

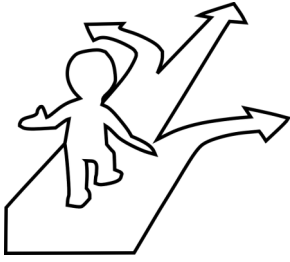
Reflections



Let your light shine!

June/July 2024

Volume 1, Issue 9



Power of Choice



We seem to be living during a crazy time in the world. A time where labeling and judging people before we even know them seems to be a prevalent thing. We seem to be living at a time when a lot of people will just follow the opinions of people in authority without questioning if it makes any sense.

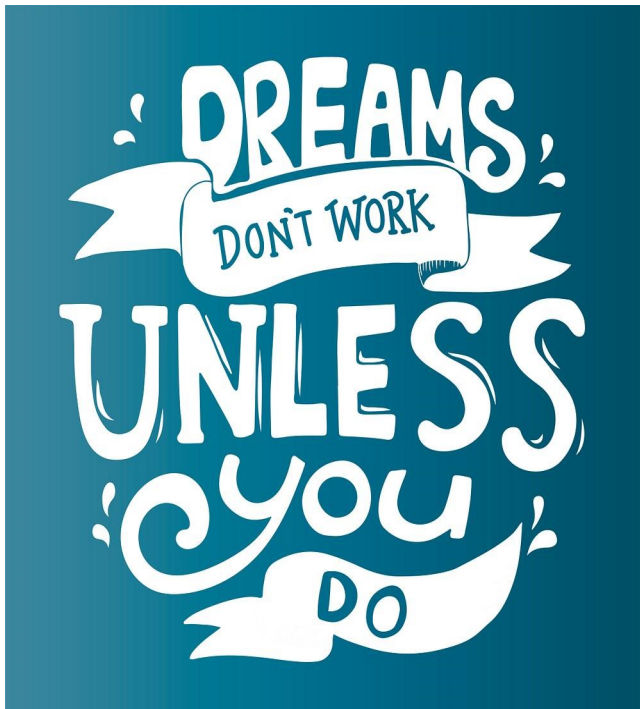
When did Americans fall asleep and decide to just blindly accept the news as truth? Most people have given the news almost all their spiritual power. Believing that our world is filled with hatred and violence. Buying into their propaganda of whatever they want you to believe. They know if you hear it over and over again, you will believe it.

People certainly don't give the Bible that much power. So my question today is why? Why is it just so much easier to believe in the bad stuff. The first commandment in the Bible is "thou shall not have any other gods before me." So what are we doing with the news? If we are believing the drama of world more than the goodness and greatness of God, are we not believing in something else besides God?

I believe that it is our job to get the word out repeatedly that there is no difficulty that enough love will not conquer, no disease that enough love will not heal, no door that enough love will not open, and no gulf that enough love will not bridge. It makes no difference how deeply seated may be the trouble, how hopeless the outlook, how muddled the tangle, or how great the mistake. A sufficient realization of love will dissolve it all. If we could just be the Divine expression of God that we were all meant to be, we could be the happiest and most powerful beings in the world.

We can choose to go down this path of judging and criticizing people. We can continue to look to the news for our belief in what the world is. We can continue to believe that some politician is going to change the world for the better. But the truth is it all starts with us making a different choice.

We can come together and stand in the truth. The truth being that we all are the light. We are all Divinely loved and can express that love to all others. We can all choose to know that God is in the midst of all situations and can create through all of us, miracle after miracle. Today I put my focus on God and His grace for me and the world. That is my news today and every day.



The Road Not Taken
By Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

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.

Silent Unity 24 Hour Prayer Line

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

1-800-669-7729





Reverend James Crowley

Independence Day

As Independence Day approaches, have you ever wondered what happened to those men who signed the Declaration of Independence? Five signers were captured by the British as traitors, and tortured before they died. Twelve had their homes ransacked and burned. Two lost their sons in the Revolutionary Army, another had two sons captured. Nine of the 56 fought and died from wounds or the hardships of the Revolutionary War. What kind of men were they? Twenty-four were lawyers and jurists. Eleven were merchants, nine were farmers and large plantation owners, men of means, well educated. But they signed the Declaration of Independence knowing full well that the penalty would be death if they were captured.

They signed and they pledged their lives, their fortunes, and their sacred honor. Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British navy. He sold his home and properties to pay his debts, and died in rags. Thomas McKeam was so hounded by the British that he was forced to move his family almost constantly. He served in the Congress without pay, and his family was kept in hiding. His possessions were taken from him, and poverty was his reward.

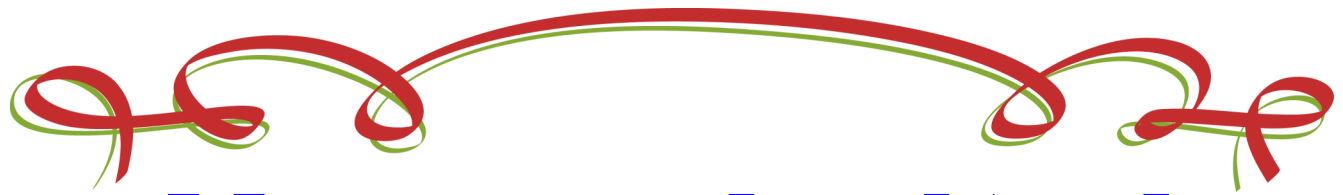
Vandals or soldiers or both, looted the properties of Ellery, Clymer, Hall, Walton, Gwinnett, Heyward, Rutledge, and Middleton. At the Battle of Yorktown, Thomas Nelson Jr., noted that the British General Cornwallis, had taken over the Nelson home for his headquarters. The owner quietly urged General George Washington to open fire, which was done. The home was destroyed, and Nelson died bankrupt. Francis Lewis had his home and properties destroyed. The enemy jailed his wife, and she died within a few months.

John Hart was driven from his wife's bedside as she was dying. Their 13 children fled for their lives. His fields and his grist mill were laid waste. For more than a year he lived in forests and caves, returning home after the war to find his wife dead, his children vanished. A few weeks later he died from exhaustion and a broken heart. Norris and Livingston suffered similar fates.

Such were the stories and sacrifices of the American Revolution. These were not wild-eyed, rabble-rousing ruffians. There were soft-spoken men of means and education. They had security, but they valued liberty more. Standing tall, straight, and unwavering, they pledged: "For the support of this declaration, with a firm reliance on the protection of the Divine Providence, we mutually pledge to each other, our lives, our fortunes, and our sacred honor." As we celebrate our freedom this Fourth of July, let us not forget those who came before us and sacrificed so much.

God Bless America,
Rev. James





You are invited

Unity Light of Grace

Summertime Fun Party

Where: I and J Fountain Restaurant

When: June 28th

Time: 5:00pm - 8:00pm

Rsvp: unitylightofgrace@gmail.com





Reverend Carol Ricketts Prayer Chaplains Corner

Beginnings

The older gentleman was about to leave the young man with tears in his eyes, who was lying in the hospital bed. The younger man had told him his story of pain and lost confidence. The younger man pleaded "if you can you spare a few more minutes I need to ask a question." "Well son, what else is on your mind?"

"Will you teach me to pray? I mean really pray, not just a prayer I learned as a child in Sunday School or church. I have used those, yet you just opened up and I heard what I needed. I was comforted and encouraged to take some action. I had given up hope of being a man or having anything to offer anyone else. How did you learn to do that?"

The older man paused for a few seconds then said, "OK, I'll tell you about my beginnings. I was younger than you, still a teenager. Grew up on a farm. There had been a terrible accident with a large piece of equipment and my brother was severely injured and had lost his leg. He was perfectly certain it was my fault. My brother was angry at everyone and everything, especially me. The insurance investigator and the police that came said it was a malfunction of the machine that threw him to the ground. I found it impossible to be around him. There was no telling him I didn't cause all his pain and agony. After once again trying to talk to him and once again failing, I went outside the hospital and was sitting on a bench. A young man came over and sat near me. He seemed to see the pain on my face. He asked if he could pray for me. I thought, pray for me. It's my brother that needs the prayers. Lots of people from our community were praying for him. Then young man asked again if he could pray for me.

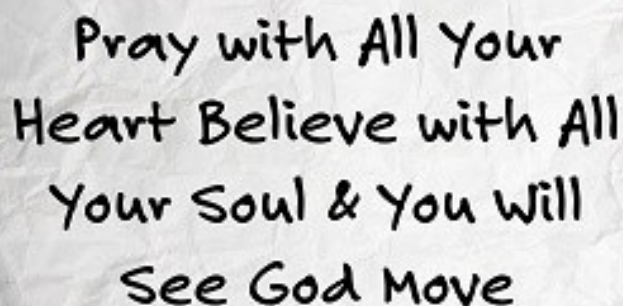
This time I said, "Yes." Maybe a prayer would help me to not give up the hope that my brother would not always hate me. And the man closed his eyes, bowed his head and was quiet for a good while. When he opened his eyes, he looked at me and said, "I think the two of you will be alright." He was about to get up and walk away when I said words I had no idea where they came from "Will you teach me to pray?"

I had said the prayers I learned as a child in Sunday School and church, yet nothing had touched me like this young man had with his silent prayer. He said, "I only have a few minutes and my ride will be here, so it will be quick. Do you believe in God?"

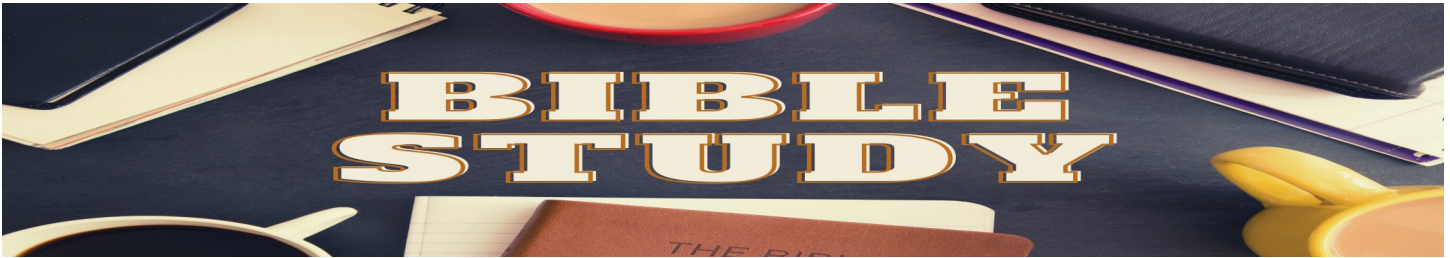
I told him the church I attended and again he said "Do you believe in God?" I said "Yes."

He said "Do you ever just talk to God? You know, just tell him what is happening in your life, your world?" And my answer was "no, I am sure God has plenty to do without discussing every little thing in my life. Then he asked. "Do you think God was listening to your rote prayers? And if you do, why wouldn't God be interested if you opened up about what happened to your brother and the situation between the two of you? As people we tend to think God only listens if we are doing some formal exercise. The thing is God loves you and your brother. You could talk to God and ask what you can do to make some changes in this situation. Then TRUST you will get an answer. Most likely not a voice coming down from the sky. It could be anything, from a show on TV, a paragraph in a newspaper article, a friend telling a whole different kind of story. The answer will come. Just get by yourself, be quiet and comfortable, and have a conversation. Share all your stuff. You know the good, the bad, and the impossible to understand. Be sure to share your gratitude and blessings. Make it a habit. Sometimes only a quick, "Hi here I am God", other times the whole story. Then listen and look for a response. Know your answer will come at the right and perfect time in the right and perfect way for you. There's my ride, got to go."

It took me a while to be able to do what that stranger told me on a regular basis. Yet once I got myself in that routine, I wouldn't give it up. I always have time here and there to check in, and say "Thanks and ask for answers". By the way, my brother and I are best friends and have been for years now. There were several things that put us back together. I'm sure that stranger outside the hospital and his advice was the start of that healing. I thank God for that man showing me a new beginning.



Pray with All Your
Heart Believe with All
Your Soul & You Will
See God Move



What is Metaphysical Bible Interpretation?

Metaphysical Bible interpretation is looking past the literal words in the Bible and creating an interpretation that connects to each one of us in the spiritual journey of our soul. The Bible was written in very violent times and therefore written with a lot of symbology. Therefore, Charles Fillmore spent thousands of hours in meditation focusing on the Hebrew names of people and places in the Bible. This inspired him with descriptions of a “state of consciousness” that each character or symbol represents in the Bible. And the challenges that each character moves through in order to grow on their spiritual journey. He believed that each story in the Bible is a story that teaches us something about what is going on inside of us as we move through life.

Charles Fillmore put together a book called the Metaphysical Bible Dictionary that gives you all the names and places in the Bible and what that name or place spiritually represents within us. This making the Bible a story about the unfoldment of your soul.

There are so many things in the Bible that help us to move through every challenge. Jesus taught, “When you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men ... but **when you pray, go into your room, close the door and pray to your father who is unseen.**”

What does Jesus mean by that? Why should someone not stand in the synagogue and on the street corner and pray? Jesus believe that these men are praying so the world can see them. Making it more an outer action so the world can see how devoted they are to God. A display of asking for help from a God outside themselves. Jesus states not to do this. He suggests going into a room and closing the door which means we are to connect to the power and presence of God that is within us. To close the door on the outer world and connect to the Divine that is with us.

Jesus continues to say “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him. So God knows what we need, yet we are always told to ask. “To ask and it shall be given unto you according to your faith.” Just maybe asking means to claim. To claim the truth of your oneness with God, to claim your divinity and allow God to create in and through you all your answers to prayer. When Jesus was asked how do we pray by the disciples, this is what he said.

Our Father, who art in heaven hallowed be thy name. This first sentence all by itself tells us to feel united with God who Jesus calls Father. This creating a very personal relationship to God. He says “Our Father” not my Father which means we are all united in our spiritual essence.



This feeling of oneness is the key to prayer. This will stop the feeling of being separate from God. We must shut the door on the world of appearance and in order to achieve a greater awareness to the truth of who we are in the spiritual realm called heaven. Step into the light of grace and allow the answers to come to you. Praying is absolutely an inside job. It is a process to make that connection and claim the truth. We claim the truth by say I am prosperous, I am healthy. I am wealthy. I am wise. I am peace. I am joy. Delight yourself in God. Prayer should not be a chore. There is no greater power than unifying with God. Rejoice in the Lord always because God is within you. Immerse our mind with the mind of God. What a glorious feeling that would be to experience!

For hallowed be thy name, means when I claim my spiritual essence, then hallowed be thy name, I am perfect, whole and free which is what hallowed means. That I am reflecting God's holiness and glory.

This is the first step in the Lord's Prayer. This needs to be the first steps in all our prayers. For prayer is not about having the right words, it is not about asking for the right thing, it is about feeling the divine connection with us.

The second sentence, is Thy Kingdom come, Thy will be done, on earth as it is in heaven. Thy kingdom come means as my spiritual awareness grows everyday and I will manifest on earth as I spiritual perceive the truth to be within me. The beliefs that I put my faith in create what I experience in life. Most of us have believed growing up that we just struggle through life dealing with whatever the world throws at us. Not true. If we believe ourselves to be unworthy, we experience situations of unworthiness in our lives. If we believe ourselves to be lacking, we will experience lack. If we believe ourselves to be not lovable, then we experience unloving situations. Jesus said thy will be done in earth as it is in heaven. Heaven is a state of consciousness. Heaven is that beautiful spirit within you that has all the gifts of God. So if we are not experiencing that on earth then we are choosing not to believe that we are a Divine child of God.

Therefore prayer, to me, is not about asking. God already knows what we need. Prayer is about claiming and feeling our oneness with God. True change starts from within ourselves.

Affirmation: God is the only power and presence in my life. In this presence, I am healthy, wealthy and wise.

Special Events!

June 3, and July 1 Twelve Power of Man workshop from 1:30 - 3:00pm, in the temple library, facilitated by Rev Denise Landes. Class meets the first Monday of the month through the end of the year.

June 16, Father's Day Celebration after church, don't want to miss out on the ice cream!

June 28, Summertime Fun Party

At I and J Fountain Restaurant at 5:00pm. Join us for a fun evening of dinner and dancing. What a wonderful way to share the evening with your Unity family. Please RSVP by emailing Rev Denise at untylightofgrace@gmail.com

June 30, Fourth of July Celebration after church in social hall.



June Birthdays

Pat Shipley Jun 6

Lori Dunlap Jun 14

July Birthdays

Joyce Sorensen July 30

