



From the Desk of
Rev. Chuck
Happy Holidays



Dear Friends,

Here we are—just two more months and 2008 will be but a memory in our hearts and minds. We have seen great changes with still more to come. By the time you receive this letter we will have a new President elect. To say that this year has been challenging is somewhat of an understatement. However, with those challenges came many opportunities for spiritual inspiration and growth. As I look back over the year I am reminded of these words by one of our country's great Transcendentalists, Henry David Thoreau, from his classic work "Walden":

If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours. He will put some things behind, will pass an invisible boundary; new universal, and more liberal laws will begin to establish themselves around and within him; or the old laws will be expanded, and interpreted in his favor in a more liberal sense, and he will live with the license of a higher order of beings.

I invite each of you to join us during this very important time of the year – a time when we gather in the harvest of our experiences, ready ourselves for the coming of winter and prepare for the rest that will follow as we take time to contemplate where we wish to head in the new year.

None of us knows what the future holds. We can only respond to the divine idea within us that pushes us ever forward and onward. This spiritual desire is Spirit in action moving us in the direction of our purpose. We may not have all the answers, all the pieces to the puzzle, or understand all the rules of the game. Nevertheless, we do have a connection to the divine source of all knowledge, wisdom, and insight, if we only allow ourselves to have access to it.

During your time of rest and contemplation ask, seek, knock, and it will be given to you. The divine presence is waiting for you to give it the permission to reveal what needs to be revealed so that you may go forth and live the dream you are here to live. Review the year with loving eyes and heart. Don't judge where you have been or where it might take you. Accept the outcomes of your experiences as opportunities to make the changes your heart and mind are telling you make.

Many of us have seen the TV commercial about *loving the skin you're in*—well, I invite you to take this season of thanksgiving and gift giving to *love the life you're in*. It's your life and your choices. Give thanks for it no matter how it is unfolding for you, because behind every choice and experience there is a gift waiting to be opened and shared.

Use this time to prepare your hearts and minds for a new adventure in 2009 as we get ready to affirm ***The World Is Mine In 2009!*** And to help us get there, I will be conducting a series of lessons based on the best selling book by Esther and Jerry Hicks, Ask and It Is Given: Learning to Manifest Your Desires.

Have a safe, fun, and blessed holiday season!



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 class during Healing Prayer Services 6:30 p.m. Wednesdays
Zen Buddhist Meditation w/ Lou Marino - Sundays 2 p.m.(NOT meeting Nov.23, Dec. 21, 28)
Rev. Ruinese Cassandra's class "Metaphysics and Truth" meets Tuesdays at 10 a.m.
Holiday Decorating in the Sanctuary 9 a.m. on Saturday, November 29th
Holiday Kid's Camp on Saturday, December 6th from 9 a.m. to 3 p.m. \$10 per child (ages 2-13)
Holiday Christmas Concert & Luncheon - Sunday, December 14th after church services (11:30 a.m.)

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 bimonthly newsletter. It is our hope that the articles, activities, and information shared within these pages help 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. 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

Margaret Smith, Alternate Member of Board, Office Volunteer

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



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

Allan Polson

Heidi Hill

Windy Lewis

Scotty Thompson

Taisha Alvarado

Johnny Davies

Jeff Sanders

Linda Alvarado

Royann Maxson

Katrina Oldershaw

Vivian Hayes

Ray Rothlisberger

Pam Simpson

Robert Courneyea

Sue Berry

Karen Chadwick

Eric Foss

Karyn Cosper

Sharon Salyers

December

Joey Foster, Stephen Zelen

Lynnette Anderson

Tanner Boyd

Patti Ross, Al Cornelius

Matt Greenlee

Michelle Cornelius

Nick Hiroshima-Harber

Viola White, Erika Dahlen

David Selzam, Jr.

Alma Newell, Craig Luther

Gloria & Julia Brewster

Louis Marino

Charlotte Torrey

Diane Cooper

Bailey Hiroshima-Harber

Joanne Hamilton

Karl Burlingame, Jr.

Marilyn Yeich, Linda Silva

Roberta Norbury

Sandra Mansfield

Vickie Lacey, Scott

Eidenshink, Char 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:

Marilyn Yeich / Sue Berry

Tom & Judy Soucy

Sue Berry / Sandy Wagner

Felicia & Owen Kulewicz

Fellowship:

Voices of Unity Choir

Y.O.U.

Bookstore:

Joanie Steckel

Deborah Goaldman

Char & Ray Wallace

Platform Assistant:

Mike Oldershaw

Margaret Smith

Deborah Goaldman

Ray Wallace

Marion Owen

December

Ushers/Greeters:

Lynnette & Phillip

Anderson

Marilyn Yeich / Jean

Irvine

Stephanie Apsit /

Sue Berry

Fellowship:

Voices of Unity Choir

Karen Mathis /

Georgeann Kirkpatrick

Y.O.U.

Bookstore:

Joanie Steckel

Deborah Goaldman

Char & Ray Wallace

Platform Assistant:

Mike Oldershaw

Margaret Smith

Deborah Goaldman

Ray Wallace



Our Abundance Factor:

Year To Date Income: \$83,698.86

Year To Date Expenses: \$87,712.45

Difference: <\$ 4,013.59>

As of October 31, 2008

Thank You, God, that I am already financially abundant. Thank you that money and wealth are already mine and that money and wealth have already come to me again today from places known and unknown, anticipated and unanticipated, expected and unexpected, all through You, God, the One Source.

And So It Is!

Blessings,

Owen Kulewicz

Secretary/Treasurer

Unity Life
October, 2008

To the Pure
By Jaye

If “To the Pure, all things are pure,” where on the “purity” continuum am I? Where are you?

I’m not talking about holier-than-thou stuff. I’m talking about being able to see good in things – including ourselves.

I am realizing that examining my daily outlook on the things around me, including myself, is one way to take my spiritual and emotional temperature.

Think about it. We all know people who see the good in everything and everyone, and people who see bad all around them. Take Caroline, the main character in “Chocolat.” When she first opened her chocolate shop, a rather ratty-looking woman came in, and the first thing she did was to shoplift a small item. Caroline, the chocolatier, saw her do it.

If I had been Caroline, and one of the first visitors to my store had shoplifted, what would I have done?

I know what I felt when I watched the event – a reaction of, “Well! The nerve!”

But Caroline supposed that the woman had a good reason for taking the item, and not only said nothing, but generously gave her another piece of candy. It turned out that the woman was being abused by her husband, and she ended up leaving him, and becoming Caroline’s first apprentice.

By seeing the good in this woman and in all the villagers, Caroline began to show the townspeople by example that they had good in themselves that they had never suspected. In fact, did you know that the word “villain” is simply the archaic form of “villager,” and it only came to mean “bad person” because “villains,” being rough and uncultured, made errors in etiquette, which the city folk thought were deliberate crimes?

What can we learn from “Chocolat”?

The film takes place during the Lenten season, when all “good” Catholics are giving up pleasures and simplifying their lives before Easter. Yet Keep a True Lent teaches us that the true value of Lent is not to give up the pleasures that are good for us, but the things that don’t help at all. And what better time to think about that than before Advent?

As the days get shorter, as we prepare to cocoon for the winter, what would we like to see die with the leaves on the trees?

Putting ourselves and others down? Distrust? Gripping? Road rage?

As the nights grow longer, what restful things would we like to replace those unhelpful things with? Encouragement? Trust? Pitching in to help others? Leaving a bit early so you can drive a bit slower to get places? Getting a bit more sleep so you feel just that tad more rested than you have been feeling? Meditating?

I blow it often enough. I still need to sit back and have some hot cocoa from time to time and be good to myself while I figure out how I can make something right and perhaps even better than if I hadn’t made the mistake in the first place.

There’s enough “chocolate” to go around. I’ll share.

Blessings on you, and on your house.

Check out Jaye’s new weekly blog at
www.regularjill.com

SHOPPING!

Come by the Church Bookstore and pick up some canned goods, gift items, and crafts that were made for the Interfaith Harvest Festival! We have a few items left and many would make wonderful Christmas presents. We will continue to sell these until Christmas, but hope that we sell completely out.

CHRISTMAS CONCERT

On Sunday, December 14th after services we will be holding our annual Christmas Concert. We hope everyone can attend. We may even have a special guest from the North Pole . . . Ho! Ho! Ho!

After the concert, Georgeann Kirkpatrick and Karen Mathis will host a wonderful luncheon in the fellowship hall. The concert and luncheon are free, and love offerings are welcomed, which will go to the music department of Unity Church.

Dr. Mitra Ray is Speaking on “How To Look And Feel Beautiful” on Nov. 15 here in Bakersfield, CA from 10 to 11:30 a.m.

Modern Science has already unlocked the secrets for living a longer and healthier life. In “From Here To Longevity”, Dr. Mitra Ray gives us the keys that science has provided and shows us how to use them.

She debunks the many health myths and misinterpreted research that have led us to the wrong conclusions. She encourages us to reevaluate the choices we make every day that can affect our bodies at the cellular level. She explains the simple things we can do to make a difference for our own health and for the health of our loved ones.

Contact Paulette Suzanne at (800) 245-4691 or email: paulettesuzanne@peoplepc.com to reserve your complementary seating.

**UNITY YOGA-EXERCISES TO
STRENGTHEN THE BODY & MIND**

Offered on a donation basis on Thursday evenings at 6:45 in the downstairs classroom #4,

Kenny Beal, certified yoga instructor in Ashtanga Vinyasa Yoga will welcome all ages (under 18 must be accompanied by an adult) who have love in their hearts. Beginners to Advanced.

Contact the church for more information or just come Thursday evening.