



March 2010 Monthly Letter from our Minister

## **A Thought & A Prayer: Fasting & Feasting**

Lent is a time of fasting and prayer that is a church tradition with its roots in sound spiritual practice. Moses, Elijah, and Jesus set an example for it through forty days of prayer and fasting in preparation for spiritual work. Charles Fillmore said,

To observe Lent according to the spirit rather than the letter we must fast from criticism and condemnation and feast in brotherly love; fast from false beliefs in sickness and weakness and feast on the truth of God's omnipresent, perfect life; fast from false beliefs in lack and limitation and feast on the truth of God's bountiful good will. Ideas such as these form an excellent basis for Lenten meditations that help establish permanent spiritual values in heart and mind.

(KTL, 5)

In practical terms, this means that when we find ourselves thinking another is mean or thoughtless or dirty, we focus on the Love that is God and shift our image of the other to one of a beloved child of a Living God surrounded in light and love. When we see or hear of those who are sick, we hold for them the high watch that sees them whole and perfect as God sees them. When we see our own situation or that of another as lacking or limiting, we shift our view to hold the vision of God's bountiful good for all, including ourselves. The fasting we do is a practice of abstinence from all those thoughts that judge and condemn ourselves and our fellow human beings. This does NOT mean we tolerate destructive behavior, it means we call them higher, to be their greater self, and we see that for them, especially when they cannot.

When it comes to feasting, our feast is upon the bountiful goodness, the allness, that is God. In our deepest center resides the indwelling Christ. That Christ is not just in Jesus or in the great spiritual teachers. It is in everyone of us. Would we meet our God in this sacred place? If so we have the opportunity to enter and rest in the holy of holies. We will be conscious only of the great omnipresence of God. In that presence exists joy, peace, light, and satisfaction. Truth reigns supreme. In this inner realm we discover a palpable atmosphere rich with ideas ready to turn to spiritual substance. As we expand in consciousness, we find that every blessing is there. Although it seems new to us, it is merely an unveiling of what has always been.

Have a blessed Lent.

*God loves you and so do I!*  
*Martha*