

Rev. Mary Anne Harris an autobiography in 12 parts ..

Here we stand poised on a whole new adventure together. So I felt that it was important for you to get to know me just a little better, even as I am meeting and getting to know all of you.

I was born and raised in Akron, Ohio eldest child of Bob and Joan Nau. We lived in the shadow of the Firestone Tire & Rubber Factory and my grandfather actually worked for and knew Harvey Firestone.

Our family was not big on gift giving at Christmas because my parents felt it was more important for their children to know our country. So each year we would plan a travel vacation. Our biggest family trip was the summer of 1967, the year before I graduated from High School, when 5 children, 2 parents, one gas credit card and \$500.00 cash piled into our '67 Chevy Impala heading for California to visit my dad's brother's family in San Diego.

My job was to be the map reader and trip historian. I would labor over the AAA Triptiks and the maps and guided dad over the 3000 mile plus trip, giving a daily account of our journey, the miles we covered and the money we spent.

When I came for the interview this past October I was sure we had come through Tulsa, but after all it was 40 years ago. When I returned home I dug that old journal out and sure enough, I have been here before.

Here is the entry:

Up at 5:00am and we left the Ozarks. We stopped at a typical Ozark town of Eureka Springs, Ark., we bought some rolls and went to a mountain-look out for a coffee break.

So today dad messed up on the map and we went an extra twelve miles. From that mess we crossed into Oklahoma into Tulsa, the oil capital of the world. From here we hit route 66 and headed dew west. Saw real oil wells all along the road. Driving on into Oklahoma City around 4:00pm. Tonight we are into a tornado watch, one hit a town about five miles north and killed two people.

421 miles \$5.75

To be continued

Spiritual Tools for Daily Living

CLIMB EVERY MOUNTAIN



UNITY CHURCH OF CHRISTIANITY

REV. MARY ANNE HARRIS

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OUR SPIRITUAL TOOLS

FAITH

THE ABILITY TO BELIEVE IN MYSELF AND IN GOD

DISCIPLE: SIMON PETER

COLOR: ROYAL BLUE

MONTH: JANUARY

1. Where do our 12 powers come from?
The life-giving Spirit of God
The Christ within—our connection to the divine
Jesus fully lived his divine nature
2. What is faith?
“Now faith is the assurance of things hoped for, the conviction of things not seen.” Hebrews 11:1
Faith is the perceiving power of the mind
Faith is a power
I must choose to believe
3. Simon Peter—”Rocky”
(Jesus said to them) “But who do you say I am?” Simon Peter replied, “You are the Christ the Son of the living God.” And Jesus answered him, “Blessed are you Simon Bar-Jona! For flesh and blood has not revealed this to you, but my Father who is in heaven. And I tell you, you are Peter and upon this rock I will build my church.” Matthew 16:15-18

Steadfast, foundation, earth, mountain
Sway back & forth, rock music
Just because our faith **rocks** doesn't mean it crumbles!

EXERCISES WEEK ONE

Warm up exercises

Develop a heart of gratitude
Be willing to be changed at depth

Get Committed

What issue are you willing to focus on over these next 12 weeks as a way to learn how to use these 12 spiritual tools?

Questions to ponder

- Do you believe that your life is an expression of the Divine?
- Do you believe that you have everything to spiritually see you through any situation?
- Do you believe that you are always connected to the Divine—regardless of what you have done or failed to do?

Exercises

- I choose to believe that there is a Source, an ultimate reality, an infinite intelligence in back of all things that is everywhere present.
- I choose to believe that I have the power to believe in myself.
- Repeat each exercise several times a day.

Suggested reading:

Your God Given Potential

Winifred Wilkinson Hausmann