



October 2009
From the Desk of
Rev. Chuck

Unity Church of Bakersfield
 1619 E Street, Bakersfield CA 93301
 www.ucob.org
 Church: 661-327-8614 or
 Home Office: 661-391-0302

Dear Friends,

October is one of my favorite months of the year. Not because it's my birth month (Oct. 21) but because it signals a time of transformation with the onset of fall and the beauty that nature adorns herself in. It also signals the beginning of my 17th year here at Unity Church of Bakersfield as your spiritual leader.

Whether we recognize or understand the activity of transformation in our lives, one thing is certain—we are always engaged in its process. That process is called change.

Many years ago I came across a monthly activity in Dr. Dennis O'Grady's book *Taking the Fear Out of Changing*. The statements in this activity helped me in my transformation; I began giving myself permission to engage the changes that would allow me to have a greater sense of fulfillment and well-being. I'd like to share the statements with you.

January: ***I can do it!*** This statement declares that you will engage life and learn from its lessons.

February: ***I am open to my feelings!*** This statement declares that you will discern your feelings and intuition then choose your actions with love.

March: ***I think clearly!*** This statement declares there is an answer to every problem and you will find it.

April: ***I can be me!*** This statement declares your uniqueness and individual worthiness.

May: ***I am a person of value!*** This statement declares that you have value as a child of God and no one is above or below you.

June: ***I am open to success!*** This statement declares that you can set and obtain your goals.

July: ***I am at my best!*** This statement declares that no matter what is happening around

you, you're in control of the choices you make.

August: ***I am fully alive!*** This statement declares that you will engage life to the fullest instead of sitting and watching it go by.

September: ***I choose to feel close to others.*** This statement declares your willingness to let others into your life.

October: ***I enjoy life!*** This statement declares that you will look for the good in all things as you live the life you were meant to live.

November: ***I fit in just as I am!*** This statement declares that you are going to accept all aspects of yourself as being essential to creating a sense of well-being.

December: ***I explore my gifts.*** This statement declares that you have gifts that are worthy of being given to others as you contribute what is yours to give to the world.

I pray this activity will help you in your transformation process by taking the fear out of the changes you may be experiencing in your life. As I look forward to what's in store for Unity Church of Bakersfield, I can only claim that which is for the good of all concerned.

When I look at my own periods of transformation, I recall my very first one at the age of 17. I left my home, school, and friends and joined the US Army—a decision that would change my life forever as I discovered a world of experiences beyond my hometown of Ransomville, New York. The experiences of those four years have contributed to who I am as I now begin my 17th year of continual transformation here at Unity Church of Bakersfield.

Thank you for being on the journey with me!

Abundant Blessings!
Rev. Chuck

Thanks to all of you who continue to share your financial gifts to keep us thriving!