



Unity Church of Brazosport
507 S Brooks (Hwy 36)
Brazoria, Texas 77422

March 2009

Forward from "Keep a True Lent"

By Georgiana Tree West, Author of
"Prosperity's Ten Commandments"



THE CHRISTIAN world is once again observing the Lenten season; the season of prayer and fasting that precedes the joyous festivity of Easter. It is commonly believed that the Lenten period has to do with the events of the forty days preceding the Resurrection. This is an erroneous idea. Lent is a church institution, and there is no authorization for it anywhere in the New Testament. The idea, however, has a sound spiritual basis; Moses, Elijah, and Jesus Himself set a precedent for it. Each observed a forty-day period of prayer and fasting as a preparation for spiritual work. Moses received the Ten Commandments on Mount Sinai at the conclusion of his fast. Elijah talked with God on Mount Horeb at the conclusion of his period of prayer and fasting. Jesus began His great spiritual ministry at the close of His fast in the wilderness.

The ancient Hebrew writers made a practice of using numbers to symbolize ideas. Forty, in their minds, was a "foursquare" number suggesting the idea of a foundation for something to follow; an idea of completeness. So the number forty is frequently used in the Scriptures to indicate a completed preparation for something to follow. When we consider Lent as a well-rounded or "completed" season of retreat from the things of the world for the cleansing of the mind and the recollection of the things of Spirit, it becomes a true season of preparation for the glorious Eastertide; a preparation for the resurrection of the mind from the darkness of its sins, doubts, and false beliefs into the light of understanding.

Lent, then, is a church institution embodying an exalted idea, the idea of cleansing and disciplining both mind and body toward the end of making them more receptive to the Christ ideas. Like many other religious practices it is too often observed in letter but not in spirit.

Too many people make a fad out of Lent. It is fashionable to give up some luxuries, and when those luxuries have to do with food and drink it is profitable physically. There is also psychological value in the mental discipline involved. But such observance has nothing to do with being a Christian; atheists could get the same benefit!

Every follower of Jesus who would keep Lent in the true Christian spirit follows the way of prayer and fasting that He taught His disciples. He revealed that prayer and fasting are the sure way to spiritual power, the way to keep the soul cleansed and purified that it may feel the presence of God. When the disciples were unable to heal the epileptic boy He told them that they lacked faith, that such healings could only be brought about by prayer and fasting. Jesus revealed that fasting, like prayer, is a matter between man and his Maker. He told His disciples that they were to make no show of their fasting.

He said, "Appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly." He gave the same instruction concerning prayer. Prayer and fasting, then, are matters of communion with God, not matters of public display. They are transactions in mind. It is of no use to go through the outer form if the feeling of communion with God is not established. In abstinence from worldly things the mind must be filled with thoughts of God, else there is no spiritual value in fasting.

If we would "lose the bands of wickedness" we must learn to fast from all unworthy thought and feast on the good and the true. To observe Lent according to the spirit rather than the letter we must fast from criticism and condemnation and feast in brotherly love; fast from false beliefs in sickness and weakness and feast on the truth of God's omnipresent, perfect life; fast from false beliefs in lack and limitation and feast on the truth of God's bountiful good will. Ideas such as these form an excellent basis for Lenten meditations that help establish permanent spiritual values in heart and mind.

One of the most valuable ways of observing the Lenten season is to fast from (loose and let go) the belief that men or nations can stand in the way of God's good will for man. Now is the time to affirm the power of the Christ Spirit indwelling in all men everywhere and influencing their thoughts, words, and actions to work for the good of the whole. We all want to be of some influence in establishing world peace. To do so we must learn to obey Paul's exhortation "Let us therefore follow after the things which make for peace." Each one of us must be concerned with improving his own life. We must learn to deny our selfish impulses and be obedient to impulses of brotherly love. When we withdraw our attention, interest, and support from the false and the unworthy, this is true fasting. When we give that same attention, interest, and support to the enduring good, we are feasting on the things of the Spirit, and this is true prayer. When we have truly fasted in the Christ way we have increased our ability to respond to God's good will.

--Georgiana Tree West



March Sunday Schedule

Sunday, Mar 1	11:00 a.m.	Ed Jamail Edgar Cayce's Houston Center
Sunday, Mar 8	11:00 a.m.	Dr Grace Pavlovski Bring items for food pantry
Sunday, Mar 15	11:00 a.m.	Barbara Hogue , "Whose Life is it Anyway?" Board Meeting
Sunday, Mar 22	11:00 a.m.	Dian Williams Houston Unity Church
Sunday, Mar 29	11:00 a.m.	Tim Rometry

March Special Dates

Sunday, Mar 8 – Daylight Savings Begins

Tuesday, Mar 17 – St. Patrick's Day



Children's Events and Sunday School

A big thanks to the church members who participated in the Science experiment Christine Stroh brought to church. Christine entered her project in the Brazoria County Science Fair in February and earned a Bronze medal! The experiment tested whether chewing gum had an effect on how your brain functioned.

Loretta Cady built and tested desalination units to see if she could make the Gulf of Mexico water safe to drink. Loretta earned a Gold medal.

Congratulations to our young scientists!

Announcements

Laughter Club, First Wednesday of each month. Beginning Wednesday, March 4th, 6:30 p.m. Laughter Club with Barbara Hogue. Laughter Yoga is mildly aerobic so please dress comfortably. See website for more information on Laughter Yoga.

Meditation in March. Wednesday, March 11, and Wednesday, March 25, 6:30 p.m. George Thomas will lead a guided meditation. Please dress comfortably.

25th Anniversary Celebration of Unity Church of Brazosport coming soon. Watch for details.

Someone donated 2.5 gallons of Haagen-Dazs coffee ice cream! Enjoy!



A Course in Miracles Study Group **Tuesdays, 5:00-6:00 p.m.**

We are listening to CD's by Jerry Stefaniak based on his talks about "A Course in Miracles." This is a great time to check out the Course and see if you want to explore this path. Jerry ends each CD with a wonderful meditation.

Unity Church of Christianity - Brazosport

Meeting Minutes
February 15, 2009

Opening:

The monthly board meeting of the Unity Church of Christianity was called to order at 12:15pm on 2/15/2009 in Unity Church by Monica Alva-Thomas.

Present:

Monica Alva-Thomas – Chairman/Treasurer

Susanna Thomas - Secretary

George Thomas – Board Member

Renee Duhon – Board Member

Not Present:

Sherrie Reineker – **Resigned from Board due to child care issues**

Vaughn Dampier-- **Resigned due to re-locating.**

A. Approval of Agenda

Agenda was unanimously approved and distributed.

B. Approval of Minutes

The minutes of the previous meeting were unanimously approved as distributed.

C. New Business

Board has nominated Renee Duhon as a board member for 2009. Renee Duhon has accepted the role. Treasurer's Report (hand out) submitted to board. Report outlines income, & cost to manage UCOC-Brazosport. Board discussion on Speakers needed for the month of March and forward. Board member George Thomas requested any referrals to contact for speakers to please email him at gthomas@brazoriainet.com or call directly to 979-964-4405. George Thomas has agreed to lead a Guided Meditation Class 2 Wednesdays in March. The Board has planned and agreed on an Open House celebrating the 25th Anniversary for Unity Brazosport. Renee Duhon will provide the items needed for the Barbeque Fundraiser as the cooker and meat. The Board has agreed to request for volunteers and items needed for this event from the UCOC members. The Board has agreed on price for lunch plates set at 8\$ for Adults and 5\$ for Children. Date for Open House will be announced in Church Service then posted to UCOC Brazosport website. Board has accepted Vaughn Dampier's resignation and will send a thank you letter for his time served on the board. The Board agreed no other new business at this time.

D. Old Business

Repairs to the ceiling in the 1st Restroom – not yet completed. Monica Alva-Thomas will make contact with Mary Hoot on status as to repairs. Monica Alva-Thomas will email Susanna Davis Letter for Tithing with tax ID for La Casona Restaurant regarding 10% of their sales going to donations for the UCOC.

Agenda for Next Meeting

Speakers for the next 3 months. Open House Fundraiser. Growing the membership.

Adjournment:

Meeting was adjourned at 1:15pm by Monica Alva-Thomas. The next general meeting 3rd Sunday of March.2009. Minutes submitted by: Monica Alva-Thomas/Chairman-Treasurer

Vision Statement:

Bring like-minded people together in their quest for the Truth.

Mission Statement:

Dedicated to teaching, loving and inspiring people
to be all they are created to be.

“Come to me, all who labor and are heavy laden, and I will give you rest.

Take my yoke upon you, and learn from me;
for I am gentle and lowly in heart, and you will find rest for your souls.
For my yoke is easy, and my burden is light.”

~ Jesus, Matthew 11:28-39

Unity Church of Brazosport

Join us for Sunday Service - 11:00 A.M.

Sunday School for Children - during the service

A Course in Miracles Study Group - Every Tuesday, 5:00-6:00 P.M.

Newsletter items may be submitted to B J Kruse - bjkruse@swbell.net

Church Email: info@unityofbrazosport.org

Church website: www.unityofbrazosport.org

Unity Headquarters Joint website: www.unity.org

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