

Lectionary
Readings for every day
You Select!

| | Psalm | Epistle/OT | Gospel |
|---|-------------------|-------------------|----------------|
| Monday 15 August: | 82 | Jer 23:23-29 | Luke 11:27-28 |
| Tuesday 16 August: | 107:1-3, 40,43 | Ezek 28:1-10 | Matt 19:23-end |
| Wednesday 17 August: | 23 | Ezek 34:1-11 | Matt 20:1-16 |
| Thursday 18 August: | 51:7-12 | Ezek 36:23-28 | Matt 22:1-14 |
| Friday 19 August: | 107:1-8 | Ezek 37:1-14 | Matt 22:34-40 |
| Saturday 20 August: | 85:7-end | Ezek 43:1-7 | Matt 23:1-12 |
| Sunday 21 August <u>Pentecost 14</u> Ps 71:1-6; Jer 1:4-10; Heb 12:18-29; Luke 13:10-17 | | | |

| | Psalm | Epistle/OT | Gospel |
|--|---------------------|---------------------------|----------------|
| Monday 22 August: | 39:1-9 | 2 Thess 1:1-5, 11-end | Matt 23:13-22 |
| Tuesday 23 August: | 98 | 2 Thess 2:1-3a, 14-end | Matt 23:23-26 |
| Wednesday 24 August: | 86, 117 | Isa 43:8-13 | Luke 22:24-30 |
| Thursday 25 August: | 145:1-7 | 1 Cor 1:1-9 | Matt 24:42-end |
| Friday 26 August: | 33:6-12 | 1 Cor 1:17-25 | Matt 25:1-13 |
| Saturday 27 August: | 33:12-15, 20-end | 1 Cor 1:26-end | Matt 25:14-30 |
| Sunday 28 August <u>Pentecost 15</u> Ps 81:1,10-16; Jer 2:4-13; Heb 13:1-8,15-16; Luke 14:1,7-14 | | | |

| | Psalm | Epistle/OT | Gospel |
|--|--------------|-------------------|---------------|
| Monday 29 August: | 33:12-21 | 1 Cor 2:1-5 | Luke 4:16-30 |
| Tuesday 30 August: | 145:10-17 | 1 Cor 2:10b-end | Luke 4:31-37 |
| Wednesday 31 August: | 62 | 1 Cor 3:1-9 | Luke 4:38-end |
| Thursday 1 September: | 126;145 | Prov 8:1-13 | Matt 5:1-12 |
| Friday 2 September: | 37:3-8 | 1 Cor 4:1-5 | Luke 5:33-end |
| Saturday 3 September: | 145:18-end | 1 Cor 4:6-15 | Luke 6:1-5 |
| Sunday 4 September <u>Pentecost 16</u> Ps 139:1-6,13-18; Jer 18:1-11; Philemon 1:1-21; Luke 14:25-33 | | | |



in the HCUC

No. 13

Dear Friends

For 14 August 2016

There is a true story I go back to again and again. Sometimes to just enjoy it, sometimes because I find it empowering, sometimes it is to share it with someone.

Dawna Markova in her book *“No Enemies Within”* describes a time when she was seriously ill in hospital. “The one person I welcomed to my room was a woman who came to sweep the floors. For a few minutes each night this immense Jamaican woman rested her mop against the wall and sunk her body into the blue plastic chair in my room. All I heard was the sound of her breath in and out, in and out. It was comforting in a strange and simple way. My own breathing calmed.”

One night the woman came to Dawna’s bedside, reached out and placed her hand on the top of her shoulder, one of the few places in her body that didn’t hurt. Her touch seemed appropriate and natural.

On her next visit the woman looked penetratingly at Dawna with great kindness and said simply, “You’re more than the sickness in that body.” Dawna was too sedated with pain medication to ask any questions. But throughout the following day she kept mumbling to herself those words “I’m more than the sickness in this body. I’m more than the pain in this body.” She recalls, “I remember her voice clearly. It was rich, deep, full, like honey on toast. I reached out for her hand. It was cool and dry. I knew she wouldn’t let go.” Then this unknown woman continued, “You’re not the fear in that body. You’re more than that fear. Float on it. Float above it.”

Dawna realised that this Jamaican janitor “had led me to a source of comfort that was wider and deeper than pain or fear.”

Dawna Markova said 15 years later “I’ve never been able to find the Jamaican cleaner, and no-one could remember her name; but she touched my soul with her compassionate presence and her

Sincerely - Lester

MOVING BEYOND FEAR

Some commentators of society say that the majority of people live in fear. There are plenty of indications that this is true. For centuries the wisdom teachers have said that humans tend to be driven most strongly by our fears and desires.

It would seem to be true. For example, the Biblical story is full of accounts when people are encouraged and challenged by such words such as “Be not afraid”. “Do not fear such and such ...”. They ring out clearly and boldly again and again just as people are about to give up and ‘throw in the towel’.

There is a brief but important reminder that emerges in Dawna’s experience. It echoes a line from a New Testament letter. As we daily cope with the fears that surround us and external fears that terrorists use to try and make us afraid we are reminded that we are more than our fears. There are energies, hidden resources and powers that break free from any opposing fears. (see 1 John 4:4)

In another NT letter Timothy (2 Tim 1:7) Paul reminds his young friend that what we are given (gifted) is not a spirit of fear or frailty, but a spirit that inspires love, strength and a sound mind. Great! Hang onto that.

Perhaps most important of all is the comment of Jesus that is usually ignored (too good to be true?) or because we just don’t believe it.

“Don’t be afraid (Fear not!) of those who can kill your body—but fear rather those who can destroy your soul. Namely those who prevent us living in the knowledge that we are more than the body. The physical body is a temporary means for the deathless inner essence that we are, to express itself in daily life.

Because we grow up learning from an underlying assumption in society that who we are is this physical body we get convinced and become so attached to it that our deepest fear is the fear of death. But that fear is all built on a shaky false assumption.

Jesus knew this so certainly that in an off-hand comment he said “Don’t fear those who can kill the body.”

“I WILL FEAR NO EVIL ...” NONE!

A woman lost her son in a drug raid. She became buried in her grief and despair.

Eventually she broke through instead of being just broken. She discovered another dimension not only to life through realising the deathless dimension to her Self.

Here is her poem—a calm, clear call of confidence.

*The “I” that is me
—you cannot see,
You see only the form
that you think is me.
The form that you see,
will not always be;
but the “I” that is me
—lives eternally.
(Mary Lou Van Atta)*

“Most people feel that their identity, their sense of self, is something incredibly precious that they don’t want to lose. That is why they have such fear of death.”
(Anon)

Our attachment becomes linked to the form of the body and we know that will crumble, hence our fear. Shift our attachment to what doesn’t crumble.

We seem to be born with a memory of the divine and the eternal.

Gradually we tend to lose that memory. And yet we also tend to be haunted by what we can’t quite recall—until at some point, at some unexpected moment there it is—I AM.

Not “I was”.
Not just “I hope to Be”,
But I AM
Now! Always has been and will be said Jesus. Even long before the great Father Abraham.

Even the singer/songwriter makes it his song of praise –

“I AM I said...”

by Neil Diamond

Death is not the opposite of life.
Life has no opposite.
The opposite of death is birth.
Life is eternal.
(Eckhart Tolle)