

# August 2016

## From the Desk of Rev. Chuck

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Dear Friends,

Recently I was asked how many friends I had on Facebook. I responded that I didn't know but would check and see. This got me thinking about what it means to be a friend in today's fast paced media world and that there is no category for a best friend.

Who is your best friend? We all have one, so who is yours? When was the last time you talked to this friend? Spent time with this friend? When was the last time you told this friend how much you loved them? The last time for me was this morning, you see my best friend is me. As Emerson once said, "The only way to get a friend is to be one."

We don't often think of ourselves as friends, yet this is where we have to start if we are to build relationships that will last a life time and span the ages. How do you see yourself? How do you see others? What is it that attracts you to certain people and not to others? What makes the difference between having casual acquaintances or "I'll die for you friends?"

The development of friendships is just as much a process of being as developing our sense of self. For what we see in others, for what we are attracted to in others, is what we have or do not have in ourselves!

Your gift of self to the world and the people in it starts within yourself. I would like to share the following from Virginia Satir:

*I am me.*

*In all the world, there is no one else exactly like me. There are people who have some parts like me but on one adds up exactly like me. Therefore, everything that comes out of me is authentically mine because I alone choose it.*

*I own everything about me--my body, including everything it does; my mind, including all my thoughts and ideas; my eyes, including the images of all they behold; my feelings, whatever they might be--anger, joy, frustration, love, disappointment,*

*excitement; my mouth and all the words that come out of it--polite, sweet or rough, correct or incorrect; my voice, loud or soft; and all my actions, whether they be to others or myself.*

*I own my own fantasies, my dreams, my hopes, my fears. I own all my triumphs and successes, all my failures and mistakes. Because I own all of me, I can become intimately acquainted with me. By so doing, I can love me and be friendly with me in all my parts. I can then make it possible for all of me to work in my best interests.*

*I know there are aspects about my self that puzzle me, and other aspects that I do not know. But as long as I am friendly and loving to myself, I can courageously and hopefully look for the solutions to the puzzles and for ways to find out more about me.*

*However I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time is me. This is authentic and represents where I am at that moment in time.*

*When I review later how I looked and sounded, what I said and did, and how I thought and felt, some parts may turn out to be unfitting. I can discard that which is unfitting and keep that which proved fitting, and invent something new for that which I discarded.*

*I can see, hear, feel, think, say and do. I have the tools to survive, to be close to others, to be productive, to make sense and order out of the world of people and things outside of me.*

*I own me and therefore I can engineer me. I am me and I am okay. I am my best friend.*

It has been said that friendship is the richest gift we can give or receive. So what gift of friendship are you giving yourself?

Thoreau had this to say about friendship, "The language of friendship is not words but meanings." So what does friendships mean to you?

The sign of a true friend, is when you can go and sit in their presence without feeling you have to bring something, do something, or say something.... nothing needs to be done but accepting the beauty of the moment.

Cicero, "A friend is, as it were, a second self." The second self, the Christ, the God within us, is our gift of God to others. Our friendship and kindness toward others is done in little ways and big ways, however you are guided by God. Be a best friend to yourself and you can't help but be a friend to others.