



May 2009

From the Desk of  
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Dear Friends,

As I look around my neighborhood I see homeowners busy tending to their gardens. Each taking pride and care in cultivating and nourishing their shrubs, flowers, and plants so that they can be the best they can be. It occurred to me that in order for us to be at our best we need care, cultivating, and nourishment too.

**Care:** How are you taking care of yourself? Are you allowing yourself enough “me” time? If not, why not? If you don’t take care of yourself no one else will. Rest and relaxation will go a long way in providing you the extra strength and energy to be the best you can be.

The hospitals are filled with those who did not take time to care for their physical, emotional and spiritual needs. Emotional stress depleted their immune system and created disharmony in the energy fields of their bodies. Lack of rest depleted their strength and brought on bouts of anger and depression that released chemicals and toxins into their bodies causing imbalance and disease.

The body is a wonder of creation. If we are to be the best we can be then we need to take care of the very vessel that will help us do just that. The body knows what it needs. We must learn to listen, understand, and be in harmony with its needs. When we make a commitment to care for ourselves we will discover great benefits mentally, emotionally, physically, and spiritually.

**Cultivating:** Just as every garden needs cultivating so do our lives. If we are to stay “weed” free then we need to get rid of those things that would keep us from flourishing and reaching our potential.

In my former profession I spent over 19 years in the pest control, horticultural industry. It was there that I learned the definition of a weed. It is nothing more than a plant out of place. In other

words it’s still a plant, but one that is not wanted in a particular environment, namely your garden.

The “weeds” in our lives are those thoughts, actions, beliefs, and behaviors that choke out the plants we really want to take root and grow. No matter what kind of weeds we may be dealing with in our lives they are controllable. The tools we can use in cultivating our life’s garden are denials and affirmations. (Note: The term denial used here does not mean we don’t “see” it, it means we deny it has power to invade our lives.)

Acknowledge that there are weeds that need to be taken care of. Use the power of discernment to determine what course of action will be best in cleaning up the infested areas of your life. Then as the weeds are removed plant (affirm) new seeds (thoughts, beliefs, behaviors) in their place.

**Nourishment:** Once the care and cultivating has been established as a daily routine it is time to feed your life’s garden. The best nourishment around is prayer and meditation. When we practice daily feeding of our hearts, minds, and souls through prayer and meditation our root system (faith) becomes stronger so we can reach up and out to be our very best in the world.

I invite you to try this trinity of growth in the months ahead and then watch the wonderful blessings unfold in your life and affairs.

*Abundant Blessings!*  
*Rev. Chuck*



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