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From the Desk of

Rev. Chuck

Unity Church of Bakersfield
1619 E Street, Bakersfield CA 93301

www.ucob.org

Church: 661-327-8614

Dear Friends,

One of my favorite hymns in the Wings of Song hymnal is Joy in My Heart. It goes, *"I have the joy, joy, joy, joy, joy, down in my heart...down in my heart to stay."* And the second verse goes, *"I have the peace that passes understanding down in my heart...down in my heart to stay."*

Have you noticed that when our minds and hearts are filled with joyful thoughts and attitudes we experience peace in our life and affairs, the kind that surpasses all understanding? The kind that brings order and harmony to all situations because we do not see or experience anything but joyful moments.

In the Revealing Word, Charles Fillmore wrote: *Joy is the happiness of God expressed through the perfect idea-man. Joy and gladness are strength-giving, especially if the mind is fixed on the things of Spirit.*

His favorite affirmation was, *"The joy of the Lord is my strength."*

Someone once said, *"A happy person is not a person in a certain set of circumstances, but rather a person with a certain set of attitudes."*

We all have attitudes, if you're alive you have an attitude about many things. What if our lesson for today and everyday is about having an attitude of happiness in our lives regardless of what is going on around us?

We have all used the statement, *"Have a good day."* Humorist, James Hewett shares this experience he had: *An older member of our church taught me a beautiful lesson one day when I casually wished him a good day. He remarked, "They're all good days, God said so. It's what we put in them that changes them."*

It is no secret that joy and happiness go hand in hand to bring the feeling of peace and contentment into our daily experiences. What constitutes the activities of joy and happiness will

be different for each individual. However, one thing remains constant—whatever those activities are, they must be maintained and practiced on a daily basis.

The old adage, *"As within, so without,"* rings true here for when we feel happy and joyful inside that energy we feel is expressed and projected into our daily routines. And just as we project it out into the world it comes back to us affecting our state of mind, for we feel nourished, encouraged, and supported with an attitude of gratitude and well-being. This attitude then generates itself into a greater sense of happiness and joy.

No matter what has happened in the past or what is going on right now, we can all begin to practice bringing joy down into our hearts so peace can be realized. Using positive affirmations can go a long way in helping us to develop a process that will work.

Here are four simple affirmations you might wish to try as you lay a good foundation to building a life of joy and happiness:

I can do it! This tells the universe that you can do what it takes to bring the desired result into your experience.

I think clearly! This tells the universe that you have the wisdom and knowledge to come up with ways to bring joy and happiness to any situation.

I can be me! This tells the universe that you have abilities, strengths, merit, and value in spite of what others might say.

I enjoy life! This tells the universe that you intend to get the most out of life in a joyous way. That you plan on exploring the gifts, abilities, skills, attributes, and talents that your uniquely yours.

Unity minister, Douglas Bloch shares his: *Today and forever, joy is my compass. I choose that which brings me and others joy. As I lighten up, I draw closer to enlightenment. I follow the path of my heart as I play for pay.*