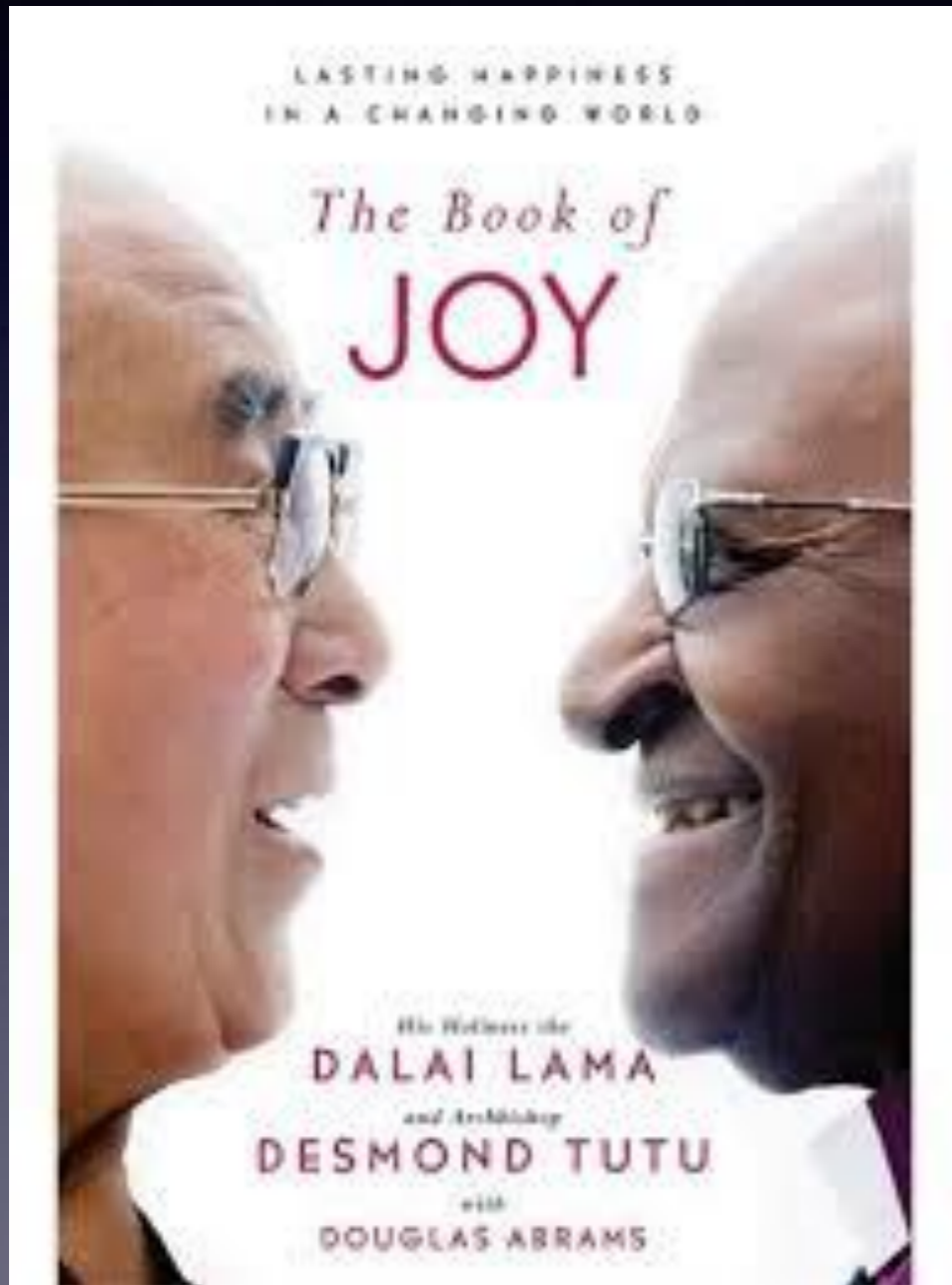


# The Book of Joy



Holy Manners Bookstudy 41

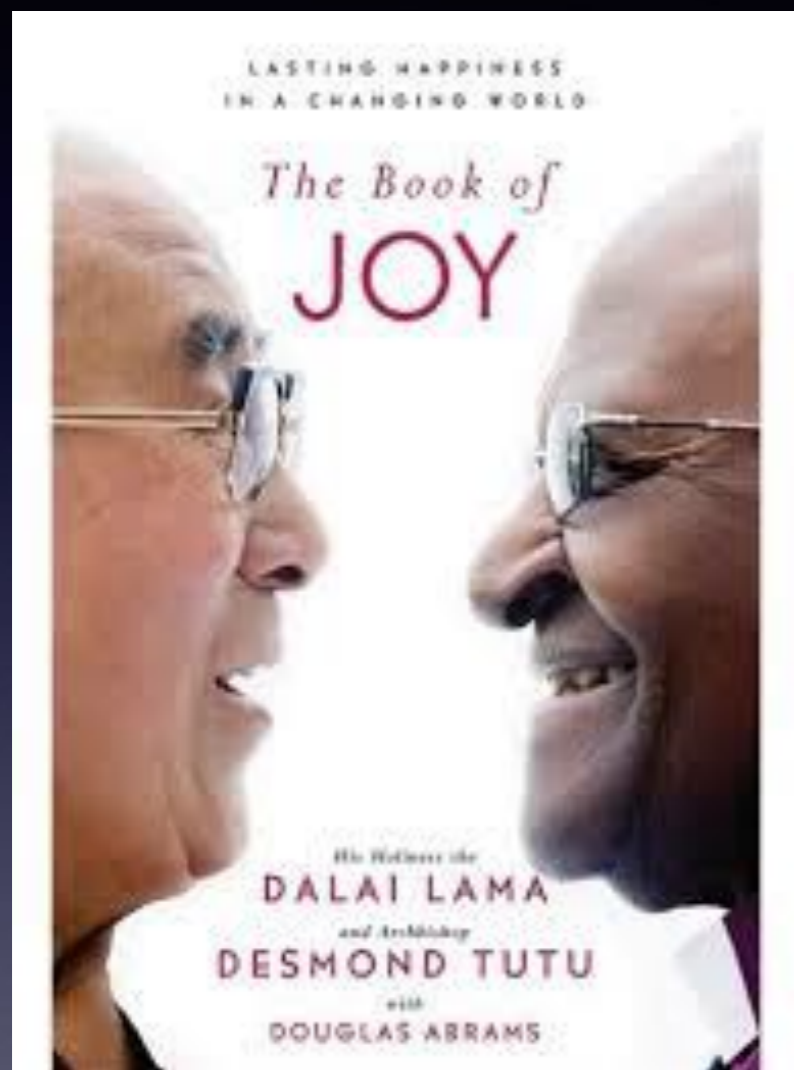
ACTS  
Fall 2018

St David's United Church  
Calgary

# Session # 2

- Opening
- Housekeeping
- Evening Themes
- Large Group Discussion
- Hospitality Break
- Videos
- Closing Meditation

Opening

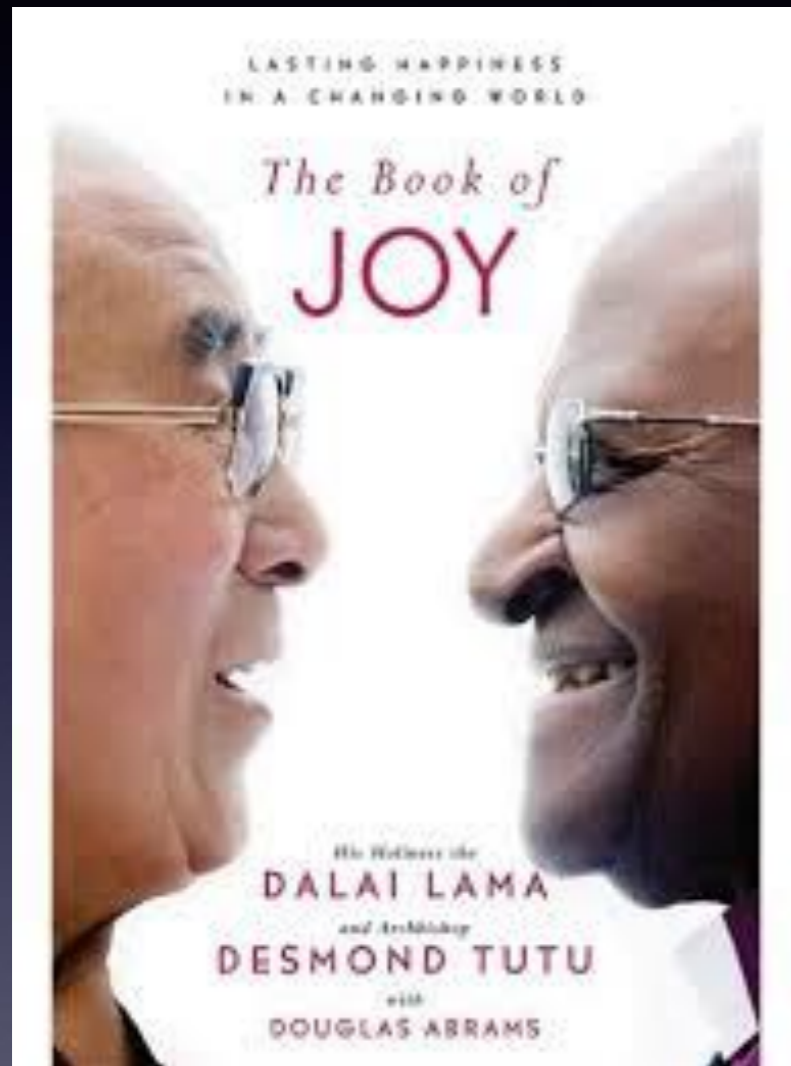


# Book of Joy Welcomes & Housekeeping



# Honey Project

Sally and Bob Hodges



## Three Themes for the Evening

"Arrival - We Are Fragile Creatures"

"Why are You Not Morose?"

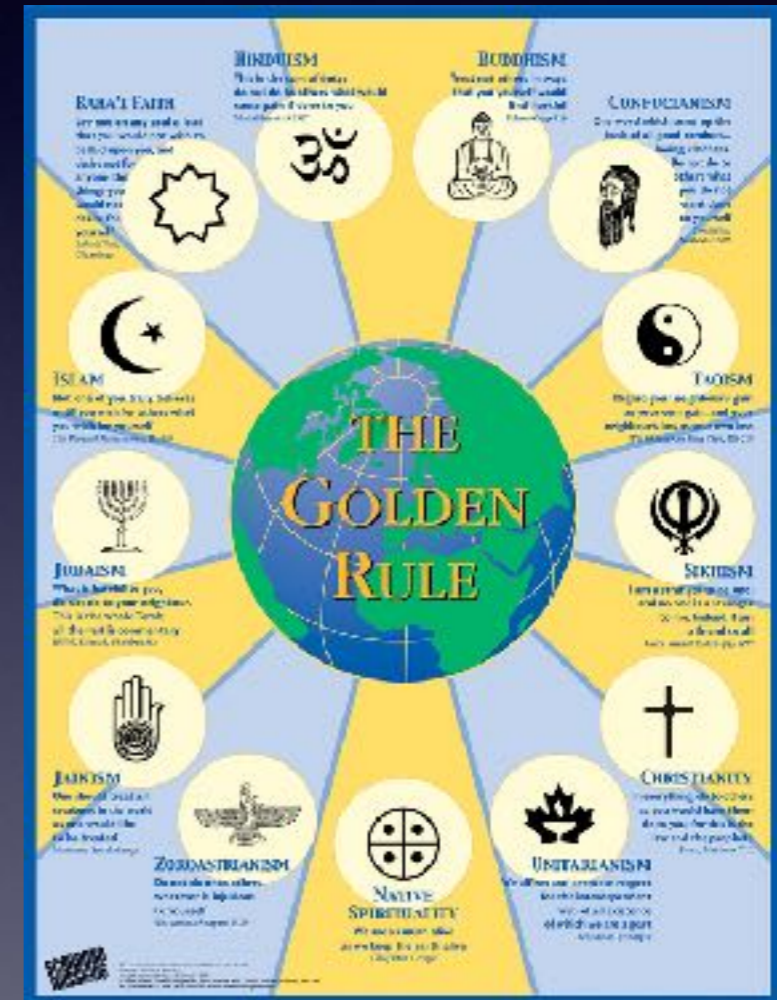
"Nothing Beautiful Comes Without Some Suffering"

# General Comments on These Chapters

- Relationship - "the true place where all religions meet" (p.21)
- "Why the visit?" - to celebrate our friendship and to talk about joy. (p. 22)
- "Cerebral" and "Instinctual" - two differing approaches and personality styles.
- Discussion

# "Arrival"

- Authentic encounter is more important than dialogue and debate (pp. 15 ff.)
- It is the place where the core of all religions meet (p.21)





# “Introductory Discoveries”

- Rejection
  - can be the doorway to new life:
  - the South African passport,
  - the daughter who is gay - p. 21)
- Who can you genuinely tease?
  - a true friend (p. 21)

# "Why Are You Not Morose?"

Opening the discussion with an  
Anglican collect - shared by  
Desmond Tutu



"Let's be still for a moment. Come Holy Spirit, fill the hearts of thy faithful people, and kindle within them the fire of thy love. Send forth thy spirit and they shall be made new and thou shalt renew the face of the earth. Amen."

(p. 29)



Introducing the dialogue between two experienced and prophetic voices.

Remember - we are listening to two representatives of the "other" world - not "our" world per se, but a world we are all coming to share today.

LOVE  
THE FRUIT  
OF THE  
SPIRIT IS  
JOY  
PEACE  
PATIENCE  
KINDNESS  
GOODNESS  
FAITHFULNESS  
GENTLENESS  
SELF-CONTROL

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Global development  
needs underlying  
spiritual values and  
not only material  
improvement for all.  
(p. 31)

True happiness is something internal  
(it is not based on wealth or fame)



“When a woman is about to give birth, she is sad because her hour of suffering has come; but when the baby is born, she forgets her suffering, because she is happy that a baby has been born into the world.”

John 16:21 Good News Translation (GNT)

"Joy is more enduring than "happiness"



## Question asked of the Dalai Lama

"After a 56 year exile [ why are you not morose (sad) at this time in your life?" (p. 35)

"I am not morose, because I found so much good in exile. Our losses can give us a new perspective, or way of seeing things. (p. 38)

"If you want to avoid being destroyed by tragedy, stop worrying too much about it" (p. 36)





## **Maya Angelou**

“What you're supposed to do when you don't like a thing is change it. If you can't change it, change the way you think about it. Don't complain.”

## **The Dalai Lama**

“Don't worry too much about a problem. Change your perspective about it”.



**Discuss**





It's not"  
"How can I be  
happy?"

It's  
"How can I spread  
compassion  
and love to others?"

"Nothing Beautiful Comes Without  
Some Suffering"

Tutu discusses the 27 - year imprisonment of  
Nelson Mandela. It is something we all know  
about - but he gives it meaning (p. 44)



Mandela's imprisonment was necessary  
because it changed him.  
The South African Truth and Reconciliation  
Commission was the result

It changed him from being a terrorist  
to a peacemaker and prepared him  
to be a visionary leader.

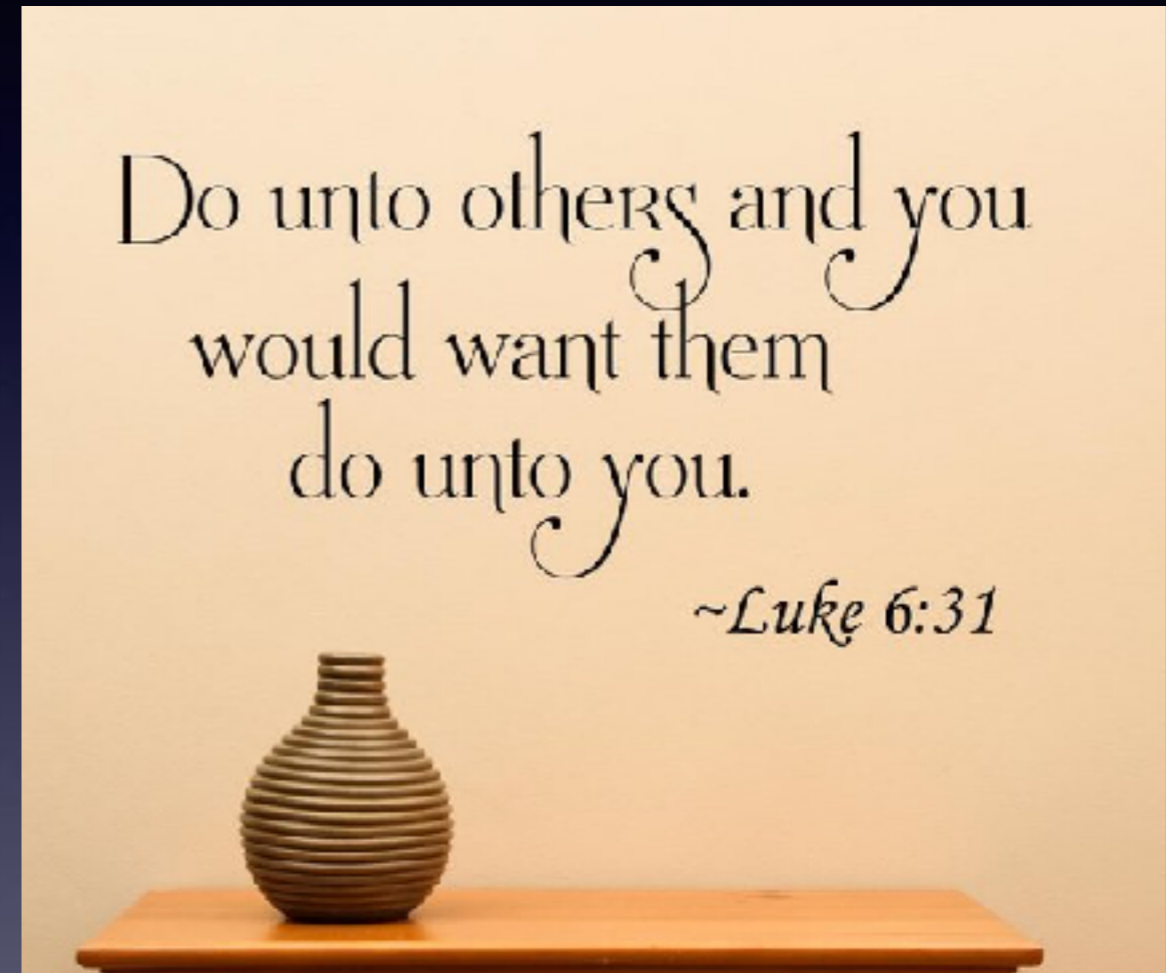
His "fiery furnace" experience refined him.(p. 46)



Shifting one's focus  
from self to others

Deflecting our own  
suffering to a concern  
for the suffering of  
others

Reframing resentment  
to gratitude - from  
bitterness to generosity  
(pp. 47-49)





Both Nelson and Winnie Mandela  
suffered terribly.

Discuss - the difference in how each  
handled that suffering

BREAK



I was dead - I came alive ...Rumi per Enea B

<https://www.youtube.com/watch?v=otgYpykBgCQ>



# Bishop Tutu on Joy and Happiness.

<https://www.youtube.com/watch?v=E-uclyRmFM4>





# Peaceful Mind - Delai Lama

<https://www.youtube.com/watch?v=hSrf9HzDY98>



## And Still I Rise - Maya Angelou

<https://www.youtube.com/watch?v=JqOqo50LSZ0>

# Summary Discussion

# Next Readings

**Session 3 - 1 Oct 2018**

Have You Not Renounced Pleasure?  
Our Greatest Joy.  
You Are a Masterpiece in the Making.

**Study Websites**

<http://boj.stdavidscalgary.net>  
[sduc.ca](http://sduc.ca)



# Meditation