



Welcome to Unity's Interactive Worship Service

Today's Topic: New Beginnings

Power Point notes available at:

www.unityofbakersfield.org

New Beginnings

Here's a riddle for you.
What knight is always
giving up?

Sir Render



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As the Daily Word reminded us today: I am continuously connected to Spirit—one with a higher power far greater than my human self.

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Unity teaches us that life is consciousness. That we are on a journey of self-discovery to find personal freedom from those things in our lives that keep us in bondage to the past, to free us from any negative behavior that keeps us from realizing our relationship with God and with one another. And in this process we often find ourselves dealing with change and transitions.

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We can not change the past. That is fact. We can, however, change our attitude that we hold about the past and the affect it can have on our future. There is nothing in our past that can keep us from living a spirit filled life. So...

As someone once said, the key to creating new beginnings is to create a new PIE. Which is our Perceptions, Interpretations, and Expectations about our transitions and changes.

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Unity minister and author, Robert Brumet had this to say about change in his book, Finding Yourself in Transition:

Change is inevitable. This has always been true but is especially so today.

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Deep and radical changes are occurring around us and within us. Some of our basic assumptions about life are being challenged.

Few of us have learned to deal with change in a healthy way. We often resist change because it confronts us with our fear of the unknown.

One of the deepest human needs is the need for meaning. We use meaning as a “road map of reality.”

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Change often shatters our sense of meaning and takes us into new territory where the old “maps” no longer work. This has been called a “paradigm shift.” A paradigm is a pattern or guide used to interpret, or make an assumption of our experience in relationship to changes.

Every change is a type of death. Yet, change is a characteristic of growth, and growth is a characteristic of life.

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Our fear of death, of change, is fear of life itself. To resist death is to resist life, for every death is the harbinger of new life.

The apostle Paul, who was no stranger to unexpected change, writes to the church at Corinth, “I die every day!” (1 Cor. 15:31) Many of us today are living in an accelerated pattern of growth and change and are, like Paul, dying daily.

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And even Jesus, in a parable, said, “Unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit.” (John 12:24)

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Susan Krauss Whitbourne Ph.D. shares some insights about the transitions and changes that occur in our lives:

1. Recognize that transitions hold a special place in your life memories. Give it the respect it deserves as an organizing principle of your life.

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2. View stress not as a threat, but as a challenge. Because stress is in the mind of the beholder, as many researchers like to say, you can take an event that you’re afraid will overwhelm you and turn it into an occasion you can rise above and conquer.
3. Appreciate the benefits of change...as you remember the times you’ve successfully navigated a previous transition.

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4. Turn to your support network. Even an online community of people going through similar experiences can give you an emotional boost, as well as some practical tips.
5. Prepare, prepare, prepare. Speaking of practical tips, getting things in order before a planned major transition is one of the best ways to guarantee that all will work out when the time comes to make your move.

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6. Use a transition to reflect on where your life has been, and where it's going. Each time you move, you must engage or disengage with items you've possessed, many of which have some type of meaning to you.
7. Focus on the positive aspects. Look out for the hopeful signs in every transition, and you're bound to feel better.

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8. Realize that change is inherent to life. Without change, our life courses would be very dull indeed. You may not be seeking change, but when it seeks you, take heart in the fact that no one's life ever stands completely still. People enter your world and leave it, material possessions come and go, and careers invariably involve turning points. No one ever gets through life without undergoing some type of change, so when it happens, don't fight it. And so...

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I leave you with this thought:
 Many speak of opportunities, such as — “When one door closes, another one opens.” But rarely do they speak about the hallway. The transition. The in between where you are and where you are headed. The hallway doesn't have to be a scary, dark, endless space of confusion. It can be a space of massive transformation, great memories, and peace.