

UNITY
CHURCH OF BAKERSFIELD
"A POSITIVE PLACE TO GROW!"

Today's Lesson
One Cookie or Two
Power Point notes available at:
www.unityofbakersfield.org

One Cookie or Two

Studies were done with children to see if how their sense of patience was being developed. When given the choice of having one cookie now or two in an hour, the children who were able to wait did much better in life.

One Cookie or Two

EKR & DK share this story about a lesson of patience:
Jessica had one of those magical fathers—fun, adventurous, and a little mischievous. But he was also unpredictable, often disappearing for weeks, even months, at a time after he and Jessica's mother divorced.

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Through-out her teenage years Jessica remained close to him and always knew her father was going to disappear when he brought her a gift. Just as she would start to open the gift, her father would stop her. "Patience, Jessica," he would say, "this is a gift for later." After many days or weeks, when she was really missing him, her mother would tell her to open the gift. This exchange with her father would continue well into her adulthood.

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One day he left and did not return. Months passed without a word and Jessica became very concerned and filed a missing persons report. Four years later the call came. Her father had been found in a nursing home in Las Vegas. Not until he was admitted to a hospital for treatment of an acute infection had his name been noticed on a missing persons list. Oddly enough, the nursing home told Jessica that her father repeatedly stated he had no family.

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When she arrived in Las Vegas she found out what was going on. Her father had Alzheimer's disease. She was glad to have found her father but heartbroken to learn of his condition and his inability to recognize her. Jessica had him moved to a care facility close to her home. She prayed and prayed that his condition would improve, just a little so she could converse with him like she use to.

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She recounts: "I thought that this was just like him, always trying my patience. I always thought that if I was just patient, sooner or later his memory would return. Day after day, week after week, I visited him. I was so angry; here he was and yet I didn't know this person and he didn't know me. The only thing occupying my mind right now was the patience it took to care for him. I tried to remember that the father I knew was in there, somewhere."

One Cookie or Two

The only thing I could do was be patient."
Jessica's father came down with pneumonia and eventually died. A year after his death, while preparing for a garage sale, Jessica came across her old answering machine. Her voice cracked as she said, "I thought I'd test it before putting it up for sale, so I plugged it in and pushed play. I couldn't believe what I heard. It was my father's last message. I had heard it when he left, but not since then."

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He said, "Jessica, honey, just wanted to let you know I am leaving, I hope you always remember while I am gone, I think of you every day, even if we don't get to talk to each other. I know you worry about me, but I want you to know I am fine where I am. I love you dearly and look forward to seeing you again."
"That was my father—always teaching me patience. It was just like him to leave me one more gift, to be opened later."

One Cookie or Two

GOD HAS PERFECT timing; never early, NEVER LATE.
It takes a little PATIENCE AND A WHOLE LOT of faith... BUT IT'S WORTH THE WAIT.

In his letter to the Romans, Paul exalted the virtue of patience. "While tribulation causes patience, patience brings experience, and this experience gives us hope." (Rom 5:3-4)

One Cookie or Two

What patience has taught me:
Patience is something you cannot buy.
Patience cannot be inherited.
Patience cannot be given to you in any way.
Patience is an attitude of mind that you alone must develop and nourish until it becomes an established, automatic, and effortless response in the face of problems that seem to take endless amounts of time to solve.

One Cookie or Two



One Cookie or Two



As EKR points out:

Patience is clearly an important asset in our lives, yet so many people will stand in front of their microwaves thinking, "Hurry up!"

One Cookie or Two

Have you noticed that the more technology drives society the less and less patience we have? What can be done?

First we can start to understand what all the great spiritual teachers have told us. Patience truly is a virtue. One that must be practiced daily. EKR and DK give us some insights on how to begin the practice:

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- 1) The key to patience is knowing that everything is going to be fine, developing the faith that there is a plan.
- 2) Patience is like a muscle that must be exercised regularly if we expect it to help us move through life.
- 3) The root word for patience comes from the Latin word *pati* (*pa tay*) which means to endure.

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- 4) Your experiences in life lead you to believe that they are about your health, work, love life, relationships. They aren't. They are about the love, compassion, humor, and patience you bring to your life and its situations. Remember your situations are the effects of you as cause.

One Cookie or Two

- 5) The universe is only concerned with who you show up to be, and it will bring into your life whatever you need so that you can become the person you're suppose to be. The key in this process of being lies in trusting and having patience.

One Cookie or Two

Some of you may relate with this story about one mother's application of patience in her life with Jr:

Making Brownies with Mom

1. Remove teddy bear from oven and preheat to 375.
2. Melt 1 cup of margarine in saucepan.
3. Remove teddy bear from oven and tell Jr "no, no."

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4. Add margarine to 2 cups of sugar. Take shortening can away from Jr and clean cupboards.
5. Measure 1/3 cup cocoa.
6. Take shortening away from Jr., again and bathe cat.
7. Apply antiseptic and bandages to scratches sustained while removing shortening from cat's tail.

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8. Assemble 4 eggs; 2 tsp. vanilla, and 1-1/2 cups sifted flour.
9. Take smoldering teddy bear from oven and open all doors and windows for ventilation.
10. Measure 1 tsp salt; 1/2 cup nuts and beat all ingredients well.
11. Let cat out of refrigerator.
12. Pour mixture into well-greased 9x13 inch pan. Bake 25 min.

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13. Rescue cat and take razor from Jr. Explain to him that you have no idea if shaved cats will sunburn. Throw cat outside while there's still time and he's still able to run away.
14. Mix frosting ingredients in saucepan.
15. Take burnt teddy bear out of the oven and throw it away - far away.
16. Add 1/3 cup milk, dash of salt and boil frosting mixture for 2 min.

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17. Answer door and apologize to the neighbor for Jr having stuck a garden hose in man's front door mail slot. Promise to pay for ruined carpet.
18. Tie Jr to clothesline.
19. Remove burned brownies from oven.
May you go forth this day with the patience of Job!