



August 2009

From the Desk of Rev. Chuck

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Dear Friends,

While sitting at the railroad crossing on Q Street I began to think about the August letter. As thoughts raced through my mind it occurred to me that our thoughts are like the train. I'm sure many of you remember the old saying, "I lost my train of thought."

The "thought-train" is like the trains we see moving around the country in every direction. Once a train gets going it does not stop until it reaches its destination.

Our thought-train in many ways is like the trains we see. Once a thought is generated it seems to keep going along a certain line of thinking and picking up sidecars (other thoughts) along the way. The question we must ask ourselves is, "Where is my thought-train taking me?"

We have many destinations to choose from: health, happiness, prosperity, well-being, or sickness, unhappiness, lack, and despair. The thought-train we decide to ride will determine our destination.

St. Paul reminds us that if we want to be renewed it must begin in our minds, for this is where all transformation must begin. In Romans 12:2 he states: Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect.

Jesus taught that it was the Father's good pleasure to give us the kingdom. And what is the kingdom but everything that is good. God has given us the ability to think and process our thoughts. So why not hold thoughts that are life affirming and enjoyable?

Sure we have off days, bad days, hurtful days. However, we get to pick the kind of thoughts we wish to hold in our mind. If we judge everything to be bad then our thought-train will take us on a journey that will lead to a destination

of pain and suffering. This is not what God has in store for us.

In the Book of Genesis we are told that we were given dominion over all "things" of the earth. We have the power to name and claim what we see in life. The question that must be answered then is, "What am I naming and claiming for myself with the thoughts I generate?"

Think about it during your prayer time. What is it you would like to see changed in your life? What are the thoughts you have been generating that have helped to create that which you want to change? Then ask Spirit to reveal to you new ways of thinking so you can make the positive changes you seek. It can be as simple as The Serenity Prayer:

God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Abundant Blessings
Rev. Chuck

A New Class
Join Rev. Chuck each Wednesday after the prayer service @ 6:45 p.m. as he shares insights from Debbie Ford's book, The Right Questions. Sometimes the only change we need to make in order to realize our true potential to ask the right question.

