



PRACTICING SPIRITUAL ECONOMICS

“No News Is Good News”

The title of this article is sort-of-a-play on a well-known colloquialism. The title is alluding to the fact that since the news we have been hearing lately seems to put such a tremendous strain on our feeling of well-being and prosperity, maybe not listening to the news would be a better strategy for remaining centered in the Truth that, **God, and only God, is the source of our supply.** Everything else (news included) is merely a test to see whether or not we can hold to that Truth.

No, it is not easy to remain centered in the reality that regardless of what is happening around you, the Universal Divine Presence we call God is still at work supplying our every need, no matter what the news is trying to convince of.

One of my dear friends will ask, when he is cornered into a religious discussion, ***Is this a conversation or a conversion?*** We need to ask a similar question when watching the news, ***Is this a sharing of information or an attempt to scare the “bejesus” out of me?*** Most of us just *watch and believe*, without question, whatever is fed to us on the news. But, as we have been learning in our Sunday lesson, even though what is being shared in the news may very well be a *fact* in this world, it is still not the Truth in Spirit.

As we have been learning, everything we experience, whether physical or not, is something manufactured in our mind. Up until we started studying Truth principles the only choice we thought we had was what we call “*my mind*,” with the myriad of dramatic themes that constantly play out in our heads. But, as we have been learning, we each have a “*higher mind*” that is not susceptible to the news, or any other factors outside of itself contrary to the Truth that there is only *one Power and one Presence active in my life and affairs, God the Good Omnipotent.*

However, which mind you choose depends on which mind you find the easiest and most comfortable to exercise. For example, it is easy and comfortable to just listen to, and read, and believe the news as it is presented. The news tells us, “*We are in a ‘bad’ economy . . . tighten your belt . . . prepare to suffer.*” Oh . . . okay . . . we say, without challenge, without question. It’s easy because, if it is said in the news it must be true . . . a-a-n-n-d . . . it must be a fact. It is also easy and comfortable because everyone you know is talking about it and reinforcing it. So, we just settle down and accept the “*news*” as our reality . . . and *voilà* . . . it becomes our reality.

However, there is another possibility, but it is not so easy, and it is not so comfortable. It is the possibility that the Truth principle, *God is the source of my supply . . . no matter what the “facts” in the world are saying*, is real. Actually, this Truth is undeniably real, even though we struggle to believe it is so. But, the only reason we struggle to believe that it is real is because we do not spend enough time living as if it were so. We do spend a lot of time living as if the news is so, but when it comes to the Truth, we spend very little time, if any, embracing the reality of *this* divine fact.

So, how do we switch our mind from, *the news is the source of my reality . . . to God is the source of my reality?* Well, first, stop thinking, feeling, and internally living what you “say” you do not want to experience. When something is bothering us . . . frightening us . . . we think about, feel it, and internally live it. It’s no wonder we shut down and begin to worry, hoard, and act as if tragedy has struck, even before we actually experience what we fear happening. And this reaction is perfectly understandable. We all understand it, because it is the way almost all of us choose to react to the “news,” whatever that news may be.

But, as Truth students we at least know there is another way. It still involves thinking, feeling, and internally living . . . but, what you think about is the universal presence of a Consciousness that is far more powerful than anything that is happening in the world. Does that sound familiar? Our Mission statement is to teach, *there is a power within each of us far greater than anything that exists outside of us.* However, this truth principle requires you not only *think it*, but also surrender yourself to be a willing channel to be “*thought through.*” And, the execution of that willingness is learning how to *be still.*

In the Sunday series, [A Radical Shift In Vision](#), we thoroughly explored the idea behind learning how to *be still.* We actually came up with a crude, but effective technique for connecting ourselves with God. It is “*shut-up, become still, and listen for divine guidance.*” The reason for the crude statement *shut-up* is, whereas “*be still, let go, and let God*” is warm and fuzzy, it doesn’t necessarily stir one to action . . . mainly because spiritual explanations are not always really clear. But, on-the-other-hand, “*shut-up*” is really clear. The ego cannot possibly misconstrue that directive. The idea, of course, behind the crude directive “*shut-up,*” is to give your “*higher self*” a chance to share some divine wisdom with you that can bring a sense of peace both to you and to the people and circumstances that are causing you stress.

So . . . as always, living the spiritual life . . . *in the way of Spirit . . .* is not easy. But, here at Unity Center of Light every Sunday lesson, every class, every workshop is designed to give us the spiritual and intellectual tools we practice for centering ourselves in Spirit. Yes, the facts in the world say we are going through tough economic times, but this does not have to be our reality. It does not have to be your personal reality. And to help us stay on the spiritual path our theme for 2010 is the [Practicing Spiritual Economics](#).

Yes, there is *world economics* . . . the woes of lack and limitation the world is experiencing . . . and that is a fact. But, there is also *Spiritual Economics* . . . the prosperity and abundance that are the unchangeable, unalterable reality of the Truth student who is committed to practicing the *Way of Spirit . . .* and that is the Truth!

***God is my instant, constant,
abundant source of supply.***

- Eric Butterworth

PRACTICING SPIRITUAL ECONOMICS 2010

Please keep this page as a reminder of your commitment to your spiritual growth.

_____ Practicing Through Prayer and Meditation

I commit to the practice of becoming still for _____ (amount of time) each day. During this time each day I will practice being in the silence, experiencing the power and presence of God being active in every area of my life.

Practicing Through Spiritual Celebration

I commit to keeping the Sabbath sacred and holy by coming to church _____ Sundays each month to celebrate with others who, like myself, are on a spiritual journey.

_____ Practicing Through Study

To increase my understanding of how to live my life according to the Truth principles I am studying, I commit to attending _____ class sessions per month.

_____ Practicing Loving Kindness

I commit to practicing loving kindness in my relationships with the following people:

Unity Center of Light

3501 Moylan Drive

Bowie, MD 20715

301-464-5581

www.unitycenterofflight.org

Practicing Through Service

I commit to give my time, energy, and talent in service to God's work that is being done through my spiritual home by volunteering for the following ministries:

- | | |
|----------------------------------|------------------------------|
| _____ Setting Up Sanctuary* | _____ Cleaning Up Sanctuary* |
| _____ Setting Up Coffee* | _____ Cleaning Up Kitchen* |
| _____ Greeting* | _____ Ushering* |
| _____ Working Sound System | _____ Selling Books* |
| _____ Bringing Refreshments* | _____ Prayer Ministry |
| _____ Working In Youth Ministry* | _____ Tapes - Sunday |
| _____ Office Help | _____ Tapes - Weekday |
| _____ Choir | _____ Special Events |
| _____ Lending Library | _____ Special Mailings |
| _____ Gardening Ministry | _____ _____ |

The commitments marked with an "" are for one Sunday a month.

You will be contacted about service commitments.

Practicing Through Tithing

I am already a committed tither and will continue to tithe:

\$ _____ weekly, \$ _____ biweekly, or \$ _____ monthly.

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I commit to becoming a tither by determining the amount of my income I can give freely and regularly. The amount I commit is:

\$ \_\_\_\_\_ weekly; \$ \_\_\_\_\_ biweekly; or \$ \_\_\_\_\_ monthly.

## Practicing Through Supporting the UCL Building Fund

In addition to my tithe, I commit \$ \_\_\_\_\_ monthly to support the Building Fund.

*Please keep this copy for your records.*

# PRACTICING SPIRITUAL ECONOMICS 2010

Please turn this page into the church office  
to inform us of your commitment.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Telephone - Home \_\_\_\_\_ Work \_\_\_\_\_

E-mail \_\_\_\_\_

## Practicing Through Service

I commit to give my time, energy, and talent in service to  
God's work that is being done through my spiritual home by  
volunteering for the following ministries:

- |                                  |                            |
|----------------------------------|----------------------------|
| _____ Setting Up Sanctuary*      | _____ Clean Up Sanctuary*  |
| _____ Setting Up Coffee*         | _____ Cleaning Up Kitchen* |
| _____ Greeting*                  | _____ Ushering*            |
| _____ Working Sound System       | _____ Selling Books*       |
| _____ Bringing Refreshments*     | _____ Prayer Ministry      |
| _____ Working In Youth Ministry* | _____ Tapes - Sunday       |
| _____ Office Help                | _____ Tapes - Weekday      |
| _____ Choir                      | _____ Special Events       |
| _____ Lending Library            | _____ Special Mailings     |
| _____ Gardening Ministry         | _____ _____                |

\*The commitments marked with an "\*" are for one Sunday a month.

*You will be contacted about service commitments.*

## **Practicing Through Tithing**

I am already a committed tither and will continue to tithing:

\$ \_\_\_\_\_ weekly, \$ \_\_\_\_\_ biweekly, or \$ \_\_\_\_\_ monthly.

I commit to becoming a tither by determining the amount of my income I can give freely and regularly. The amount I commit is:

\$ \_\_\_\_\_ weekly; \$ \_\_\_\_\_ biweekly; or \$ \_\_\_\_\_ monthly.

## **Practicing Through Supporting the UCL Building Fund**

In addition to my tithing, I commit \$ \_\_\_\_\_ monthly to support the Building Fund.



**If you have been part of our Commitment Program in the past, we ask you to reaffirm your commitment by filling out a new form each year.**



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