

Golden Bowl Service  
(To be used the last Sunday in December)  
Compiled by Rev. Nina Russell

Set up for Golden Bowl Service

In front of the pulpit, have a table with a white pillar candle on it, with simple holiday greenery or decorations. In front of the candle, have a golden bowl or basket, which will be used to put envelopes in. Be sure to light the candle before the service.

Use regular lights for this service.

In bulletins put 2 or 3 sheets of folded paper and an envelope. Have pens handy. Have something hard for them to write on - such the back of the hymnal. Cue organist that you will read and explain the words of the hymn before singing it. Have to cut out some of the normal service to fit time frame.

Items needed:

pens

paper

envelopes

a golden bowl or basket

trash bag or trash basket

white pillar candle

table with simple Christmas decoration

Golden Bowl Ceremony

Introduction

As this is the end of the year, it is a time for releasing the old and looking forward to the New Year. But do we want the old year to be like the new year? Unless we want more of the same, we must release the old, - old attitudes, heartaches, resentments that hold us back from our good. The past does not have to equal the future.

Part 1

The first part of our Golden Bowl Ceremony is releasing. In your bulletin is blank paper. Write down what you would like to get rid of in your life. You don't have to write in complete sentences, a word or two that is meaningful to you will do. You have 3 minutes to do this. And don't be afraid to write anything for at the end of the 3 minutes, you will tear it up.

(TIME 3 MINUTES)

Now it is time to tear the paper up, symbolizing releasing the old, getting rid of unwanted or used up attitudes or situations in your life. The ushers will come by with a trash basket in which you can deposit the torn paper.

## Part 2 – Visualization

Let us now understand the difference between a vision and a visualization. When you are praying, meditating or the like, and a scene comes to you, this is a vision. A vision is something that comes to you unbidden. On the other hand, a visualization is something you consciously create with your mind. We are now going to create a visualization to help you release whatever you need to release.

Close your eyes and settle comfortably in your chair. Imagine that you are drawing a circle around you on the ground at arm's length on the floor, so that the radius of the circle is the length of your arm with fingers extended. Visualize this circle as a tube of gold light, like sunlight. Do not hurry or strain to see it, but rather allow it to appear in your mind's eye.

When you are satisfied that you are in the center of a circle of gold light, visualize a similar circle in front of you, just barely touching your own, but not overlapping yours. Now put one thing or all of the things you would like to get rid of in your life in the circle in front of your own.

When you can see the two circles clearly, and you are clearly in the center of your own space, visualize a pale blue neon light flowing inside the golden tube, starting at the point where the two circles join and moving in a clockwise direction, first around the other circle, then around yours. Now watch the blue light continue on around the left side of your own circle, around behind you to your right side, then back again to where they meet, making a figure eight. Continue to watch this flow of blue light in your mind's eye for a minute (Pause for a minute)

You may discontinue the circle visualization now.

In order to be truly effective, this exercise needs to be repeated regularly as the subconscious mind understands pictures and symbols more easily than words, but they have to be regularly repeated for the intended message to be received and acted upon. The times best suited for beaming messages in this way is just as you are awakening from sleep and again as you are about to go to sleep, for that is when you are close to your subconscious mind  
(From Cutting The Ties That Bind by Phyllis Krystal)

## Section 3

Please turn in your hymnal to page 211 – Oneness (This is Unity's Wings of Song Hymnal)

I will first read the words - "I now let go, there's nothing to fear. I now let go, there's nothing to fear." And so often it is fear that keeps us from releasing that which is no longer useful to our lives.

"I realize there's only one power. I realize there's only one power." God is the only power in this universe. As we realize and acknowledge that Truth, our lives can change in proportion.

"I realize I'm one with the One. I realize I'm one with the One." We are not separate and apart from God but one with him. This means that wherever we are, in any locality or situation, we can call on God and receive angel thoughts that guide, guard, inspire and protect us. We are never apart from "the still, small voice."

Let us now sing this hymn.

## Section 4, Creating a new reality

Isaiah said "Where there is no vision, the people perish." Jesus said: Whatever you ask in prayer, believing, you shall receive." Ask yourself – what would you like in your life? What is your vision? Is what you want within your reach? Yes, if you remember it is with God's hand that you are reaching. Make no little dreams. They have no power to stir our souls.

Use the paper remaining in your bulletin to write down what you do want in your life or what you want to accomplish. (Be silent for several minutes until you see that the people are finishing.)

When you are finished writing, address the envelope in the bulletin to yourself. Put the paper in the envelope and seal it. You will receive it in the mail next December so you can see what you did accomplish.

The ushers will pass the Golden Bowl for you to deposit them in.

(Bless the requests and say "Lord, this or something better!")

Section 5, Responsive Reading: – New Beginnings (Hymnal Page 528)

Let us now turn in the hymnal to page 528, Responsive Reading # 12 (Unity's Wings of Song Hymnal)

Leader: If any one is in Christ, he is a new creation; the old has passed away, behold, the new has come. (II Cor. 5:17)

Response: I AM not bound by the past. I AM made new in Christ.

Leader: This is a new day!

Response: Through the power of the Christ in me, I see myself in a new light.

Leader: This is a new day!

Response: Through the power of the Christ in me, I see my strengths; I count my blessings.

Leader: This is a new day!

Response: Through the power of the Christ in me, I release the old: I behold the new.

Leader: God has placed within us all that we need for full and joyous lives.

Response: Through the power of the Christ in me, I accept my divine inheritance.

Leader: And he who sat upon the throne said, "Behold, I make all things new," (Rev. 21:3)

Response: This is a new day. Through the power of the Christ in me, I begin anew.

Section 6 - Affirmations

Please close your eyes and listen with your heart. Let the words sink into your mind.

I see myself as a spiritual being.

I am spiritually endowed with everything I will ever need for my eternal ongoing.

I lack nothing.

I live in a universe of life, love, substance, and intelligence. My purpose in being is to release the life, love, substance, and intelligence of Spirit within me.

I rejoice in the "possessions" of my life, but I am not possessed by them.

I rejoice in the people in my life, but I do not bind or hold them to me possessively.

I rejoice in the experiences of my life, but I do not look back and long for the past.

I live today enriched by experiences of the past but free in the eternal now!

I hold no grudges.

I do not use the word "blame."

I am a spiritual being, capable and strong in accepting the responsibility of my own person.

In the realization of my spiritual self I find my oneness with my Christ within.

I am inwardly guided, outwardly protected.

I walk the way of this earth doing that which is mine to do.

I am not possessed by anyone or anything.

I am free in the warm, healing, loving realization that I am a child of God.

And so it is - Amen.