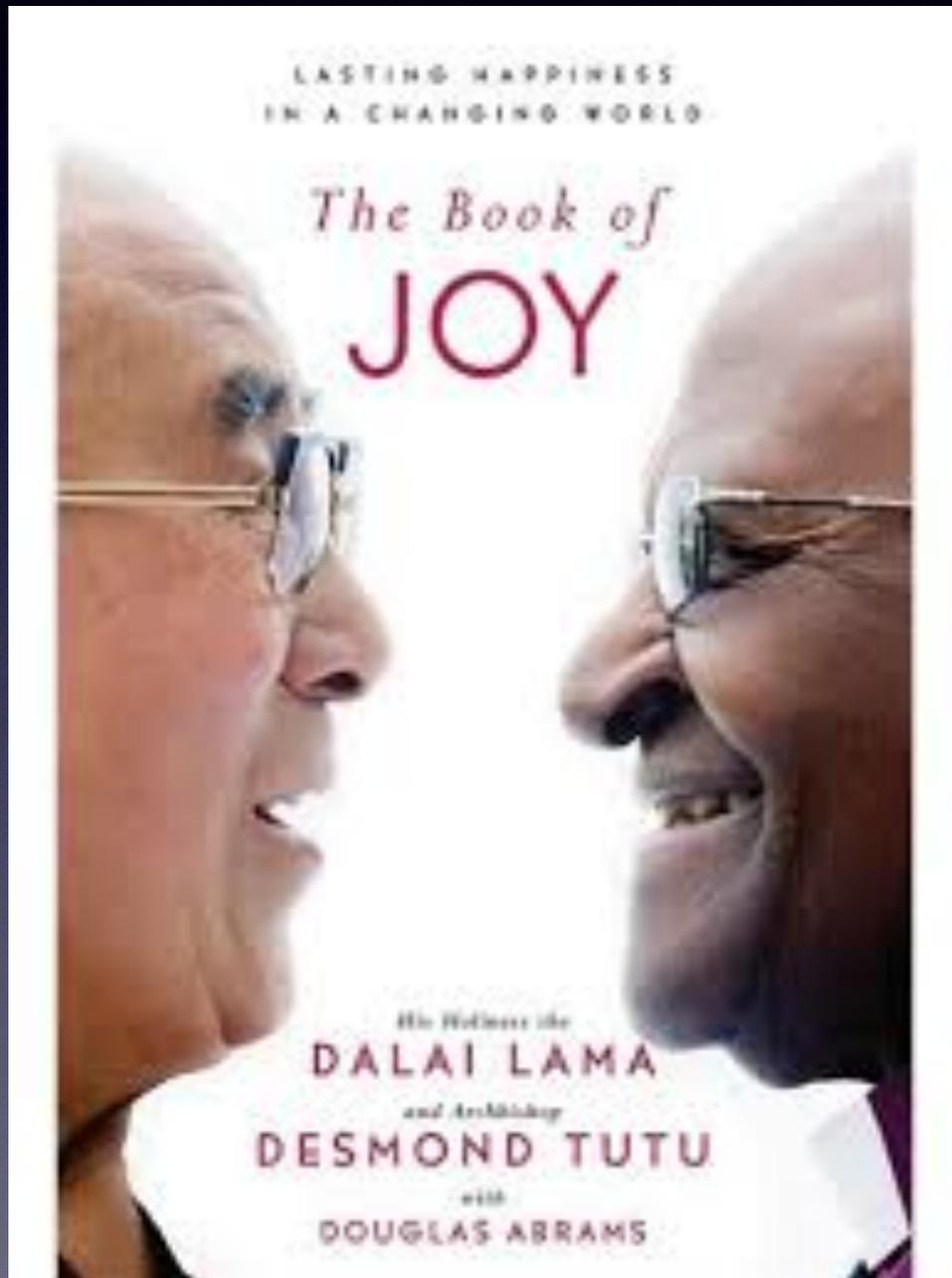


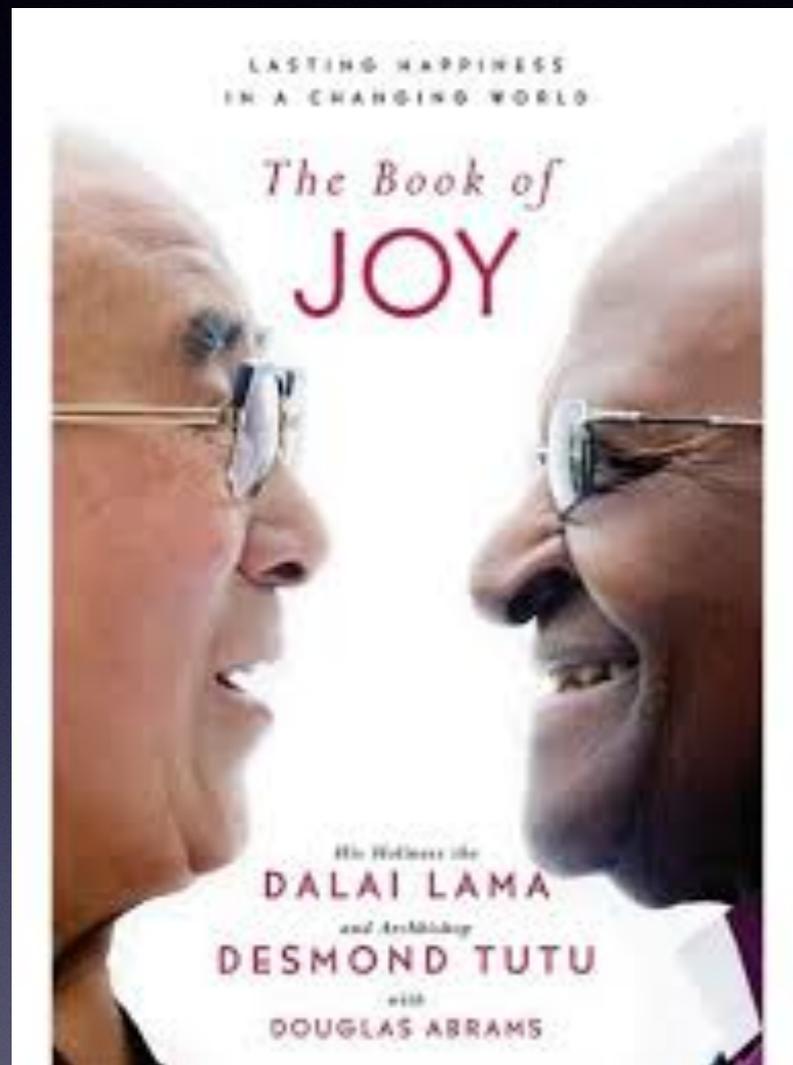
The Book of Joy



Holy Manners Bookstudy 41

ACTS
Fall 2018

St David's United Church
Calgary



SESSION 8

Welcomes & Housekeeping

Housekeeping



“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection.”

~ Buddha

Opening



The Milk Carton Kids - Maybe It's Time

(for the words, see next slide)

<https://www.youtube.com/watch?v=laX7OQLla9k>

"Maybe It's Time"

Did someone hurt you many years ago?
Did someone desert you when you needed them the most?
And the pain stayed with you everywhere you'd go,
And it's been so long now but you just can't seem to let it go,

Maybe it's time
Maybe it's time
Maybe it's time to tell it you don't need it anymore.

Did you lose someone that you loved?
Did they move far off or do you picture them above?
There's an emptiness inside you and it's worse when you're alone,
And it feels so heavy now like you're carrying the weight of a stone,

Maybe it's time
Maybe it's time
Maybe it's time to tell it you won't carry it anymore.

We ain't got a long time and there's a lot to do
But first you gotta decide to leave some things behind

Maybe it's time
Maybe it's time
Maybe it's time to leave your chains behind

Did you ever love someone so much that you can't explain?
When you're with them it's like thunder keeps rolling through your brain,
Maybe you've had someone before, but this one is not the same,
You can feel it in the depths of your soul but you still can't bring yourself to say it,

Maybe it's time
Maybe it's time
Maybe it's time for me to tell you I can't be without you anymore.

Wayne presents Part I

Humor - Laughter, Joking is Much Better

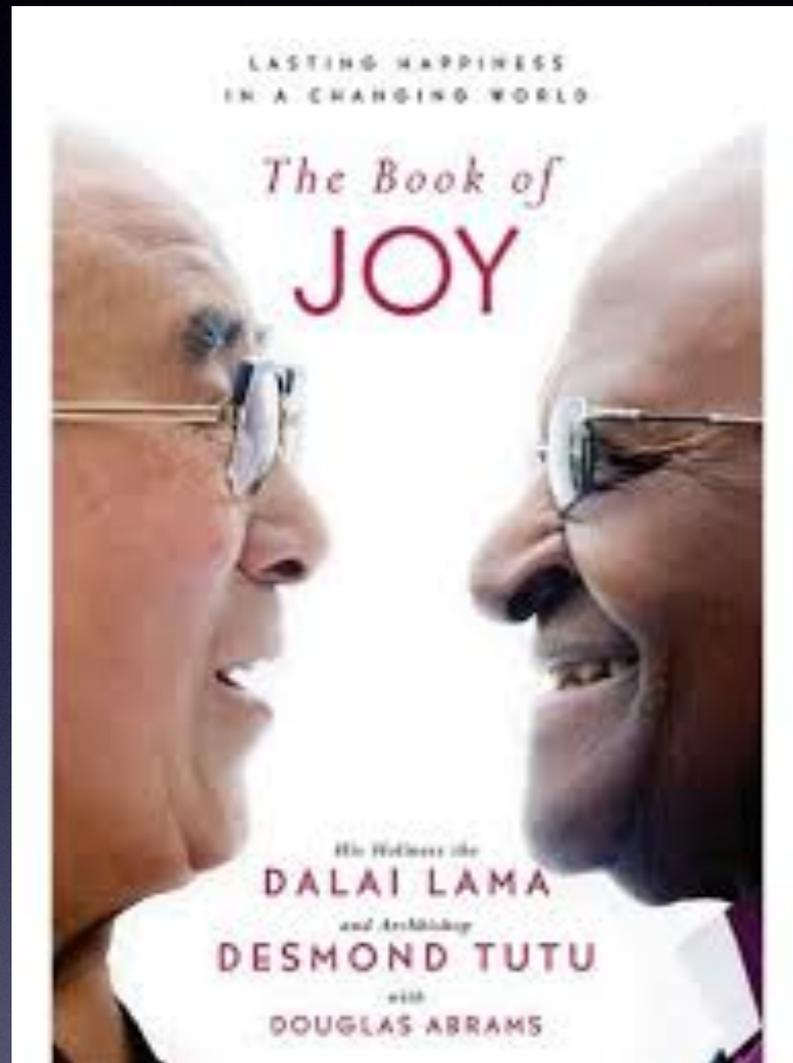
We enter the second part of the series -

Pillars of the Mind (noted p. 193)

One Perspective
Humility

Two Humour
Acceptance

These pillars reflect the JOY that can be gained through our use of the MIND



Part I - Humor

We are offered moments of great levity spliced together with moments of profundity and sanctity (p.215)

What happens in this chapter -

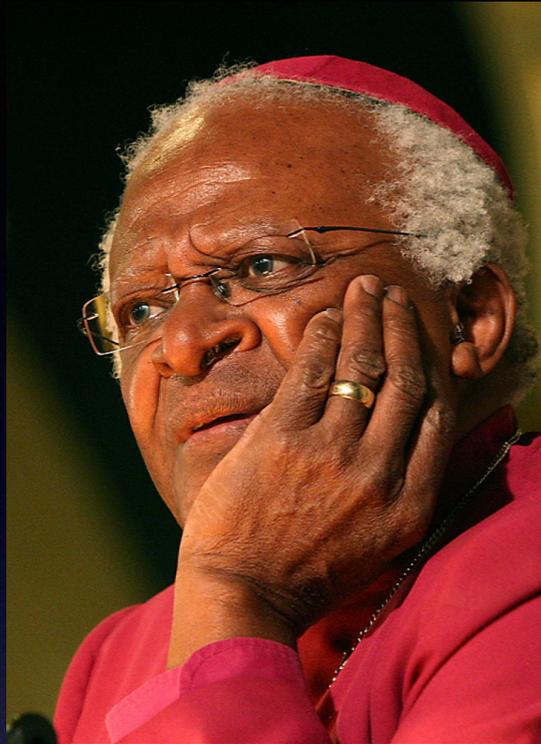


Humor was central, but why?

Because humor (humus) is the great human leveler.



Even sad situations like preparation for a funeral can bring everyone to a common experience.



Tutu speaks of his experience of mass funerals in South Africa like the one held for Chris Hani, or the one he preached in Rwanda



The Dalai Lama spoke of his experience when invited to Belfast, in Ulster at a crucial time in Northern Irish history.



Both men spoke of humor as
a leveler and a way to
extinguish anger at injustice.

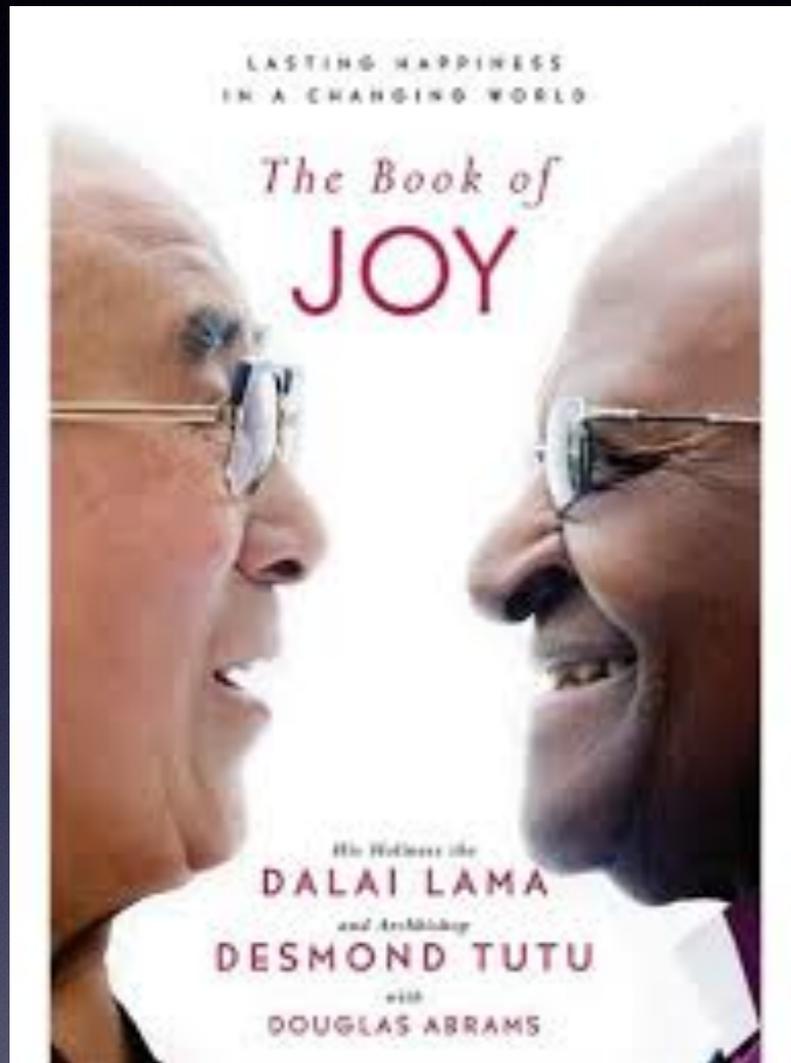


Here is a video on the benefits of an Irish wake a cultural fixture in the Republic of Ireland
Irish Comedian Dave Allen - Death, a Wake and a Funeral - excerpt 4m30s
<https://www.youtube.com/watch?v=BUqg1VSJftM>

Discussion

Compare "put-down humor"
versus "laughter at oneself"

Look for the humor in life...
If you look for it, you will find it ..
Laughter helps you to enter people's
hearts (p. 222)



Part II - Acceptance

The Dalai Lama says -
Acceptance is not passive. It is powerful.
(p. 226)

It helps you refocus your energies so that
the problem you face becomes your choice
and not an imposition over which you have
no control. (p. 227)

It becomes your pursued goal with
no attachment to the outcome. (p. 227)



Julian of Norwich (1342 - 1413)

Julian served her British people at a time when plagues and other "uncontrollable" evils were affecting the nation.

She advocated "acceptance" but with a purpose.



Julian of Norwich - 13th C anchoress, mystic, first female author in english - penned "all shall be well ..." - excerpt
4m

https://www.youtube.com/watch?v=C33_eMKTT-s

ONE OUT OF THREE KIDS
WILL FIGHT CANCER
WHEN HE OR SHE GROWS UP

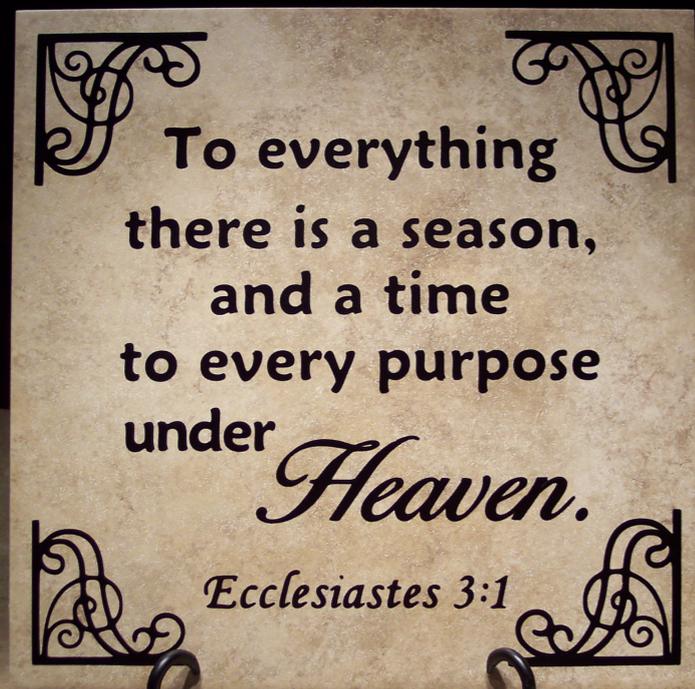
A Contemporary Challenge - Facing Children's Cancer

All Shall Be Well

MTV - Bukas Palad Music Ministry - Featuring Laine Laudico Santana
From the album Something More - excerpt 1m30s
<https://www.youtube.com/watch?v=SZheba5hjdU>

Summary Thought

"Give it all you can, but don't be fixated on the outcome" (p. 227)



Time and Purpose

Wayne



BREAK

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Videos on the Spirituality of Humor and Acceptance

- Laughter - A Spiritual Message - Marilyn Harper - 2m40s
- Laughter - Yoga and Spirituality - 1m
- Laughing Buddha with Baby Smile - 2m
- The Need for Acceptance Will Make You Invisible - Jim Carrey - 5m18s
- Acceptance of Death - Alan Watts (1915-1973) - 4m



Laughter - A Spiritual Message

Marilyn Harper - 2m40s

<https://www.youtube.com/watch?v=KTW8RNQt37k>



Laughter - Yoga and Spirituality

1m excerpt

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



Laughing Buddha with Baby Smile

1m51s

<https://www.youtube.com/watch?v=DW3gJO2gmmQ>



The Need for Acceptance Will Make You Invisible
Jim Carrey 5m18s

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



Acceptance of Death - Alan Watts (1915-1973)

Alan Watts was an Episcopal priest who bridged East and West philosophies in the 60's. His lectures are now reaching a new generation of spiritually opened people in the modern context through internet availability of his many lectures and recordings. excerpt 4m

<https://www.youtube.com/watch?v=qK1BJkBJdtY>



Closing - Loving Kindness Meditation
to Develop Mindfulness and Compassion
13m

https://www.youtube.com/watch?v=-d_AA9H4z9U

READINGS FOR SESSION #9

Forgiveness: Freeing Ourselves from the Past

Gratitude: I am Fortunate to be Alive

