

Lectionary
Readings for every day
You Select!



in the HCUC

No. 8

For 14 June 2015

Dear Friends

Perfect health is not attainable. I was reminded of this when I went to one of my favourite authors—Dr Andrew Weil. Some years ago I made notes from his book on health and healing. Lately I have been noticing that most of the magazines I pick up seem to have more and more articles on diet, stress, illness, keeping well, facing death and the prospect of our own dying. Our health is a very important issue—crucial in fact.

So how can we stay healthy? Actually I think that most people do a good job looking after their health—and that includes you. At the same time we have to admit that some of our ways work against our good intentions. Old well-established habits sometimes trip us up, and heart-hungers for happiness, comfort and love have us reaching for unhelpful solutions. There is no simple quick-fix answer to the question. There are some helpful pointers or principles that are worth noting. (Over the page I want to elaborate on 3 principles Andrew Weil makes.)

I am always encouraged as I read the gospels to find that Jesus spent so much time and energy healing people. The gospel writers devote 80% of their story to Jesus healing. Obviously he wants people to experience wellness. Jesus is 100% for us. He is never against us in this aspect of life. If we accept Jesus as a clear window on God, we can carry a deep positive thought in our hearts and minds, namely that God is not out ‘to get us’. Behind Jesus’ desire that we might enjoy the fullness of life is the never-wavering pleasure and purpose of God—that our lives should be healthy, whole, complete. We may alter the words used and express the same conviction by saying ‘the universe is geared to helping us to know and experience that we are always being nudged towards a greater, deeper, richer and fuller dimension of life.’

But note:- The physical body is just a first step. There is more to life than a healthy body.

Sincerely - Lester

	Psalm	Epistle/OT	Gospel
Monday 15 June:	98	2 Cor 6:1-10	Matt 5:38-42
Tuesday 16 June:	146	2 Cor 8:1-9	Matt 5:43-end
Wednesday 17 June:	112	2 Cor 9:6-11	Matt 6:1-6, 16-18
Thursday 18 June:	111	2 Cor 11:1-11	Matt 6:7-15
Friday 19 June:	34:1-6	2 Cor 11:18,21a-30	Matt 6:19-23
Saturday 20 June:	89:20-33	2 Cor 12:1-10	Matt 6:24-end
Sunday 21 June <u>Pentecost 4</u>			
Ps 9:9-20; 1 Sam 17:(1a,4-11,19-23)32-49; 2 Cor 6:1-13; Mark 4:35-41			

	Psalm	Epistle/OT	Gospel
Monday 22 June:	33:12-end	Gen 12:1-9	Matt 7:1-5
Tuesday 23 June:	15	Gen 13:2,5-end	Matt 7:6,12-14
Wednesday 24 June:	85:7-13	Acts 13:14b-26	Luke 1:57-66,80
Thursday 25 June:	106:1-5	Gen 16:1-12,15,16	Matt 7:21-end
Friday 26 June:	128	Gen 17:1,9-10,15-22	Matt 8:1-4
Saturday 27 June:	76	Gen 18:1-15	Matt 8:5-17
Sunday 28 June <u>Pentecost 5</u>			
Ps 130; 2 Sam 1:1,17-27; 2 Cor 8:7-15; Mark 5:21-43			

	Psalm	Epistle/OT	Gospel
Monday 29 June:	125	Acts 12:1-11	Matt 16:13-19
Tuesday 30 June:	26	Gen 19:15-29	Matt 8:23-27
Wednesday 1 July:	34:1-12	Gen 21:5,8-20	Matt 8:28-end
Thursday 2 July:	116:1-7	Gen 22:1-19	Matt 9:1-8
Friday 3 July:	106:1-5	Gen 23:1-4,19; 24:1-8,62-end	Matt 9:9-13
Saturday 4 July:	135:1-6	Gen 27:1-5a,15-29	Matt 9:14-17
Sunday 5 July <u>Pentecost 6</u>			
Ps 48; 2 Sam 5:1-5,9-10; 2 Cor 12:2-10; Mark 6:1-13			

THREE STARTING (STARTLING!) PRINCIPLES

1. Perfect Health is not attainable.

This is Weil's first point. This is not a negative view. Instead it is a reminder that change is the essence of life. Today we may feel fit, free and on top of everything. Tomorrow it will be different—we may have less energy, or our back hurts, or unwelcome news is like a cloud over the sun, or a deadline puts us under stress.

The body is subject to change in so many ways, and on so many levels. Every experience of either health or illness is temporary. As Weil says 'The balancing act of health is temporary only.' The result is we experience times of relative health and relative illness. To accept this aspect of daily life is to see life from a healthy perspective.

2. It is OK to be sick.

Really? Have you noticed how often we feel guilty about our illness? It is a bit of a mystery why we do. Sometimes it has roots in our culture going back to times when the belief was that illness was seen as a punishment by God for something we thought or did.

It is not helpful (or healthy) to get angry at ourselves or be guilty about being sick, for that may actually cause the recovery period to take longer. Accepting our actual situation, whether it is of good health or a period of illness, is not always easy but is the surest way forward. In fact sickness can be seen as the next step to a fresh, and frequently richer, period of health. Strangely, one state cannot exist without the other.

3. Our bodies have in-built healing abilities.

A wonderful reminder that nature/evolution/God is for us, never against us. We are here to discover, expand our awareness, and be the fullness that lies hidden within us.

"Healing comes from inside not outside." says Weil. A doctor said to a very ill patient recently: "Modern medicine doesn't fix the problem, but it allows the body time to heal itself." We are all born with the power to heal. Healing is not obtained from anyone or anything external. People who are recognized as healers are often catalysts for a healing response. Notice how often Jesus touched this healing source inside us by accepting people who felt guilty, or afraid, or doubt-filled and how his approach sparked the healing process.

So love the gift of your body. A wonderful complex, finely tuned, beautifully balanced miraculous tool that is essential to enable the true Self to express itself in truth and beauty and love.

POETS SPEAK

The great American poet—Walt Whitman gives us pointers and puzzles to ponder:- about time, life, and being us.

- ◆ I do not think seventy years is the time of a man or woman, nor that seventy millions of years is the time of man or woman, nor that years will ever stop the existence of me or anyone else.
- ◆ Every atom belonging to me as good, belongs to you.
- ◆ Now I re-examine philosophies and religions, they may prove well in lecture rooms, yet not prove at all under the spacious clouds, and along the landscape and flowing currents.

A vast similitude interlocks all

All spheres ... small, large, suns, moons, planets... All souls, all living bodies though they be ever so different. All nations, colours, civilisations ... All lives, and deaths, all of the past, present, future, this vast likeness spans them, and always has, And shall forever span, ... and enclose them.

Body and spirit are twins:
God only knows which is which.

- A C Swinburne

She asked me if she took one pill for her heart and one pill for her hips and one pill for her chest and one pill for her blood, how come they would all know which part of her body they should go to.

- Glenn Colquhoun

How can you fear personal death if you are really part of God?

- V S Ramachandran

Do you want to be well?

- Jesus

I am sure that neither death, nor life ... nor things present ... nor anything else in all creation will be able to separate us from the love of God.

- Romans 8: 38-39