

September 2019
Volume 31
Number 9



THE MARK

A Publication of The Church of Conscious Harmony ❖ A Contemplative Christian Community



THIS BEAUTIFUL SILENCE

BY PETER HAAS

Might we be inundated with news and commentary on the news, especially of the political sort? Rather than hearing the most beautiful things, listening to the news is often like listening to the most unbearable things: conflict, disagreement, bickering, contention, fear, hatred, violence. But it's not just external news or information that disrupts our peace. Big Sur poet Robinson Jeffers put it this way: "the worse-fanged snake coils in one's own brain, against your calm." The fangs cut deeply, perhaps bleeding fear, anger or despair. So let's explore a few remedies for the snake bite that can help us hear the most beautiful things, despite living in a culture of news and noise, external and internal.

First, a little background on noise. The English word noise is derived from the Latin root *nausea*! In contrast, the English word silence emerges from several language streams. The Gothic verb *anasilan*, described the sound of wind dying down, and the Latin *desinere* meant to stop. Such linguistic sources suggest that the word silence has something to do

with ceasing and stillness, as in the quiet that arises *after* being active. Thus, while silence is not the opposite of sound, silence is the opposite of noise.

Early church theologian Irenaeus believed that God's first language was silence. It turns out Irenaeus' intuition was cosmologically correct. In a study done in 2005, Mark Whittle, an astronomy professor at the University of Virginia, analyzed the sound of the big bang explosion and concluded that the creative explosion that occurred nearly fourteen billion years ago wasn't really a loud explosion at all. It was a completely silent event, because the initial expansion was pure energy moving outward in a perfectly balanced sphere, like an unhindered ripple from a single rock thrown into a still pond.

In Whittle's view, "there were no compression waves, no sound, just quiet, brilliant, live expansion." But the silence didn't last long. Whittle concludes that the big bang was "a moment of silence followed by a rapidly descending scream, which built to a deep roar and ended

in a deafening hiss." Similarly, contemplative theologian Raimon Panikkar intuited in meditative prayer that "silence is a kind of property of Being prior to Being." So, it is not far-fetched to say that the universe emerged from silence. And our return to that silence is a way of hearing the first most beautiful no-thing.

It is difficult to measure how detrimental noise is to our spiritual life, indeed to our being. Noise hinders creativity, interferes with higher brain functioning and limits the ability of the body to recharge, be at ease and simply relax. Additionally, noise is often used as a means to avoid discovering ourselves more deeply. Reducing noise in our lives is a choice. Indeed, for many, a spiritual practice. And this takes us to the remedies. Here are five to ponder and practice.

Listen to the silence. The truth is that when I really listen, beneath my thoughts, I've only heard silence in the silence. And this silence is so good to us. Emilie Cady reminds us in her book *Lessons in Truth* that, "unless

you practice [meditative silence], you can't know how it quiets all physical nervousness, all fear, all over-sensitiveness, all the little raspings of everyday life." We can listen for the silence underneath all the surface noise and conversation in external life. Practicing this is a way into Presence, no matter where you may be, or what is occurring. Dawn and dusk are ideal times to dip your mind and heart into the silence.

Listen for the still, small voice of the Spirit. Psalm 46 reminds us to be still and know. That word know can be translated as listen. Be still and listen. Listen for the still, small, wordless voice that speaks through our emotional center, illuminating the intellectual center. This silent stillness gives impeccable guidance and enduring comfort. Do nothing until you hear it. Wait and be patient. It is worth listening for. Like Elijah, the Word of God was not in the wind, or the earthquake, or fire, but in the sound of sheer silence after the tumult (c.f. 1 Kings 1.11-13).

Listen for what your beloved is NOT saying. In our relationships, it is easy to get snagged on what our loved ones say to us, or toward us, even at us. Criticism, harshness, unkindness, anger, judgement, these are energetic patterns that understandably provoke and trigger. However, what if instead of listening to what our beloved was saying, we listened to what they *weren't* saying; what if we listened for the space for grace in between every word and thought and every breath both we and our beloved took? In this empty space, anything is possible. Nothing has been said, and so we can feel into the eternal presence that holds everything together with the nothingness of loving silence and the possibilities of the quantum field of love, wisdom and miracles.

In practice, this is more challenging. So perhaps practice by way of gradations. For example, you have heard of the Golden Rule: *Do unto others what you would have done to you.* And perhaps you have heard of the Silver Rule: *Do not do to others what you would not have done to you.* But you have understandably forgotten Hammurabi's Rule.

It is a rare and early example of western civilization's earliest description of the law of reciprocal retribution: *an eye for an eye, and only that.* The word only limited damages – which was a positive development in human cultural evolution and social relations. Prior to Hammurabi's Rule, there was no limit on retribution: *a life for an eye.* The application is that while we may not be able to love our beloved as we love our self, perhaps we can not treat them as we would not wish to be treated, and if that is not possible, perhaps we can aim to be proportional and rational in our responses, minimizing catastrophizing and reactive emotional eruptions.

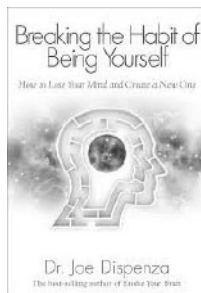
Listen to the stars. The hunger for deeper communion with God runs throughout the blood of our human family. We are awakened by the night and light – and especially the streaming stars of the suspended river Milky Way. Above us, they remind us of something the daylight often helps us forget – that we come from above, and that we can return there, perhaps not physically, but

certainly in the silence of our heart. Go outside at 11:00 p.m. and look up. The September night helps us listen to the stars and remember who we are and where we come from. What are we listening for when we listen to the stars? We are listening to their imperturbable, unchanging, unyielding, faithful and radiant silence. Feel into the truth that we are star dust listening to starlight.

Listen for the wisdom of the Work.

Every day we are educated and shaped by impressions; whether we are aware of them or not is our opportunity to become more discriminating of which impressions we will give our attention to. Among the vast wisdom impressions available through the human experiment on planet earth, surely the writings of Maurice Nicoll and his articulation of the psychological principles of the Work, which we call The Work of Inner Christianity, are unparalleled in clarity and profundity. These ideas are capable of not only being beautiful wisdom to hear, but capable of making us beautiful too. The kind of inner beauty that radiates, pollinates and emanates itself, a beauty that rises as a beacon calling all of humankind to become more than just a consumer of news and culture, but love-energy transformers, gifted alchemists who know how to turn the water of noise into the wine of silence. ☺

BOOK LOOK : LESSONS IN CREATING

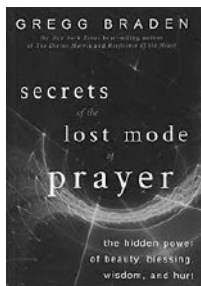


Starting in September, we will focus our sermon themes on Lessons in Creating, using Emilie Cady's book *Lessons in Truth* as a primary resource.

However, two recent books significantly enhance and evolve the ideas and principles taught by the Unity tradition through Emilie Cady.

The first book to be aware of is Joe Dispenza's extraordinary book *Breaking the Habit of Being Yourself*.

What is most helpful and important about this book is the way it weaves together both the method of meditative prayer and the Work of Inner Christianity ideas of self-observation and non-identification. Dispenza's unique charism is integrating quantum physics and brain research with the ancient spiritual practices of setting aims, making wishes, and having clear vision through the purification of the emotional center.



Similarly, the second book to be aware of is Gregg Braden's *Secrets of the Lost Mode of Prayer*. What is most helpful about this book is the way it invites us to practice making more active, affirming prayers grounded in more healthy, positive thoughts and feelings.

While we as a community practice consenting to and welcoming life as it is occurring, we also practice making our claims on reality by declaring truth into our life and into the cosmos. We believe in the principle *what we hold in mind happens in kind*, and the truth that *we go in the direction we place our attention*. Gregg Braden's book helps us be more skillful in this practice. ☺

SEPTEMBER COMMUNITY READING

Bringing Your Shadow Out of the Dark
Breaking Free from the Hidden Forces That Drive You
by Robert A. Masters, PhD

“Our shadow is our internal storehouse for the parts of us that we’ve disowned or rejected or are otherwise keeping in the dark.” The more unaware we are of it, the more it influences and controls us. Masters illuminates the process of meeting our shadow in beneficial ways and how to live a more complete experience of who we are.

POWERFUL LESSONS IN TRUTH

BY SANDRA ELY

Many of us have read *Lessons in Truth* by H. Emilie Cady. It's one of the foundational texts of our community, offering us a clear vision of who and what we really are, broadening our beliefs of ourselves and God, and giving us a "new" program of Truth to replace old, enculturated programs that dominate. Starting in September, Peter's Teaching Series focuses on metaphysics, giving us an opportunity to revisit these transformational principles and practices as a community on Sunday mornings. Recordings will be available on the CCH website for those unable to attend.

Weaving these Lessons in Truth with the Work of Inner Christianity and Centering Prayer is invaluable in this spiritual journey. The principals are timeless—denials, affirmations, and finding the secret place. Cady's concepts help us learn about these universal ideas, practice and apply them to our being, and discover how to break free of ourselves to live in understanding and unity with Spirit.

Each year, a class is offered to those interested in learning more about these powerful lessons in Truth. When I took the class almost 10 years ago, Barbara Cook, our former minister, asked everyone to write a summary, just one or two highlights from each chapter. It was not only a homework assignment, but

also an invitation to reflect deeply, to hear the most beautiful things. Here is the brief summary that I created for each chapter. I wonder how it compares with your reflections of *Lessons in Truth*...

Liberty or Bondage

You must forgive – to give for – to be free.

Statement of Being

At the central part of our being, every person can say, "The Father and I are one" and speak absolute Truth. The Source is a living fountain of All-Good (God).

Thinking

Turn your thoughts inward, toward the spiritual, and let them dwell on the good in yourself and in others, then the apparent evil will first drop out of your thoughts and then out of your life. We are constantly fed and renewed from higher centers.

Denials

What powerful tools! Feel your feelings, deny them power of useless unnecessary suffering. Feel to be fully human. Remember the Work and conscious suffering.

1. There is no evil.
2. There is no absence of life, substance or intelligence anywhere.

3. Pain, sickness, poverty, old age and death cannot master me, for they are not real.
4. There is nothing in all the Universe for me to fear, for greater is He that is within me and he that is in the world.

Affirmations

More powerful tools! Work with the four main affirmations to open the supply (and the fifth when in doubt). They will come true.

1. God is life, love, intelligence, substance, omnipotence, omniscience, omnipresence.
2. I am a child or manifestation of God, and every moment His life, love, wisdom, power flow into and through me. I am one with God and governed by His law.
3. I am Spirit, perfect, holy, harmonious. Nothing can hurt me or make me sick or afraid, for Spirit is God, and God cannot be sick, hurt or afraid. I manifest my real Self through this body now.
4. God works in me to will and to do whatever He wishes me to do, and He cannot fail.
5. God in me is infinite wisdom; I know just what to do.

Faith

Faith is an immutable principle

just as the law of abundance. You want an equivalent to what belongs to another (do not envy).

Terms

Cady's terms correlate to many ideas from the Work, such as crystalization, false personality, Real I, essence, conscious suffering and Will.

Spiritual Understanding

Seek ye first the Kingdom of God (consciousness) and his righteousness and all these things will be given to you. By cutting off the branches of selfishness and working against negative emotions, we increase our Being!

The Secret Place

We won't find answers in books, but must go on high, which is **within**. Tap into the oneness any time. Fear is the root of all of our failures, sickness, and distress. We are free from fear in the secret place.

Finding the Secret Place

There are amazing similarities to Centering Prayer with a few differences: Cady mentions that it's okay to stop if it's not a quiet time and there's no mention of straight spine/posture. She shares some prayers to settle into the silence.

1. Thy will is being done in me now.
2. God flows through me as life and peace and power.
3. Thou art the life within me; Thou art the answer to all my

questions.

4. You abide within me; You are alive there now; You have all power; You are now the answer to all I desire; You do now radiate Yourself from the center of my being to the circumference, and out into the visible world as the fullness of my desire.


Spiritual Gifts

Call failure as good, it gets the attention off results!

Unity of the Spirit

Keep a "single eye," as there is no evil. Let Spirit teach others (and me). Remember there is less separation in the spokes nearest the hub.

These Lessons help us understand that how we live, react, and respond is a **choice**! Using the tools of denials, affirmations, faith, understanding, silence, and gifts to aim towards liberty keeps us out of bondage. They help with non-identifying, self-remembering and individuality. Live as a child of god, as Spirit, governed by His law, letting His will be done and knowing He cannot fail. Get quiet, listen. Connect and renew in the silence daily. And when personality dominates, be gentle and observe. Then, use any or all of the practices to help re-do and renew the aim.

As an individual manifestation of God, as co-creators of this world, may we experience this beautiful Life together. 



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Whoever is in Christ is a new creation ...

behold, new things have come.

2 Corinthians 5:17

ANNUAL AIM: A NEW CREATION

HEARING THE MOST BEAUTIFUL THING

BY CLAIRE WEBER

This work, if you will listen to it and hear it in your hearts,
is the most beautiful thing you could possibly hear. It speaks not of sin, but of being asleep,
just as the Gospels do not really speak of sin, but only *missing the mark* – the Greek word means that.
Can we hear the work? ... This work is beautiful when you see why it exists and what it means.
It is about liberation. It is as beautiful as if, locked for years in prison,
you see a stranger entering who offers you a key.
But you may refuse it because you have acquired prison-habits and have forgotten your origin,
which is from the stars. How, then, will you ever be able to *remember yourself*?

Maurice Nicoll, *Commentaries*, p. 10-11

The tree is in the seed. In us, the New Man is in Essence and the wings are there, only what is in us has to
learn to use them. That is why so much is said about Self-Remembering,
which in a way is using our wings, remembering that we have wings.

The more you use these wings the stronger they will be. ... In the upper air, however
everything is very much finer, and you hear through different ears, see through different eyes.

Maurice Nicoll, cited in *Brighton Work Talks* by Beryl Pogson

In January of this year, I finally took the plunge and joined my first multi-day silent retreat with the Church of Conscious Harmony. I had rushed there from my harried work life and had not given much thought to what the retreat would be like. As I pulled my car in and saw a few fellow retreatants

walking slowly around the grounds, it suddenly hit me that I was about to detach from all external distractions. Those distractions included my incessantly beeping smartphone, my ever-present laptop and all of the gadgets I depended on in my daily life. It hit me like a lightning bolt – I would even give

up talking. Panic seized me and I realized that I would be left alone with the constant chatter of my mind.

The first few days were tough. My mind put up a mighty fight. It desperately wanted to hold on to the microphone and dominate the stage of my consciousness. The

structure of the retreat was perfect and it helped me to relax little by little. God was gentle with me throughout the retreat, leading me softly into the depths of silence and stillness like a feather drifting to the ground. The serenity that I experienced as the days went on was like nothing I had ever experienced. I wanted it to continue forever.

The retreat wrapped up and I made it back to my home. I barely remembered making the drive, it felt like a magic carpet had transported me. It was late January. The trees were bare and the earth was quiet. I was in a state of bliss and I wanted to prolong it for eternity. "It is possible," I thought to myself. I had taken time off from work after the retreat and there was no one depending on me outside of my little pup who is the picture of serenity, a real little Buddha with fur, so she would surely be along for the ride. So, I decided to welcome this state of bliss for as long as possible.

As I stretched deeper and deeper into the inner stillness, it felt like I was hanging out with God experiencing some serious one-on-one quality time. What a dream come true, a feeling of connection that I had craved for so long. Thoughts kept crossing my mind, "Maybe I'll extend this a few more days, or a whole week. I can take more time off from work." This experience kept beckoning and I felt like I was slipping deeper and deeper into a warm bubble bath. The warm water of bliss covered my ears as I sunk into the warmth.

Peace. Comfort. Away. No Problems. No noise. No people.

In the dinging, beeping, chatting, day-to-day life I had been living, I was so distracted that I had not even realized how much my soul needed space. I had become addicted to noise, stimulation, and to my mind itself.

"This work, if you will listen to it and hear it in your hearts ... speaks not of sin, but of being asleep ... This work is beautiful when you see why it exists and what it means. It is about liberation ... because you have acquired prison-habits and have forgotten your origin, which is from the stars. How, then, will you ever be able to *remember yourself?*"

Maurice Nicoll

I had truly been asleep. I had been locked for years in prison and this time away from the world was like a stranger had entered and offered me a key. In these precious days of silence, I remembered my origin and I remembered that I am from the stars.

Time seemed to move so slowly and I luxuriated in the feeling of having so much time and space. Everything looked and sounded so clear, like I had broken past the sound barrier and everything was a placid lake of glass.

"In the upper air, however everything is very much finer, and you hear through different ears, see through different eyes." Maurice Nicoll

I had never experienced "the

upper air" and a taste of it was somewhat intoxicating. Everything felt finer. My senses felt so much sharper. Seeing, hearing, smelling and tasting everything with so much more clarity and depth, I found that I did not need all the stimulation that the "outer world" offered. I could really get used to this, I thought. The fog seemed to have been lifted from my eyes and I could hear things so clearly. Waking up in the middle of the night to sit by the open window called to me. Sitting and hearing the most beautiful noises ... noises I had never heard in my life. It sounded like the laughter of angels and the breathe of the universe were outside of my window. It was heavenly.

By the fourth day, I was actively contemplating whether to add more time to my withdrawal. The thing I had known as "self" seemed to be dissolving, almost like sugar slowly melting in a warm summer rain, and it was such a relief.

Suddenly, I heard an unbidden but loud, gentle voice clearly say to me, "It is time to return to the world." That voice felt different than the thoughts encouraging me to sink into the blissful experience for as long as possible. It felt like it would cost something. There was a discomfort in my chest, a slight pinch in my stomach and my muscles tighten slightly in defense. It did not feel luxurious, but it felt true, and beautiful.

I mounted a soft defense and tried to make what I had heard disappear, to return to the silence and honey sweetness I had been

feeling. But, it did not work. It was like I had exited a portal and the door had glided shut behind me. It felt like waking up from a long and peaceful dream. Memories of angels laughing and the earth breathing came to me and in my post-bliss reverie, I wondered if it had been a dream after all.

I surrendered my will and made a plan to come out of the blissful bubble I had been floating in for almost a week. The next day, I slowly emerged. When I finally moved into looking at my correspondence, there was quite a queue that had formed:

“Hey Claire, not sure when you’re done with your retreat but I could really use a call. I’ve been struggling and would love some support.”

“When you come back from your retreat, can we get together? I could use a hug and to talk through some stuff.”

And simply, “I miss you, I miss our connection. Can’t wait until you’re back.”

The world was still there. It had been waiting for my participation, to make my contribution. I reached out to offer support and warmth to friends who needed some love and reconnected with people that had become part of the fabric of daily life. It was amazingly effortless because I had so much to offer – after all I had just been hanging out with God for a week, filling up the reservoir. Life was asking for my full participation. It was

asking me to share what I had so freely been given.

The next day, I was talking about this experience with a spiritual companion who said, “It sounds like you heard the Truth.” I thought about it and was prompted to think about how I knew it was the Truth. The first option to stay and continue the personal retreat felt so comfortable, so indulgent, so decadent and so totally about the True Self at a certain point. Even though it felt like the self was dissolving. The second option of returning to the world felt like it would cost me something – to surrender my comfort in order to be of service to the world and to my fellow humans. If I’ve been following the teachings at CCH, I’m pretty sure that is what this whole spiritual journey thing is about. We laughed and agreed that it was true – the teachings are about remembering ourselves. And in that moment when I heard, “It is time to return to the world,” I remembered myself. I remembered that I am spiritual essence that is eternal, but currently is having a human experience. The two cannot be divided right now.

One of the first things that struck me when I began attending CCH was the talk of The Fourth Way, the way of the householder. I learned a little about the other three ways and realized that I was definitely on the Fourth Way. I had never been called to go away into a cave or to live

a life of isolation as part of my spiritual path. The silent retreat with CCH allowed me to touch into the beauty and depth of that kind of life of withdrawal from the day-to-day living I was used to. The spiritual work that seems to lie ahead on my path is to continually dip in and out of these paths ... the daily withdrawal into Centering Prayer to touch the peace beyond understanding and then the return to the three dimensional world to be of service to my fellow humans.

Since this experience in January, I feel like I have been learning to walk in two worlds. I used to feel very torn, as though I could only be one or the other – fully in this world or fully “spiritual” and on another plane. The most challenging path I have ever walked is learning to integrate both of these and see that they are, in fact, one and the same.

When I had fully returned to the world and was back in the rhythm of life, I told a friend, “I see why those monks do what they do. That kind of living is really nice. Such peace, the feeling of being totally untethered from the problems of daily living.” She said to me with a smile, “Is that the path you think you’re called to?” I thought about it for a moment and with a smile I replied, “Well, if it’s the path that is truly meant for my life, I’m sure I’ll hear the call and it will be beautiful. My job is just to make the space to listen.” ☸

My Father is still working, and I also am working. John 5:17

LIVING THE WORK OF INNER CHRISTIANITY IN DAILY LIFE

TO AWAKEN FROM THIS SLEEP


Work Idea: The Work speaks of man being asleep. This is the terminology used by the Work to describe the human condition. Simply being psychologically and spiritual asleep. The Work offers us many tools to both realize that we are asleep and awaken from this sleep. The first step in the realization that we are asleep is through self-observation. Through a long period of unflinching, and uncritical self-observation we begin to be aware that we are asleep. With this new knowledge, and new understanding the Work then provides us methods and means to awaken from this sleep. Among the tools it offers are self-observation, non-identification and self-remembering.

Work Source: “Why? Because such a person is thinking of my book, my breakfast, my dinner, myself, my personal value, all the time. This is sleep. This is one reason, one of many, why the ideas of the Work, which are designed to produce a mental revolution, a change of mind, in short, a transformation, cannot act on us as they should. A man in the Work

must come to the realization that he is nothing. We look vaguely at the diagrams or write down notes. Or we say: ‘Oh, yes, I have heard that before,’ and go on thinking just as we always do, often thinking we are sure of our own worth and sure that we really know what is right or wrong. But this sleep, this deep infatuation with ourselves, this self-conceit, must later on cease. A man must begin to feel that there is nothing else for him but the Work, and that he must for himself think out and see the meaning of everything he hears day after day taught him in the Work. Then he begins, at last, to awaken. The Driver in him begins to climb on to the box and take hold of the reins. The Driver is the mind—not the ordinary mind but the mind beginning to think the ideas of the Work. This is the awakening mind. This is thinking in a new way. This is that thing so insisted on in the Gospels—*metanoia*—thinking in a new way—the first^[SEP] step in leading to change of being. This is what in the Gospels is called ‘hearing’—‘whosoever heareth . . .’ It is hearing

the ideas with the mind, not with the ears, not with the memory. And only this kind of hearing will awaken the Driver. It is hearing, not the words, but the meaning of the words. This is hearing.” Maurice Nicoll, *Commentaries*, Vol. 1, p. 238.

Application: Observe what is driving you upon awakening. Observe what is driving you when the sun is in your eyes. Observe what is driving you when the sun is directly overhead. Are these all the exact same thing? Are these dramatically different? The identification of our many different wants and the profound amount of conflicting desires and wills inside of us lead to the conclusion and the realization of our being asleep and the sun’s invitation to wake us up.

Further Resource: Beryl Pogson’s book, *The Work Life*, is a wonderful source of commentary-like essays. The book does a deep dive on many of the Work ideas from a different and quite illuminating perspective. She studied the Work with Maurice Nicoll for almost two decades. 

GUIDELINES FOR CHRISTIAN LIFE, GROWTH AND TRANSFORMATION

Fr. Thomas Keating, in his seminal work *Open Mind, Open Heart*, lists 42 principles underlying the Christian spiritual journey. Fr. Keating asks that these principles be read according to the method of Lectio Divina.

One principle appears in these pages each month.

GUIDELINE 20

Prolonged, pervasive, or paralyzing guilt feelings come from the false self.

True guilt in response to personal sin or social injustice does not lead to discouragement but to amendment of life.

It is a call to conversion.

UPCOMING CENTERING PRAYER RETREAT DAYS IN COMMUNITY

AT THE CHURCH OF CONSCIOUS HARMONY

Sept 21	9:00 am-4:00 pm	\$20
Oct 19	9:00 am-4:00 pm	\$50*
Nov 16	9:00 am-4:00 pm	\$20
Dec 14	1:00-5:00 pm	\$10

One-day – please bring your own lunch.

Cost is a suggested love offering. Scholarships are available as needed.

*Jim Reale will introduce vestibules (simple body movements, sacred chant, and conscious breathing) as preparation for Centering Prayer.

MULTI-DAY, OVERNIGHT

AT CEDARBRAKE RETREAT & RENEWAL CENTER

Sep 13-18	6-day	\$595
Dec 6-12	7-day (Full)	

Double room prices. Single room is an additional \$10/night.

Please contact the CCH office or website to register.

SUNDAY TEACHING SERIES

Lessons in Creating: Practical Tools for A Skillful Life

September 1	What Fires Together Wires Together
September 8	Quantum Mind
September 15	Denials
September 22	Affirmations
September 29	Miracles

SEPTEMBER CALENDAR

Visit consciousharmony.org
for a complete listing of events

SPECIAL EVENTS

One-Day Centering Prayer Retreat
Sep 21 9am-4pm
Cost \$20 BYO lunch. Preregister.

MONTHLY

1st Sundays
Bring non-perishables for Caritas

WEEKLY

Sundays
Lectio Divina 8-9am
Prayer Circle 9:15-9:45am
Worship Service 10-11:30am
Youth Program 10-11:30am
Fellowship 11:30am

Wednesdays
Contemplative Lunch noon-1pm
Yin Yoga 5-6:15pm \$15 register at
AwakenedHeartAustin@gmail.com
Contemplative Communion Service 6:30-7:15pm

Thursdays
Work of Inner Christianity Class 7:30-9pm

Fridays
Yin Yoga 1-2:15pm \$15 register at
AwakenedHeartAustin@gmail.com

Saturdays
Scriptorium 11-11:50am

DAILY

Sunday-Saturday 7-7:35am
Centering Prayer Service, Theosis Chapel

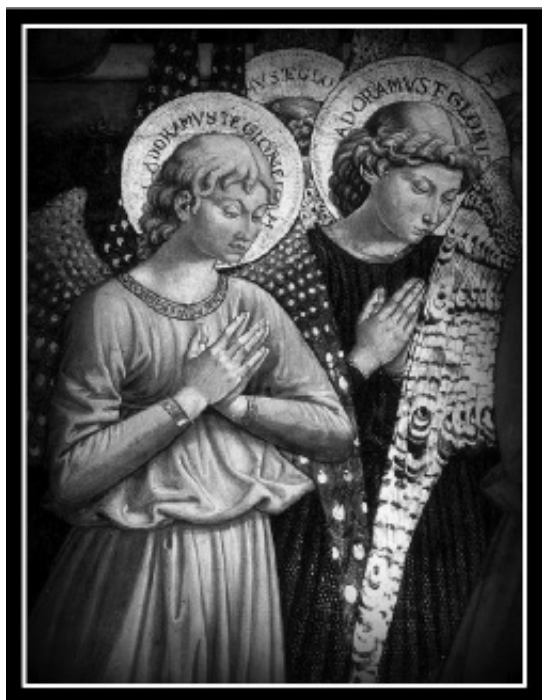
Recordings of services are available
through the Bookstore and online at
www.consciousharmony.org



THE CHURCH *of* CONSCIOUS HARMONY
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*From His fullness,
we have received grace upon grace.*

John 1:16

BEING

Jesus could have been an austere ascetic
like John the Baptist,
but instead He chose a middle way.
He ate with sinners and drank wine,
two things that the disciples of John
would not think of doing.

He talked to women in public,
something that a rabbi at that time
was not supposed to do . . .

Jesus was free from the conformity level of morality
that His contemporaries were locked into . . .

In the example of Jesus' life,
being is more important than doing.

It is not how successful one is, but who one is that counts.

Thomas Keating, *The Mystery of Christ*

