

**Lectionary**  
Readings for every day  
You Select!



in the HCUC

**No. 4**

**For 11 April 2010**

**Dear Friends**

I'm not really a 'morning person'. However, when our extended family had a summer holiday at Lake Hayes near Queenstown I made a discovery. Some urge arose in me to get up much earlier than usual—like when the sun had only just started to warm up Coronet Peak. I crept out and set off on the newly developed path that will eventually circle the lake. The beauty of the calm morning was beyond words. Being alone I didn't have to use words. I just drank it in. The water was a mirror of all that climbed up from the shore opposite me. The ducks nearby moved without making a trailing capital V. I enjoyed it without having to describe or identify what I was enjoying.

It was only later—days later as I reflected on the experience, which I repeated on several occasions, that I touched a deeper awareness. The outer stillness of the whole scene caused a longing, almost an exquisite aching for an inner stillness. Some might label it a mystical longing for the merging of the outer and some interior realm of inner stillness. What if inner stillness is not something we have to create but something we discover deep within ourselves? What if we already possess such a reservoir, only we don't know it? What if our hustle and bustle world shuts us off from the knowledge? What if society around us just doesn't believe that our inner being is already filled with, not only love, but with an undisturbable stillness? If so, there is within us a place to stand, stable and calm, when the world is spinning around us in confusion, noise, division and pain.

My contention is that inner stillness does already exist in our being:

- \* Such stillness is a way into a deeper knowing.
- \* This knowing takes us beyond the limits of what the mind can know.
- \* Stillness is a doorway into the deepest dimension of our Self.

We get glimpses of Jesus going through that doorway—meditating before others are out of bed, wandering alone for days on end in the desert, spending all night in reflection, stillness and meditation. We see the outcome of his finding that stillness in his centred, clear, unconfused awareness of what is essential, enduring and compassionate.

**Sincerely - Lester**

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 12 April:	2:1-9	Acts 4:23-31	John 3:1-8
Tuesday 13 April:	93	Acts 4:32-37	John 3:7-15
Wednesday 14 April:	34:1-8	Acts 5:17-26	John 3:16-21
Thursday 15 April:	34:1,15-end	Acts 5:27-33	John 3:31-36
Friday 16 April:	27:1-5, 16-17	Acts 5:34-42	John 6:1-15
Saturday 17 April:	33:1-5, 18-19	Acts 6:1-7	John 6:16-21
<b>Sunday 18 April <u>Easter 3</u></b> Ps 30; Acts 9:1-6,(7-20); Rev 5:11-14; John 21:1-19			
	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 19 April:	119:17-24	Acts 6:8-15	John 6:22-29
Tuesday 20 April:	31:1-5,16	Acts 7:51-8:1	John 6:30-35
Wednesday 21 April:	66:1-6	Acts 8:1b-8	John 6:35-40
Thursday 22 April:	66:7-8, 14-end	Acts 8:26-end	John 6:44-51
Friday 23 April:	117	Acts 9:1-20	John 6:52-59
Saturday 24 April:	116:10-15	Acts 9:31-42	John 6:60-69
<b>Sunday 25 April <u>Easter 4 (ANZAC Day)</u></b> Ps 23; Acts 9:36-43; Rev 7:9-17; John 10:22-30			
	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 26 April:	42:1-2; 43:1-4	Acts 11:1-18	John 10:1-10
Tuesday 27 April:	87	Acts 11:19-26	John 10:22-30
Wednesday 28 April:	67	Acts 12:24-13:5	John 12:44-end
Thursday 29 April:	89:1-2, 20-26	Acts 13:13-25	John 13:16-20
Friday 30 April:	2	Acts 13:26-33	John 14:1-6
Saturday 1 May:	98:1-5 18-19	Acts 13:44-end	John 14:7-14
<b>Sunday 2 May <u>Easter 5</u></b> Ps 148; Acts 11:1-18; Rev 21:1-6; John 13:31-35			

## THE DOORWAY THAT IS STILLNESS

There are very few places in the Bible that refer directly to “stillness”. Maybe that’s why we use one sentence from Psalm 46 so often. It’s one of the best known lines in the Bible. As it stands in its context it is calling people to be aware that with the wars and hostile nations all around the people of Jerusalem need to stop their panic and grasp afresh that God is in charge. ‘He breaks the bow and cuts the spear.’ He reminds them that the Assyrian King, or any other, is not in charge. The are to “*Be Still and know that I am God*”.

\* This is a sentence that can stand alone outside its context. What’s more, it can be understood as a most profound aphorism. It makes deep sense—perhaps deeper sense as people today hold less and less to the idea of a God somewhere out there who is separate from us, and who now and again interferes in human and world events. So let’s try and look at this sentence with new eyes.

### BE STILL AND KNOW THAT I AM GOD. Ps. 46:10

- \* Be still. Many important things will never enter our awareness without our taking time to be still. Maybe this is what we look for when we walk in the bush, stand by the still waters of the lake on some Easter break, or spend time quietly alone when making a life changing decision. Eckhart Tolle puts it so clearly when he says:- “When we lose touch with inner stillness, we lose touch with our inner Self. When you lose touch with your Self, you lose yourself in the world.”
- \* AND KNOW... The exciting, but for most people, the unbelievable thing is that there is a knowledge and a knowingness that lies beyond the limits of the mind. Most of us go through life with a bundle of mind-made thoughts and concepts that trap us and don’t serve us well. Getting beyond these prison walls requires silence and stillness so we can begin to reach a fresh knowing.
- \* AND KNOW THAT I AM ... At first glance we might say that only God (in talking with Moses) and Jesus, used the phrase ‘I AM’. But it only takes a second for us to realise that everyone, yes everyone of us, says ‘I am’. I am alive, I am me, I exist. However we usually tie the ‘I am’ to our body, to what we have experienced, to what we do, and that forms our picture and our understanding of who we are. But what if this very statement is opening us to the possibility that this is true? This ‘I am’ is God. It sounds like heresy, blasphemy—or arrogant nonsense. Its the reason the enemies of Jesus gave for why he should die. We reject it for ourselves because the small-minded ideas of the ego insist on being in charge. They insist they know what is true. Jesus never wavered from attempting to awaken us to our true nature. And here in Psalm 46 we have the same profound insight into who we are in our deepest being. Only we have insisted on only seeing a God out there who fights battles and is quite other than us—leaving us ignorant of our true being.

## BE STILL AND ....

- ▣ Look at a tree, a plant. Let your awareness rest on it. How still they are, how deeply rooted in Being. Allow nature to teach you stillness.
- ▣ When you look at a tree and perceive its stillness, you become still yourself. You connect with it at a very deep level. You feel a oneness with whatever you perceive in and through stillness. Feeling the oneness of yourself with all things is true love.
- ▣ The equivalent of external noise is the inner noise of thinking. The equivalent of external silence is inner stillness.
- ▣ Your inner sense of self, of who you are, is inseparable from stillness. This is the I AM that is deeper than name and form.

“When we are able to make ourselves as still within as an untouched mountain lake we have an exquisite reflection of all that is within us, as well as what is around us.”

– Laura Lipsky

“Even when he is still  
the selfish man  
is busy.  
Even when he is busy  
the selfless man  
is still.”

– From an ancient scripture about 3000 years old.

And T S Eliot the poet writes:-

... the still point  
in a turning world...

... in the stillness  
is the dancing ...

(These 4 quotes are from the writings of Eckhart Tolle, author of “*The Power of Now*”.)