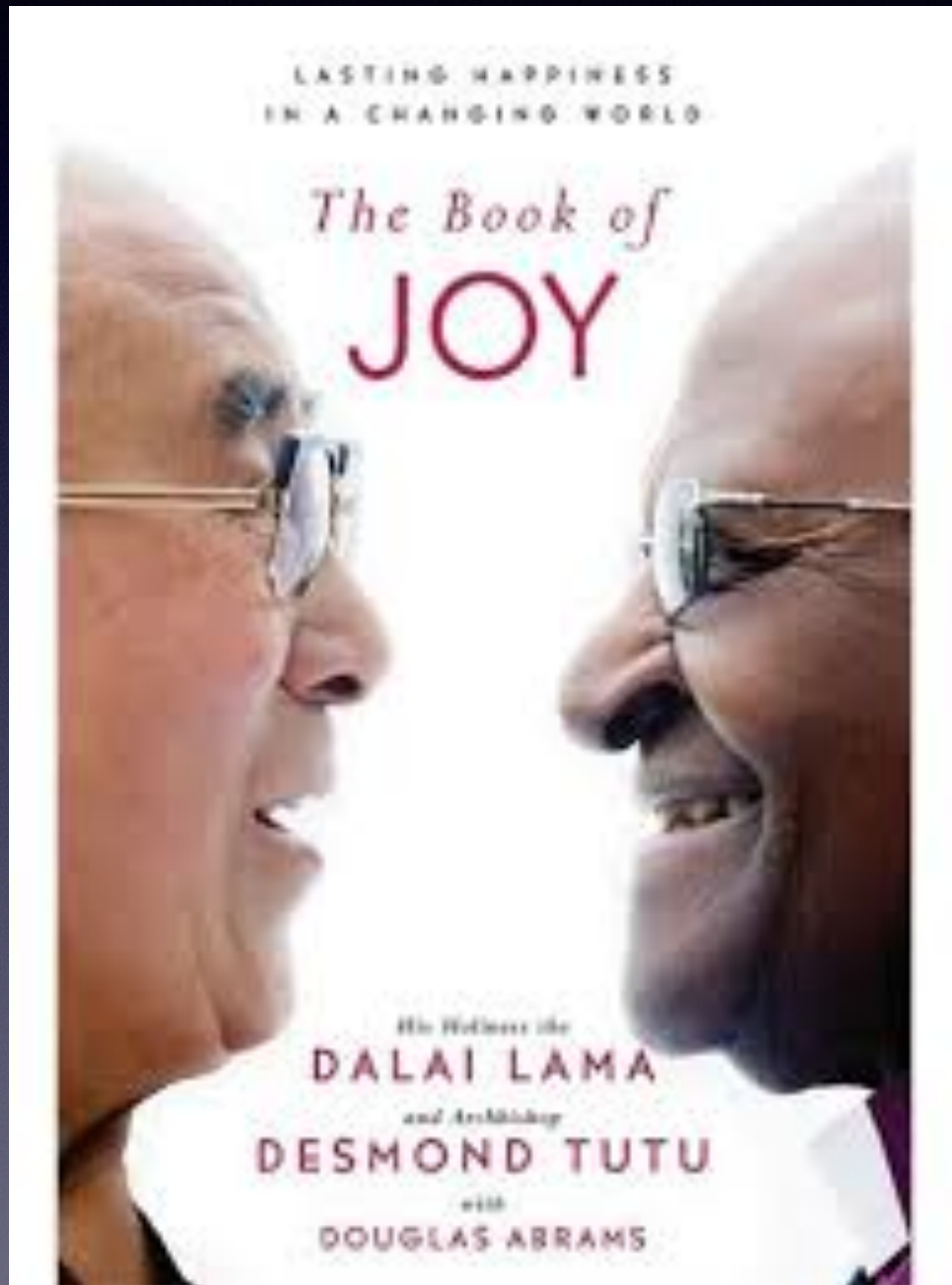


# The Book of Joy



Holy Manners Bookstudy 41

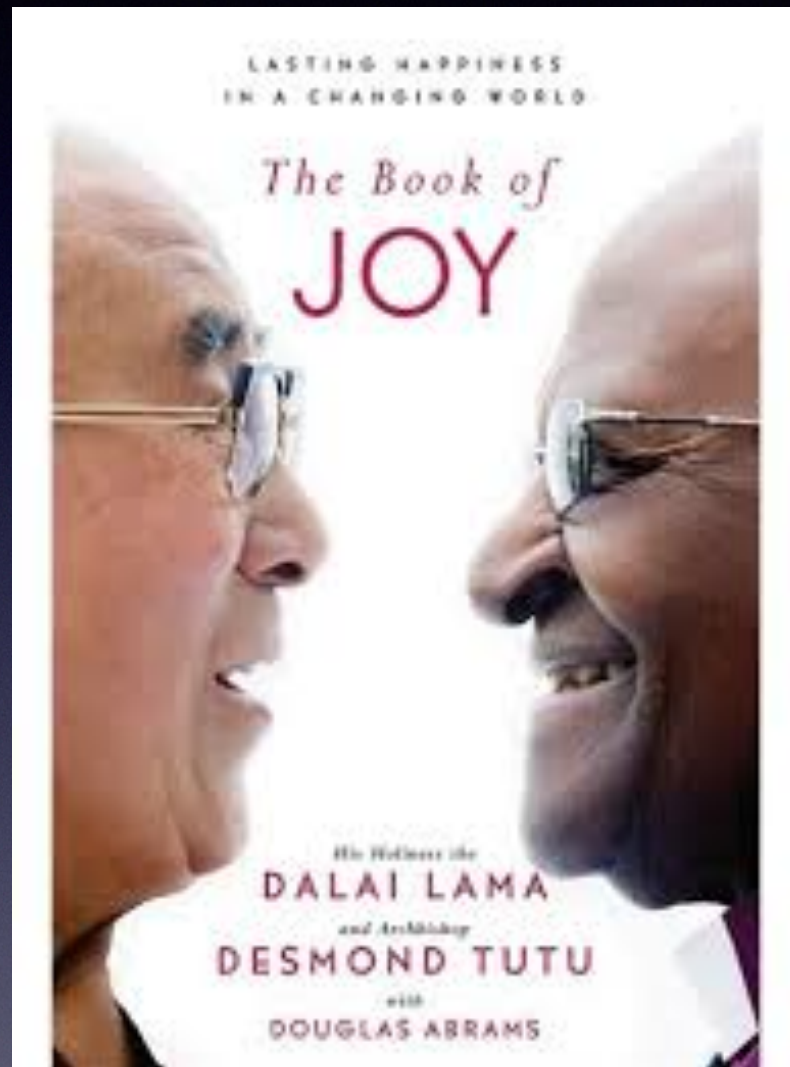
ACTS  
Fall 2018

St David's United Church  
Calgary



# Opening



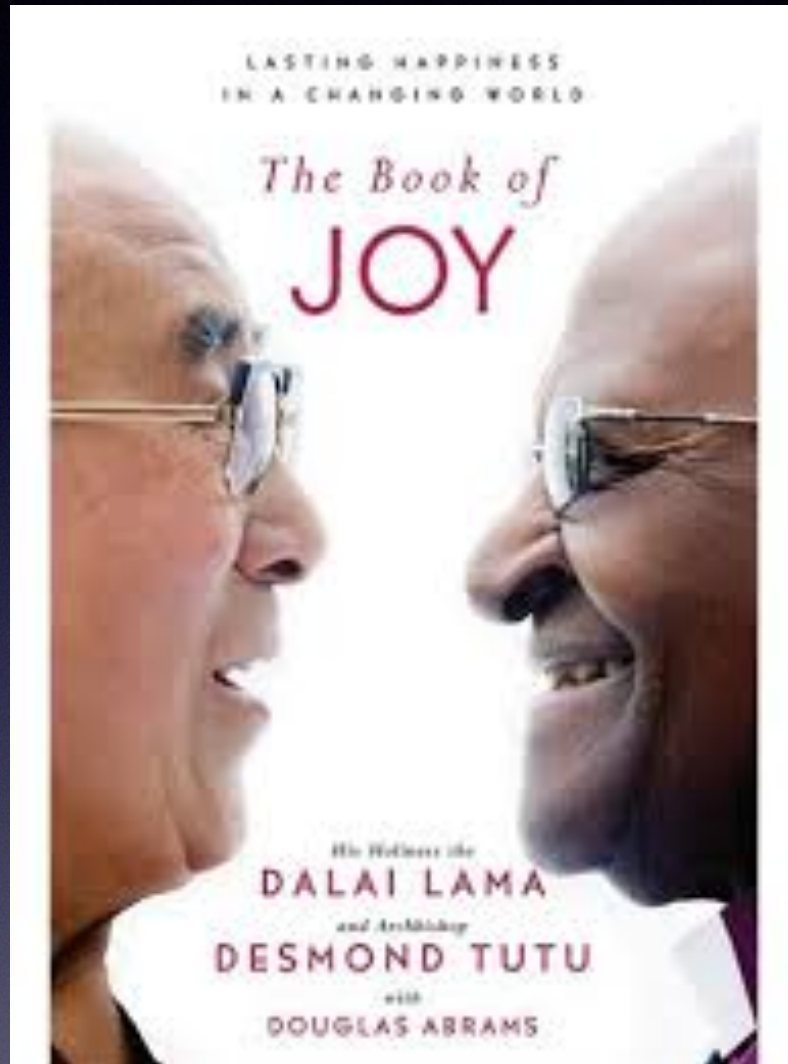


# SESSION 6

## Welcomes & Housekeeping



# Themes for the Evening



## Part I

### The chapters:

Suffering and Adversity -  
Passing Through Difficulties

Illness and Fear of Death -  
I Prefer to Go to Hell



# **Special Points from these chapters:**

## **"Exile" - What it can teach us**

### **Tutu**

What Robben Island taught Nelson Mandela

### **Dalai Lama**

What the Chinese invasion of Tibet taught him



In both cases:

What was it that needed to be refined?

- discuss



# **"Afterlife"** **in Buddhist and Christian Tradition**

**Cyclical vs. Linear Understandings of Time**

**Where are we at about an afterlife today?**

**- to be continued later**

**- discuss**



# **Part II**

## **The Obstacles to Joy**

### **Theme One:**

Suffering and Adversity

Passing Through Difficulties

Suffering can either embitter or ennoble us



Even a tragic situation can become an opportunity (p. 143)

"Suffering can make you appreciate the joy" (p. 146)

"Inner spirit" can help you survive (p, 147)



What makes the difference between  
resentment and recovery?

You need to find MEANING in your suffering

Allow tragedy to become a "refining"  
experience for you.



Viktor Frankl - "Find the meaning in what you are experiencing"

His famous book on the subject - "Man's Search for Meaning"





# Man's Search for Meaning by Viktor Frankl

excerpt 4m

<https://www.youtube.com/watch?v=UgVA6nXCj1U>



## Theme Two

### **Illness and Fear of Death - "I Prefer to Go to Hell"**

The Importance of mentors who can help us  
in our preparation for dying well -

For Tutu - It was Philip Potter  
(former WCC General Secretary)

He served mainly during the 1960's as the first black man  
to serve in that important international Christian role.

- Wayne will comment



Two more immediate mentors for us

## Sheldon and Marjorie Gibson



Discuss what we learned from having them in our  
community



**An important personal learning.**

“When you have faced the abyss  
and have survived, you no longer  
have the same fear of the unknown.”

Discuss



## Two Faith Traditions Compared on the meaning of "the Afterlife"

Remember that humour can help us  
deal with differences and there is  
humour in both men's views:



## Tutu (Christian)



If you are truly afraid of hell, you are able to live your life with some purpose and you want to enter into another, fuller life (p. 162)



## Dalai Lama (Buddhist)



I prefer to go to hell rather than to heaven...

I can solve more problems and help more people there..

For me, helping others (rather than saving myself) is more important.(p. 168)



The true measure of spiritual development is how we confront our own mortality (p. 166)

Reflect on how, for both Tutu and the Dalai Lama, one's understanding of the afterlife influences both our engagement with this life and the one to come



# Summary Questions

How sure are many thoughtful Christians today about the existence of Heaven or Hell?

How do differences in understanding from other faiths influence our faith?

Discuss



## **General Comments on tonight's chapters:**

“Passing through” and “facing the facts” of life and death are important steps in dealing with “the obstacles to joy”

Discuss



BREAK





Death, illness, old age, is part of our life,

His Holiness the Dalai Lama speaks to students from Denmark on how living a meaningful life leads to no regrets at the time of death during their meeting at his residence in Dharamsala. April 2, 2018.

<https://www.youtube.com/watch?v=OIYMMfLEKY8>





## Bishop Tutu prayer on death of Mandela

2m

[https://www.youtube.com/watch?v=uL7bKI3\\_5pw](https://www.youtube.com/watch?v=uL7bKI3_5pw).





# Closing Meditation - Session 6

## BETTY SMITH



**FIFTH PILLAR OF JOY OF THE HEART:**

# Forgiveness

- **Telling your story**
- **Naming your hurt**
- **Granting forgiveness**
- **Renewing or Releasing the Relationship**



**“YOU CAN’T HOLD A  
MAN DOWN WITHOUT  
STAYING DOWN WITH  
HIM.”**

**Brooker T. Washington**







Bettencourt Scheller Foundation - A Foundation Goodplanet Project  
A Film by Yann Arthus-Bertrand  
**Human**

8m30s excerpt of 83min film

<https://www.youtube.com/watch?v=vdb4XGVTHkE>



# READINGS FOR SESSION #7

Perspectiver: page 193

Humility: page 203

Opening: Frans and Darlene H.

Closing: Deb C.

