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From the Desk of Rev. Chuck

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Dear Friends,

Remember the old adage, "God knows, God shows?" That came to mind when I was reading an inspirational story by Elizabeth Gawain about a time when she felt the omnipresence of God while scuba diving in the ocean.

"I was in about 40 feet of water, alone. I knew I should not have gone alone, but I was very competent and just took a chance. There was not much current, and the water was so warm, clear and enticing. When I got a cramp, I realized at once how foolish I was. I was not too alarmed, but was completely doubled up with stomach cramps. I tried to remove my weight belt, but I was so doubled up I could not get to the catch. I was sinking and began to feel more frightened, unable to move. I could see my watch and knew there was only a little more time on the tank before I would be out of air. I tried to massage my abdomen. I wasn't wearing a wet suit, but couldn't straighten out and couldn't get to the cramped muscles with my hands.

I thought, 'I can't go like this! I have things to do!' I just couldn't die anonymously this way with no one to even know what happened to me. I called out in my mind, 'Someone, something, help me!'

I was not prepared for what happened next. Suddenly I felt a prodding from behind me under the armpit. I thought, 'Oh no, sharks!' I felt real terror and despair as I remembered that they will sometimes nudge something before they attack it. But my arm was being lifted forcibly. Around into my field of vision came an eye -- the most marvellous eye I could ever imagine. I swear it was smiling. It was the eye of a big dolphin. Looking into that eye, I knew I was safe.

It moved farther forward, nudging under and hooking its dorsal fin below my armpit with my arm over its back. I relaxed, hugging it, flooded with relief. I felt that the animal was conveying security to me, that it was healing me as well as lifting me toward the surface. My stomach cramps went away as we ascended and I relaxed with security, but I felt very strongly that it healed me too.

At the surface it drew me all the way into shore. It took me into water so shallow that I began to be concerned that it might be beached, and I pushed it

back a little deeper, where it waited, watching me, I guess to see if I was all right.

It felt like another lifetime. When I took off the weight belt and oxygen tank, I just took everything off and went naked back into the ocean to the dolphin. I felt so light and free and alive, and just wanted to play in the sun and the water in all that freedom. The dolphin took me back out and played around in the water with me. I noticed that there were a lot of dolphins there, farther out.

After a while it brought me back to shore. I was very tired then, almost collapsing and he made sure I was safe in the shallowest water. Then he turned sideways with one eye looking into mine. We stayed that way for what seemed like a very long time, timeless I guess, in a trance almost, with personal thoughts from the past going through my mind. Then he made just one sound and went out to join the others. And all of them left."

Charles Fillmore, co-founder of Unity had this to say about the omnipresence of God, "*Omnipresence of God is everywhere present, that there is no place where God is not, that God is in all, through all, and around all. That the omnipresence is a spiritual realm that can be penetrated only through the most highly accelerated mind action, as in prayer.*"

When you are faced with a challenge or situation and you can't seem to find an answer or a way out, do you get caught up in it, or do you take a moment to just "be still and know that I am God."

What did it mean when Jesus said that "*The Father and I are one.*" For me it meant one, not two; it means perfect oneness and not separateness. It means that God is occupying the exact same space you are occupying no matter where you are right now.

Jesus also taught that the "*Kingdom of God is within you.*" God's being and your being are always in perfect oneness. However, sometimes when things get really bad we believe we are separate from God. Yet, the truth is: We're not! Through prayer we can recognize our oneness.

Remember that we are made in the image and likeness of God and therefore carry the spiritual DNA within us. Therefore we are never alone, ever. Need help? Go to God in prayer and since God knows, God will show you a way to get the help you need.