

March 2018

From the Desk of Rev. Chuck

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Dear Friends,

It won't be long before spring is upon us. We've just entered the Lenten season with Easter not too far away. It is a time of spiritual renewal and rebirth. And during this time of renewal and rebirth, many of us are also going through physical changes in our bodies, in our lives, and in our affairs. Transformation in many forms is always taking place on every level to help us grow into a greater awareness of God and all the many blessings we have waiting for us.

I'd like to share two prayers that have been valuable to me in my process of transformation. They are taken from the book, Pattern for Prayer by Norma Knight Jones.

Over the years I have taught and lived one basic rule: *Show up and be present*. It's not always easy to show up and be present when you don't feel like it. So this prayer has helped me to refocus and realign myself with the "Christ of my being." A reaffirmation during this Lenten season to honor the Christ Spirit in me as I invite it to arise in me this Easter.

The prayer: *I surrender myself to the living Spirit of Christ within me. I open my heart to its divine love and my mind to its infinite wisdom. I behold the Christ Spirit working through every experience of my life, regardless of appearances. I cooperate with it in thought, word and deed. I accept the Christ Spirit as the motivation of my life, as I eagerly await the swift manifestation of its almighty power in myself and my affairs. I thank God for the gift of the Christ Spirit which works through me under God's grace and perfect law. Amen.*

In Unity we teach what Jesus taught to the masses that would gather around to hear what he had to say. One of his teachings is that it's God's good pleasure to give us the kingdom, right here and right now. All we need to do to experience the kingdom is to seek God first in all things. The next prayer is a reminder that with God all things are possible. May this prayer help you to refocus your attention and energy on God.

The prayer: *In God I live and move and have my being. God is in me and through me. As above so below. Because God within me is power, I have strength to do what needs to be done. Because God within me is life, I have vitality and well-beingness. Because God is within me is wisdom, I have knowledge to do what is right at all times. Because God within me is all courage, I have faith to face all situations with trust. Because God within me is substance, I have prosperity and assurance that all my needs will be met. Because God within me is love, I have peace, order, harmony, and good will in my life and affairs. Because God's good has already been created and available to me, I live in God's kingdom of fulfillment now and receive the blessings that are mine. Thank you, God for this realization. Amen.*

May each of you become aware of the resurrected Christ Spirit of love, light, and peace during this Lenten and Easter season.