



t you'd like to hold something in the Light, come light a candle before the Service.



Buddhists believe in the cycle of birth, life, death and rebirth. This means that people will experience suffering many times over. All of the things a person goes through in life cause suffering and they cannot do anything about it.

Buddhism's 1st Noble Truth

After coming back into my body, I remember wondering why we were never taught about how unconditionally loved we are, how pure we are, and how amazing and powerful and magnificent we are. Why are we never taught that there's no judgment, or that the most important thing we can focus on is love, not fear of retribution?

Anita Moorjani – What If This Is Heaven?

The outer life is but the outflowing of the inner life; and that inner life is fed from the fountain of life moment by moment through the Christ at the center of our being. God gives His own life freely to all who can receive it.

Emilie Cady – God, A Present Help

Fix your undivided attention upon the inner Divine pattern of perfection. Bring all the mental attitudes and centers of consciousness and even the physical structures to this high place in mind where we see as God sees. We prayerfully consider all our living habits to better understand whether we are chording with the divine law of health...or if we are worrying or fearing anything.

Myrtle Fillmore – Healing Letters

What we see comes from what we do not see. This is the explanation of the whole visible universe. The substance that we deal with, in itself, is never limited. Because we are limited is not reason why the Universe should have limitation. Our limitation is only our unbelief. We are not limited by actual boundaries but by false ideas about life and by a failure to recognize that we are dealing with the Infinite. The power and substance behind everything remain Infinite.

Ernest Holmes – Creative Mind & Success

God is the intangible essence of that which we have formed into and named matter. God substance may be conceived as God energy or Spirit light. God substance lies back of matter and form. Substance cannot be seen, touched, tasted or smelled, yet it is more substantial than matter, for it is the only substantiality and reality in the universe.

Charles Fillmore – Prosperity

We would rather electrocute ourselves than spend time in our own thoughts. This was demonstrated in a controversial 2014 study in which 67% of male participants and 25% of female participants opted to give themselves unpleasant electric shocks rather than spend 15 minutes in peaceful contemplation.

Science.org - 7/4/14

Come to me, all of you who are weary and carry heavy burdens, and you'll recover your life. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.

- Matt. 11.28-30



