

August 2017

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,

As many of you know, KD and I have a place in Opelousas, Louisiana that we hope to retire to one day. Until then I travel back there to check on the place and see my sister and mother who live nearby. This time I took my daughter, Michelle and my grandson Remy with me. My mother has seen and spent time with all of her great grandchildren, except Remy. This was the first time he had met his great aunt and great grandma. As our time drew near to leave our cabin and the family he just met there was a kind of sadness that came over us. We've all experienced this when visiting loved ones and friends.

On the plane I got to thinking about these feelings and why we have them. After all every beginning has an end of some sort, right? So why are endings so hard to deal with? Then it hit me, maybe, just maybe, we don't like endings because they create a void in us. A kind of void that feels like there is something missing.

One of my instructors at Unity's ministerial school was Robert Brumet. He wrote a book entitled, Finding Yourself in Transition, and this is what he had to say about our endings:

Many of us would like to believe that the stage of "Endings" is followed by a new beginning; it is not. The next stage is called "The Void." This stage is characterized by a feeling of emptiness and a sense of "wandering in the wilderness." [It is only after going through this process] that we come to the last stage which is that of "New Beginnings."

The Israelites traveled through the desert for 40 years, before they went into the promise land...this was their void, why? The old generation full of old defeating habits and doubts had to "die off" before a new consciousness, a new way of looking at life, could emerge and take them into their new

beginning. Have you ever noticed that when you discover a new concept, a new way of looking at life that old habits, old ideas, old concepts come against you to test your newfound insights?

It can make you feel like your crazy, full of doubt, and that nothing seems to make sense anymore? Well friends, you're not crazy and the doubt you feel is the old parts of you that no longer have a place in your new consciousness. It's your ego trying to hang on to itself.

The "New Beginnings" Robert talks about can be likened to Jesus's teachings about heaven being in the midst of us if we but just stop to realize it. That no matter what "voids" we may be feeling as one experience ends, there will always be a new beginning at some point. After all, if God is everywhere present, then the kingdom of God is everywhere present as well, even in the midst of us, in the void. And once we realize that God's presence is there, the void disappears.

Jesus and all the great spiritual teachers have taught human kind that they can fill any void in their lives by allowing their minds and their hearts to create a place where God is already. It is aligning our hearts and minds with God--the Christ within, that which is already within us, that which is already a part of us. It is about focusing on an idea: the Truth that God is with us right now. It is accepting the truth that Jesus taught about the kingdom of God, the kingdom of heaven when he was instructing his disciples in Luke 17:21: "*Nor will they say, 'Lo, here it is!' or 'There!' for behold, the kingdom of God is in the midst of you.*"

We all have endings and if those endings seem to feel like an overwhelming void then remember that there is always a way to fill that void, if we remember the words of the Palmist, "*Be still, and know that I am God,*" Ps. 46:10. It is our awareness of God in us, through us, that gives us the spiritual tools to start anew and create a new beginning where there was once an ending.