



Fasting and *Feasting* 2020

A Spiritual Practice for Lent



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Dynamic Lent: A New Insight

By Rev. Eric Butterworth

Every year in late February or early March the Lenten season begins. It is, or can be, a marvelous experience in self-improvement. In a way, Lent is coincidental with spring, the season of new growth in nature. The trees and flowers are not content with the blooms of last year. And if we are in the flow of the creative process, we experience divine discontent, in which we feel both the possibility and the need for growth ...

Lent can be a dynamic experience if it is approached with the will toward honest self-examination, self-discipline, and self-commitment.

Whether or not you follow the observance of Lent, consider its metaphysical application. Turn from the simple act of giving up things to a more positive commitment to *take up* the practice of high-level thinking ... Form the habit of reaching for the highest point of view in all your dealings ...

If you have been letting things get you down, take up the idea that you are the master of your thought world. No matter what people say or do, no matter what may happen around you, take up the idea, "Why should I let these things determine how I am going to think or act?" Keep the spirit of joy, the attitude of gratitude, in good times and bad ...

Lent can be a dynamic experience, not by what you give up as much as by what you take up ... It can be a time of great believing leading to great overcoming and great living!

Excerpted from Celebrate Yourself!
by Eric Butterworth (Unity Books, 1984)

Lent is a season.

First, it is a season of preparation for Easter. Beginning with Ash Wednesday on February 26, 2020, we will count 40 days plus six Sundays until Easter on April 12.

Lent also coincides with a change of seasons. During this period, the northern hemisphere will move from winter into spring, so Lent is often symbolized by a return of sun and flowers.

However, Lent is not simply a season of renewal. It is also a period of reflection and release. We must face crucifixion before we celebrate resurrection, must look at the shadow then turn to the light without flinching from either. We sweep away any thoughts that block our good before we affirm statements of Truth to guide our days.

Release, *then* renewal.

Our Lenten booklet this past year was based on a poem called “Fasting and Feasting,” originally written by William Arthur Ward. The idea of abstaining from what does not serve us in order to nourish ourselves with something more positive resonated deeply with our readers. We printed thousands more booklets to meet the demand.

So profound was the effect that we asked Rev. Teresa Burton, the editor of *Daily Word* magazine, to create our own version of “Fasting and Feasting” for Lent 2020. The double essays on facing pages of this booklet suggest a quality to be released then one to be developed—to fast from what does not serve us and feast on the greater good.

Essays for the Sundays in Lent were taken from two revered Unity writers, Revs. Eric Butterworth and James Dillet Freeman, who advanced the original teachings of New Thought with modern language and understanding. They died within days of each other in April 2003.

We hope you enjoy, study, and use this booklet to enhance your experience of the Lenten season and renew your awareness of your own Christ nature.

Your Friends in Unity

Fasting and Feasting 2020

I fast from doubt.
I feast on faith.

I fast from fear.
I feast on courage.

I fast from insecurity.
I feast on feeling confident.

I fast from distraction.
I feast on being fully present.

I fast from loneliness.
I feast on connection.

I fast from hiding behind a mask.
I feast on being my authentic self.

I fast from overreacting.
I feast on responding thoughtfully.

I fast from competition.
I feast on cooperation.

I fast from apathy.
I feast on enthusiasm.

I fast from feeling stuck.
I feast on moving forward.

I fast from limitation.
I feast on freedom.

I fast from being rigid.
I feast on resilience.

I fast from stress.
I feast on serenity.

I fast from chaos.
I feast on order.

I fast from confusion.
I feast on clarity.

I fast from resistance.
I feast on acceptance.

I fast from false starts.
I feast on determination.

I fast from overindulgence.
I feast on self-care.

I fast from the fear of scarcity.
I feast on the assurance of abundance.

I fast from self-pity.
I feast on renewal.



—Adapted by Rev. Teresa Burton
from a poem by William Arthur Ward

Denials and Affirmations

By Rev. Teresa Burton

The word *fasting* might make you think of deprivation and discomfort and the need for willpower to overcome an unwanted habit, just as the word *feasting* might conjure memories of an abundant supply of beauty, serenity, loving, and supportive relationships, or even sumptuous food.

From a spiritual perspective, however, fasting and feasting align with the tools of spiritual growth called denials and affirmations. Fasting from unwanted beliefs and feasting on Truth statements can, quite literally, change the way you see the world.


Before the feast must come the fast.

DENIALS

“Out with the old, in with the new.” It’s a familiar phrase, often called to mind when it’s time to freshen a wardrobe or update furniture or household appliances. It can also apply to the way you live. When thoughts and beliefs hold you back, you can start to change your beliefs with denials.

Denials help to clear out limiting, self-sabotaging beliefs so that when it’s time to feast on affirmations they can exert their transformative power. It’s tempting to want to go directly to the feast, but affirmations can’t take root in consciousness if they are blocked by limiting thoughts.

It’s natural not to want to trudge through unpleasant memories to uncover self-sabotaging beliefs. But it’s important to undertake denials without judgment about holding “negative” thoughts,



so be gentle and loving with yourself as you get in touch with thinking that no longer aligns with the life you wish to live.

Once you become aware of your limiting beliefs, you can begin to eradicate them by denying they have lasting, enduring truth. This action robs the limiting belief of its power and cleanses it from your mind. With the limiting belief no longer in mind, it’s time to feast on affirmations.

AFFIRMATIONS

Words of affirmation are not wishful thinking or a way to try to get something you don’t have. Rather, affirmations help you deeply realize that everything you could ever need or want is already yours at the level of consciousness. It is this realization that helps you bring forth desired results.

Just as you might go to a gym to become physically healthy, so, too, should you use affirmations to change consciousness. If you go to a gym only every once in a while, it’s likely that you won’t grow stronger. Likewise, if you are haphazard with affirmations, it’s unlikely that your thinking will change. It’s the regular, repeated affirmation of words of Truth that is transformative. In this booklet, each day’s statement of feasting is an affirmation.

Words have power. Words of Truth repeated in prayerful contemplation and in waking life take root and grow. As your consciousness is infused with Truth, the Truth you know becomes the life you live. That’s the Truth that sets you free.

Ash Wednesday

FEBRUARY 26, 2020

I fast from doubt.

Consider the poignant plea in Mark 9:24: “I believe; help my unbelief!”

What if we were able to see doubt as part of the process of faith, not the opposite of faith? How might this change our approach to doubt?

It is often easier to brush aside doubts and simply declare our faith. Yet there are gifts—nuggets of truth and freedom—to be found in doubt.

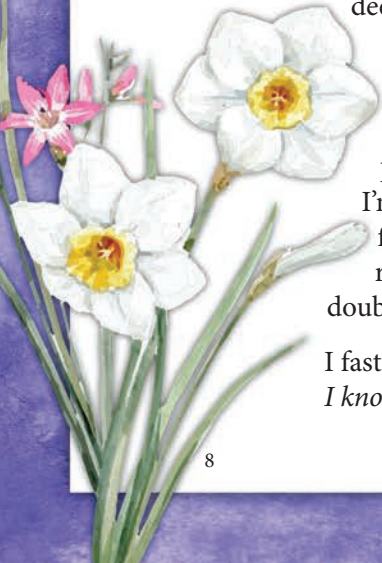
In fasting from doubt I can notice and honor my thoughts and feelings and ask myself: *What is this about?* What I gain from my inquiry into my doubt is infinitely stronger than any blind faith. Whenever doubt weighs me down, I can lovingly and gently go deeper with my doubt.

Is my doubt rooted in fear? Perhaps it is a sense of unworthiness or lack?

Maybe a past experience is coloring my perception and causing me to question.

I'm not giving in to doubt or turning away from it, but gently excavating to find and release its roots within me. The way out of doubt is through it.

I fast from doubt and inquire within: *What do I know to be true?*



THURSDAY, FEBRUARY 27, 2020

I feast on faith.

When I feast on faith, my mind turns to these beautiful words by James Dillet Freeman in *Angels Sing in Me* (Unity Books, 2004):

Faith is not so much a matter of the mind as of the heart. Sometimes in seeking to understand God as principle, we lose sight of God as a presence ... To have faith is not to theorize about God or even to imagine God, but to experience God ...

Faith is a warmth, a feeling of well-being that envelops the body and overflows the mind. Faith brings an inward peace, a tranquil spirit.

Faith is the expectation of the unexpected. Faith is an open and courageous heart ...

Faith is the power to see in the disappointment of today the fulfillment of tomorrow, in the end of old hopes the beginning of new life. Faith is the inward power to see beyond the outward signs, the power to know that all is right when everything looks wrong ...

Sometimes you may have more faith than you can imagine, and when you need it, you will find it there within you.

I feast on faith. In the face of doubt, fear, or disappointment, I feast on faith. I open my heart to an experience of presence and inward power and knowing that sustains and energizes my very being. I feast on faith.

—Rev. Mark Fuss
Unity World Headquarters

FRIDAY, FEBRUARY 28, 2020

I fast from fear.

When I am distracted from my Truth, I find it easy to let feelings of fear slip in as though they are the celebrated guests of honor. Everywhere I turn—headlines, email, social media posts, and even friendly conversations—I encounter fear-generating mechanisms. Fear only holds open the door for more fear to enter.

Like a paralyzing force that stands between me and my next right step forward, fear tries to take the upper hand. My humanity reminds me of the existence of fear as a feeling, and when I focus on the fear itself, sometimes that's all I can see.

When I summon the courage to break free from the distraction fear creates, I can shift my perspective to the space of possibility. From within this space, breath by breath, I experience an excavation of the soul that invites the resilient, courageous, and beautiful presence within—which is waiting just beyond the thought, word, or deed—to step into the light.

In the presence of the Truth of my being, I count many feelings, ideas, and emotions, and the feelings of fear are no longer visibly present to me.

SATURDAY, FEBRUARY 29, 2020

I feast on courage.

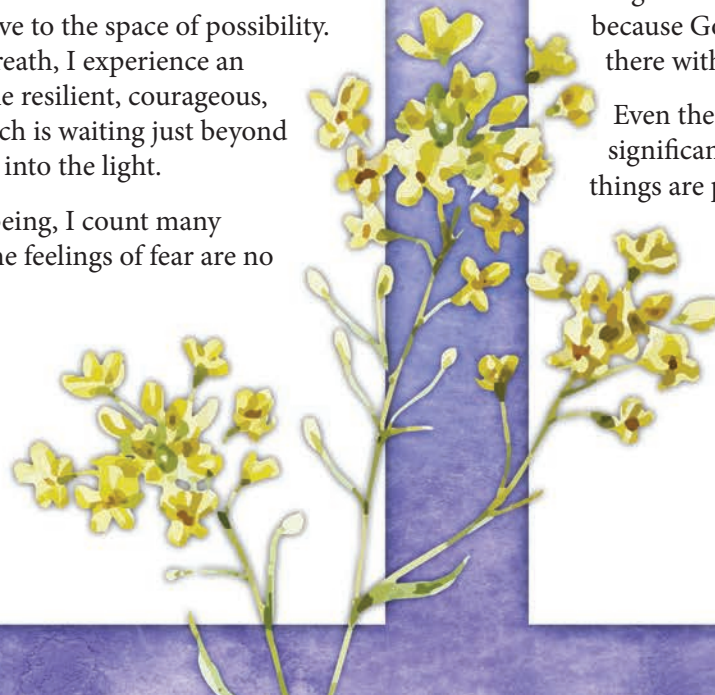
Fear's message hails from the canon of cannot, while the call of courage heralds the presence of possibility. Courage does not take a backseat to fear; it forges a new path where fear dare not tread.

I recall my elementary school journey as one that was quietly wrought with hopes of one day outrunning, overcoming, and potentially outsmarting the playground purveyors of fear. Instead, something much better happened: I learned to lay down the burden and weight of fear and put on a measure of courage.

I am reassured by Deuteronomy 31:6 in the contemporary language of *The Message* by Eugene H. Peterson: "Be strong. Take courage. Don't be intimidated. Don't give them a second thought because God, your God, is striding ahead of you. God's right there with you and won't leave you or let you down."

Even the smallest inkling of courage can upstage the most significant amount of fear. At that moment, know that all things are possible.

—Rev. Kathy Beasley
Speaker, Teacher, Orlando, Florida



SUNDAY, MARCH 1, 2020

Suddenly It Is Spring!

By Rev. Eric Butterworth

After a long winter, it is good to witness the springtime pageant. Through the forests and meadows, across farms and gardens, spring has touched the earth with a gentle hand and warmed it with a sweet breath. New life is in evidence, color has returned, the pulse beat of people and nature is stronger, and everywhere men and women are taking up their daily tasks with lighter hearts.

Walt Whitman refers to the *ever-returning spring*. I think he means, not the annual occurrence of summer-fall-winter-spring, but rather the eternal evolving of that which is involved, the constancy of growth and renewal. Could it be that the season of growth is really the autumn, because behind the old leaf that falls, the new leaf is safely embedded? It is there even before that. The tree never really stops budding ...

Of course we look for times of sowing and reaping in accordance with the Earth's seasons. But within the apple pit is the image of the tree, the blossoms, and other pits! Naturally we do not expect the apple first and the blossoms after, but we know for certain that both are there within that tiny pit. We know it only has to "open its door."

For every individual, just like the apple tree, divine inheritance is not something you have to attain, but a growth-unfoldment to be awakened and released. This is truly what Easter is all about. Thus, spring is not some set time on the calendar. It is the open door to the Earth's inheritance, the everlasting yes to transcendent life. May this year's performance of spring work magic in your life, opening doors and windows of perception and experience. May you come to enjoy a greater awareness of the spring of life which is progressively being awakened and released. And as spring happens in your garden, may Easter happen in your life.

Excerpted from Celebrate Yourself!
by Eric Butterworth (Unity Books, 1984)

MONDAY, MARCH 2, 2020

I fast from insecurity.

My friend is a celebrated artist, an inspired writer, and a spellbinding storyteller, who has a unique perspective on nature. He also teaches art at a prestigious university. After attending his recent presentation, which proved to be fascinating, I began comparing myself to all his amazing abilities and inevitably felt inept.

Each of us may have held lifelong beliefs that somehow we don't quite measure up. Those thoughts may arise over and over, especially when we compare ourselves to others. Yet when we realize that thoughts about our insufficiency exist only in our minds, it becomes easier to release such ideas, recognizing they are not real and do not serve our highest good.

In the days that followed my friend's presentation, I made a commitment to myself to refrain from comparisons. I prayerfully and gently released thoughts of inadequacy by affirming: *I am God's beloved, and I am enough.*

I also began to use my power of renunciation to quiet beliefs of incompetence in any aspect of my life. I made a conscious decision to become aware of and to stop any negative self-talk the moment it arises. How uplifting it feels as I fast from insecurity.

TUESDAY, MARCH 3, 2020

I feast on feeling confident.

The Little Engine That Could is a longtime favorite children's story. As the plot unfolds, larger engines refuse to pull a small train over a mountain, so a little engine is called upon to perform the task. Initially, the little engine is reluctant but gradually begins to affirm: *I think I can, I think I can.* And of course she does!

Sometimes it's like that for me, too, when faced with a challenge I'm not sure I can manage. After all, even Moses was uncertain of his ability to face Pharaoh and said to God, "O my Lord, please send someone else" (Exodus 4:13). Yet in the end, he summoned the strength and confidence to go.

When I not only become willing to tackle what is before me but have the confidence that I can succeed, I know I can and I will. Turning to the presence of Spirit within and relying on my powers of faith, strength, imagination, and will allow me to expand my confidence.

What might initially seem an insurmountable task is made manageable when I remember I need only take the next right step—one step at a time. Assured of God's presence within, I have all the resources I need to succeed. I move confidently forward.

—Rev. Margo Ford
Unity Spiritual Center of Waco, Texas

WEDNESDAY, MARCH 4, 2020

I fast from distraction.

A few years ago, my wife Mindy and I decided to relocate back to our home state of Texas. My mother-in-law had begun to fall on occasion, and we both wanted to be near to lend our care and support.

Living in Oregon at the time, we had grown to love the splendid beauty of the trees and mountains. Although we didn't really want to leave, we promised each other we would return if and when the time were right.

In Texas, we experienced blessings and joys, from buying our first house, to discovering a wonderful Unity church community, to making many new friends, and enjoying family. Being with my mother-in-law as she made her transition was truly an honor and a privilege.

Yet we were often distracted by thoughts of returning to Oregon and found ourselves complaining frequently about the Texas heat and unrelenting mosquitos. The distraction of looking to the future prevented us from fully immersing ourselves in the present moment and enjoying what was right in front of us.

If I allow it to do so, distraction removes me from the present and prevents me from enjoying life's cherished moments to their fullest. Instead, I pause and breathe, returning my awareness to the here and now where my life is happening.

THURSDAY, MARCH 5, 2020

I feast on being fully present.

Many of us are probably familiar with the phrase, "Stop and smell the roses."

We can certainly appreciate the beauty of the roses as we rush by in a hurry, but we miss the accompanying fragrance when we do. Life can be much the same when we don't take the time to enjoy the fragrant bouquet of the present moment.

Wonderful moments spent with loved ones—moments of laughter, joy, and peace—can all be missed if we don't allow ourselves to stop and fully experience, feel, and savor each present moment.

Being fully present right now frees us from worrying about the future or speculating about how much happier we'd be with more money in the bank, the perfect spouse, or a new sports car.

Being fully present allows us to experience moments of contentment while opening our hearts and minds to the beauty that surrounds us right here and right now, in this present moment.

—Rev. Evin Wilkins
Unity of Madison, Wisconsin

FRIDAY, MARCH 6, 2020

I fast from loneliness.

While my heart may long for connection, I recognize there are times when I choose to isolate myself.

I may believe there is no one who can understand my pain and struggle. Years of continuous hurt may have turned into resentment and mistrust. I might even be hiding from my true spiritual self as I identify solely with my limited egoic self. Sometimes I want to hide my suffering in the hope that people will see an image of outer perfection.

As I notice my thoughts of loneliness, I know they are not the Truth. I choose to release any ideas of disconnection from anyone in my life, including myself. I fast from ruminating over the reasons why I might feel excluded from the love of others. I let go of the need to control my relationships, and I willingly forgive all hurts that have led me to embrace the false belief of aloneness.

I give no power to ideas that keep me separate from others. I am free from old beliefs that have limited my ability to recognize our shared humanity and commonality.

SATURDAY, MARCH 7, 2020

I feast on connection.

As I love and approve of myself, I am able to see that I have unlimited possibilities for connection in my life. I reach out to others with a generosity of spirit, experiencing greater harmony, peace, and understanding in all my relationships.

Rather than waiting for an invitation, I take the initiative to call a friend I have been missing and make plans to enjoy a meal together. I may venture out to a new class or community event where I can relate to others who enjoy my shared interests. I may seek the counsel of a trusted therapist to hear my history and support me in grieving my losses and releasing repressed emotions.

As I feast on my connection with others, I remember that we are all one and each person is an expression of God. In spiritual community together, we prayerfully commune with the love of God, and I can feel my connection with all life.

I thrive in a loving universe that provides for my every need, including my need for unity with others. As I walk in a consciousness of oneness, I feast on connection and I am at peace with all.

—Rev. Jeanmarie Eck
Unity of Houston, Texas

SUNDAY, MARCH 8, 2020

The Mystery of God in You

By Rev. Eric Butterworth

Within every person is the unborn possibility of limitless growth, and ours is the privilege of giving birth to it. Paul obviously had this in mind when he referred to ... *the mystery hidden for ages and generations ... which is Christ in you, the hope of glory* (Colossians 1:26-27) ...

It is only through realizing this mystery of God in man that we can understand one like Jesus, with all His spiritual power, as a demonstration of that which is fundamental in all life.

Dwell for a while on the idea of the universe as the Allness that we call God, realizing that everything within it, from the vast galaxies to the subatomic particles, is created in and of the universe. You may wonder about the vastness of the universe and peer at it through a telescope. However, you are not on the outside looking in. You are on the inside looking out. You are the universe at the point where you are.

Attributed to Saint Augustine is this profound thought: God is a circle whose center is everywhere and whose

circumference is nowhere. If the center is everywhere, it is where you are. You are the center of the universe, the center of God. This is not a point to be made egotistically, but transcendently. There is that of you which is centered in God and which is a point of God-activity flowing forth into expression as you. And the circumference is limitless. There is no limit to God or to man in God consciousness ... Man is an individualization of God ...

We all have a long way to go, but Jesus demonstrated a goal that is believable and achievable, and he pointed to that in us which is perfectible. Wherever we are along the way, no matter the problems or challenges, there is always more in us, the Christ in us as our *hope of glory*, which means our potential for healing, overcoming, prospering, and succeeding. And there is no limit!

Excerpted from Celebrate Yourself!
by Eric Butterworth (Unity Books, 1984)

MONDAY, MARCH 9, 2020

I fast from hiding behind a mask.

When I was a child my favorite TV hero was Batman. For my birthday I received the costume, complete with mask and cape. I loved it. As soon as I put it on (to watch the *Batman* TV show), I would jump up and down on the couch and leap into the air during the opening song.

That's the earliest recollection I have of putting on a mask and taking on the attributes embodied by that character. Little did I know that throughout the years I would assume many masks and personas to fit different audiences.

I knew I wasn't really Batman, but the masks and personas I unconsciously assumed were much harder to detect. The problem was that I assumed my identity was in fact those masks and personas. There was the work persona, the relationship persona, the son, brother, and friend personas to name a few.

It took decades to realize I was none of them. Each was a mask I put on and took off at will. Masks obscure who we authentically are.

I now fast from putting on masks or creating personas to protect my ego. I fast from the idea that who I am is not enough. I fast from the thoughts that I need to be more concerned with what others think of me than to be my authentic self. I fast from defining my self-worth through others' expectations and their metrics of success.

TUESDAY, MARCH 10, 2020

I feast on being my authentic self.

I now feast on the Truth of embodying my authentic self. I feast on the idea that God has not made any mistakes with how I was created.

I drink in my own uniqueness and smile. I would rather be shunned for being my authentic self than be lauded for playing a role that is not my true self.

I feast on the idea that each of us is a unique expression of the Divine. Our differences relate to our unique gifts and perspectives. These make life a rich experience for us all.

I dine on the divinity within myself and in others. I let the falseness of obscuring the truth fall away like dropping a physical mask. I feast on being my original, real, authentic self.

—Rev. Bill Englehart
Writer, Speaker, Southern California

WEDNESDAY, MARCH 6, 2020

I fast from overreacting.

I can avoid my tendency to overreact and take things personally when I remember my own Christ nature.

Instead of jumping to rash conclusions that may lead me to upset, pain, and suffering, I stop, breathe, and compose myself before facing a troublesome person or situation. I can overcome the stress and choose to seek higher ground.

I look past appearances that cause me to react in ways not reflecting my divine essence. I refrain from using my power of imagination to create fearful, adverse scenarios. I refrain from upset, anger, and defensiveness about small things that won't matter in the long run. I seek clarity before I take things personally or make incorrect assumptions.

I remain calm and centered in the face of upset and confusion. I remember that the event itself does not cause the overreaction. Rather, it is my reaction to the event that can be troublesome, and I always have a choice to respond rather than react.

THURSDAY, MARCH 12, 2020

I feast on responding thoughtfully.

I can respond thoughtfully by first becoming quiet and slowing my breath. Breath is the gateway to meditation and prayer. I can slow down and breathe even if engaged in a physical activity such as driving. Slowing the breath does not distract me; instead, it can increase awareness.

I can pause anywhere or at any time; it only takes a moment. The pause gives me time to set aside emotions that may bubble up and allow me to recover my composure. I turn to God for guidance and follow the inspiration of wisdom, allowing another way to emerge.

I keep in mind that any person involved with me is a child of God, just as I am. I seek to forgive because I cannot possibly know what is going on in someone's world that might cause them to behave in unpleasant ways. I exercise compassion for that person and for myself.

Following these steps, I can review the situation from a higher point of view that allows me to respond thoughtfully.

—Rev. Karen Shepherd
Unity Good Shepherd Ministries of Ohio

FRIDAY, MARCH 13, 2020

I fast from competition.

According to the much-quoted but anonymous fable of the lion and the gazelle, “Every morning in Africa, a gazelle wakes up. It knows it must outrun the fastest lion or it will be killed. Every morning in Africa, a lion wakes up. It knows it must run faster than the slowest gazelle, or it will starve. It doesn’t matter whether you’re a lion or a gazelle—when the sun comes up, you’d better be running.”

This story of competition may be true in the animal kingdom, and the story is popular in the business world. But this kind of life-and-death competition doesn’t have to be true for humans.

Our survival does not depend on being faster, better, prettier, smarter. It is only by reaching out and helping another that we can live fuller, richer lives.

The Bible tells us how: “Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others” (Philippians 2:3-4).

When we fast from the idea that we are not enough unless we can outrun, outwit, outsmart, or outdo someone else, we find that we gain more peace, joy, and all that we need to live in abundance.

SATURDAY, MARCH 14, 2020

I feast on cooperation.

Long before he was president of the United States, Franklin D. Roosevelt said in a 1912 speech, “Competition has been shown to be useful up to a certain point and no further, but cooperation, which is the thing we must strive for today, begins where competition leaves off.”

When we feast on cooperation with nature and our fellow human beings, we find that we are enough, and we have enough to survive and thrive in this world. Those who bring sunshine into the lives of others cannot keep it from themselves.

In the Sermon on the Mount, Jesus provides examples on how to live abundantly. “If anyone forces you to go one mile, go also the second mile” (Matthew 5:41). This is the ultimate example of what it means to live in cooperation with everyone—even those we might consider enemies.

Martin Luther King Jr. put it this way: “We must learn to live together as brothers or perish together as fools.”

Given that choice, I will feast on cooperation!

—Rev. Sandra Campbell
Unity Temple on the Plaza, Kansas City, Missouri

SUNDAY, MARCH 15, 2020

Let God Sing His Song Through You

By Rev. Eric Butterworth

One of the problems of our time is that in living and moving in crowds we tend to become depersonalized. We lose perspective of ourselves and our relationship to one another and to life and to the universe. We tend to live at the circumference of our being and to become totally other-directed. Happy conditions make for our happiness, and inharmonious conditions make for confusion and inner conflict. We lose sight of our uniqueness as integral parts of the Universe.

The need is to be still and listen, and let God sing His song through you. Look away from the lonely nobody in the crowd that you may have been seeing yourself as being, and look to the larger concept where the whole universe has meaning because of you. Let these words indicate a total giving way to the flow within you: *No matter how unimportant what I do may seem to me, it could not be done in quite the same way without me to do it. I am important, for I am God's melody of life*

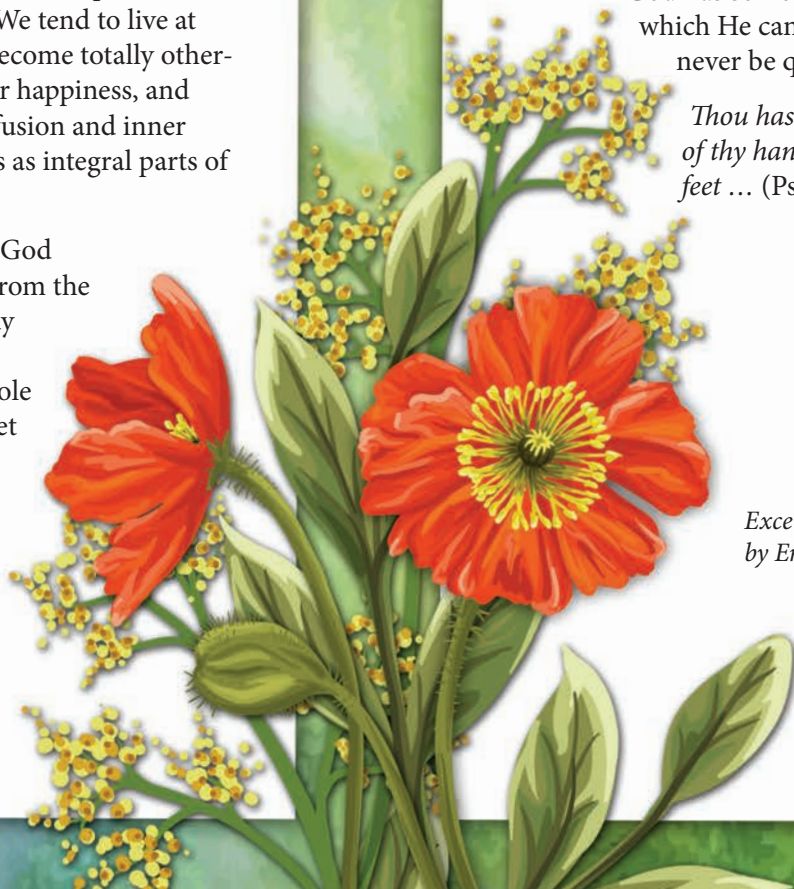
singing itself into the continuum. The music of the spheres would not be complete without my voice. God needs me, not as I think I should be but feel somehow that I am not, but as I am.

Listen to the voice of silence within. It is saying to you, "You are a unique and wonderful individual. You are important. You are not just a statistic, but a vital part of the universe. Truly you live in its center. You are its center. You are God's living enterprise.

God has something wonderful to say through you which He can only say as you. The cosmos can never be quite complete without you."

Thou hast given him dominion over the works of thy hands; thou hast put all things under his feet ... (Psalm 8:6).

*Excerpted from Celebrate Yourself!
by Eric Butterworth (Unity Books, 1984)*



MONDAY, MARCH 16, 2020

I fast from apathy.

Stuck in a rut. Going through the motions. Phoning it in. Been there, done that.

You probably feel weary just reading those words. If you've ever felt a deep, lasting boredom, you know how apathy can drain the color from your life, zap your motivation, and rob you of your joy.

It usually happens slowly. Choices are made, routines established, expectations compromised. Apathy creeps in and suddenly life feels small. Like a blanket of thick, gray fog, apathy hangs overhead, and soon you feel like you're living one long day, without variety, excitement, opportunity, or fun.

But life doesn't happen to you as much as it happens *through* you. That means you can resolve to make new choices.

Begin by fasting from the notion that your life can't change, that you're without options or the power to make improvements. Next, fast from the temptation to complain about what you don't like and don't have. Whatever thoughts you hold in mind and heart are going to flourish. To live differently, you have to think differently. Finally, fast from the idle fantasy that a life free from apathy is for other people. Joy and fulfillment are for everyone, and that includes you.

TUESDAY, MARCH 17, 2020

I feast on enthusiasm.

Have you noticed a trait that's common to enthusiastic people? No matter who they are, where they're from, or what they do, enthusiastic people are curious about the world and about other people. They're eager to learn and do new things, and they're usually up for adventure.

You never see an enthusiastic person complaining of boredom. The reason is simple: Life is interesting when you are interested in life.

That doesn't mean that you need to seek out adrenaline-pumping adventures; scintillating intellectual pursuits; or a glamorous, fast-paced lifestyle. Enthusiasm can begin to grow from even the most modest efforts and can be as simple as changing your routines. Try a different meditation practice. Add a new exercise to your workout. Take a class.

From there, consider serving. There is need for every gift and talent, and nothing will open your world faster than lending your hands, mind, and heart in service to others who need your unique abilities.

Enthusiasm doesn't happen because life is exciting. Enthusiasm is generated from within. When you feast on novelty you grow curious. Feasting on curiosity leads to new interests, which ignites passion. When you feast on passion, you will know enthusiasm.

—Rev. Teresa Burton
Editor, *Daily Word*

WEDNESDAY, MARCH 18, 2020

I fast from feeling stuck.

As a boy, our family spent summers in North Carolina to escape the Florida heat. I played golf most every day on the same small course, which was hilly and had lots of water.

One particular day, I hit my drive toward a pond, and I was afraid I had lost it. When I got closer, I could see my ball clinging to the lip of the pond, so I made my way down the hill to retrieve it.

I stepped into a bog, into mud like quicksand surrounding the pond. Suddenly, I was up to my waist in mud. Panic ensued. I was all alone.

I sometimes remember that incident when I feel stuck, because after struggling and squirming for several minutes, I relaxed and let go. As I let go, I noticed a low tree limb and pulled myself out of the mud.

Today I know that panicky feeling of being stuck is a signal for me to surrender and let go. When I feel stuck, perhaps thinking God has abandoned me, I allow myself to feel the feelings of hopelessness, then release them.

I fast from feeling stuck because I know loving, divine energy will rush into my consciousness as soon as I let go and reach for God.

THURSDAY, MARCH 19, 2020

I feast on moving forward.

When I feel stuck, I turn my attention to the spirit of God within and literally remember some of my favorite things. I can even hum the tune about favorite things from *The Sound of Music* and start to feel alive again.

One of my favorite things is simply being with Spirit in quiet and solitude. I feast on the good feelings Spirit showers over me, and I feast on my sense of the good feelings Spirit is bringing to you.

When I am with you, fellow sojourners on this adventure of life, my stuck-ness disappears like clouds on a sunshiny day. When I am with you, somehow, you lighten my load and I see in you the reflection of spiritual perfection within me.

Whether alone or with you, I feast on being alive. Spirit's life force surges through my veins like rushing waters in a mountain stream. I can always count on Spirit to foster a feeling of aliveness within me, so I feast on it, like a hungry dog after a long run in the woods.

—Rev. John Beerman
Unity of Medina, Ohio

FRIDAY, MARCH 20, 2020

I fast from limitation.

There are so many ways that I have chosen, consciously and unconsciously, to limit the truth of my Christ nature. I have made these choices based on what I was taught, what I have experienced, and what those around me believe.

When I pay attention, I can see those limitations at work in my life—perhaps in my health or relationships, at my job, perhaps in my understanding of prosperity or my experience of joy.

During this time of Lent, I choose to release those limiting beliefs. In this moment I choose to fast from my small ideas of who I am and my small understanding of how much good is mine to experience. With compassion I allow myself to see where I have limited the fullness of my divine potential by playing small.

Consciously, I choose to let them all go. I choose to let those limited beliefs about myself and the world all fall away. I release the false idea that I am only allowed so much, that I am only worthy of so much.

In this moment I choose anew. My limitations recede and my divine potential is unleashed.

SATURDAY, MARCH 21, 2020

I feast on freedom.

The season of Lent is a powerful opportunity to support the revelation of my Christ nature. I feast on freedom and freely choose anew how to best fulfill my divine potential.

As I feast on freedom, I am feasting on my ability to reveal more and never less than my true self. I am feasting on my ability to choose from my most authentic self, even when that choice leads me away from aspects of my life that are established and comfortable.

I am feasting on freedom from the ties that bound me. I am feasting on freedom from what used to be. I am feasting on freedom from my small understanding of what the future holds.

I choose to be made new. I choose to continually evolve and grow. I choose to understand my own potential in new and powerful ways. No matter how constricted and confined life may feel, I stand in my freedom to choose how I will use it to reveal more of my divine self.

This day I open to the freedom that is seeking greater expression as my life. I reimagine my options, my perspectives, and my understandings. I open and live more fully and more freely into my divine potential.

In this moment I feast on freedom and I am made new.

—Rev. DeeAnn Morency
Unity of San Francisco, California

SUNDAY, MARCH 22, 2020

The Meaning of Grace

By Rev. Eric Butterworth

Few words in Christian theology are used more or understood less than *grace*. What does it mean? How does it work in our lives? Though this word has been wrapped in mystery, it is really a very simple explanation of the natural flow of the creative process in the individual ...

You are not a helpless creature bobbing about like a cork on the seas of life. You are the very self-livingness of God. When you desire spiritual growth is God who first desires it in you. When you make an extra effort in your work, it is the divine urge in you that is working through you. You are not simply a subject of God, with God making notations of sin and error, or of good and righteousness. You are the activity of God in expression, beloved with an everlasting love ...

Grace, as the divine favor, the activity of God's love, is working for you constantly. It is not dependent upon any special faith or prayer on your part ... You do not have to earn grace. It is not something that comes only to the good. It comes to all alike, simply because all alike are expressions of God ...

Grace is simply an explanation of a wonderful facet of the activity of God in you. It is not something to work for, to develop. It simply is. It is an assurance, an explanation of why things are never quite hopeless, and why we never quite reap the full harvest of the error we sow, and why we always receive a little more good than we sow.

Excerpted from Celebrate Yourself!
by Eric Butterworth
(Unity Books, 1984)

MONDAY, MARCH 23, 2020

I fast from being rigid.

I can stand strong and tall like an oak tree, my taproot reaching straight and long into the ground. The oak tree does good work providing shade and shelter for multitudes. But when a mighty storm comes, it can snap and break, falling to the side as its single taproot fails to hold in the intense wind.

When I stand like an oak, anchored to one idea—my own idea of how things should be—I can set myself up to snap and fall when things don't go the way I want or expect. Being rigid and convincing myself there's only one way to arrive at a good outcome does not serve me or others who count on me.

It is healthy to develop many of the qualities of the oak tree—the nurturing and steadfast qualities that make it so reliable. Yet I also recognize the value in developing other qualities so I can stay flexible, adapting to whatever comes.

TUESDAY, MARCH 24, 2020

I feast on resilience.

When storms rage around me, a helpful image is to think of a weeping willow tree. Named for its boughs that cascade to the ground, the willow spreads a mass of strong, smaller roots underground as far as three times its width. While destructive winds may cause the branches to sweep the ground fiercely, they are resilient and the roots hold tight.

The willow's roots are open to receive nourishment from all around. Like the willow, I am open to receive divine ideas and guidance in an unending flow. I receive whatever may best serve in every situation. Being flexible and resilient, I can spring back from all adversity.

I realize that the way I cope in any situation is a learned response. I can learn other ways to deal with adversity too. There are times when it is best to take a stand, such as when my integrity and authenticity are at risk. Yet most of the time success is best served by using a combination of skills and being flexible and resilient on my journey through life.

—Rev. Toni Stephens Coleman
Unity of Lincoln, Nebraska

WEDNESDAY, MARCH 25, 2020

I fast from stress.

Life is good, and at times, life can be stressful. Stress is the body's natural response to situations that are potentially harmful. Some of these situations are real and some are only perceived. Either way, stress causes our blood pressure to rise, our breath to come faster, our heart rate to increase, and our muscles to tighten.

In a situation that truly could be harmful, the stress reaction provides real protection. In these moments I pray, "Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it" (Psalm 139:14 New Living Translation).

But in those moments when stress is based only on perception, not reality, the body responds in the same way. It is from this kind of stress that we fast. We do not consume any thought and feeling that is not true about us, and we are not consumed by the negativity or the body's response.

This fasting allows the body to return to its natural, relaxed state. In these moments I pray, "I am poised and serene; nothing can disturb the calm peace of my soul. Peace, be still. And so it is."

THURSDAY, MARCH 26, 2020

I feast on serenity.

Theologian Reinhold Niebuhr wrote the now-iconic "Serenity Prayer." Its most well-known form reads:

God, grant me the serenity
to accept the things I cannot change,
courage to change the things I can,
and the wisdom to know the difference.

Serenity is not sticking our heads in the sand to avoid difficulties; it does not come when we view life through rose-colored glasses; it is not denying the things that occur in daily living. Serenity is peace in the face of conflict. It is the spiritual, mental, and emotional equilibrium that arises when we balance the need for acceptance with the need to act and bring about change.

We have minds filled with wisdom and hearts overflowing with love. Out of the union of wisdom and love—the marriage of mind and heart—is born perfect serenity.

God-given serenity empowers us to accept those things that are out of our control. It gives us strength and courage to act in ways that bless all concerned.

Today I choose to feast on serenity. I easily accept the things I cannot change, and I know what is mine to do to bring about positive change.

—Rev. Ric Schumacher
Unity Chapel of Light, Tallmadge, Ohio

FRIDAY, MARCH 27, 2020

I fast from chaos.

The mere mention of chaos can strike fear into people's hearts. This is especially true when we are mostly focused in our limited mortal minds and sense consciousness.

Most people think life is lived from the outside in, that outer conditions cause inner experiences. There very well may be chaotic conditions around us, but the outer does not cause our inner chaos. Our chaotic thinking and feeling cause our inner experience of chaos.

There is a better way to live. It comes from the realization that we live from the inside out. The first solution is to let go and release any power or importance given to the chaotic world around us. Then we must let go and release our chaotic thoughts and feelings.

When there is seeming chaos, we pause and remember to fast from all ideas of chaos, disorder, confusion, and discord. We remember we can use any seeming chaos as the starting point of a new and higher order.

Consider using this denial: *I give no power or importance to any chaos in my life.*

SATURDAY, MARCH 28, 2020

I feast on order.

Our only safety lies in the realization of our divine identity and the inherent potential of the divine ideas we are using to manifest ourselves and our lives.

Divine ideas in divine mind are always in perfect order. By reason of our innate divinity, we can and do make and remake ourselves all the time. We are the masters of divine ideas.

Order is both a divine idea and a law. The *divine idea* of order undergirds our ability to adjust, sequence, and organize. The *law* of divine order is how we manifest in an orderly way—first in mind then in the outer realm, from the inside to the outside. We use the law to reestablish order amid seeming chaos.

Consider using this affirmation: *I claim and demand order now in my thoughts, mind, and affairs.*

—Rev. Paul Hasselbeck
Speaker, Teacher, Kansas City, Missouri

SUNDAY, MARCH 29, 2020

The Allness of Life

By Rev. Eric Butterworth

The key to understanding prayer is Allness ... I use it interchangeably with the word *God*. So often when we use the word *God*, we think out, we think up, we think something separate. As long as we think something separate, we've created a separation that exists only within us, and otherwise does not exist. Prayer can only be effective when we think oneness.

So instead of thinking of God, I think Allness. Allness means totality. It's not out there somewhere, it's the whole of things. All life is present. If there's Allness, the whole is present, all life is present, all wisdom is present, all substance is present, all guidance is present, all love is present. We live and move and have our being in this Allness, which is present, not absent.

Prayer is not trying to get more life, to get more love from God, but instead to know our oneness. The psalmist sang, "Be still and know that I am God."

Trying to get more is to be still and know that I am, that I am the activity of life, all life, expressing at the point

where I am ...

Jesus would say, "It is the Father's good pleasure to give you the kingdom," and the kingdom, he says, is not here nor there, but it's within you. The kingdom is the whole that is present even in the part. The kingdom is the oak tree that is present even in the seed. It's the Christ that is present even in the disbelieving person. It's the Allness of God that is present in the individual at the point where he is ...

Stop thinking in terms of separation and absence and saying prayers and doing all sorts of magical things that you think are going to cause something out here to come into you. Be still and know my oneness. Be still and know that I AM, that God is present, not absent. Knowing that, I become relaxed and receptive. I allow the infinite process to simply do its perfect work, and its perfect work is to express itself totally and completely in me. It has no other intent as far as I'm concerned, except to hear me, to guide me, to direct me.

*Excerpted from
Practical Metaphysics
by Eric Butterworth
(Unity Books, 2017)*

MONDAY, MARCH 30, 2020

I fast from confusion.

When I feel confused, my thoughts may race and scatter with worry, indecision, and doubt. Questions reverberate: *What is the right path forward, the best choice? What steps should I take?* The answers may seem elusive. I might feel stuck or anxious.

When I declutter a shelf at home, I create space to place a candle. After I organize a drawer, it's easier to find things. Likewise, I can take steps to clear my mind.

I sweep away doubt and fear. I let go of perplexing thoughts. I turn away from confusion. I focus on a simple phrase, whispering, "Peace, be still," to any remaining concerns. I think about my breathing and turn within, feeling open to receive divine guidance and answers.

As I repeat "Peace, be still," the peace quiets any discord and gives me the spacious calm to see a clear way forward.

If decisions are required today, I look at the choices with peaceful clarity while acknowledging my innate wisdom and discernment. I take small steps forward in a direction that feels good.

As I make time for the quiet, I acknowledge my divine connection.

TUESDAY, MARCH 31, 2020

I feast on clarity.

Today I release any doubt and confusion as I feast on clarity. I embrace the deep knowing of faith and I enter into another adventure of living. I allow spontaneity and joy as I step forth with confidence to make wise and loving choices.

I know that God is with me, demonstrating in beautiful ways through the people I meet and the experiences of today. I laugh with delight when a book falls open to a meaningful message, a favorite song plays on the radio, or I follow a nudge to go somewhere that turns into a fabulous opportunity.

As I become more aware of and appreciate acts of loving-kindness all around me, they seem to multiply. I applaud my own ability to live and love from a generous, kind heart.

I feast on the clarity I receive in quiet times of prayer or from a sky deep with stars or while hearing the unmistakable call of an owl. I anticipate continuing to receive guidance, insights, and inspiration.

With certainty I know that I do not travel this life journey alone, that love does prevail, and that the light of the Divine shines forth clearly all around me.

—Rev. Bronte Colbert
Unity of Athens, Georgia

WEDNESDAY, APRIL 1, 2020

I fast from resistance.

Change, the only constant in the universe, is not always easy to accept or manage. Often when faced with significant changes in our lives, we recreate something from our old lives to bring us comfort. This recreation can be a healthy behavior, but it can sometimes be self-limiting sabotage, a way to resist change.

Spiritually, the key to navigating change is awareness and acceptance.

When we resist, we are arguing with what is, with God, and we are suffering. When we argue, *She shouldn't have lied, He shouldn't have left, I don't deserve this disease*, our resistance to the situation creates our suffering.

Arguing with reality is as crazy as if we tried to teach a cat to bark and at the end of all our efforts, we were upset when the cat still said, "Meow."

When we understand that we create our own suffering by resisting reality, then pain becomes an excellent barometer of life. It tells us we are holding on to an idea of how life should be, an old dream of what might be, or a longing for what was, and we can have compassion for ourselves. In that spiritual moment of compassion and understanding, we can release all resistance.

THURSDAY, APRIL 2, 2020

I feast on acceptance.

Acceptance opens the doors to my infinite good. When I accept that everything is happening in divine order, I begin to look for solutions and possibilities. In moments of acceptance, I can access the infinite potential of life itself and the Divine. Those limitless possibilities are no longer blocked by my resistance.

In our society, acceptance sometimes connotes complacency, giving up, passivity, and failure. In truth, there is nothing passive about acceptance. When we lovingly acknowledge the reality of any situation, when we agree to risk an unknown experience, we are saying *yes* to the Divine and cocreating something new with God.

Active acceptance requires incredible strength and faith. This loving acceptance of life's experiences is the crucial ingredient needed for success.

Today I lift my conscious understanding of God at work in every situation and bring loving acceptance to every aspect of my life. I acknowledge that in each moment, there is the activity and presence of divine love, and I choose to bring that love forward with my thoughts, words, and actions. I know that God is present in my life and every situation.

—Rev. Ken Daigle
Unity of San Francisco, California

FRIDAY, APRIL 3, 2020

I fast from false starts.

For Olympic runners, a false start by a fraction of a second can result in instant disqualification. Spiritually, the penalty for false starts is equally high. Languishing projects, delayed actions, and unmade decisions zap energy and sideline the fulfillment of our truest purpose.

Because he sinks, some may regard the disciple Peter's attempt to walk on water as a false start. Look closer, though, and his story—as told in Matthew 14—provides a road map for fasting from the inertia inherent in every false start.

Storm-battered and terrified of the ghostly figure walking toward the disciples' boat on the sea, Peter calls out for guidance: "Lord, if it is you, command me to come to you on the water." Guidance received, Peter takes bold, decisive action and gets out of the boat.

Only then can he achieve the higher purpose: "Peter ... started walking on the water and came toward Jesus."

While there's not much opportunity to celebrate—in the very next verse, Peter feels the wind, succumbs to fear, and cries for help—Jesus' support is immediate.

That's how it works for us too. Once our guidance is clear and our actions focused, the Universe rushes to overcome false starts like ambivalence, confusion, and lethargy. What's highest and best can then arise from the stilled waters of pure potential.

SATURDAY, APRIL 4, 2020

I feast on determination.

Search the web for images of determination and you'll mostly find gritty scenes of persevering through physical struggle and hardship.

While that's certainly one form of determination, Rev. Dr. Martha Creek describes determination as "being uncommonly motivated to see something through." The image she uses is a rare butterfly. If you've ever seen a butterfly emerge from its cocoon and marveled at its first flight, you've witnessed this more subtle form of determination.

On the path to spiritual mastery, determination may be less about sheer force of will and brute strength, and more about openness and creativity. It's how David defeats Goliath. In tune with his inner wisdom, he refuses to wear the king's armor, opting instead for his trusty sling and five smooth stones. In the same way, Moses leads the Israelites through the wilderness. Trusting his guidance and intuition, he's equipped with whatever he needs for each new situation.

The most rewarding way to achieve a goal can just as readily mean staying curious about the possibilities for moving forward as about willful strength and exertion. Spiritually, determination is knowing when to push through and when to trust the Universe to do its part.

—Rev. Kurt Condra
Unity on the North Shore, Chicago

Palm Sunday

APRIL 5, 2020

The One We All Might Be, Part One

By James Dillet Freeman

There was One who showed us what we all might be. He did not so much tell us what our lives should be like, he lived the life that we might live.

The One we all might be had faith in other people. He saw in them potentialities that others overlooked. He knew them to be capable of more than they themselves thought. He inspired sinners to become saints, social outcasts to become public benefactors, weaklings to become towers of strength. He changed common fishermen into “fishers of men.”

The One we all might be saw through life’s imperfections—through sickness and doubt, through poverty and fear, through hatred and pride, even through death—and he called forth wholeness, faith, joy, love, and life. He showed us what life might be—lived to the utmost of its possibilities. He showed us what a person might be who held to the highest and best in himself.

How hard we find it to love one or two persons! Yet he showed us that it is possible to learn to love all. How many hours

we have wasted in resentment! Yet this One showed us that it is possible to live free from hate.

He knew how much a loving heart is worth, he had a sense of right values. He was able to judge not by appearances; able to put first things first; able to see how much more important than material treasures are the treasures of heart and mind.

He saw people as they are, flesh-and-blood creatures with physical needs and desires. Not once did he suggest, “It will be better for your soul if your body suffers, so I will not help you.” Those who were sick, he healed; those who were hungry, he fed. He knew that love does not exact pain-payments as the price of spiritual growth.

This is no man of sorrows, though he wept. Though he suffered, his was no tragic life. Even his death was not truly tragic, for how quickly the darkness of Calvary was wiped away in the light of Easter morning! The energy released by the overcoming that he made at death is still flooding, two thousand years later, into millions of lives.

Excerpted from Angels Sing in Me: The James Dillet Freeman Memorial Book (Unity Books, 2004)

MONDAY, APRIL 6, 2020

I fast from overindulgence.

Whether it is food, drink, purchases, television, the internet, or something else, I usually know when my accumulations surpass what I need. I may even understand that I am covering over uncomfortable feelings or avoiding doing something that is challenging and difficult.

I may be trying to fill an empty place in my heart or soul that I am not ready to acknowledge or for which I cannot find a remedy. Ultimately, I recognize that overindulgence is an unhealthy response to the preciousness of my life, and it can easily become an addiction or obsession.

Overindulgence suppresses my availability to enjoy the delightful surprises revealed in unencumbered moments.

I no longer choose to fill the spaces in my life with the despair of believing I do not have enough or am not good enough. I no longer wish to cramp my living space with things that trip me or restrict my freedom of movement. I no longer wish to fill my ears, eyes, and mind with noise that does not allow me to hear, see, or feel my own emotions and thoughts or recognize the words of Spirit in me.

I no longer choose to squander this precious treasure of my life. I am ready to take steps to amend my thoughts and actions so I can live fully.

TUESDAY, APRIL 7, 2020

I feast on self-care.

Today I awaken to joy in my heart and beauty in everything I see. Today I open myself to the one heart of the universe and I grow in self-care. My entire world is in harmony for I have learned to treat myself with love and treat others with kindness.

At the start of each day, I ask the questions, “What does my loving heart want from me today? What soul gift can I give? What feast can I prepare?” I listen and follow guidance.

“What does the holy presence in me want me to have today?” Is it a fit body? A healthy heart? A clear mind? A day in sacred oneness with nature and music?

“What will fill my craving?” Is it a pure food meal? Is it a walk in the sunshine? Is it standing barefoot in the grass? Is it a purposeful meditation?

Formed from the soul of the one heart, I know I have enough, I am good enough, I am wise enough right now.

Nourished and strengthened, I can share my time, treasure, and talent with others. I connect with them, savoring every moment.

—Rev. Claudell Mirabai County
Meditation Teacher

WEDNESDAY, APRIL 8, 2020

I fast from the fear of scarcity.

Scarcity is the nagging internal voice telling us that who we are, what we have, and what we do are never enough. The voice is quietly running in the background, and we might be swimming in a sea of scarcity without knowing it. Sometimes we feel overwhelmed, nervous, afraid, angry, resentful, disconnected, or buried by life. Maybe even all of it.

Scarcity is believing there is a barren place of wilderness inside, needing to be watered, yet never sufficiently. It is believing we don't have enough and will never have enough—love, compassion, money, rest, time, courage, knowledge, space, fun, food, equality, freedom, generosity, goodness, healing—pick anything! It is a low level of not-enoughness flowing through life because we unconsciously believe in our story of scarcity.

Today marks the midpoint of Holy Week, and like many journeys, it can be the darkest part, which is usually when our story of scarcity is most alive. We can become new life and fast from our fear of scarcity by acknowledging the needs in the world as well as the resources to meet those needs. We see that what first looked like scarcity is enough, *when shared*. Then we are able to rest in the bottomless goodness of God.

We can become new life and fast from our fear of scarcity by acknowledging the needs in the world as well as the resources to meet those needs.



Maundy Thursday

APRIL 9, 2020

I feast on the assurance of abundance.

When we believe in our story of scarcity, we close ourselves off to the world of abundance and generosity. That story of scarcity is not true because the world and all its inhabitants belong to each other—to care for it. Feasting on abundance means paying attention to what we already have, nourishing it, being grateful for it, and then sharing it. In doing so, what we have expands.

In the Gospel narrative of Maundy Thursday, Jesus washes the disciples' feet. In his great act of humility, the space between Jesus and another is filled with a towel. The towel becomes one of the greatest symbols of abundance—a demonstration of belonging that is in sharp contrast to the ways of the world. This power of belonging is expanding what is already present in our lives. Feasting on abundance is shared humanity, divine intimacy, and loving service.

To feast on abundance means asking myself daily, *How do I need to be for you to know love (or joy, peace, security, compassion)?* Feasting is an invitation to replicate Jesus' act of humility and belonging, thereby giving us access to great energy, the generosity to see the abundant world in which we live.

—Rev. Kelly Isola
Chair, Greater Kansas City Interfaith Council

Good Friday

APRIL 10, 2020

I fast from self-pity.

Fasting from self-pity opens the way for the renewal of my soul. In my prayer time, I crucify—that is, I cross out—all error thoughts and gently surrender to the Christ within. There is no challenge so big that I cannot overcome it when I am centered in the God of my being.

In times when I have felt sorry for myself and have been overwhelmed by self-pity, I have meditated on the life of Jesus and how he transcended death and rose above all limitations. In his final hours, he gave us a profound teaching: “Father, forgive them for they do not know what they are doing.”

His final words, “Father, into your hands I commend my spirit,” liberate our souls. Ultimately, there is no separation from God. It resides only in our identification with our personalities, physical bodies, and human experiences.

The cross is a powerful symbol of transcendence. The world of time and space is represented by the horizontal bar, and the world of Spirit by the vertical line. Our transcendence is realized by our willingness to enter the Silence and submit our human selves to our divine nature.

Holy Saturday

APRIL 11, 2020

I feast on renewal.

I am in God's waiting room where transformation begins. Every part of my being has surrendered to the Christ within. I have crossed out all error thoughts. My soul gently waits in the stillness of my being.

The old is gone. The new is yet to be. With steadfast faith, I rest, knowing that my Spirit is being renewed. Through the power of prayer and my spiritual practices, I have let go of all thoughts of separation from the one presence. I affirm my oneness with God. I have done my work. I wait in the Silence.


My consciousness is clear. My heart is open to the new life bubbling within and ready to come forth as a new creation. I listen to the still, small voice that gently whispers something miraculous is occurring in my soul—new life is springing forth. I am rising above the tombs of lack, limitations, and suffering. My mind is rising to Christ consciousness.

I feast on the knowing that I am being renewed in body, mind, and soul—resurrected from the tomb of self-pity. I delight in the new creation that is unfolding. I am being renewed in the spirit of Truth.

—Rev. Elizabeth Longo
Coach, Ministry Consultant,
South Florida

The old is gone.
The new is yet to be.
With steadfast faith, I rest,
knowing that my Spirit
is being renewed.





*To be humble of spirit,
yet conscious of
eternal worth.*

Easter Sunday

APRIL 12, 2020

The One We All Might Be, Part Two

By James Dillet Freeman

There was one who showed us what we all might be ... What height of fulfillment, what depth of compassion, what breadth of understanding might be ours—if we were all that we might be!

Ours to love with a love that excludes none but gives itself to all.

To have a sense of right values, placing spiritual things first, yet using spiritual powers to transform the physical world.

To be master of self and superior to circumstance.

To be humble of spirit, yet conscious of eternal worth.

To be at peace, yet to be a center of energy.

To be God-centered, a focus through which His power flows freely in joyous achievement.

To be unlimited in vision and to attain what we envision.

To experience the fullness of compassion, yet to live to the fullness of joy.

To be able to help all who turn to us, to bless the lives we touch, to turn sorrow into joy, hate into love, sickness into health, lack into fulfillment, death into life.

To be one with the essential harmony at the center of all things ...

This is what we all might be.

Excerpted from Angels Sing in Me: The James Dillet Freeman Memorial Book (Unity Books, 2004)



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- CDs and DVDs

UNITY RETREATS AND EVENTS

Call 816-251-3540, Monday-Friday, 7:30 a.m.-4:30 p.m. (CT), or visit unityvillage.org to see detailed information for workshops, retreats, and special events.

ONLINE RESOURCES

- Articles, prayers, meditation, news, and information at unity.org.
- Spiritual programming 24/7 at unityonlineradio.org.
- *Daily Word* messages and related content at dailyword.com.

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—Your Friends in Unity



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