

## **MEDITATIONS FROM JANUARY 2017 SUNDAY BULLETINS**

**January 1, 2017**

There was no Sunday Service

### **PRISON BREAK**

January 8, 2017

Rev. Donna Gatewood

You would never consider locking yourself up in a small room surrounded by your old worn out furniture, tired draperies, and dark dingy walls. You would never imprison yourself in your own home. You would choose to make changes to the room or you might take a giant leap and make the move to something bigger, better, and brighter. You do this all the time with the places you live; but what about your attitudes, beliefs, and opinions?

Are you being held prisoner by your negative thoughts, your grudges, your inability to forgive and forget, and your regrets? If you are, it is time for a prison break. It's time to reflect, rethink, regroup, restructure, and reform. It's time to recharge, recreate, relax and rejoice.

Each moment is an opportunity to let go of that which holds you prisoner physically, mentally or spiritually. Every moment is a new beginning. Every moment is an opportunity to leave the old worn out, dark and dingy aspects of your life and go toward the light, the good, the Truth. Put off the old man with his deeds; and put on a new man, which is renewed in knowledge after the image of him that created him.

Return to the Father's house. "Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again in the yoke of bondage." Galatians 5:1

### **EMOTIONAL THOUGHT**

from Dial-a-Prayer, April 30, 1996

January 15, 2017

Dr. Al G. Salazar, Minister Emeritus

It is very possible to prove the teaching of the man Jesus. It is possible to prove that love, peace and happiness can be on earth as it is in heaven. Because the answer to every need begins in our emotional states.

Our emotions are like seeds that are planted in fertile soil. They always bear fruit.

And so it is that any attempt to reap contrary to what we sow is wasted effort. Our Bible reminds us to keep our hearts with all diligence, for out of it come the issues of life.

Therefore, in the coming days, center yourself in Truth. Whatever it is that is going on in our lives is never as important as where we are in mind. Everything has an answer. Truth is saying, "I have ways ye know not of. I will keep him in perfect peace, whose mind is stayed on me."

For this blessing, O Most Gracious God, I give you thanks. Amen

## **WHAT TO DO?**

January 22, 2017

Rev. Janet Friedline

Life brings many experiences for us to consider. We look at them, reflecting in a particular way. Based on our personal view of life, we call them pleasant, or unpleasant, enjoyable, or not. In our time of consideration, we find us contemplating “what to do.” The feeling is that if something is given to us to consider, then we are called upon to do something with it. And that becomes the dilemma. Many times we have no idea why certain things have come to us, and we don’t know what to do with them.

We can only act according to our understanding, and personal understanding is limited to what we can reason about and comprehend. Working in this way, keeps us thinking in the same old way, repeating patterns that are no longer helpful or beneficial. When something comes to us, let us pause and ask “what do we have here?” And then listen without judgment, waiting for inner guidance to show the way. When something is given from within, we can trust it – it is of God. This is all we need to know.

## **TAKE NO THOUGHT**

from May 1999 Newsletter

January 29, 2017

Dr. Al G. Salazar, Minister Emeritus

Throughout the world, the value of meditation has been made known. But it is very important to understand that meditation in and of itself is not an end, but a means towards an end. In its highest or most pure form it is a means through which man can attain a conscious awareness of the Spirit out of which he was created. When Jesus said, “enter into thy closet, and when thou hast shut thy door...” he was talking about entering our own minds and releasing any and every thought of a personal self. On another occasion he said, “Take no thought for your life, what ye shall eat, or what ye shall drink, nor yet for your body...”

It is in the quietness of our own minds, in the stillness of our own thoughts that we establish a rapport with a presence of Pure Peace. And in this consciousness of Peace there is a knowingness, a confirmation that all is well. A sense of “It is done.” It is here, in this consciousness, that feeling comes to us as if a weight had suddenly been lifted and all that is left is a peace that goes far beyond human understanding. In this Peace is the answer to every human need.

The promise is, “Acquaint now thyself with him, and be at peace: thereby good shall come unto thee.”