



Unity Church of Winston Salem
Rev. Elizabeth C. Forrest

108 Hewes Street
Winston-Salem, NC 27103
Church Office: 336-760-8311
Email: unitychurchofws@gmail.com
Web: unityofws.org

September 2020

A few days ago the weather was hot and humid. Next came the heavy wind and rain. Today the heat of the summer has given way to the feel of autumn.

Wouldn't it be wonderful to wake up tomorrow morning to a world that had shifted from a hot emotional climate of chaos and division to a world of harmony and respect? Right now that seems like wishful thinking. Yet...wishes do come true.

"What we hold in mind creates in time." What I am going to hold in mind is...a world that works for everyone, a world that respects each other and lives by one simple law of the Universe..."Do Unto Others As You Would Have Them Do Unto You." It sounds simple. I guess it's too simple for the human mind to understand but if we take time to be still and listen to the heart the answer will be given.

Before I could ask a question my heart whispered, "what God has joined together let no man put asunder." Then the question came to mind...how did humanity become so destructive? This Bible verse has been read during many weddings referring to a couple being joined together as one in marriage. (The mind started trying to understand what my heart was saying.)

Again the words came but this time it came with understanding. "What God has joined together let no one separate." I instantaneously knew these words were not referring to a marriage ceremony. I was taken back in time to the beginning when God first created all things. All things were created by Him and from Him. God is the Source of all creation. "There Is Only One Presence And One Power, God the Good Omnipotent."

Eons ago the sons and daughters of God choose to descend into separation and duality, thus creating the experience of separation and division. The Master Jesus Christ came to show us the way back to Oneness. Jesus said, "I and the Father are One." (John 17:15-26) Jesus prays for our awakening to the remembrance of our Oneness of who we are, Sons and Daughters of God and all from the same mother father God. As we ascend into a higher way of being; resurrecting and ascending above the intellectual pride and arrogance of the ego, we will once again regain union with Divine Mind, the True Spiritual Source of all creation. We will then understand that only through experiencing the ongoing lessons of life, both good and evil, here on earth can we attain the perfect balance which must be held between human and divine life.

Jesus exemplified that perfect balance and expressed the fullness of the Father in human form. Jesus, son of man or flesh was also the son of God or Spirit. They became one to dwell within us. Jesus is our way shower leading us back to the kingdom of God.

As Jesus said, "Do you not know that you are the temple of the Living God?" He is saying God dwells in each of us. (I Corinthians 3:16-17) Some may ask..."if we are God's temple where is his Kingdom that is not of this world?" Jesus said, "Don't look here or there for God's Kingdom. It's not out there...the Kingdom of God is within you." (Luke 17:20-21).

Maybe it's time to start looking within and awaken to the message from our heart, a message of harmony and respect.

From the Heart with Love, Peace & Blessings,
Reverend Elizabeth