

Thought For The Week! **What Is A Holy Response To Religious Rejection?**

God is Love and He made us in His image. So, Love made us loving and Love is the same yesterday, today and forever.

The TRUTH is, we are love and we still are as God created us.

We cannot change our true identity, but we can be unaware of it. We can believe our identity is in our gender, our race, our personality, our behavior, our religion, or in a thousand other things that make us seem "separated" and "different." Since we invented our mistaken belief in a separation oriented identity, the separation will seem real to us. But mistaken beliefs can not alter the truth: We still are love, and we still are united with God and every person.

Extension of unconditional acceptance and inclusion, motivated by love, expands our awareness in ourselves and others, that we are love.

Extension of condemnation and rejection, motivated by fear, obscures awareness in ourselves and others, that we are love.

What is a holy response to religious rejection? It is the same response as to any belief in rejection. Defend the truth that is inside the rejecter by extending unconditional love to them. They want to be loved and understood more than anything else in the world. So, let us have compassion for the rejecter for they may not know what they do. They may be suffering from, and making stronger, their belief in separation. The truth is, our loving identities can not be separated, but we can believe we are separated, and therefore, we can feel separated.

All emotional healing is a reversal of belief in separation. Forgiveness of every person and every circumstance leads us to a quiet mind, to remembrance of God, to remembrance of our oneness with every person, and the bright awareness of the eternal I Am in the eternal now. May God's unlimited blessing shine, unblocked by our mistaken beliefs, strait into every heart, forever and ever. Amen.

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The prayer of peace in any circumstance.

Holy Spirit, our Inner Voice for Unconditional Love, how can You use this "bad" circumstance as a tool of your unconditional Love right now. Unconditional Love is the Way, the Truth and the Life. No one remembers the Father but through Unconditional Love. When we forgive, and remember our real identity, we die to our belief in our invented, fallen, separation oriented, identity. With this baptism of our ego identity and the resurrection of our awareness of our real identity, we are truly born again.

Peace and blessings to each of you.

KeepingCentered® Words **This Thing Called You, a book by Ernest Holmes** **Overview by Rev. Dr. Chris Farmer**

You are an unlimitedless being that knows of no boundary. Your full potential does not know about sickness or fear or separation. Your full potential is in truly knowing yourself and all that you are meant to be. That which gives you life, is expressing through you. To proclaim the truth and know the truth for yourself. To weed out your bad thoughts like a gardenner weeds flowerbeds.

The power of thought is accumulative. It spans generations, social boundaries, cultural norms into a thing we call "race consciousness." Know that this need not be. Know right now, that you may think of yourself and others differently and choose again. As we express who we really are, we can not help but come alive. To be in integrity with our words and being, will make all of life seem "more than." It is this acclamation of the truth about life that makes us who we really are. As the Course in Miracles can guide us through this discovery, it is our thoughts that will imprison us or set us free.

See the truth in you now. The same energy that makes up the sun makes up you. The power of one atom in one cell can take out an entire city. This power is you. Trillions of atoms making up who you are and working in a team work like fashion to allow your body to live. Your thoughts attract and repel all your opportunities in life. Look at your thoughts. See them as real. Don't discard them as trivial, but embrace them as real. Discard thoughts that don't enhance you. Instead, create the life enhancing thoughts that are in you now. Just like a seed from a tree, your thoughts can germinate to a beautiful expression of life.

God Bless – Rev. Dr. Farmer

**Want to submit
an article?**

chris@keepingcentered.com

KeepingCentered® Activities

Every Tuesday from 7:00pm to 9:15pm
Beaverton Community Center (Sycamore Room)

Tuesday, February 22, 2005

7:00pm-7:45pm This Thing Called You (by Ernst Holmes Book)
(topic presented by Rev. Dr. Chris Farmer)
7:45pm-9:15pm ACIM Study Group

Tuesday, March 1, 2005

7:00pm-7:45pm Tools of the Spirit (by Robert Dilts/Robert McDonald)
(topic presented by Rev. Dr. Chris Farmer)
7:45pm-9:15pm ACIM Study Group

Tuesday, March 8, 2005

7:00pm-7:45pm ACIM Lesson 162 (I am as God created me)
(topic presented by Rev. Dr. Chris Farmer)
7:45pm-9:15pm ACIM Study Group

Tuesday, March 15, 2005

7:00pm-7:45pm The Disappearance of the Universe (by Gary Renard)
(topic presented by Ted Brunnell)
7:45pm-9:15pm ACIM Study Group

Tuesday, March 22, 2005

7:00pm-7:45pm How Can I Have No Past Thoughts?
(topic presented by Rev. Dr. Chris Farmer)
7:45pm-9:15pm ACIM Study Group

About KeepingCentered®

We are dedicated to expanding our horizons and our consciousness of who we are and how we can make a difference. We strive to share, learn and tutor how to see, smell, live and breathe spiritual awareness in all of our daily lives. We are a non-profit interfaith organization that honors all beliefs, cultures and circumstances. "What is all encompassing has no opposite." We aim to create a safe atmosphere for all to learn and grow to full consciousness of who we really are and to experience true unconditional love to and for all. As the workbook of "A Course In Miracles" observes - be open - you need not believe the ideas explored, nor accept them - be willing not to judge, but maybe at least to utilize.

**Visit Us On The
Web!**

www.keepingcentered.com

Other Activities in Oregon Centered around "A Course In Miracles"

Daily

Steven Holland (mon-fri)
(☎ 954-816-6582)
Beaverton – 12:00pm to 1:00pm

Mondays

David Jacob
(☎ 503-330-9575)
Sellwood – 7:00pm to 8:30pm

Susan Colalillo / Charles Martell
(☎ 503-829-7592)
Molalla – 7:00pm to 9:00pm

Tuesdays

Chris Farmer (program on page 3)
(☎ 503-819-3698)
Beaverton – 7:00pm to 9:15pm

Wednesdays

Valerie Keartes
(☎ 541-914 0431)
Eugene – 10:00am to 11:45am

William Daniels
(☎ 503-314-6902)
Portland – 7:00pm to 8:30pm

Ted Brunnell (1st Wed)
(☎ 503-789-2133)
Wilsonville – 7:00pm to 9:00pm

Thursdays

Ted Brunnell
(☎ 503-789-2133)
Wilsonville – 7:00pm to 9:00pm

Sundays

Steve Richardson
(☎ 503-804-2520)
Hillsdale – 7:00pm to 8:30pm

**Want to be
added to the
list?**

Email

chris@keepingcentered.com