



**Unity Church of Winston Salem**  
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## **July 2018: Feel the Joy of Life**

I hope each of you will or have taken time for a vacation in 2018.

Everyone deserves a break from that feeling of being caught up in the problems and struggles of worldly thinking. Time to turn loose of the long to-do list and to take some time to focus on the joy of living is vital for our spiritual balance.

We may know people who get so caught up in a mental whirlwind of self-demands that they miss out on the joy of living in the moment. Let us love and respect ourselves enough to commit to some time each day to be in the moment. Give yourself permission to slow down. Find that special place within your heart that opens you to appreciate and to be joyful in the present moment.

Allow stress to melt away. May we choose to take time every day to recognize what brings us joy. As we relax, breathe and feel the beauty of the moment, may we recognize love, peace and joy are only a thought away.

Thank you for taking a few moments to be with me. It is my joy to know you.

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