

**Lectionary**  
**Readings for every day**  
**You Select!**



in the HCUC

**No. 13**

**For 23 August 2015**

**Dear Friends**

*My heart leaps up when I behold  
 A rainbow in the sky:  
 So was it when my life began;  
 So is it now I am a man;  
 So be it when I shall grow old,  
 Or let me die!*

I was in primary school when I first heard Wordsworth's poem. I didn't understand the bit about his heart leaping up—and yet I sort of knew. Now I know. It has happened to me so often. I'm sure it is an experience you know also—and not just with rainbows. (Take a moment to re-visit some 'heart-leaping' experience.) The point I want to underline is this:- Our heart is more than an organ pumping blood to the whole body. That alone is a miracle—doing it for us day and night, week after week, year by year, beginning from our days in our mother's womb. Howard Martin is vice chairman of the Institute of Heart Math in the USA, which has been carrying out scientific research into the intelligence of the heart since 1991. He writes: "Our newest science has given us fresh grounds to believe in the intelligence of the heart. A large body of research shows that the physical heart is an information processing centre and not just a blood pump." This is the next step to grasp. Another writer (Isabel Allende) says she heard a surgeon tell of his wonder at placing a heart, being transplanted, in a patient. The heart is apparently dead but is not dead for as the surgeon touched the heart, very softly, it started to move and beat. And I thought, this is a metaphor for how the heart is. You touch it and when you touch it you know where life is. This life force, this invisible energy permeates all matter and holds everything together. Every ancient culture has a name for it. Taoism calls it chi; the Hebrew culture calls it ruah; several Eastern groups call it praan; Christianity calls it spirit, or loving power. It is the power that starts our heart beating and keeps it beating. Search your heart (said the ancient Lao Tzu) for the way to do is to be.

**Sincerely - Lester**

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 24 August:	145:1-7	Isa 43:8-13	Luke 22:24-30
Tuesday 25 August:	139:1-9	1 Thess 2:1-8	Matt 23:23-26
Wednesday 26 August:	126	1 Thess 2:9-13	Matt 23:27-32
Thursday 27 August:	90:13-end	1 Thess 3:7-end	Matt 24:42-end
Friday 28 August:	97	1 Thess 4:1-8	Matt 25:1-13
Saturday 29 August:	98:1-2, 8-end	1 Thess 4:9-12	Matt 25:14-30
<b>Sunday 30 August <u>Pentecost 14</u></b>			
Ps 45:1-2,6-9; Song Sol 2:8-13; James 1:17-27; Mark 7:1-8,14-15,21-23			

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 31 August:	96	1 Thess 4:13-end	Luke 4:16-30
Tuesday 1 September	126; 145	1 Cor 3:11-17	Matt 5:1-12
Wednesday 2 September:	34:11-18	Col 1:1-8	Luke 4:38-end
Thursday 3 September:	98:1-5	Col 1:9-14	Luke 5:1-11
Friday 4 September:	89:19b-28	Col 1:15-20	Luke 5:33-end
Saturday 5 September:	117	Col 1:21-23	Luke 6:1-5
<b>Sunday 6 September <u>Pentecost 15</u></b>			
Ps 125; Prov 22:1-2,8-9,22-23; James 2:1-10(11-13)14-17; Mark 7:24-37			

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 7 September:	62:1-7	Col 1:24-2:3	Luke 6:6-11
Tuesday 8 September:	8	Col 2:6-15	Luke 6:12-19
Wednesday 9 September:	15	Col 3:1-11	Luke 6:20-26
Thursday 10 September:	149:1-5	Col 3:12-17	Luke 6:27-38
Friday 11 September:	16	1 Tim 1:1,2,12-14	Luke 6:39-42
Saturday 12 September:	113	1 Tim 1:15-17	Luke 6:43-end
<b>Sunday 13 September <u>Pentecost 16</u></b>			
Ps 19; Prov 1:20-33; James 3:1-12; Mark 8:27-38			

## AT THE HEART OF LIFE

Our daily talk is rich in expressions which indicate how central the heart is in giving insight to our inner being. We describe someone who is friendly and kind as ‘open-hearted’ or ‘warm hearted’, or someone who is almost the opposite as ‘hard-hearted’ or ‘heartless’. We know that hearts can be broken, and also be filled. Many people experience something that prompts their heart to leap for joy, and times when the heart sinks in fear or disappointment. We might call these descriptions just poetic images, but we know deep down that they point to powerful experiences.

For thousands of years people in different cultures saw the heart as the centre of knowing in our human system. One writer says the earliest records they have found go back 4,500 years to ancient Chinese medicine. Those who have studied the well known energy centres in the body point out that there are 7 centres rising from the base of the spine to the top of the head. The 3 lower ones deal with physical energies. The top 3 deal with increasingly refined spiritual energies. The 4th level is the heart level—the central point which links the physical and spiritual, holding all of them in wholeness and unity. No wonder we often refer to situations of importance which stress that we need to recognize ‘the heart of the matter’.

So we have an intelligent centre of knowing, which does not dismiss the brain, but goes beyond it into a deeper level of knowingness. There is a reassuring passage in the Bible (Deut 4:29) which says: *“If you seek God with all your heart you will surely find him.”* It doesn’t say seek God with all your mind. It is not head knowledge but heart work that brings results. It is spiritual work that is suggested.

And Jesus in the Beatitudes seems to be lifting it a step higher when he says: *“Blessed are the pure in heart for they shall see God.”* Again, it is the heart, the inner centre of our body and our being that has the capacity to see God when the heart is purified by the more refined energies of the spirit—the 3 higher levels.

Do you get the sense that such listening to the heart seems to require us to take time to be still and allow silence to envelop us—both around us and even more so within us?

## COMPANIONS ON THE WAY, AND THE THINGS THEY SAY

- \* Getting in touch with your heart is like plugging into that universal consciousness or spirit. Your heart is a little computer that plugs into this cosmic oneness.  
- D Chopra
  - \* There’s an intelligence within the heart that is far bigger than our figuring out the mind.  
- M Beckwith
  - \* The best and most beautiful things in the world cannot be seen or even touched—they must be felt with the heart.  
- Helen Keller
  - \* Love is what we are in our essence, and the more love we feel in our hearts, the more it will be brought to us.  
- D Chopra
  - \* Your task is not to seek for love, but merely to seek and find all the barrier within yourself that you have built against it.  
- Rumi
- Two Questions
- ◆ “Why does everything have to be so serious? Why should spiritual practice and love and so many other things have to have a heaviness in it? It’s all about light and lightness. I am never more connected to the world than when I am laughing.”  
- Isabel Allende
  - ◆ Why do we feel we need the answer NOW!?
- “Be patient toward all that is unsolved in your heart and try to love the questions themselves ... do not now seek the answers which cannot be given you because you would not be able to live them. And the point is, to live everything. ... Perhaps you will gradually without noticing it, live along some distant day into the answer.”  
- Rainer Maria Rilke

### One Suggestion

Sit in a quiet place. Relax your whole body. As thoughts come into your mind treat them like clouds in the sky—forming, dissolving and disappearing. Breathe in—easily, deeply. Breathe out fully. Do it 5 x. Be quiet and give thanks for your heart—let it speak to you.