

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



in the HCUC

**No. 19**

**For 6 Nov 2016**

**Dear Friends**

I want to start this issue of Shalom by taking a step back into No. 18. If you happened to read it you may remember it finished the second page with a bit of a drum roll and the words in bold type; namely

**You are Not the body.**

My hunch is that many readers would find that a bit much to swallow. It wouldn't surprise me if some found it not only a bit arrogant but also inaccurate. So here goes my attempt to express what I see as the truth in a different way.

The essence of what I want to say is this:-

**Each one of us is MORE than the body.**

This makes sure that we don't dismiss the body as being unimportant, of no great significance or as being unreal. We need to respect it, love it, care for it. We cannot ignore it any more than we can ignore a throbbing toothache or a raging fever. As well as such realities there is the sheer beauty and wonder of our physical being no matter how much it may cause us concern, need attention or healing. This is reinforced when we see that Jesus spent so much time healing people—the Gospels are 80% about body healing. There is, of course, the central theme that God endorsed the limited human existence by using it as the means to express, discover and experience the deepest meaning of our being alive. It is however only the means to move to a greater end. It is the essential tool to find what is more than the body. When we stop at the point where we see the body, which includes the mind, the senses and the personality (the ego), as the highest goal, then our real troubles start. We can get locked into trying to solve our need and hunger for satisfaction, happiness and aliveness by using unsatisfactory means.

So let's make sure we honour the gift of our body—for as the Psalmist says:-  
 "Lord, it was you who created my being, knit me together in my mother's womb. I thank you for the wonder of my being ... (Ps 139) And let's awaken to the dimension that is more than the body. It is the window into the deepest satisfaction, the realm of the infinitely Real.

**Sincerely - Lester**

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 7 November:	24:1-6	Titus 1:1-9	Luke 17:1-6
Tuesday 8 November:	37:3-5, 30-32	Titus 2:1-8,11-14	Luke 17:7-10
Wednesday 9 November:	23	Titus 3:1-7	Luke 17:11-19
Thursday 10 November:	146:4-end	Philemon 7-20	Luke 17:20-25
Friday 11 November:	119:1-8	2 John 4-9	Luke 17:26-end
Saturday 12 November:	112	3 John 5-8	Luke 18:1-8
<b>Sunday 13 November <u>Pentecost 26</u></b>			
Isa 65:17-25; Isa 12; 2 Thes 3:6-13; Luke 21:5-19			

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 14 November:	1	Rev 1:1-4,2:1-5	Luke 18:35-end
Tuesday 15 November:	15	Rev 3:1-6,14-end	Luke 19:1-10
Wednesday 16 November:	150	Rev 4	Luke 19:11-28
Thursday 17 November:	149:1-5	Rev 5:1-10	Luke 19:41-44
Friday 18 November:	119:65-72	Rev 10:8-end	Luke 19:45-end
Saturday 19 November:	144:1-9	Rev 11:4-12	Luke 20:27-40
<b>Sunday 20 November <u>Reign of Christ</u></b>			
Jer 23:1-6; Luke 1:68-79; Col 1:11-20; Luke 23:33-43			

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 21 November:	24:1-6	Rev 14:1-5	Luke 21:1-4
Tuesday 22 November:	63:1-9; 108:1-6	2 Tim 1:8-14	John 8:48-58
Wednesday 23 November:	98	Rev 15:1-4	Luke 21:12-19
Thursday 24 November:	100	Rev 18:1-2,21-23; 19:1-3,9	Luke 21:20-28
Friday 25 November:	84:1-6	Rev 20:1-4,11-21:2	Luke 21:29-33
Saturday 26 November:	95:1-7	Rev 22:1-7	Luke 21:34-36
<b>Sunday 27 November <u>Advent 1</u></b>			
Ps 122; Isa 2:1-5; Rom 13:11-14; Matt 24:36-44			

## THE MORE WE ALREADY ARE

Whenever we are silent and still, contented and calm in the morning sun, or aware of our even breathing and relaxed body, or the freedom of not thinking of a plan or dealing with a problem, we are very, very close to simply being I AM.

- \* Most of us feel the need to add something after the I AM awareness. In fact society expects it, demands it: “Tell us who you are!” Parents tell their children: “You are Tom or Mary”. “You are a good/bad child.” ... on and on go the bits we add after that phrase I AM. They are like labels that tell where we belong, what we do, the things we like or hate, our feelings, our hopes and fears, how we see ourselves, what we plan.
- \* Everything we put after I AM shrinks, diminishes and limits the I AM that we are. Each one of us has pointed to this consistent I AM since before we could walk or talk. We all know and always knew, there never has been a day when the I AM ceased. Whether we are very young or very old that is the awareness we have—either consciously or unconsciously.
- \* In our daily human existence the awareness and the focus shifts. What becomes more important in society is our name, or fame, our work, our possessions, our achievements. A saint or a sinner never gets detached from the I AMness they are. So as we delve into this we may come to see that our I AMness is more than the name that can change or be rubbed in the mud. More than our wealth which can vanish in a fire or flood, more than our happiness which may be swallowed by grief, more than our health that sinks into sudden illness, more than a beautiful supportive relationship that is torn from us and breaks our heart. More than “our” body which gets old and crumbles. Which raises the question who is the one within me that says “this is my body?” — which indicates I possess it. The I AM is more than the body.

The same happens when we look at our thoughts and see the turmoil in our thinking. Who is the one who is aware of my thoughts? Who is the one who tells me in the morning that I had a beautiful refreshing sleep? Someone who was not asleep, who remained aware, who was more than my body in deep sleep, who is more than my rational mind. Is this not so?

When the great leader Moses was drawn into the need to know the god he was encountering, he said “What is your name?” He got no name tag to tie onto this Being. However he got a clue. This was an encounter with “I AM” - the infinite existence, the reality that humans can know, and the inner assurance that is bliss to trust. That surely is more than we can imagine, or ask for. It is a gift—beautiful, complete, never fading, always fresh and new, divine and never dying.

It is who we are.

## Being more Aware Of the Awareness of Being More

If you would like to treat yourself to the Moreness that you are then you could try something like this:-

Take some unhurried time and allow stillness and silence to emerge in your environment—both around you and within your body. So be comfortable, and relax from the tip of your head to your toes. Watch your breath flowing in and out. Enjoy it. Let it be a sign of all the other processes going on in your wonderfully created body with its built-in ways of keeping balanced, energised and healthy.

Give up chasing thoughts. Just be here—now, not in the past, not in the coming hours and days.

Just Be

You, like everyone else—more than 7 billion of us, all know that we can say and do say

I AM.

Say it consciously, silently, to yourself

—I AM!

Say it aloud, or shout it.  
(If you dare!)

Or just silently say “Yes—I AM”.

You are this I am, pure awareness of your pure Self. (Silence)

It needs nothing more. Anything you want to add to it will not make it more.

Anything you consider as filling in what seems to be missing is not needed.

Your I AM is complete. Being, every moment, everyday, for ever.

(Spend time with these glimpses of fullness.)

Know in your heart of hearts that your complete Being can never be destroyed. This true Self (as one ancient text says) can never be killed by words or weapons, never be wet by water, never be burned by fire, never be dried up by wind.

So as Ephesians 3:20 says:-

To the One who is able to do (and has done) immeasurably more than we can ask or conceive be glory evermore!