

Will you pray with me, for me, and for each other that in this time of meditation and message all that Spirit longs to express in us, through us and as will come forth...

Meditation

(Tonglen, as shared by Rev Diane Berke during Soul Nourishment retreat 2/24/24)

Centering in, eyes closed or softly gazing just in front of you, focus your attention on your breath... simply noticing the rhythm of your inhale and exhale, and knowing that in in just a few breaths our individual breath rhythm in and out will entrain with each other, reminding us of our interconnectedness...

Sense your body supported, grounding in by noticing the physical sensation of where your body is touching where you sit, letting your hands fall open to receive or letting them rest on your lap, sensing your palms and backs of your fingers

Now, we've checked in with our breath, and with our physical bodies...check in now with your emotion body– as you settle in, what emotions or feelings arise? Without labeling either “good” emotion or “bad” simply notice, or think about how you felt this morning on waking up... Is there a weight of loneliness or grief, uncertainty, confusion? Perhaps you're feeling the simple pleasure of this weekly connection, feeling joyful or peaceful...or a rolling wave of different emotions...

Say in your heart-mind whatever it is you're feeling... I am lonely, I am grieving... I am happy, I am confused...

And now, instead of identifying AS that emotion, notice how it feels in your body to say “grief sits here with me” “joy sits here with me” loneliness is here, peace is here...can you begin to notice a shift in recognizing you are NOT your emotions, they are friends and teachers here to visit and instruct...

Now, breathing in... and out...connect to everyone in this room or watching from home who may in this very moment be experiencing whatever arose in you... and feel yourself connected in this space... now widen your awareness to include all those experiencing this same emotion in

This city Our state Our country Anywhere and everywhere

And feel your connection, your shared human experience and know you are not alone..

Message– February’s invitation to finding “it’s alright”

- **Kian and Love is Letting Go of Fear on Feb 4:** Committing to supporting Kian monthly was a conscious move, anchoring my stake in my own future, trusting that by partnering God, saying yes to my sacred purpose would lead me forward.

The physical sensation that morning of SAY YES to this– despite what my bank account looked like– came from my sense of abundance of loving support in my life AND from recognizing that my fear of scarcity was teaching me something. Both were nudging, inviting, pushing me to get creative with Creator about how to be more giving AND how to weave more stability into my livelihood. Kian is one of my Divine partners in the flow and presence of God at work in my life.

Finding the mantra/affirmation to walk with me/us “God is the Divine givingness of the Universe. My whole being is one with the Divine Flow.”

- **The Way Knows the Way, Feb 11:** My fears. My anguish and worries. My joy and delight. The simple gifts and pleasure of an ordinary day. The story arcs of pilgrimage and the seasons and the Wayshower Jesus. What if *all of it* is where God is calling us to take in ALL of it, and use it for food for our spirits, for our lives, for the world?

God calls us to the fullness of living which can be manifested in a multitude of ways. We find our way by walking. Walking with God and walking with each other. We find our way by listening to what our joys and our fears, our heartaches are teaching us. We find our way by trusting that time in solitude and silence, time in deep conversation and presence, all will help us to listen to the voice of God-within– and will help us discern *what is mine to do?* Where are my holy heartbreak and holy imagination leading me, not only into creating the life of my dreams, but into transfiguring the world that calls out to us in these days where chaos rules so many areas of our shared culture. We are the just right people for this moment, because here we are! The way knows the way. You don't have to know the way. Trust the way. Find your way. The way knows the way.

- **The Transforming Power of Letting Go, Feb 18:** So how *do we* refrain from leaning into both self-righteous judgements and finger pointing towards others AND self-recrimination, shame and staying stuck in our own egoic minds? We spend time with God. We spend time in the quiet experiencing the infinite presence of God as Principle, God-beyond-us. We spend time in the quiet experiencing being held in the arms of the Beloved, God-beside-us. We spend time in the quiet experiencing the whispering voice of God within, God-being-us. We let go of our “small-s-selves,” and live in and FROM the truth of our interbeingness with all three faces of God.

And then this week we had a series of miracles here at Unity that invited me to walk my talk! To trust that the divine givingness of the universe holds us all. That the Way does know the way. To notice the *instruction* of fear and worry as they sat beside me, and then to rejoice in the opportunity to be creative with the creator in partnering with that divine givingness.

The first miracle is that our furnace in the office annex died! Or rather, it is currently on life support, but we need to let her go. This winter National Grid and plumbers have been called in 3 or 4 times to address a smell of gas, or something. Repairs have been made, yet the smell was still apparent at times.

That leads to the second miracle of divine guidance, divine timing, divine givingness.

Our friend Bob Zima, who hasn't been to Unity in a while, had been feeling called to explore ACIM, and decided to join the Tuesday morning in-person ACIM study group-- that didn't meet that day because several of its members were sick. But the voice of God speaking as Roger Mock, said “by the way as long as you're here...”

It turns out Bob retired on January 29 after many, many years in the HVAC field. So it turns out that Bob WAS the Course in Miracles and he went home to get his tools. When he and National Grid were at Unity that afternoon, Nat'l Grid found CO2 levels in the 4000 ppm at the outside exhaust of the furnace. And while there were readings of CO2 in the building as well, none were quite THAT high, and no one was hurt. Another miracle. Needless to say, the furnace was shut down. Nat'l Grid did not find issues with Bertha-- another miracle!

The major miracle though is in a shift in perspective, that begins with the leadership team of the Board, me and Rev Roger as a SPARK! On Thursday before we met for a final meeting in this iteration of the board, Mary Myers reached out to us with this message, to consider before our meeting: *Last night before I went to bed, an idea popped into my head, and it was there again to greet me as I awakened this morning: We love this church and this community! When a need arises, we as a people do what we can! We can do this! Together! As Board co-president, I commit to making a significant contribution to the Furnace Fund. I am in the process of discerning what is the right amount for me... and I encourage each of us to prayerfully discern what is ours to do.*

By the end of our meeting, we were EXCITED by this opportunity– this miraculously timed, miraculously supported by Bob’s helpful experience–opportunity. EXCITED by our call, our YES, to get creative with God, the Divine Givingness of the Universe.

And then I received a message from a member of the B/G team when I shared the idea that : *“The church is not cared for by a separate group of parental figures who make sure the church is running in a healthy way, but rather by a collection of individuals who share in a **communal spiritual effort to maintain this community** we are all in this together, and it isn’t just members of the board or various committees that give to make this church function, but that we are all in this together. No board member or committee member comes from great wealth. They are just like the rest of us. They give because they know it grows us personally and collectively. This is a shared experience that we are having and which we continue to have, as members of this Unity community.*

We as a community have created something radically out of step with the noise of the world. We come here each week to be filled and to fill each other, with companionship, strength, joy, comfort. We ARE a miracle, a mundane miracle of individual expressions of God-Being-Us. Our presence– as an [“island of sanity”](#) makes a difference to each other, and to the world.

I invite you this week to remember, to see anew, all the many ways you show up AS the divine givingness, as I invited us on Feb 4th:

Give smiles to strangers.

Chat in line at the grocery store.

Give space between cars in traffic!

Give to our loved ones in relationship, in forgiveness, in sacred truth telling.

Give by showing up in friendship and deep listening.

Give by centering in quiet, and letting ourselves be led by the voice of God within.

Give to our Mother Earth by making choices that heal and sustain our climate.

Give so that soup kitchens and food pantries and oppression are obsolete.

Give so that peace is where we live, no matter where we live.

Give from the Ground of our Being.

And then, of course, I invite you to prayerfully discern how you too might step into this miracle of giving with joy to the needs of our Unity Community, for a new furnace, and beyond, as we live into our mission and vision to transform the world with our loving kindness in partnership with Divine givingness.

And so it is. Amen.