



Spiritually Empowered Way of Life • Positive, Practical Christianity

Open Your Life to Beauty!

By Rev. Joyce Kramer

What beauty have you seen today? Have you watched the sunrise? Have you listened to beautiful music? Have you observed beautiful flowers? **There are many places to find beauty—in people, in nature and in things.** Wherever we are, we are able to perceive beauty if we are looking for it and are tuned in to the idea of beauty.

Learn to look at all things with the idea of finding something beautiful. **learn to look** beyond the appearances to see the underlying splendor.

Michelangelo "saw" the majestic figure of David in the gigantic block of marble that had been rejected as imperfect. So impassioned was he with love for the beauty of the vision he had in his mind that he scarcely ate or slept. He worked feverishly day after day until his chisel finally chopped away all that was not a part of his vision and he released the "imprisoned" David.

Beethoven, walking alone at night, was suddenly filled with ecstasy at the vision of silver moonlight streaming across the rippling waters. As a result of his perception of this beauty, his artistic talent gave us the "Moonlight Sonata," which his own deafened ears could not hear. **The source of beauty is God.** "He has made everything beautiful in its time; also, he has put eternity into man's mind" (Ecclesiastes 3:11). It is there, within your mind and heart that you must turn to look for the beautiful. God is the source of beauty, and **beauty is a spiritual experience**... the human race is God's instrument of expression, to show forth the beauty and goodness of all creation. Watch a leaf unfurl. Notice its symmetry, its color, texture and fragrance. Get your senses involved in the perception of beauty. Let yourself enter into the awareness of beauty. Remove your

attention from other things frequently and **give a few moments completely to beauty.** McDermott wrote: "Nature is the greatest teacher because she demonstrates living beauty. The painting of a tree by an artist may be lovely to behold, but it can never grow new leaves, bud and blossom in the spring or drop its varicolored dress in the fall to reveal the stark beauty of bare limbs."

Your perception of beauty is just that—uniquely yours. Instead of looking for what the artist had in mind, look for your own meaning based on the feelings that are stirred within you. Nothing outside of yourself can be beautiful unless you first feel it within.

Beauty is essential to the progression of your soul. Move steadily along, increasing your awareness of the inner spark of the divine and thus your perception of beauty. The world will become a much more exciting place in which to enter the deeper and greater world of beauty.

Cultivate beauty by remembering the source of beauty—God. There is order, balance, harmony and great beauty all around, but beauty is an inside job—inner awareness leads to outer perception. Beauty is a living, vibrant force—**your passport to a more joyous life.** You are an avenue, an instrument of beauty. **let the beauty of God and God's creation be expressed through you and in your life.**

Rev. Kramer was the founder of Unity of Tidewater in Virginia Beach, and the minister there for many years. Upon retiring, she founded joycekramerministries.com/. She also very successfully led the esteemed Fillmore Festival for more than 25 years.

Nature:

You can love the whole world with an all-embracing love

Love all of God's creation, the whole and every grain of sand in it. Love every leaf, every ray of God's light. Love the animals, love the plants, love everything. If you love everything, you will perceive the Divine Mystery in all things. Once you begin to perceive it, you will begin to comprehend it better every day. And you will come at last to love the whole world with an all-embracing love.

-Fyodor Dostoyevsky

The goal of life is to make your heartbeat match the beat of the universe, to match your nature with Nature.

-Joseph Campbell



The moon is a reminder that no matter what phase I am in,
I'm still whole. *-Author unknown*

Praying

By Mary Oliver

It doesn't have to be the blue iris,
it could be weeds in a vacant lot,
or a few small stones;
just pay attention,
then patch a few words together
and don't try to make them elaborate;
this isn't a contest
but the doorway into thanks,
and a silence in which another voice may speak.

*Nature is
Another Name
for God*

*-Charles Fillmore,
Co-founder of Unity*

From Fear
to Faith

UNITY WORLD DAY OF PRAYER

September 9–10, 2020



We welcome you to join thousands worldwide on September 9–10, 2020, for the 27th annual World Day of Prayer as we unite heart and mind with people from around the globe to affirm:

Standing in Truth, I move from fear to faith.

Unity's Prayerful Commitment to You

Uniting in global affirmative prayer is the purpose for World Day of Prayer. For 24 hours, a worldwide prayer vigil is held in the **Silent Unity Virtual Prayer Vigil** by Unity prayer associates, ministers, and guests. Together we gather to bless the thousands of names submitted to the Unity Prayer Ministry. **We invite you to become a part of this annual tradition in advance. To share your list of names, fill out a prayer list by going to**

<https://www.unity.org/wdop/submit>

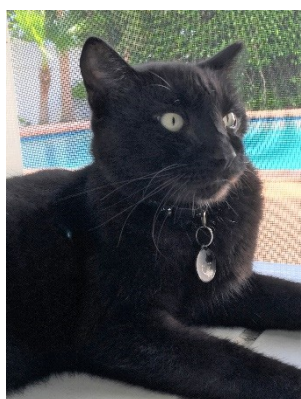
Following World Day of Prayer, Names will be lovingly placed in the Prayer Vigil Chapel for an additional 30 days.



Opening Your Home Can Feed Your Soul By Michelle DiMino

There is a connection that runs deep and expands across multiple layers when a human extends love and a safe haven for an animal in need. It takes time and patience but love transforms fear into a beautiful relationship of kindred souls. All animals have an innate sense of spirit within them and those with a deep sense of spirituality have an affinity with. I genuinely believe that taking care of animals allows a part of the soul to blossom into the beautiful flower it was meant to express.

As a family of animals lovers, we seem to magnetize those that need our help and in turn, they provide an awareness of how we need to live, by helping and loving. In giving there is always receiving and the love we've received from our foster cats and every animal that we've ever rescued has fed our souls and lifted our spirits. There is nothing more humbling in life than seeing an animal scared and in need and watching the transformation into a little soul that has developed a sense of trust and just wants to be loved. The purr of a contented cat is a vibrational healing which I believe is hard to match. Mittens and Muffin came to us



from Unity of Delray Beach in January when no one else was able to help. They were scared and timid but within a short space of time, they slowly turned into complete love bugs and started to express unique, quirky and hilarious personalities. Shortly after Mittens and Muffin came to us, the next day in fact, a feral cat was sitting at the back of our car outside a store crying for help. He was literally skin and bones due to malnutrition and had an eye that was so sore, it was almost closed. We managed to catch him and take him to the vet. Our daughter Tabitha named him Lester, and after multiple operations, he is now living a happy, contented life at The DiMino rescue center. There are many kittens, cats, puppies and dogs in south Florida in desperate need of help. Maybe to feed your soul, you could open your home and be a foster or even better, give an animal a forever home. The benefits are great to everyone concerned.

Nature...God's Unspoken Gift to All of Us

By Jill Reid

Where do I go when I want an immediate shift in my energy or when I need to add some joy into my life? I can simply go outside to remind myself of the beauty all around me.

During this time of 'stay at home to be safe', I can forget that there is an immediate joy just outside my door! In taking a

short walk

around the
block, or a

stimulating
walk in the

woods, or

digging in my

garden, or

allowing the
breezes to clear

out my worries

while I walk

along the beach

– I simply need to

open my eyes and see the beauty and gifts that God has
given to all of us.

When I feel the warmth of the sun reaching my back, I
feel a hug from God that is palpable. When I watch my cats

react to the joy of finding the sun– when they roll around and ultimately sunbathe to re-energize

themselves, I bet it feels like God is kissing them as I can see how they are so thankful and happy. I simply
need to stop and open our eyes and heart, give thanks, and embrace the beauty, the peace and joy that God

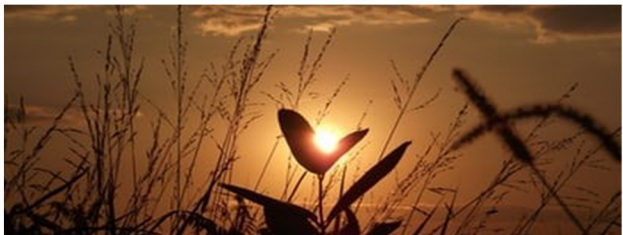
has provided for our nourishment. I am so
blessed.

Yesterday as I walked to my bank of
mailboxes, I slowed down to drink in the
beauty and calmness of the beauty of nature
all around me. I hope you can do the same
and feel the same depth of God's love
which is all around us.

And when I let it embrace me and I
immerse myself in Nature. . .

I feel the love of God.





UNITY OF DELRAY BEACH CHURCH

101 N.W. 22nd Street at Swinton Avenue
Delray Beach, Florida 33444

Office 561-276-5796 Prayer Line 561-900-2559

Website: unityofdelraybeach.org

Facebook: facebook.com/unityofdelray

Twitter: twitter.com/delrayunity

Instagram: instagram.com/unitydelray/

YouTube: bit.ly/2UZVNks

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Useful Spiritual Tools

Submit **PRAYER REQUESTS** to our Prayer List (like the requests you place in boxes in the church, these go out to Silent Unity and several other prayer ministries.)

The Prayer List is prayed upon for 30 days by hundreds of caring people.

EMAIL YOUR PRAYER REQUESTS TO
unitychurch@unityschool.com

Call and leave a message if you would like to talk with a **PRAYER CHAPLAIN:**
561-276-5796

Listen to new prayers on our
DIAL-A-PRAYER PHONE LINE
Call **561-900-2559**

Reach out for prayer with
SILENT UNITY
call: **816-969-2000** or submit a prayer request online at <https://www.silentunity.org>

Get the free uPray app for your phone from
<https://www.unity.org/prayer/apps>
to use as a convenient way to submit prayer requests 24/7 to Silent Unity. Also available from the App Store and Google Play.

Visit our **CHURCH WEBSITE**
<https://www.unityofdelraybeach.org>

Reflections of a Cold Summer Day in Vehkajarvi, Finland

By Elsie Jaehn

Dark, ominous clouds were hanging low in thickly clustered layers over the lake. It looked as though one could almost reach up, grab hold of them and rend them apart to allow the warmth of the summer sun to flow through upon the earth below. Such was the greeting as we awakened on that 49-degree July morning deep in the heart of central Finland.

As I held my head in my hands looking out the window, while the fireplace sputtered to life after being fed yet another offering of birch logs to keep the cozy cottage warm, I wondered what I would do with this seemingly unattractive gift that had been thrust into my lap. Two choices were apparent: a) I could mope and gripe about the weather, or b) I could look for the positive aspects of this day and allow it to evolve in a grand fashion. I chose the latter.

After dressing appropriately, including gloves (still can't believe it's July), I gathered up the bag of garbage from under the sink and was off to the refuse station located about a half-mile away on the main roadway.

I opted to take the back way along the gravel road through the forest to get there. As I walked the length of path, I suddenly realized that Nature was not at all displeased with the weather conditions. Birds were trilling away without a care in their little hearts; bless them. I rounded a bend and saw a neighbor's small potato patch happily growing while surrounded by a rare and colorful orchestration of summer wildflowers that waved receptively in the gentle breeze that wafted through the air all around me. Farther along the path, I came upon a few seemingly abandoned old farm buildings still vibrant and alive, dressed in their mottled red paint and white trim. They seemed quite comfortable in their residence while lush foliage in assorted shades of green cradled them in their embrace.

I stopped often and marveled at Nature's bounty. Thistle plants taller than I were ready to burst into deep purple blooms once the sun would send forth its

warming rays to break open their swollen buds. But that was to be on another day. Nevertheless, the promise was there, and so it would happen eventually.

The silence of my reverie was broken only by the rhythmic crunch of gravel under my feet as I walked upon the forest path. Actually, the sound enhanced my focus and concentration as I continued to drink in the beauty all around me. Finally, I arrived at my destination, dropped the garbage into one of the containers and continued on my way along the roadway for a quarter of a mile or so before I turned down yet another gravel trail that would take me back to the cottage.

I meandered through the neighbor's barnyard and marveled at the huge rhubarb leaves and then remembered how flavorsome was the rhubarb pie that I had tasted at their home a week or so before. Farther along, I stopped briefly to watch an ant colony busily working, as always, on the enormous hill they had amassed over the years. They didn't seem concerned at all about the weather conditions of the day. The wild raspberry canes were heavily laden with fruit that would ripen within the next four weeks or so—they too didn't seem at all disturbed about the fact that the sun wasn't shining today, and as I concluded my walk, I realized that I too had found beauty in the seemingly imperfect day—it was perfect after all!

My heart was happy and filled with joy, peace, and contentment as I sat on the lawn swing in my heavy clothing and gloved hands looking out over the lake where the dark, ominous clouds still hung in thickly clustered layers just as I had left them a couple of hours ago. May you too continually find sunshine in your hearts no matter the weather conditions that exist outdoors.



Keeping in Touch . . .

Sundays

SUNDAY
MEDITATION,
SERMONS,
CHILDREN'S
LESSONS AND
MUSIC ALL
AVAILABLE

AT <https://www.unityofdelraybeach.org/podcast>

Every Day, 24/7

Listen to new prayers
on our Dial-a-Prayer
Line:
Call 561-900-2559

Find a Unity radio
show to enjoy

<https://www.unityonline-radio.org/>

Choose from a
collection of
meditations

<https://www.unity.org/prayer/silent-unity-meditations>

Social Media Sites

Facebook: <https://facebook.com/unityofdelray>

YouTube: <https://bit.ly/2UZVNks>

Twitter:
<https://twitter.com/delrayunity>

Instagram:
<https://instagram.com/delrayunity>

Our Church Website

<https://unityofdelraybeach.org>

Tuesdays

TUESDAY PRAYER SERVICE, 10 a.m.
with Laurie Durgan

<https://www.unityofdelraybeach.org/podcast>

Wednesdays

EVENING MEDITATION SERVICE 6:30 p.m.
with Laurie Durgan

<https://www.unityofdelraybeach.org/podcast>

Thursdays

THURSDAY MORNING PROSPERITY CLASS
with Charlene Wilkinson

You may join the phone Morning Prosperity group Thursdays at 7 a.m.
Call phone number 1-720-740-9634 Passcode 2152894

THURSDAY LUNCH PROSPERITY CLASS
with Dymin Dyer

Join the online group at 12:30 p.m. by going to
<https://www.zoom.us> and entering ID: 579-187-8189,
then Password: POWER

Ways of Giving

Please remember that we need your continued financial support more than ever. We practice prosperity principles and support many in our community and beyond. We trust that you will continue to give from your heart and as you can. You may give via clicking here to [TITHELY](https://www.unityofdelraybeach.org) or visit our website at <https://www.unityofdelraybeach.org> to make an online donation.

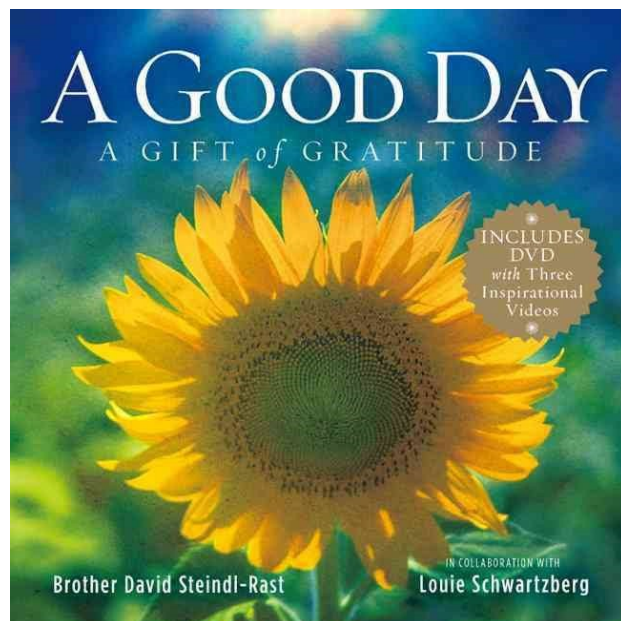
Checks may be mailed to:
Unity of Delray Beach Church, 101 NW 22nd St, Delray Beach FL 33444.

Get more information about how you can continue to support this ministry here: <https://www.unityofdelraybeach.org/giving>

Welcome Back to The Bookstore!

By Julie Candia

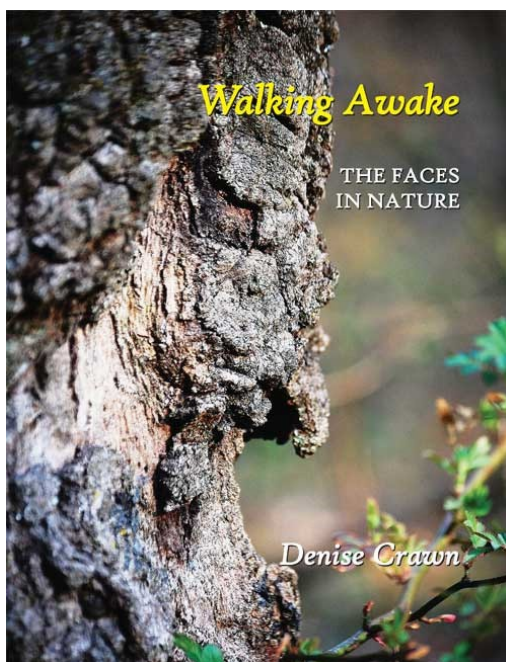
When I think of the wonders of nature, my heart fills with appreciation, and I am reminded of Brother David Steindl-Rast's moving book, **A Good Day: A Gift of Gratitude**. This book truly stirs gratitude for the blessing of life and the everyday wonder and beauty of nature. It was inspired by the short film *Gratitude*, a viral video sensation by acclaimed filmmaker Louie Schwartzberg. The book and film pair one of today's most uplifting poems—the Internet phenomenon “A Good Day,” written by revered spiritual leader Brother David Steindl-Rast. Alongside the poem are stunning images of nature, taken by Schwartzberg. During this time of inward expansion, I encourage you to order a copy of this book and fill your heart with love and gratitude for the miracle of nature.



*****You may now order the book above and below, and other books from our Bookstore, by calling 561-276-5796. If a recording answers, please leave a message and your call will be returned ASAP. The books you order and charge with us can be picked up just outside the church office door, or mailed to you with the postage fee added. In handling these orders, we follow all sanitation rules established by the CDC.*****

WALKING AWAKE - The Faces of Nature

By Denise Crawn



Author
Denise
Crawn is an
ordained
interfaith
minister

who studied at One Spirit Seminary in New York City. Her ministry includes helping others to “Walk Awake” through their own Divine connection.

She offers workshops, retreats and pilgrimages around the world, and a

meditation newsletter and website.

In addition to her book, she has decks of inspirational cards which may also be ordered from our Bookstore. Call 561-276-5796 for details.

The Walking Awake in Nature Inspirational Card Deck features 30 beautiful photo cards. Every card is different and features a photo of one of Denise's encounters in Nature, and a one-word reflection or meditation.

Suggested uses for the deck and a special gift—a small pebble from the sacred Isle of Iona, Scotland where Denise and her husband Nick lead annual pilgrimages—are included.



Notations on Nature

But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform you. Which of all these does not know that the hand of the Lord has done this? In his hand is the life of every creature and the breath of all mankind.

(Job 12:7-10)

Jesus often withdrew to the wilderness for prayer. (Luke 5:16)

. . .that same day Jesus left the house and sat beside the lake. (Matthew 13:1)

God created every living creature that moves . . . And God saw that it was good. God blessed them.

(Gen.1:21-22).

The goal of life is to make your heartbeat match the beat of the universe, to match your nature with Nature.

~ Joseph Campbell



To Thine Own Self

By James Dillet Freeman

The lake looked at the mountain, and
thought:

O fortunate mountain, rising so high,
while I must lie so low.

You look far out across the world
and take part in many interesting
happenings,

while I can only lie still.

How I wish I were a mountain!

The mountain looked at the lake, and
thought:

O fortunate lake, lying so close

to the warm-breasted Earth

while I loom here

craggy, cold, and uncomfortable.

You are always so peaceful,

while I am constantly having to battle
howling storm and blazing sun.

How I wish I were a lake!

All the time, quietly,

the mountain was coming down

in silver streams to run into the lake,

and the lake was rising as silver mists

to fall as snow upon the mountain.

Unity of Delray Beach

21st Annual Blessing of the Animals

Saturday, October 3 ~ Online via YouTube

This year for our Blessing we will be using photos of your beloved pets that you submit in advance September 25 by postal mail or email

This means we can expand to not just Blessings for our current pets and those who have made their transition, but we will also send blessings to all of the world's wildlife and farm animals!



By Sept. 25, please send .jpg photos of your living and/or past pets with note stating the pet's name, age, breed, plus your name.

Email the photos and information to:

animalblessing2020@gmail.com

OR mail printed color photos to the church, attention
Animal Blessing, 101 NW 22nd St., Delray Beach FL 33444

Loving God,

Bless all of the animals. . .those in the wild, those without homes, and those in the warmth of my arms. In this quiet moment with you, I send out to all of your creation, my heartfelt appreciation for all of the precious gifts I am given every day. May I always be careful, caring and compassionate in all ways with all of life. God, I am grateful.

Amen.

The Healing Power of Horses



Equine-Assisted Learning (EAL) uses a different approach than traditional therapeutic horsemanship programs in that the clients do not ride. The horses play a completely different role in the learning process. The goal of

EAL is for clients to interact with horses from the ground, observe the horses' reactions to them and then identify ways these reactions could be metaphors representing something going on in the client's life.

EAL is an experiential learning approach designed to help participants identify, face, and work through life issues. EAL is similar to Equine Assisted Psychotherapy (EAP), but instead of conducting psychotherapy, the focus is more toward education and skill enhancement. EAL programs often focus on social skills and leadership development. It is especially useful when working with groups from schools or the corporate world.



Horses are very intuitive creatures and possess an acute sense of awareness of everything that is going on in their environment. They are extremely sensitive to the actions of humans and have the uncanny ability to pick up on our non-verbal behavior. Horses are completely honest in the way they react to situations. They cannot lie or gauge their reactions to spare anyone's feelings. Therefore, horses are a fantastic instrument to use when getting a "read" on what is going on with a human. Horses are particularly useful with clients who are unable or unwilling to communicate their thoughts and/or feelings verbally.

Rhonda Fritzshall is co-founder/facilitator of HERD FOUNDATION 501c3 and founder of Equine Assisted Healing LLC, equine-inspired experiential learning programs located in Delray Beach.

Sammie with Rhonda

Sammie joined the HERD in September 2017 after being rescued from a kill pen. Sammie had to do a lot of work on himself, including how to trust and connect with humans and other horses. Now, Sammie is helping others trust and connect and is quite the Rock Star.

For more information on these programs, please visit <https://herdfoundation.com/>

*In-Person
Recovery Meetings Will
Resume When Possible*

SUNDAY
CODA 6 p.m.

TUESDAY Al-Anon
12-Step Study
7 p.m.

WEDNESDAY
AA – LGBTQ 7:30 p.m.
AA – Men's 8:00 p.m.

FRIDAY
AA Literature Speaker
7:30 p.m.

SATURDAY
CA (Cocaine Anonymous)
6-7 p.m.
Big Book/Open Discussion; for
all 12-step affiliates

AA
7:30p.m.

September & October Guest Sunday Speakers

Sept. 6 Dennis Merritt Jones
13 Rev. Juan del Hierro
20 Rev. Lawrence Palmer
27 Rev. Linda Machesic

Oct. 4 Martha Creek
11 Rev. Kathy Beasley
18 Rev. Lauri Gist
25. Rev. D. Scribner Clevenger



Faith is the bird that feels the light
and sings when the dawn is still dark.

- Rabindranath Tagore

www.DreamThisDay.com



Nature's Beauty
Reflects My Own
True Nature.

God's Love is in Nature Everywhere!

By Laurie Durgan

Nature is just another name for God isn't it? We can see God's love in the amazing colors of a rainbow and we can feel God's love when we hug our sweet pets. We can hear the love of God in the song of a bird and we can even smell the love of God in the ocean breeze. It is so important to take time to love nature...to love God and to say thank you in our words, our prayers and even in our time of just listening...and watching...listening and appreciating.

One of my very favorite stories of God's love...is a story about a baby hippo named Owen and a 130-



year-old tortoise named Mzee.

Owen was just a baby living in Kenya (Africa) when a great storm and huge wave

called a Tsunami separated him from his family

A wonderful book about Owen and Mzee can be ordered from our Bookstore by a grownup in your home by calling 561-276-5796

and stranded him alone on a little coral reef. Nearby villagers rescued him, and knowing he could not take care of himself because he was just a baby, they took him to a nearby animal sanctuary, a place where he could rest and heal. I can imagine that Owen was feeling tired and worried...scared and alone...but God's love was there and his name was Mzee. Mzee was an old male tortoise and as soon as Owen saw him, he rushed to his side. Soon Owen and Mzee were swimming, eating, playing, drinking and even sleeping side by side; Mzee became Owen's mommy. And the two lived happily ever after with God.

Make sure to watch this awesome video of Owen and Mzee...and read their story!

Press Ctrl + Click to watch the video here:

<https://www.youtube.com/watch?v=C1uAvwKJFNY>



**Happy Halloween
Boo-tiful child of God!**

**We're making plans for some
Halloween tricks and treats
...stay tuned!!**



Julia Hart's rescue dog Georgia advocates the adoption of shelter dogs through her book,

"Through the Eyes of Georgia"



Georgia served as a trained therapy dog spending much time with school children who loved reading to her. She has touched many lives because of her work.