

A Language of Thanksgiving and Praise

Journey School
November 21, 2024

“A mind and A heart
And these body-clothes”
Mary Oliver





LOVE IN THE SCALE OF CONSCIOUSNESS

LOVE (Calibrates at 500-600)

Aligns with **Gratitude, Wonder, Awe, Reverence & Revelation**

“Love takes no position and thus is global, rising above the separation of positionality.

It is then possible to be ‘one with another’ as there are no longer any barriers.

It is discovered that Love is available everywhere and that lovingness results in the return of love.”

“Characteristic of this energy field is a capacity for enormous patience and the persistence of a positive attitude in the face of prolonged adversity”



DAVID HAWKINS

Wonder, Awe, and Prayer



Wonder

“The world of things we perceive is but a veil. Its flutter is music, its ornament is science, but what it conceals is inscrutable. Sometimes we wish the world would cry and tell us about which made it pregnant with fear – filling grandeur. Sometimes we wish our own heart would speak of that which made it heavy with wonder.”

Awe

“Awe is an intuition for the dignity of all things, a realization that things not only are what they are but also stand, however remotely for something supreme. Awe is a sense for the transcendent, for the reverence everywhere to mystery beyond all things.”

Prayer

“Prayer is spiritual ecstasy. Its is as if all our vital thoughts in fierce ardor could burst the mind to stream toward God. A keen single force draws our yearning for the utmost out of seclusion of the soul.”

Abraham Joshua Heschel

For Presence

Awaken to the mystery of being here and enter the quiet immensity of your own presence.



Have joy and peace in the temple of your senses.

Receive encouragement when new frontiers beckon.

Respond to the call of your gift and the courage to follow its path.

Let the flame of anger free you of all falsity.

May warmth of heart keep your presence aflame.

May anxiety never linger about you.

May your outer dignity mirror an inner dignity of soul.

Take time to celebrate the quiet miracles that seek no attention.

Be consoled in the secret symmetry of your soul.

May you experience each day as a sacred gift woven around the heart of wonder.



“The free animal lives with death behind and God ahead”

Rainer Maria Rilke

”The Ray of Creation is our home”

”Live in the world with freedom, integrity, and holy impartiality”

Cynthia Bourgeault



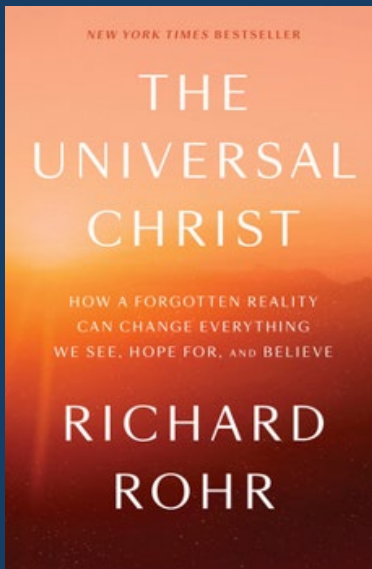
Richard Rohr on Conscious Suffering

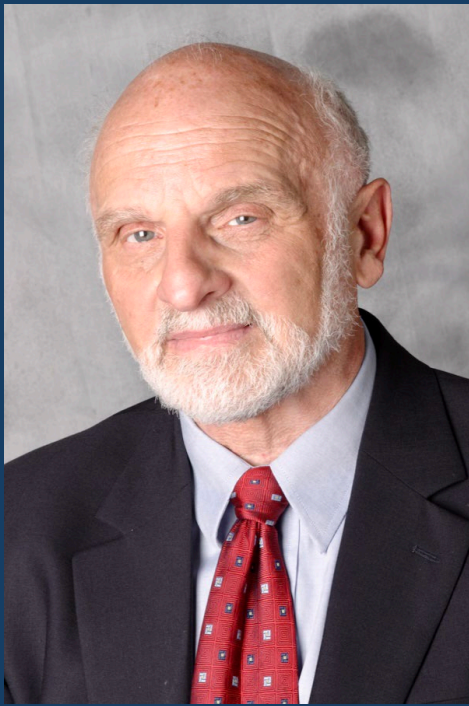
“To grow toward love, union, salvation, or enlightenment, we must be moved from *Order* to *Disorder* and then ultimately to *Reorder*”

Order: Our ‘first naïvete’, Innocent and safe. But permanent residence in this stage tends to create either **willingly naïve people or control freaks**

Disorder: Hazard in life. Suffering. “It is *necessary in some form* if any real growth is to occur. But permanent residence at this stage tends to make people **rather negative and cynical, unusually angry, and quite opinionated as they search for some solid ground.**”

Reorder: An insistence on going *though-not under, over, or around*. To arrive there, we must endure, learn from, and include the disorder stage, transcending the first naïve order-*but also still including it*. **We all come to wisdom at the major price of both our innocence and our control.**

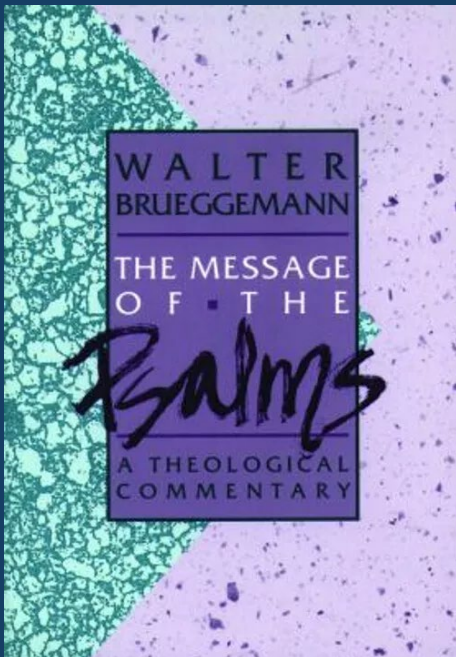




THE PSALMS

Psalms of Orientation – Satisfied seasons of well being evoke gratitude for constancy of blessing, articulating joy, delight, coherence and God's reliability

Psalms of Disorientation – Anguished seasons of hurt, alienation, exile, suffering, and death, evoke rage, resentment, self pity and hatred. Expressed in ragged disarray.



Psalms of New Orientation - Turns of surprise when we are overwhelmed with new gifts from God, when joy breaks through the despair, offering a fresh intrusion to something new. Retains the memory of previous suffering but held in balance with joy.

Psalm of Orientation

PSALM 133

How very good and pleasant it is
when kindred live together in unity!
It is like the precious oil on the head,
 running down upon the beard,
 On the beard of Aaron,
Running over the collar of his robes.
It is like the dew of Hermon,
which falls on the mountains of Zion.
For there the Lord ordained his blessing,
 life forevermore



Psalm of Disorientation

PSALM 137

By the rivers of Babylon-
there we sat down and wept
when we remembered Zion.

On the willows there
we hung our harps.

For there our captors
asked us for songs,
and our tormentors asked for mirth, saying
“Sing us one of the songs of Zion!”

How could we sing the Lord’s song
In a foreign land?

If I forget you, O Jerusalem,
let my right-hand wither!
Let my tongue cling to the roof of my mouth,
if I do not remember you,
If I do not set Jerusalem
Above my highest joy

Remember, O LORD, against the Edomites
The day of Jerusalem’s fall,
How they said, “Tear it down! Tear it down!
Down to its foundations!

Oh daughter, Babylon, you devastator!
Happy shall they be who take your little ones
and dash them against the rock!



Psalm of New Orientation

PSALM 40

I waited **patiently** for the Lord;
He inclined to me and heard my cry.
**He drew me up from the desolate pit,
out of the miry bog, and set my feet upon a rock,
making my steps secure.**

He put a new song in my mouth, a song of praise to our God.
Many will see and fear and put their trust in the Lord.

Happy are those who make the Lord their trust,
who do not turn to the proud, to those who go astray after false gods.

You have multiplied, O Lord my God,
your wondrous deeds and your thoughts toward us;
none can compare with you.

Were I to proclaim and tell of them,
they would be more than can be counted.



AMERICAN THANKSGIVING



Thanksgiving: Mother and Son Peeling Potatoes, 1945



THE FIRST THANKSGIVING

William Bradford's Psalm of New Orientation

“Having thus passed the vast ocean, and a sea of troubles before in their preparation, they had no friends to welcome them, or inns to entertain or refresh their weather-beaten bodies, no houses or, much less towns to repair to, to seek for succor.

It was winter, sharp and violent.....

What could now sustain them but the Spirit of God and His Grace? May not the children of these fathers rightly say: “Our fathers.. came over this great ocean and were ready to perish in this wilderness; but they cried unto the Lord and He heard their voice and looked on their adversity”

Thus, out of small beginnings, greater things have been produced by his hand that made all things out of nothing, and gives Being to all things that are.... and as one small candle may light a thousand, so the light here kindled hath shown unto many.”

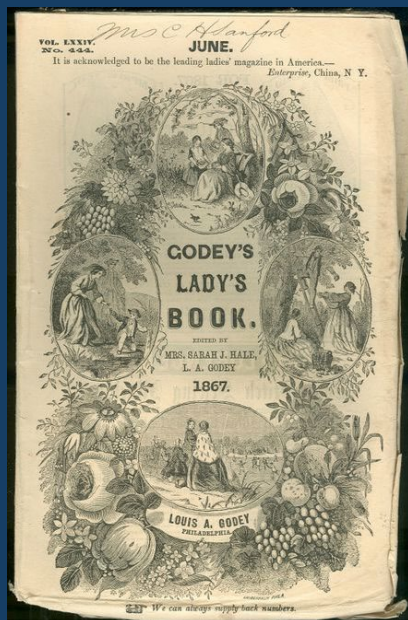


William Bradford 1621



PRESIDENTIAL PROCLAMATIONS FOR THANKSGIVING

“It has seemed to me fit and proper that they should be solemnly, reverently and gratefully acknowledged as with one heart and one voice by the whole American People. I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, **to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens.** And I recommend to them that while offering up the ascriptions justly due to Him for such singular deliverances and blessings, they do also, **with humble penitence for our national perverseness and disobedience, commend to His tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife in which we are unavoidably engaged, and fervently implore the interposition of the Almighty Hand to heal the wounds of the nation** and to restore it as soon as may be consistent with the Divine purposes to the full enjoyment of peace, harmony, tranquility and Union.”



Day of Thanksgiving Proclamation October 3, 1863

Sarah Josepha Hale

THANKSGIVING OF NATURE





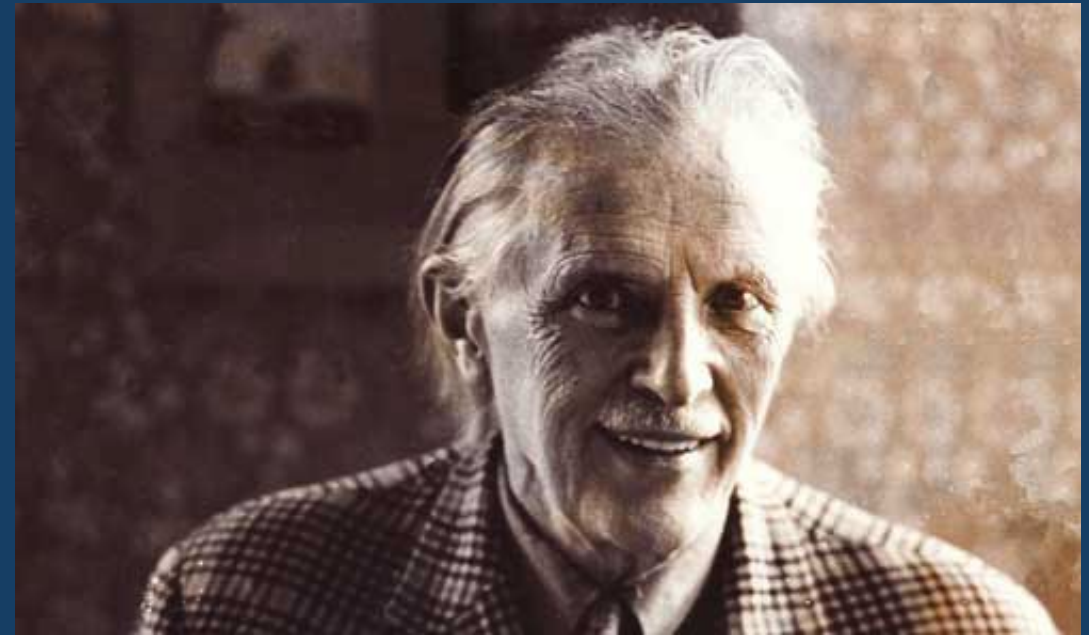
VENUS





"Take time to celebrate the quiet miracles that seek no attention"

J. G. Bennett: Divine Nature's Love For Us



We are able to experience that Nature loves us. We cannot come to this if we remain attached to what we call “our love of Nature” – our love of trees and animals and living things. Our love is our love, it is a restricted self-centered kind of experience. **We need to look the other way around – to see that we are loved by Nature.** We talk of Mother Nature, but this is nowadays thought of as a figure of speech. We need to take it literally.

Nature is our Mother and loves us as a mother. It is really like that...Nature makes it possible for us to receive the help and energies we need. Nature assists us in our work. Nature is far from indifferent. She is actively concerned with the good of mankind and of each one of us personally. The love that Nature has is not an abstraction, but a concrete thing for each of Her children... It will teach us more than anything else how unthinkable is the Love of God.

The Mother has forbearance. For all the power Nature has, we are not crushed for what we do. Nature goes on giving and allows us to take, even in the sinful way we do. Men still talk of “conquering Nature” as if She were a horrible force to be overcome and subjugated to Our will. **But by lifting one little finger, the whole human race would come to an end. If Nature were to shake herself a little, the human race would wake up to its utter helplessness.** Nature remains generous”



IX.

I go by a field where once
I cultivated a few poor crops.
It is now covered with wild trees,
For the forest that belongs here
Has come back and reclaimed its own.
And I think of all the effort
I have wasted and all of the time,
And of how much joy I took
in that failed work and how much
it taught me.
For in so failing
I learned something of my place,
Something of myself,
and now
I welcome back the trees.

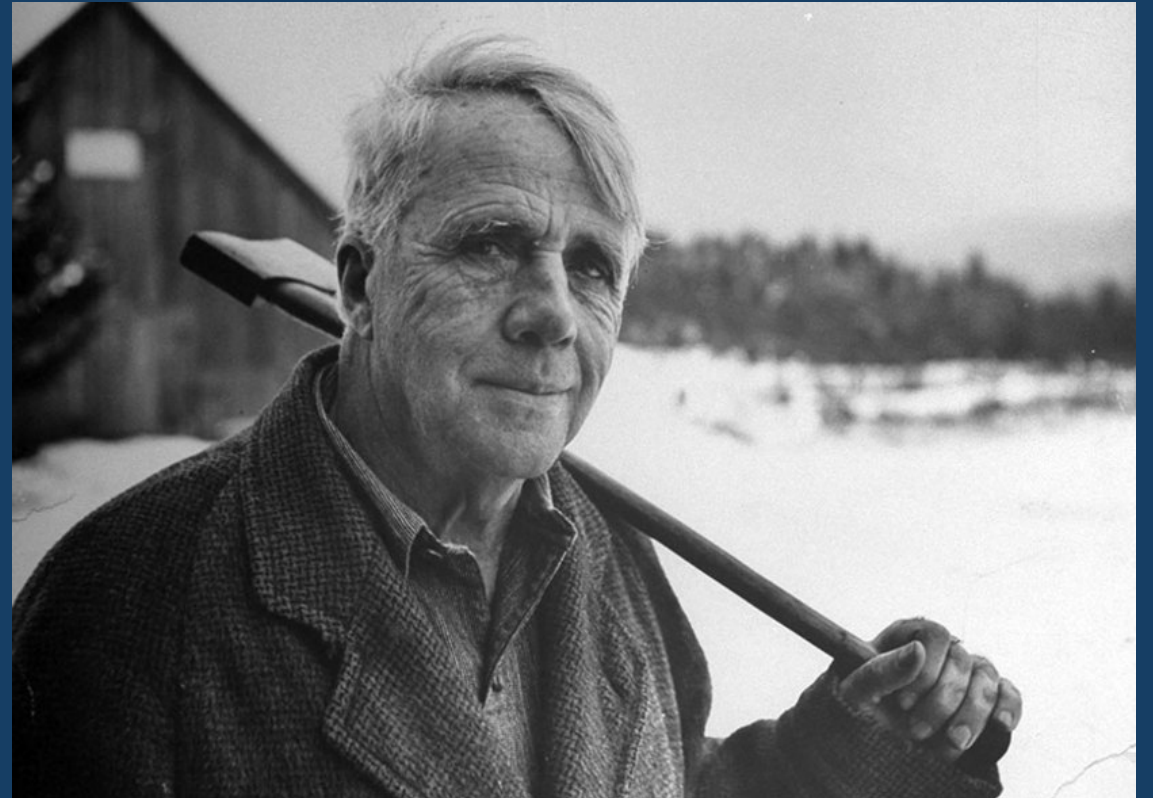
Wendell Berry *Leavings. Poems*

THANKFULNESS EVEN UNTO DIMINISHMENT & DEATH



My November Guest

My sorrow, when she's here with me,
 Thinks these dark days of autumn rain
Are beautiful as days can be;
She loves the bare, the withered tree;
 She walks the sodden pasture lane.
Her pleasure will not let me stay.
 She talks and I am fain to list:
She's glad the birds are gone away,
She's glad her simple worsted grey
 Is silver now with clinging mist.
The desolate, deserted trees,
 The faded earth, the heavy sky,
The beauties she so truly sees,
She thinks I have no eye for these,
 And vexes me for reason why.
Not yesterday I learned to know
 The love of bare November days
Before the coming of the snow,
But it were vain to tell her so,
 And they are better for her praise.



Robert Frost



Mary Oliver Interview with Kristina Tippett

https://drive.google.com/file/d/1Zo5MqxhmGXagCMr3SMTs8AZ_SsYQYO_-/view?usp=drivesdk

A TALE OF TWO MARYS

Get to know them via links



Mary Mrozowski: Centering Prayer Workshop

<https://youtu.be/ZjRICR14KIE?si=S9m0sQ0TTcEZ1R7R>
<https://youtu.be/ZCypE3G4OwQ?si=ejNzuxm37vBgTAK9>



“The free animal lives with death behind and God ahead”

Rainer Maria Rilke

Messenger

**My work is loving the world.
Here the sunflowers, there the hummingbird-
equal seekers of sweetness.
Here the quickening yeast; there the blue plums.
Here the clam deep in the speckled sand.**

**Are my boots old? Is my coat torn?
Am I no longer young, and still not half-perfect?
Let me keep my mind on what matters,
which is my work,**

**which is mostly standing still and learning to be astonished.
The phoebe, the delphinium
The sheep in the pasture, and the pasture.
Which is mostly rejoicing, since all the ingredients are here,**

**which is gratitude, to be given a mind and a heart
And these body-clothes,
a mouth with which to give shouts of joy
to the moth and the wren, to the sleepy dug-up clam,
telling me over and over, how it is
that we live forever**

Mary Oliver *Thirst* 2004



THANKFULNESS EVEN UNTO DEATH

The Welcoming Prayer

Welcome, welcome, welcome.

I welcome everything that comes to me today,
because I know it's for my healing.

I welcome all thoughts, feelings and emotions,
persons, situations and conditions.

I let go of my desire for power and control.

I let go of my desire for affection and esteem,
Approval and pleasure.

I let go of my desire for survival and security.

I let go of my desire to change any situation,
condition, person or myself.

I open to the love and presence of God and God's action
within. Amen

“My own heart is completely broken because I've lost, as it were, both arms. But above all, my heart is dwindled, because Mary was gifted by God by the most extraordinary courage. It is a friendship that tells me something about the communion of saints, that nothing else has in my life.”

Thomas Keating, Eulogy for Mary Mrozowski October 1993

THE GUEST HOUSE

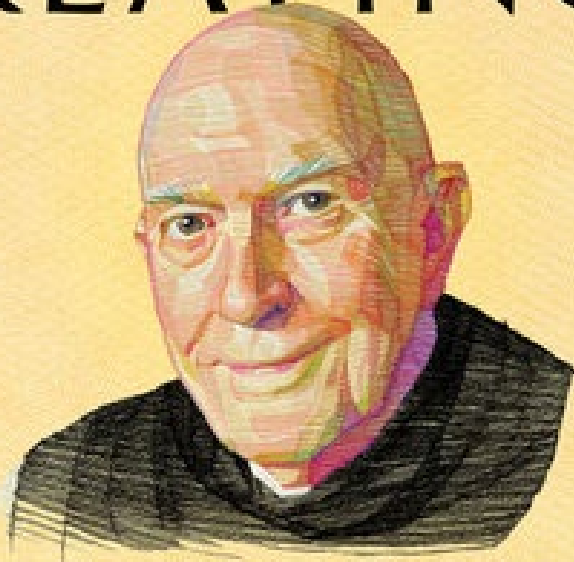


RUMI

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

The Making of a Modern Christian Mystic

THOMAS KEATING



by *Cynthia Bourgeault*

"Thomas Keating was one of the contemplative giants of our time, and Cynthia Bourgeault is surely his most brilliant and insightful interpreter."

—RICHARD ROHR, author of *The Universal Christ*

*Before being born into the world of time,
The silence of pre-existence was all absorbing.*

*The transition from eternity to time
Is full of sufferings, fears, and little deaths.*

*But, in the transition from death
To eternal life,*

*The silence of pre-existence
Bursts into boundless joy.*

*All that can be manifested emerges
From the endless creativity of*

That Which Is.

But

The Secret Embrace

Of

The Source of all creation

With

Infinite Transcendence

Can

Never be revealed.

Thomas Keating : The Secret Embrace