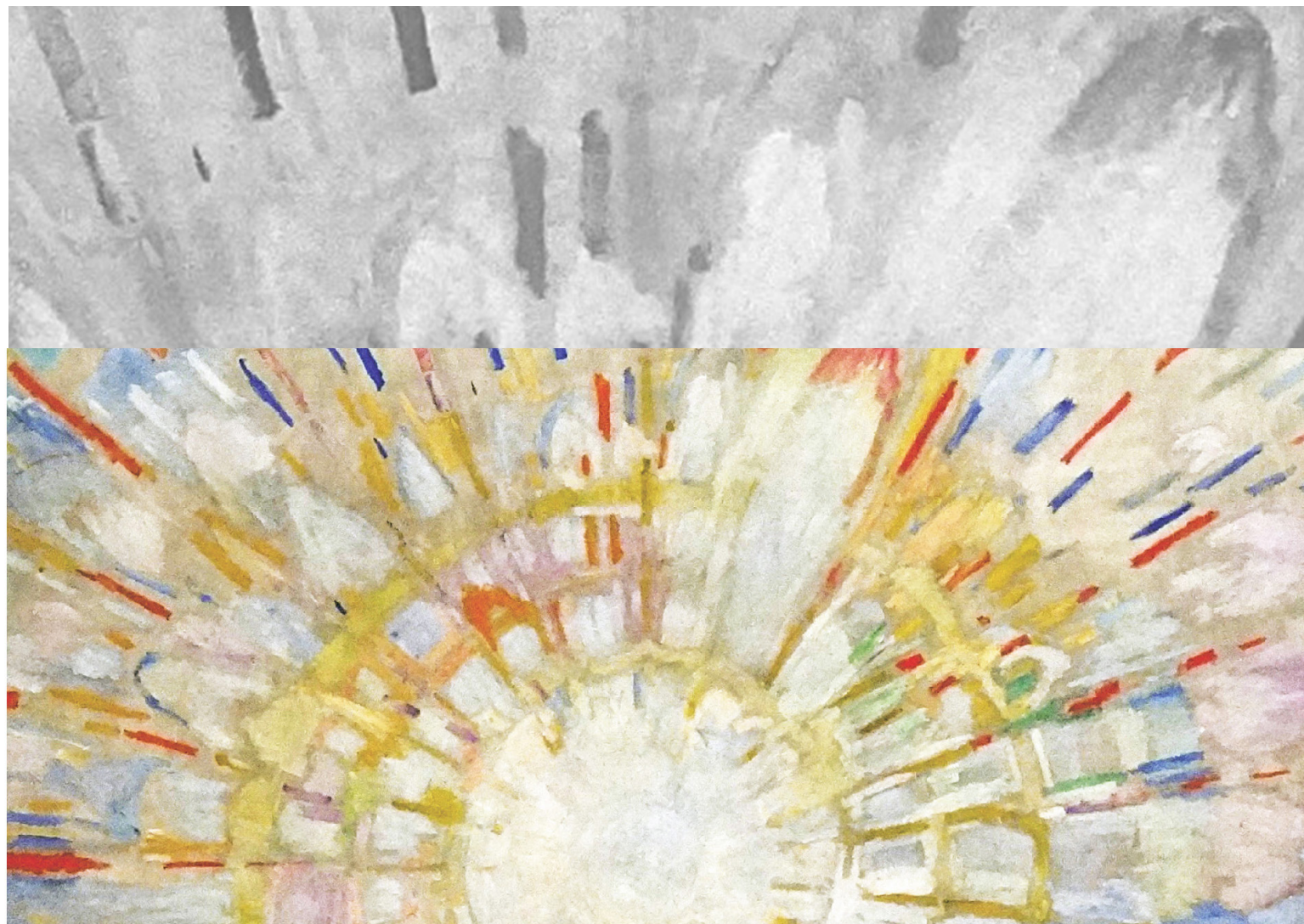




# THE MARK

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

January 2022  
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ARISING *as* EMBODIED LIFE

2022



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# BEING HERE

BY PETER HAAS

One of the gifts that the Work of Inner Christianity gives to us is the invitation to see our life as an opportunity to awaken and develop. Relationships, events, experiences, memories, difficulties, losses and victories are all a lawful part of our appointed curriculum. In this view, all of life becomes a school, and growing and developing in knowledge and being becomes our chosen way of life. This is our Way – a Way that keeps drawing us deeper. We call it the Fourth Way. The Way of the monastery without walls. The Way of self-observation, non-identification and Self-remembering in Christ. The Way of development of understanding, of Being, of consent, of the Work.

In 2020, our annual aim “The Way Draws Us Deeper” was inspired in part by Jesus’ enigmatic and compelling statement *I am the Way, the Truth and the Life*. (John 14:6) It was natural to continue the flow into our 2021 community aim “Truth Opens The Eyes of Our Hearts” focusing on many key truths that serve the unloading, healing and integration of our emotional center. We learned much about this process this year, and we trust that many have experienced a new way of seeing and being because of the healing grace of Truth to open the heart more and more into emotional freedom and

centered peace.


As 2022 begins, we enter an interconnected theme and octave “Arising as Embodied Life.” We are all discovering just how much “the issues are in the tissues,” as Fr. Carl Arico often reminds us. The year ahead provides us an opportunity to explore a related wish – we wish to Be Here Now, in this body, and in flow toward Christ together. As St. John the Baptist expressed it, *I must decrease, Christ must increase* (John 3:30) and as St. Paul summarized, *I, not I, Christ in me* (Galatians 2:20). Similarly, J.G. Bennett urges us with timeless wisdom, “No work of transformation is possible without knowledge of our own body.”

Mr. Gurdjieff urged his students to “Self-remember, always and everywhere” suggesting a quality of attention and intention, particularly focusing on our bodies. Recall that more than anything, Mr. Gurdjieff wished to be remembered as a teacher of dances (The Movements). Gurdjieff also relied heavily upon a few key practices of sensing the body in stillness and silence usually in the mornings. You can read more about these practices in Joseph Azize’s exceptional book, *Gurdjieff: Mysticism, Contemplation & Exercises*.

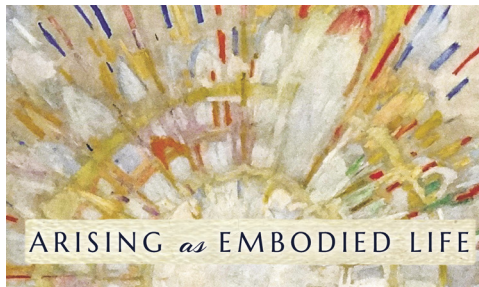
Self-remembering and sensing the body are fundamentally connected to the larger whole. First

is the earth, then our relationship to the moon and the sun, and beyond to our solar system’s planets, and our regional super-cluster, and the entire universe, which Gurdjieff termed The Ray of Creation. Robin Bloor, a friend in the Work recently said to our community, “Sensation of the body is Self-remembering.” Placing our attention into our body is a key part of the quality and state of what we mean by the experience of Self-remembering: literally, the awareness of being here now, as this body.

Our forthcoming focus on the body is grounded in essence, but called toward arising. We wish to arise into love, into Christ, into the light and life of God. All Self-remembering contributes to our being here now, including our healing, by way of contact with essence, and its connection with help from Above.

As we begin this new annual aim, “Arising as Embodied Life,” let us affirm and wish to experience more fully in the truths that the spiritual journey includes: involution and evolution, descent and ascent, crucifixion and resurrection, incarnation and ascension. As much as we celebrate the gift of being here now as this body, we also know that we are not just this physical body. We are comprised of several bodies, and together, we comprise the Body of Christ. 





## WE BELIEVE ...

- ✠ God is all in all. God is eternally revealing as the Trinity – Transcendent Father, Omnipresent Son and Immanent Holy Spirit – active within us as the Divine Indwelling.
- ✠ We are created in the image and likeness of God. Our basic nature, like God's nature, is absolute good.
- ✠ Transformation into Christ, unity with the Living God, and participation in the evolution of all creation is possible in this life. Indeed, it is the design and purpose of every human life.
- ✠ We open ourselves to transforming grace through our consent in Centering Prayer, the Eucharist, the Word and spiritual community.
- ✠ God is Love. Love is eternally present. We are called to participate in the dynamism of this love, for God, for one another and for all creation.

Excerpted from *Statement of Beliefs*,  
The Church of Conscious Harmony

# OUR ANNUAL AIM

## YOU ARE INVITED TO JOIN IN COMMUNITY

... to renew your consent and will to God,  
... to participate fully in a year dedicated to  
*Arising as Embodied Life*  
... to move ever deeper together as a community  
of intention, practice and devotion.

*All glory to God!*

Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which Christ looks compassion on this world. Yours are the feet with which Christ walks to do good. Yours are the hands through which Christ blesses all the world. Yours are the hands, yours are the feet, yours are the eyes, you are Christ's body. Christ has no body now on earth but yours.


Teresa of Avila

My hope for you all is that during this time you will have gained this vantage point where you will be able to see for yourself and never again lose this understanding. Really, only that can give us the strength and persistence to endure what is necessary, in order to transfer into and establish ourselves in the stream of real life.

J. G. Bennett, "Noticing," *The Sherborne Theme Talks Series #2*

*Now and always may Christ be magnified in my body,  
whether by life or death.*

Philippians 1:20

All are welcome to participate in The Church of Conscious Harmony's yearlong aim: *Arising as Embodied Life*. To RSVP to the annual aim invitation and register for any or all of the offerings described on pages 4-5, please go to [consciousharmony.org](http://consciousharmony.org) by January 31st. 

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# THREE SPECIAL INVITATIONS ...

## THE JOURNEY SCHOOL

The Journey School is a school of transformative spiritual psychology and practice of The Church of Conscious Harmony. It aims to be a spiritual resource for anyone, anywhere, who wishes to more deeply recognize, receive and respond to God as the center of their lives and participate consciously in the transformational spiritual journey into Christ. As such, The Journey School provides the community, structure, teaching, practices and support for the spiritual journey deeper into God's love. Offerings include:

- ❑ **An annual, yearlong curriculum delivered via weekly email** consisting of art, Scripture, teachings from the Work of Inner Christianity integrated with contemplative Christianity, homework exercises, links to a glossary, and archived emails and classes. Participants in The Journey School are expected to read, reflect and engage the contents, suggested practices and homework of the weekly email.
- ❑ **A weekly Thursday evening class** that explores the ideas and practices of the Work of Inner Christianity integrated with wisdom from the contemplative Christian tradition, a Zoom gathering of sharing and discovery in a community of high intention and purpose.
- ❑ **Weekly Journey Groups**, the primary place for the nurturing of spiritual community in a small group setting. Discussion is shaped by the weekly curriculum content and how participants are engaging with it in their daily lives.
- ❑ **Work Partners**, one-on-one relationships to Work with another, setting daily aims, supporting and holding each other accountable.
- ❑ **Gurdjieff Movements**, exercises and sacred dances having as their aim equilibrium and unity of being, balancing the three centers, working in all three lines.

## OBLATES

An Oblate of The Church of Conscious Harmony consents to journey deeper into Christ, what theologians call *Theosis*. Participation as an Oblate is a declaration of intentional relationship to the Divine Mystery that is God and to all creation.

To become an Oblate, a vow is taken, renewable each January. The vow is born of a personal hunger and commitment for transformation into Christ and a wish to live a committed life in service of this aim. In making their vow, Oblates commit themselves to God and to living the Oblate *Rule of Life* so to actively participate in the spiritual journey while engaging the transformative process as “monks in the world.” Oblates fully participate in The Journey School programs by receiving the weekly email and participating in a Journey Group (with the option of having a Work partner and participating in the Gurdjieff Movements). The vow is to God alone, yet lived out through and with the Church community.

In addition, the Oblate *Rule of Life* consists of the following practices:

1. Twice daily Centering Prayer practice
2. Daily reading of Scripture
3. Daily study and application of the ideas of the Work of Inner Christianity
4. Daily conscious movement (e.g., tai chi, yoga, walking)
5. Weekly immersion in a Eucharistic worship service
6. Meeting with the Minister or the Abbess at least annually
7. Seva or youth program service
8. Commitment to attend a multi-day Centering Prayer retreat
9. Attendance at the annual weekend Oblate retreat
10. Tithing

## THE OBLATE-CIRCLE OF DEVOTION

Those in the Oblate-Circle of Devotion have been practicing the Work of Inner Christianity for many years and wish to move deeper into the stillness and simplicity of silence and prayer, perhaps in expanded solitude. They commit themselves totally to God and to living a personalized expression of the Oblate *Rule of Life*, tailored to their own choosing, as directed by the Spirit and supportive to their life state and stage. The intention of the Oblate-Circle of Devotion is to affirm that the spiritual journey leads many to a deep interior quiet, where all of life becomes prayer and prayer becomes life in self-emptying, love for all and everything. Commitments to the Oblate-Circle of Devotion may be discerned in conversation with the Abbess.


No work of transformation is possible without knowledge of our own body.

J. G. Bennett, *Deeper Man*

[In the Ascension] the Divine is revealed AS the reality of the body, the underlying mystery of all physical matter.

Bernadette Roberts, *The Christian Contemplative Journey*,  
*Essays on The Path*, "Cessation of Self"

*In the Name of God Transcendent, God Omnipresent,  
God Immanent, the Holy Living Trinity. Amen.*

Please prayerfully consider these invitations for The Journey School, to be a CCH Oblate, and/or to be in the Oblate-Circle of Devotion. Reference [consciousharmony.org](http://consciousharmony.org) for additional details about the various ways to participate. Registration closes on January 31st. 



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*Now and always may Christ be magnified in my body, whether by life or death. Philippians 1:20*

## ANNUAL AIM: ARISING AS EMBODIED LIFE

BEING HERE

BY MARY LEA MCANALLY

The universe is a creation.  
The creation was a dynamic movement from the cosmic Whole into the cosmic plurality of phenomena, so that intelligent creatures are ultimately the products of higher intelligence, not chance developments ... The purpose of the universe, and all that is in it, is that the plurality should maintain the cosmic Whole by transforming coarser substances into finer, and thereby have the chance to itself evolve into a higher form. The highest purpose of humanity is consciously joining in that process of maintaining that Whole through the conscious transformation of received substances, and so developing objective reason, and evolving to serve higher purposes as a higher form of life. ... The cosmos is, therefore, a *designed and interrelated* creation.

Joseph Azize, *Gurdjieff: Mysticism, Contemplation & Exercises*

*Just as we have borne the image of the earthly one, we shall also bear the image of the heavenly one.*

1 Corinthians 15:48-49

“If we have an existence at all, we must be present to and penetrated by this presence. Why not cultivate it? ... That seems to be the project ...” Keating, *Reflections on The Unknowable*

As I write this, 2021 winds itself down and The Church of Conscious Harmony’s theme *Truth Opens the Eyes of Our Hearts* completes its octave. Like many of you, I accepted Peter’s January 2021 invitation to “double down” on spiritual practices, to give quality attention to my emotional center. I can report that, by the grace of God, I moved from my head to my heart in myriad ways this past year. This was a considerable journey in that I spend much of my time in my head, thinking, planning, writing, speaking.

In 2022, we consider the role our bodies play in our spiritual

transformation. *Arising as Embodied Life* holds the promise of even-deeper transformation. And, I am grateful for the head start afforded me with the writing of this article! In keeping with my ongoing desire for movement out of my head, I offer here a testimony of my own experience of embodied life. Here goes....

For weeks, at 65 mph, I glance at a billboard bearing the face of a famous humanitarian along with an inspirational slogan advocating a human virtue, until the billboard becomes mere wallpaper. Then, one day, traffic backs up and I find myself at a standstill, face-to-face with famous face. This close to the billboard, I notice it’s actually a clever collage of hundreds of pictures of that same famous face to form one coherent image. I detect details: here famous face smiling,



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there somber. I detect colors and hues in his clothing; here a black tux, there a plaid shirt. Myriad vignettes of his famous life. A mosaic of moments.

As I bumper-to-bumper along, I wonder what the famous person would think if he considered the billboard as I was doing at that moment. Would he recall all these moments for each photo? Of course not. In that moment, I self-remember. I breathe and intone, “be here now.”

Be here now! A catchy enough phrase coined by Ram Dass. As the title of his 1971 book, these three simple words have inspired countless songs, poems, chants. Some might hear it as a trite slogan. Not me; well, at least, not always. When slowed down, said with reverence and intention, it becomes three simple instructions for contemplative living: Be. Here. Now.

## Be

I am created in the likeness of God and I bear the image of the Heavenly One. My created essence is the spark of the Creator who dwells within me. As Teilhard de Chardin suggests, I am a consciousness point for the Divine working in this world. Thus, I can affirm that my being is good, very, very good. As I Be, God is.

Earlier in my spiritual journey, I could not have made such claims because I had no clear conception of “Be.” Later along the journey, I could sense Be, but only when I was silent and still both externally and internally. Ensuing the Work of Inner Christianity has given me knowledge and understanding that my being

derives not only from my essence but also from my level of consciousness. Work on the side of being invites me to live from inner parts of centers.

But these words inadequately convey the pervasive, embodied sense that can overtake me now, when I ponder the word Be. I Be as I attend to the moment-to-moment flow of inner experience, when I am fully awake in all three centers, when I sense my divine spark. My sense of being might be best summed up as: self-remembering.

The oft-heard phrase “we are human beings not human doings” implies that activity is antithetical to being. But self-observation has shown me that the most significant impediment to my “being” is not my doing, but being asleep while doing. Chiefly, I fall asleep when I multitask and over schedule. But I can Work, I can make aim, I can pray: O God come to my assistance, Lord make haste to help me. Ora et labora.

## Here

Here is what comes to me moment by moment. Here is the gift of life, a gift from the Divine. My human form offers me five senses with which to experience the gift of here. I make aim to carefully attune my seeing, hearing, smelling, tasting, and touching. I aim to truly witness Here by practicing the presence of God a la Brother Lawrence. A few vignettes ...

One November morning, I witness tendrils of sunrise that emanate from behind my house and wend their way westward. The clouds on the opposite horizon convert the tender pink to deep rose, then to scarlet and crimson, shouting the color back eastward. Soon the

entire sky is alight with the new day. I recall that my eye is the lamp of my body (Mt 6:22). I am here. I self-remember.

Later as I walk the Slaughter Creek Preserve, I inhale the petrichor of the over-night drizzle and the rich pungency of decaying leaves underfoot, a scent verging on sweetness, telling of purposeful death that marks the turning of another year. I know my earthly body awaits the same fate. I am here. I self-remember.

Here is not difficult for those who have no preferences (pardon the slight twist to the words of the Third Patriarch of Zen). Truthfully, I often prefer *not* here. I prefer to be elsewhere doing something else, with someone else. Maybe you know what I mean.

I rise one morning with deadline-induced anxiety and despite morning affirmations, I can't get myself fully here. Preferences arise, initiating a litany of complaint: my coffee is cold, the compost pail is over full, my beloved's humming is off key. I could ruin the morning by not wanting here. But, by grace, I wake up and remember: Here.

Awake now, I intentionally choose to welcome what is right in front of me. (As my mum used to say, “If you don't get what you want, want what you get.”) I attend to the next gift: making breakfast tacos. I open to the presence of God and in so doing, I somehow have a mystical experience with a flour tortilla! Standing at the stove, I rest my fingers lightly on the cold tortilla in the cast iron comal. I hold perfectly still. I attend to what is right Here. I breathe the warm air that wafts up

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from the gas flame. I feel the heat begin to wake the cold tortilla. My fingers slowly rotate the tortilla in the comal. The tortilla begins to soften. I close my eyes to attend more fully to my fingertips. I discern little sparks of heat, the shortening is sizzling. Now my fingers detect small air pockets forming between the layers of dough. Soon enough the dough is supple all over, the entire tortilla puffs gently, forms a soft pliant pillow. I flip it over. I am here. I self-remember.

While the panoply of sensory experience afforded by seeing, smelling, touching, hearing and tasting can be pleasant and uplifting, they were not designed for the sake of the experiences themselves. I must always remember that this vessel called Mary Lea is called to consciously transform the received coarser substances into finer (Azize). When I fully digest the experiences of my five senses, when I direct my attention and my intention to Here, I am feeding something higher. This is perhaps the most authentic and embodied Thank You I can offer the Beloved for the gift of Here.

## Now

Before coming to CCH, my sense of now was confined to the experience of the present moment. But one Sunday in say 2014, my understanding of time, of Now, profoundly and forever changed. During his homily, Tim Cook read a passage from Living Time where Dr. Nicoll conjures up an imaginary two-dimensional world

in which people live as on a sheet of paper. Dr. Nicoll invites us to imagine that a pencil is pushed through the paper world where the people's experience is limited to the wafer-thin area where the pencil intersects their flat, paper world. With their two-dimensional world view, they do not (cannot) perceive the three-dimensional pencil at all, it is inaccessible to them given their level of existence and consciousness.

So how did this analogy alter my understanding of time and Now? Well, in my three-dimensional world, the fourth dimension (time) is invisible to me. As Dr. Nicoll explains, "The present moment may only show us something comparable to a cross-section, or what I would prefer to call a certain minimum, of a vastly greater containing world, extended in dimensions hidden to our senses and existing in directions which are unknown and inaccessible to us."

In a refinement of his paper-world analogy, Dr. Nicoll swaps a four-tined fork for the invasive pencil. In two dimensions, the four tines appear as four distinct and unrelated spots. Not only do the people fail to discern that each spot portends something bigger, they have no clue that all four spots belong to the same bigger thing, namely the fork. By extension, in my three-dimensional world, what seemingly disconnected events that I experience Now might actually all belong to a bigger something that I cannot conceive? What relations, correlations, and explanations do I fail to discern owing to my

limited apparatus of perception? I can only suspect that there is greater meaning to each Now and affirm that the cosmos is indeed a designed and interrelated creation.

And even more intriguing is the notion of imaginal causality put forth by Cynthia Bourgeault in *Eye of the Heart* that apparently random events might in fact be causally connected but not necessarily in chronological order. Thus, cause might follow effect, when seen through my (limited) time perspective.

These altered concepts of Time present a steep intellectual hill indeed and how it informs my interior experience of Now is difficult to put into words. I can report that I have an embodied feeling of verticality, of something higher and transcendent to my three-dimensional experienced moments. I call this feeling, the eternal now. But my lack of deeper comprehension and my paucity of words impede neither my desire to understand nor my yearning for "the simplicity on the other side of complexity" as Oliver Wendell Holmes put it. I can wish.

Each Sunday, our worship opens with a simple chant. Peter starts us off, our voices join his melody, the musicians add their harmonies, and collectively we proclaim our intention: be here now. Be. Here. Now. An ongoing invitation. I know what my RSVP for 2022 will be. How about yours? ☺



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# ELDER WISDOM: HONORING OUR FATHERS AND MOTHERS

KNOWING, NO LONGER HIDING BY LOREN STELL

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Last June, I had my own Simeon experience. I had wished and searched my whole life and it only took a sign that couldn't be missed on my worst day for it to be revealed. Close to dying in an emergency room, my heart didn't stop. It broke open. I was given the experience of *knowing* in my bones the certainty of being loved and held by God. As Simeon says when he sees the baby Jesus, "Thank you great God, for with my own eyes I have seen your salvation – a light to the whole world and the glory of your people." (Madeleine L'Engle, *The Glorious Impossible*)

I could not stop weeping and laughing with joy at "Christmas Carol," the nurse who gleefully helped me. I couldn't slough off the deluge of love I felt emanating from my fierce advocate wife and my two sons. An inmost 'I' in my large quiver of 'I's – the one that's certain I am unacceptable/unlovable/irredeemable – died, or at least went into rigor mortis, as I teetered on the portal where breath and heartbeat stop. I have come to see that God's hand was in the hands of the surgeon that restored the flow to my heart. I have observed a group of 'I's that all my life have gone to sleep and woke up sad and hopelessly alone, lose its power.

After 84 years of searching and believing, or trying to believe in God/Presence/Source, I was given the experience of *knowing* this exhilarating joy. The stubborn refusal to surrender my doubt was gone. Like Simeon, my eyes were opened; and I continue to recognize relentlessness in joy, in God.

Unlike Simeon, I had hid my own unworthiness. Hid during all my spiritual efforts to open myself to metanoia, and was barely sustained with very subtle attaboys from my favorite program for happiness – interpersonal signs of affection. But God doesn't let us hide!

There were rumblings that my hiding place wasn't safe. Several years ago while practicing for the role of Simeon in the Glorious Impossible performance, I found it almost impossible to choke out the promise of salvation. After the play was over, Tim Cook bear-hugged me and said, "Yes, Loren, tonight you saw God!" I couldn't stop myself from crying – just like in the hospital.

I arrived at The Church of Conscious Harmony as a good householder through the grace of Jungian psychotherapy. But I never overcame the crippling hatred that came from comparing myself to the historical Jesus – the judge,

as Calvin would have it! Like the prodigal son's older brother, I was beyond redemption, just like folks in the hypocrite-full world around me. My multiplicity was able to externally consider in 45 minute increments and help patients see the unworkable manifestations of their own 'I's or sub-personalities. Letting them discover their deepest truth. But I couldn't get out of my own way and go deep enough to discover what I was hiding from. It's a quest worth knowing. Asking yourself, here and now, "What am I hiding from?" Asking with courage to hear all possible answers. Wishing and wanting to be free.

Along with dealing to some degree with the giant flaws in my own behavior – and those in the world around me – I arrived 'at the temple' after decades of yearning for meaning and community. In my quest, I met many loving people in dozens of churches, from traditional to edgy and spent years of active membership in many deep communities. I arrived at CCH with a daily meditative practice, but still hungry for more.

And oh, don't we enjoy so much more. The new winds blowing through the Journey School; with clarifications and updates on the amazing work of Gurdjieff, Ouspensky, Nicoll and Keating;

and fine-tunings by Bernadette, Bourgeault, Delio and Teihard to name a few.

So with the rest of the Journeyers here, shaky with my new heart stints of titanium and gold, I look forward to a new experience of Christogenesis – where *Resurrection* is experienced as gloriously possible. Where Love can “boil over” as Michael Begeman recently reminded us. Where we can see who is really with us in this Living Time. Where we might find a way to explore the oracle of dreams in the galaxies of silence within us. Where, as Michael also remarked after Ilia Delio’s zoom visit, all the *power* of the Universe is contained in one of our molecules – just like uranium’s – and what if our molecules filled with divine energy were to burst out in joy from Austin?

Might not it be as Teihard sings in his *Hymn to the Universe*:  
Glorious Lord Christ ...

You whose eyes are fire, feet  
brighter than molten gold, hands  
imprison the stars ...

You who are the first and the  
last, the living and the dead and  
the risen again ...

In truth you are my Lord and  
my God

May it be so as we travel  
this road together, not hiding in  
recurring doubts or feelings of  
unworthiness, but showing up.  
Manifesting and *knowing* God’s  
truth. Her presence. ☸

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

## LIVING THE WORK OF INNER CHRISTIANITY IN DAILY LIFE

### BEING HERE IN ACTION BY NATHAN JONES

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**Work Idea:** The Work teaches that we have three centers: the Intellectual Center, the Emotional Center and the Moving Center. We are encouraged to engage this Moving Center on a daily basis. In so doing, we are able to utilize perhaps the best tool offered for dropping back into the moment. For just being conscious in the now, as it were. Many, if not all, of the wisdom traditions speak to the goal of living in the present, truly being here in action. A divine verb as opposed to a stagnant noun – that we may say of ourselves: I am.

**Work Source:** “In the case of the Moving Center, we observe tensions of muscles, strained posture and expressions, frownings, clenchings, hurryings, slap-dashings, slammings, all of which not only waste force but influence other centers. For instance, if a person always scowls, then that may be one cause of his negative states. Its representation in muscular terms induces the corresponding emotions. Every emotion has a corresponding representation in the Moving Center ... Now usually the emotion causes the expression, but the expression can cause the emotion – that is, the Moving Center can influence the emotional state as well as vice versa ... To return: as we are, directed attention practiced, say for five minutes, by putting consciousness into every part of the body, beginning with the face-muscles, will give definite results at any moment when it is done in order to prevent some difficult period of being identified. Directing one’s attention to the Intellectual or Emotional Center demands internal attention. Internal attention begins with self-observation. Putting consciousness into the muscle-tension of the body is both internal and external attention. Begin by trying, say, to put your consciousness into your right thumb – then shift it to your left.” *Commentaries*, p. 1251-53

**Application:** Consider how the breath reacts to different emotional states. Both beauty and anger manifest differently in the breath. By focusing our attention on the breath, we can conversely affect the emotional state. Further, we can move toward, if not exist in, the present moment.

#### **Further Resources:**

Life is real only then, when ‘I am.’ Gurdjieff

*I am who I am.* Exodus 3:14

*Truly, I say to you, before Abraham was born, I am.* John 8:58 ☸

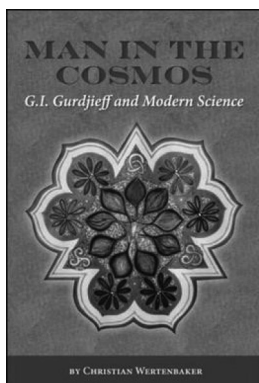
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## OUR MONTHLY PRACTICE: HOLDING A ROCK

Rocks are tangible evidence of ancient history and our interconnected with the elements and cosmic evolution of planets. Our January practice helps us feel into our January theme of *Being Here*. Rocks help us see physical embodiment. Take a rock, perhaps you have a favorite rock from a place you visited. Or perhaps you will take a walk this month and find a rock. Pick it up. Hold it. Then open your palm again. Feel the weight. Feel the texture. Feel the size and shape. Inter-Be with the rock and see what connections arise as you participate in conscious connection with the rock. ☸

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### BOOK LOOK OUR COMMUNITY READING FOR JANUARY-FEBRUARY

This year, we will explore six books as a part of our annual community readings. The first installment for January and February is Christian Wertenbaker's, *Man in The Cosmos: G.I. Gurdjieff and Modern Science*. This book will help us explore the ways in which our body is a microcosm of the great macrocosm of the universe. The ancient esoteric saying *as it is above, so it is below* briefly captures why we are beginning the year focusing on the cosmological bodies, and how these cosmological realities influence our psychology and physical body. ☸

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### SUNDAY SERMON THEMES ARISING AS EMBODIED LIFE

January 2	Arising
January 9	As
January 16	Embodied
January 23	Life
January 30	We, Me, Matter

## JANUARY CALENDAR

For more details, visit  
<https://consciousharmony.org/>  
or call 512-347-9673

### SPECIAL EVENTS

The Journey School enrollment for 2022  
begins Jan 2 online

Online Welcoming Prayer Retreat  
Jan 28-29 Fri pm-Sat am  
Register online

5-Day Centering Prayer Retreat  
Jan 14-18 at Cedarbrake  
Register online

Exploring G.I. Gurdjieff's Beelzebub's  
Tales to His Grandson with Robin Bloor  
Weds, Jan 12-Apr 6 7:30-8:45pm  
Zoom only \$130 Register online

Meditations on the Tarot:  
A Journey into Christian Hermeticism Reading Group  
Co-facilitated by Mimi Conroy & Peter Haas  
Thurs, Feb 17-Apr 14, 12:05-1pm  
Zoom only Register online

### MONTHLY

Caritas Donations  
1st Sundays  
Bring non-perishables to CCH or  
donate to [caritasofaustin.org](http://caritasofaustin.org)

### WEEKLY

Sundays  
\*Centering Prayer & Lectio Divina 8-9am  
\*Intercessory Prayer 9am  
†Worship Service 10-11:30am  
†Youth Program (pre-K-12) 10-11:30am

Wednesdays  
†Contemplative Worship Service 6-7pm

Thursdays  
\*The Journey School Class 7-8:30pm

Saturdays  
\*Scriptorium noon  
\*Compline 9-9:15pm

### DAILY

†Centering Prayer Service 7-7:35am

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\*Please join these services, groups, and classes via  
online video conferencing. Contact the website  
for accessible links and more information.  
†Open for in-person at CCH





THE CHURCH of CONSCIOUS HARMONY

A CONTEMPLATIVE CHRISTIAN COMMUNITY

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William Congdon, *Eucarestia 1*, 1960

## EPIPHANY

*The God who made the world and all that is in it,  
... made from one the whole human race to dwell  
on the entire surface of the earth, and he fixed the ordered seasons  
and the boundaries of their regions, so that people might seek God,  
and perhaps grope for him and find him,  
though indeed he is not far from any one of us.  
For in him we live and move and have our being.*

Acts of the Apostles 17:24, 26-28

Everything in this universe that our senses observe and that our technology can uncover is, at the deepest level, revealing the infinite. It is a revelation of who God is. And it is consistent with the early Christian Church Fathers, who said there are in fact two books of revelation: one is the Bible and the other is nature. ... Creation was not a one-time event. Furthermore, it's not only continuous, but going someplace – towards a divine relationship that involves the whole human family ... in a movement into the Unknowable.

Thomas Keating, "Cosmology," *God is Love: The Heart of All Creation*