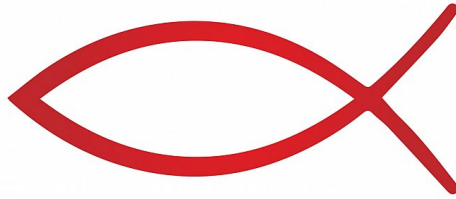


# Spirit & Truth

A Samaritan Press Publication  
Sunshine Cathedral

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SunshineCathedral.org  
1480 SW Ninth Ave  
Fort Lauderdale, FL 33315  
USA



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## Showing Us the Way...

### *Spiritual Heroes*

**July 1:** *Anna Pauline “Pauli” Murray* (1910 – 1985) – civil rights pioneer, feminist, author, attorney, and first Black woman ordained a priest in the Episcopal Church. She didn’t speak openly very often about her sexuality but there is plenty of evidence that she was lesbian and possibly identified personally beyond the traditional gender binary categories. In 2012 she was uplifted as a holy woman of God (“saint”) by the Episcopal Church.

**July 5:** *Charles Fillmore* – Co-founder of the Unity School of Christianity. Known for his allegorical interpretations and practical application of scripture, Charles was called an “American mystic.” After attributing a physical healing to spiritual practices, Charles (with his wife Myrtle) co-founded the Unity Church and movement. He believed forgiveness was healing: **“Here is a mental treatment guaranteed to cure every ill that flesh is heir to - sit for half an hour every night and mentally forgive everyone against whom you have any ill will or antipathy.”** Fillmore was also a proponent of positive thinking: **“Deny that lack has any place or reality in your thought or your affairs and affirm plenty as the only appearance. Praise what you have, be it ever so little, and insist that it is constantly growing larger.”**

**July 7:** *St. Veronica (first century CE)* – When Jesus fell carrying his cross bar to his execution, legend says a compassionate woman, Veronica, rushed to him to wipe his face with her veil. Tradition insists that Jesus’ face left an imprint on the veil. “Veronica” may come from the words “Vera” (true) and “Icon” (image). Whether or not the story is historically factual, it does proclaim the enduring truth of the power of kindness.

*Peace Pilgrim (1908 – 1981)* - born Mildred Lisette Norman, was an American spiritual teacher, mystic, pacifist, vegetarian, and activist. She walked across the United States, speaking with others about peace. Between 1953 and 1964 she had walked over 25,000 for peace and stopped logging miles after that (even though she definitely continued walking). She wrote, **“Our institutions and our leaders reflect our**

**immaturity, but as we mature we will elect better leaders and set up better institutions. It always comes back to the thing so many of us wish to avoid: working to improve ourselves."** Her pilgrimage (walking for peace) spanned almost three decades beginning in 1953 (during the Korean War). She continued walking for 28 years (which included the Vietnam War years). Her only possessions were the clothes on her person and a few items she carried in her pockets. She had no organizational backing, did not carry money, and didn't even ask for food or lodging. She had taken a vow to "remain a wanderer until [humankind] has learned the way of peace, walking until given shelter and fasting until given food." On July 7, 1981, while being driven to a speaking engagement near Knox, Indiana, Peace Pilgrim was killed in an automobile accident. At the time of her death, she was crossing the United States for the seventh time.

**July 9: Augustus Tolton (1854-1897)**—First African-American Catholic priest. Tolton was born to Catholic slave parents who escaped during the Civil War. From an early age he felt a call to the priesthood. He studied in Illinois, and later in Rome, before being returned to the US to be ordained and work with struggling Black Catholic congregations. Though frequently marginalized by the establishment, he exposed racism in the church and worked for integration and equality.

**July 12: H. Emilie Cady (1848 – 1941)** – author of spiritual texts, including *Lessons in Truth*, one of the most widely read books in New Thought spirituality. She was a homeopathic physician. In one of her books she declared, **"I AM'...is God's name...I AM cannot be weary, or faint, or powerless; for I AM is all-life, all-power, All-Good...I AM' spoken upward, toward the good, the true, is sure to out-picture in visible good, in success, in happiness."**

**July 14 - Kathleen Besly (1858 – 1946)** – Divine Science minister who wrote the classic, *The Divine Art of Living*, in which she writes, **"We cannot fear anything or anybody if we have the full realization that God is everywhere, that God is Love and that Love is the great power of life."**

**July 16: Our Lady of Mount Carmel** - Mary is said to have given the Scapular to an early Carmelite, Saint Simon Stock.

**July 20: St. Wilgefortis** – a noblewoman who was a devout Christian, Wilgefortis' father betrothed her to a non-Christian king. One night she prayed to be spared from the marriage and the next morning she woke to discover he had a full beard. The king canceled the wedding, and her father, furious, had Wilgefortis crucified. Her cult can be traced to the

1300s, but images of a crucified bearded woman (or a man in woman's dress) from the 11<sup>th</sup> century have been found. Wilgefortis was removed from the official roster of Catholic saints in 1969 but remains popular in some regions. She is considered a "folk saint." Wilgefortis is embraced by some who self-identify as transgender, gender queer, gender non-conforming, or intersex because the story of Wilgefortis' challenges to gender binary norms.

**July 21:** *Albert Luthuli (1898-1967)*—Zulu chief, Nobel laureate. An important early leader in the struggle against apartheid, Luthuli was a Zulu chief raised in a Christian home. He became a principle leader in the African National Congress, and was frequently imprisoned for leading strikes and boycotts, and burning his passbook. In 1960 he was awarded the Nobel Peace Prize. The driving force in his work was his personal faith in God and belief that, despite how things looked in South Africa, justice would one day prevail.

**July 22:** *St. Mary Magdalene*—"Apostle to the Apostles." Mary of Magdala (near Capernaum) was one of a group of women who traveled and worked with Jesus. The Gospels report Jesus healed her by casting out seven evil spirits. Her life was forever changed, and she followed him all the way to the cross, even when the men had fled in fear. She has long been the subject of sacred art and literature, and been an important model for the leadership and role of women in the church. She reminds us that there were many women leaders among Jesus' first followers. Despite later myths, there is nothing in the bible to indicate she had been a prostitute.

**July 25:** *The Apostle James the Greater (d. 44)* – one of Jesus' apostles.

*St. Christopher (d. 251)* - Patron of travelers. a Canaanite convert and a "giant" (7.5 feet tall), the legend of Christopher says he used his size to help pilgrims cross a dangerous river. One day he carried a toddler who identified himself to Christopher as Jesus (and then disappeared). Christopher was eventually martyred for his faith. "Christopher" means "Christ bearer."

**July 28:** *Frederick J. Eikerenkoetter II "Rev. Ike" (1935 – 2009)* – a prosperity preacher who taught that health, wealth, good luck, harmonious relationships, and protection from adversaries could all be achieved and experienced by those who practiced his system of metaphysics. His seminary taught the "Science of Living" and his business institute was the home of "Thinkonomics." His church was a large, remodeled theatre in Washington Heights (NYC) and he believed that combining affirmative prayer with generous giving could result in

an empowered, joyous, and even opulent life.

Rev. Ike taught, **“Acknowledge the God in you and ask for guidance”** and **“Your mind will work what seems like miracles to accomplish the good purpose you give it.”** He used such affirmations as **“Nothing is too good for me”** and **“Good health is my divine right.”**

Ike liked the bible verse, “According to your faith shall it be done to you.” He called his teaching “mind power”, “self-awareness”, and “self-image psychology.”

**July 29: William Wilberforce (1759-1833)**—Abolitionist. The life of Wilberforce proved that a politician can also be moral and heroic. Born to a wealthy and influential family, he experienced an evangelical conversion shortly after entering Parliament, where he worked for overseas missions and education. As a member of the House of Commons he supported political and social reforms, most especially his long and persistent fight against slavery and the slave-trade. Slavery was finally abolished in the British empire just weeks before his death. Seven hundred thousand slaves were freed. He was buried in Westminster Abbey as a national hero.

**July 30: Mary, Martha, and Lazarus of Bethany**—Jesus’ family of choice. The stories of this household from Bethany (a village right outside Jerusalem) are found in the gospels of Luke and John. They are portrayed as close friends and disciples of Jesus, and are remembered for their hospitality. Martha has come to symbolize the active response to faith, those who get things done, and Mary that of the contemplative. When Lazarus died, Jesus stood at his grave and openly wept. While they are described as brothers and sisters, it has been suggested that Mary and Martha may have actually been a couple who called each other ‘sisters’ in order to pass in society. They are important for modern gay and lesbian people of faith because they represent Jesus’ family of choice —two unmarried women, and an unmarried man. Like many of us today, Jesus defined his family by intentional covenant, rather than biological or legal relatedness.

**July 31: St. Ignatius of Loyola (1491-1556)**—Founder of the Society of Jesus (the Jesuits). Many modern liberation theologies (in which gay and feminist theologies are rooted) have come from Latin American Jesuits.

*St. Joseph of Arimathea* – is said to have provided the burial tomb for Jesus.

## Daily Reflection & Prayer



### July 1 – **God's will**

*Rev. Dr. Durrell Watkins*

"When God answers our prayer and restores us to health, God is not altering [divine] law, God is restoring it in our lives. It is the will of God that we should enjoy good health, that we should be happy...When we pray for such a state, we are praying for the enactment of God's own will."

*Rabbi Morris Lichtenstein*

I totally believe that it is God's desire that God's creation flourish in every possible way, and we are each part of that creation. So we have evolved with mental and physical resilience, we have formed supportive communities, we have discovered medicines and created therapies, and we have been given the ability to summon indomitable hope. That we have evolved, developed, and grown in these ways suggests to me that we are meant to be well and do well. Trusting that it is the divine will for us to thrive, I pray as Jesus did, "Thy will be done."

*Dear God, thy will be done. Amen.*

### July 2 – **Blessings offered**

*Rev. Dr. Anne Atwell*

"Although a blessing might not be magical, a blessing nonetheless shimmers with the mystery that lies at the heart of God. A blessing speaks from God's mysterious heart into our own heart, meeting us in our ache for connection and presence." *Jan Richardson*

Sometimes we may not feel worthy to offer a blessing. But, truly, anyone can! We all have good wishes to give and when we give them, we bless others and we bless ourselves. When we are in contact with someone we care for and wish them a good day, that is a blessing. When we share with someone that we are praying for them, that is a blessing. It is a connection to goodness which is a connection to God that creates a blessing. And as a person of faith, we want to invite others into the love that is God.

*May you be blessed with a joy-filled day! Amen.*

### July 3 —A three point prayer

Rev. Dr. Durrell Watkins

**Acknowledge God.**

**Make a demand on divine supply.**

**Release.**

**Let us pray:**

*Give us grace, O God, to see and seize possibilities in life.*

*Give us the courage to know you as unconditional Love,*

*and help us find the willingness to know, trust,*

*and experience your great gifts.*

*And of course, what we wish for ourselves we wish for all people.*

*We affirm blessings for all who have been entrusted*

*to the care of our prayers.*

*And so it is.*

#### JUST A THOUGHT

“Good thoughts and actions can never produce bad results; bad thoughts and actions can never produce good results...nothing can come from corn but corn, nothing from nettles but nettles.”

*James Allen*

### July 4 – Love Wins

Rev. Ty Bradley

“...for love is as strong as death, passion as fierce as the grave. Its flashes are flashes of fire, a raging flame. Many waters cannot quench love, neither can floods drown it. If one offered for love all the wealth of one’s house, it would be utterly scorned.”

*Song of Solomon 8:6b-7 (NRSV)*

These vivid words proclaim the power of the love we share with others. It doesn’t matter the kind of love, who it is between, or whether it is celebrated or reviled. Equitable, mutual expressions of love are unshakable because they are the highest good we experience. It is more valuable than anything else. No matter who or what come against the love you give and receive, no matter the reason, find strength and comfort in knowing that as you love, in whatever ways you love, you are expressing the eternal God who is Love itself.

*God of all love, though others may reject or try to quench the love we experience, you remind us of its great value, both to us and to you.*

*Amen.*



## July 5 – Another three point prayer

Rev. Dr. Durrell Watkins

“O Thou Lord of wondrous grace! Bestow upon us new blessings.”

*Abdul Baha*

**Wish for what is highest and best.**

**Accept blessings in order to be a blessing.**

**Pray for oneself, one’s loved ones, and for the whole world.**

**Let us pray:**

*May our needs be perfectly met.*

*May our loved ones be safe and well.*

*May there be liberty and justice for all.*

*May peace prevail on earth.*

*May healing love enfold the planet and fill our lives.*

*Heaven hear us and bless us.*

*Amen.*

### JUST A THOUGHT

“Thou art [the One], O my God, through Whose names the sick are healed and the ailing are restored...the sore vexed are tranquillized, and the wayward are guided, and the abased are exalted...the gloomy are illumined, and the sorrowful are cheered...and the downtrodden are raised up...I implore Thee...to send down...of Thy mercy the rains of Thy healing...O my God, the good of this world and of the next...Thy might and Thy wisdom are, verily, equal unto this.” *Bahaullah*

## July 6 – Seek and you will find

Rev. Lynda Pantoja

“I saw the angel in the marble and carved until I set him free.”

*Michelangelo*, in reference to his masterpiece, *David*

It is said that Michelangelo hardly made time to eat and sleep while working for over two years in his work of art. He would go to bed with working clothes to save time and to be able to raise up quickly in the middle of the night if inspiration awakened him; he wanted to be ready to continue his work of rescuing the figure he imagined locked in the stone. In a marble stone and in the water, in a smile and in a tear, we can be certain that God is **everywhere present!** All we need to do is seek for the Divine qualities in us and set these free into our spiritual life and our blessed souls.

*I am like clay in hands of the potter and I joyfully allow the hands of God to shape me into an instrument of Its love.*

**July 7 – A four point prayer**

*Rev. Dr. Durrell Watkins*

**Acknowledge God and our unity with God.**

**Express faith.**

**Ask for blessings.**

**Release.**

**Let us pray:**

*Indwelling God, we trust you to fill our lives with abundant joy,  
and through us, to bless the world around us.*

*We ask that everyone we hold in prayer today be encouraged,  
that their needs be met and their good desires fulfilled.*

*Amen.*

**JUST A THOUGHT**

*“Dear God, I give thanks that your nature is wholly good. I rejoice  
that I share your nature and that you are helping me to express it.”*

*Elsie MacKay*

**July 8 - All are welcome**

*Rev. Kevin Tisdol*

*“We should welcome all people into the church, not send them away.”*

*Fr. Augustus Tolton*

Father Tolton, whose parents were slaves, tells us something that should be obvious to everybody. Real-life experiences tell a different story. As the first African American Catholic priest, Tolton experienced racial and religious prejudices from both the church and protestant people of color who were wary of Catholicism. Still, nothing could deter Tolton from sharing God’s love for all of God’s creation. Through every step of his journey of faith, anything that might have stopped others simply caused him to try even harder. His lesson to us today is, never let anything get in the way of securing your place in God’s universe – people may want to slow you down but God is always there to encourage you to keep moving forward. You are welcome in God’s church and God is everywhere, you will not be sent away.

*I am a child of God and I affirm that I am always  
welcome in God’s world.*

July 9 – **Another four point prayer**

*Rev. Dr. Durrell Watkins*

**Acknowledge God and our unity with God.**

**Affirm goodness and express gratitude.**

**Bless others.**

**Release.**

**Let us pray:**

*Divine Love, we are expressions of you.*

*Our love is sacred, magical, miraculous.*

*We give thanks for who we are  
and for the opportunities we have to share love.*

*We give thanks for diversity.*

*We give thanks for the healing power of love.*

*We give thanks for the power of prayer.*

*We now lovingly bless all who are on our hearts .*

*We call forth abundant joy for one and all.*

*Amen.*

July 10 – **Angels**

*Rev. Dr. Nancy Davis*

“You do not walk alone. God’s angels hover near and all about. His Love surrounds you, and of this be sure; I will never leave you comfortless.” *ACIM, W-ep.6-8*

Before my mother passed away at the age of 92, she said to me, “You know there are angels.” At the time, I just smiled at her with love. Recently, a friend passed away and I felt really drawn to read passages in *A Course in Miracles* about angels.

“Around you angels hover lovingly to keep away all darkened thoughts of sin and keep the light where it has entered in. Your footprints lighten up the world, for where you walk forgiveness gladly goes with you” (T-26.IX.7:1-2).

My friend was gay and as a young man, he was in a priesthood, which practiced flagellation. After leaving the priesthood, he was haunted by feelings of guilt. Through the *Course*, he found release from his guilt, and the comfort of knowing, he is loved by God.

*May we all be comforted by knowing, \**“Angels light (our) way.”**

\*W-pl.131.13:2

## July 11 – A five point prayer

Rev. Dr. Durrell Watkins

**Acknowledge the divine omnipresence.**

**Deny any opposition to the desired good.**

**Affirm blessings.**

**Be grateful for them.**

**Release the prayer to the perfection of divine right action.**

### **Let us pray:**

*I know that I and everyone for whom I pray are filled with and are part of the Love that God is; therefore, I deny that there is anything in Reality to oppose Life's best blessings for me and my loved ones; we are each expressions of divine Light and Love. Good and more good is the divine inheritance for each child of the Universe. With gratitude I declare this to be true as I release this prayer to the perfection of divine right action. Amen.*

## July 12 – Finding time

Rev. Kurt Krieger

Suddenly this winter, we all found ourselves with lots of time. So why is it that I can't seem to do everything I want to do now that I find all this time? Maybe it is because they aren't really priorities for me after all. Maybe I've been making excuses about how I can't do these things when I'm busy and it makes me feel better; however, in reality, I'm not doing things like reading inspirational writings, or searching out healthy recipes and practicing them, or exercising (since the gym and pool have been closed). Instead, I seem to fall back on my old routines, some that bring me comfort and others that entertain me rather than challenge me.

The only way to get something done is to prioritize it and carve out time to make it happen. Only then will those behaviors or activities become a habit. Decide what really is important and then begin it. Oh look, I just found some *time*.

*Sacred one who lives within and through me, help me to identify my priorities by being honest with myself and then to take one step at a time to make them happen.*

**July 13 – A seven point prayer**

*Rev. Dr. Durrell Watkins*

“God is. God is good. God is omnipresent.” *Annie Rix Militz*

**Acknowledge God.**

**Declare God’s goodness.**

**Recognize our unity with God.**

**Deny that separation from God is possible.**

**Affirm blessings.**

**Rejoice.**

**Release.**

**Let us pray:**

*God is – and so my hope is constantly renewed.*

*God is good – and so blessings abound.*

*God is omnipresent – and so I cannot be separated by,  
forgotten by, rejected by, or ignored by God.*

*We are each part of God, in God, made from God, filled with God.*

*I pray with this confidence, knowing that I am,*

*and every person I hold in prayer is,*

*held all the more in God’s love;*

*and so I rejoice.*

*Amen.*

**July 14 – Let nothing disturb you**

*Rev. Margarita Rodriguez*

“Let nothing disturb you, Let nothing frighten you, All things are passing away: God never changes. Patience obtains all things. Whoever has God lacks nothing; God alone suffices.”

*St. Teresa of Avila*

This poem has been prayed and sang for hundreds of years. Today I find it to be a balm over my soul as I move into this new world we live in. Daily we are flooded with information that can disturb and frighten us, yet it is our choice to join the disturbed and frightened or to sit in quiet communion with Spirit, the Giver of Life, the Sustainer of All, and in faith contemplate the truth; God never changes, God lacks nothing! A Course in Miracles reminds us that ideas do not leave their Source; if we are God’s idea then even when things are tough we can trust in the Spirit to sustain us. I invite us to reflect on this poem and open our heart to infinite possibilities.

*Today I dwell with Love.*

June 15 – **Let us pray**  
Rev. Dr. Durrell Watkins

**Let us pray:**

*May the God of our ancestors,  
of our spiritual heroes,  
of our sacred stories,  
of all life and love and hope  
bless us and all who are dear to us.  
May blessings of health come to those for whom we pray.  
May blessings of wisdom touch every life.  
May blessings of joy flood our lives.  
May we expect, accept, trust, and be grateful for divine blessings.  
Amen.*

JUST A THOUGHT

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| <p><i>“God is my unfailing and immediate supply of all good.”<br/>Florence Scovel Shinn</i></p> |
|---|

July 16 —**Visualization**  
Rev. Dr. Durrell Watkins

“Everyone visualizes whether he knows it or not. Visualizing is the great secret of success.” *Genevieve Behrend*

We tend to imagine or envision how we would like things to be and how we think they are likely to be. Before I went to college, I imagined myself as a college student. Before I moved to New York, I had a mental picture of what it might be like to live in New York. Even before moving from New York to Florida, I “saw myself” living in Florida. It’s not terribly magical. When we drive, the car goes in the direction of our focus. In life, we usually go in the direction of our focus. I think that’s what Genevieve Behrend meant when she said, “Ask, believing you have already received, and you will receive.” Once we see it, we can seize it, whatever “it” may be.

*I draw mind pictures of happiness and well-being.  
I see it and I will seize it. Amen.*

## July 17 – **Prayer for safety**

*Rev. Dr. Durrell Watkins*

"Even though I walk through the valley of the shadow of death, I will fear no evil for God is with me!" *Psalm 23*

"My God, my rock, in whom I take refuge...my stronghold and my refuge, the one who keeps me safe; you rescue me from harm." *2 Samuel 22*

"Be not dismayed for I am your God. I will strengthen and help you." *Isaiah 41*

### **Let us pray:**

*For those who are seeking renewed health, we declare divine safety.*

*For those who are seeking guidance, we declare divine safety.*

*For those who are seeking financial security, we declare divine safety.*

*For those facing challenges or uncertainties of any kind, we declare divine safety.*

*And for those who have been frightened by war and rumors of war, we declare divine safety.*

*Omnipresent, all-loving, eternal Power,  
you hold us all in your divine Heart and you offer us grace equal to every need. And so it is that we give you thanks and praise. Amen.*

## July 18 —**Timely reminder**

*Deacon Ed Huckemeyer*

"Remember the earth whose skin you are: red earth, black earth, yellow earth, white earth, brown earth, we are earth. Remember you are all people and all people are you. Remember you are this universe and this universe is you." *Joy Harjo*

COVID-19 has taught valuable lessons not only about self-care but also about the connectedness we share. In the midst of that pandemic, there occurred a marked shift in attitude and behavior. Differences among people became unimportant. There emerged an intentional consciousness about the good and welfare of all as cooperation, concern, care and compassion assumed a position of urgent priority. As we move forward and regain a sense of normalcy, our focus should be centered on the possibilities that may be when we are mindful that we exist together in the web of creation. Remember this and let us affirm our oneness in the common heart of the human family.

*Holy One, thank you for the gift of remembrance.*

## July 19 – **Intercessory prayer**

*Rev. Dr. Durrell Watkins*

Who is on your heart right now? Who needs comfort, guidance, strength, peace of mind, renewed hope, joy, or reassurance? Who could benefit from your blessing of love? Think of these dear ones, hold them in the light of God's love, affirm their good. Praying for our loved ones is a great gift to offer. It connects us. It empowers us. Prayer becomes the conduit through which the power of love flows into their lives. Never doubt that your prayers matter. You may never know how much of a difference your faithful and loving prayers make.

### **Let us pray:**

*Each of these dear souls I bring to mind is a beautiful expression of a divine, whole, and perfect Source. And so it is that I choose to see the goodness in their lives and the possibilities that exist for them and I trust that each is being guided to what is highest and best. Amen.*

### JUST A THOUGHT

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| <p><i>“We are God-being, God-appearing, God-manifesting.<br/>This is the true glory of our being.” Joel Goldsmith</i></p> |
|---|

## July 20 – **Finding divine peace, being peace in the world**

*Deacon Dr. Sue Gallagher*

“The only permanent solution to your problems is to go inside and let go of the part of you that seems to have many problems with reality. Once you do that, you’ll be clear enough to deal with what’s left.”

*Michael Singer, The Untethered Soul*

Our Precious and Loving God has formed us in God's image to experience the fullness and abundance of God's creation. Our experience is often blocked by our fears, anxieties, and past hurts – we are invited to surrender and release these energies to experience life with only God's peace and love. As we encounter the truth that life is not under our control, we are free to be as little children and enjoy the awesomeness of God's bountiful and magnificent creation and loving presence.

*Deep and Abiding Peace, may You be the place from which we respond to life so we may bring peace and love to its perceived challenges, barriers and opportunities. Amen.*



July 21 – **PRAYER OF FAITH**  
by *Hannah More Kohaus*

*God is my help in every need;  
God does my every hunger feed;  
God walks beside me, guides my way  
Through every moment of the day.*

*I now am wise, I now am true,  
Patient, kind, and loving too.  
All things I am, can do, and be  
Through Christ, the Truth that is in me.*

*God is my health, I can't be sick;  
God is my strength, unfailing, quick;  
God is my all, I know no fear,  
Since God and love and Truth are here.*

JUST A THOUGHT

"A person of deep prayer is never deadlocked." *Daisaku Ikeda*

July 22 – **Worry**  
*Deacon Michael Karban*

"Worry does not empty tomorrow of its sorrow, it empties today of its strength." *Corrie ten Boom*

Corrie was imprisoned by the Nazis for assisting and hiding many Jews during the holocaust. Despite being held in a concentration camp, she found solace and hope in God. While I'm sure that she worried, she didn't let it consume her. She would become a prolific writer, who shared her experiences at the hands of the Nazis. Additionally she started a rehabilitation center for concentration camp survivors.

Throughout life, we may experience many challenges....health issues, job situations, relationship problems, etc. Sometimes the situations can be serious and worrisome, but they don't define who we are. It's OK to be concerned when we are going through a 'rough patch', but we can't let the worry consume and paralyze us. If we do, we won't have the strength to deal with the situation/issue.

*As I deal with struggles and issues in my life, I won't allow  
worry to consume me. I am filled with hope.*

## July 23 – **Healing prayer**

*Rev. Dr. Durrell Watkins*

"May the Source of strength who blessed the ones before us help us find the courage to make our lives a blessing." ~ *A Reform Siddur*

Someone is tired; let's pray for them.

Someone is afraid; let's pray for them.

Someone is hurting; let's pray for them.

Someone is receiving medical treatment; let's pray for them.

Someone has received disappointing news; let's pray for them.

Our prayers really can encourage and uplift those who are facing challenges.

Prayer is an expression of love, and love is always a blessing.

### **Let us pray:**

*Life-giving, Life-affirming, Life-sustaining Power,  
We behold your light in those with healing needs,  
and in the glow of that divine light we see them as you see them:  
whole, beautiful, well supplied, deserving of joy, and forever loved.  
And so it is.*

## July 24 – **What is new thought?**

*Rev. Dr. Durrell Watkins*

"What is New Thought?" is a question I get with some frequency (once they are exposed to it at Sunshine Cathedral). New Thought started out as a healing moving in the 19<sup>th</sup> century, using ancient wisdom from both philosophy and religion as well as what was then new discoveries about the mind. New Thought encourages us to take responsibility for our thoughts and attitudes. So, when we find a belief is no longer serving us well, we are free to change our thoughts which will change our feelings which will change our experience (or at least it will change how we interpret our experience). New Thought basically tells us we have the power in any moment to choose a "new thought," which can then lead to a new experience. How we develop new thought habits is through affirmations, meditation, visualization, and maintaining an attitude of gratitude. New Thought is simply a spiritual path that takes the insights of psychology, science, philosophy, and religion uses them as tools for self-empowerment and fulfillment.

*"I am the thinker that thinks the thought that makes the thing!"*

**Rev. Dr. Johnnie Coleman**

## July 25 – **Positive prayers**

Rev. Dr. Durrell Watkins

Each quote by a spiritual luminary is followed by  
a prayer composed by Durrell Watkins

“Each day brings me a fresh supply of hope and joy.”

**RH Grenville**

*This is a new day and right now, I am immersed in the power and presence of God. Miracles are possible! Amen.*

“Today is the day to shed worry of every sort.”

**Martha Dawson**

*Dear God, I am enfolded by your light and grace, and so it is that I have nothing to fear. My heart is glad and grateful. Amen.*

“God is in heaven, to be sure; but since God is omnipresent, everywhere present, then heaven must be everywhere present, within us and about us at every point, here and now.”

**Barbara L. Wolfe**

*God in heaven, God in me, God in everything that was, is, or will be, I thank you for the Good that I have known and for the Good that is still to come. Amen.*

## July 26 – **Include prayer therapy**

Rev. Dr. Durrell Watkins

“When we find ourselves dejected and despondent, and offer a prayer to the Divine Mind for cheer and hope, our dejection and despondency disappear; hope replaces depression; rays of cheer enter the mind, streams of hope and optimism penetrate the heart; we are transformed...If we are gripped by fear and anxiety, faced by apparently insoluble problems, we present our petition to the Divine Mind, and our fears and perplexities melt away...Above all, when we are afflicted with illness and suffering, we offer our supplication for health and strength; and this prayer, too, is answered.” *Rabbi Morris Lichtenstein*

Thank God for mental health counseling, medicine, surgery, chiropractic, massage therapy, Reiki, stretching, support groups, 12 Steps, and every other healing modality. Let us always add to the mix the power of prayer. Prayer is a great comfort and an inexhaustible source of power.

*I am a perfect Idea in Divine Mind,  
and so I expect and allow my life to be filled with abundant  
joy as well as with good fortune and good health. Amen.*

April 27 —**It is all about love**

*Rev. Dr. Robert Griffin*

“Life loves me!” *Louise Hay*

Jesus said that it is better to give than receive, so as Christians, we focus on giving. But while giving is better than receiving, receiving is still good. We deserve some kudos, some encouragement, some thumbs up! Giving is better than being self-centered, but our “selves” do need some nurturing and care. We want to give love in abundance, but we can’t give what we don’t have. Let’s remember to love ourselves, and let’s affirm that life loves us exactly as we are. When we have that gift, we have it to share!

*Today, I affirm my love of life and in love, I freely share it with others.*

July 28 – **The divine presence**

*Rev. Dr. Durrell Watkins*

“We cannot get away from God; when in the most unhappy state...when not even a belief in good remains, nor a ray of light is apparent in thought, even then the light of God’s presence is within, around, and above all.” *Malinda Cramer*

*God is All-in-all. Come what may, God is near and inner peace is possible. And so it is that I rejoice. Amen.*

July 29 – **Blessed now**

*Rev. Dr. Durrell Watkins*

“Goodbye yesterday; I am free today!...I believe in Cosmic Power; goodbye yesterday.” *F. Bernadette Turner*

*The past is done and the future is mine to create. In this moment, I am filled with peace and joy. This is the moment of power. Miracles are brewing now. Alleluia!*

## July 30 – **Holy expectation**

*Rev. Dr. Durrell Watkins*

“I do not say to God, ‘I beg you to give me air.’ Why not? Because I know that all of the air is mine... Infinite treasures are inexhaustible. Abundance is here! Accept it!” *Nona Brooks*

*All that God has is already mine. God withholds nothing good from any of us. Fill my cup, Lord! I will continue to hold it out until it is overflowing. Thank you, Mother-Father God. Amen.*

### JUST A THOUGHT

|   |
|---|
| <p>“Prayer...is the attempt to cooperate with the will of good or [the] universal life Principle that is always here with us. Prayer... is an attitude or posture of the soul toward its Creator.” <i>Irwin Gregg</i></p> |
|---|

## July 31 – **Immortality**

“...human existence, as well as the existence of all realities, is an emanation from the Divine Mind. We are but a spark of the Divine Mind expressing itself in flesh and blood.” *Rabbi Morris Lichtenstein*

“The LORD is good! Divine love and faithfulness will last forever.”

*Psalms 100*

“From the standpoint of immortality, we may have a body within a body to infinity; and when this body is rendered useless, and is no longer a fit instrument through which to function, another one may be already there.” *Ernest Holmes*

“The soul neither dies, nor can it be destroyed.” *Sikh scripture*

“Surely God would not have created...[us], with an ability to grasp the infinite, to exist only for a day. No, we were made for immortality.”

*Abraham Lincoln*

“I believe in the immortality of the soul because I have within me immortal longings.” *Helen Keller*

## **About Sunshine Cathedral**

### **The Sunshine Cathedral Affirmation**

*Sunshine Cathedral is a different kind of church  
where the past is past and the future has infinite possibilities!*

### **The Sunshine Cathedral Mission**

To rescue religion from irrelevance,  
practice positive thinking,  
be justice workers,  
build community, value diversity, and  
help people experience peace, hope, and joy in their lives.

### **The Sunshine Cathedral Prayer of Purpose**

*May we follow Jesus, our great example,  
and thus love and serve others,  
seek justice,  
live in awareness of God's omnipresence,  
and affirm the sacred value of all people.  
Amen.*

### **The Sunshine Cathedral Prayer of Intercession**

*Mother-Father God, we affirm blessings for all who are on the  
Cathedral's prayer list and for all who are on our hearts.  
We trust you to lead, guide, and direct each of us in the ways of  
happiness, well-being, and right action.  
We pray for those who hold authority in the nations of the world that  
they may be guided by wisdom and motivated by a love of justice and  
peace.  
We pray for our departed loved ones, (+) let light perpetual shine  
upon them.  
And with people all over the world we pray, "May peace prevail on  
earth!"*

### **Sunshine Cathedral Board of Directors' Prayer**

*Dear God, we give thanks for the uplifting power of prayer.  
We ask you to bless our congregation, our leaders, our worship  
services,  
our outreach efforts, our programming, our finances, and all  
who are on our prayer list. Help us to be our best, to do our best, and  
to help more and more people accept, trust, and rejoice in your all-  
inclusive and unconditional love; it's in your many names that we  
pray. Amen.*



## **One-Line Prayers**

Use the following one (or two) line prayers as mantra meditations, or as affirmations prayers to be said throughout the day.

Use the same one for 6-7 days in a row to let it sink deeply into your deeper mind.

### **July 1 – 6**

*Renew my hope, O God; and reward my hope. Amen.*

### **July 7 – 13**

*Thank you, God, for grace equal to every need. Amen.*

### **July 14 – 18**

*I am a child of God. I have a divine inheritance.  
Blessings abound! Amen.*

### **July 19 – 24**

*God is my Source. I am forever connected to my Source.  
And so it is that all is well. Amen.*

### **July 25 – 31**

*I affirm that God's love will never let me go,  
and this brings me boundless joy. Alleluia!*

Facebook.com/SunshineCathedral

Follow us.

Like us.

Watch our videos.

Share them.

Give us fun emojis.

Help us spread the Progressive, Positive, Practical spirituality practiced and taught at Sunshine Cathedral!

**Facebook Live Programs:**

**Sunday Worship** (10:30 am EDT)

**Midday Prayer** (Monday – Saturday, Noon EDT)

**Christians & Cocktails** (Panel discussion of religious topics, Mondays at 6 pm EDT)

**Share in the Chair** (interviews with religious leaders, Wednesdays at 6 pm EDT)

**Just A Thought** (2 ministers discuss a spiritual idea, Saturdays at 12:30 EDT)



(We're also on YouTube and Instagram)

**Visit us also at [SunshineCathedral.org](http://SunshineCathedral.org)**

On-campus Sunday worship at 9 am & 10:30 am with carefully monitored social distancing  
(if campus needs to close, all online programming will continue)

Ask us about Sunshine Cathedral in "Second Life" and *A Course in Miracles* via Zoom