



December 2012

**From the Desk of
Rev. Chuck**

Unity Church of Bakersfield
1619 E Street, Bakersfield CA 93301

www.ucob.org

661-327-8614

Dear Friends,

We've just entered the Advent season with Christmas not too far away. It is a time of spiritual renewal and rebirth for many of us. There are also many of us going through physical changes in our bodies, in our lives, and in our affairs. Transformation in many forms is always taking place to help us grow into a greater awareness of God and all the many blessings we have waiting for us.

I'd like to share two prayers that have been valuable to me in my process of transformation. I pray that you find them helpful for you and your loved ones. They are taken from the book, Pattern For Prayer by Norma Knight Jones. The book is no longer in print.

Over the years I have taught and lived a basic rule: **Show up and be present**. It's not always easy to show up and be present when you don't feel like it. So this prayer has helped me to refocus and realign myself with the "Re-born Christ of my being." It is also a reaffirmation for me during this Advent season to honor the Re-born Christ Spirit in me as I invite it to help me realize the divine gifts that are within me.

I surrender myself to the Re-born Christ Spirit within me. I open my heart to its divine love and my mind to its infinite wisdom. I behold the re-born Christ Spirit working through every experience of my life, regardless of appearances. I cooperate with it in thought, word and deed. I accept the Re-born Christ Spirit as the motivation of my life, I eagerly await the swift manifestation of its almighty power in myself and my affairs. I thank God for the gift of the Re-born Christ

Spirit which works through me under grace and perfect law. Amen.

In Unity we teach what Jesus taught to the masses that would gather around to hear what he had to say. One of his teachings is that it is the Father's good pleasure to give us the kingdom, right here and right now. All we have to do is go to God first. This next prayer is a reminder that with God all things are possible; it will help anyone to refocus their energy on God.

In God I live and move and have my being. God is in me and through me, above and below. Because God within me is power, I have strength to do what needs to be done. Because God within me is life, I have vitality and well-beingness. Because God within me is wisdom, I have knowledge to do what is right at all times. Because God within me is all power, I have faith to face all situations with trust. Because God within me is substance, I have prosperity and assurance all my needs will be met. Because God within me is love, I have peace, order, harmony and good will in my life and affairs. Because God's good has already been created and available to me, I live in God's kingdom of fulfillment now. Thank you, God for this realization. Amen.

May each of you become aware of the Re-born Christ Spirit of love, light, and peace during this Advent and Christmas season.

Abundant Blessings and a very Merry Christmas,