

## It's Easy to be Kind

*Kindness consists in loving people more than they deserve.*

Joseph Joubert, French writer



Rev. Paul Gonyea

During these times when people are holding more tightly to their money and their possessions, giving seems to be in short supply (with the exception of advice . . . everyone is giving plenty of that). Most spiritual communities, non-profits and charities are seriously short of funds, many of them closing their doors or greatly reducing their

services. It's not that there's an epidemic of selfishness; it's just a side effect of the consciousness of fear and lack that so many people are buying into.

I find it interesting that people who have taken numerous classes on prosperity are just as caught up in things as everyone else. Many people seem to have forgotten that receiving comes only after giving is begun. It's a flow that we have to start. And a caveat to that maxim is that we must be grateful for what we have in order to attract more to be grateful for.

Anyway, we're all getting plenty of lessons in the areas of prosperity, giving and receiving, and manifesting abundance. It would be nice if the lessons weren't so painful, but that seems to be the way most of us prefer to learn. At least it's the one way that's always sure to get our attention.

Something we should remember is that we always have much to share with the world, and much to give, even if our finances are a bit short. Those are the things we should be giving in massive quantities, because we all have plenty. I'm talking, of course, about things like love, smiles, compassion, moral support, empathy, and my own personal favorite --- kindness.

When everyone seems to be feeling a little down, a little shell-shocked and dazed by world events and the speed at which all this economic chaos seemed to have happened, it's amazing how much a little kindness can do. A few years ago, there was a little book that popularized the term "random acts of kindness." I always loved that phrase. In fact, I have made it my personal goal to do as many kind acts during each day as I possibly can.

Of course, kindness can be expressed in many different ways. The simplest are those that take only a little time and effort, like a kind word, or a compliment. But that requires us to be conscious of others, and we're all so busy that we frequently fail to notice when someone is hurting, or simply having a bad day. Kindness also requires us to stop judging and criticizing others just because WE may be having a bad day.

In order to make a difference, kindness must be pre-emptive and unconditional. In other words, it needs to be something we are actively looking to express, to anyone we meet, all the time. And it needs to be something we practice regardless of our mood or their behavior. Cranky people need kindness most of all.

Doing something nice for someone takes us out of ourselves. It allows us to see something good in someone else instead of focusing on our own (frequently) petty problems. Even if we have serious challenges, kindness will provide some relief. There's nothing like seeing a smile of gratitude to brighten your day. Or even better, seeing the confused look of someone who was trying to pick a fight with you as you smile and tell them how cute they look when they're angry!

And finally, don't forget to be kind to yourself. No one deserves it more than you!

A handwritten signature in black ink, appearing to read "Paul".

## SPIRITUAL LIVING CENTER OF ATLANTA

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### Newsletter

Ken Wilcox	Coordination
Keith D. Childers	Design



(above) Senior Minister Paul Gonyea with Dennis Merritt Jones

(below) Paul with Dr. Lawrence Carter, Jr., Dean of the King Chapel at Morehouse College



### *Sunday, May 17* **THANK YOU! Party** with the SLCA Teen Youth

Sunday, May 19 after the Second Service  
Willy's Restaurant at Piedmont Park

### *Monday, May 18* **NEWCOMERS' MIXER**

6:15 pm • SLCA Offices

Our Mixers are always a lot of fun and well-attended. Please join us for this next casual Question & Answer session about who we are, what we practice, classes we offer, and services we provide. We'll have folks you can meet, as well as a snack. Part of the Mixer will include an Affirmative Prayer Workshop. You'll find out how to apply this basic prayer & meditation tool, a foundation of SLCA teachings, in your daily life -- to get the results you want. The Mixer is open to everyone.

To RSVP, e-mail Beverly Molander at: [molander@nextstepnetwork.net](mailto:molander@nextstepnetwork.net)

- Know Thyself
- Ask Great Questions
- Challenge Convention
- Speak the Truth
- Strengthen your Soul

THE ANCIENT ART OF THINKING



Rev. Paul Gonyea  
 Thursdays, May 7- June 25  
 11 am - 1 pm or 7 - 9 pm  
 \$125 for individuals, \$200 for couples

The teaching of the Science of Mind is based on the power of our thoughts and beliefs. The more we understand how to use our mind, the better we can connect with the One Mind that we call God.

Join Reverend Paul Gonyea in a new discussion class based on the book *Socrates' Way: Seven Master Keys to Using Your Mind to the Utmost* by Ronald Goss.

The New Thought spiritual movement has ancient roots. Socrates is one of the most powerful thinkers of all time, and he still has much to teach us. Ronald Goss has put together a marvelous book to examine Socrates' wisdom.

... On the pathway of improvement, you do not keep your attention on where you are but on where you are going. There is at the center of you an impulsion to greatness. Direct all your efforts to expansion and you will be led into the greater good.

Raymond Charles Barker



THE SCIENCE OF SUCCESSFUL LIVING

Rev. David Barrett  
 Tuesdays, May 5 - June 30  
 (No class June 16)

7:00-9:00 pm (evenings only)

Reverend David Barrett wraps up the SOM 100 series with this challenging 8-week course.

- Learn how to use spiritual principle for living a successful life.
- Learn to create an effective mental image
- Learn the practical wisdom that the mystics knew
- Gain a more intelligent perspective on death and immortality
- Practice creating and using affirmative prayer



AFFIRMATIVE PRAYER CLINIC In Vinings/Smyrna

Rev. Susan Zoller

Three Wednesday evenings • May 12, 19 & 26  
 7-- 8:30 pm • Love Offering

For more information contact Susan at  
 spiritualfitness@mindspring.com • (770) 819-7900

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MAKING A LIVING WITHOUT A JOB

Avon Drummond, Staff Minister  
 Saturday, May 2 • 10 am - 12 pm • \$15.00

There are Metaphysical Laws that govern the Universe. We are very familiar with and accept the Law of Gravity, the Law of Motion and more recently many people have discovered and accepted the Law of Attraction. In this workshop we will learn about other laws of the Universe. We will explore and understand how to make deliberate use of these laws as we either contemplate or participate in "making a living without a job."

TALK TIME DESSERT AND DIALOGUE

Angela Harmon, Staff Minister  
 First Monday of each month • 7-9 PM • Love Offering

Join Angela in a lively discussion on current events, movies, books, and life experiences. TALK TIME offers a unique opportunity for community members to discuss ideas about various areas of life to increase inner peace, balance, and harmony.

THE LUNCH & LEARN TO BE RICH Series

Tracy Smart-Sweet  
 Wednesdays, May 6 - June 24 • 12 -1 pm • Love Offering

Tracy begins her new lunchtime series using the book *Creative Visualizations* by Skakti Gawain.

LOVE YOUR BODY, LOVE YOURSELF

Vanecia Wills-Leufroy  
 Saturday, April 25, May 3, 9, & 16 • 10 am - 12:30 pm  
 Love Offering (\$10.00 suggested per class)

It's time to love our bodies, just as they are! As women we believe too many negative things about our bodies whether we are 20 or 60. "I wish I had" (fill in the blank) is the mantra that starts when we are far too young and the list of wishes grows as we age. How we feel and think about ourselves creates our experiences in the world. The greater our self-love the better our choices and the greater our experiences. We will explore our body beliefs, embrace ourselves in new ways, and learn some spiritual and practical self-care.

Facilitator: Vanecia Wills-Leufroy, Spiritual Practitioner & radio host for "A Woman's Spirit." [www.radiosandsprings.com](http://www.radiosandsprings.com)

NEW THOUGHT PARENTING

Sue Simon-Taylor  
 Tuesday, May 5 • 7 - 9 pm • Love Offering

Sue invites all interested parents to join her in this thoughtful exploration of what it means to develop a more meaningful relationship with our children. Discussions for the evening will include: character building skills using visualization, the importance of beginning early in teaching your children about their connection to the Universe and how to use meditation. Visit Sue Simon-Taylor's web site at [www.suesimontaylor.com](http://www.suesimontaylor.com).

GOAL SETTING: A STRATEGY FOR LIFE MANAGEMENT

Ruth Beard, Staff Minister  
 Saturday, May 9 • 10 am - 12 pm • \$15.00

This workshop provides instructions for creating a plan. Each participant will receive a workbook and will begin to create a personal plan during the session.

# Spirit Through My Words

by Wayne South Smith

Words have power. Both the internal and external language of our thoughts, they reflect our energy through their specific choice and manner of expression. I believe this in my soul, and have manifested a life's journey centered in creative expression.

As a writing coach, I recently offered another cycle of writing classes. I wrote and read treatments along with doing other spiritual practices and marketing efforts, all as an active part of preparation for success. Still, worry from past "failures" haunted my process.

Life is engineered to deliver lessons, and difficulties are opportunities. I spoke with Ken Wilcox after a "Wisdom On Wednesday" service asking for assistance in understanding and alleviating the dark shadows. We chatted briefly, then quickly left the negative energy behind, giving it no power. In his treatment, the words were rich, but it was his depth of conviction and strength of faith behind them that enveloped me, further igniting my passion to receive success.

Rejoicing in the freedom, I continued to treat. As I read my treatments aloud, I noticed parts I stumbled over were where my words lacked resonance. Words with more personal truth and power came to me. I accepted them with gratitude, honored them by writing them down, and then moved forward.

I manifested the first full class of writers I've had in several cycles. I also attracted the perfect situation for a new class I was offering. I blessed this success while also knowing these treatments planted more seeds in fertile ground. I'll continue to water and send them light, while patiently awaiting their germination.

Whether we write or not, we are all creating our lives one word at a time. The choices of words and expressions are our own. Some people and circumstances mirror lessons while others shine light on our path and fuel our passion. All are acts of guidance, gifts I gratefully receive...and write about.

*Wayne South Smith is a writer, editor and writing coach who can be reached via [www.thewritersprocess.com](http://www.thewritersprocess.com). He has been an SLCA member for two years.*



## AWAKENING PRESENCE

Fall Mountain Retreat

September 18-20, 2009



### INSPIRING PRESENTERS AND PERFORMERS

*Rev. Paul Gonyea, Rev. David Leonard,  
Dr. Joyce Rennolds, Penelope Williams  
Rev. Christy Snow, Lisa Ferraro  
Jack Fowler, Erika Luckett*

For pricing information and registration, contact

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## The Caring Ministry Hotline

The Caring Ministry is comprised of ministers and practitioners who are devoted to each person in our community who is in need. The Caring Ministry coordinates prayer support by phone, e-mail or personal visit. When an individual requests treatment, the request is responded to promptly and the Caring Ministry is notified immediately. Should you desire prayer support, please phone 770.553.0000.

## We're all a-TWITTER

You can now download a daily affirmation or have one text messaged to your cell phone by going to  
<http://twitter.com>.

You can find our affirmations by looking for slcatlanta. You can then download a daily affirmation or have one sent to your phone.

Find everything you need  
to know about SLCA on  
our Web site at  
[www.SLC-Atlanta.org](http://www.SLC-Atlanta.org)

## Still Mothering Me

by David Barrett, Staff Minister

May is such a great month to celebrate spring and the grandest of celebrations...all the mothers of the world. Mother's Day is May 10, and it will be the 26 year that I celebrate this day by honoring my mother even after she has passed. I found it quite interesting that my Mind still celebrates the greatness of my mother even though she has been deceased longer than the years I had to celebrate Mother's Day when she was alive..... 23 celebrations while she was alive, and 26 after she has passed. So how can it be that 26 years later, she still is leaving an impression on me, my Mind, and my Life? Well, it is actually the beautiful work of the subconscious mind. There, in my subconscious mind, I keep that file running of what I call my mother and what I thought our relationship was. Twenty-six years later, I still feel her love and her support. This is the power that my mother has, and I am sure whether your mother is on this plane, or the next, you have a file running in your subconscious mind of what that relationship is or was. And the key to that last sentence is that IT IS YOUR FILE. It is not your mother's file, even though you might put a lot of blame on her for how you were brought up, or not brought up, or how much she really did or didn't do for you. It is YOUR THOUGHT, and if you do not like what you sense and feel when you open that file in mind, like when Mother's Day rolls around, then it is up to you to change that thought Mother does not need to change.



Raymond Charles Barker, in his book *The Science of Successful Living*, which we will be using in our next 100 series class that begins May 5, says, "When you resent an individual, you are really letting your impression of that person operate your mind and emotions. You have for the moment signed away your freedom. You are now in bondage to unpleasant feelings. The image of the person in your mind is twisting you around its mental fingers, so you cannot get it out of your mind. You are no longer standing on your own spiritual feet and affirming your control of life. The person or situation you resent runs you."

Well, that stops this day! Resentment is our reaction to someone, not the person themselves, and we can heal ourselves of our reaction. We only need to deal with ourselves, and not argue with our mothers. So with this in mind, when Mother's Day comes around and you catch yourself having a reaction to even the word 'mother', remember it is your mind that is doing the reacting, and not your mother who is doing the reacting. AND WE CAN CHANGE OUR MIND!... The same goes for Father's day next month, even though it feels like a whole other story, it is actually the same Law working through our lives. So this Mother's Day, I choose to remember the great love and support she had for her little darling David.

And so it is.

# Sunday Affirmations and Talk Titles

By Rev. Paul Gonyea

## **May 3 - The Power of Life with Dr. Joyce Rennolds (Guest Speaker)**

Musician: James Powell (Vocals) • Meditation: Avon Drummond

The Power of Life is not something given to me; it is what I am. I am the infinite Power of Life, love, light, peace, power, beauty and joy. I have the power, through my thoughts and the way I pursue them, to create whatever I desire in my life. I can heal, I can prosper, I can love and I can forgive.

## **May 10 – Mother May I? (Mother’s Day)**

Musician: Mickle-A-Doo (Irish Band) • Meditation: Baji Daniels

A mother’s love is a unique gift that we all share. Even if my own mother is far away, or no longer alive, or not communicating with me, there is still love between us. No matter what my childhood was like, I can focus on the deep love of the universe for all its children, and know that I am one of them.

## **May 17 – Jump Starting Your Life**

Musician: Peter Cranton (piano/vocals) • Meditation: Eula Sanders

I know that my life does not flow in one smooth movement, and it does not move at just one speed. Sometimes I need a push or a pull, and sometimes I need to get charged up. The wonderful thing is, I can get that charge whenever I want it. When I need a jolt of inspiration, the Spirit in me is always ready to help.

## **May 24 – See the Children Play**

Musician: Bernadine Mitchell (vocals) • Meditation: Judy Frost

I know that I was once a child. When I became an adult, I set aside childish things. But I do not need to lose my childlike joy and innocence. I learn from the children how to laugh, how to play, how to trust and how to imagine. I let them remind me that age is only a state of mind.

## **May 31 – Remembering What to Forget**

Musician: Laura Berman Benelli (vocals, guitar) • Meditation: Keith Childers

Even though I have an amazing mind, with the ability to remember many things, there are some things best forgotten. Where I made mistakes, I can always remember the lesson without dwelling on the pain. I choose to remember the good and to forgive the bad. I release the memories that drag me down, and maintain those that lift me up.

## **June 7 – The Importance of Being Human**

Musician: *TBA* • Meditation: Ken Wilcox

My humanity is a gift. It is a gift given by Life to allow my spirit to play in the physical world. My body is not separate from my spiritual being; it is simply my spirit in form. Every physical challenge I face, whether it’s aging, illness or being out of shape, is an opportunity to learn a spiritual lesson that heals both my body and my soul.

## **June 14 – Creative Destruction**

Musician: *TBA* • Meditation: Jan Rush

Whenever change occurs in my life, something is always lost when something is gained. To prosper, my old beliefs about money must be removed. To heal, my belief in illness needs to be cast aside. To receive love, my feeling of being unloved must disappear. In dissolving the old, I create a space for the new.

## **June 21 – My Dad Can Beat Up Your Dad (Father’s Day)**

Musician: *TBA* • Meditation: Ruth Bear

The masculine energy in me is strong and direct. It is the part of me that gives me the strength to move forward fearlessly and to stand up to challenges. It is the part of me that protects and defends my heart and my mind. When combined with the nurturing feminine energy in me, it keeps me in balance.

## **June 28 – To Hell and Back**

Musician: *TBA* • Meditation: Sandra Wells

Hell is not a place. It is a state of mind that I enter and leave at various times in my life. It is not a place of punishment; it is the consequence of cause and effect. I find myself trapped in hell when I refuse to give or receive love. But the moment I open my heart, I am released. As I grow spiritually, I visit there less and less often.