



THE UNITY MESSENGER

Unity of Santa Rosa
4857 Old Redwood Highway
Santa Rosa, California 95403



We Are Not Alone

By Meg McConahey

Dearest Friends in Unity,

Once again we are in the midst of a crisis in our community. Some of us have been more directly impacted than others. But it's impossible to live here in Sonoma County and not be touched by the fires in some way through friends and family or other associations.

This calls us to be there for one another. And that can be challenging when we may also be feeling vulnerable ourselves. Our reserves may be low. I just wanted to remind everyone to draw upon your spiritual practices – whatever they may be – to stay in alignment with God. Create a mental and spiritual force-field and know that you can rise to respond with strength to whatever happens. We are best able to meet whatever challenges that arise when we are living from our strong spiritual core.

I would like to recommend a book that is very useful to help you practice self-care. It is *Inner Peace for Busy People* by Joan Borysenko, who is an expert in Mind/Body science, a practitioner of integrative medicine and a firm believer in spiritual practice as part of our overall health. This little handbook is filled with practical things like prescriptions that you can do to achieve calm when it appears things around you are in upheaval. It is available on Amazon or I am sure Copperfield's or your favorite local bookseller can order it.

These times can make us feel alone. But we are not. We are part of that tapestry we sang about last Sunday. We have each other. Do not hesitate to call for support or help. Our chaplains, our board members, and our office administrator are here to help. Several of our regular speaker ministers have also made themselves available to those who need spiritual support. Please call or email the office for support.

There were difficult times in my life when I took great comfort from the words of Unity poet Laureate James Dillet Freeman. His poem "I AM There," came out of a mystical experience calling out to God when his wife was dying from cancer.

He heard this voice, "I AM There."

I Am There

by James Dillet Freeman

Do you need Me?

I am there.

You cannot see Me, yet I am the light you see by.

You cannot hear Me, yet I speak through your voice.

You cannot feel Me, yet I am the power at work in your hands.

I am at work, though you do not understand My ways.

We Are Not Alone (continued)

I am at work, though you do not recognize My works.

I am not strange visions. I am not mysteries.

Only in absolute stillness, beyond self, can you know Me as I am, and then but as a feeling and a faith.

Yet I am there. Yet I hear. Yet I answer.

When you need Me, I am there.

Even if you deny Me, I am there.

Even when you feel most alone, I am there.

Even in your fears, I am there.

Even in your pain, I am there.

I am there when you pray and when you do not pray.

I am in you, and you are in Me.

Only in your mind can you feel separate from Me, for only in your mind are the mists of "yours" and "mine."

Yet only with your mind can you know Me and experience Me.

Empty your heart of empty fears.

When you get yourself out of the way, I am there.

You can of yourself do nothing, but I can do all.

And I am in all.

Though you may not see the good, good is there, for I am there.

I am there because I have to be, because I am.

Only in Me does the world have meaning; only out of Me does the world take form; only because of Me does the world go forward.

I am the law on which the movement of the stars and the growth of living cells are founded.

I am the love that is the law's fulfilling. I am assurance. I am peace. I am oneness. I am the law that you can live by. I am the love that you can cling to. I am your assurance. I am your peace. I am one with you. I am.

Though you fail to find Me, I do not fail you.

Though your faith in Me is unsure, My faith in you never wavers, because I know you, because I love you.

Beloved, I am there.

Upcoming Events

October 2020 (All events and services via Zoom until further notice)

- **Sunday the 4th:** Rev. Dr. Barbara Leger ; Music by Star Tom

Sunday the 4th: Writing Group from 12:30 to 2:30 p.m.

Wednesday the 7th: Ho opono pono Prayer & Meditation Circle from 5:30 to 6:15 p.m.

- **Sunday the 11th:** Rev. Larry Schneider; Music by Guy Richards

- **Sunday the 18th:** Rev. Dr. Patricia Keel; Music by Star Tom

Monday the 19th: Intergenerational Book Club; the Book of Joy; from 6:30 to 8:30 p.m.

- **Sunday the 25th:** David McNair, Licensed Unity Teacher; Friendship Sunday; Music by Guy Richards

November 2020 (All events and services via Zoom until further notice)

- **Sunday the 1st:** Rev. Dr. Barbara Leger; Music by Star Tom

Wednesday the 4th: Prayer & Meditation Circle from 5:30 to 6:15 p.m.

- **Sunday the 8th:** Rev. Larry Schneider; Music by Guy Richards