

# Self-Empowerment

Winter 2007-2008

The newsletter dedicated to nurturing personal development

Vol. 15, Number 2

A publication of  Agape Interfaith Ministries

## GIFTS OF FAITH

It was painful to me in my teen years, trying to imagine what I wanted to “be” when I “grew up.” I could not imagine myself capable of becoming the spiritual teacher that an inner voice seemed to call me to be. Based on who and what I thought I was at the time, my vision was limited to trying to fit in, find a career and/or a husband. I did not appear to have the external supports to mirror back to me the song of my heart or to tell me that I could learn over time whatever would be necessary to fulfill my inner purpose.

I had self-esteem issues to surmount, emotional patterns to be healed, and the need for much learning, self-trust, and maturity. I needed self-empowerment!

The journey of a thousand steps began, taking me through a number of educational experiences. Going to college, getting married, having a child, and working my way through a number of seemingly unrelated jobs were outward signs of my education. A combination of psychotherapy and spiritual practices fed my inner growth. A synergy of learning re-ignited my desire to fulfill what I had barely dared to dream over 30 years ago.

I have come to realize that there is an intelligence that is so much more than individual brain power. There is a higher power that is accessible to every one of us. Whether we call it God, Universal Mind, or something else, it is genius beyond our wildest imaginings. That Universal Power can bring all things together for great good. With the advantage of hindsight, I can see that even the life circumstances that seemed difficult became a valuable part of the movement toward expressing the gift that is mine to share.

### Resources

I have been fortunate to participate in several spiritual communities and have met many people who are finding and sharing physical, mental, emotional, and spiritual support for the expression of their gifts. Through connecting with others in faith-based community, I nurtured my own faith in supportive environments.

While some are no longer comfortable with their

childhood concepts of God, many are finding practices that nurture faith in something transcendent that is a guiding light in their lives. Faith allows us to quiet the fearful and doubting ego-mind. Faith opens our minds and hearts to something new, despite the ego-mind’s tendency to replay the past or imagine a fearful future. By fanning the flames of faith we become present to a field of unlimited possibilities.

I feed and expand my faith to allow greater and greater good into my life. How do I stretch my faith?

- ❖ Desire faith.
- ❖ Observe others and learn from them.
- ❖ Lean into the faith of others by imagining their faith as my own.
- ❖ Ask for help and be willing to receive.
- ❖ Share my faith with others.

### My Gifts of Faith

It is difficult to identify all of the gifts of faith, but I have seen evidence of improvement in my patience, clarity, compassion, creativity, generosity, enthusiasm, sense of security, trust, surrender and acceptance. I intend to continue to deepen my faith and nurture positive qualities in my life. They bless me and my hope is that the blessing extends to you.

Blessings and Gratitude,

Your fellow traveler, *Rev Jill*



### In this issue

- *Resta Burnham shares her gift of inspired songs and a healing journey of forgiveness.....page 2*
- *Spiritual Teacher David Hoffmeister speaks of trust that stretches us..... page 3*
- *Resources from Candace & David Paul Doyle offer us new ways to connect with Spirit.....page 4*
- *Margo Ford weaves 12 Powers into a poem to stimulate our faith .....page 4*

## Resta's Gift of Song

In early 1978, at the age of 33, I took a few lessons in playing acoustic guitar. From the day of the first lesson I inwardly "heard" melodies and lyrics. Having no real musical training (a few years of piano lessons as a child), I was frustrated at my inability to write down the songs, arrange them or play them. Although I stopped after ten lessons, I did learn the basic chords and how they went together. That summer I took the guitar along on a vacation to Maine, my home state. There my first "real" song - melody, lyrics and guitar accompaniment - came into being. It was like a Rosetta stone for me that opened a whole world of songs. In September 1978 I joined a group of friends to study *A Course in Miracles* and found that every miracle, every flushing up of unforgiveness, every spiritual experience began finding expression in songs. These early songs were my teachers in composition. In a later era of computer jargon, I would refer to the song-writing process as "downloading" songs. Typically a song would take no more than a half hour from start to finish once I picked up the guitar. Inspirations came from my spiritual readings and teachers, from dreams, from relationships, and from Spirit.

From 1984 to 1998 I put the Course aside and followed another spiritual teaching and teacher, but music continued to flow in these years as the inner work of forgiving, healing and purification went on without letup. On Easter Sunday in 1998 the guidance came to begin working with *A Course in Miracles* once again. Shortly afterwards I was inspired to collect all the songs together in a body titled *Music of Christ*.

### Forgiving my mother

*Dream of your brother's kindnesses instead of dwelling in your dreams on his mistakes. Select his thoughtfulness to dream about instead of counting up the hurts he gave. Forgive him his illusions, and give thanks to him for all the helpfulness he gave. And do not brush aside his many gifts because he is not perfect in your dreams. . . Let all your brother's gifts be seen in light of charity and kindness offered you.*

*A Course in Miracles*

My mother Lillian lived to be 95. In the last seven years of her life she drifted into an Alzheimer's world in which her children disappeared one by one, and then my father. He was still there in the house with her and they had been married 69 years at the time she passed in 2001. He didn't have dementia, but he did

have short term memory problems.

Before I explain further how this song came to be, let me say that my mother was my number one forgiveness teacher in this lifetime. I took all my self-hatred and unworthiness and saw it as coming from her. The first 15 years of intense inner work that began in 1976 were primarily about that relationship. In my mind, over and over: feeling the pain, breaking through to the love underneath, joining with her. Often I would visualize myself as a child in her arms. At other times she was the sad child that I held and comforted.

After years and years of work, one of these sessions ended with a remarkable vision: I was aware that she and I were both men in China centuries ago. S/he was my teacher to whom I was utterly devoted. What a shift in perception! I reflected on what an amazing gift of love it is to show up in a beloved's life as one who must be "forgiven".

I was very much at peace with my mother in 1999 when "Remember Me Gentle" was written, although other family members were not. I had been thinking about my parents and wondering what they would say to their children if they had the awareness and desire to communicate with us. Immediately this song began flowing in my mind. At the time I was a member of New Thought Unity Center in Cincinnati, OH, and I shared this song one Sunday. I asked everyone to think about someone from the past with whom they were not completely at peace, possibly someone who had passed away, and I suggested that they visualize the person singing this song to them. Many were moved by the experience, and I loved the thought that my mother (teacher) and I had joined to bring healing to others.

When my mother died in May, 2001, I read the song lyrics at her funeral.

Song: "Remember Me Gentle" (Volume 3, Track 5)

Remember me gentle. Remember me kind.  
Remember the sweet warmth of your hand in mine.  
Remember me doing the best I could do.  
Remember me feeling how much I love you.  
Forget my impatience, the words that could hurt.  
Forgive me my blindness, not seeing your worth.  
My mistakes have been many but let them not hide the goodness and blessings and joy in our lives.  
Remember the laughter and smiles that we shared.  
Remember that always within me I've cared.  
Remember me thinking how precious you are.  
Remember me holding you safe in my heart.  
Forget the illusions of distance or years.  
Our spirits are ageless and love brings us here to share what our souls know has ever been true:  
I love you. I love you. I deeply love you.  
Remember me gentle. Remember me kind.

Remember the sweet warmth of your hand in mine.

Remember me doing the best I could do.

Remember me feeling how much I love you.



### **About Resta and her music:**

*Resta Burnham now offers 13 volumes of songs of the spirit, each with approximately 3 hours of beautiful soul-enriching music and lyrics. Books of lyrics combined with quotes from A Course in Miracles are also available.*

*Fans have described the effects of this gentle music as "profound", "inspiring", "uplifting", "powerful", "healing", and a "blessing".*

*For many students of ACIM, the music is a helpful tool for absorbing the profound ideas of the Course in a way that gently bypasses the intellect and goes straight to the heart.*

*For more information contact: Resta Burnham, Remember to Laugh Productions, Inc., 7535 Higdon Court, Indianapolis, IN 46214 [www.acimmusic.com](http://www.acimmusic.com) c:317-354-3780 [restasmusic@mac.com](mailto:restasmusic@mac.com)*

Here is another song by Resta –

## **JOINING SONG**

One heart, one mind, one life in God, one faith that love is true: If we agree to heal the pain, all pain we can undo.

*In our joining there is power.*

*In our joining we are whole.*

*The choice for peace is ours.*

*God placed it in our soul.*

We see a world that seems so dark with violence and fear. But underneath the cries of hate, the cry for love we hear.

*In our joining there is power.*

*In our joining we are whole.*

*The choice for peace is ours.*

*God placed it in our soul.*

A house united will not fall, but holds us safe inside. A house of faith we build today where peace and love abide.

*In our joining there is power.*

*In our joining we are whole.*

*The choice for peace is ours.*

*God placed it in our soul.*

One heart, one mind, one life in God, one faith that love is true: If we agree to heal the pain, all pain we can undo.

*In our joining there is power.*

*In our joining we are whole.*

*The choice for peace is ours.*

*God placed it in our soul.*

Resta Burnham

(*Music of Christ* Vol.3, Track 17)

---

## **Letting Go and Trusting God**

by David Hoffmeister

Greetings Beloved,

Follow your heart on a journey of discovery. Listen to the Voice within and do what It says, even if it sometimes doesn't make sense according to what you believe are your "personal" best interests. Your passion to discover the Truth will guide you on and draw others along with you. The journey is about forgiving the past and remembering the Love that is ever-present. Love waits only for welcoming and acceptance. When the heart is ready, the witnesses will appear. If you make ready the Altar of your mind, God will come into awareness. God is always present.

Innocence is unfettered by the laws and ways and thinking of the world. With faith to just take the next step, Life takes care of Life. Contentment and happiness come from simple non-judgment, extending love, and letting go of the idea that you really know what anything of this world is for. The journey is simply a yielding or surrender to What Is. When you give up trying to control the direction of the wind, the feather of serenity will gently make its way to you. You are the Restful State of Divine Mind. Bask in What You Are Deep inside.

Many Blessings dear brothers and sisters,  
David

*David Hoffmeister has traveled extensively, sharing the message of God's Unconditional Love for all. David lives a simple life of trust and shares the message of Oneness through the Foundation for the Awakening Mind. Visit [www.awakening-mind.org](http://www.awakening-mind.org)*

---

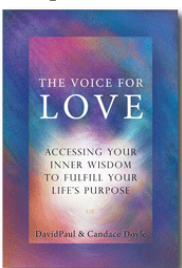
# ***The Voice for Love*** **Book, CD, and Home Study Program**

DavidPaul and Candace Doyle have a gift for teaching people to access that inner guidance that is known as the Voice for Love, the Voice of God, or the Holy Spirit. They have been teaching through books, CD's, workshops, and now a 10-week audio home study program. The home study course includes:

- Over 25 hours of recorded audio instruction from DavidPaul and Candace
- 16 hours of interviews with other experts in the field of hearing God's Voice
- Online access to the Doyle's entire 8-disc audio book
- The opportunity to connect with and be supported by other Home Study Participants
- The opportunity to work with DavidPaul and Candace directly throughout the Program
- Detailed course instructions and a 50 page Home Study Guide that will walk you through class worksheets, homework and reading assignments, and all the steps needed to successfully complete this advanced program.
- Plus a free copy of the Doyle's highly-acclaimed ground-breaking book, *The Voice for Love*, and access to their newly-designed online book journal



Candace and DavidPaul Doyle have been sharing God's Voice since 1994 when Candace first started hearing this Voice within her as a distinct and conversational voice. To support others in hearing this Voice within them, they wrote *The Voice for Love: Accessing Your Inner Wisdom To Fulfill Your Life's Purpose*.



For Books, CD's, Home Study, or Spiritual Counseling, contact:  
**The Voice for Love Foundation**  
**P.O. Box 3125**  
**Ashland, OR 97520**  
**(541) 488-0426**  
**Email: [love@thevoiceforlove.com](mailto:love@thevoiceforlove.com)**

## ***A Course in Miracles* study groups**

Open your mind and heart to the consciousness and experience of miracles. Share in the peace and joy that results from changing your perceptions.

### NE Philadelphia

1st & 3rd Sundays, 7:30 - 9:00 pm

1100 Friendship Street

Corner of Friendship Street & Algon Avenue,  
4 streets south of Cottman Avenue (Route 73)

### Moorestown, NJ

2<sup>nd</sup> & 4<sup>th</sup> Mondays, 7:00 – 8:30 pm

Center for Conscious Living

302 N. Washington Avenue, #101

For info call Rev. Jill Sabin Carel 215-742-0552.

---

## **12 Powers Shape My Life**

I choose to live my life with zeal,  
And every moment faith to feel,  
So strength can be what I'm about  
Through renunciation of all doubt.

I have the power to succeed  
And all the wisdom that I need  
To let order out of chaos reign,  
Through understanding on a deeper plane.

My imagination lights a million fires.  
My will gives shape to these desires,  
So that life is good, fulfilled and free.  
And Love is who I choose to be.

Rev Margo J. Ford

*Charles Fillmore, co-founder of Unity (publisher of the Daily Word magazine) believed and taught that we each have 12 powers within us that allow us to co-create our lives with God. The 12 powers are woven into this poem by Rev. Margo J. Ford.*

*Find the 12 Powers and consider how they are working in your life: faith, imagination, life, love, order, power, renunciation, strength, understanding, will, wisdom, and zeal.*



# Quotables

Take the first step in faith. You don't have to see the whole staircase, just take the first step.

– Dr. Martin Luther King Jr.

\_\_\_\_\_ / \_\_\_\_\_

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.

– Dale Carnegie

\_\_\_\_\_ / \_\_\_\_\_

No matter how chained to the rock you may feel yourself to be in any situation, the divine Spark in you is steadily moving you toward your full unfolding.

– Jacquelyn Small

\_\_\_\_\_ / \_\_\_\_\_

Faith is like electricity. You can't see it, but you can see the light.

– Anonymous

\_\_\_\_\_ / \_\_\_\_\_

To one who has faith, no explanation is necessary. To one without faith, no explanation is possible.

– St. Thomas Aquinas

\_\_\_\_\_ / \_\_\_\_\_

Be faithful in small things because it is in them that your strength lies.

– Mother Teresa of Calcutta

\_\_\_\_\_ / \_\_\_\_\_

The smallest seed of faith is better than the largest fruit of happiness.

– Henry David Thoreau

\_\_\_\_\_ / \_\_\_\_\_

Fear knocked at the door and faith answered. No one was there.

– Old English Proverb

\_\_\_\_\_ / \_\_\_\_\_

Faith is no irresponsible shot in the dark. It is a responsible trust in God, who knows the desires of your hearts, the dreams you are given, and the goals you have set. He will guide your paths right.

– Robert Schuller

\_\_\_\_\_ / \_\_\_\_\_

Faith is not something to grasp, it is a state to grow into.

– Mahatama Gandhi

\_\_\_\_\_ / \_\_\_\_\_

Faith is the highest passion in a human being. Many in every generation may not come that far, but none comes further.

– Soren Kierkegaard

\_\_\_\_\_ / \_\_\_\_\_

Something wonderful is happening to me right now. It is this thing called life. Life is in my mind. Life is in my body. Life is in my affairs. I receive it. I share it. I am it and I accept it. Just the way that it is, and just the way that it is not. Thank you, life. Amen.

– Peggy Bassett

\_\_\_\_\_ / \_\_\_\_\_

# Daily Word

*My faith in God sustains and nurtures me.*

I may not always understand the reasons that my life is unfolding as it is. I have faith, however, that events and circumstances come about for my highest good.

Taking a moment to be still, I listen. Placing my complete trust in God, I wait in the silence. Inviting God's spirit within me to act through me, I follow as God leads me. The outcome may not appear in the way I had expected, but it will be the right one for me and for those I hold in prayer.

My faith can never be too small. It is an absolute connection to God and my ultimate promise of well-being. Whether I am holding onto a tiny grain of faith or I see my faith as a mountain of possibilities, it sustains and nurtures me.

"If you had faith the size of a mustard seed, you could say to this mulberry tree, 'Be uprooted and planted in the sea,' and it would obey you."—Luke 17:6

*Reprinted with permission of Unity®, publisher of Daily Word®, Unity Village, MO 64065. One year subscription \$12.95. Customer Svc: 1-800-669-0282. To receive the Daily Word message by email, visit [www.dailyword.com](http://www.dailyword.com)*

Agape Interfaith Ministries  
1100 Friendship Street  
Philadelphia, PA 19111



## PUBLICATION INFORMATION

Self-Empowerment is published quarterly (4 issues/year)  
Publisher & Editor-in-Chief: Rev. Jill Sabin Carel, B.S., RScP  
Editor: Michael P. Tunney  
Agape Interfaith Ministries, 1100 Friendship Street,  
Philadelphia, PA 19111 Phone: (215) 742-0552  
Email: [Jilleroni@juno.com](mailto:Jilleroni@juno.com) Web: [www.AgapeInterfaith.org](http://www.AgapeInterfaith.org)

Subscriptions are available without charge, but tax-deductible donations are gratefully received to support the printing and mailing expenses of this publication. A suggested donation of \$5 or more per year is invited.

To be added to the Self-Empowerment mailing list, you may call, email or mail your clearly printed name and address to Agape Interfaith Ministries.

Submission of letters, questions and articles are welcome and encouraged. We reserve the right to edit. Please note on any correspondence if you wish your name to be withheld. We publish under One-Time Rights (rights revert to writer's ownership after publication).

Entire contents © 2007, Agape Interfaith Ministries.

*Blessings to you!*

**The mission of Agape Interfaith Ministries is to encourage, support and inspire a deepening conscious relationship with Divinity for the greater experience of wholeness, abundance, love and peace. We serve to elevate consciousness through individual and group educational activities, and community service.**