

January 2025  
Volume 37  
Number 1

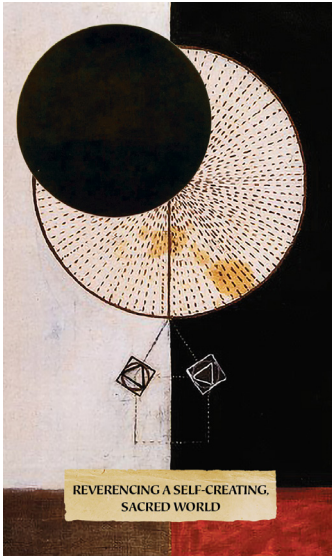


# The Mark

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

Holy Reconciling

2025



---

---

*For God was in Christ reconciling the world to himself. 2 Corinthians 5:19*

## ANNUAL AIM: HOLY RECONCILING

### HOLY RECONCILING, REVERENCING AND MANIFESTING

BY JILL FRANK

---

Everything in this world –  
every quark, atom, dust speck,  
heartbeat –  
quivers with the presence of God  
and is the presence of God.

That is the “fourth dimension”

Thomas was speaking of,

“The presence of God  
should become a kind of  
fourth dimension to all of life.”

Three dimensions comprise  
the world as it appears to us  
on the surface, all the individual,  
random bits and pieces  
floating down the river of time.

The fourth dimension kicks in  
when one suddenly grasps the  
whole thing as alive and vibrantly “one,”

a single living sacrament  
reemerging in every nanosecond  
from the ever engendering  
wellspring of God.

Cynthia Bourgeault,  
*Thomas Keating:*

*The Making of a Modern Christian Mystic*

*The glory you have given me I have given them,  
so that they may be one,  
as we are one.*

John 17:22

---

As we begin our new  
community aim, let us wish to  
begin this new octave in an abiding  
sense of wonder. Born from our  
accumulative work with “Holy  
Unknowing,” may we, like Mary,  
ponder in our hearts what will  
manifest in 2025, knowing the  
power of bringing in the Holy.

In the Work of Inner  
Christianity, the reconciling force  
is also referred to as third force,  
neutralizing force or relating force.  
It is related to the motive, or  
the cause of why you are doing  
something. Beginning with a wish,

an ascending octave *yields to what is  
higher than itself.*

Maurice Nicoll describes third  
force as that which lies between the  
opposites, and has the function of  
gradually uniting, so that ultimately  
we have no great opposites but are  
in between them, where active and  
passive are replaced by Third Force.  
*Either-or* transforms to *Yes and  
No*. In Christianity, we may say...  
Christ is born.

#### **A New Reconciling Force**

Science was primarily built up  
on the concept of two forces: action

---

---

and reaction. I want  $x$ , you want  $y$ , I push my agenda, you push yours, and the reconciling force of life keeps us identified and righteous. We fight or leave or descend into resignation, losing force in identification and negativity – the treadmill of life.

Unless an individual thinks in a new way, they cannot enter the kingdom of heaven. I have been using this wisdom saying recently. It offers a flood of relief replacing the resistance with a sense of peace. I ponder, what is my higher purpose? What do You want of me? A deep inner-knowing responds, “I am as you created me to be, and I am where you want me to be. Relax...body still, mind quiet, heart open. That’s what I want of you!” I enter into the silence consenting and waiting.... “Here I am, let it be done to me according to your word.”

Relating to J.G. Bennett’s wisdom, “If we have a very great wish to be used, then we can set ourselves to get out of the way to learn how to be empty. For this one must neither wish for anything for oneself nor must one even wish to give anything to others. To give something to others means that we are separate from them.” *The Sevenfold Work*, p. 87

Despite and even because of the struggle, I understand that “through the regular practice of

Contemplative Prayer, faith keeps growing. The sense of the divine presence becomes a kind of second nature or fourth dimension to the time/space continuum. It also manifests itself in everyone else and in every creature. God in us relating to God in everyone else.” Thomas Keating, *Manifesting God*, p. 54

### **Reverencing a Self-Creating Sacred World**

Jacob Needleman says, “What we and our Mother Earth need, and what has been needed since Man first appeared, is the energy of awakened and awakening men and women.”

Nature is one of my greatest sources of help. She is a vehicle of Wisdom that grounds and opens me in gratitude. She awakens something deeper than emotional reaction to a deep energetic connection with the whole. At our three-day Advent retreat at Cedarbrake, we were invited to let go of thinking and to rest in gratitude. I accepted with “thoughts” as a trigger to remember myself and my aim and by using sensation in the exploration of “Thy will be done.” In order to be a vehicle of higher will, I must slow down. This body, mind and spirit must come into harmony. I must sense and be willing to feel the opposites. Conscience *feels* all together.

I was so grateful to nap and rest

– on the ground above the babbling brook, on the cliffs further above the river and behind my room in a bed of greenery on my yoga mat. It was grounding. I felt held and vibrantly alive as I rested, listening to the trees letting go – leaves softly whirling in the wind, descending to the ground. Hearing the natural world is to hear the divine.

After the retreat, I sat outside and wrote. A little bee visited. My attention deepened as it landed on my hand. Then, it danced on my phone where I was reading an article from *Gurdjieff's Early Talks*. Next, it moved to my glasses first on the frame and then on the lens looking eye-to-eye at me. Amazing! I watched and sensed it was offering a message and read what it kept drawing my eye to in the article. It struck me as an instruction for how to manifest as “Holy Reconciling” in today’s climate of polarity. The article said, “There is a law that after a push there is a pause. *We can use this pause if we can prolong it and not rush forward to the next push.* If we can be quiet, then we can take advantage of the vibrations, which follow a push. Everyone can stop, for there is a law that everything moves only so long as momentum lasts. Then it stops. Either he or I can stop it. Everything happens in this way.” I will further ponder and work to use the pause.

Like J.G. Bennett says, “We

from page 3

have an extraordinary role to play. The Work needs to manifest the hidden; the spiritual world requires a vehicle and instrument through which it can work in this world.” With a deep wish to serve this extraordinary role, I consent in the silence of Contemplative Prayer and move in stillness or effortless being to the altar of life as our teacher. Will you join me? The friction of the opposites is lawful and is welcomed to the light of consciousness and love. How we become Christ, “Holy Reconciling,” is what The Church of Conscious Harmony is about! ☸

---

## OUR NEW DEVOTIONAL MINISTER

Jonathan Steele has been selected as the new devotional minister of The Church of Conscious Harmony. Jonathan has served as a pastor, lay preacher, spiritual director, and hospice chaplain. Thanks to Cynthia Bourgeault, he discovered Centering Prayer and joined a Fourth Way group.

We are deeply grateful for Jonathan’s Being and look forward to a long and fruitful future with him. Please welcome Jonathan and his family when you see them! ☸

---

---

## FOUNDATIONS

BY MARY ANNE BEST

One year ago, we debuted this column to shed light on the foundational principles, aims and intentions that ground The Church of Conscious Harmony’s teachings, offerings and every detail of its operations. *Foundations* will continue monthly throughout 2025.

As we enter together into the Church’s annual aim of *Holy Reconciling*, while prayerfully considering the various offerings from The Journey School and Church in which we wish to participate, let’s revisit this foundational message that remains as relevant for us today as it was when it was originally published in 2007.

---

### A School of Love

by Tim Cook

There is a deeper us, a deeper spirit than any thought or feeling could ever get to and it is only by parting the curtain of our thoughts and deepening into the silent spiritual presence that we find ourselves and are transformed by that silence. And then we realize this silence is what we’ve been hungry for the whole time. We need to support each other in satisfying that hunger. Our community provides support in a world that does not prize daily silent practice, a world that doesn’t know there is a new identity to be transformed into. A community like ours is an island of sanity, a statement of love that, in our own small way and in our own time, changes the world in ways we can’t even imagine. Our community matters to the world because, like a monastery, it is a school of love.

The monks’ charism is to be just barely in the world and praying for all of humanity. They know that the human family is one family and they realize that they are that organ of humanity that prays for the whole of the human race, on behalf of everyone. Our community’s charism is to be “in the world, but not of it;” to be a little deeper in the world than the monks, yet to live like them in a monastery but without visible walls. Ours are walls of shared community intention that embrace our entire day, holding us in place and aiming our lives.

We intend to live as God’s people, even though the world we live in doesn’t prize or even acknowledge in any more than a superficial way that there is God. When we live in this way, knowing God in ourselves and ourselves in God, then we will have discovered the meaning of human life and we will have also given our gift to the world. ☸

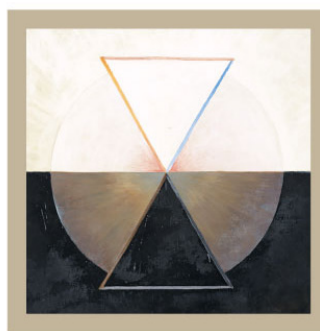
---

---

## WE BELIEVE ...

- ✦ God is all in all ... eternally revealing as the Trinity – Transcendent ... Omnipresent ... Immanent ... active within us as the Divine Indwelling.
- ✦ We are created in the image and likeness of God. Our basic nature is absolute good
- ✦ Humanity is asleep to its divine essence and called to awaken.
- ✦ Daily spiritual practice, self-knowledge and surrender to God form a path of access for those who wish to awaken.
- ✦ We open ourselves to transforming grace through our consent in Centering Prayer, the Eucharist, the Word and spiritual community.
- ✦ God is Love ... 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



# Holy Reconciling

2025

## OUR ANNUAL AIM

### YOU ARE INVITED TO JOIN IN COMMUNITY...

In faith, to renew your consent and will to God,  
... In hope, to participate fully in a year dedicated to *Holy Reconciling*... In love, to move ever deeper together as a community of intention, devotion and practice. *All glory to God!*

The most important thing to keep in mind here is that this third force is an independent force, coequal with the other two, not a product of the two...

Just as it takes three independent strands of hair to make a braid, so it takes three individual lines of force to make anew arising.

This third force serves to bring the two other forces (which would otherwise remain disconnected or deadlocked) into relationship, from which forward momentum can emerge.

Cynthia Bourgeault, *The Holy Trinity and the Law of Three*

*“Behold, I have left an open door before you, which no one can close.”*

Revelation 3:8

Holy-Affirming, Holy-Denying, Holy-Reconciling, Transubstantiate in me for my Being.

G.I. Gurdjieff, *All and Everything*



All are welcome to participate in The Church of Conscious Harmony’s yearlong aim: *Holy Reconciling*. To RSVP to the Church’s annual aim invitation and register for any or all of The Journey School offerings described on pages 6-7, please go to [consciousharmony.org](http://consciousharmony.org) **by January 26th**. After registration, you will receive a beautiful packet of cards featuring our monthly themes. ☺

---

---

# THREE SPECIAL INVITATIONS FOR 2025...

## 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 and our fullness of Being. The Journey School offerings consist of:

- **An annual, yearlong curriculum consisting of a weekly email** that includes art, Scripture, teachings from the Work of Inner Christianity integrated with contemplative Christianity, practices, 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 exercises of the weekly email.
- **A weekly online 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 processing of our Work on the spiritual journey and 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 Work relationships supporting one another, setting daily aims, and holding one another 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 of the Work.

## OBLATES

An Oblate of The Church of Conscious Harmony consents to journey deeper into Christ, what theologians call *Theosis*, what Jesus called “abiding with him,” and what St. Paul called “union with Christ” or “putting on the mind of Christ.” 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 also fully participate in The Journey School programs by receiving the weekly email, attending the Thursday class, and participating in a Journey Group (with the option of having a Work Partner and participating in the Gurdjieff Movements). One's 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 commitments:

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 devotional service
  6. Sacred service for the Church community, such as Sunday Seva, Youth Educational Services (YES), the daily Centering Prayer service team, audio/visual team, Communion Committee, Floral Committee, et al.
  7. Commitment to attend a multi-day Centering Prayer retreat annually
  8. Attendance at the annual weekend Oblate retreat
  9. Meeting with the Abbess at least annually
  10. Tithing

### CIRCLE OF DEVOTION OBLATE

A Circle of Devotion Oblate of CCH consents to journey ever deeper into Christ, what theologians call *Theosis*, or simply, Love. Participation is a declaration of intentional relationship to the Divine Mystery that is God and to all creation. A Circle of Devotion Oblate is ordinarily a community elder who has been practicing silent contemplative prayer for many years and wishes to move deeper into the interior stillness and simplicity of silence and prayer, perhaps in expanded solitude. They commit oneself totally to God and to living a personalized expression of the Oblate *Rule of Life*, tailored by the Holy Spirit and supportive to their life state and stage. Their work is prayer: prayer for the community, with an ethic of accompaniment; keeping vigil for the world, in solidarity with the suffering; abiding in peace, surrendered to God, freely giving and receiving love. The intention of a Circle of Devotion Oblate is to affirm that the spiritual journey leads many to a deep interior stillness, where all of life becomes prayer and prayer becomes life in self-emptying love for all and everything. They participate and bless the community through their Being and prayer. Commitments may be discerned in conversation with the Abbess.

#### Always in All Ways

So you wish to begin a new life?

Then begin here and now with whatever you are doing, however dark and meaningless it may seem. For your work is to find God, always and in all ways – at all times, in all places, in any company, and in all ways.

This is the wayless way that leads us to grow in everything and increase unceasingly, without end.


*Meister Eckhart's Book of Darkness & Light: Meditations on The Path of the Wayless Way*

*God has made known to us God's hidden purpose, made so kindly in Christ  
a plan for the fullness of times: that all, heaven and earth, be brought together in unity through Christ.*

Ephesians 1:9-10

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

†

Please prayerfully consider these invitations to participate in The Journey School and/or to be an Oblate. Reference [conscioussharmony.org](http://conscioussharmony.org) for additional details on the numerous ways to participate. Registration closes **January 26th.** 

---

---

*But whenever you pray, go into your inner room and shut the door and pray to your Father who is in secret, and your Father who sees in secret will reward you.* Matthew 6:6

## CONTEMPLATIVE PRAYER

AT THE THRESHOLD OF ALL IN ALL BY MEREDITH BERMAN

---

Our January aim “Reverencing a Self-creating, Sacred World” is punctuated with Cynthia Bourgeault’s explanation of the fourth dimension from her book *Thomas Keating: The Making of a Modern Christian Mystic*: “Everything in this world – every quark, atom, dust speck, heartbeat – quivers with the presence of God and is the presence of God. That is the ‘fourth dimension’ Thomas was speaking of, ‘The presence of God should become a kind of fourth dimension to all of life.’ ... The fourth dimension kicks in when one suddenly grasps the whole thing as alive and vibrantly ‘one,’ a single living sacrament reemerging in every nanosecond from the ever engendering wellspring of God.”

I will not forget receiving the meaning of this (or at least a level of it). It was a time bending moment where ordinary time broke open for a download and regathered itself after fleeting, yet eternal seconds.

On an ordinary day walking around my home, I passed through

the archway of my library – a threshold as I now understand it – and my body suddenly stopped. In the next moment, I received what felt like brain surgery to my consciousness. I saw the world in front of me and the world inside of me merging into one river – similar to the clown trick of the never-ending pouch turning in and out of itself, revealing a new color at each turn. Flowers, grass, animals, computers, canvas, clay, coffee, gasoline, sister, brother, stranger, dirt, apple, dust, book, Jesus, Christ, me, you, all animated by the same roaring tide of light.

Everything in everything else. All in All.

This “surgery” was the receiving end of prayer. Over the course of two decades, I had been contemplating the question of heavenly exclusionism from my old tradition – how could heaven be granted to some and not others if we are all made from God? Without knowing what to call it, I was seeking an awareness of

All in All. I had sat in the silence and in contemplation; I had read; I had attempted several angles of understanding. Then one day it was as if God said, “Good research – pass under the threshold to find what you’re looking for.”

Each time it appears, I remember that third force – holy reconciling – often comes as a surprise.

We make effort at a four-dimensional reality until we can see one because as P.D. Ouspensky says, “The greatest lie is that we are three dimensional beings.” Then, on one unsuspecting day, the boon of the harvest arrives. It is the shift from one end of the octave to the other, happening in an instant yet often backed by an entire timeline of effort.

And behind it all, supporting the trusses of our awakenings, is the causality of Centering Prayer – that *choosing* silence during a sit is practice for being *made* silent later. What a slow, tender, and unfolding grace God gives us as we awaken. ☸



---

---

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

# THE WORK OF INNER CHRISTIANITY

THE LAW OF THREE FORCES OF CREATION BY SANDRA ELY

---

Maurice Nicoll writes in *The Commentaries*, “we live in firstly a *created* and secondly an *ordered* Universe. If the Universe were chaos, there would be no order and no laws. *Cosmos* literally means *order* as distinct from *chaos*. If the world were chaos, the study of the laws of matter and so on would be impossible. Science could not exist. The *Law of Three* is the Law of the Three Forces of *Creation*. This law states that *three forces must enter into every manifestation*. But creation is governed by another law – the *Law of Seven* or the *Law of Order of Manifestation*. Creative forces could not work unless they created in some order and this order of manifestation or order of creation is due to the Law of Seven.”

The Law of Three is responsible for *all* manifestations. The three components are: 1) active force, 2) passive force (or resistance), and 3) neutralizing (or reconciling) force. All three forces must come together

to create an event. Nothing has ever manifested without these three forces! First force can be considered what we want. Second force is what gets in the way of us acquiring it. And unless we are conscious, *life* is third force instead of the Work of Inner Christianity. The objective is to make the Work your third force.

To illustrate, let’s say: I want something (first force). Consider this a fill-in-the-blank exercise, e.g. someone’s time, a quiet moment, a physical item, a positive outcome or result, quality service, to be right or in relationship, etc. Prior to getting that something, an obstacle or diversion arises (second force). Frustration, impatience or fear responds. With life as third force, nothing new is created and we end up in recurrence.

However, when the Work enters: I observe the negative emotion that is taking over. This scene isn’t new. ‘Observing I’ has seen this film before. These situations are

mechanical and rooted in fears. This is just another ‘I’ and not who I really am. How delightful to be reminded again and have an opportunity to interrupt this recurrence for a new manifestation to occur (the Work as third force). With appreciation for this shift, I rebound and await the next right action – feeling a bit more energy and spaciousness in and all around me, cells, body, earth, cosmos.

We can learn to recognize first and second force in everyday situations. What’s the initial action and the opposing reaction? To anticipate second force, one must observe first force. With frequent practice, we strengthen our Work accumulators. To keep this simple, ask yourself, “What do I want?” Then, observe what prevents you from acquiring it. Next, apply a Work idea – thereby encouraging the Work to be third force! ⚠



THE CHURCH of  
CONSCIOUS HARMONY

7406 Newhall Lane  
Austin, Texas 78746  
512-347-9673 512-347-9675 fax  
www.consciousharmony.org

BOARD OF DIRECTORS

James Adjan Mary Lea McAnally  
Mary Anne Best Tracey Stephens  
Ken Ely Jackie Strashun  
Donald Genung Stephen Utts

ABBESS

Mary Anne Best  
abbess@consciousharmony.org

EMERITUS MINISTERS

Tim Cook (deceased) & Barbara Cook

THE JOURNEY SCHOOL

Mary Anne Best  
tjs@consciousharmony.org  
James Adjan, Assistant

CENTERING PRAYER

Jill Frank, Program Director  
programdir@consciousharmony.org

YOUTH EDUCATION SERVICES

Deborah Hale, Children's Director  
childmin@consciousharmony.org  
Jacque Botto, Asst to Children's Director  
Don Hale, Youth Director  
youthdir@consciousharmony.org  
David Jenkins, Asst to Youth Director

OFFICE

Mon-Fri 10am-2pm  
Donald Genung, Business Manager  
bizmgr@consciousharmony.org  
Tracy Greiner, Office Manager  
officemgr@consciousharmony.org  
Mark Caddell, Media Producer  
mediapro@consciousharmony.org  
James Adjan, Worship Team Coordinator  
wtc@consciousharmony.org  
Billie Woods, Music Director  
musicdir@consciousharmony.org  
Sue Young, Lead Vocalist

NEWSLETTER

Sandra Ely, Editor  
garzaely@swbell.net  
Carol Hagar, Design  
carol.hagar@austintennisacademy.com

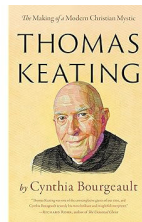
# COMMUNITY READING


JANUARY-APRIL

*Thomas Keating:*

*The Making of a Modern Christian Mystic*

by Cynthia Bourgeault

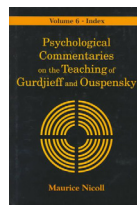


In Cynthia's own words, the book is designed to "help ... break open the remarkable body of work that Thomas created during the final three decades of his life, and particularly during the final three years of his life. Across his final thirty years, he grew well beyond his original niche as chief architect and principal spokesperson for the practice of Centering Prayer and assumed his full stature as a world-renowned spiritual master and intrepid groundbreaker in the still largely unexplored terrain of Christian nonduality. ... an unapologetic disciple of evolutionary consciousness and a guiding light in the emerging field of interspiritual dialogue. Most surprising of all, he had become a cosmogonic mystic who pondered the meaning of life at a vast scale and peered as deeply as he could into the mystery of Ultimate Reality from the perspective of what he came to call 'unity consciousness,' Oneness – experienced both inwardly as a state of consciousness and outwardly as a state of planetary harmony and cooperation – became the watchword for his final spiritual transformation, the transformation we see being played out right before our eyes in that final collection of writing that is the subject of this book." 

## CORE FOUNDATIONAL BOOKS

*Psychological Commentaries on the Teaching of Gurdjieff and Ouspensky*

(Volumes 1-6) by Maurice Nicoll



These six volumes, including five commentaries and an index, are the most in-depth and easiest to understand books on the insights and practical applications of The Work of Inner Christianity based on Gurdjieff's and Ouspensky's teachings. Nicoll, a psychiatrist trained by Carl Jung and student of both Gurdjieff and Ouspensky, provides a unique perspective on their philosophical and psychological principles, giving readers a comprehensive guide to understanding and applying these

esoteric teachings in their daily life. *The Commentaries* cover a wide range of Work topics, including self-observation, multiplicity, the study of loss of force, scale and the meaning of evolution. Regardless of what spiritual path a person is on, these profound and accessible ideas can aid in identifying the obstacles the false personality creates and *how* to dismantle them. Reading “a commentary a day” and applying the related Work ideas into your daily practice helps one succeed in their spiritual aims. (A)

The Church of Conscious Harmony recommends 23 books as essential reading for growth and transformation on the spiritual journey. Copies are on display in the Praxis Center. One core foundational book will appear in these pages each month.

## SERMON SERIES RENEWING INTENTION

As we begin a new year and a new octave in the life of our church, we are invited to revisit the core of our spiritual commitments. We will reflect on the intentions that guide our journey with God: What drives our desire for transformation? How can we align our motivations more fully with God’s loving vision for our lives? Together, we will journey toward deeper clarity of intention, renewing our commitment to a life of grace-filled transformation into Christ. (A)

## COMMUNITY PRACTICE JANUARY-FEBRUARY

### PRACTICING ATTENTION/INTENTION

Do what you are doing – the one thing needed – on purpose. The practice of attention/intention, as suggested by Thomas Keating, emerges from the dispositions of listening, consent and surrender found in Centering Prayer and Lectio Divina. Eventually, the practice transforms into the ardent desire to know the moment-to-moment presence of the Divine Indwelling through prayerful attentiveness in the ordinariness of everyday. When our lives are so ordered, all else is given. Our lives are being transformed into Christ.

Attention is the “how.” Do what you’re doing. Bring your attention to the present moment in its immediate content and keep it there – in the presence of God. Feel yourself in the activity.

Intention is the “why.” Do what you’re doing for the love of God, e.g. “I intend to eat this meal to be a vessel for God, aware of God’s abiding Presence.” (A)

## JANUARY CALENDAR

For more details,  
visit [consciousharmony.com](http://consciousharmony.com)  
or call 512-347-9673

### SPECIAL EVENTS

The Journey School enrollment  
Jan 5 Registration opens online

❖ Art of Moving Meditation  
Jan 8-29, Weds 7-8pm  
In person only Register online

5-Day Centering Prayer Retreat  
Jan 10-14 at Cedarbrake Register online

❖ Intro to the Work Class  
Jan 29-Mar 4, Weds 7-8:30pm  
In person only Register online

### MONTHLY

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

### WEEKLY

Wednesdays

- ❖ Contemplative Lunch noon-1pm  
(resumes Feb 5)
- \* Online Caregiver Support Group 3pm
- ❖ Bereavement Support Group 4:45-  
5:45pm (begins Jan 15)
- † Contemplative Service 6-7pm

Thursdays

- \* The Journey School Class 7-8:30pm  
(resumes Jan 9)

Fridays

- ❖ Communion Service in Sacristy 7:40am

Saturdays

- \* Centering Prayer Support Group 7:35am

Sundays

- † Centering Prayer & Lectio Divina 8-9am
- ❖ Intercalary Prayer 9:30am Room 302
- † Worship Service 10-11:30am
- ❖ Youth Program (preK-12) 10-11:30am

### DAILY

- † Centering Prayer Service 7-7:35am
- \* Centering Prayer 6-6:25pm

\*Please join via online video options.  
Contact the website for accessible links  
and more information.

†In person and online ❖In-person only at CCH



THE CHURCH of  
CONSCIOUS HARMONY  
A Contemplative Christian Community

7406 Newhall Lane Austin TX 78746

RETURN SERVICE REQUESTED

NON PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID  
AUSTIN TX  
PERMIT # 3386



*After their audience with the king, the Magi set out.  
And, behold, the star that they had seen at its rising preceded them,  
until it came and stopped over the place where the child was.  
They were overjoyed at seeing the star, and on entering the house  
they saw the child with Mary His mother.  
They prostrated themselves and did Him homage.  
Then they opened their treasures and offered Him gifts of gold,  
frankincense and myrrh.*

Matthew 2:9-11

## EPIPHANY

The magi ... stand for genuine seekers  
of the truth throughout the ages. ...

Here is the spiritual meaning of the historical event.

As the light of faith grows brighter,  
we perceive the meaning of the event for us as individuals  
and begin to experience the unfolding of the  
stages of faith leading to divine union.

Thus, the coming of the magi presents us with a panoramic view of  
what the divine light is revealing at this sacred season.

The full development of faith is the accessing  
of the divine presence within us  
and submitting to its transforming power.

The Spirit of God, present in Christ, begins to manifest in us.

We make the grace of Christ's incarnation, passion,  
death, and resurrection actual by our consent.

Today, the grace of Epiphany enlightens our understanding  
so that we can accept our purification ...

Do you consent to become divine?

Thomas Keating

