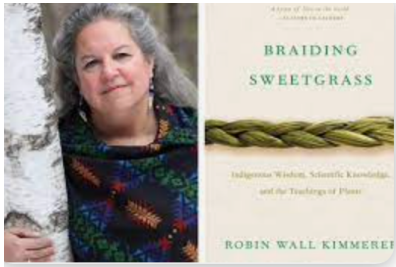


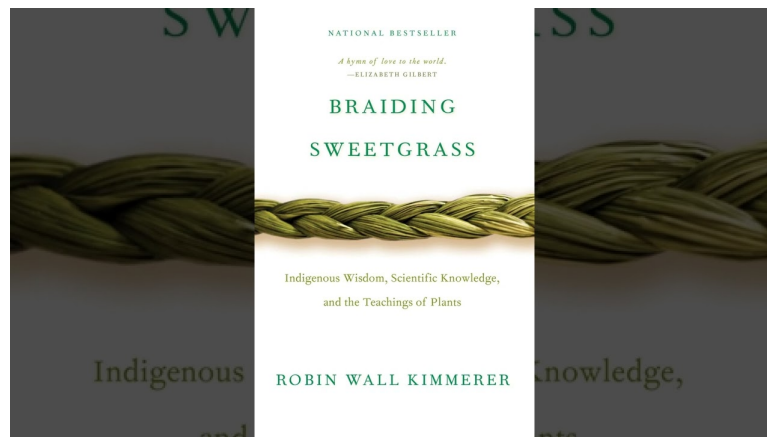
“Every Thing is Sacred” — 50-08
PAUSE TO CONSIDER: REFLECTIONS ON SESSION #8

1. **Happy Trails to You** — spring is around the corner with summer just waiting to warm our toes. Last night’s session was so filled with shared wisdom and incredible depth as we reflected on lessons learned during the past few Monday nights. Thank you to our ‘reflectors’ and, of course, to everyone who joined us for this final Monday Night Book Study for winter of 2023. I had such fun going through my St. David’s Pictures to use on slides introducing each of our speakers. Enjoy!
2. **Cheryl’s opening** set the stage for our 90 minutes together. She began... ‘each new book circles around, intertwines and adds two concepts previously encountered.’ A recent reading of *Braiding Sweetgrass* by Robin Wall Kimmerer is one of her special books. Filled with incredible stories, Cheryl focussed on the Thanksgiving Address. with each segment ending, “Now, our minds are one.” Each student takes a turn, “Today we are gathered...”

https://americanindian.si.edu/environment/pdf/01_02_Thanksgiving_Address.pdf



Cheryl asked, “What can my gift be? as she referred to Mark Carney’s book, *Values* — discussed by Ken earlier in our sessions. “We now turn our thoughts to the creator...”



“Now we turn our thoughts to the Creator, or Great Spirit, and send greetings and thanks for all the gifts of Creation. Everything we need to live a good life is here on this Mother Earth. For all the love that is still around us, we gather our minds together as one and send our choicest words of greetings and thanks to the Creator. Now our minds are one.”

3. Housekeeping with Brenda

- a. **Flowers for Easter...** contact the office up to April 3, 2023
- b. **Guided Meditation Pastoral Care Zoom** at 8:30 a.m. Thursday mornings during Lent. **ACTS Thursday morning Bible Study** on Jeremiah gathering will go as usual between 10 a.m. and 11 a.m. Chapters 33-37.
- c. Opportunities abound with Calgary Alliance for the Common Good. Monthly meetings are attended by people like you from all walks of life with one goal in mind: Making Calgary the best it can be.
<https://www.calgarycommongood.org/> (Copy the link and insert in your search for weekly updates to this important Calgary initiative.)
- d. Children and Youth will be leading worship on Palm Sunday, April 2, 2023. Easter Sunday will have membership and baptism time.
- e. Holy Thursday Campfire Communion service at Bowness Park on April 6. Eat from 5:00 to 6:00 with service beginning at 6:00.
- f. Good Friday Service begins at 10:30 — a shared service with Wildrose, Parkdale, Northminster and St. David's.
- g. Check out the lost and found articles — soon to be donated.

4. Reflections by Karen McKeown

Karen opened with a quote used by Rev. Nancy Sunday morning during her reflection on selected readings from John and the story of Lazarus — “Love of certainty is really a deeper love for inflexibility.” She went on to remind us of the wisdom of



“We must adjust to changing times and still hold to unchanging principles.”

— Jimmy Carter



former U.S. president, Jimmy Carter and quoted, “We must adjust to changing times and still hold to unchanging principles and asked, “What are the unchanging principles?”

Karen had watched footage from the Edmonton for the two fallen policemen in presented by the two young widows. connectors of us all.” She continued as *Bitter Sweet*, and the wisdom gathered. She concluded with reference to our cellist musician, Liam Epp, who shared his gift of music with us on Sunday morning— so powerful and positive. (P.S. I looked for Nickel Creek, the Blue Grass performers and cellist Yo-yo Ma, mentioned by Karen and there is lots of great music from which to choose.) Karen’s conclusion: “It’s more important to listen than to talk.”

5. Eldon's Reflections on our book by Boland and Rohr.

Not being a fan of Fr. Richard Rohr, he agrees wholeheartedly that "Every thing is sacred." His favourite Reflections were *Christ is Every Where*, *Waking Up to Love* and *Suffering* — which he said lead to each other as a combo and ultimately lead to thankfulness, remembering Carly-Jean and daughter Debra. His final favourite reflection was #38, chosen by most of our speakers — *Contemplative Practice*. — *we can recognize the 'quiet' parts of all faiths*

He mentioned his experience of asking the Imam at the Mosque in Calgary East if they worshipped the same God. The answer, "Yes!" He concluded with words from a favourite hymn — *All Things bright and beautiful, All creatures great and small, All things wise and wonderful, The Lord God made them all.*

....*Christ is everywhere, coming to us in different languages*

... *Tears caused by dry eyes??*

...*Exchanging good wishes with his barber Gus — "Merry Christmas" and "Ramadan Mubarak"*

6. From the video — Absolute Authority & Inner Authority

...The indwelling holy spirit localizes the dignity of each spirit.

... You will trust your experience — the Roman Catholic traditions and the Protestant reliance on Scripture — they inform each other.

7. Sheryl's Reflection on our study.

A good book, says Sheryl, moves her, teaches her. She loves books, reading, sharing and discussing books. Her favourite reflections:

#6 - First Incarnation as she recalls time spent in nature, even watching the squirrels from her chair in the living room as she looks out of the window and the magpie grooming itself on her balcony rail with no worries.

#20 — Divine Depth — Tools like Myers-Briggs and Enneagrams to better understand herself... a type 9 (peacekeeper, optimist, adaptive) and mediates conflict, suspends judgement and fears quick action.)

#21 Embodying Depth - loves being by herself in solo retreats like the Lenten Retreat at Mt. St. Francis.

#25 Embodied Suffering — challenged by the mirror exercise.

#38 Contemplative Practice — next forty days to begin a lifelong habit. (Several of us will be joining with her in this practice — I love watching my squirrels as they run along the branches of our backyard trees and we keep peanuts handy to pass to the brave little one who stands on his/her haunches waiting to receive the small gift.)

8. Cheryl's Thoughts:

...Cheryl doesn't ordinarily like being given homework, choosing to let thoughts focus as they will. (like many of us)

... the tricycle model makes sense to her and she quoted Patrick saying that riding on all three wheels is hard to master. She recalled her grandchildren riding the family tricycle.

... memorizing scripture (we won prizes for fastest memorization) and" the KJV.

... Cheryl loves rituals but contends that repeating mistakes is frustrating.

...*Reclaiming the Bible* by John Spong was very informing to her.



She has loved the Lenten retreat at Mt. St. Francis, loves nature and sitting in silence and walking the labyrinth at Silver Springs with her grandchildren. The return to dancing after COVID has brought her much joy — loving the fluidity. Gratitude, music like that offered by Liam Epp on Sunday and the Compline Service have part of her contemplative practice.

9. Brenda's Memorable Moments

Selecting the video segments, the quotes, the images and, of course, letting my thoughts percolate and later revealed in this little exercise called *Pause to Consider* have been most meaningful for me. Thank you so much for this opportunity.

From Rev. John Griffith's 'Final Blog: Post-Pandemic Musings' from his "What was I Thinking?":

"Liminal space refers to the place a person is in during a transitional period. I haven't been holding my breath for 3 years. The pandemic years were "liminal space". Many have talked about; dreamed about getting back to normal. However, for many of us, the COVID years were not just a time out, they were a time of upheaval and self-discovery. Like most disasters, truths have been revealed -- truths that we try to hide when we are living a lie, pretending that continuous growth is good for the world, that the major political systems are working together for good, that climate change will work itself out without everyone sacrificing their way of life. Liminal space is a time of awareness where we reassess what is important and what is not, as we wonder how we will move forward..."

My journey through the pandemic was a forced contemplative time that included reading **The Inner Work of Age: Shifting from Role to Soul** by Connie Zweig. It speaks to the situation of people living longer after retirement, into a stage of life she

calls “Late Life”. The book speaks to everyone but is specifically intended for people like me who are transitioning to a new phase of life. She talks about using the contemplative practices of listening, awareness and reflection to help us connect with our heart and soul. That is our inner work. Many senior’s groups seem to have the goal of “keeping us young” by being active and giving back. There is a place for this thinking, but first one needs be in touch with the sacred self and the inner voice that gives direction and purpose. I bought the book when I was attending a workshop over a year ago, but I still haven’t finished the book because it is a workbook, not just a book of good ideas. Inner Work! “

And from one of my very special mentors, Rev. Dr. Stan Errett and his Perspectives for living longer better: **“Respect the boundaries of your capacities and limitations but be open to unexpected revelations and opportunities.”** Pause for Consideration!!

10. Joan Gray’s Thoughts:

Joan will send out again list of the 60 + books we have studied over the years with Rev. Dr. Wayne Holst. From *Every Thing is Sacred*, she will recall the four worldviews, “Order, Disorder, Reorder”, the Hero’s Journey and the importance of Non-Dual thinking as she moves forward to years ahead.

Her favourite Reflections: #4 Christ is Everywhere, (“Truly enlightened people see oneness because they look out from oneness, instead of labeling everything as superior and inferior, in or out.”), #31 All in One Lump, #37 Both/And (one can’t isolate his/her faith) and #38 Contemplative Practice **(15 minutes of intentional practice is her goal and Sheryl’s Challenge)**

11. Wayne’s final words:

For the past 25 years, with two ten week (usually) sessions have been a gift. Some 65 books have been studied, providing solid grounding for us theologically and spiritually. Happy Trails to you!

Happy reading and journalling, dear friends, as we move forward in our lives. Our time together has been most rewarding and as I have walked with you one more time today, I am so very grateful for having you in my life. Enjoy the days ahead and, God willing, we will reconvene in September for whatever learning lies in our wake.

Thoughtfully yours, Brenda (have a great summer!)

