

April 9, 2020 – Thursday Devotion

*Love of Spirit Spiritualist Church, NSAC*

Things We Need to Hold Onto



It seems the older we get, the more we know what we want and what we like. After a long shift at the hospital, my oversized recliner is like coming home to an old friend. Over time we know what gives us comfort. I remember my grandmother talking about comfort food when I was young and never really understood until I was out on my own and remembered all the wonderful food that was prepared.

Finding comfort in various things and people helps to go through tough times. Having something that brings calm to a situation brings us strength to work through anxiety and stressful times. We live with a physical life that brings challenges and joys. It's through the joys that bring a series of emotions that bring fulfillment to this physical life. The challenges are a part of our life to help us grow.

**Things We Need to Hold Onto** by Ruth Cobb

In this time of great madness, there are many things we all need to hold onto.

Friendships (from a distance, of course),  
sanity (not an easy proposition, under current circumstances),  
and financial security (see previous observation).

As I discovered while ago, there is one more thing it's important to hold tight in my grasp: The large glass jar of instant coffee I keep in the fridge.

In the process of treating myself to the daily cup of coffee and a cookie I usually enjoy, I made the same move I've made a million times before. This time, however, as I attempted to get the lid back on the jar, the whole thing slipped from my hands and went rolling across the kitchen floor clear into the adjoining bathroom!

Mercifully, the jar did not break, but crunchy brown coffee crystals covered a three-foot span of the floor from one room into the next. I was also fortunate that this unexpected occurrence did NOT result in the loss of an excessive amount of coffee (the jar was only about a third full at the time). It DID make a mess!

After hauling the vacuum cleaner to the site and struggling to find and remove all the little grainy brown bits from the vinyl floors, I congratulated myself on the foresight I'd had last week to pick up another jar of coffee. I decided it was also a good thing I hadn't spilled a cup of prepared coffee on any carpeting.

So now I will CAREFULLY raise my cup of coffee and say, "Cheers!" to all of you.

Hold on tightly and hang in there!

**Moral:** You can't put a price on what's important.

One of the biggest challenges many face as humans is losing control over people, situations and personal control. As the story tells of the precious coffee was lost to an accidental act, sometimes our relationship with the Infinite Intelligence is accidently discarded. During times where one feels confident and in control, the "need" for God isn't as great for many as times where the challenge comes into play.

As the story states, the relationship with God can be easily restored. The presence of God is always there in plenty supply. The presence of God is always where the spirit should be, and in plentiful supply. Once our relationship with God is renewed, there is comfort. By having faith in the spirit of God, the reward is the sweet taste of comfort.

May the spirit of God bring you comfort during your day. As the sun shines on these beautiful spring days, the light of God shines to you.

May God keep you safe and well,

Bonnie.

*God of strength, we come to you in prayer not for ourselves, but for others. We pray they find the mystery of silence to hear your comforting words. We pray they find courage to contact those who may help them during lonely times. We pray for love that your spirit may touch them in personal ways not experienced. We thank you for inspiration that we may know how to serve in the spirit of your grace. Amen*

### ANNOUNCEMENTS

**We will be holding a church service on Zoom, Sunday church service time at 5pm.**

If you want to join us Sunday, reply back to this email: [info@yourloveofspirit.com](mailto:info@yourloveofspirit.com)

If you joined us last Sunday you know we were bombed by some trolls.  
By giving you the link through a private email, we may avoid this situation.

- **If you want to continue to support the church**, we have added a “DONATE” button on the first page of our website. <https://www.yourloveofspirit.com/>. Thank you in advance for your continued support.
- **Do you have a story idea that would be suitable to use for the devotions?** To submit your authentic story to for our devotions, send to [revbonnie1216@aol.com](mailto:revbonnie1216@aol.com) and type **STORY** in the subject line.
- **As we go through this time of challenge**, just know, we have people who can keep communion with you. If you want someone to contact you, send an email to: [info@yourloveofspirit.com](mailto:info@yourloveofspirit.com) and type **CONTACT** in the subject line. Include your contact information in the content.
- **We are still unsure when we will be able to meet in person again.** It looks as if the Campus Religious Center may extend the stay at home order. Currently, we are planning on May 3, depending upon the restrictions.
- **For updates** visit our website: <https://www.yourloveofspirit.com/>  
or Facebook: <https://www.facebook.com/YourLoveOfSpirit/?ref=bookmarks>

### 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.