

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

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 18 July:	50:3-7,14	Micah 6:1-4,6-8	Matt 12:38-42
Tuesday 19 July:	85:1-7	Micah 7:14,15,18-20	Matt 12:46-end
Wednesday 20 July:	70	Jer 1:1,4-10	Matt 13:1-9
Thursday 21 July:	36:5-10	Jer 2:1-3,7-8,12-13	Matt 13:10-17
Friday 22 July:	42:1-10	2 Cor 5:14-17	John 20:1-2, 11-18
Saturday 23 July:	84:1-6	Jer 7:1-11	Matt 13:24-30
Sunday 24 July <b><u>Pentecost 10</u></b> Ps 85; Hos 1:2-10; Col 2:6-15(16-19); Luke 11:1-13			

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 25 July:	126	Jer 45:1-5	Matt 20:20-28
Tuesday 26 July:	79:8-end	Jer 14:17-end	Matt 13:36-43
Wednesday 27 July:	59:1-4, 18-end	Jer 15:10,16-end	Matt 13:44-46
Thursday 28 July:	146:1-5	Jer 18:1-6	Matt 13:47-53
Friday 29 July:	69:4-10	Jer 26:1-9	Matt 13:54-end
Saturday 30 July:	69:14-20	Jer 26:11-16,24	Matt 14:1-12
Sunday 31 July <b><u>Pentecost 11</u></b> Ps 107:1-9,43; Hos 11:1-11; Col 3:1-11; Luke 12:13-21			

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 1 August:	119:89-96	Jer 28	Matt 14:13-21
Tuesday 2 August:	102:16-21	Jer 30:1-2,12-15, 18-22	Matt 14:22-end
Wednesday 3 August:	121	Jer 31:1-7	Matt 15:21-28
Thursday 4 August:	51:11-18	Jer 31:31-34	Matt 16:13-23
Friday 5 August:	137:1-6	Deut 32:35,36,39,41	Matt 16:24-28
Saturday 6 August:	97	2 Pet 1:16-19	Luke 9:28b-36
Sunday 7 August <b><u>Pentecost 12</u></b> Ps 50:1-8,22-23; Isa 1:1,10-20; Heb 11:1-3,8-16; Luke 12:32-40			



in the HCUC

**No. 11**

**For 17 July 2016**

## Dear Friends

*One night when I had just turned 29 years, I woke early with a feeling of absolute dread. I had often woken with a similar feeling, but this was much more intense. Everything felt so alien, so hostile, even the vague outline of the furniture in the dark and silent room. It was so meaningless and the most loathsome thing of all was my own existence. What was the point of living? Why carry on this continuous struggle?"*

*"I cannot live with myself any longer." This thought went round and round in my head. Then suddenly I became aware of what a peculiar thought it was. "Am I one or two? If I cannot live with myself, there must be two of me: there is the "I" and there is also the "self" that "I" cannot live with. Maybe only one is real" I thought.*

This is not my own personal story. It comes from Eckhart Tolle. I mentioned him in a recent issue. Eckhart was a graduate of London University and was research scholar and supervisor at Cambridge University at the time of his breakdown which became a break through.

After his dramatic experience he lived for months in a state of deep peace and bliss. However he didn't understand what it all meant. It took years of reading spiritual texts and spending time with spiritual teachers. He realised "that what we all look for had already happened to me."

Eckhart Tolle's story is miles away from what most of us experience. There are aspects however which people all around us can relate to—and recognise as happening in their lives.

- \* A question that is asked from within— "Who am I?"
- \* A long journey of searching for an understanding—perhaps a few glimpses of meaning that lead us on.
- \* The possibility to meet and know the one true self—and with a satisfying sigh say "I AM THAT".

**Sincerely - Lester**

## WHO AM I?

Some years ago I sat in a group meeting overseas. A psychiatrist told us of a very depressed patient who had been in treatment for months and months without improvement. One day the psychiatrist asked her to look at her depression and describe it. Then she asked the patient: “Who is the one who described the depression you have? Is the part of you that was looking at your depression and describing it also depressed?”

There was a long silence—and then she said “No!” Then doctor and patient began exploring what it might mean. Was there a part of her that was like another self? Was she two? Was there a real, healthy self which was not touched by the depression? Eventually the patient smiled and said “This is the first time I have felt able to break free of my prison. I feel I am standing above it, separate and looking down on it.”

That event was the way one person discovered that she had a self she had never known.

One of the greatest sayings in the Greek culture is Know Thy Self. The writers who put together the Gospels caught a sense of what Jesus was expressing when he talked to his disciples about finding their true Self. (See Matt 16:25, Mark 8:36, Luke 9:24-25) If we hang onto and give our attention and energy to fame, fortune, achievements, possessions then we will be like those who climb the ladder of success only to find the ladder is resting on the wrong wall.

Finding the true Self is not very much on our agendas. But being happy, satisfied, peaceful is always on the agenda. This is not surprising because nowhere in our society do we find awareness of this inner true Self. We grow up ignorant that “Yes” there is an inner dimension of Being which, believe it or not, is the well-spring of peace, harmony and love—a Self which is true because it is unchanging, undying, untouched by worry, depression, ill-health, death. It is the source of the abundant, life enriching, bliss. That you ARE. This I AM. TRUE SELF.

Jesus was all for it—always—why?

Because it is our natural being.

## IN ORDER TO LIVE .....

We don’t live in order to work, or even so that our children can have the best education.

“We live in order to LIVE”

(Meister Eckhart—12th C Christian Bishop—Mystic)

We ought not to postpone living because of work, or because of our plans for buying something with the money we make.

(Matt Fox)

Returning to the Source is Serenity. If we don’t realise the Source—the hidden well of the True Self, we are likely to stumble in confusion and sorrow. When we realise where we came from we naturally become tolerant, disinterested, amused—kind hearted as a grandmother, dignified as a king.

Immersed in the wonder of the way of wisdom we can deal with whatever life brings us, and when death comes we are ready.

(Chinese philosopher)

Meditation is the most direct method of reconnecting with our original source of life.

The true Self never loses its love, freedom and peace. Why?

“When you wake up in the morning know that your body’s a tool, And mind is an instrument. Body does your action. Mind does your thinking. But you are the One who is the source of both action and thinking.

Action comes from your Self, but you don’t come from your action.

Thinking comes from your Self but you don’t come from your thinking.”

(Lyrics and music from two dear friends—fellow pilgrims)

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On the level of the mind and body the only thing which is ever constant is the single Life Force that permeates each being.

(Unknown sage)

(Indian philosopher)