



*June 2009*

**From the Desk of  
Rev. Chuck**

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Dear Friends,

I was watching the movie “What About Bob” the other night. There’s a scene where Bob is told by his doctor to take a vacation from his fears, worries, anxieties. With summer just around the corner I thought I would share some insights on how we can all take a vacation from negative thoughts and reduce the stress in our lives.

People take vacations to help themselves regain balance, peace, and a sense of renewed hope as they escape the trappings of the everyday world.

In her article, *8 Ways to Increase Hope*, Naomi Drew writes: “I’ve been so overwhelmed by what’s going on these days. I feel like there’s nothing I can do and the world’s spinning out of control,” a mother recently said regarding world events. Right now, it’s easy to lose hope. However, loss of hope doesn’t have to be the path we walk down. You see, hope is actually something we create.”

Unity teaches that we all have the power to control how we perceive the world. How we think, act and talk about our experiences will only bring more of what we think, act and talk about to us. Try using Naomi Drew’s eight steps to help you or a loved one take a vacation from fear and worry as you travel your pathway with renewed hope.

**Step 1: Be Kind to Yourself.** Think about what you need most, and then do it. Too often we don’t treat ourselves with kindness. We put off doing things for ourselves that would make our day a little brighter.

**Step 2: Create a Daily 5-Minute Silence Ritual.** Light a candle and pray, meditate, or reflect on the just the light before you. As you focus your attention on the flickering light, all of a sudden all the cares of the day leave you. It works, try it.

**Step 3: Curtail Your Intake of News.** Negativity sells. Stop buying into it. Stay informed, but remember that anything you missed will be there tomorrow.

**Step 4: Treat Each Day As a Gift.** If today was your last day here on earth, how would you want to live it?

**Step 5. Take a Break.** The number 7 is symbolic for the creative process (7 days). Give yourself 21 seconds (three sevens) each day to just take a few deep breaths and give thanks for your ability to use your wisdom to create solutions for any problem or situation.

**Step 6. Express Your Love.** Give hugs, write notes, do an act of kindness. As you express this energy, it returns to you ten-fold.

**Step 7. Use Affirmations Every Day.** Unity teaches that as we use affirmations to strengthen our faith we empower ourselves to change our outlook on life. As we affirm the positive things in life we won’t be so quick to give in to fear and worry.

**Step 8. Make a Difference.** Each of us has the power to make a difference in someone’s life. We have the power not only to transform our lives but also the lives we touch through our thoughts, words, and actions. Help a neighbor in need or volunteer in your community.

As you prepare for the summer months ahead, vacationing in distant places or just close to home, God is with you. And in the words of H. Emily Cady, “Be still and know, be still and trust, be still and expect” (Miscellaneous Writings, page 67).



*Unity Church of Bakersfield is supported solely by members and friends like you. Your financial gifts are greatly appreciated.*

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