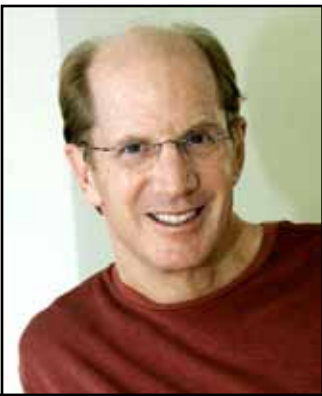


## Life is a Trip!

There is a time for departure even when there's no certain place to go.

Tennessee Williams



Rev. Paul Gonyea

In this teaching, we talk a lot about change. I guess that's because, as creative beings expressing our "God-ness" in everything we do, we can't help but create change. If we've really got a handle on things, we can do it both consciously and easily, with no stress or strain. We can move smoothly from one opportunity to another, we can heal and expand all our relationships, we can

use our time and talents and our treasure in a variety of different ways to bring greater good into our life and into the world. At least that's the way it ought to work.

But sometimes we're so caught up in our own stuff, blinded by our fears and distracted by the noise of the world around us, that change sneaks up on us and catches us unawares. All the signals were there; we just didn't see them. When that happens, we may find ourselves being swept along without wanting to be. We may even try clinging to a rock to keep ourselves from being swept away to God-knows-where. We seem to have this strange idea that change is good when we choose it, but it isn't so good when it's thrust upon us unexpectedly. At the very least, that kind of attitude shows a distinct lack of faith and trust in both our own inner wisdom and the inherent goodness of Life.

You see, even though we have the power to consciously and deliberately change any aspect of our life that we want to change, whenever we want to, it doesn't always have to happen that way. We don't always have to predict exactly when change is going to be needed, and we don't always have to know what

life is going to look like after things change. Sometimes we may simply have to accept that we've been somewhere long enough and it's time to step out on faith, knowing that exactly what needs to happen will happen --- IF we expect it to happen. This works because Life is a perfect reflection of our expectations.

That's the difficult but exciting part of this teaching that some people fail to grasp. We decide on the essence of the life we want to create, and God handles the details. We pick the "what," and the Universal Mind handles the "how." For some reason, we frequently try to do it backwards. We want God to tell us what our life is supposed to be like, and then we want to manipulate the conditions around us to make it happen. I guess that way we can blame God if we don't like what we're creating, and we can refuse to accept responsibility when circumstances "keep us from achieving our goal."

If we think of creation as a never-ending process, we don't have to worry about where we're going to end up. We can move through life like it's a scenic tour, picking and choosing our stopping points along the way, but not worrying too much about how we get from one place to another. And we don't have to be attached to any one place, either. We can stay as long as we like and leave whenever we're ready, knowing that there are lots of other wonderful destinations around!

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

## SPIRITUAL LIVING CENTER OF ATLANTA

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Ken Wilcox	Coordination
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## The Revenge of Mount Vesuvius

Ken Wilcox, Staff Minister

I have a confession to make; I was a weird kid. I'm certain that if I had an adult in my life that cared enough to actually talk with me that I would have been quickly shipped off to a "Special Place."

One adult in particular who didn't have time or concern was my seventh grade history teacher, Mrs. Robinson. She was a teacher from the old school. She clearly favored the kids that came from the established families of Macon. This meant that she didn't particularly care for me and most certainly didn't think much of my potential. I'm certain that she never, in her wildest dreams, thought that she was having an impact on me.

On occasions when we had finished our work early she would read from an old travel book of hers. The writer and explorer had traveled the world having great adventures.

I was fascinated and determined that one day I would see these amazing sites for myself. I kept this dream along with many other of my notions to myself since my family thought of Atlanta as an exotic destination.

Of all the places that fired my imagination the descriptions of Pompeii stood out. I was thrilled by the dramatic story of the destruction of the city. Mrs. Robinson had visited the site herself and would editorialize that it was her belief that the pornography in the houses of the city had caused God's wrath to befall the populous.

In Mrs. Robinson's world view even pagans didn't catch a break.

It took many years for me to save up the money to make my first European trip. Actually, I could have gone much sooner if I hadn't wasted so much of my time and money in sleazy bars. The morning I woke up in my Naples hotel I was feeling not only excited about seeing the ancient treasures, but also vindicated in my self-worth.

The day was set to be perfect, until I reached the mirror in the bathroom. There pulsating on my upper lip was a fever blister the size of Mount Vesuvius.

I remembered thinking my day was ruined. Twenty years of planning down the tubes. If left to my own devices, I would have taken a Benadryl and crawled back under the covers.

Fortunately, my partner, Tom, wouldn't hear of it and pushed me on the tour bus. Soon the sight of the ruins overwhelmed any pain or embarrassment.

We all hope to make life perfect, but as Gilda Radner's character on "Saturday Night Live" Roseanne Roseannadanna use to say, "It's always something."

We have a choice to either focus our attention on those things which annoy us or look toward that which we find lovely, beautiful or inspiring. In whichever direction we gaze, our consciousness multiplies our ability to see more of what we're seeking. A throbbing fever blister or a day spent surrounded by beauty. The choice is powerful and always our own.



- *Learn to expect a greater expression of life.*
- *Explore who or what God is. Expand your belief about God.*
- *Understand that all thought is creative.*
- *Learn to pray more effectively.*



## SOM 100-A THE SPIRITUAL PATH

*Rev. Paul Gonyea*

This challenging and dynamic 16 class accredited series invites you to explore the fundamentals of the Science of Mind.

Thursdays

September 24, 2009 to February 4, 2010

11 AM – 1 PM or 7 – 9 PM

SLCA Offices

\$250 (16 weeks), \$125 (8 weeks), or \$20 per class.

For Committed Couples: \$400 (16 weeks); \$200 (8 weeks)

Text: The Science of Mind, by Ernest Holmes



## The Metaphysics of Emerson

*Rev. David Barrett*

The backbone of Religious Science will be studied by reading several essays by Emerson. Just a few of the essays we will read are “The Oversoul,” “Compensation,” and “Self-Reliance.” There will be many more, and we will end with Holmes on “Finding the Christ.” This has been said of Emerson, “To him the world about us is the visible appearance of what is invisible; things in time are symbols of essences in eternity; the life, the vitality, the soul in us is the life, the soul of the Universe.”

The International Centers for Spiritual Living has made this a mandatory class to become a Practitioner within the Center.... this is how important this class is to the basics of understanding Religious Science. Come join the class to see why Emerson inspired Holmes so much!

Tuesdays

September 22, 2009 to November 10, 2009

7 – 9 PM (Night only)

SLCA Offices Dates: 9/22 -- 11/10 (8 weeks)

\$125 per person or \$20 per class; \$200 for couples

Text: Emerson’s Essays, by Ralph Waldo Emerson

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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

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 [slc atlanta](#). Download a daily affirmation or have one sent to your phone.

## Put some “Wow” in your life

Want to put a little “Wow” in your Wednesday nights? Join the Rev. Ken Wilcox at 7 PM at the SLCA offices for “Wisdom on Wednesday.” Not only will you hear a great lecture from Ken, but you will also hear a “Creative Moment” – people sharing their demonstrations. If you’ve just started coming to our Center and would enjoy an opportunity to meet new people, then the Wednesday “Wow” Service is an excellent opportunity.

## Positive Living

“Where there is a great love, there are always miracles.” Willa Cather, 1876-1947. The Positive Living with HIV group meets at 7 PM on the first and third Friday of each month in the SLCA offices at the Druid Chase office park. Join us in sharing health information, receiving support, and enjoying social activities. For more information, call our offices at 404.417.0008.

## Treatment Clinic

Want to learn more about affirmative prayer? Put this powerful technique to work in your life to create the abundance, the love and the success you desire. A licensed practitioner will host our monthly affirmative prayer clinic on April 20th at 7 PM at the Druid Chase offices. What you’re seeking in your life is seeking you. Affirmative prayer is the way to make the connection between your desires and your reality.

## Metaphysics in Peachtree City

Join Rev. Avon Drummond, RScP on Sundays at 3:30 PM at the Kroger Shopping Center Community Room, for a metaphysics study group. If you enjoy works like *The Secret*, or authors like Eckhart Tolle, Wayne Dyer, Deepak Chopra, Louise Hay, Marianne Williamson, or Ernest Holmes then this study group will interest you. The Kroger Community Room is at 1101 N. Peachtree Pkwy., Peachtree City. For more information call Avon at 404-849-6247 or email [avon54@bellsouth.com](mailto:avon54@bellsouth.com).

For more information and  
to register for classes, visit  
[www.SLC-Atlanta.org](http://www.SLC-Atlanta.org)

# Sunday Affirmations and Talk Titles

By Rev. Paul Gonyea

## **September 6 – Turning Work Into Play**

Work should not be something I do so that I can enjoy the rest of my life. My work is an important part of my life. It is one way I create, one way I provide value to the world and one way I attract abundance to me. If I choose work that I love, I can play for the rest of my life.

## **September 13 – Teachers and Teachings**

Everyone is my teacher, because everyone is the presence of God in my life. Those I honor and look up to hold a special place in my life. But anyone who causes me to think, to change or to grow is teaching me something. Ultimately, my best teachers help me to teach myself.

## **September 20 – Re-Treat**

There is always a point where I realize that things need to change. I may fight the change. I may try to maintain the old ways. I may refuse to look at the new and different. But there is always a sacred moment when I realize that it is time to step peacefully into a new space in consciousness.

## **September 27 – The Day of “At-One-Ment”**

I do not need to apologize to God for anything. Whatever I did, if I recognize the mistake, I am already forgiven. I do, however, need to stop beating up on myself for my past ignorance and foolishness. My greatest responsibility is to make healthy and spiritually-grounded decisions from this moment on.

## **In October, the “Do the Right Thing” Series**

### **October 4 – Quiet the Mind**

My mind is a great gift, and my intention is to use it wisely and well. For that reason, I do not let my mind run itself in a frantic or uncontrolled way. I pay attention to my thoughts, and slowly bring them back to the center, to the place where Spirit resides. I quiet my mind and it brings me peace.

### **October 11 – Open the Heart**

I do not need to seek love or to try and attract it. The more I give, the more I receive. I can never run out of love, because my heart is an opening for the unlimited love of God to flow into the world. When I open my heart, love flows out. I feel deep compassion for all living things.

### **October 18 – Relax the Body**

My body is not a machine; it is a sacred instrument. It is the Spirit of Life being expressed in physical form. For that reason, I treat it well. I allow my body to rest and to be nourished. I embrace moderation. I avoid unnecessary stress and treat my body with respect. Physically, I am healthy, whole, complete and perfect.

### **October 25 – Increase the Flow**

I am the faucet through which the waters of Life flow. Life itself flows through me. Love flows through me. Joy flows through me. Prosperity and health flow through me. Creativity and strength and compassion all flow through me into the world, bringing the power of Spirit to the world and to every other person.

Find everything you need to know about SLCA on our Web site at

*www.SLC-Atlanta.org*