

April 2016

From the Desk of Rev. Chuck

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Dear Friends,

Spring is here and change is all around us. Nature seems to take change in stride with no worries, no fear. If change in nature is a natural, and we're a part of nature as living beings, why is it that we have a problem embracing change?

Jesus addressed the issue of change when he told his listeners that, "*Why are you anxious about tomorrow, what to eat, what to wear; for your heavenly Father knows that you need. But seek first His kingdom and His righteousness, and all these things will be added to you. So do not worry about tomorrow; for tomorrow will care for itself.*" (Matt 6:32-34)

Following this simple guide to living life on a daily basis people were able to release undue fear and anxiousness about changes in their lives. Jesus understood that God, being Omniscient, already knew what the people needed. All they had to do is go to God in prayer, receive the guidance God would give them and then go out and do the right thing to bring peace to the issues of change in their lives. As the writer of Ecclesiastes 3:1 stated, "*For everything there is a season, and a time for every matter under heaven.*"

We have been given all that we need to embrace life to the fullest and a way to deal with all the changes that come with embracing that life. All we need do is look around and watch the people who live and embrace their lives. When they were asked how they do it they simply said, "Worry is not an option. It adds nothing and takes away so much life has to offer." Jesus in his day said as much to the worriers of his day when in Luke 12:25 he told them, "*Which of you by being anxious can add a single hour to his span of life?*"

In their book The Quest, Unity Ministers and authors, Richard and Mary Alice Jafolla write that: *One fear leads to other fears, which can only lead to other fears. If we live in a fearful state, there will always be something of which to be*

afraid. We can even be afraid without being able to identify the cause of our fear!

Some fear is normal. Spontaneous fear, the kind which is difficult to control and which passes when the danger is over, is not the fear we're addressing. Fears which we have fabricated in our own minds: fear of not being quite good enough, fear of expressing our opinions, fear of being alone, fear of becoming sick, fear of not getting well, fear of being ourselves, of being authentic-- these are only a few of the countless fears which can plague us.

Fear seems to wear many faces: shyness, anxiety, insecurity, worry, panic, terror, dread. In whatever way it expresses itself, fear is basically a lack of the awareness of the presence of God as a real source in our lives. With the realization of God's active presence in our lives, the spectre of fear disappears into the mists of the unreal. Like a snowball dropped into a pail of hot water, fear dissolves and its energy is transmuted into positive faith. Fear itself no longer has power any place in your life.

No matter what in your life you are now afraid of, it does not change the fact that there still exists a Power supporting you which know no fear. Know at the very depths of your being, the level where you know your oneness with God, that there is really nothing to fear.

Take a walk and really look around at the way nature is living to the full extent it is designed to do. From the tallest of Redwood trees to smallest insect, they are all embracing the changes of life on a daily basis. Even Jesus noticed that the birds of air and lilies of the fields were all taken care of by God so they could live in full expression. All of nature is telling us not to worry about change, but instead to live life by:

L = Living

I = In

F = Full

E = Expression