

November 2018
From the Desk of Rev. Chuck
Unity Church of Bakersfield
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Dear Friends,

November, a month in which we watch the leaves fall, the days get shorter, and we break out the sweaters, jackets, and coats. Change is coming and with that change we prepare and look forward to a day of thanks as we gather to celebrate Thanksgiving.

Did you know that November has been designated as National Gratitude Month? The National Day website has this to say about gratitude:

Gratitude is more than simply saying "thank you." Gratitude's amazing powers have the ability to shift us from focusing on the negative to appreciating what is positive in our lives. Practicing daily gratitude gives us a deeper connection to ourselves, the world around us and to our Creator.

Everything in our lives has the ability to improve when we are grateful. Research has shown that gratitude can enhance our moods, decrease stress and drastically improve our overall level of health and wellbeing. On average, grateful people tend to have fewer stress-related illnesses and experience less depression and lowered blood pressure, they are more physically fit, they are happier, have a higher income, more satisfying personal and professional relationships and will be better liked. Grateful kids are even more likely to get A's in school.

If everyone practiced daily gratitude, we could change ourselves and the planet for the better. Everyone would be much happier. Love would grow and hate would decrease. And the world would know true peace.

As I write this letter my mind keeps going back and replaying all the things I have been grateful for over the last 25 years

here at Unity of Bakersfield. I find it to be very apropos and in divine order that November would be the month in which we enter into escrow to finalize the sale of our property. It has given me cause to look back over the last 25 years to savor, bless, and be grateful to all the people who have blessed me and this ministry with their light and love.

As the seasons change, so are we. And with that change comes new growth. Unity is changing, yes, but the essence of what it is will not. We change, but the spiritual essence of who we are remains as well. And that is something to be celebrated and give thanks for.

Escrow is expected to take 30 to 45 days. During that time we will be holding Sunday services as usual and blessing the church, our services, and the new owners as we prepare to make our move to our temporary location at Brooks Brothers Interiors at 2821 Brundage Lane, Bakersfield CA 93304. Our mailing address is P O Box 721, Bakersfield CA 93302 and the phone number will remain the same.

We have a lot to be thankful and grateful for. We have helped and blessed thousands of people at this church. Now it is time to take our help and blessings to a new location that will also fit our current needs.

As we embark on our new adventure together, please join me in looking for things to bless and be thankful for each day. A new vision for Unity of Bakersfield is in the making and an attitude of gratitude is a big part of that. So it is fitting that we embrace this affirmation from Melody Beattie:

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

Happy Thanksgiving, everyone!