

## **MEDITATIONS FROM MAY 2016 SUNDAY BULLETINS**

### **CENTER YOURSELF**

May 1, 2016

Rev. Donna Gatewood

The Scriptures tell us “Ask and it shall be given to you; seek and ye shall find; knock and it shall be opened unto you.” How can we ask, seek, find and knock when all of our thoughts and activities are centered on the world? How can we receive what our mind refuses to entertain? How can we develop the ability to receive more?

We make life little and mean and limit our possibilities when we refuse to be centered and grounded in Truth. We bury our Good under a heap of human conditions, situations, and circumstances while the Kingdom of God is right where we are if only we could change our focus and center ourselves. Let us take time throughout the day to find “islands of silence” where we can commune with God and realize the truth of our being—the beloved children of God.

God has placed the Power of Life in my own heart and mind and today I resolve to use this Power. I will no longer look for God in some distant place; I will find Him directly at the center of my being.

Today, I ask and know that I shall receive. Today I seek and know that I shall find. Today, I knock and know that it shall be opened unto me. Today, I will acknowledge that God is in the midst of me as I keep my ‘eyes steadfastly facing thee’ in all of my thoughts, words and deeds.

### **DIVINE MOTHERHOOD**

May 8, 2016

Rev. Maria Borrero

Divine Motherhood is that idea in the mind of God which nourishes others, be they children, adults, neighbors, colleagues or friends. But this type of nourishment doesn't end with family and friends. It provides loving care to all whom one meets whether it is meeting a stranger in an elevator, at work, or in any place on this earth.

Divine Motherhood is not just about women who are mothers but anyone who opens their mouth with wisdom and kindness. Today and every day let us be kind to others be they our family, friends, strangers or so called enemies. These actions allow love and blessings to fill people, communities and institutions that help and assist people in need for love. "She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy" Proverbs 31:20.

### **TAKE NO THOUGHT**

May 15, 2016

Rev. Janet Friedline

Human beings have the ability to think and to reason. And we do so quite often. Actually, we think way too much. Many times, during a conversation, we are thinking about our response without first listening to the question. We anticipate what will be said, certain that we already have the answer. After all, we are confident in our ability to think and to reason. The difficulty arises when we consider

our experience only. What one experiences, in a personal way, is limited, and it may or may not be true.

When we cease thinking in a personal way, we become receptive to information outside our realm of experience. The open mind welcomes knowledge beyond its normal means of learning. The open mind takes no thought, and it has no personal opinion. Knowledge, given from within, stands alone – it needs no explanation or interpretation. So let us take no thought for our life - God is our sufficiency and that is all we need to know.

### **KEEPING FAITH**

May 22, 2016

Rev. Donna Gatewood

In the world today most people cling blindly with hope and belief to what the five senses present to them. They find their small satisfactions and limited contentment in the building up of the human ego and human conditions with changing personal opinions and mistaken beliefs that have long since lost their luster. Wanting security, money, relationships and joy, they have placed their faith in that which will rust, crumble, and fade away. The concept of hope and belief are the by-products of the intellect and emotion; they have no foundation in Truth.

Faith on the other hand, is “an assurance, a conviction, a knowing without the shadow of a doubt that a desire or a vision or an objective is coming into visibility through invisible divine activity.” Abiding, unwavering faith is the link between the invisible storehouse of God’s goodness and its manifestation out here in the world.

Our Scriptures tell us “Now faith is the substance of all things hoped for, the evidence of things not seen.” So let us step away from the multitudes and let go of blind hope and belief in the world of people, places, and things. Let us place our feet on a firm foundation and establish ourselves in unwavering faith and trust in God so that when the turbulence of the twists and turns of life make their appearance we know without a doubt that our Good is already making its way to us.

### **THE KINGDOM OF GOD IS ALREADY OURS**

May 29, 2016

Rev. Maria Borrero

God gave us a finished Kingdom. This Kingdom awaits our return. God equipped us to learn how to return to our eternal home by giving us the Christ (God's only begotten.) The Christ is always with us, always ready to guide, lead and show the way. Our Father will never leave us nor forsake us for we are his beloved. Let us stay close to our Father by turning within to abide daily and then be quiet and listen. “Blessed are they which do hunger and thirst after righteousness: for they shall be filled.” Matthew 5:6. And so it is, Amen.