

## MEDITATIONS FROM JULY 2019 SUNDAY BULLETINS

### FREEDOM TO BE

July 7, 2019

Rev. Janet Friedline

There are times when we long to make some changes, to reach out and go in a different way. And we begin to think about how we can make it happen. In the process of thinking, we realize that to move into a different place, we must first leave the one where we currently find us. And this is the challenge. While change is desirable, it is also scary. In time, we may find us thinking of reasons to stay where we are. We tend to cling to persons, places and things and we are not able to free ourselves from them. True freedom is achieved as an act of consciousness. It is our human reasoning that keeps us stuck and confined to a set of circumstances. Persons, places and things come, and they go; no need to entertain them or cling to them. Life moves us forward, upward and onward, and when we join its rhythm, we are moved without stress or strain. We are free to be who we are meant to be – a light unto the world; a witness to the life without beginning and without end.

### THE CHRIST OF YOU

July 14, 2019

Rev. Wayne Gatewood

The perfect-idea-of-God man is your true self... the Christ of you. God-Mind is, under the law of thought, constantly seeking to release its perfection, the Christ in and of you. It is your Spiritual Being, and when you seek it and ask for its guidance through prayer and meditation, there is a great increase of its realization and manifestation in your life. It has back of it all the powers of Being, and there is nothing you cannot do if you give it full sway and make your thought strong enough to express the great forces that it is seeking to express through you. The Christ of you is the same Christ that lived the Master Jesus some 2,000 years ago; the Christ is your eternal Truth.

### CHANGING PATTERNS

July 21, 2019

Rev. Donna Gatewood

Who or what do you say you are? As the man whose breath is in his nostrils we think that we are flesh and bone and matter here to do many things. We spend our lives chasing after a dream that is already ours—Life abundant and eternal. But we spend our days and our nights covering up our true identity and we allow ourselves to get drawn into and caught up in the daily dramas of the human condition. We are not here to express our personalities. We are here to express our individuality; that part of us that is real, whole, complete and perfect. That part of us that is the Divine Son of God which was created in the beginning before Abraham was is our true nature. Let us choose to die daily to the man whose breath is in his nostrils and walk away from the life of the prodigal. Let us return home to our Father's house where all of us will be greeted with open arms and the only garment we will ever need—the mantle of the Christ.

### PRAY WITHOUT CEASING

July 28, 2019

Rev. Wayne Gatewood

Throughout our every day, throughout our weeks, our months and years ahead, and throughout our entire physical experience on the earth plane, we are always thinking, and whether we realize it or not, our thoughts are actually prayers. And so it is, that when we come to know our Truth, when we live in God consciousness, in His OMNIPRESENCE, our thoughts, and then our words, and our demonstrations are of their spiritual and perfect Source. By regularly going within solely for the reason of communing in the ONENESS of our Being...within The Kingdom...our consciousness, we come realize that we are indeed complete and whole in

Him, lacking for nothing, needing nothing, made in His image and likeness. His Grace is sufficient unto us, and it is with a sense of gratitude and love that we praise and thank Our Father Who Art In Heaven. "Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus" (1 Thessalonians 5:16-18).