

August 2025

In Times of Uncertainty: Now What?

Sun	Mon	Tue	Wed	Thu	Fri	Sat
August Birthdays: 1—Dave Bartlett 7—Darlene Hubard 13—Shea Delano 14—loyne Jahnke					1	2 10:30am Women's Group
3 10:30am <i>Should We Just Keep Swimming?</i> Rev Billie Martini Birthday/Anniversary Sunday 11:45am Fellowship Noon Prayer Chaplain Mtg	4 4:30pm TOPS 5pm ACA	5 10am Circle of Prayer 10:30am A Course Of Love 10:30am AA 5pm Healing Hands	6 10am SW Vly Enlightenment Ctr Metaphysical	7 10:30am AA 3pm Men's Connections 6pm OA	8	9
10 10:30am <i>Rituals Restore Meaning & A Sense of Certainty</i> Rev Sharon Connors 11:45am Fellowship Noon Town Hall Meeting	11 4:30pm TOPS 5pm ACA	12 10am Circle of Prayer 10:30am A Course Of Love 10:30am AA	13	14 10:30am AA 6pm OA	15	16
17 10:30am <i>Accepting Uncertainty—It Isn't What You Think</i> Rev Cathy Corbin-Mannino 11:45 Fellowship Noon CPR Certification Class 12:30 Talent Show Rehearsal	18 4:30pm TOPS 5pm ACA	19 10am Circle of Prayer 10:30am A Course Of Love 10:30am AA 5pm Healing Hands	20 10am SW Vly Enlightenment Ctr Metaphysical	21 9am Men's Group Breakfast 10:30am AA 6pm OA	22	23
24 10:30am <i>In Times of Uncertainty, We Embrace Change</i> Rev Billie Martini 11:45 Fellowship 12:30pm Talent Show	25 4:30pm TOPS 5pm ACA	26 10am Circle of Prayer 10:30am A Course Of Love 10:30am AA	27 6pm Wellness Drum Circle	28 10:30am AA 6pm OA	29	30
31 10:30am <i>In Times of Uncertainty: Do Something</i> Revs Sharon Connors, Billie Martini, Lei Lanni Burt 11:45 Fellowship Noon Board Meeting 12:30 Choir practice						

“Let us lay aside every weight and fears that cling so closely and let us run with perseverance the race that is set before us, looking to Jesus, the pioneer and perfecter of our faith...” *Hebrews 12: 1-3*

“The future is uncertain...but uncertainty is at the very heart of human creativity.” ~Ilya Prigogine

“Uncertainty is the refuge of hope.” ~Henry Frederic

To my friends on the Path,

I've often heard people say, “It's the dog days of August”. They were, I think, all Chicagoans. August in Chicago is hot and muggy. And most everyone complains—if not out loud, at least to themselves. The air in Chicago is thick and wet. There is a bit of the smell of Fall in the air. Change is afoot as summer crawls to the finish line. If you are a football fan, there is anticipation and hope for a winning season for the Bears. If you're a kid, it's anxious anticipation of the new school year, new people, new classes—a complete unknown, as Bob Dylan sang. Life is a changing, evolving, ever-new experience. Hot, soggy, muggy summers become a magnificent, crisply-cool kaleidoscope of color everywhere. The past is gone, the future is unknown, and it is the present that is a gift as the divine plan seeks to unfold in you and me and everyone. We can't control it all to be as we would have it.

Author and minister, Dennis Merritt Jones, wrote in his book, *The Art of Uncertainty*,

“The need to know is driven by fear and insecurity.” I think it, for sure, happens these days as we watch the news, read the newspapers, watch the stock market. It's all pretty much bad news or, at best, disconcerting. If only we could accurately predict outcomes of the troubles and tribulations we see around us. Or, if only we could know for sure that a decision we are about to or may have to make will prove to be a right and good one.”

This week my friend Keith referred a woman to me for spiritual coaching. She was drowning in her own fear-driven thinking. She had to make a big decision about a 12-year relationship, and she wanted to hedge her bets to assure that she'd like whichever decision she made. In other words, she wanted reassurance that she wouldn't be alone and would still have him—on her terms. It's not going to happen. That's not the way the creative, God-centered life works. It's not what happens when we choose to follow a dream. It's not what happens when we get caught up in plotting our moves to assure we get what we want. She's thinking, for example, about going on a dating site. Hedging bets may work sometimes but they, too, can be unpredictable.

We do have promises, however, that we will not be alone and on our own as we come to the edge of all that we know and take a step into the unknown. The divine spark within you is directly connected to the Source of Wisdom, Goodness, Order, Abundance and Life. In the book of Isaiah, you are promised that God will go before you making straight your way, clearing the path before you.

What's our part? Let go of living in the outside chaos and uncertainty. Get back inside where the divine spark lives. Let go of living in, talking about, worrying about the inside chaos and uncertainty as well as the outside stuff.

Now, let's start with the idea of “taking refuge.” Begin with taking refuge in what you have come to know about God (through your past experiences of stepping out in faith). Keep your mind stayed on that. Take refuge in the Unity teachings or the spiritual teachings that have helped you. Let them help you now. Take refuge in a spiritual community or with people who build you up, support you and honor who you are. Stay away from unfruitful, de-inspiring conversations.

Next, take refuge in sacred rituals that remind you of your divine connection and who you really are—morning prayers, night prayers, breaking bread with loved ones, living from an intention to be a blessing wherever you are and in whatever you are doing. And, do what gives you life—giving thanks to God for it. Don't save sacred rituals for times of uncertainty or special occasions. I think if I—and you—make it a central part of our lives the whole thing of uncertainty becomes irrelevant as we stay spiritually fit and thrive.

P.S. I'm reminding myself of all this right now.

Running the Race with You,

Rev. Sharon