

Spiritual Empowerment

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Keeping the High Watch

The Infinite Goodness of God is unwavering and unchanging, though the opposite of this Truth might seem very real to us sometimes. That is why it is vital to keep the high watch constantly. To stay our minds, thoughts, and feelings on this goodness of God does not by any means suggest that we are to ignore what is happening in our lives. Psalm's 23:4 gives us insight on this: "Though I walk through the valley of the shadow of death, I will fear no evil." Meaning, although we have needs and issues of life that may be challenging to us, we choose to keep the high watch. That is, we strongly believe that the goodness of God is mightily active in our lives, dissolving, healing, and eliminating all that is unwanted, unneeded, and unnecessary. "Thou will keep him [her] in perfect peace, whose mind is stayed on Thee." Right on! Keeping the high watch is a part of celebrating and experiencing the spiritual wonder of our being. The goodness of God is ever present, ever desiring to be expressed in and through every level of our beings. Keeping the high watch does not mean sitting around with folded hands. It means doing what needs to be done, knowing that the positive, creative energy of Spirit is with us, moving us up a spiritual notch or two. "Thou will know the Truth and the Truth will set us free."

January Lesson Titles

January 7, Jesus Brought Humanity, Freedom, and Power - Terry McBride

January 14, Spirit Forever Flows - Dr. Blaine C. Mays

January 21, P.U.S.H. Pray Until Something Happens - Dr. Mimi Ronnie

January 28, The Importance of 'No' - Dr. Blaine C. Mays

February Lesson Titles

February 4, Spiritual Sufficiency Is Yours - Dr. Blaine C. Mays

February 11, The High Watch Brings Changes - Dr. Blaine C. Mays

February 18, Remember Who You Are - Dr. Mimi Ronnie

February 25, Daily Glorifying The Divine Presence - Dr. Blaine C. Mays

Meditation and Concentration

by Tian of Siam

excerpt from book *Quam Ancient Answers for Modern Times*

In concentration the steps are first to fix in mind your vital idea, for instance, health or harmony. Then, gradually eliminate or omit every implication pertaining to that condition until you reach the point in mind where nothing else exists except the definite idea of the principle concerned. That is true concentration. Is that not simple?

Your meditation may require considerable time and you should be in a position to control the environment well enough to protect yourself from any outside interruption. While you're filling your mind with the principle (meditation) on which you wish to concentrate you will find much opportunity for eliminating undesirable or unwanted thoughts. After you've reached the place where no uninvited thoughts come to your mind you will need to hold your thoughts for the space of a few minutes. Then comes the step concentration.

At first this step may break your meditation and necessitate your starting all over again. Don't allow this to discourage you. You are master of your mind at all times and the objective mind is actually the easiest functioning element to control.

Fix your attention definitely on the prime idea. Gradually focus your mind until nothing else exists. At that point you've reached concentration. Do not be discouraged if you're unable to remain in concentration for a measurable space of time. Concentration is not measured by time. The accomplishment can be complete within a split second.

In successful use of meditation and concentration first have well fixed in mind that which you wish to accomplish. Do not practice your meditation indifferently or carelessly. An automation never completely succeeds. Always keep alert, definite to the point. In short, convince yourself by actual experience that you are the master of your mind, then you can be master of all situations that confront you.

It is not necessary for the occidental person to devote an entire lifetime to meditation in order to accomplish self-mastery. It is, nevertheless, necessary to meditate frequently and at regular intervals. It may require repeated efforts of several times each twenty-four hours while one is learning. After that, fifteen minutes twice a day should be more than sufficient under all ordinary circumstances.

One of the greatest enemies to meditation is daydreaming. I have observed many persons, with the honest conviction they are in meditation, indulge in this practice. This is a mental exercise. Never use meditation as a means of preparing yourself for sleep.

Meditation, if we expect to reach the point of concentration, cannot be spread over two or three subjects. A definite time, with specific attention, must be established to successfully accomplish each need.

One common need has to do with health. Let us approach this matter with illumination. Health is a natural condition. We are not establishing health in the universe. We are merely establishing health as a positive element to the thorough elimination of every conflicting thought. All you have to do is realize health in its full completeness.

With this groundwork we have few complications to overcome in directing our thought into the minute procession of meditation. Although different ramifications may intrude themselves, hold fast to the point of limitless health. With a mind fixed definitely upon this principle you will reach the point of concentration in a short time-providing you practice diligently.

Classes and Activities

Alumni

Ministers ordained by the Lola Pauline Mays New Thought School of Ministry meet at various times for prayer, support, and fellowship as listed in the Calendar of Events in this newsletter. Brochures about the Alumni are available on the information table in Joy Hall. Rev. Grace Jackson is Alumni Coordinator.

Pray and Play Prayer Group

The Pray and Play Prayer Group meets the first Monday of every month in the Prayer Chapel of the INTA Archives at 11 am in order to carry out the prayer work of Community Church of New Thought as well as the international outreach of the International New Thought Alliance.

After Service Fellowship

Light Refreshments are served at noon in Joy Hall after the 11 am Sunday Celebration Service, providing a wonderful time for fellowship. While enjoying refreshments, you are also invited to browse our information tables in Joy Hall.

20/20 Vision 5 Year Initiative

This program affirms \$100,000 shall be raised for buildings and grounds maintenance through the years of 2016 – 2020. As of November 29, 2017 we have received \$26,153.00 and we have completed major improvements and maintenance. There are still a number of maintenance projects that need our attention as well as needing the funds to replace three 37 year old a/c units. Our special thanks goes to our members and friends who recently donated pies for the Thanksgiving Pie Auction. We raised \$685. This was added to our maintenance and improvement funds. Also, our great appreciation to Dr. Teny and Charles Fisher and Nancy Heady and Bill Brah who donated items for the Silent Auction. CCNT is deeply grateful for the great financial support our members and friends continue to demonstrate in order that we maintain the beauty of our buildings and grounds.

The Christmas Stocking Project

Our ministry is pleased to support “The Christmas Stocking Project”. Each year the Project hands out up to 3,500 stockings to children in need. The group meets each Friday at 12 noon in Joy Hall to make, decorate, and fill the stockings with useful and enjoyable items.

Items needed to fill the stockings are: **NEW**, small-sized shampoo and conditioner, soap, toothpaste and toothbrushes, energy bars, crayons, coloring books, and Beanie-Babies. There is a box in Joy Hall where these donations can be dropped off. For more information, please contact Carol Taddon, Project Coordinator at 480-685-1247.

Classes and Activities

Starting 2018 Free and Powerful with Terry McBride

A workshop with Terry McBride, **January 7 from 1 – 4 pm**. As our New Thought philosophy clearly states, you can change your thinking and thereby change your life. Using Neuro Linguistic Programming and Time Line Therapy models Terry will lead you through an experiential workshop where you let go of unresolved anger, fear, guilt, and unworthiness. He has given this workshop hundreds of times with participants noticing significant changes in how they approach their lives. Bring your friends to this fun and educational workshop, it is given on a love offering basis. Prior to the workshop, please join us for a potluck at noon in our Joy Hall.

Circle of Love, Dominion, and Power Service

The Rev. Grace Jackson facilitates this service each Saturday, 11 – 12 pm in the INTA Archive's Chapel. Refreshments follow. If you would like to participate as a speaker contact Rev. Grace while at church or attending this class. All are welcomed. Class is given on a love offering basis.

Course In Miracles Class

Join us for an experience of in-depth discussion and an understanding of the presence and power of God within and the application of this understanding in living life to the fullest. This class meets every Tuesday at 3 pm in Joy Hall. Everyone welcomed.

Urantia Class

Rev. Deneb Provence facilitates a discussion group on the Urantia book every other Monday evening at 6:15 pm in Joy Hall. The class is open to everyone and is presented on a love offering basis.

Workshop Leaders

CCNT invites instructors in New Thought and related fields to submit workshop or class proposals. We're looking for short workshops dealing with both foundations and applications of New Thought. We want to meet the needs of people that are serious about expanding their capabilities in New Thought. Contact Dr. Teny Fisher, Director of adult education.

Check Out Our Bookroom

We have a great selection of new and gently used New Thought, self-help, and Truth oriented books. Don't miss an opportunity to browse, select, and take home with you a variety of wonderful books for yourself or for gifts to others.

Regular activities:

First Monday of
every month, 11 am
Prayer Group
Archive's Chapel

Every other Monday, 6:15 pm
Urantia
Joy Hall

Tuesdays, 3 pm
Course In Miracles
Joy Hall

Tuesdays, 7 pm
Gamblers' Anonymous
and Gam-Anon
Joy Hall

Fridays, 12 – 2 pm
Christmas Stocking Project
Joy Hall

Saturdays, 11 – 12 pm
Circle of Love Service
Archive's Chapel

2018 Monthly

Events:

January

Sunday, January 7, 11 am
Terry McBride guest speaking
Chapel

Sunday, January 7, 12 noon
Potluck
Joy Hall

Sunday, January 7, 1 – 4 pm
Terry McBride Workshop
Chapel

February

Saturday, February 3, 12 noon
Alumni Homecoming
Luncheon
Joy Hall

Sunday, February 25, 11 am
New Members Received
Chapel
Reception in Joy Hall

Sunday, February 25, 12:30 pm
Annual Membership
Business Meeting
Joy Hall

April

Sunday, April 1, 11 am
Easter Flower Service
Chapel

Sunday, April 1, 12 noon
Easter Potluck
Joy Hall

Sunday, April 8, 11 am
Terry McBride guest speaking
Chapel

Sunday, April 8, 12 noon
Potluck
Joy Hall

Sunday, April 8, 1 – 4 pm
Terry McBride Workshop
Chapel

May

Sunday, May 6, 12 noon
Cinco de Mayo Potluck
Joy Hall

Sunday, May 13, 12 noon

Mother's Day Reception
Joy Hall

June

Sunday, June 17, 12 noon
Father's Day Reception
Joy Hall

July

Sunday, July 1, 11 am
Terry McBride guest speaking
Chapel

Sunday, July 1, 12 noon
Potluck
Joy Hall

Sunday, July 1, 1 – 4 pm
Terry McBride Workshop
Chapel

Tuesday – Saturday, July 24-28
INTA Annual World Congress
Embassy Suites Hotel
Phoenix-Scottsdale

September

Sunday, September 9, 12 noon
Luau Potluck
Joy hall

October

Sunday, October 7, 11 am
Terry McBride guest speaking
Chapel

Sunday, October 7, 12 noon
Potluck
Joy Hall

Sunday, October 7, 1 – 4 pm
Terry McBride Workshop
Chapel

Hours and Contact
Office and Bookstore
Monday – Friday
9 am – 4 pm
Phone: 480-830-1074
Email: requests@ccntaz.org
Website: www.ccntaz.org

Sunday Schedule:

11 am, Celebration Service
Chapel

12 pm, Refreshments - Fellowship
Joy Hall

President.....Dr. Blaine C. Mays
Vice President.....Rev. Grace Jackson
Treasurer.....Dr. Mimi C. Ronnie
Secretary.....Dr. Teny Fisher
Director.....Rev. Jean Besich
Ministers.....Drs. Blaine Mays & Dr. Mimi Ronnie
Organist/Pianist.....Dr. Joyce Weaver
Greeters.....Head; Rev. Grace Jackson, Donna Cole, Stacy Jacobs
Prayer Team.....Chair; Dr. Teny Fisher,
Rev. Holly Brown, Ali Dadpour, Rev. Grace Jackson, Rev. Karl Keierleber,
Kathy Scheib, Rev. Susan Sky, Rev. Katherine Winscher
Benevolent..... Rev. Grace Jackson
Director of Adult Education & Fund-Raising.....Dr. Teny Fisher
Saturday Service.....Rev. Grace Jackson
Practitioners.....Rev. Jean Besich,
Rev. Grace Jackson, Rev. Karl Keierleber, Rev. Susan Sky
Website Manager.....Connie Mays
LPMNT School of Ministry Dean.....Dr. Blaine Mays
LPMNT School of Ministry Alumni Coordinator.....Rev. Grace Jackson
LPMNT School of Ministry Sedona.....Revs. Joseph Gorka and Laurel Lee
LPMNT School of Ministry Chicago..... Dr. Alice Brown

Community Church of New Thought
Teaching Unity, Religious Science, and Divine Science
Founders: Dr. Lola Pauline Mays and Rev. Cecil B. Mays
Member: International New Thought Alliance