



March 2013

**From the Desk of
Rev. Chuck**

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Dear Friends,

During this Lenten season of letting go and embracing the awesomeness that is God, I am reminded that it's also about the transformative power of Spirit in our lives. That we can be transformed if we allow ourselves to be.

But, as with any transformation, there has to be action applied to the process if it is to be of help. We have to risk, trust, open up, surrender, something of ourselves to something higher than ourselves. So, if you or someone you know is looking for a way to overcome habits or behaviors that are keeping you or them in bondage then maybe these twelve steps to freedom may give you the key to unlock the chains that bind you.

Step 1. Admit that we do not have the power alone (on a human level) it's the human condition that creates the myth that we are all powerful, ego saying I can stop drinking, using, spending, raging, gambling, overeating, anytime I want to.

Step 2. Believe that you are not alone, that there is a Higher Power greater than ourselves always at work to bring clarity to any situation. Jesus said, "It is not I that does the work, but the Father who sent me."

Step 3. Surrender personal will to Divine Will. Again the words of Truth ring true for any situation in our lives... "Not my will, but your will be done."

Step 4. Take inventory of all our weaknesses and strengths.

Step 5. Get out of denial by admitting to God and ourselves the exact nature of our wrongs.

Step 6. Stand ready to have God bring to us the new experiences that will help to transform past character faults that caused us and others pain and suffering.

Step 7. Develop a prayer life that helps us see what kind of shortcomings we may have that will keep us from our goal to being free. And asking for ways to overcome them.

Step 8. Start forgiveness work by making a list of people we have hurt (remember to include yourself) and be willing to make amends if you can.

Step 9. Contact those you can to make whatever amends you can directly.

Step 10. Keep a journal of your progress, take personal inventory, and when you have wronged yourself or someone else, admit it, surrender it, and bless it.

Step 11. During prayer and mediation ask for guidance, courage, strength, love, acceptance and a greater knowing of God's will for you to carry out all that you must do.

Step 12. As you move along your path of spiritual awareness and healing, keep practicing the spiritual principles and these steps, thus being a wayshower for others who are looking to have spiritual freedom in their lives too.

If these steps sound familiar it is because they were taken from the spiritual program known as A.A.

Unity holds the premise that all things work together for good. No matter how daunting or difficult, every situation or circumstance contains a blessing. God is seen as everywhere and eternal presence in all things. God never leaves or abandons anyone. God is at work in the darkest of our times and deepest of our valleys. We are assured that God's benevolent and loving direction always comes when we ask, seek, and knock at the door of Spirit.

May each of you be filled with the Spirit of love, life, and wisdom as you move through your transformation of mind, body, and soul so that you are prepared for the resurrected Christ in you this Easter season.