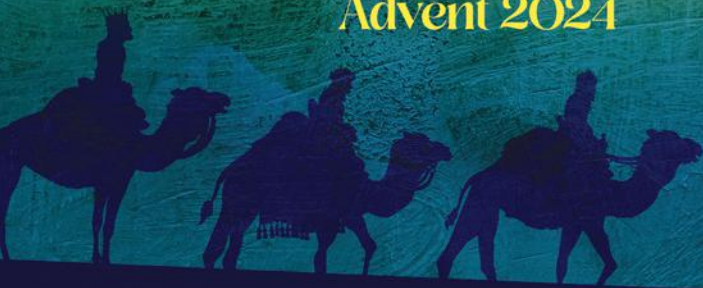


Be Not Afraid

The Comfort of Christmas

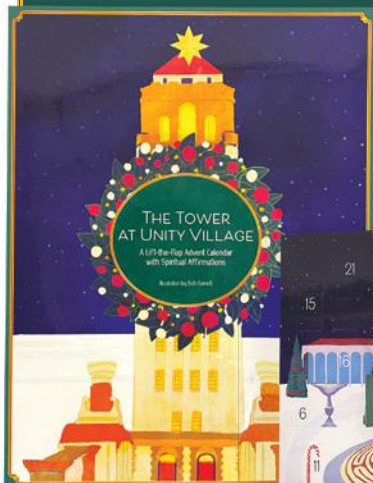
Advent 2024



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Transforming Fear to Joy

Advent is a time when we prepare for good news of great joy. But let's not forget the shepherds initially felt terrified by their spiritual experience (Luke 2:8-20). First one angel then a host of them appeared, talking to the shepherds about a newborn baby and singing about peace on earth. Who wouldn't be a little startled?

How do we handle fear even during the Christmas season, when we might suspect everyone else is feeling jolly? Whether the fear stems from conflict and divisiveness in the world, or a more personal event like a scary diagnosis, we can draw upon our spiritual nature to guide us through it. Like the shepherds who went to seek the Christ child, we can set aside our fear and focus on what we are called to do and be.

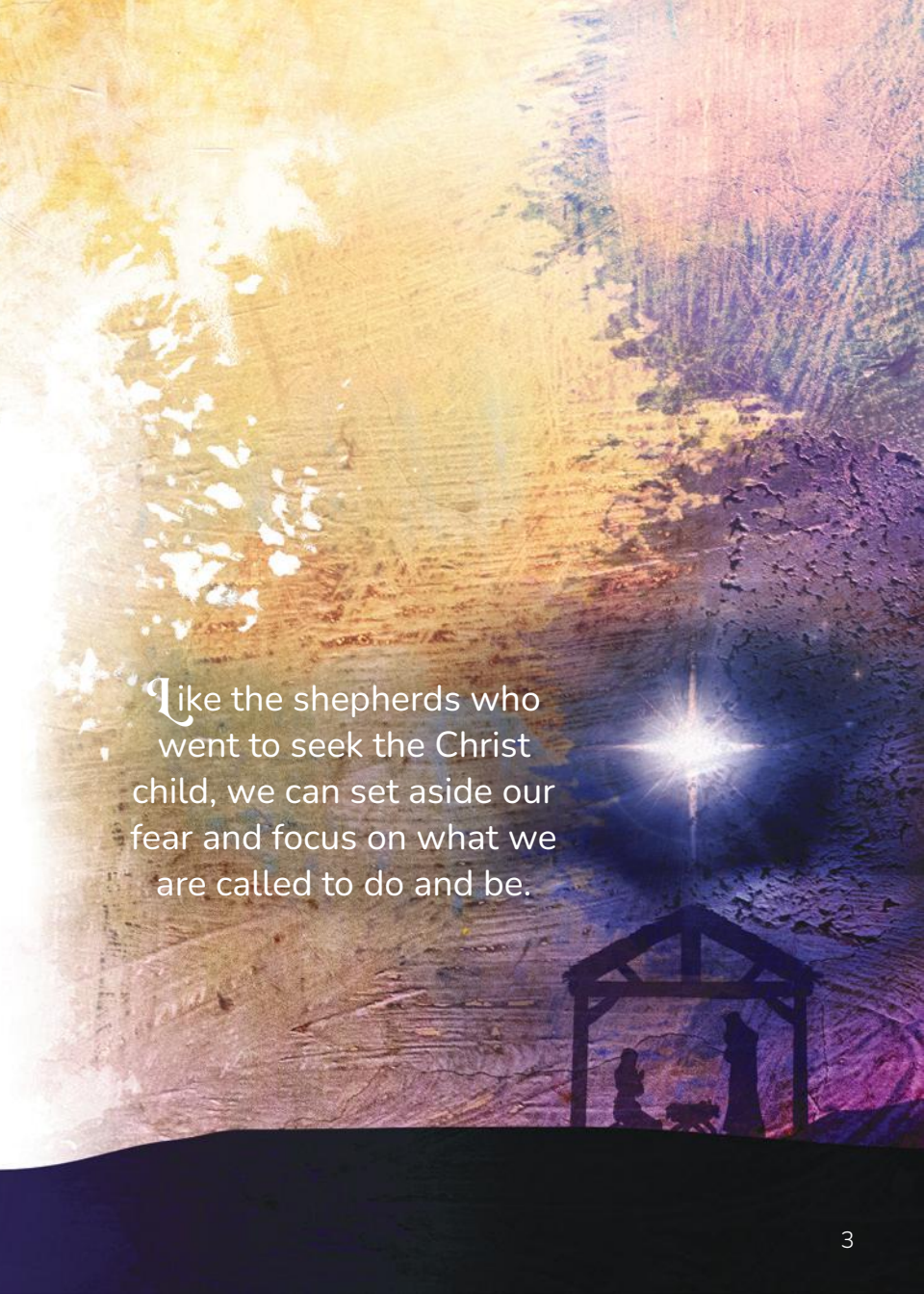
At Christmas, we celebrate not only the birth of Jesus but our own divine identity. This booklet is intended to be your spiritual companion as you prepare for Christmas and contemplate the good news for 12 days beyond it. You will find articles about overcoming fear and daily messages to reassure and inspire you. We hope you will take time this season to reflect on what it means for the Christ to be born in you. Be not afraid.

Your Friends in Unity

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Like the shepherds who
went to seek the Christ
child, we can set aside our
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What Makes Us Strong in the Face of Fear?

Rev. Saba Mchunguzi



Everyone is confronted by an unpleasant fact of life that most of us try to avoid. Even though we respond to life's challenges differently and we may be proud of our resilience, there are still situations that cause us to fear.

The sense of being afraid, which we all experience at some time in our lives, can be so strong that it can immobilize us and literally stop us in our tracks. It may be the loss of employment or loss of a loved one. We may experience a health challenge, or some of our cherished dreams and goals may not materialize and we are fearful and unsure of what to do next. In many cases, we have to make a big decision and we're fearful of making the wrong one. In today's climate of conflict, many fear what the future holds.

A poignant answer for how to respond to worrisome and stressful situations is found in the Christmas story of an angel visiting the shepherds in the field. The angel said to them, "Do not be afraid; for see—I am bringing you good news of great joy for all the people" (Luke 2:10). We can gain insight from the shepherds' reaction. "When the angels had left them and gone into heaven, the shepherds said to one another, 'Let us go now to Bethlehem and see this thing that has taken place, which the Lord has made known to us'" (Luke 2:15). After first having been terrified, the shepherds agreed among themselves what they would do next, working as a team. They went to find the newborn Jesus.

One of the ways to be strong in the face of life's fearful situations is to seek the support of like-minded friends or family members.

Find at least one or two positive people—friends, family, maybe coworkers—you can turn to in confidence and share your fears. The truth is that no one is an island. Let us reach out to those we trust and let them help us through trying times and challenging situations. Let us allow them to comfort and lift us up and help see us through the fearful experience.

Developing friendships and relationships with those who can support us when needed begins with our being trustworthy, supportive, and able to see the divinity in others. As we live our lives with humility and compassion, then through the law of radiation and attraction we will identify and attract to us the people who can help us through particular situations in our lives.

It may help to be part of a spiritual community, where you are more likely to find like-minded individuals. Yet it is always a matter of discernment to decide whom to trust and share information with. The main idea is that whatever you are going through, you don't have to go through it alone. You can overcome the fear and anxiety more quickly and smoothly with the help of others.

During this holiday season, let us truly release our burdens and fears by allowing others to support us with their positive, sacred, and uplifting consciousness.

Rev. Saba Mchunguzi is minister at Unity of Huntington, New York, and president of the People of African Descent New Thought Group.



Wading Into Fear

Rev. Beatriz Gallerano Bell

The small community in which I live is crossed by a gentle and serene river. As I contemplate it and immerse myself in those waters, I remember the fear I felt as a child every time I approached a mirror of water. I didn't dare go beyond where it covered my feet.

My father, a very good swimmer, probably saw with sadness that I could not enjoy as he did the sensations of lightness and freedom evoked by entering into deep water.

Perhaps this was what motivated him to put in the time and effort to teach me how to swim. So it was that during the summer months we went almost every afternoon to a nearby river. There, filled with great patience and perseverance, he taught my sister and me. First to float to feel confident in the water, then little by little he taught us to swim.

I remember that time with love and nostalgia. I am filled with gratitude and admiration to see how divine intelligence and unconditional love inspired that being (my dad) to help me overcome the fear of water, or at least help me not to let fear stop me.

The magnificence of the unknown—in this case, the grandeur of a river for a child—can overwhelm us and fill us with fear. But the “angels of the Lord” are there. The wonderful spiritual energy that is always present is revealed to us, giving us tranquility and strength.

Life is an experience of growth and learning. When going through it, it is more than likely we will face experiences that frighten us. In those moments it is good to remember that “fear is cast out by perfect love,” as *The Revealing Word* teaches.

Perfect and pure love brings peace and joy. There may be different ways in which it manifests itself. In this experience in my life, it was the steadfastness and subtle firmness of my father. He saw beyond and above my apparent weakness. It was his dedication and tenacity that little by little made it possible for that girl to find pleasure and enjoyment in that experience.

It wasn't just about learning to swim—it was a time in which we as a family had the common purpose of getting these girls to achieve basic skills in the water.

When as a family, community, or human group we commit to a common goal, there is divine energy propelling us forward.

The Christmas season is a special time that reminds us that, no matter how difficult or challenging a situation or experience may be, there is news of great joy. Truly, it brings great joy to our hearts to evoke the birth of the Christ in our being and to awaken again to our indwelling divinity.

This powerful Christ energy can and does guide us always, even when we enter deep waters or unfathomable paths. In its light we feel safe. We can affirm and feel the powerful invocation Unity cofounder Charles Fillmore left us: “I am now in the presence of the pure Being and immersed in the Holy Spirit of life, love, and wisdom ...”

May this Christmas seal in our minds and hearts the presence and power that erases all human limitations.

Rev. Beatriz Gallerano Bell and her husband Frank have a ministry in Córdoba, Argentina, called *Unity Sembrando Luz* (Unity Sowing Light). They oversee distribution there for the Spanish-language *Daily Word, La Palabra Diaria*.

Just Do the Next Thing

Rev. Linda Martella-Whitsett



On a typical Saturday morning in 1977, I was seated cross-legged on the meditation hall floor crowded with fellow yoga practitioners at the American ashram where I lived. The guru was holding *satsang*, a gathering for disciples to chant, meditate, and receive a teaching lesson.

In the Q&A that followed, one student asked for the guru's guidance in the face of his terrible fear. He wasn't sure what to do, feeling confused about which spiritual practice would be right and which of the spiritual teachers he followed would lead him to the liberation he craved.

Considering that most of us gathered in that hall were dedicated to this guru and this path, I was surprised by this person's question. Surely the answer was to stay on this path, joining with us in our shared practices. The guru, however, listened with dispassion. He paused. What he said next was underwhelming yet I remember it to this day.

The guru's reply was, "Just do the next thing."

Just do the next thing? What did he mean? The guru explained. When paralyzed by fear, the brain shuts down and has nowhere to go. At such a time, there is only one thing to do—the next thing. Sit up in your bed. Take out the trash. Drink a glass of water. Do the next thing.

Of the hundreds of journal pages I wrote in the three years I resided at the ashram, this one sentence has stayed with me. It means everything to me.

Just do the next thing means I focus my attention, embodying spiritual power—the power identified by Unity cofounder Charles Fillmore as the ability to concentrate, be masterful, and stand in spiritual authority. By concentrating on that one next thing, as simple and practical as possible, I interrupt confusion and questioning. I center my mind and action in the present. I get unstuck from the cause of fear.

Just do the next thing means I take the easy way, the path of least resistance, walk through the open door. I have done things the hard way; have you? A Nigerian proverb teaches:

*The snail has no hands,
The snail has no feet,
Gently the snail climbs the tree.*

Taking the easy way, I gently proceed. I don't worry about whether I have everything I need to go forward. I don't weigh the next thing against the long term or an ultimate goal (such as the student's craving for liberation). I do it for the ease of it, the orderliness of it. I embody divine order, doing the next thing.

When gripped by fear, thinking I have no way forward, *just do the next thing* reminds me that I am never stuck, never helpless, and never unable. Doing the next thing gives me breathing room. The next thing, and then the next, becomes obvious when I take that first step. It may have nothing to do with the cause of my fear, but it has everything to do with my remembering I am capable. I am powerful. I am a spiritual human. The divinity born in each of us is what we celebrate with the birth of Jesus.

This is my affirmation. Adopt it if you find it valuable.

*I just do the next thing,
Concentrating spiritual power.
I choose the easy way.
I go through the open door.
I follow the clear path.
I embody divine order,
Doing the next thing.*

Rev. Linda Martella-Whitsett is an author, teacher, and retired vice president of the Unity Prayer Ministry. Her most recent book is *Discover Your Divinity: A Modern Guide to Affirmative Prayer* (Unity Books, 2023).

First Sunday of Advent





SUNDAY, DECEMBER 1, 2024

Hope and Faith

Rev. Bronte Colbert


I love the Christmas season. But sometimes December can feel like a countdown, an ever-evolving chart of tasks, a to-do list of *gotta get it done*. We can balance holiday busyness by including an experience of spiritual deepening through the four gifts of Advent: faith and hope, peace, love, and joy.

What might you like to feel, bask in, or create this Advent? How can you nurture and honor your precious self? How might you make a Christmas dream come true for you or someone else? Consider keeping a journal of your holiday feelings and experiences. You might create an Advent wreath or use other symbols as you contemplate each week's gift.

Advent starts with hope and faith. It feels like cleansing and renewal to me, a letting go of worry, doubt, or any less-than-positive experiences of past holidays. Advent can be a time to reignite hope, to lean on faith, to open ourselves to the sacred beauty of Christmas.

Today I am lighting a white pillar candle, acknowledging that faith is my pillar. Faith can be present even when we're not feeling confident—when things in the world seem to crowd out hope or when serenity seems lost in the fog of concern or worry.

Reminders help. I take a piece of paper and write FAITH in big, strong capital letters. As I tape it to my mirror, I get a nudge to put one in my car too. FAITH. It is your pillar of strength. Where might you tape a reminder?



During your time of prayer or meditation, ask for examples of faith to show up in your life. When we open our consciousness to be aware and watchful, we become even more receptive. Examples of hope and faith may seem to appear everywhere: at the grocery store, during a walk in nature, or listening to music. A friend tells you how everything just fell into place for them. A good news story details how one person's hopes and dreams came true through faith.

When you feel buffeted by events in the world or in your personal life, picture a pillar of faith by your side. You can touch it, lean on it. See the word *FAITH* written boldly on the pillar. But look! There are more words: trust, overcoming, divine guidance, support, perseverance, strength, fortitude—reminders that God is with you in all things. You have divine resources to rely on always. You can be grounded in faith because that pillar is right beside you—solid, strong, always accessible.

This Advent season, give yourself the gift of time to reflect and list your hopes and wishes for this new month, new holiday season, and the new year ahead.

I believe; help my unbelief!—Mark 9:24



On this day of Advent ...

I am grounded in faith.

Rev. Bronte Colbert is a retired minister in Athens, Georgia, and graciously wrote the essays for each Sunday of Advent in this year's booklet.

MONDAY, DECEMBER 2, 2024

On this day of Advent, let us remove our focus from the daily news reports of war, crime, and all forms of negativity. Decide to no longer accept this as just the way things are. The things that “are” may be facts, but facts change and only what is authorized by God is real.

As we work to release our acceptance of the “facts,” we remind ourselves of our spiritual gift of faith. Faith is the magnetic power that draws to us our hearts’ desires. Our desire on this day of Advent is to experience peace and harmony.

Hope is the expectation of something good. As we connect our hope with faith, we can be assured that our desired good is available right now.

Our steps to be free of the bombardments that produce fear:

1. Mindfully connect to the God presence within you.
2. Connect your faith with hope (positive expectations).
3. Know your desires are from God.
4. Devise statements to release your fear and affirm hope and faith.
5. Give thanks for renewed understanding.

For we walk by faith, not by sight.—2 Corinthians 5:7

—Rev. Alberta Ware

On this day of Advent ...

*My hope and faith form a firm foundation
of trust in God that eliminates fear.*

TUESDAY, DECEMBER 3, 2024

How do we prepare for the advent of the coming of the Christ? Let us turn *hope* for a good outcome into *faith* by our preparations. Let us prepare as if we were having a special guest over for dinner. We would clean the house and put everything in its place. We would wish it to be a time of joy and celebration instead of worry and fear about hosting.

Now is the time to clean the house of our consciousness to receive spiritual insights. What stands between us and a realization of our Christ consciousness? Fear can be the biggest impediment to being fully able to receive the spiritual rewards that this season surely has to offer us. Out with fear and in with faith that we will receive what is good for us and the world.

The angel said to her, “Do not be afraid, Mary, for you have found favor with God.”—Luke 1:30

—Rev. Bill Englehart

On this day of Advent ...

*By faith and preparation, I ready myself
to receive my highest good.*



WEDNESDAY, DECEMBER 4, 2024

Our faith, unique to each of us, can provide comfort and strength during difficult times. Believing in something greater than ourselves can help us find meaning and purpose even amid struggle. Whether through prayer, meditation, or simply holding on to hope, our faith can provide peace and guidance when we need it most.

The Bible gives us many inspiring examples of people who relied on their inner power of faith to see them through.

The shepherds in the Christmas story were understandably aghast at the sudden appearance of a host of angels, but they quickly summoned their faith—one of the divine attributes we can access within us. The unwavering belief of their spiritual nature propelled them to venture out to find the newborn Jesus, seeking firsthand confirmation of the divine event.

When the angels had left them and gone into heaven, the shepherds said to one another, “Let us go now to Bethlehem and see this thing that has taken place, which the Lord has made known to us.”—Luke 2:15

—Rev. Karen R. Shepherd

On this day of Advent ...

My faith in God allows me to remain calm.

THURSDAY, DECEMBER 5, 2024

As I ponder the concepts of hope and faith, I am reminded of Martha and Mary.

As Martha busied herself tending to their guests, she no doubt hoped for the highest good for everyone in her life. However, her actions did not reflect the faith of her sister. Mary chose to sit with Jesus and give all her attention to his teachings. In doing so, she demonstrated an understanding that the routine labors of the day were not as important as the opportunity to elevate her consciousness.

By her actions—or lack thereof—we learn that living a faith-filled life requires nothing more than to open our hearts and minds in order to receive the grace of God. Mary's insistence upon ignoring the busywork clearly demonstrated that the presence of God is always within each of us.

During this busy holiday season, take time to be still. Never give up hope and always stand in faith.

But the Lord answered her, “Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.”—Luke 10:41-42

—Rev. Vernelle Nelson

On this day of Advent ...

*I affirm that my faith sustains me today,
tomorrow, and forever.*

FRIDAY, DECEMBER 6, 2024

Every day, we're faced with choices that define who we are in different situations. Think about it: Do you tend to respond with hope, fear, or faith? Those responses set us on a path that determines how things turn out. It's up to us to keep tabs on our attitudes and reactions by constantly checking our beliefs about God, ourselves, and others.

Ever notice how your feelings often mirror your thoughts? If you're feeling hopeful, fearful, or deeply convinced, it's a sign of your mindset. Instead of trying to control external circumstances (trust me, it's usually temporary), focus on protecting your inner peace.

Remember, what's happening now is a result of past choices, but what's coming next? That's all down to the thoughts and feelings you're choosing right now. So, why not choose faith? It's the key to shaping the life you want.

The beginning of wisdom is this: Get wisdom, and whatever else you get, get insight.—Proverbs 4:7

—Rev. Conroy B. Wilson

On this day of Advent ...

I prepare for good by dwelling on thoughts and feelings that bless, heal, uplift, and prosper.

SATURDAY, DECEMBER 7, 2024

Hope is the spirit of Christmas. When the Three Wise Men began their long journey, they didn't even know where they were going, yet they had hope. They trusted the star to guide their way.

It couldn't have been an easy journey. They probably wondered along the way whether they were making the right choice, yet they had hope this child represented a brighter future. They lived in anticipation of higher good unfolding.

Some say hope is fleeting and wishful thinking, yet this week millions of people all over the world have lit their Advent candles for hope. We hope for peace in the world, for humankind to learn to live in harmony with each other. We hope for the highest good for all beings.

Hope is not wishful thinking. It is our Christ light shining from within us, urging us forward on this life journey.

For once you were darkness, but now in the Lord you are light. Live as children of light.—Ephesians 5:8

Rev. Patty Williams, D.Min.

On this day of Advent ...

I rejoice in the unfolding good that lies before me.

Second Sunday of Advent



SUNDAY, DECEMBER 8, 2024

Peace

Rev. Bronte Colbert

For this second week of Advent, I reach into my cabinet for a lovely blue glass bowl, about six inches deep, that reminds me of a summer pond. After filling it halfway, I gently place a pink candle shaped like a lotus blossom into the water. The candle wobbles for a few seconds then floats calmly.

It delights me to bring the flame of a match to the wick of that candle, adding light and reminding me of sacred stillness. Nothing else needs to be added. The simplicity of bowl, water, and candle feels perfect. To me, the trio represents serenity, calm, and most of all, peace. As I watch the flame dance and gently stretch its light, I feel centered. Any worries or concerns I may have been carrying are soothed and released.

Sometimes troubles in the world around us and our awareness of things we don't want might make peace feel hard to find. John 14:27 tells us, "Do not let your hearts be troubled, and do not let them be afraid." But is that easier said than done?

Spiritual practices such as prayer and meditation can guide us back to our center and help us float above our troubles, if only for a while. As we consciously shift our thinking to a more positive outlook, we can help ourselves find peace and demonstrate that sense of peacefulness as we walk in the world.

Consider dedicating time each day, or as you are able, to prayerful recognition of the level of peace you hold in your heart. Create your own symbols or mental images for peace while repeating a phrase that is meaningful to you, such as *I am peace. I radiate peace*, or *Peace shines from me like a beacon and adds light to our world*. When worrisome thoughts chatter in our minds, we can command them to be calm, like Jesus did to the waves. “Peace! Be still!” (Mark 4:39)

In your prayer time, visualize the expansion of peace. What would more peace look like, feel like? Hold the people you know and don’t know in peace. Hold your country and the world in peace. Empower yourself into knowing that you do have the ability, the God-given gift, to radiate peace, to respond with peace, to encourage peace. The light of peace that is you floats beautifully like a candle on the water.

Consider starting your day by centering and connecting to peace by affirming: *Today I live in peace. Faith, joy, and love create a reservoir of peace. I radiate peace from my mind, words, and my conscious presence in the world. I am the calm that holds the light.*

I will both lie down and sleep in peace.—Psalm 4:8

On this day in Advent ...

I give thanks that I am a radiating center of peace.

MONDAY, DECEMBER 9, 2024

Many of us have gestured the peace sign as we pass another to indicate, *Peace my friend*. Many of us have had a bumper sticker that reminds us and anyone traveling behind us of peace. Perhaps we have taken a stand for peace in a public gathering during times of conflict, chaos, or war. These are all wonderful signs and actions that remind us it is our heart's desire to live peacefully with one another.

Sometimes, however, we have demonstrated what is not peace in our thoughts, words, and actions. Perhaps we have held a thought of resentment or have spoken from a place of anger.

As we ready ourselves to receive the Advent gift of peace, we welcome peace into every part of our life. We guide our thoughts toward compassion. We direct our words from kindness, and we move in our world with peace inspiring our actions. We are the presence of peace in all we think, say, and do.

For a child has been born for us, a son given to us;
authority rests upon his shoulders; and he is named
Wonderful Counselor, Mighty God, Everlasting Father,
Prince of Peace.—Isaiah 9:6

—Rev. Karen Romestan

On this day of Advent ...

*I open the wellspring of peace that resides
deep within me.*

TUESDAY, DECEMBER 10, 2024

The holiday season often brings with it an intensification of activity, both in our outer world and our inner experience. It can be a time of heightened emotions. We might witness joy and expectancy as well as grief and loneliness intermingling within us. This is how the world gives; all things continuously changing in expression and form. The next task, the next thought, the next issue clamors for our attention.

Yet when we listen deeply beneath the surface activity, we can perceive another reality. We are able to sense that beyond all the noise, impervious to change, lies a peace that undergirds all that is. Jesus invites us into an experience of peace that is given to us, not as the world gives. Peace, always present, arises when we come home to ourselves and remember the truth of our oneness with life. This peace has no contingencies, requires no transactions, and knows no limitations.

Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.—John 14:27

—Rev. Stacy Collins

On this day of Advent ...

Peace is within me in every moment.

WEDNESDAY, DECEMBER 11, 2024

When deadlines loom and thoughts of upcoming changes bring added stress into my life, I remember that I am never alone. I take a moment to breathe deeply and listen to my body, then I can relax my grip on perceived control and allow calm to return to my being.

A pause for prayer reminds me that God gives me all I need to move through each moment with ease and grace.

As I prepare myself for a greater experience of the Christ presence within me this Christmas, I remember that the gift of peace is the reality Jesus shared with us in his ministry. Therefore, I choose to accept it as my heritage and birthright.

Those of steadfast mind you keep in peace—in peace because they trust in you.—Isaiah 26:3

—Rev. Peggy Konkel

On this day of Advent ...

I trust God's peace is always available within me.



THURSDAY, DECEMBER 12, 2024

Christmas music in every store, jammed parking lots, colorful lights, creeping long lines, beautifully decorated cookies—some of them burnt—and calendars overfilled with holiday parties and concerts. During this holiday season, the difference between an experience of chaos and one of love and joy rests in my ability to be at peace no matter the appearances around me.

As I prepare for gathering with family and friends, and encountering familiar faces and strangers as I do my holiday shopping and errands, I realize the greatest gift I can give is to be fully present to the presence of God in each person. Despite appearances, differences of opinion, or even long-held anger, I focus on the greater potential available to us all as we welcome the birth of the Christ in each of us.

Everyone I encounter is silently greeted with my heart: *I behold the Christ child in you. May we be at peace.*

And let the peace of Christ rule in your hearts,
to which indeed you were called in one body.
And be thankful.—Colossians 3:15

—Rev. Todd Humphrey

On this day of Advent ...

*I see the presence of God in all people and all situations,
and I am at peace.*

FRIDAY, DECEMBER 13, 2024

In the Bible, each story and character represents a state of mind in our own lives. For such reasons, the Christmas story may have a different meaning for everyone, depending upon the elements of the narration we pay attention to.

Take for example the shepherds who were in the fields keeping watch and caring for their flock. They were probably feeling at peace, enjoying the evening. All of a sudden, their peace was disturbed by “an angel of the Lord [that] stood before them ... and they were terrified” (Luke 2:9).

How many times have you been like one of those shepherds, feeling that your peace, stability, and joy have been disturbed or interrupted by events around you? Have you felt afraid? Have you listened to your inner voice to recover your peace, joy, and stillness? Did you look for the spiritual message? The shepherds did it. You can too.

Do not be afraid, for see—I am bringing you good news
of great joy for all the people.—Luke 2:10

—Rev. Dr. Norma Iris Rosado

On this day of Advent ...

I can overcome my fear.

SATURDAY, DECEMBER 14, 2024

There are times when peace does not seem to show up. Maybe you go to purchase gifts and there are many people standing in line talking loudly. You may wonder, *Will I ever have a little peace?*

Deep down inside, we know peace is possible. The first step when we want to see peace around us is to establish peace within ourselves. This can be done by simply closing our eyes for five to 10 seconds. In this time out, imagine feeling peace in your body. Use your imagination to journey into peace.

In these moments, peace may wash over every cell of our bodies and we are transformed. As we practice peace, we begin to see peace everywhere, even while standing in a crowded line at the store.

If it is possible, so far as it depends on you, live peaceably with all.—Romans 12:18

—Rev. Edith Washington-Woods

On this day of Advent ...

I experience peace as it washes over my body.

Third Sunday of Advent



SUNDAY, DECEMBER 15, 2024

Love

Rev. Bronte Colbert

This Sunday in Advent we celebrate love—a love that stretches beyond a list of what we treasure most, beyond people and things we find easy to love. This love is about giving, expressing, and exuding love through difficult times. It is a practice of seeing the bigger Truth of who we are and the divinity that exists within all of us. During this Christmas season we are reminded to open ourselves to an even deeper, wider love.

The Christmas story abounds with love, including Gabriel's message to Mary; the courage of the shepherds to leave their posts; Magi traveling under the guidance of a star; the adoration, faith, peace, and joy of a new birth that was aligned with stars, angels, and prophecy; the arrival of a child who would demonstrate love and kindness and whose teachings would bless others for centuries.

Opening our minds and hearts to the healing, forgiving, empowering energy of love includes opportunities to practice loving-kindness, watch our words, and be aware of our judgment of others. This is a season to demonstrate what love truly is and to acknowledge the Truth that we are all unique expressions of God whether we see and remember it easily or not.



A few years ago, I drove a car with a bumper sticker that drew attention. Other drivers would beep, smile, or give a thumbs-up as they passed by. With hearts on a white background, it declared, “Respond with Love.” I now try to keep those words handy on the dashboard of my mind when I’m feeling out of spiritual alignment or when something disturbs me. Respond. With. Love.

Sometimes we might automatically respond to people, the news, and even dear ones with judgment, anger, or criticism. Love is a gift we can withhold or generously offer. When we respond with love, we see through the lens of understanding, knowing that everyone is most likely doing the best they can from where they are in the moment. Our response, whether it’s kind words or an understanding look and smile, sends them the healing energy of love.

Approaching a major holiday in a season like Advent can feel like a journey. We are consciously stepping through the days, experiences, and spiritual practices that not only celebrate the holiday but create a path toward and beyond it that is bright and loving. Love is a journey. Love is a teacher, step by step.

Even small acts of kindness carry powerful effects. Your positive energy, the words you speak, and the thoughts you share can have a huge impact on another person's well-being. Consider these things during this week and holiday season. Watch for ways to practice acts of loving-kindness.

- Compliment a stranger: *What a beautiful coat!*
- Regularly give others your most generous, sincere smile.
- Do your best to keep conversations positive, full of kindness, hope, and love.
- Create a collage of things, quotes, and people you love.

As you respond with love, love will return to you, multiplied abundantly.

This is my commandment, that you love one another as I have loved you.—John 15:12

On this day of Advent ...

I am aligned with God, and I respond with love.

MONDAY, DECEMBER 16, 2024

It is often said that nothing is more powerful than the power of love. In the Gospel of John, Jesus himself reminds us that he came because “God so loved the world.” We, too, are God’s love made manifest. Embodying and expressing this Truth is our gift to ourselves and the world.

Advent is four weeks of spiritual preparation. Having found *faith* in our own Christhood and *peace* as we recognize that nothing can separate us from God, this week we ask ourselves, *What would love do now?*

Love is seeking to be expressed in our lives. Being more courageous and generous with our love can be our own Christmas miracle. Perhaps some of your relationships need some attention and tender care. Maybe there are areas in your life or in the world that require you to put love in action. Follow your inner guidance as to what love would do now and be ready to experience the true *joy* of Christmas.

And now faith, hope, and love abide, these three; and the greatest of these is love.—1 Corinthians 13:13

—Rev. Juan del Hierro

On this day of Advent ...

*I am divine love, generous and courageous
in thought and action.*

TUESDAY, DECEMBER 17, 2024

Love is not just about romance or something we feel. We are whole and complete and enfolded in divine love whether our life includes partners, children, pets, family, close friends, or none of the above. A love-filled life looks different for different people, and it should! Each one of us has come here to walk an individual path with a unique story. Every path is a perfect example of the activity of love in expression.

Love is the force of nature that fuels our passions, the unquenchable fire within that draws us to life and life to us. It's our call to explore brand-new ideas—the hobby we pour ourselves into, the desire to travel the world, the way we share our talents and treasures. Love also lets us grow through our most difficult challenges. It is God expressing life.

Today I begin a new story about all the ways love shows up in my life, and the way I show love in the life I have.

**Little children, let us love, not in word or speech,
but in truth and action.—1 John 3:18**

—Trish Yancey, LUT, CSE

On this day of Advent ...

*I open myself to a new, deeper relationship
with all that love is.*

WEDNESDAY, DECEMBER 18, 2024

We connect with Advent to prepare for the rebirth of the spirit of love within us. We can imagine how that light inspires us and brings us memories of new life, hope, and new beginnings. The streets are full of light and promises of joy.

However, approaching a new beginning does not always fill us with joy and peace. Sometimes we face grief, sadness, or daunting challenges that flood our hearts with fear.

In these moments we recall that divine love is ever-present, not only in radiant, joyful experiences but also in the depths of darkness. It is ready to accompany us and envelop us in the loving embrace of God. It invites us not to fear but to stride forward with love, assured that every bit of uncertainty, pain, or shadow will pass. Love's radiant light will once again illuminate our hearts, ushering in a new Christmas within us.

Let me hear of your steadfast love in the morning,
for in you I put my trust. Teach me the way I should go,
for to you I lift up my soul.—Psalm 143:8

—Rev. Claudia Olmos

On this Day of Advent ...

Divine love illuminates my heart with its radiance.

THURSDAY, DECEMBER 19, 2024

As we watch the news or navigate pain and discomfort in our own lives or the lives of those we care about, we can feel overwhelmed and powerless. We may close our hearts to protect ourselves from pain. In these moments, we are invited to trust in the transformative and healing power of love.

The power of love is our very breath and our very being. It is our innate power to unify, harmonize, and heal. When we open ourselves to the power of love, we can honestly and authentically meet anything that arises with compassion and spaciousness. Anger softens, reactions quiet, and fear subsides. Possibilities arise as we see anew. We can meet the deepest challenges with equanimity and calm. Love enables us to see and know wholeness, even when it feels elusive.

It is through the power of love that we heal ourselves and the world.

Above all, clothe yourself in love, which binds everything together in perfect harmony.—Colossians 3:14

—Rev. DeeAnn Weir Morency

On this day of Advent ...

I open my heart and trust in the power of love.

FRIDAY, DECEMBER 20, 2024

Most of us have been taught that God is love and is active and at work in our lives. But with the extra stress of the holidays, our faith in love may be shaken. People around us may behave in ways we don't expect or understand, and we may even act out ourselves.

Remember that events, feelings, thoughts, and perceptions are temporary. They come and go. The love of God is everlasting and ever-present even if we can't see it or feel it. Love is truly what we are.

So how do we move toward the revelation of love that is the gift of Advent? By practicing the presence of love daily.

For example, each morning when you wake up, decide to be love and be loving in all situations and interactions. At the end of the day, reflect on how successful you've been at radiating love. You may be surprised at what you discover!

God did not give us a spirit of cowardice, but rather a spirit of power and of love.—2 Timothy 1:7

—Rev. Dale Worley

On this day of Advent ...

I AM all the love there is.

SATURDAY, DECEMBER 21, 2024

Anxiety at any time in our lives can feel debilitating. As an aspect of fear focused on the future, anxiety may leave us feeling paralyzed by the uncertainty of what lies ahead. The influx of holiday activities with family and friends—or their glaring absence for those recovering from change or loss—can intensify anxiety’s grip. The deeper challenge we face is the absence of a clear choice in how to respond.

Whenever anxiety appears, try whispering love into the situation. Close your eyes or become still and whisper the word *love* to yourself like a mantra. Choose to be love’s ambassador at that moment. Speak its transformative power into the situation. Open your heart and affirm that the love in which you are divinely made is more than enough to quell any fear. In this and every moment, love will see you through.

Let all that you do be done in love.—1 Corinthians 16:14

—Rev. David B. Adams

On this day of Advent ...

I choose to be an ambassador of love.

Fourth Sunday of Advent



SUNDAY, DECEMBER 22, 2024

Joy

Rev. Bronte Colbert

The window above the kitchen sink frames a view of my woody backyard. In springtime, graceful does parade through with their fawns. Summer squirrels and chipmunks devise ways to invade the bird feeder. A multitude of birds from hummers to hawks vary with the seasons and migration.

Centered on my inside windowsill stands a decorative wooden piece with the carved letters J-O-Y painted in glittery silver atop a base of small pinecones and evergreen sprigs. After it held that spot for several Christmases, this past January I decided not to store it with the other Christmas decorations. Now it enhances my view all year.





Whether it's sunny or stormy outside (or within me), I view my yard through that lens of joy. Now in every season those three letters serve as a reminder to consciously begin my day in joy—to see joy, respond with joy, and *be* joy all year round.

As we come to the last days of Advent, consider how joy shows up for you. You might make a daily list or add notes to a journal you're keeping for the season. In the mornings, pause and invite joy into your day. You could pray to be aware of how you might bring joy and light to others today. Ask yourself what symbols of joy (and the other Advent gifts) you could use as reminders of how to be your best self this holiday week.

Of course, joy may not always show up as sparkling, glittery things—although I love it when it does! It might appear in quieter ways: positive news, an emotional or physical healing, a delightful synchronicity. Joy swells in the presence of gratitude. It nudges us to open our eyes wider when life seems to be less than happy. As we use joy more and more as a framework, as part of our belief system, or as a core value in our lives, we not only discover an increase in joy and light, but by example we encourage others to do the same. Joy can work as a touchstone

of good things past and present, offering new insights or perceptions on past experiences or current happenings. As we give thanks for the awareness of joy in our world, it brightens our view, enabling us to recognize even more delights and wonders.

The angel declaration echoes through the ages. Pause now, if you will, and feel it in your soul. “Do not be afraid; for see—I am bringing you good news of great joy for all the people” (Luke 2:10).

New opportunities, well-being, and tidings of great joy are being born unto you. As we open to seeing, being, and radiating joy, we also open to blessings, expanding our consciousness of God’s presence within. We find delight in the birth of each new day, each new segment of our lives, and new ways of being in this world.

Let all who take refuge in you rejoice;
let them ever sing for joy.—Psalm 5:11

On this day in Advent ...
I spread joy.

MONDAY, DECEMBER 23, 2024

We think of the Christmas season as joy-filled, but many people experience this time in grief and sorrow. Depending on circumstances, others may be feeling loss, guilt, shame, loneliness, and even fear.

The story of Jesus' birth is a reminder that we can hold space for competing emotions. Consider young Mary all alone as she is about to give birth without the support of other women and a midwife. Can you imagine her extreme uncertainty and fear, or the conflict, rejection, and judgment she might have faced during her pregnancy? Yet she musters the courage to do what seems impossible. Jesus is born in love, light, and joy.

Mary's birth journey is a reminder that in the midst of difficult and painful emotions we are birthing ourselves anew. We become our own spiritual midwife as we support ourselves through change and transformation. Joy is our birthright, and we carry it within us in marvelous, magical, and mystical ways.

I have said these things to you so that my joy may be in you, and that your joy may be complete.—John 15:11

—Rev. Christina Garza

On this day of Advent ...

I allow great joy to be birthed in my mind and body.

CHRISTMAS EVE

TUESDAY, DECEMBER 24, 2024

Be Encouraged

Rev. Gaylon McDowell

Christmas Eve is a time of anticipation. It is a yearly reminder of the power and presence working in us, through us, and as us that gives us the power to overcome the challenges of life.

Expectation is a form of prayer. Mentally aligning with our inner spiritual wholeness through prayer, meditation, praise, and anticipation gives way to breakthroughs in our lives.

In Chapter 2 of the Gospel of Luke, an angel visited shepherds and they were terrified. “But the angel said to them, ‘Do not be afraid; for see—I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Savior, who is the Messiah, the Lord’” (Luke 2:10-11).

The scripture is a great reminder that we can directly receive divine inspiration from God. The angel of the Lord represents the divine inspiration, intuition, spiritual understanding, and guidance that is available to everyone. Like the shepherds, we don't always understand how amazing it is to receive a direct revelation from Spirit. We must remember that God is always communicating with us in ways we can understand. We must slow down and open our minds to receive.





Moreover, it reminds us that the help we need is always within us. The Christ within is our salvation from whatever may be limiting us in life. The anointed of God lives within all people as the Christ, God's idea of Itself expressed through humanity. Whatever we need in order to overcome and transform our lives has already been given to us.

Be encouraged because your new life is at hand. Prepare your mind and expect to receive the greatest of all gifts: the awareness of your true spiritual nature and wholeness.

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.—Romans 15:13

On this day of Advent ...
I joyfully anticipate divine inspiration.

Rev. Gaylon McDowell is the senior assistant minister at Christ Universal Temple in Chicago and director of the Johnnie Colemon Institute.

CHRISTMAS DAY
WEDNESDAY, DECEMBER 25, 2024

Good News of Great Joy

Rev. Jacquie Fernández

In a world that often draws our attention toward pain and suffering, on this Christmas Day we pause to receive good news of great joy! The heavenly hosts shine the glory of the Most High on you today as you take in the miracle of God incarnate—in the Christ child *and in you!*

At the heart of the Christmas story is the gift that keeps on giving, and the only question is: How will you allow this gift to reveal itself in you? What is the song in your heart that is ready to be shared with the world, those close to you, and in your community?

When you consider the birth of Jesus as a metaphor of your own sacred birthing of a divine idea or endeavor—a new hobby or job, a relationship or spiritual practice, a healing or act of kindness—you become the gift of God expressing.

It may not always appear perfectly gift-wrapped with lights aglow or with good cheer. Like the Christ child, born to an unlikely and unwed mother in humble surroundings, that which comes to and through you may at first seem misplaced, absurd, or downright impossible.

While you may feel more like the shepherds, terrified while standing in the glory of God, do not be afraid. Within you is



good news of great joy such that the entire universe will arrive like the Magi with gifts to support you, to celebrate you, and to marvel at the miracle of you.

Will you allow the song in your heart to sing glory to *God in the highest heaven and on earth peace among its inhabitants*? Be it in a conversation with a stranger at the grocery store, a heart-to-heart with a loved one, a bold step in your career, in the awkwardness of trying something new, a brave act of service, or a steadfast faith through a health challenge, you are the activity of God on an earth that deeply desires your heartsong.

Rev. Jacquie Fernández, M.Div., is senior minister at Unity of Overland Park, Kansas.



12 Days of Christmas

Christmas Day has passed, but the season is not over. We now begin the 12 days of Christmas, a period of further celebration and contemplation.

From now until Epiphany, which commemorates the Magi finding the child Jesus (Matthew 2:1-12), we will consider the key message of Christmas—that the Christ is born in us too. Each one of us is divine. Jesus showed us what is possible for human beings when we understand our oneness with God.

Each day, we will focus on one of the 12 inner powers that Unity cofounder Charles Fillmore believed are hardwired into each of us. These are attributes of the Divine that we can develop and call upon as part of our spiritual identity. Each day's message includes an affirmation to support you in exploring one of your 12 powers.

May the 12 days of Christmas be a time of spiritual renewal that leads you into a joyful new year!

Your Friends in Unity

THURSDAY, DECEMBER 26, 2024

The Power of Faith

When I was growing up, Christmas Day was a joyous time for my family to celebrate Jesus' birth and exchange gifts. It was an opportunity for our own souls' rebirth and renewal.

We were completely unaware that other Christians observed an entire month known as Advent. A few devout Catholic friends shared how as children they enjoyed receiving Advent calendars and a different treat for *every day*. But it was years before I began to incorporate traditions such as Advent and the 12 days of Christmas into my own spiritual observance.

We begin the 12 days of Christmas by focusing on our inner power of faith. Faith is believing what we cannot see or prove. Our faith has been renewed by the spirit of Christmas, and it will carry us into a new year. We trust, know, and believe that through the power of God and the Christ energy born in each of us, nothing is impossible.

If you have faith the size of a mustard seed, you will say to this mountain, "Move from here to there," and it will move; and nothing will be impossible for you.—Matthew 17:20

—Marilyn King-Compton

Affirm Faith:

Today I rekindle the faith of my spiritual nature.

FRIDAY, DECEMBER 27, 2024

The Power of Strength

When we think of a newborn, we typically think of qualities like fragility and dependence. Yet from the moment they arrive, babies are fully equipped to get every need met. Their cries command attention, their big eyes and soft skin demand adoration, and even their smells, both sweet and foul, dictate caring. Infancy, then, is not just about frailty; it's also about the immense strength necessary for survival.

What's true for infants is also true for spiritual awakening. Yes, new awareness needs nurturing to survive. That said, we can never unsee what Spirit has revealed. We can never return to a former state of being. Higher consciousness endures.

Still, shifting old beliefs and habits can be slow and messy. So as you nurture the growing edges of spiritual mastery, give yourself the same grace you would extend the Christ child whose birth we just celebrated.

After all, you, too, are God's perfect child.

For whenever I am weak, then I am strong.
—2 Corinthians 12:10

—Rev. Kurt Condra

Affirm Strength:

*Today I remember I was born with all the strength
I will ever need.*

SATURDAY, DECEMBER 28, 2024

The Power of Wisdom

In this world, the powerful are often louder than the wise, but wisdom has its own kind of power. Wisdom is knowing that we create and bring forth results by coordinating actions using thoughts, words, music, signs, and symbols. When we access the divine storehouse that is always available, we dissolve upsets and resolve concerns.

With wisdom we approach life from divine connection and guidance, not from our limited personal selves or ego. With wisdom we form positive relationships and make effective choices. With wisdom we nurture and support well-being and take action from the joy of existence and our awareness of oneness.

Wisdom involves consulting conscience and receiving clarity. Wisdom resonates deeply with our inner knowing and leads us to produce valuable results. With clear awareness we see the path that is congruent and consistent with the Creator of all life.

My mouth shall speak wisdom; the meditation of my heart shall be understanding.—Psalm 49:3

—Rev. Shirley Knight

Affirm Wisdom:

Today I listen to conscience for wisdom and clarity.

SUNDAY, DECEMBER 29, 2024

The Power of Love

Throughout history, humans have sensed a presence “out there” that is larger and more powerful than themselves. This presence is real but it’s not only “out there.” It is all around us and within us. It is the transforming and harmonizing power of love. When we connect with love, we connect with the most powerful energy in the Universe.

Where do you connect with love today? I invite you to breathe in the power of love. As you breathe love, notice what color love is. With another breath, allow an image of love to manifest in your mind. Finally, what is the message love brings to you today?

The energy of love enables us to create a holy connection with God, ourselves, and others in such a way that love can transform everything unlike itself. Love will guide our path and enable us to remove any obstacles that stand in the way of being who we are.

May the Lord direct your hearts to the love of God and to the steadfastness of Christ.—2 Thessalonians 3:5

—Rev. Suzanne Carter

Affirm Love:

*I abide in love. Love’s activity renews me in mind,
body, and spirit.*

MONDAY, DECEMBER 30, 2024

The Power of Power

Sometimes, it's easy to feel overwhelmed. We may be held to unrealistic expectations, forced to keep up material appearances, or fear the world is changing so much we can't keep up at all.

By celebrating Christmas, we honored the energy of the Christ coming into the world, which means claiming our own divinity and power. Within us lies the blueprint for overcoming any concern. Recognizing our inherent spiritual power can awaken and renew our lives.

Here's a way to remember your POWER:

- **P**actice letting go of expectations.
- **O**nce a day, take inventory of the blessings in your life.
- **W**itness your magnificence. Watch out for negative self-talk; that's not your light shining.
- **E**xhale and trust God's got you.
- **R**elease erroneous beliefs that no longer serve you.

But to all who received him, who believed in his name, he gave power to become children of God.—John 1:12

—Rev. Sheree Taylor-Jones

Affirm Power:

Today I awaken to my inner power.

TUESDAY, DECEMBER 31, 2024

The Power of Imagination

Imagination is a powerful tool for overcoming fear, anxiety, or any negative emotion. Anything that appears disruptive to our spiritual oneness with God can be overcome. We all have things we wish we could change about ourselves and life. Rather than allowing them to block the sunlight of Spirit, we call on the power of imagination to see as God sees, without judgment and with love.

Here's a simple process: When an unhappy thought comes into your mind, stop what you are doing and imagine something you love or want to do. Visualize it fully; give it color, detail, and energy. Take a few minutes to be in the presence of your God-given wholeness, complete and grounded in love. Then go about your day in a new way, feeling fully connected to God. If an obstacle appears, again call on your imagination to bring forth the sunshine.

Do not be conformed to this world, but be transformed by the renewing of your minds.—Romans 12:2

—Rev. John Berman

Affirm Imagination:

*I imagine and visualize the coming year
filled with God's good.*

WEDNESDAY, JANUARY 1, 2025

The Power of Understanding

Physically, understanding is your ability to assimilate information that comes to you in daily life. You may understand how your car operates or why an event occurs.

Spiritually, your power of understanding is your ability to perceive beyond the physical senses into the realm of intuition. H. Emilie Cady writes in *Lessons in Truth*, “Understanding is a spiritual birth, a revelation of God within the human soul.”

Spiritual understanding is the assurance that comes from a deep connection to one’s inner self. It is the ability to see beyond the material world and to experience the interconnectedness of all things.

In my prayer time, I am mindful of my connection to the all-pervasive goodness of creation.

As a new year dawns, I know that all is unfolding in divine order and there is nothing to fear.

For the one who is in you is greater than
the one who is in the world.—1 John 4:4

—Rev. Richard Mekdeci

Affirm Understanding:

*Through the eyes of understanding,
I see the oneness of all things.*

THURSDAY, JANUARY 2, 2025

The Power of Will

The story of the Three Wise Men in the Gospel of Matthew is about a group of scholarly foreigners who followed a star to lead them to the Christ child after his birth. With no idea how, when, or where they would arrive, they set out on their adventure by using their inner power of will and their innate faculties of faith, imagination, judgment, and wisdom.

The Magi represent the power of will, and the star represents divine guidance. Letting go of fear, they allowed the light within them (the star) to lead the way. As we have learned, the word *Advent* means preparation. To prepare ourselves for any spiritual adventure, we must rely on our executive, decision-making authority (will) and act on inner guidance. By exercising our innate powers within, we experience the great Advent-ure of hope and faith, peace, love, and joy.

On entering the house, they saw the child with Mary his mother; and they knelt down and paid him homage. Then, opening their treasure chests, they offered him gifts of gold, frankincense, and myrrh.—Matthew 2:11

—Rev. Sandra Campbell

Affirm Will:

*Today I use my innate divine powers
to experience the life I desire.*

FRIDAY, JANUARY 3, 2025

The Power of Divine Order

I am made of light, a cosmic flash of awareness. I, like the Wise Ones in the biblical parable of Jesus' birth, follow starlight. I wake up to light. I eat food made of light. Every cell of my body is light energy. This is my divine order: an interdependent, dynamic, harmony of receiving and giving light.

As a 21st-century Wise One, I have many gifts to share in honor of the cosmic Christ born in all creation. Worries or criticism about what I have to offer are now understood as the Herod of my own making. Ruling states of fear have no power over me; I seek only the sacred serenity of Christ ... Emmanuel ... God with me ... God as me.

My intuitive insight for this day is my light. The light I receive does not know fear. The light I give does not spread fear. Fearless, I seek the Christ in all I encounter and share my unique gifts.

I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.—John 8:12

—Rev. Kathy Harwood Long

Affirm Divine Order:

I seek the Christ in all and share my unique gifts.

SATURDAY, JANUARY 4, 2025

The Power of Zeal

Unity cofounder Charles Fillmore stirringly described zeal as the affirmative impulse of existence that urges even our planet along its course. Most of us have experienced the energetic uplift and forward momentum of genuine enthusiasm for an activity.

If we find we are not drawn joyfully into an activity or celebration, concern about letting others down may make us overzealous. Yet anything forced becomes uncomfortable for others and hinders our ability to authentically honor traditions or share inspiration.

Fillmore cautioned us not to put all of our devotion into others, but to care ardently for our own soul. When we do that, zeal and judgment work together, he said, and “great things can be accomplished.”

So I connect with the Spirit that enlivens my soul and allow it to do its work in me, for me, and as me. This energy propels me forward to embrace dynamic living.

Do not lag in zeal, be ardent in spirit,
serve the Lord.—Romans 12:11

—Malayna Dawn

Affirm Zeal:

Today I am uplifted by the real zeal I feel.

SUNDAY, JANUARY 5, 2025

The Power of Release

During Advent, we were inspired to move from a space of fear to an enlightened place of faith. Now as we journey into a new year, let us tap into the power of release. Release is a process of surrendering through a sequence of liberating actions.

Begin by becoming still and asking to become aware of patterns of thinking, feeling, and responding that no longer serve you. Next, forgive yourself and others for forgetting that you have the freedom to embrace the NOW—New Opportunities Waiting. Take a cleansing breath, relax, and know your power to:

- Release thoughts of lack and realize unlimited abundance.
- Release thoughts of disease and be made whole.
- Release thoughts of discord and enjoy harmonious relationships.
- Release thoughts of self-doubt and accept oneness with all that God is.
- Release resistance and be empowered to live a purpose-driven life.

Be not afraid to let go and know that all is well.

For everything there is a season ... a time to seek,
and a time to lose; a time to keep, and a time
to throw away ...—Ecclesiastes 3:1, 6

—Veronica Walker-Douglas

Affirm Release:

*I release and surrender all to the light
for restoration and transformation.*

EPIPHANY

MONDAY, JANUARY 6, 2025

The Power of Life

Today marks the conclusion of our Christmas journey, but rather than an ending, it's the start of a new chapter. On this day of Epiphany, we celebrate those pivotal moments when the true essence and meaning of life becomes crystal clear.

As we breathe into this idea, our understanding of the world and our place in it transforms. Spirit is inspiring and guiding us this very moment.

My life is not only a series of events but a collection of my own epiphanies—a treasure trove of divine insights. Each one brings clarity and strength for the journey ahead. Any fear is not an obstacle but a gateway to greater wisdom and deeper self-realization.

Every experience, regardless of its nature, is an opportunity for significant growth and spiritual enlightenment. We welcome life's unexpected moments and epiphanies as opportunities to unlock our true potential.



Then the Lord God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being.—Genesis 2:7

—Rev. Robin Volker

Affirm Life:

*I move toward what inspires me and claim
new meaning in my life.*



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