teaching?
Never to grab in heartless greed;
But to reach out instead to those in need?

May my hands gently touch a cheek new born;
Or that of the aged weathered and worn.

All creatures great and small;
Teach me to care for them one and all.

We are God's voice outward reaching;
What message is my voice teaching?

Not to moan and groan of things gone wrong;
May I speak instead in gladsome song.

Help me love our young with care;
my wisdom and knowledge kindly share.

Let me speak of a love so high and grand;
That heaven on earth is right at hand.

We are God's ears outward reaching ;
Help me hear what Christ is teaching.

And take the time every day;
To turn within and silently pray.

To consciously shut out the toil and din;
And turn instead to the voice within.

To listen with a thoughtful ear;
The message of life I am to hear.

I am God's eyes outward reaching;
I choose to see what love is teaching.

Not to judge with critical eye;
And allow the beauty to pass me by.

Help me to find God in all I see;
Instead of the way I think it should be.

I will find the best in everyone;
Through peace on earth, Thy will be done.

We are one step below the angels on high
God's expression on earth, you and I.

May I guard the message I am teaching;
For our lives are God outward reaching.

Amen

Web Site Update

It's easier than ever to use our site. You don't need to enter www.unityofbakersfield.org to visit our web pages. Just use these addresses to reach specific pages.

1. www.ucob.org - takes you to our home page.
2. buy.ucob.org - takes you to our shop on line and support page. When you buy from Amazon, ABE (Advanced Book Exchange), CD Universe, or Office Depot our Church gets a commission.
3. cal.ucob.org - takes you to our calendar of events page.
4. netcast.ucob.org - takes you to our netcast page. Have Rev. Chuck's lessons sent directly to your computer using iTunes.
5. fun.ucob.org - takes you to our news, comics, and games page.
6. If you'd like to get an E-Mail before different events here just send an E-Mail to subscribe@ucob.org and put - classes, Special Events, Sunday Lessons, Choir, or Newsletter in the body of your message and you'll be added to that list.

So check it out! There's all kinds of good stuff and its all low carb and fat free.

. . .and now, more from our Webmaster . . .

Church Fashions

Going to Church is the highlight of many people's week so dresssing up, or sideways, is important ... to a lot of people. This is why we're introducing the Unity Shorts and T-Shirt Collection. These clothes are perfect for all occastion, they even keep you warm in the winter. Just look at this picture showing one of our church members taking a video during the Bakersfield snow storm of 1999.



For information on how You can Join the Rush to wear this Heaven-Sent fashion statement just call us. Operators are not standing by ... but there's an answering machine if all else fails.