



January 2012

**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,

Here we are at the threshold of a new year, 2012. A time when we look back at what was and wonder what will the new year be like. We think of each year as a time of starting over, a time of renewal, and yet every day gives us that same opportunity. It's the thoughts we hold about our past and present that determines our future experiences.

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 very similar to 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 is the Father's good pleasure to give us the kingdom, and what is the kingdom but everything that is good. God gave 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 kinds 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.***

I extend an invitation to each of you to attend the New Years Day Burning Bowl Ceremony as we release the old and accept the new as we prepare ourselves for a year of great expectation, wonder, and awe.

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 is to ask the right
question.

