

## MEDITATIONS FROM JULY 2016 SUNDAY BULLETINS

### WHAT ABOUT PROBLEMS?

July 3, 2016

Rev. Janet Friedline

All of us are familiar with problems. In fact, some of us consider life itself to be a problem to be solved. And then we do our best to solve it. But life is meant to be lived, not solved. When we attempt to work with the “problem,” we are drawn to it, giving focus and attention to what we think we need “fixed.” And in the confusion, we miss out on the moment. Absorbed in the place of uncertainty, we are unable to move into an awareness that brings clarity and solution.

We may pause and ask the question “exactly what is a problem?” What some identify as problems, others view as opportunities. Rather than try to “solve life,” perhaps it would be helpful for us to allow life to express without us naming it in a particular way. When we become the beholder, we view life without judgment. Without judgment, there is no emotion involved. What we are given, as experience, is ours, but we do not handle it alone. Speak, Lord, I am listening, allows the work to be done and it will be good and very good.

### BE STILL AND KNOW WHO YOU ARE

July 10, 2016

Rev. Maria Borrero

From the minute we are born to this earth, we are trying to get back to our real and true self. Let us never forget that God our Father, our source, gave us his only son, the Christ who lives within, guiding and leading us.

If we could just be still, very still and let go of the outer and just listen. This practice will reveal our true self and then will we open ourselves to the internal Christ.

### Knowing Without Reason

July 17, 2016

Rev. Donna Gatewood

Intuition is a gift from God. It is direct perceiving and instinctive knowing. It is revelation. It is an enlightening or astonishing disclosure. It has been called the voice of God. It is that Great Intelligence within each of us that guides, protects and instructs. It is the Spirit of God. It is His wisdom expressing in our lives so that we may do His will and come into the fullness of Life.

Our Father has given Himself to us in full measure. He has given us Wisdom, Knowledge, Understanding, Power, Love and Wholeness; and yet we find ourselves in circumstances and situations that fly in the face of all of these gifts. Why?

The answer is simple, we just don't listen. We can never seem to give up the trappings of the flesh. We are always running here and there and always doing something. We are never Being. The key to receiving Divine guidance is to just be. Be quiet, be still, be receptive and be cooperative. Go into

your closet and close the door and wait for the still small voice of God to reveal Himself as guidance and instruction for daily living. He knows what you have need of at any given moment and He will instruct you in all your ways to the highest and best. Take time to be still and listen.

### **SOUL MUSIC**

July 24, 2016

Rev. Donna Gatewood

Lord Byron said, “There’s music in the sighing of a reed; there’s music in the gushing of a rill; there’s music in all things, if men had ears; the earth is but an echo of the spheres.”

There is a rhythm to all of life. This rhythm is found in the beating of our hearts and the inhaling and exhaling of our breath. It is found in the ebbs and flows of the tides and the rising and setting of the sun. The rhythm of life is God expressing in the soul of every individual to the degree that we are tuned in to his music.

Living in the human condition, we often find ourselves living in a cacophony of sounds, beats, bangs, and clangs. All of which shatter the sound of silence and the harmony and peace of Life. Our souls seek peace, quiet, and harmony. In our hearts we desire the ears that can hear the sighing of the reeds, the music of the gushing rill, and the echo of the spheres.

All that we seek is already ours. God has placed Himself within each of us. He has given us an invisible power to make our own music, our own harmony, and our own peace. We do this by meeting the circumstances and situations of life directed by the great wisdom within, filled with faith, brought forth by understanding, willing the fulfillment of the law of God filled with joy and protected and surrounded by love.

This is the music of the soul; rejoice in it and be glad.

### **CONSCIOUSNESS IS LIFE**

July 31, 2016

Rev. Donna Gatewood

Life to each of us is in accordance with our individual state of consciousness. The Master, Jesus, is our example that man’s inherent divinity can be quickened into new activities of consciousness and thus new and better conditions can follow. He knew that as He thought rightly and loved gently He would draw unto His life people and conditions that were good.

As we dedicate our thinking and feeling to the Mind and Law of God, we too, shall draw only that which is good, lovely, and true into our experience because our consciousness has nothing in it with which to draw the opposite. Only good can exist in the mind of anyone who loves God and thinks rightly.

Let that Mind that was in Jesus also be in you.