



**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](mailto:unitychurchofws@gmail.com)  
Web: [unityofws.org](http://unityofws.org)

## August 2017 – Just A Little Respect

The world today seems so divided yet when I become still I am assured that things are going to change for the better. Then I pick up a newspaper or turn on the TV and the outer world tells a different story. I wondered, what can one person do to help our world? I recall a song the Robinettes sang last Sunday at the 9am service. *“What the world needs now is Love Sweet Love, no not just for some but for everyone...”* How true that is but can that ever happen in our life time? A higher part of myself replayed, *“YES IT CAN!”*

The other day after taking my dog Jasper for a walk in the rain, when we returned I dried him off and turned to my bookshelf and reached for a book. I wasn't looking for any book in particular, but as I sat down to relax and opened the book that I had chosen and my eyes immediately went to the lower part of page 14. *“How usual,”* my friend Vaughn Boone would say. The book I had picked up was *“The Science of Becoming Oneself”* by H. Saraydarian. His words gave me something to think about. Respect. I would like to share a few paragraphs with you from that book.

*“Respect for others is another way of expressing love. It not only releases your love, but also releases the love of the one with whom you are interacting. We do not need to expect gratefulness or respect from others but we ourselves must learn how to show respect and know how to express it.*

*Many times, in certain situations, we can express our love even when the other person we respect is not present. Suppose you are sitting with several friends. One of them expresses a dark or harmful fault about one of your friends who is not present. Your first duty as a practitioner of love is to protect your absent friend without hurting the one who is saying harmful things about them. Harmful or ugly expressions said in a group can create dislikes in every person present. This undermines the health of your body, heart and mind and that of others. It must be erased immediately with delicate action. Any harmful word or gossip is like poisonous water which the gossipier drinks first and then gives to you and your friends to drink.*

*We show our love when we protect someone who is under attack and whose rights are endangered in some way. In such an occasion heroes are born! If the protection is for a nation, national heroes are created; heroes who voluntarily dedicated and sacrificed their lives to lead their nation from darkness into light and to open the door to a new freedom, a new way of life. This achievement is the results of love energy accumulated age after age and released in times of great need.”*

Can you practice abstaining from criticism and gossip for just one month? Can you practice respect towards everyone even though they may look different or think different than you? Can you speak with love and wisdom to disperse negative gossip? If your answer to this is, yes, yes, and yes, then you are on your way to being a true instrument of peace and love. Leading yourself and others from darkness into light. As Jesus said, *“you are the light of the world.”*

Practice respect for just one month...it might change your world. Together we **can** make a difference.

Be the love. Be the light. That's who you are.

**I wish for you respect, love, peace & contentment,**  
*Reverend Elizabeth*