

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



in the HCUC

**No. 3**

**For 5 April 2015**

**Dear Friends**

There was a time when I laughed at people who talked to their plants. I don't any more. Over the years I have come to "see" that people who talked to their plants, loved them for the wonder and beauty of their colour, scent and aliveness. They appreciated them and wanted them to flourish. They were usually people who had a compassionate awareness. In recent years I have begun talking to many parts of my body. It began very simply, like saying thank you to my legs for getting me to the top of a hill. Then there was the day I realised how my feet had enabled me to travel the world for over eighty years—over river bed stones bare-footed, over forest paths, on hot asphalt streets, and slippery rocks. So I went out and bought them a very expensive pair of comfy slippers. A little token of gratitude!

It has developed further. I frequently have sincere silent conversations with my heart. It pumps away day after day, hour by hour, as I sleep and when I'm awake. Sometimes it gets out of kilter and needs some calm reassurance and compassionate support. After all it is at the 'heart' of my whole being, the centre where the descending infinite spirit touches and merges with the ascending human nature. So why wouldn't we talk to this amazing and sensitive organ with loving understanding? Now here comes the important question. Who is it who notices the heart and talks to it? How is it that there is some part of us that is separate from our physical body? Who is this one who is always with us who is yet never caught up in our emotional ups and downs, our physical aches and pains, our tumbling torrent of thoughts in all their variety?

Yes, I know that most of us will admit we do get caught up in the ever changing field of emotions, problems, and thoughts. However there is an incredibly long record of people who have discovered the reality of some part of themselves that does not get caught up. While we might say getting caught up is just the way life goes. It's just what happens to us as human beings—yourself, myself. Now I need to ask about my self and you about your self.

The short answer on this page is to recognise my usual familiar self and also recognise a less familiar self—often referred to as the True Self.

This is central to the Easter theme—namely about saving the self and losing the self. Jesus' emphasis is recorded in all the gospels. It is crucial.

**Sincerely - Lester**

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 6 April:	16:1,2,6-end	Acts 2:14,22-32	Matt 28:8-15
Tuesday 7 April:	33:4,5,18-end	Acts 2:36-41	John 20:11-18
Wednesday 8 April:	105:1-9	Acts 3:1-10	Luke 24:13-35
Thursday 9 April:	8	Acts 3:11-end	Luke 24:35-48
Friday 10 April:	118:1-4, 22-26	Acts 4:1-12	John 21:1-14
Saturday 11 April:	118:1-4, 14-21	Acts 4:13-21	Mark 16:9-15
<b>Sunday 12 April <u>Easter 2</u></b>			
Ps 133; Acts 4:32-35; 1 John 1:1-2:2; John 20:19-31			

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 13 April:	2:1-9	Acts 4:23-31	John 3:1-8
Tuesday 14 April:	93	Acts 4:32-end	John 3:7-15
Wednesday 15 April:	34:1-8	Acts 5:17-26	John 3:16-21
Thursday 16 April:	34:1,15-end	Acts 5:27-33	John 3:31-end
Friday 17 April:	27:1-5,16,17	Acts 5:34-42	John 6:1-15
Saturday 18 April:	33:1-5,18,19	Acts 6:1-7	John 6:16-21
<b>Sunday 19 April <u>Easter 3</u></b>			
Ps 4; Acts 3:12-19; 1 John 3:1-7; Luke 24:36b-48			

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 20 April:	119:17-24	Acts 6:8-15	John 6:22-29
Tuesday 21 April:	31:1-5,16	Acts 7:51-8:1a	John 6:30-35
Wednesday 22 April:	66:1-6	Acts 8:1b-8	John 6:35-40
Thursday 23 April:	66:7-8, 14-end	Acts 8:26-end	John 6:44-51
Friday 24 April:	117	Acts 9:1-20	John 6:52-59
Saturday 25 April:	116:10-15	Acts 9:31-42	John 6:60-69
ANZAC Day			
<b>Sunday 26 April <u>Easter 4</u></b>			
Ps 23; Acts 4:5-12; 1 John 3:16-24; John 10:11-18			

## NURTURING THE WITNESS WITHIN

The waitress in a restaurant was feeling harassed by some rude and impatient customers. A diner noticed it and had a chat to her. He suggested that she had three protections between true self and the situation she was in. "First, you have your waitress uniform. The job and your uniform isn't the real you. Don't identify your self with waitress." Then he continued, and told her not to think or believe that she is her body. If she does then anyone can upset or injure her by an unflattering comment about her body. You have a body but the real you is not the body. And then he invited her to recognize her third protection. He reminded her that while she was discussing being harassed she was using her mind. She was using it because she was the owner of it. It was a tool and not the ruler of her life.

He concluded with, "Let no-one enter your inner realm unless they come with love. Just observe people—be free of this event by standing back from it. Being the witness in this way is your ticket to freedom. Go for it."

The choice is always ours to do this too. Namely to be the witness. Other names are used; neutral ones not tied to any religion or particular philosophy, names such as observer, seer, notice, higher self. Other names come from our Christian background—the Christ within, the True Self, the God within us, the Spirit of Wisdom. Other groups use such names as—the eternal being, the never-born and never-dying self, the compassionate observer.

To close this section here are 2 samples of what current writers have offered.

- \* Within all of us is the eternal changeless dimension of our higher spiritual selves. This is the invisible I that talks to the physical self. This is the one who observes the thoughts. This compassionate observer is not discovered by any scientific instrument, and doesn't appear on autopsy reports. (W Dyer)
- \* Developing our inner witness will put us on the path where our higher sacred self begins to influence our physical ego self instead of the other way round. (The Sage Maharaj)

This latter extract takes us very close to what Jesus seems to be referring to when he spoke of trying to protect, preserve and find the highest in our ego self—it's bound to crumble and die. Whereas the sacred self is an ever expanding self developing out of the infinite source of life.

[Refer to Jesus' words—Matt 10:39; Mark 8:35; Luke 9:24, John 20:25]

## AS WE ARE, SO WE SEE

Everybody does not see alike.  
To the eye of a miser, a guinea is far  
more beautiful than the sun.  
... The tree which moves some to  
tears of joy is in the eyes of others  
only a green thing which stands in the  
way.  
As a man is, so he sees.

When the sun rises, do you not see a  
round disk of fire something like a  
gold piece?

O no, no, I see an innumerable  
company of the heavenly host crying  
..."Holy, Holy, Holy is the Lord God  
Almighty".

I do not question my bodily eye any  
more than I would question a window  
concerning sight.  
I look through it, not with it.  
(The poet Wm Blake)

*You are altogether irreplaceable in the mind of God.  
No-one else can fill your part of it. To accept your littleness is  
arrogant, because it means that you believe your evaluation of  
yourself is truer than God's. - A Course in Miracles.*

Come and find the quiet centre.  
In the crowded life we lead,  
Find the room for hope to enter,  
Find the from where we are freed:

Clear the chaos and the clutter,  
Clear our eyes that we can see  
All things that really matter,  
Be at peace, and simply be.

- Shirley Murray

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The Kingdom is inside you,  
and outside you.

When you know who you are,  
you will be known.

- Gospel of Thomas

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Thanks to those who have responded to the note about producing and posting issues of Shalom. See No. 2 Shalom for details.

Thanks to those getting ready to respond!