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Thought For The Week!

There is hope. There is love. There just is and we are!

Consider the possibility that any “separating thought” will always have a feeling of loneliness and helplessness at its roots. If we able to notice that we are feeling this way, we can make a change for the better. We are only a thought away from empowering us once more and remembering that we do have choices and we are not alone. Consider that thought for a moment to help “unify the mind” and bring the knowledge back into consciousness. There is hope. There is love. There just is and we are!

Extending love into all directions is like a flashlight shining into a darkened room. It just shines the light. The light extends outward with no care if it is received. It is perpetually shining as light because light is light and nothing else. This is what the Course in Miracles calls “to have is to give.” As we give light we show others that we have light. We are that light. Choose to give light now and we give hope to others. There is hope

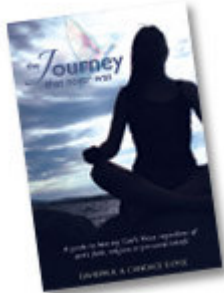
Now, take a deep breath. Consider the oxygen that was just supplied to our lungs. Consider the life giving breath that fills every fiber of our soul. We are sustained by the force that is all around us. Giving appreciation and thanks to that which is, we can know no other truth than the unified truth of what is. The universal energy that has created all life is in us now. It waits patiently for our return. Right now, remember we are much more than our bodies. We are a drop in the larger ocean. We are the divine will made manifest. We are connected and in the spiritual essences of all. We can not be alone unless we choose to ignore the obvious. We can not be life and not life. We can not be “not light” because light molecules are in us. We are breath in the energy that sustains us. There is love.

Life creates, grows and spreads its wings for all to see. It is fearful of nothing and knows how to be truly joyous. Every blade of grass is unique and beautiful, even the fat, tall, short and wide ones. Life just is and when one blade of grass dies another one is born. It is steady and constant. Grass knows of no anguish or turmoil or guilt. It only knows of where the light is and if the sun moves, the grass moves with it. We are that blade of grass! There just is.

We can not be alone and therefore, we are also never helpless. Our paths are limitless and boundless. We are an unlimited being with unlimited potentials. Each opportunity is a chance to play and to show others who we are. Motivated by spirit and with the divine knowledge of what is, we express as a universal love that is. There is hope. There is love. There just is and we are!

Rev. Dr. Chris Farmer
Peace and Blessings To All

Coming Up – Sunday, November 20 2005



**The Journey That Never Was – by
DavidPaul and Candace Doyle**

**Returning to Portland for a
workshop at the Unity of
Portland, SE Stark Street**

Beginning Sunday, October 9, 2005, the Unity of Portland (SE Stark Street) will be incorporating the work of DavidPaul and Candace Doyle in each Sunday's lesson, culminating with the Sunday, November 20, 2005 lesson being conducted by the authors, together with a workshop (from 1pm to 5pm) and an evening meal/celebration (details still to be decided). For further information, visit the Unity of Portland's website <http://www.unitychurchofportland.org/>.

In The Works! – Non-Violent Communication Course

Are you interested in learning more about non-violent communication? KeepingCentered is exploring the possibility of setting up a Non-Violent Communication course, with the aid of a qualified NVC teacher. If you are interested in what might be available, timing and where – call Rev. Dr. Chris Farmer on (503) 819 3698. Details of other Dr Marshall Rosenberg teachings on non-violent communication available on www.cnvc.org.



**Want to
submit an
article?**

chris@keepingcentered.com

Special Event – Church Service

Sunday, October 16, 2005 – 10:00am to 11:00am

Join the Rev Dr Chris Farmer, as he facilitates the Sunday service at the McMinnville New Thought Fellowship. All welcome. Call Rev. Dr. Chris Farmer for details (503 819 3698).

Special Event – Walk In Champoeg Park

Sunday, October 16, 2005 – 2:00pm to 4:00pm

Join us for a walk in the park and some study around A Course In Miracles. All welcome. Location will be Champoeg Park – an easy 3.2 mile loop. Full details will be shared soon or call Rev. Dr. Chris Farmer.

KeepingCentered® Activities

Tuesday, October 18, 2005

7:00pm-7:45pm - Meditation Workshop facilitated by Rev Dr Chris Farmer
7:45pm-9:15pm - "A Course in Miracles®" study group.

Tuesday, October 25, 2005

7:00pm-7:45pm - A Passion for the Possible facilitated by Rev Dr Chris Farmer
7:45pm-9:15pm - "A Course in Miracles®" study group.

Tuesday, Nov 1, 2005

7:00pm-7:45pm - The "Meaning of Sacrifice" facilitated by Rev Dr Chris Farmer
7:45pm-9:15pm - "A Course in Miracles®" study group.

Tuesday, Nov 8, 2005

7:00pm-7:45pm - Journaling facilitated by Rev Dr Chris & Susan Farmer
7:45pm-9:15pm - "A Course in Miracles®" study group.

Tuesday, Nov 15, 2005

7:00pm-7:45pm - Al Lee presenting "Breathing Techniques"
7:45pm-9:15pm - "A Course in Miracles®" study group.

(*) All Tuesday night events are held at the Sycamore Room, Beaverton Community Center unless otherwise noted.

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.

If you want to know more about KeepingCentered, our "A Course In Miracles" or other activities that we undertake, call Rev. Dr. Chris Farmer on (503) 819 3698.

**Visit Us On
The Web!**

www.keepingcentered.com

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

Mondays

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

Linda Frost
(☎ 503-669-4180)
Fairview, WA - 7:00pm to 9:00pm

Susan Colalillo / Charles Martell
(☎ 503-829-7592)
Molalla, OR – 7:300pm to 9:30pm

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

Tuesdays

Nancy Burch
(☎ 503-245-2094)
Hillsdale, OR - 10:00am to 11:45am

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

Wednesdays

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

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

Pam Hollifield at Abundant Life Center
Vancouver, WA - 7:00pm to 8:30pm

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

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

Thursdays

Allen Watson
(☎ 503-245-2094)
Hillsdale, OR - 10:00am to 12:00 Noon

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

Patriciafaye Marshall
(☎ 503-474-9345)
McMinnville, OR - 6:30pm - 8:30pm

Fridays

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

Sundays

Reed Miracles Center
(☎ 503-245-2094)
Hillsdale, OR - 10:00am to 11:30am

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

Steven Holland
(☎ 954-816-6582)
Beaverton, OR – 7:00pm to 9:00pm

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

Email

chris@keepingcentered.com