

Sunday, March 22, 2020 – Sunday Devotion
Love of Spirit Spiritualist Church, NSAC
Potato, Egg and Coffee: Which One Are You?



Here we are with week two. So much has happened in just a week. It seems as if the world is moving so quickly, there isn't time to breathe. Each day brings new news about how people are panicking, getting anxious. It seems the conversation of the day is centered around toilet paper! I've heard songs on YouTube now that are capturing these times.

It's a time when our freedoms have been challenged. For a virus we cannot see, it seems to have taken control away from the strongest willed. It has tamed the most aggressive. More than that, it has brought people together, checking on each other; most important, it's created people genuinely caring about each other.

This past week, the hospital has had as many people as possible work from home. The employees left are needed as priority workers. The building seems so big without all the people who were there just a week prior. This past week, I witnessed employees talking to each other, learning more about their lives. I learned more about my co-workers this past week than the last 4 ½ years. People taking time to build a stronger relationship.

As I talked to one employee, she was talking about putting everything into perspective. She talked about how she worried a little about the people she loved, but she loved her God more and trusted that whatever God has planned, she was going to have faith that it would all be alright. She talked about putting her fears aside and strengthening her faith. She told me she was here to live life and that is what she was going to do.

Lesson on Life:

"Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot, and ground coffee beans in the third pot. He then let them sit and boil, without saying a word to his daughter. The daughter, moaned and impatiently waited, wondering what he was doing.

After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He pulled the boiled eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup. Turning to her he asked, 'Daughter, what do you see?'

'Potatoes, eggs, and coffee,' she hastily replied.

'Look closer,' he said, 'and touch the potatoes.' She did and noted that they were soft. He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.

'Father, what does this mean?' she asked.

He then explained that the potatoes, the eggs and coffee beans had each faced the same adversity— the boiling water.

However, each one reacted differently.

The potato went in strong, hard, and unrelenting, but in boiling water, it became soft and weak.

The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard.

However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

'Which are you,' he asked his daughter. 'When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?'

Moral: In life, things happen around us, things happen to us, but the only thing that truly matters is what happens within us. Which one are you?

As we are now on a stay at home order, I ask that you continue to live your life. Think outside the box. During this age of technology, video chat can help you connect with loved one. Life may have changed a bit, but it doesn't change your relationships with others. Yes, these times we live in a new normal. Maybe our new normal becomes taking care of each other in a way we've not done in the past. God has talked to us for years. It's time to renew our faith to give us comfort to alleviate the fear. It's renewing our faith knowing we have the love of our God has for each of us. It's coming together in support of each other.

I will start a private chat on Messenger this week. If you want to be included in this chat, send an email to: info@yourloveofspirit.com and type YES in the subject line. Include your Facebook name in the content.

As we go through this time of challenge, just know, we have people who can keep commination with you. We need your help. If you want someone to contact you, send an email to: info@yourloveofspirit.com and type CONTACT in the subject line. Include your contact information in the content.

May God keep you safe and well,

Bonnie.

Infinite Intelligence, we come to you during this time of challenge.

God of wisdom, help us know what is best during this time to keep a clear mind.

God of understanding, help us recognize the signs that help us make sense of times of frustration.

God of love, help us learn more about our friends and neighbors in meaningful fellowship.

God of peace, help us find peace within ourselves that we may release our fear and renew our faith.

Amen.

DECLARATION OF PRINCIPLES

1. We believe in Infinite Intelligence.
2. We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence.
3. We affirm that a correct understanding of such expression and living in accordance therewith, constitute true religion.
4. We affirm that the existence and personal identity of the individual continue after the change called death.
5. We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.
6. We believe that the highest morality is contained in the Golden Rule, "Do unto others as you would have them do unto you."
7. We affirm the moral responsibility of individuals, and that we make our own happiness or unhappiness as we obey or disobey Nature's physical and spiritual laws.
8. We affirm that the doorway to reformation is never closed against any soul here or hereafter.
9. We affirm that the precepts of Prophecy and Healing are Divine attributes proven through Mediumship.

PRAYER FOR SPIRITUAL HEALING

I ask the great unseen healing force to remove all obstructions from my mind and body and to restore me to perfect health. I ask this in all sincerity and honesty, and I will do my part.

I ask this great unseen healing force to help both present and absent ones who are in need of help and to restore them to perfect health. I put my trust and love in the power of God.