

**October 2014**  
**From the Desk of**  
**Rev. Chuck**

Unity Church of Bakersfield  
1619 E Street, Bakersfield CA 93301

[www.ucob.org](http://www.ucob.org)

Church: 661-327-8614

---

Dear Friends,

Twenty-one years ago I came to Bakersfield on a two-year contract to serve Unity Church of Bakersfield. Little did I know the people and this ministry would change my life forever.

This portion of my life has been the most transformative of all the periods I have had. It is the longest I've stayed in any one place during my lifetime. Oh, don't get me wrong, having my boys and my daughter and then seeing them grow into adults and having children of their own, has been awesome. Three grand-daughters and a grandson are without a doubt the greatest treasures I could ever be blessed with. And then there are my god-children, for which I am truly grateful for.

So what has been my inspiration for living some of the best years of my life? Unity and its teachings. In 1985 I read an article that has stayed with me for all these years. I share it with you now.

*The spiritual way of life does not interest everybody. It is only when we come to see that we are here for a purpose, and that this purpose is to unfold, to grow, to learn, to develop, to live and walk and speak and think and act as what we are – children of God – that we really become interested in spiritual standards of living. Living spiritually is the greatest opportunity and privilege we have. Living from the center as a child of God is much more fun, much more practical, and does much more good than being concerned with human things alone. When we surrender our human and worldly appetites, we do not give up anything; we really attain much more. But we don't do this just in order to attain. We do it because we know that this is the way, the truth, and the life. We are to use our talents in order to give good to the world in which we dwell. The good that comes forth from an individual comes from the spiritual, from the God-self.*

For me, I have come to realize that the best things in life for me are: "Those things I can do for myself that I can share with others." Now, some may question my philosophy on this point and say, "It

*sounds pretty selfish to me."*

Let me share an illustration with you. Just before you take off in a plane, they instruct everyone on board what to do in case of an emergency. If the air pressure drops the oxygen masks drop down and the adults are instructed to put theirs on before they put one of the children. What we are looking at here is a life/death situation so doesn't society dictate that we are to save the children first in an emergency?

No, not always. After all, "the laws of society are not always defined or limited by precedent." If you don't take care of yourself first to be sure you survive, then there will be no one around to take care of the children when they DO need you.

Wanting and doing the best for yourself is not selfish when the motive comes from your spiritual self. Jesus knew this when he said to "Render unto God that which is God's and unto Caesar what is Caesar's."

Many people have asked me, "How do I know when it's my spiritual self or ego self that wants this best thing in my life?" And my answer is always the same, "What is your motive? What do you expect to get out of it?"

In her book, *The Portable Therapist*, Dr. Susanna McMahan writes:

*People who give by putting others first, they are hoping to get love, respect, adoration, security, acceptance, back from those they are giving to. None of these things can be bartered or bought.*

*The only way that you can give gifts without strings is to first take care of your own needs. In order to do this, you must put yourself first. You must recognize what you need and want and you must do the work to meet your own need.*

I have found that as I learn to take care of my own needs I become better equipped to teach others how to do the same. I end up having more time, more energy, and more resources for enjoying the best years of my life, thus I am able to share with others. May the best years of your life be the ones you are living now.