



Unity Church of Winston Salem
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October 2019: A Season of Change

Change is in the air as summer turns to fall and the trees began to show forth their magnificent display of magical colors. The dry hot days subside giving way to the cool days and nights and rain begins to refresh the dry earth. As sap within the trees begins its descent in preparation for the cold winter days ahead it seems to signal to the world around them to follow their example and just gently relax and let go for a while.

As we take time to slow down and just observe the beauty of the season, notice how your body begins to relax. Notice the different colors of the leaves as they float through the air. As the leaves continue to fall away from the branches of the trees I wonder if nature might be speaking to humanity, trying to teach us what she already knows. It is time to let go of the past and make room for the new.

Maybe it's time to let go of things that weigh us down; maybe old habits, old beliefs or even old resentments. Things that may have served a purpose at some time in our life may no longer serve us any more. When we let go and allow the wind of Spirit to gently free us from our heavy load, then like the tree, we also can rest for a season and prepare for the time when new growth will appear as the Divine within expands bringing forth new awareness, beauty and abundance.

Let us take time daily to go deep within our heart and discover what we can let go of to make room for more love and light.

"Come unto me all that are heavy laden and I will give you rest..." (Matthew 11:28)

Rest in knowing....the best is yet to be!!!

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