

# Reflections

A close-up photograph of a blue feather, likely from a peacock, with a soft, blurred background of warm colors like orange and pink. The feather is the central focus, showing its intricate barbs and structure.

Let your light shine!

***September/October 2022***

***Volume 1, Issue 8***

## Believe every moment is a miracle!

I will start this article with a quote from Ernest Holmes, “All our beautiful dreams, all our wishing and praying for material good, will reach no higher level in our experience than our belief in the power of God and His willingness to create through us our greatest good.”



So I ask, “Where is your focus in this moment? As you think back over the last few days, what are the specific things you allowed your mind and energy to focus on? If you continue to focus on these things for the next year, what will that bring about in your life? Will that bring about things that create a greater sense of joy and peace or would that bring about more stress and struggle?”

Our focus is a powerful tool we all possess, yet it seems we allow our focus to be dictated by what we might be experiencing in the external world. Every time we give the drama of the outer world our focus and attention we hand our spiritual power over to it. However, we have the power and strength within us to choose differently. We can choose to believe God is bigger than our problems.

Why not put our focus on love, joy and beauty? I do understand that sometimes changing our focus to the positive belief that God is always surrounding us with good is not always easy. I have a sign in my bathroom that states “Believe....Every moment is a miracle.” When I first bought the sign, I did read it every day and put my attention on it. However, today I realized I don’t even see that sign on my wall anymore. How quickly my focus changed. How different would my life be today if I took the time to read it and believe in it every day? Because the ideals that I focus on expand. Therefore, if I want to spend all day focusing on my problems or on my pain, then that is what expands. What would your life look like if you all believed that every moment is a miracle. That the moment I decide to believe that God’s love heals all things is when that idea begins to grow and expand.

Now you might be asking “how can every moment be a miracle?” The answer is that you are a child of Light. You are made in the image and likeness of God. God’s love can only create your highest good so why not believe it. I personally believe that all the miracles that we could ever want are already done. It just a matter of us doing the work to focus on God and to believe with God all things are possible.

You maybe experiencing health issues, financial issues, or family issues. My challenge to you is to change your focus. Focus on the things we’d like to see expand in our lives. I am not saying to act as if challenges are not there, instead know there is something greater within that is more powerful than any challenge or circumstance that exists. Surrender the facts over to God, and put your faith and focus on the light. Choose to believe that God’s love heals all things. Choose to believe that there is no challenge too big for God. For what we put our focus on grows. The choice is yours.

I choose to believe and focus on that every moment is a miracle.

Affirmation: I let go of my negative thoughts and I choose to stand in the light of Grace.

Love and Blessings

Reverend Denise Landes



## Unity's "5" Basic Teachings

1. There is only one Presence and one Power active as the universe and as my life, God the Good.
2. Our essence is of God; therefore, we are inherently good. This God essence, called the Christ, was fully expressed in Jesus.
3. We are co-creators with God, creating reality through thoughts held in mind.
4. Through prayer and meditation, we align our heart-mind with God. Denials and affirmations are tools we use.
5. Through thoughts, words and actions, we live the Truth we know.

### Questions to ask that us help see how we limit God?

1. What thoughts and feelings do you hold on to that say there is no way to solve a challenge before you or in the world?
2. What words do you hear yourself say during the day that imply that God is not big enough to solve your problems?
3. What actions do you take during the day that make you feel like God is not in charge of your life? That you alone must fix the problem.
4. What are the times that you believe that you are better than God in judging what is good or bad?
5. Can you pin point experiences your in life where you believe that God was not there for you?
6. If so, do you see why they are not really true?

If you can reflect on these questions, please meditate on the idea: "I am willing to release these unlimited ideas and experiences within me. God in me, is greater than anything in my life right now. I let go and know God is here."

God always loves you!!

Reverend Denise Landes

## Silent Unity 24 Hour Prayer Line

This is a wonderful way to access prayer support during anytime of day!

1-800-669-7729







QUESTIONS FOR REFLECTION—#WDOP22 You may use these questions for personal reflection during your own quiet moments of prayer. They also make wonderful questions to use in group prayer. Please let us know how you're using them—and what conversations they've opened for you— on Facebook and Twitter. Use the hashtag #WDOP22.

How can I elevate my mind? When I feel overloaded with my human circumstances, when the world presses in from all sides, how do I shift into prayer? What spiritual tools do I employ to calm human concerns, harness the power of mind, and open my heart? “We have no independent mind; there is only universal Mind; but we have consciousness in that mind and we have control over that consciousness. We have control over our own thoughts, and our thoughts make up our consciousness.” —Charles Fillmore, *Keep a True Lent*

What does it mean to hold the high watch? Holding the high watch is our ability to slip into the state of silence, beyond thoughts, upholding the truth for those with whom we pray. How do I transition from conscious thought to spiritual silence? How do I proceed when becoming aware of intrusive thoughts? “True prayer brings about an exalted radiation of energy, and when it is accompanied by faith, judgment, and love, the word of Truth bursts forth in a stream of light that, when held in mind, illumines, uplifts, and glorifies.” —Charles Fillmore, *Atom-Smashing Power of Mind*

How does prayer make a difference? With my participation in World Day of Prayer, I become part of a global consciousness for individual as well as collective prayer intentions. What inner spiritual capacities can I recognize, claim, and hold as my contribution? How might I foster peace of mind in support of peace in the world? “The way to heal the nations is to start in our own consciousness. Let us get in touch with the great spiritual reservoir of love and harmony within us. Then let our harmonious radiance brighten our own homes, let it radiate to our government, and then to the whole world. Peace begins in the center of our own harmonious consciousness.” —May Rowland, *Dare to Believe*



## Unity Light of Grace World day of Prayer

September 8th, 1:00 pm, Temple Library

Please come and join us in this powerful day of prayer. A day where all Unity churches come together and create that beautiful space of light where all miracles happen. Please send me any prayer request that you have. Your list should only have the first names of the people who are in need of prayer.



# Let's Make Music

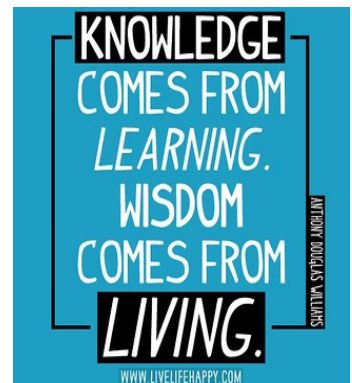
Rev. James Crowley

As we come toward the end of another summer, the term “common sense” comes to mind. I’m not sure exactly why, but maybe it’s the fact that weather is gradually starting to cool off and I can think a bit more clearly.

In any case, I thought it might be fun to share an article I ran across online a short time ago. The title is something along the lines of “A Farmer’s Wisdom.” It contains short thoughts on ideas and concepts that were quite common many years ago, especially in rural America. However, these ideas are timeless, having just as much meaning today as when they were originally written and used:

### A Farmer’s Wisdom

- Your fences need to be horse-high, pig-tight and bull-strong.
- You cannot unsay a cruel word.
- Every path has a few puddles.
- Don't be banging your shin on a stool that's not in the way.
- If you don't take the time to do it right, you'll find the time to do it twice.
- Most of the stuff people worry about ain't never gonna happen anyway.
- Timing has a lot to do with the outcome of a rain dance.
- Don't corner something that is meaner than you.
- A bumble bee is considerably faster than a John Deere tractor.
- It don't take a very big person to carry a grudge.
- Keep skunks, bankers, and politicians at a distance.
- Words that soak into your ears are whispered, not yelled.
- Lettin' the cat outta the bag is a whole lot easier than puttin' it back in.
- The biggest troublemaker you'll ever have to deal with watches you from the mirror every mornin'.
- Live simply. Love generously. Care deeply. Speak kindly. Leave the rest to God.



Let's make music,

Rev. James

## News from Board

Revered Denise told me this month of September we are going to concentrate on the word FOCUS. The timing could not be better for me. FOCUS is so powerful. It is power we have over our consciousness and our thinking.

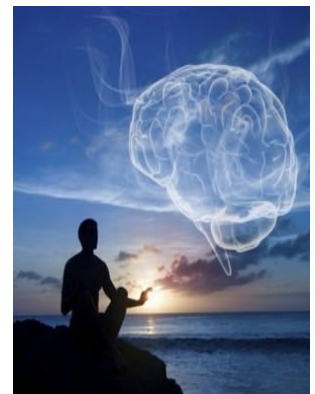
The reason it is so meaningful to me right now is that during the month of August I personally followed Dr. Joe Dispenza, a famous spiritual/scientist leader, in a meditation series entitled "You must do this before August 2022. He suggested we had to develop our lifetime goals now. My lifetime goals were pretty straightforward. To Be Healthy, Wealthy and Happy. These lifetime goals demand me to be focused and be constantly aware what my goals were.

First let us take a look at **Wealth**. Need to focus on that God is our source. Money is not the key to prosperity. I am grateful for all I have in the moment. My worries about the future cannot be processed in the now. Here comes the discipline. Focus on what I have and be grateful. Live each day at a time.

Second goal is **Health**. Now is the time to focus on my body. Each morning I remind myself I am Alive, Awake. Aware and Enthusiastic. My thinking and meditation focus on the healing capabilities that my body possess. With all the body's physical systems that reside in the body my focus needs to in the brain to do its healing work. Let the brain do its detoxing work and cure inflammation and infections. Concentrate on the detoxing work and that it has been done and that pain is not part of the body. Pray to God that I see my body healed. Focus on a pain free body.

Third goal is **Happiness** for the remainder of my life. Focus is my belief in self.

What do I do to stay focused on these goals of Health, Wealth, and Happiness? Maintain a simple life. Keep in focus and in mind that I have everything I need. I give goals space in my thoughts and feelings. I remind myself constantly that I have conquered my old familiar feelings of the past: hurt feelings, guilt, shame, not good enough, resentment, stress, competitiveness, and comparing self to others. Become vulnerable. Without these thoughts, I am now ready to live a beautiful remainder of life. My goal will be to Focus on expecting good things everyday.





## Special Events!

### Unity World day of Prayer

September 8th at 1:00pm in the Temple Library.

### New Class—Mysteries of John Part 1

September 15 - October 06, on Thursdays 1:30 - 3:00pm

This class is a metaphysical interpretation of the Book of John. John is said to be the book of Grace.

Please come and have fun exploring the Book of John.



### Gong and Bowl Meditation

September 18th and October 16th ,1:00—2:00pm

Karyn Diane will be facilitating a wonderful gong and bowl meditation. Please come and feel the healing vibrations that help to release negative energy.



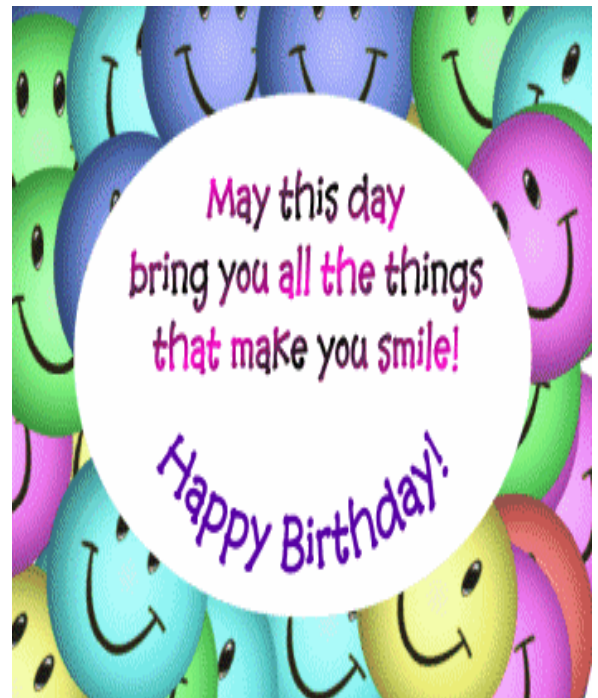
### September Birthdays

Joyce Miler                      Sept 23

### October Birthdays

Kay Hoke                              Oct 15

Gayle Slusser                      Oct 19





## Spiritual Services provided by our members



### Lisa Long, Energy Healer

Did you know healing with color and energy dates back to Ancient Egyptians? It's one of the most powerful healing modalities in today's world as well. Furthermore, it's just as effective long-distance as it is in person.

Our member, Lisa Long, provides healing services for people all over the world. The healings are successful for chronic pain, anxiety, depression, healing after surgery, prep for surgery (so you heal quicker), increasing a sense of well-being and much more. You can see more details and client stories at her website: [CenterForThe-Self.com](http://CenterForThe-Self.com) and get her free healing meditation.

Lisa offers a sliding fee scale – pay what you can. And she is splitting the profits with Unity Light of Grace to help us out. Check it out and tell your friends. You can also call her at 928-284-9285 for more information.

### Lori Dunlap, Angel Readings

Discover the Archangels and reveal the message they have been waiting to share, and actions steps that they recommend for you. Help tune into your spiritual guides.

Angel Readings by Intuitive Lori Dunlap. One hour reading 65.00. Please contact at [loridunlap09gmail.com](mailto:lорidunlap09gmail.com)





## Reverend Carol Ricketts Prayer Chaplains Corner



With September here, thoughts of autumn come to mind, not that it feels like the autumns of my youth. I've been thinking about changes in my life and how I perceive things and how I see myself. Becoming a Unity student and working at living or working at living the Unity Principals has affected how I view myself and my behavior.

In the past, I was really good at finding fault with myself about most things. There was a lot of self talk that was not positive and quite often pretty harsh. A lot of: not good enough, need to try harder, can't I do anything right, kinds of phrases. Like many people, I had others that offered their thoughts about the kind of person I was. Sometimes just teasing that wasn't meant to hurt, other times because the other person was hurt and wanted everyone else to hurt also. Some of those words became wounds that go pretty deep.

Learning that God loves each of us, just as we are, and then changing all those old messages takes time. Hearing each one of us is a Divine Expression of God at first is incredibly overwhelming. Making time for prayer work and meditation to be still and know the truth is a good step to seeing ourselves as worthy, loving, humans. As I have heard many times, "we are spiritual beings having a human experience".

So as autumn moves toward winter and the holidays come rushing to fill our time, remember you are loved, just as you are and speak to and about yourself with love..



## Great News!— Karyn Diane is back!!!

Karyn Diane, Gong Master, guided by spirit, creates and manifests a truly powerful transcendental healing experience using guided imagery, and through the sound vibrations, frequencies and tones of her gongs and crystal bowls. During the journey one is submersed into a deep ocean of sound, tones and vibrations, where a serene introspective state of awareness is achieved. It is at this very deep level of universal love consciousness a rediscovery of love, joy and peace can be realized.

Sound is a gateway for the exploration of consciousness known by shamans, yogis, mystics, composers and scientists. The sounds and vibrations of the gongs open a deep sacred space in our hearts and minds and are used as a catalyst for healing in the physical, mental, emotional and spiritual aspect of our essential being.

Please come and join us in the healing vibrations of the gong and crystal bowls. It is a great way to release negative energy and meditate at the same time! You won't want to miss it.

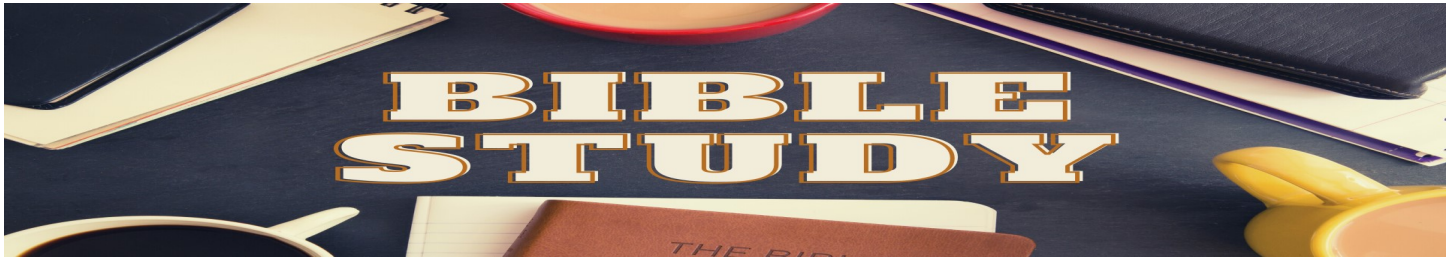
These meditations will be held on the 3rd Sunday's of the month.

September 18th and on October 16th

Time: 1:00—2:00pm

Cost: Suggested 20.00 love offering





## I Stand at the Door

**“Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and I will sup with him and he with me.” (Revelations 3:20)**

**I stand at the door, and knock. Who is this I standing at the door? And at what door is the I standing? At what door, the door of your consciousness. I stand at the door of your consciousness and knock, but you must open the door and let me in, for “I am the bread of life.... I am the way, the truth, and the life....I am the resurrection, and the life...I have come that you might have life and that you might have it more abundantly.”**

**Jesus would call the “I” in this verse “Father”. I believe Jesus called it Father because it was something he wanted to create a close relationship with. Moses asked for the name and he heard “I am that I am.” Most of us would call the “I” God, Holy Spirit, Divine mind, Christ or Divine Energy. This beautiful power within us is always there waiting for us to connect to it. Always asking us to come up higher for there are greater things for us to learn and experience. It really does not matter what we call the “I” referenced in this Bible verse but it does matter that we allow or let this power into our consciousness. This verse is saying to open our minds, to open the inner door and claim this power that is so much greater than anything showing up in our lives or in our world.**

**This “I” is not the personality side of us or our ego. It is the ego within us that likes to tell us we are limited. It is the ego that tells us what we can’t do or what we can’t accomplish. It is the ego that says we can’t be healed by God for the world and science will always say I need a doctor. The ego (our own personal will) is what has shut the door to the “I”.**

**However, if we can quiet our mind just long enough, to hear this intuitive voice, that voice of Spirit that is saying I am here. I am here standing at the door just waiting for you to knock and open the door so my love and light can come rushing in. For once we open the door, we have opened a channel for the Infinite Divine Flow of God’s love and wisdom to move in and through us. We are then one with Spirit and can create truly every heart’s desire.**

**For whatever challenge you are facing today, behold God is right there within you so turn within and hear His voice that is saying I am here, I love you and my love heals all things. For in God’s love and grace nothing is impossible. So open the door!**

**Sending love and light to all people!**

**Reverend Denise**





