

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



in the HCUC

**No. 6**

**For 8 May 2011**

**Dear Friends**

It is still true. Even in this dollar dominated world some of the best things are free. Today I'm thinking of meditation (and prayer). Think of it this way:-

- \* It can be practised free, by anyone, anywhere, any time.
- \* You can start with no need to buy expensive equipment—there is none to buy.
- \* You can practice meditation in your bedroom, on a bus, in a waiting room or on the beach. It is completely portable.
- \* You can start today, in the next 10 minutes as there is no club to join and no membership fee.

This is absolutely wonderful. It means the most effective process of inner transformation is completely open to whoever has the motivation to give it a go. There are three key aspects to meditation.

- No 1** is commitment. We have to want to do it. No-one else can do it for us.
- No 2** Meditation is practice. For it to work for us we have to DO IT—regularly, consistently.
- No 3** Meditation brings results. This is the goal.

Meditation is not a practice that wins us credits for good behaviour. We meditate in order to unfold peace, harmony and love that these qualities may flow in our lives and out into the world. See it as a river that flows in a little trickle as it starts and grows and swells the further it goes. Have a look at this wonderful graphic image used by the prophet Ezekiel in chapter 47:1-6. In this issue I am putting more emphasis on the 'HOW TO' of meditation. People usually want to know such things as when they should meditate, and for how long. We can meditate any time. We may not be able to do it the same time each day. The key thing is to build it into our daily routine. Establish the practice. It may be that you spend only 5-10 minutes at first. That's better than trying for 20 or 40 minutes and giving up after 5. Like brushing your teeth—establish the routine. Each time you do it you move towards the goal of meditation.

***Sincerely, Lester***

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 9 May:	119:17-24	Acts 6:8-15	John 6:22-29
Tuesday 10 May:	31:1-5,16	Acts 7:51– 8:1	John 6:30-35
Wednesday 11 May :	66:1-6	Acts 8:1-8	John 6:35-40
Thursday 12 May:	66:7,8,14-end	Acts 8:26-end	John 6:44-51
Friday 13 May:	117	Acts 9:1-20	John 6:52-59
Saturday 14 May:	116:10-15	Acts 9:31-42	John 6:60-69
<b>Sunday 15 May <u>Easter 4</u></b>			
Ps 23; Acts 2:42-47; 1 Peter 2:19-25; John 10:1-10			

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 16 May:	42:1-2; 43:1-4	Acts 11:1-18	John 10:1-10
Tuesday 17 May:	87	Acts 11:19-26	John 10:22-30
Wednesday 18 May:	67	Acts 12:24—13:5	John 12:44-end
Thursday 19 May:	89:1,2,20-26	Acts 13:13-25	John 13:16-20
Friday 20 May:	2	Acts 13:26-33	John 14:1-6
Saturday 21 May:	98:1-5	Acts 13:44-end	John 14:7-14
<b>Sunday 22 May <u>Easter 5</u></b>			
Ps 31:1-5,15-16; Acts 7:55-60; 1 Peter 2:2-10; John 14:1-14			

	<b>Psalm</b>	<b>Epistle/OT</b>	<b>Gospel</b>
Monday 23 May:	118:1-3,4-15	Acts 14:5-18	John 14:21-26
Tuesday 24 May:	145:10-end	Acts 14:19-28	John 14:27-31
Wednesday 25 May :	122:1-5	Acts 15:1-6	John 15:1-8
Thursday 26 May:	96:1-3,7-10	Acts 15:7-21	John 15:9-11
Friday 27 May:	57:8-end	Acts 15:22-31	John 15:12-17
Saturday 28 May:	100	Acts 16:1-10	John 15:18-21
<b>Sunday 29 May <u>Easter 6</u></b>			
Ps 66:8-20; Acts 17:22-31; 1 Peter 3:13-22; John 14:15-21			

## SOME “HOW TO” GUIDELINES

1. Find a place where you are not likely to be disturbed.
2. Sit comfortably. If your body is not comfortable it will be impossible to get your attention beyond your discomfort.
3. Close your eyes. Have you noticed that when we feel overloaded by work or worry or stress our inclination is to sit down, be quiet and close our eyes. This is a clear clue that within us is an attraction to meditation. Closing the eyes shuts out the visual data that rushes in and stimulates the mind. So closing the eyes gives the mind some rest, and uses less energy.
4. Once seated, silent and with closed eyes then what happens? Everyone finds that the mind is very busy running down lots of different paths. Some guides say “stop all thoughts”. This is impossible—unless you are unconscious or dead. What we can do is to watch the spaces between the thoughts. Imagine you are walking along Lambton Quay at rush hour. The street is crowded yet you weave your way through the people by moving in the little gaps. In this way you get to where you want to go. So don’t try to stop the thoughts. Keep to the spaces and treat each thought like a pedestrian you don’t need to stop and talk to.
5. Sitting quietly watching the thoughts come and go will usually mean the mind becomes less busy and less agitated. To stop the mind tripping down side roads many people (and guidelines) use the repetition of a meaningful word or phrase. Examples of such words/phrases (which are called ‘mantras’) are:- Loving God, Lord Jesus, Love, Peace. Those in the Christian tradition who use the rosary are using beads and words as a mantra. No matter what words are used the purpose is the same, namely, to constantly keep the mind focussed, and centred on a positive, life enriching image or thought.
6. Another helpful process is to watch your breathing. This doesn’t mean you interfere with it. Again the key purpose is to become the one who watches. Let your attention be on the comforting rhythms of your breath. You will find you begin to relax and be more peaceful. You may even go to sleep! - which is OK.
7. Once you start meditating don’t worry about what is or isn’t happening. When your mind becomes quiet meditation and its benefits happen by themselves.

## BE STILL ... AND KNOW ... SILENCE LIGHT LOVE LIFE

### Everyday thoughts, memories concerns keep up an internal chatter

X Notice how a few unkind words may produce a rush of negative thoughts and feelings.

X Such waves of worry, anger or jealousy play havoc with our inner calmness.

X If this process is repeated again and again our body gets stressed, our immunity can buckle and ultimately it can lead to ill health.

### *How can we prevent these mental agitations that cause such misery?*

√ We use music, the arts, sport, exercise and laughter. The most helpful is meditation—the journey inward.

√ As the mind learns to go inward we begin to reach the deeper more silent realms of our own true nature.

√ The deepest level is permanently calm like the ocean which lies beneath the waves. It is a realm we all carry within us of quietness.

Silence  
Peace  
Creativity  
Joy

\* In many subjects like mathematics, the further you go the more complex it becomes. But in meditation the further you go, as in friendship, the simpler and deeper it becomes, and the fewer words you need.

Mark Glibbard

\* The capacity for silence is what distinguishes us as human. All of us however ordinary or flawed have at heart a seemingly boundless longing for fulfilment.

Sister Wendy Beckett

\* The purpose of silence is a directed stillness which receives rather than acts. (As soon as we seek self comes in and makes the whole thing useless.)

- Wendy Beckett