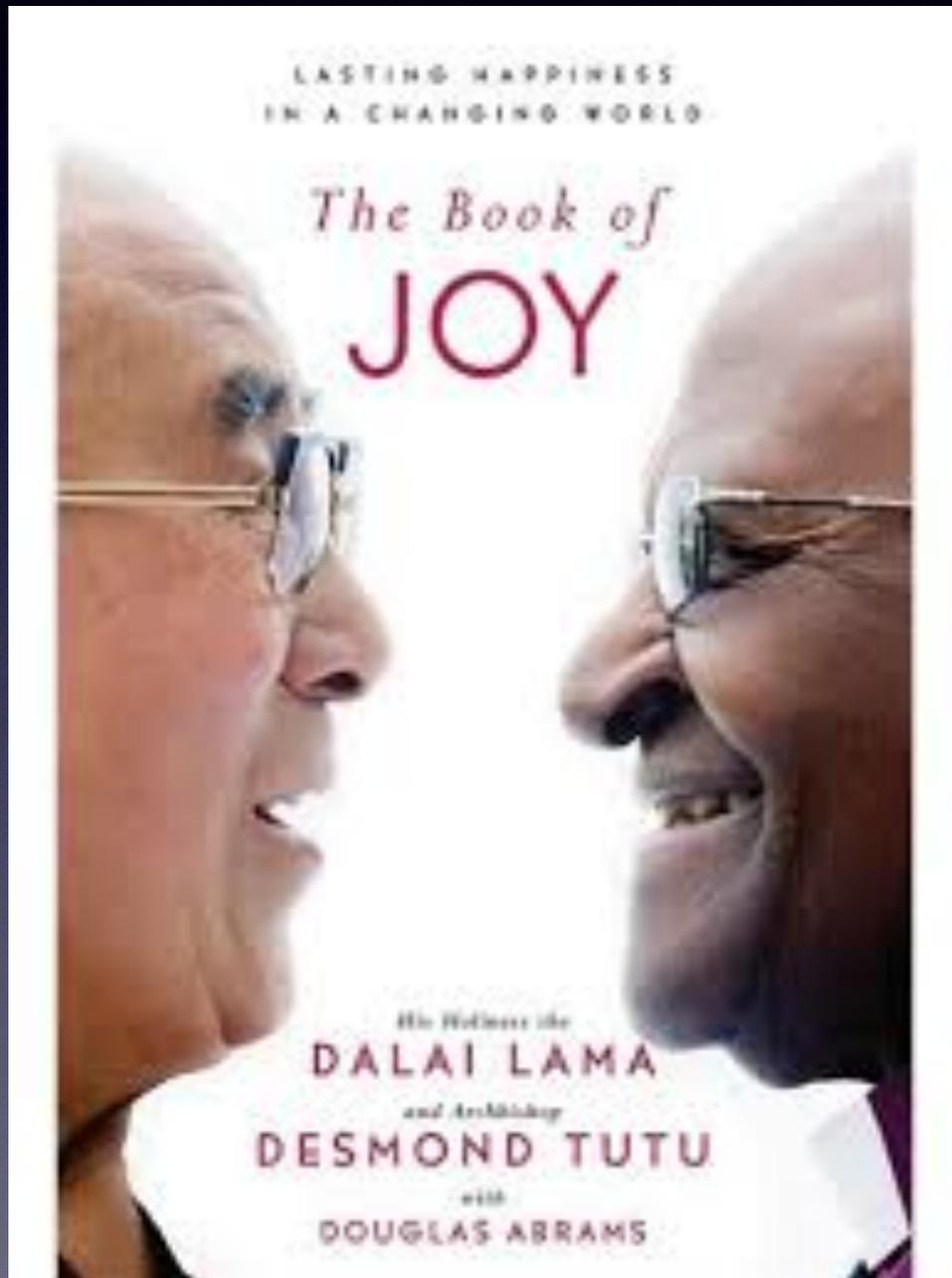


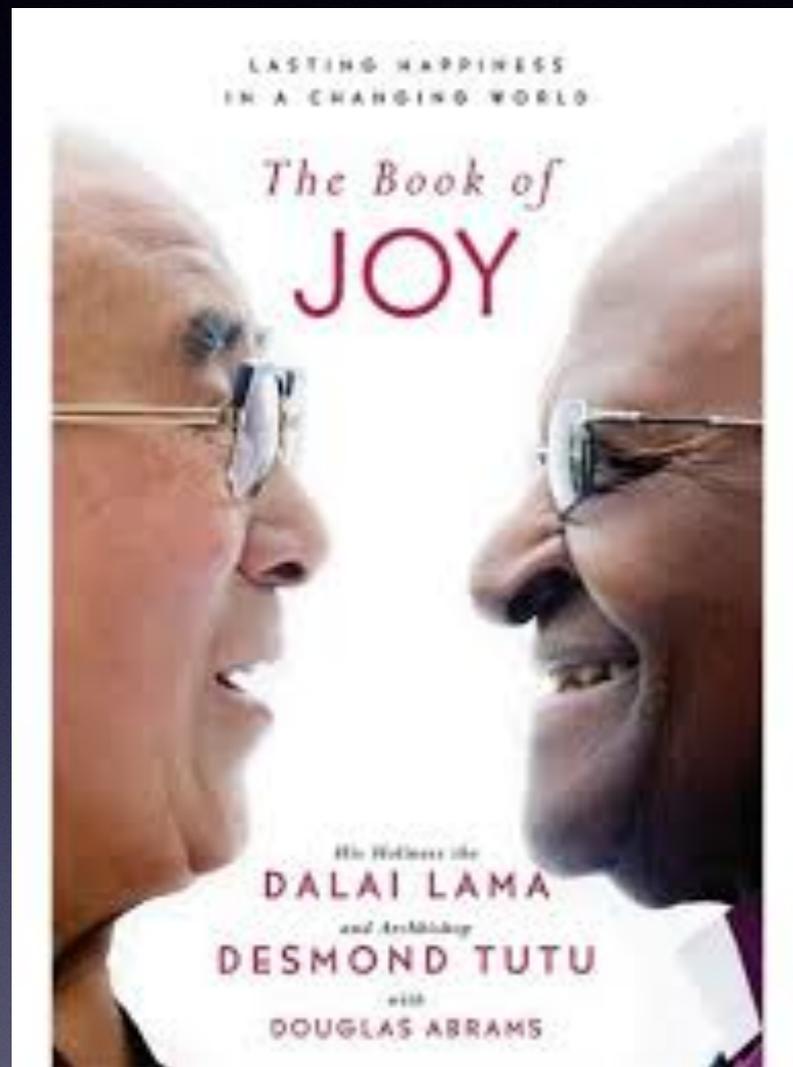
The Book of Joy



Holy Manners Bookstudy 41

ACTS
Fall 2018

St David's United Church
Calgary



SESSION 7

Welcomes & Housekeeping

Opening

Frans and Darlene Heynen

ACTS Book Discussion Group
Darlene Heynen – November 5th 2018 – Opening Remarks
BEETHOVEN – ODE TO JOY

Slide - Beethoven/Music

This is the final movement of Beethoven's 9th and last symphony. It is his best known piece of work written as he became increasingly aware of his declining health. He was completely deaf when he wrote his masterpiece and only heard the notes in his head.

Slide - Choral Production

It is also known as a choral symphony. The original words, sung by four (4) soloists & a chorus, emulate a strong belief in mankind. They were taken from a poem of a German writer in 1785. After directing the symphony's first performance of this work, Beethoven had to be turned around to see the audience's ecstatic reaction. He was unaware of the tumultuous roars of applause behind him.

Slide - Van Dyke

The actual hymn that we sing today was written in 1907 by Henry Van Dyke, while he was a guest preacher in Williamstown, Mass. The beauty of the Berkshire mountains spiritually overwhelmed him and resulted in the hymn we still sing to this day.

Slide - Community Choir

I recently joined a community choir. I was nervous, but assured that I would not have to audition, and it would all be fun. IT IS FUN! I had forgotten how much I enjoyed singing. 55 of us work hard to learn our parts but it is the fastest 3 hours in my week.

Slide - Singing Bird

The positive impact singing has on the human body is endless. It strengthens the immune system, it is a workout, it helps you/me sleep, it is a natural anti-depressant, it lowers our stress level and it brings me joy. I can't believe how good I feel after choir practice.

Slide - Joyful Joyful

This brings me to the 2nd part of my Opening Remarks. When Frans & I were married, we wanted a hymn that the congregation would sing as I walked down the aisle to meet him. The hymn is called "Joyful, Joyful We Adore Thee".

This piece has always been special to me for that reason.

As we study "The Book of Joy" I find myself more aware of the small things in my life that bring me joy.

Slide - Sing Along Music



Ludwig van Beethoven

Violin

Ode to Joy

from Symphony No. 9
for Violin and Piano

LUDWIG VAN BEETHOVEN (1770-1827)
Arranged by Daniel Dorff

Moderato

mp

mf

f

mf

f

ff

slowing

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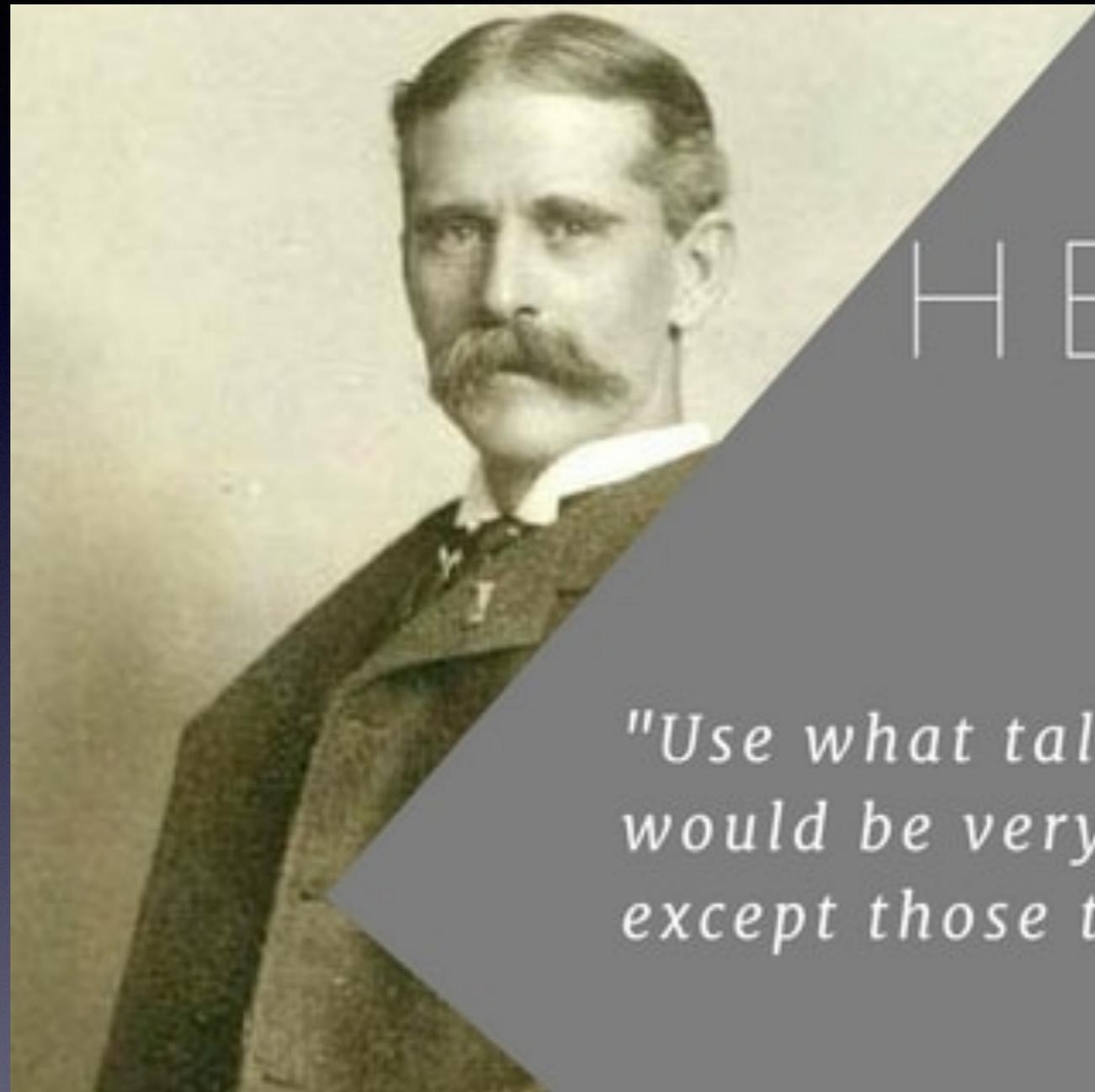
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BBC



www.GBOPERA.it



HENRY VAN DYKE

"Use what talents you possess; the woods would be very silent if no birds sang there except those that sang best."

www.ClassicalGuitarShed.com



© Jan Fenton 2009



JOYFUL, JOYFUL
WE ADORE THEE





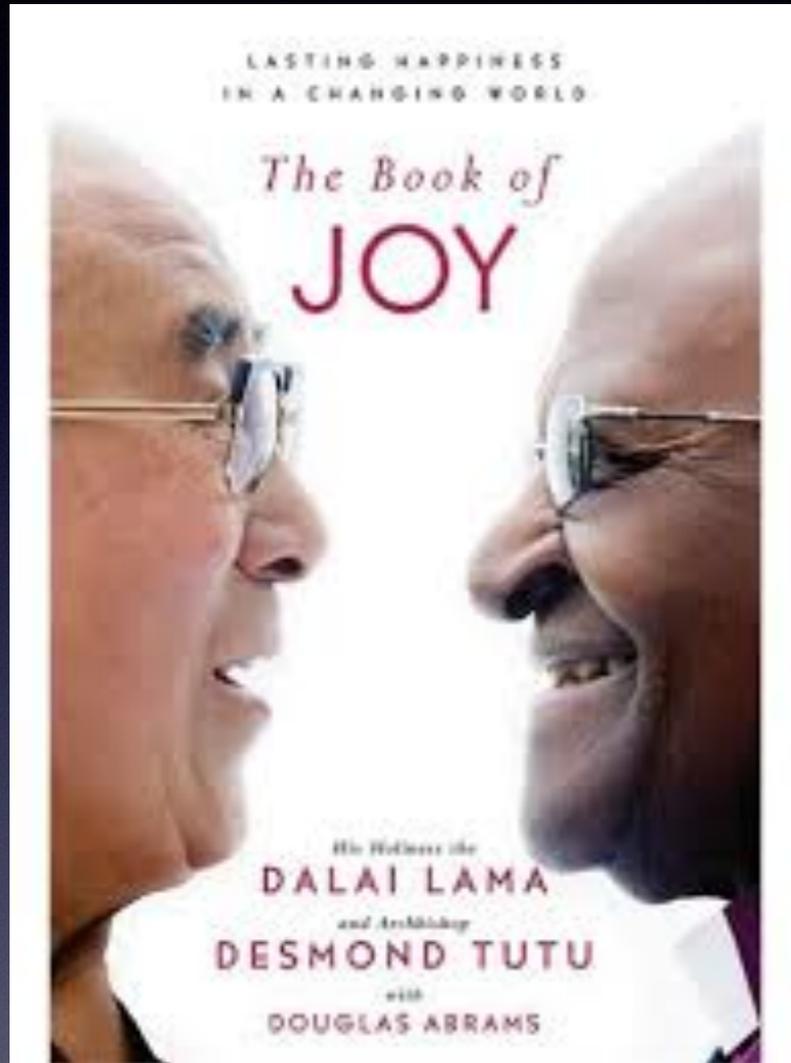
Joyful, Joyful, We Adore Thee

**Joyful, joyful, we adore Thee,
God of glory, Lord of love;
Hearts unfold like flow'rs before Thee,
Hail Thee as the sun above.**

Ode to Joy - Sing Along

<https://www.youtube.com/watch?v=zTZ0mbb2Xn0>

Themes for the Evening



Part One
Meditation: Now I'll Tell You a
Secret Thing

Part Two
Introducing the 8 Pillars of Joy

THE ARCHBISHOP CRADLED HIS RIGHT HAND IN HIS LEFT. HE HUNG HIS HEAD IN CONCENTRATION. THE GOAL WAS MEDITATION, BUT I'VE NEVER BEEN QUITE SURE WHERE MEDITATION ENDS AND PRAYER BEGINS, OR WHERE PRAYER ENDS AND MEDITATION BEGINS. I HAVE HEARD IT SAID THAT PRAYER IS WHEN WE SPEAK TO GOD, AND MEDITATION IS WHEN GOD ANSWERS.

AUTHOR: DOUGLAS ABRAMS





Catholic Franciscan Priest, Fr. Richard Rohr, preaches the sermon at Trinity Wall Street -- an Episcopal church -- and then proceeds to receive and distribute communion. excerpt 1m20s

<https://www.youtube.com/watch?v=dfUmFuIG6po>

Steve Skojec article, December 9, 2015. Full story at:

<https://onepeterfive.com/catholic-priest-receives-distributes-episcopal-communion/>



Some current Catholic/Anglican merger issues

excerpt 1m33s

https://www.youtube.com/watch?v=_3ea4u7-ehk

Special Points from these chapters:

We are all African in origin

Our humanity unites us

Our spiritual rituals can either serve to unite
or to divide us

What happens in this chapter - We are taken to the ritualistic spiritual centre of both Tutu and the Dalai Lama

For Tutu - this is the Holy Eucharist (Communion)
(p. 186)

For the Dalai Lama - this is the Veneration of the Buddha (p. 174)

Both of these guides invite us into the spiritual core of their personal faith and, in the end, we discover that they share that faith from a Common Source.

We are helped to test the limits of each other's spiritualities. (p.183)

We discover that our rituals can divide us.

Some seek to use rituals as "walls" to determine who is "in" and who is "out".

Some desire that their rituals be inclusive and shared fully without barriers

Discuss the psychological implications of these two approaches

Note the special "Secret" Moments into which both men invite each other in order to celebrate together.

Tutu invites the Dalai Lama to the sacrament of forgiveness (Eucharist)

The Dalai Lama invites Tutu into "The clear light of death" (Veneration of the Buddha)

Video Excerpts - 16m

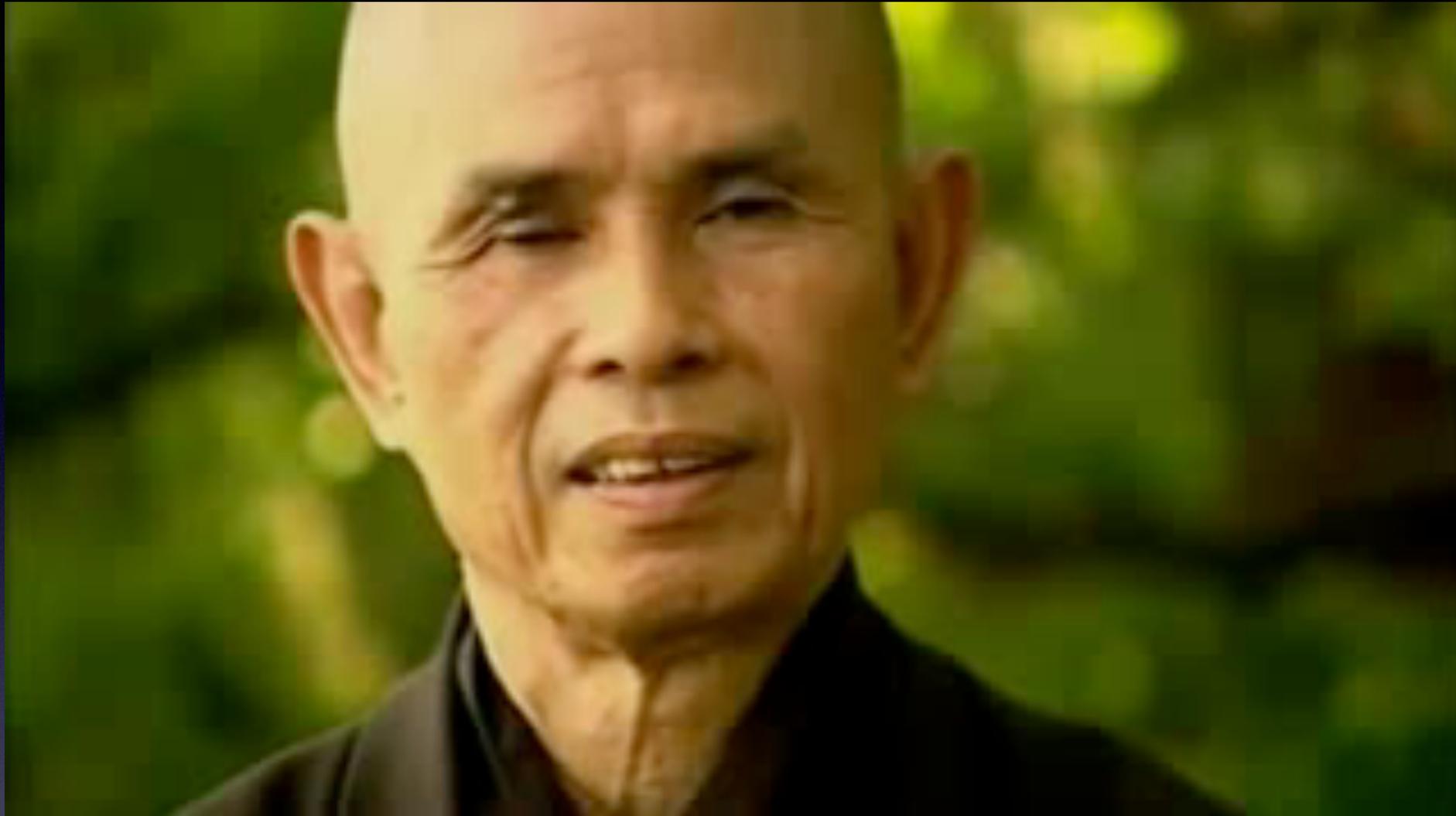
Buddhist and Christian Rituals Considered

“The Fear of Death” Thich That Hanh. 1m32s

Catholic Franciscan Priest, Fr. Richard Rohr - “How Buddha helps to be a better Christian” 5m47s

Richard Gere & Stephen Colbert - Christianity & Buddhism. Montclair Film Festival. 5m

Venerable Bhikshuni Thubten Chodron - “Humility”
American teacher with studies in US and Tibet. 3m



“The Fear of Death” Thich That Hanh.

“... cloud cannot become nothing, but is changed.
... death is not something to nothing.”

excerpt 1m32s

https://www.youtube.com/watch?v=54aRrJWI_PI



Catholic Franciscan Priest, Fr. Richard Rohr.
How Buddha helps to be a better Christian

excerpt 5m47s

<https://www.youtube.com/watch?v=TZS9bvxVp6Y>



MONTCLAIR
FILM FESTIVAL

Richard Gere & Stephen Colbert - Christianity & Buddhism

Montclair Film Festival. excerpt 5m

<https://www.youtube.com/watch?v=IHv0BYHc7SA>



Venerable Bhikshuni Thubten Chodron on Humility
American teacher with studies in US and Tibet.

<https://thubtenchodron.org>

excerpt 3m

https://www.youtube.com/watch?v=l8Wbs_vpmro

BREAK

Part Two

Introducing the 8 Pillars of Joy

"Joy is the by-product of right living, not the end result of it"



Pillars of the Mind

Perspective
Humility
Humour
Acceptance

Pillars of the Heart

Forgiveness
Gratitude
Compassion
Generosity

Theme One - Perspective:

Perspective and Reframing (p. 194)

"We see life from many different angles"

"With our mind we create our own world"

"What we tend to see is only part of the picture"

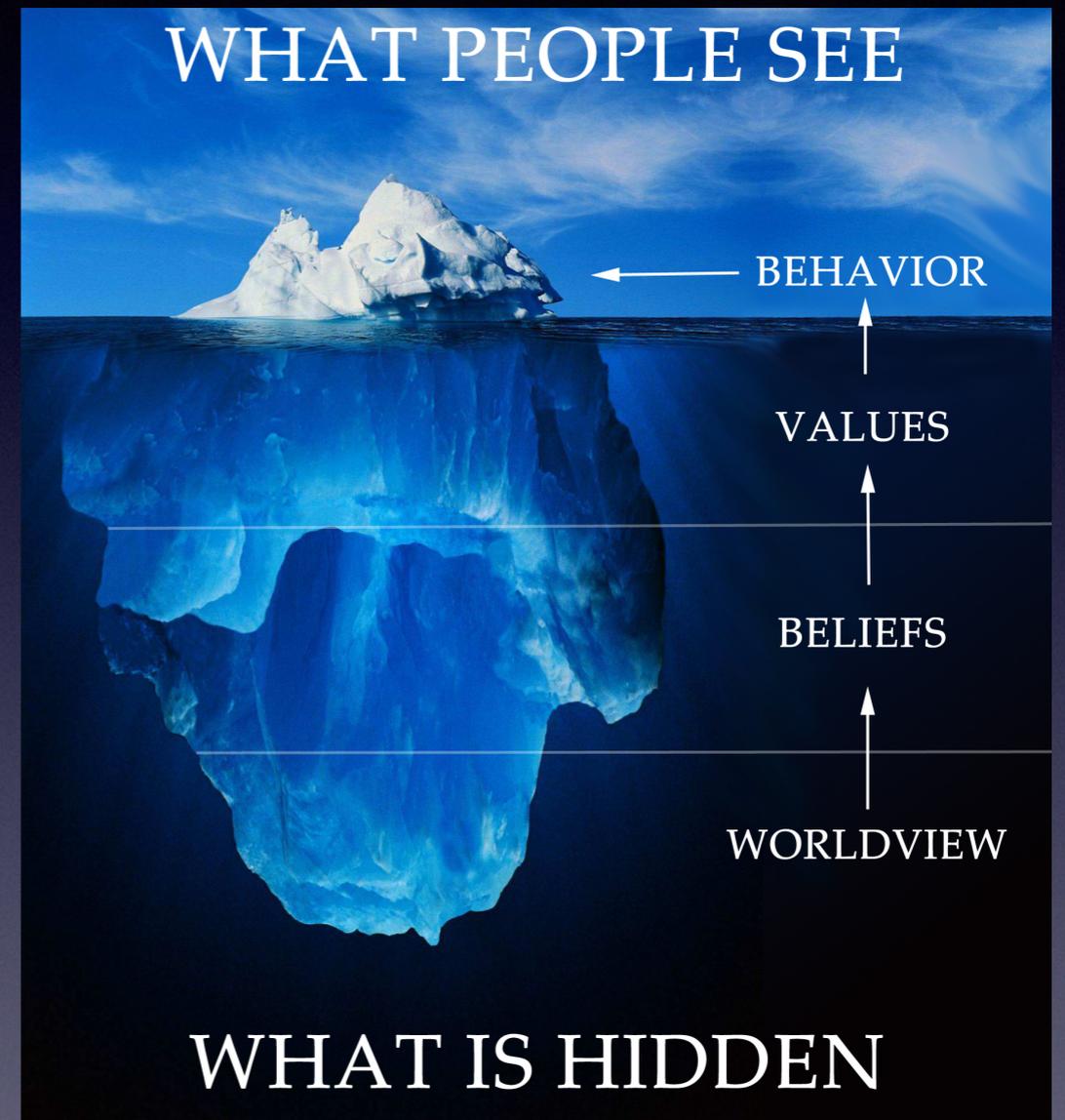
Compare this to -

"Seeing the world from God's perspective"

Wayne's experience about priorities in marriage (perspective and reframing)

Discuss

Spiritual maturity can help us to transcend our "man-made" perceptions and differences in order to "see reality differently".





Theme Two

Humility

"I tried to look humble and modest"

Both Tutu and the Dalai Lama -

begin by looking at themselves from the perspective of a common humanity

"not a humanity separated by class, race, faith"

Is this really possible?

Humility is never something we can claim to have - as in -

"I am a humble person"

Humility is only something others can see and celebrate in us (p. 207) - as in -

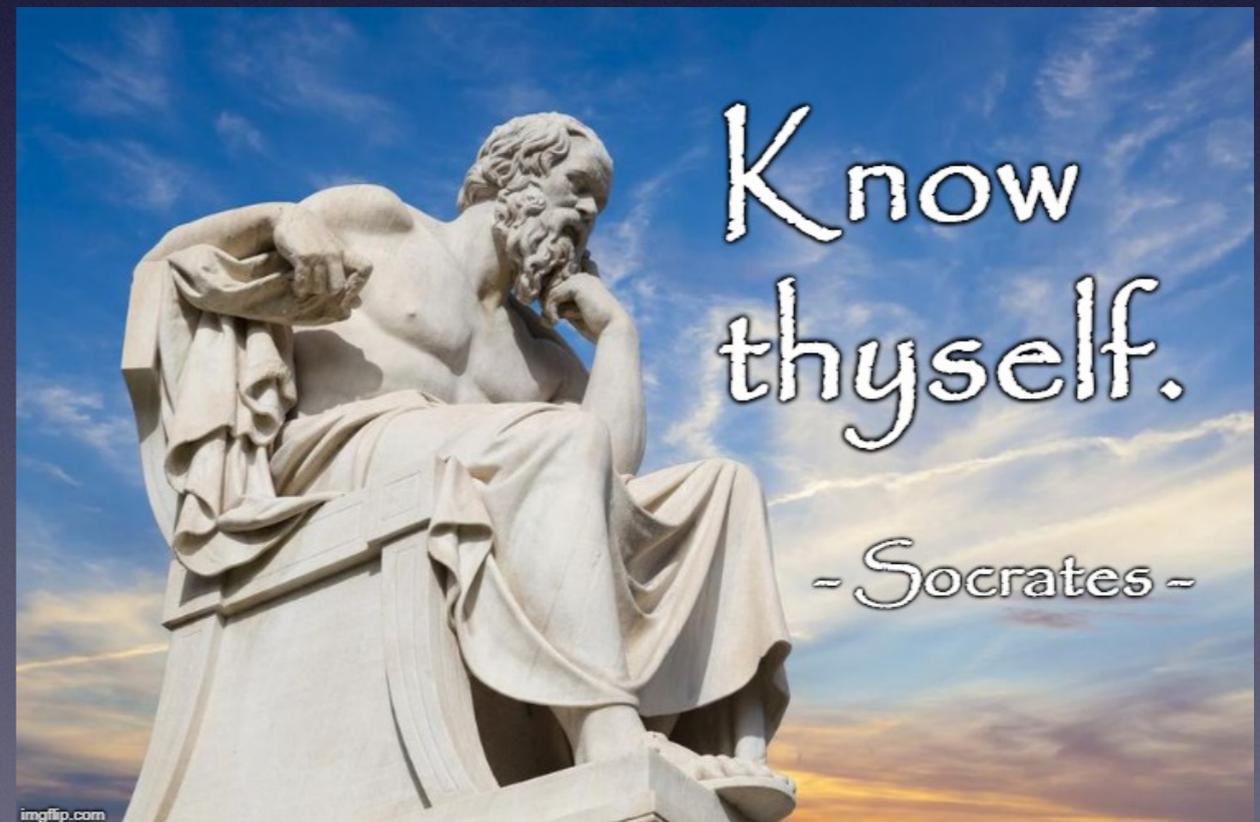
"You are a truly humble person"

Humility is not timidity (p. 210)

Be kind to yourself (p. 212)

"Know yourself"

Discuss

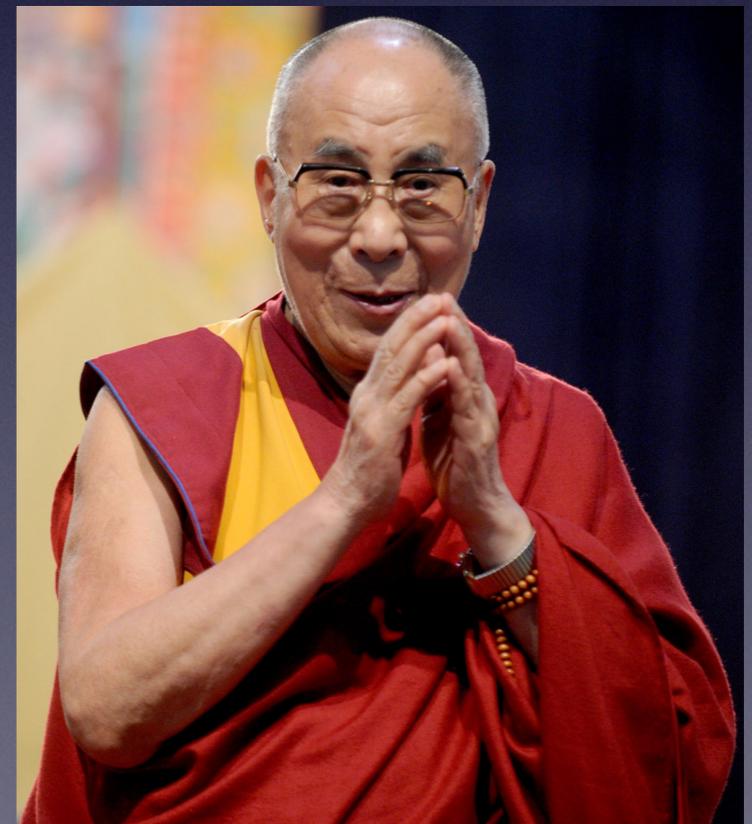


Perspective and Humility - Discussion



Our study tonight focused on two core rituals that help humans experience joy in their lives.

We were introduced to the first two of the eight pillars of joy. Consider taking some of tonight's learnings into your week.





Closing Meditation

Deb Charnuski

Gratitude



grat·i·tude

/'gradə,t(y)ōōd/noun

the quality of being thankful; readiness to show appreciation for and to return kindness.

Gratitude

Practices of Gratitude - Awareness



- **Cultivate an “attitude of gratitude - ask yourself each day – what do I have to be grateful for?**
- **Appreciate what you have and do not dwell on what you do not have**
- **Say thank you to others – show appreciation and gratitude for who they are – it will come back to you**

Gratitude

Practices of Gratitude - Action



- **Start a gratitude journal – write down a couple of things each day**
- **Meditate each morning about people, experiences or things that give you joy and which you are grateful for**
- **Fill out the Web of Life “Gratitude” diagram**
- **Rewire your brain to think of positive things FIRST, rather than negative**

THE WEB OF LIFE....

Freedom

Music

Friends &
Relationships

Family

Hobbies
(photography,
knitting)

Horses

GRATITUDE

St. David's
community

Health

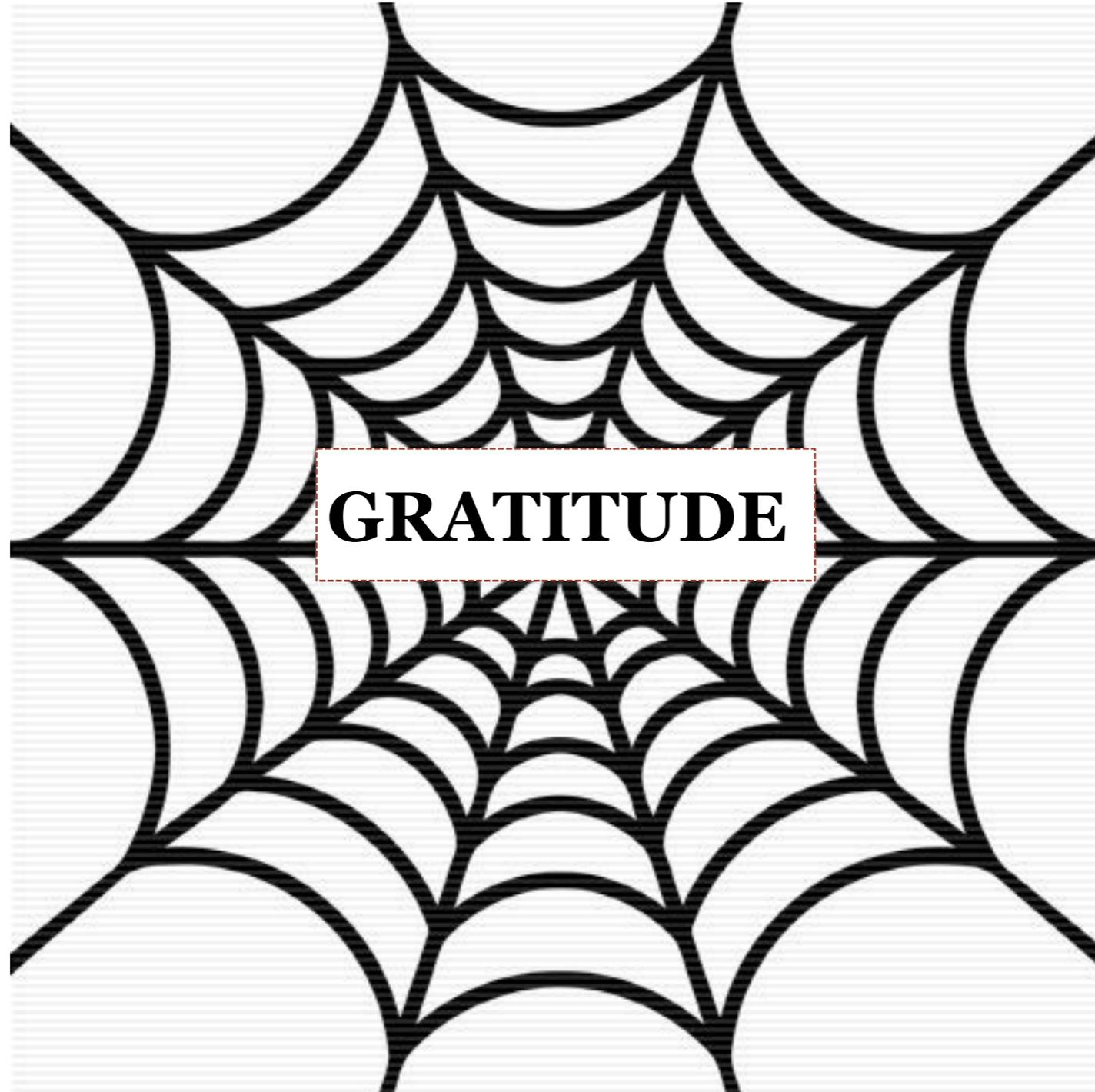
Volunteering

Active sense of
curiosity

Personal Safety

Travel

Love or reading & learning



What are YOU Grateful for?





6 Practices of Gratitude By Jack Canfield 5m50s

https://www.youtube.com/watch?v=CbQte_yqNvs

Road to Machu Picchu...Gulp (Old bus, hairpin turns & no guardrails....)



Journal Entry: March 9, 2018.....



“At the first sight of Machu Picchu I was left speechless. No pictures are able to do it justice or adequately prepare you. You have to experience the site in person in order to *feel* the past seeped into the very bedrock of the ancient ruins. The sacredness of the site permeates the very air. It is definitely a “thin place” in the world. A place where the past and present exist at the very same moment in time. Goosebumps covered my skin. Discussion over dinner with the rest of the group about the visit confirmed that everyone had felt something.....something that wonderfully escaped the confines of being totally definable or explainable.

It started to rain softly towards the end of our visit. More of a mist. Then at about 4 pm the sun burst out from behind the clouds and a brilliant rainbow formed over the Andean mountains surrounding Machu Picchu. I was in awe. Caught up in wonder. I felt like an insignificant speck in the universe. Rather than feeling diminished by this thought, a sense of empowerment overcame me. Everything melted away. My perception of myself and my place in the world shifted. I felt.... fully ALIVE for the first time in a long time. An indescribable joy swept through me. I felt an overwhelming sense of gratitude. I was so grateful for the gift of being right here, right now, at this moment in time and space.....”

Machu Picchu Rainbow – first day



Machu Picchu – second day



READINGS FOR SESSION #8

Humour: Laughter, joking is much better. p215

Acceptance: The only place where change
can begin. p223

