

# LIVING TODAY

| DOING TOGETHER WHAT ONE ALONE CAN NOT DO |

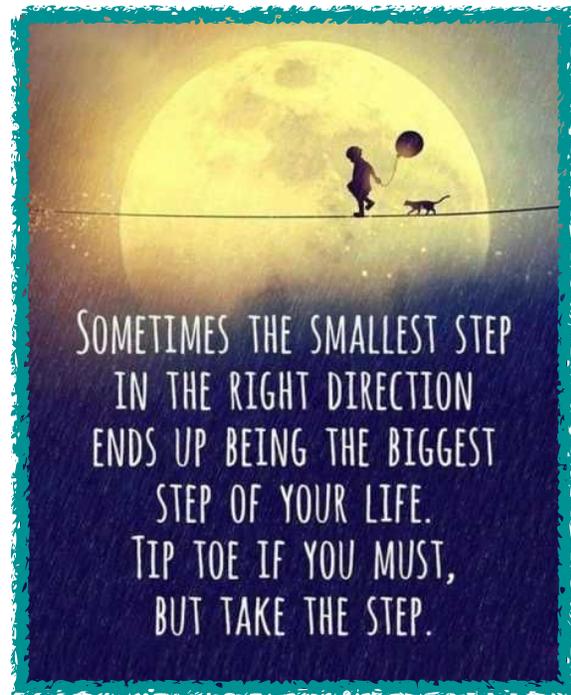
## Rev. Paula Vacation

Our minister, Rev. Paula, will be taking her 2018 accrued vacation time mid August to mid September this year. Let's see her having a relaxing and wonderful time.

## SABBATH: Finding Rest, Renewal and Delight in our Busy Lives

Sundays, July 7-  
August 11,  
12:30 -1:30 pm

Join Rev. Skiles as she facilitates a study of this wonderful book. Wayne Muller offers us a way to remember our Christ nature and focus on listening to the inner wisdom we so often seek.



## *Keeping Your Eye Single*

The Truth IS article in this newsletter is an excerpt, written by a wonderful Unity minister and friend, Rev. Art Holt, who passed not too long ago. However, I wanted to share some of his wisdom for us to consider this summer. May you find the blessings of his light uplift you.



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### Rev. Paula Skiles

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There are so many great opportunities we have to experience the power of Grace and Holy Spirit in our church.

- SABBATH; Finding Rest, Renewal and Delight in our Busy Lives, Sundays Jul. 7-Aug. 11

**Need a Prayer?** A Prayer Box is located at back of Sanctuary. We pray with on your request for 30 days and then forward to Silent Unity, who also pray on the request for 30 days.

**Unity Church of San Marcos**

**24/7 Silent Unity Prayer  
Partner Line 800-669-7729**

## THE TRUTH IS...

It is a beautiful day. The sun is shining; there's a warm, gentle breeze that carries a healing energy to my shoulders and back; the trees have exploded with bright green leaves as Spring re-enters in full bloom; and the morning sunlight illumines the brilliant and colorful new blossoms emerging throughout our garden. In other words, life is good and we are reminded that God is everywhere present.

On days such as this it is easy to affirm that "there is only One presence and One power, God the good, omnipotent." It seems obvious to every cell and sense of the body; sight, sound, touch, taste and smell. God is good and goodness abounds. This is an image I want to keep uppermost in my consciousness, because not every day presents such an obvious picture of God's omnipresent good. There are days that are cold and bitter, drenching and torn apart by the winds of pain and suffering and loss. On those days affirming 'One presence and One power' can seem more like an illusion than a reality. And on those days it is doubly important to keep 'Thy mind stayed on Thee.'

The affirmation, 'Only One presence and One power, God the good, Omnipotent,' is a powerful statement as much for what it doesn't say as for what it states. For if there is only One power, there is no other power; there is no secondary power, no opposing power. Day and night provide the perfect metaphor. The light of day comes from the power of the sun, and the darkness of night comes, not from an equal or opposite power, but from the absence of sunlight; it is only a powerless shadow. There is just one power, sun light, and the nighttime's shadow disappears at the morning light's first appearance. The only light we see coming from the moon at night is a reflection from the sun.

It is helpful to keep this positive truth in mind because it helps to give deeper understanding to important Biblical statements. Hidden beneath are very practical messages for us.



So when Jesus said, "The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light" (Mat. 6:22 - KJV). When you are focused on the Presence of God, you will see only good.

The story of Moses includes a visit on Mount Sinai by the Lord, God, and the deliverance of the Ten Commandments to Moses for his people. Prior to giving the commandments, God told Moses, I am the Lord your God... You shall have no other gods before me. And, do not worship false idols. You might say that Moses was told not to give his attention (his power) away to other gods, false idols, by worshiping any of them, but to worship and give his energy (his power) only to the Lord, his God. And with good reason, as you will see.

Throughout the Old Testament it becomes obvious that when the Hebrew people followed this primary Commandment of God, their lives were richly rewarded. But, when the people began to turn to the temptations offered by false gods and let their faith deteriorate, their lives began to suffer, again and again, more and more, until they turned their attention, finally, back to their One God. Only then were their lives restored. This scenario repeats itself frequently enough in the Old Testament that it is the major lesson to be learned therein.

Back in Moses' day there were many gods, or at least that was the common belief of the Pagans and Gentiles. They held that every aspect of a person's life was under the whim of any one of dozens of gods. People had wooden statues, carved stone images, pottery and even gold icons that were worshiped on a regular basis and sacrifices or burnt offerings rendered frequently to one or more of these idols on the belief that in doing so a flood, or famine, or some other disaster would be avoided. So the worship of many gods was very common, indeed.

Many years later the multiple god practice hadn't changed, so Jesus returned to the lesson of Moses when He said, "No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to one and despise the other. You cannot serve God and mammon" (Matt. 7:24). In other words, Jesus was saying there is only One Power and One Presence... devote yourself here. He makes it abundantly clear when asked what is the great commandment? "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind," he said. "This is the great and first commandment. And a second is like it, You shall love your neighbor as yourself." (Matt. 22: 37-40).

There is a reason why Moses was told "You shall have no other gods before me," the message was simple; quit worshiping false gods, they are not real. Today it is universally accepted that there is only one God, so one would assume that the false gods have disappeared. However, even as dedicated Christians we worship false gods all the time...

Consider...beauty and fame (think of how many young people worship rock stars, Hollywood stars and sports personalities), personal fortune, energy-consuming homes and gas guzzling SUV's, giant televisions and an endless variety of other gadgets. When we pursue any of these for the sake of impressing others or even ourselves, we are, in effect, worshiping false gods.

The question that we can ask to determine whether we are worshiping the ego gods or the One God is, 'am I living my life in such a way that I am helping to make the world a more peaceful place and helping to tend the Garden of Eden we call planet earth?' Some of our National Parks have signs that say in effect, 'whatever you carry into the park, please carry out, leaving only your footsteps behind.' That's putting the park and its preservation ahead of your use of it, and is a microcosmic metaphor for putting God first in your life.

There is another way we worship false gods, however, that may have an even more serious consequence on our lives, and it's one we might not have considered before. It is the negative worship of the false gods of fear and anger and retribution and disillusionment and sickness and



## Annual Church Meeting

Sun. Sept. 29, 2019

Begins 12:30 p.m.

Our Board of Trustees will present our church finances and plans for the next year. Plan on being at this important business meeting for our church. Your vote counts.



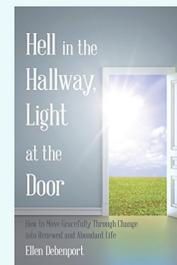
Just Keeping It Real!

## SABBATH: Finding Rest, Renewal and Delight in our Busy Lives

Sundays, Jul 7- Aug 11,  
12:30 – 1:30 p.m.

Join Rev. Paula Skiles in taking a breath. In today's world, with its relentless emphasis on success and productivity, do you feel you have lost the necessary rhythm of life, the balance between work and rest. If you find yourself constantly striving, feel exhausted or deprived in the midst of great abundance, come learn of rest.

Millennia ago, the tradition of Sabbath created an oasis of sacred time within a life of unceasing labor. Now, Wayne Muller, author of the spiritual classic *How, Then, Shall We Live?*, shows us how to create a special time and renewal—a refuge for our souls. Muller teaches us how we can use this time of sacred rest to refresh our bodies and minds, restore our creativity, and regain our birthright of inner happiness.



hopelessness and poverty and worthlessness, and any other form of errant belief. And we have been worshipping these gods for centuries.



Let me explain.

One of the foundational precepts of Unity is the power of affirmations and denials. When we affirm something, we speak the words as though they are true, factual and already exist. So when I affirm "*I give thanks to God that I am healthy and prosperous,*" I am establishing the idea as a belief within myself, giving thanks to God and holding a vision that it is so. As I repeat the affirmation, the belief gets stronger and I begin to act in ways that support the possibility. Eventually the affirmation evolves into reality.

By the same token I correct mistaken beliefs through the power of denials. Denials do not deny the existence of an illness or disease, but rather, they deny its power over me, and herein lies the clue to the negative worship of the false gods mentioned above.

Whenever we worry about anything, whether it is an illness, the depressed housing market, the possibility of termites or the opinion of a neighbor, we are giving our power and our worship to the false god of worry.

When we are afraid of something we are worshiping the false god of fear. If you have heard the expression ‘that which you fear shall come upon you,’ you’ll understand what I mean. Fear becomes a negative affirmation and works just as surely as a positive one.

The same things is true when we are angry, determined to get even, suicidal, hopeless or feeling unworthy, for we are, in effect, worshiping the false gods of anger, retribution, desperation and worthlessness. We have given them power over us, but like the shadows of night, they are false gods and powerless on their own to control our lives...unless we give them our power.

Don’t deny they exist, simply deny they have any power over us by declaring them powerless and affirming that “There is only One Power and One Presence, God the Good, Omnipotent!”

When we can grasp that there really is only One Power, and that Power is God and everything good, in the midst of our lives and everywhere about us; when we can realize that there is nowhere we can be where God is not; and when we can feel in our hearts that all these false gods have no more power than a shadow hiding from the light, then we will have turned away from the worship of false gods and begun our worship of the One and only God, God the Good, Omnipotent.

And so, as you step out in the morning sunlight, take a deep and healing breath of fresh air, appreciate the warm gentle breeze that embraces your face, gaze with eyes of wonder at the new life that has burst forth just this morning, and feel the joy in your heart for the love that comes from deep within springing forth like a fountain, radiating to everyone you meet along the path of life that is yours to walk. Life is good and the goodness of God is all about us. And then say to yourself, “There is only One presence and One power, in my life and throughout the universe, God the good, Omnipotent.”

And so it is... Rev. Art Holt,

Think on this...blessings, Rev Paula

