

## **John Patrick Harris, an autobiography..**

I was born and raised in Alameda, California, a little town across the Bay from San Francisco. I have an older brother Mike, who lives in San Ramon, California and a younger brother David, who lives in Conway, AK. My parents have both passed several years ago.

My family attended the First Congregational church in Alameda for many years. I was active in the Sunday School and youth programs. In high school I was involved with the orchestra playing a mean bass. It was a good time and in my junior year we produced the musical, Oklahoma! I have considered looking up my high school music director to share with him the news of my living here!

I worked odd jobs to support myself through school when I finally got involved with a local realtor and decided I could do this job! I had a special passion for helping people who were trying to buy their first home. Although the market at that end was not as lucrative, I found a great deal of satisfaction when I handed the couple the keys to the front door!

I married, but as these things happen, my first wife and I divorced about 4 years later. It was during that time when things didn't seem to be going my way that a friend invited me to a 12 step support group, co-dependants anonymous, that was held at the Unity church in Fremont. Some of the people in the group also attended the church and would speak of events or things that were happening there and their minister, a woman!

One Sunday there was some event and a group of us decided to go. It was nice to walk into the door of the church and see some familiar faces. I felt welcomed and at home. Then out comes this redhead and they told me this was the minister—seriously, the minister?

Over the course of the next several years I got more involved with the church and got to know Mary Anne better and better. The more I knew her the more I liked her. One day after a class that my friend Sherry and I took from Mary Anne, she said to me, "Patrick when are you going to ask Mary Anne out?" Gulp, was I that transparent?

To be continued

**Spiritual Tools for Daily Living**

### **THE SACRED DANCE**



**UNITY CHURCH OF CHRISTIANITY**

**REV. MARY ANNE HARRIS**

**JUNE 22, 2008**

# OUR SPIRITUAL TOOLS

## *LIFE*

### *THE ABILITY TO ENJOY THE NOW MOMENT*

DISCIPLE: JUDAS ISCARIOT, MATTHIAS

COLOR: RED

MONTH: DECEMBER

1. Our greatest challenge  
To be present to life  
Stop wishing our lives away
2. Our spiritual gift of life  
Our ability to enjoy the now moment  
To be present to the here and now
3. What is Life?  
God - the source of Life, Love, Intelligence and Power  
Panentheism: God in all, all in God
4. What do we know about life, from our life?  
Evolving, miraculous, renewing
5. Why is it hard to be present?  
Adam & Eve; Gen. 3:1  
The pull of the sensual, we lose peace of mind  
What is “wrong” with today?  
Judas Iscariot—the disciple who betrayed Jesus  
Matthias (Acts. 1:12-26)-given completely to God
6. The sacred dance of the human/divine  
Practice being “present” to life  
Georgiana Tree West—I am the radiant life of God!

## EXERCISES WEEK TWELVE

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### 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 rarely, infrequently, frequently find yourself wishing you were somewhere else?
- Can you think of a miracle or two in your life?
- What is “wrong” with today?
- Have you ever felt “betrayed” by your body?

### Exercises

- Reflect for a moment upon your conception and how miraculous an event that was—a one in a million chance that you would be here.
- Recite: I am the radiant life of God, the health of God, the strength of God, vitality, energy, vim of God. I am the radiant life of God! I am, I am, I am!
- Repeat each exercise several times a day.

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Suggested reading:

***Your God Given Potential***

Winifred Wilkinson Hausmann