

Lutheran Lay Fellowship of Metropolitan Washington DC



LUNCHEON MEETING Thursday, October 3, 2013 – 12:00 noon

Saint Luke Lutheran Church
9100 Colesville Road at Dale Drive
Silver Spring, MD 20910

Opening Announcements

President Bob Sargeant convened the meeting at 12:09 by asking for visitors to introduce themselves. Shirley Banning is celebrating her birthday this month as well as David Berg and John Priebe. There were no anniversaries to celebrate this month. Per custom, the Happy Birthday song was sung and the birthday guests went through the buffet line first.

Bob reminded that next month's meeting would be a discussion on the future of LLF. What do we want to see happen?

Carolyn Sowinski reported on the benefit concert for the 17 Gifts of Hope beneficiaries. \$2,100 has been raised so far. She thanked Thrivent for its \$500 contribution and those LLF members who attended. Gifts of Hope catalogues are now being distributed to the ELCA Metro Synod congregations.

Ellie Wegner reminded of the employment support groups on Monday nights at 7:00pm at First Trinity Lutheran Church in D.C. Memoir writing continues on Wednesday nights at Georgetown Lutheran Church.

Devotions

Pr. Shilling, the speaker for the day, led devotions using materials he brought relating to breathing, the healthy soul and exercises. The first prayer of the Bible was a breathing prayer. He led the group in a breathing exercise, in which he asked that we pray "We, Peace" in the process of inhaling and exhaling. In his prayer he noted that for the elderly, as physical breathing becomes harder, spiritual breath becomes easier.

Introduction of Speaker

Pr. Fred Shilling presently is serving as a part-time interim lead pastor of Trinity Lutheran Church, Hagerstown, MD and is in his 53rd year in leading workshops for clergy, laity and military chaplains on "Christ's Healing Ministry" and other life-giving workshops. He serves as consultant, pastoral counselor, pastor and spiritual partner to clergy, church leaders, and organizations by leading workshops on Trauma and Healing Soul Wounds, Chronic Illness and Being Well, Healing through Triune God Practices, and Suicide, Healing and New Life. He has written many leadership development and Christian growth manuals. Pastor Fred enjoys reading, hiking, water aerobics, sports, family life, chaos and solitude, spiritual practices, creative expressions and spiritual action research during his 70's. He has been married for 56 years, has 2 adult children and 3 grandchildren. He earned a BA from Susquehanna University and a BD from Lutheran Theological Seminary, Gettysburg, PA. Pastor Fred has attended many continuing education events including graduate work at Wesley Seminary and UCLA Graduate School of Business Administration; two years of advanced clinical pastoral education (CPE); and was ordained as a Lutheran Pastor in 1958. His primary life-long education is the school of life.

David Berg announced that Pr. Eric Wester, Chaplaincy Chief for the ELCA, will be the presenter in December. He then offered his usual humorous prelude story before turning the meeting over to Pr. Shilling.

Presentation

In opening remarks after his introduction, Pr. Shilling noted that he had been an interim pastor here at St. Luke's. He said that LLF has the potential to grow in the near future as seniors are the fastest growing segment of the populations. Today only two groups talk about the soul: Methodists, because John Wesley and even today most Methodists begin greetings with "How is it with your soul?" Also African Americans. Martin Luther preferred to be called "Shepherd of Souls." Today we are going to become more aware of the reality of the soul.

What is involved in the living soul? Depending on how we see something, e.g. "GODISNOWHERE": God is now here; God is nowhere. The group read from materials provided several Healthy Soul Affirmations. Seniors today focus on the physical, keeping mentally alert, there is also the relational. Companionship is one of the ways we continue to be spiritually healthy. Today we focus on the soul reality - as the body becomes weaker, as life slows down.

There is no impression without expression. What Jesus did with his disciples was ask them to express what they felt or understood about his given actions. When we express something we stimulate a new mental path. We must continue to trigger what is life giving, rather than life-taking. Begin the day with a positive thought. Pr. Shilling asked attendees to offer their experiences, prayer practices, and comments throughout the presentation.

Bonnie Priebe prays "Lord, please bless my day, but help me to be a blessing to others." She also told of her practice of a "joy jar" in which she puts dated memories of good events to take from the jar on "down days" to savor those experiences.

How are we to end the day? Alice Benson said: "Thank you for the day, and take those negative things with you, Lord. "

Shirley Banning asked, "How do you stop those things that keep you from sleeping at night?" Fred suggested practicing this breathing prayer. "God gives me sleep." Or "God gives me peace." Four word prayers that go with breathing flow. It may take a week or so to program the new neural paths, but will then develop. Those who learn from Eastern philosophies are doing what we already have in our understanding of the soul. We say Yahweh, they breathe the word. Use it as a stress reliever. Yah on intake, Weh on release.

Barbara Solt connected the current trend of "hydration" of carrying water bottles everywhere, while breathing is "hydration for the soul." Rodney Smith noted that when we focus on something it moves into the unconscious that strengthens the soul. One of things that remains healthy in those with Alzheimer's is the soul. Many who have no apparent conscious ability can pray or sign hymns or quote scripture.

Pr. Shilling asked how many know the prayer, "Now I lay me down to sleep..." and all did and repeated it. He then referenced the popularity of "Chicken Soup for the Soul." Any food that is eaten in excess is addictive, not energizing. Nature is God's creation which is spiritual energy. Look around and get energized. Einstein said "imagination is more important than intelligence." Music is so vital and Lutherans have such a resource. Exercises at our age need to be light. We need to get up and walk. Never have a worship service more than one hour, because the bladder can't last. Relationships of all kinds include the church community which becomes more important than ever at our age. Faith exercises include singing in church, the liturgy, reading scripture, humming. We Americans have difficulty simply saying "Here I am Lord" and being quiet and in the present.

Pr. Shilling gave his email and phone number for those who wish to dialogue further. The materials he used during his presentation are available individually through the web links below and are also attached to these meeting minutes.

Ref 1: <http://www.lutheranlayfellowship.com/info/2013/2013-10-03BreathingSoul.pdf>

Ref 2: <http://www.lutheranlayfellowship.com/info/2013/2013-10-03PowerOfFocus.pdf>

Parting Blessing

Chaplain Larry Schmidt gave a report on Dan Bella. Vicky Porter spoke with his daughter. Notes of encouragement are important. He is now living in a care home. A card was also passed for Stanley Lezier who has attended in the past. The address for Dan will be provided. Chaplain Schmidt then led a responsorial prayer focusing on the announcements just received.

BREATHING

“God formed Man out of dust from the ground, and breathed into his nostrils
the breath of life.

The Man came alive—a living soul!”

Genesis 2:7

“The disciples, seeing the Master with their own eyes, were exuberant. Jesus repeated his greeting:
‘Peace to you. Just as the Father sent me, I send you.’ Then he took a deep breath and breathed into
them, ‘Receive the Holy Spirit.’ “

John 20:21-22

1. Nephesh is rendered as “soul” in the King James Version and The Message.
2. “One of the most widely spread ideas of general anthropology is to identify the life-principle, and ultimately all the phenomena of consciousness, with the breath, for while there is breath there is life. This breath-soul is conceived as the animating principle of man’s life, its essential constituent, though as much dependent on bodily organs for its activity as these are dependent on it for life itself. This virtual identification with the breath shows that the ‘soul’ is quasimaterialistically conceived. If we then ask again the old question, ‘What is man?’ and try to answer it today we shall say that for the Hebrew, man is a unity, and that unity is the body as a complex of parts, drawing their life and activity from a breath-soul, which has no existence apart from the body.” H. Wheeler Robinson, 1925, THE PEOPLE AND THE BOOK, p. 30-31”
3. Though a person derives one’s corporeal substance from the ground, one becomes a living creature only when the Creator’s breath is united with this body. The material body, a mere fragile substance, is enlivened by the inspiration of the Creator’s life-giving breath, and the implication is that the proper distinction is between body and life, rather than between body and soul, for soul is the energy that characterizes life. Stated differently, one’s ‘soul-fullness’ is one’s quality of liveliness, vitality, and power, without which one is a mere lifeless body, a mummy or robot. Again, Wheeler Robinson points out that Hebrew has no proper word for body as separate from soul. P. 33
4. “The breath is the soul, the animating, vital principle of life. The Israelites consistently maintained that the breath is the soul entirely. In other words, breath is the power that creates and sustains life; it is the energy of life. The breath thinks. (Proverbs 2:27) It is important to note that the terms ‘soul,’ ‘spirit,’ and ‘breath’ are interchangeable in the life and thought of ancient Israel and that they are valid translations of the same word. Man becomes a living spirit; a living breath; a living soul.” P. 39
5. “The issue of spirituality is, then, a matter of life and death, or, more clearly, of aliveness and deadness. The needful thing, if we would recover spirituality, which has been ‘abstracted’ from actuality, is recovery of the body, the center of existence, and hence the recovery of the life-energy, of the breath-soul.” Page 42 All the above quotes are from BODY AND SOUL, James Lynwood Walker, 1971, Abingdon.
6. As I am created in God’s image, one expression of that image is that I am a creator-sustainer. Thus, I create tension and maintain that tension. As I realize how I generate tension, I am on the threshold of the final step of letting that tension go by intentional relaxation. I can create that relaxation and I can maintain that relaxation. “I let go and let be.”

BREATHING

7. "Relaxation is neither sleepiness nor droopiness. To relax means to be 'a state of aliveness'. We expend only the energy necessary for optimum functioning. Even in moving, excess tension is absent. We act just with the amount of effort required to accomplish the task." P. 20
8. "Being at ease enhances what we do. Our health is better. Our learning improves. We experience more joy. To act from a base of relaxation frees us from unnecessary and excessive exhaustion. We act more effectively and more efficiently. By being at ease, our entire body operates easily; blood flows unhindered; nerves respond with alertness. We are alive and we act alive." P. 20 We are in a state of active grace. We are in our personal grace zone with the Triune God.
9. "No function of our body is more fundamental than breathing. In and of itself, breathing presents the most direct and useful method for relaxation. When our breathing is agitated, our bodies—we—are agitated. When we hold our breath, we avoid emotion and excitement; we freeze; and pay the price by feeling anxious. Small changes in breathing accompany amazing differences in feeling and seeing. To breathe naturally is a function of the entire organism. It is not something that we have to do; it is something that is allowed to happen. When we breathe, we are alive; when we hold our breath, we are denying life." p.20
10. "In Hebrew thought the soul is located in the blood stream. The soul acts in its entirety through the physical organism. In the New Testament we find the differentiation of soul (psyche) and spirit (pneuma) similar to that of the later Old Testament writings. Pneuma (spirit) corresponds with ruach. They characterize the unity of power and mind as breath. i.e. 'the power of life which is at the same time the bearer of the mind.' Consequently, spirit is distinguished from soul but is not regarded as separate from it. For 'spirit is the principle of the soul'. Spirit essentially involves our capacity for affinity with God. Psyche (soul) on the other hand, corresponds with nephesh. It carries primarily the Old Testament usage of 'vitality' or 'life' itself. Thus, Soren Kierkegaard gave that marvelous directive to take a deep breath in faith. When our breathing is constricted and shallow, we have an excess of carbon dioxide—creating anxiety—in our blood system. Then we are out of touch with where we are and who we are and what we are doing and what we want. So, with a deep breath, we recover where we are and who we are and what we are doing and what we want. No longer are we frozen or rigid. Now we are responsive and responsible." P. 21
11. "To become aware of our breathing and to concentrate on our breathing are difficult to do. The purpose is to clear our bodies of unnecessary tensions and our minds of extraneous thoughts. We are to recover our centeredness and wholeness. Most people do not move easily from being unaware of their breathing to being aware of it. Yet the direction and process provide a bridge back from dullness to aliveness." P. 21
12. Quotes 6 to 11 are from RESPONDING TO HUMAN PAIN, James Ashbrook, 1975, Judson Press. Adaptations are written by Fred Shilling.

BREATHING

13. When I go to sleep, I often use the breathing prayer as my practice to sleep. I breathe in and pray, "God gives...." I breathe out and pray, "me sleep." Other times I inhale and pray, "God breathes...." I exhale and pray, "in me." Or "God gives His breath." My body relaxes and sleep begins. Whatever is my present need, I breathe and form a short pray to describe how God, Jesus or the Holy Spirit give me a grace resource from them to meet that need. When I am sick, I breathe and pray, "Christ always..." "...heals me." Or, "God gives..." "...me peace."
14. "Breathe on me, Breath of God, fill me with life anew,
That I may love what thou dost love, and do what thou wouldst do.
Breathe on me, Breath of God, until my heart is pure,
Until with thee I will one will, to do and to endure.
Breathe on me, Breath of God, till I am wholly thine,
Till all this earthly part of me glows with thy fire divine.
Breathe on me, Breath of God, so that I never die,
But live with thee the perfect life of thine eternity."
15. "God wants us to grow up, to know the whole truth and tell it in love—like Christ in everything. We take our lead from Christ, who is the source of everything we do. He keeps us in step with each other. His very breath and blood flow through us, nourishing us so that we will grow up healthy in God, robust in love." Ephesians 4:15-16 THE MESSAGE
16. "Let everything that has breath praise the Lord." Last verse of the Psalms—150:6!

References:

[1] *The People and the Book*, H. Wheeler Robinson, 1925.

[2] *Body and Soul; Gestalt Therapy and Religious Experience*, James Lynwood Walker, ISBN 0-687-03634-8, Abingdon Press, 1971.

[3] *Responding to Human Pain*, James B. Ashbrook, ISBN 0-817-00677-X, Judson Press, 1975.

[4] *Breathe on Me, Breath of God*, Edwin Hatch, 1835-1889.

[NIV] *Scripture taken from the Holy Bible, NEW INTERNATIONAL VERSION*®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc. All rights reserved worldwide. Used by permission.

[MSG] *Scripture taken from The Message*. Copyright © 1993, 1994, 1995, 1996, 2000, 2001, 2002. Used by permission of NavPress Publishing Group.

Note: Fred L. Shilling developed 6 practices of a healthy soul in 2011. This worksheet was compiled for inclusion in his upcoming book "SOULSIGHT". For more information contact fredmar@pa.net, (717) 637-0185 or write 1058 Bear Crossing, Hanover, PA 17331.

The Power of Focus

CAN FAITH HELP AN OLYMPIAN?
HOT OFF THE PRESS, Monday, August 06, 2012
USA TODAY

"Is it crazy for an Olympian to claim that God directs his training regimen? You'd think so from reactions to the much-publicized Christian piety of U.S. Olympic marathon contender Ryan Hall – his recent assertion, in particular, that God is his coach. Let this skeptic suggest an answer that might surprise you.

Yes, prayer can help an athlete succeed – just not in the way in which the issue is typically conceived. When you hear Hall on the matter and think about the deep and subtle ways believers often conceive of their “communications” with God – aka prayer – you see there is more to it than child-like belief in God changing the flight of a ball or giving a runner an extra time.

Hall, for example, says his faith allows him to run with freedom and joy. As his faith has deepened, he says, his self-worth has become less dependent on his running results, and with that has come an easing of pressure he once felt. It's as if he used to run with a burden on his back; now, he runs lighter.

For some athletes, this harmony and self-worth can come from meditating, a strong support network, innate confidence, faith in their training and talent. It can come from prayer and religious faith.

Can prayer change things in this world? What sincere and meditative prayer can change is a person's INTERIOR WORLD; from that, some exterior change just might happen. Or to put it another way, believers indeed can find their prayers coming true, and often do receive the desires of their heart. But that's because their heart has changed, right along with their desires,"

Tom Krattenmaker is a Portland-based writer specializing in religion in public life and a member of USA TODAY's board of Contributors. He is the author of the book Onward Christian Athletes on Christianity in sports.

Adapted by Fred Shilling

"The soul is the energy of the body. The Spirit is the energy of the soul,"
Adapted from Augustine

"The soul is scattered everywhere through the body and in every cell. Where there is a living body, there is soul. Where there is soul, there is a living body,"
Neuroscientist Richard Bergland and theologian Paul Tillich.

"The truly embodied mind that I envision, does not relinquish its most refined levels of operation those constituting its soul and spirit. From my perspective, it is just the soul and spirit, with all their dignity and human scale are now complex and unique states of an organism."
Dr. Antonio Damasio, brain research scientist

"FOR A HEALTHY CHURCH"

FRED L. SHILLING
1085 BEAR CROSSING
HANOVER, PA 17331

Phone: (717) 637-0185,887-5756 • Fax: (717) 637-0185 Email:
Fredmar@pa.net

A HEALTHY SOUL LIFE

1. SPIRITUAL ENERGY: God and the Holy Spirit provide spiritual energy for a healthy soul.
"Be energetic in your life of salvation (saving health), reverent and sensitive before God. That energy is God's energy, an energy deep within you, God himself willing and working at what will give him the most pleasure." Philippians 2:12-13 THE MESSAGE
2. LIFE-GIVING IMAGES: God gives us life-giving images to embody.
"God spoke: 'Let us make human beings in our image, make them reflecting our nature ' God created human beings. He created them in God's image. God blessed them."
Genesis 1:26-28 paraphrased "Or do you not know that your body is the temple of the Holy Spirit, who is in you, whom you have from God, and you are not your own." 1 Corinthians 6:19
3. CONNECTING THE DOTS: The Holy Spirit connects life expressions for a person to become a whole self.
" ... The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit intercedes for us with groans that words cannot express." Romans 8:26 " ..love the Lord your God with all your passion and soul and mind and energy. Love others as well as yourself." Mark 12:30-31. THE MESSAGE AND NIV
4. MEANING-MAKING STORIES: We co-created with the Triune God healthy and awesome meaning-making stories. "Then the two told what had happened on the way, and how Jesus was recognized by them when He broke the bread." Luke 24:35
5. A DARK NIGHT OF THE SOUL: We experience dark nights to see the stars. "I will give you treasures of darkness ... that you may know that it is I, the Lord, the God of Israel, who call you by your name." Isaiah 45:3
6. SOUL FRIENDS: A healthy soul is always with God the Creator, Christ the Friend, the Holy Spirit as connector and soul friends.
"For where two or three are gathered in my name, I am among them." Matthew 18:20 "Two are better than one, because they have good reward for their toil. For if they fall, one will lift up the other." Ecclesiastes 4:9-10

6 HEALTHY SOUL AFFIRMATIONS

1. I AM CREATED IN THE IMAGE OF GOD. "So God created humankind in his image." Genesis 2:7
2. FOR, IN FACT, THE KINGDOM OF GOD IS WITHIN ME. Luke 17:21
3. JESUS IS ALWAYS WITH ME. Matthew 28:20
4. I AM THE BODY OF CHRIST AND A MEMBER OF ONE ANOTHER. 1 Corinthians 12:27
5. MY BODY IS THE TEMPLE OF THE HOLY SPIRIT, WHOM I HAVE RECEIVED FROM GOD. I AM NOT MY OWN. LET PEOPLE SEE GOD IN AND THROUGH MY BODY. 1 Corinthians 6:19-20
6. THE HOLY SPIRIT IS IN ME AND PRAYS FOR ME. Romans 8:26-28

SOUL-Real or Not Real

As you read the following statements, would you mark each statement with one of the following as you understand the meaning and use of the word – **SOUL**?

R – Real

N – Not real

D – Don't know

W – Want to experience?

Thank you!

1. ___ I am a living soul/being
2. ___ Chicken soup for the soul
3. ___ I don't have a soul
4. ___ I am a lost soul
5. ___ Love the Lord you Gad with all your soul....
6. ___ These are times that try man's soul
7. ___ Soul food } soul music
8. ___ Don't tell a soul
9. ___ It is well with my soul
10. ___ Bless the Lord my, O soul, and all that is within me, bless His holy name
11. ___ My soul is troubled. My soul is exceedingly sorrowful, even to death
12. ___ What is running your life at any given moment is your soul
13. ___ He restores my soul
14. ___ I am the master of my fate. I am the captain of my soul
15. ___ Fear him who is able to destroy both body and soul in hell
16. ___ A soul connects whatever is separated – connects the dots
17. ___ A soul is images
18. ___ A soul tells stories
19. ___ I know ways to heal a sick soul
20. ___ I know ways to nurture, strengthen and enjoy a healthy soul

SOUL SCRIPTURES-250+

SOUL HEALTH/WELLNESS

1. GOD RESTORES MY SOUL. Psalm 23:3
2. THE FIRST OF ALL COMMANDMENTS IS: 'HEAR, O ISRAEL, THE LORD OUR GOD, THE LORD IS ONE. AND YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, **ALL YOUR SOUL**, WITH ALL YOUR MIND, AND WITH ALL YOUR STRENGTH.' Mark 12:29-30
3. BLESS THE LORD, O MY SOUL, AND ALL THAT IS WITHIN ME, BLESS HIS HOLY NAME. BLESS THE LORD, OF MY SOUL, AND DO NOT FORGET ALL HIS BENEFITS-WHO FORGIVES ALL YOUR INIQUITY, WHO HEALS ALL YOUR DISEASES, WHO REDEEMS YOUR LIFE FROM THE PIT, WHO CROWNS YOU WITH STEADFAST LOVE AND MERCY, WHO SATISFIES YOU WITH GOOD AS LONG AS YOU LIVE SO THAT YOUR YOUTH IS RENEWED LIKE EAGLES. Psalm 103:1-5
4. FOR GOD ALONE MY SOUL WAITS IN SILENCE; FROM HIM COMES MY SALVATION. HE ALONE IS MY ROCK AND MY SALVATION, MY FORTRESS; I SHALL NEVER BE SHAKEN. Psalm 62:1-2
5. BUT I HAVE CALMED AND QUIETED MY SOUL, LIKE A WEANED CHILD WITH ITS MOTHER, MY SOUL IS LIKE THE WEANED CHILD THAT IS WITHIN ME. Psalm 132:2-3
6. MY CHILD, EAT HONEY, FOR IT IS GOOD, AND THE DRIPPINGS OF THE HONEYCOMB ARE SWEET TO YOUR TASTE. KNOW THAT WISDOM IS SUCH TO YOUR SOUL; IF YOU FIND IT, YOU WILL FIND A FUTURE, AND YOUR HOPE WILL NOT BE CUT OFF. Proverbs 24:13-14
7. PLEASANT WORDS ARE LIKE A HONEYCOMB, SWEETNESS TO THE SOUL AND HEALTH TO BODY. Proverbs 16:24
8. WRITE THESE WORDS ON YOUR HEART AND SOUL; BIND THEM, FIX THEM, TEACH THEM, TALK ABOUT THEM, WRITE THEM ON THE DOORPOST TO YOUR HOUSE AND YOUR GATE. Deuteronomy 11:18
9. ON THE DAY I CALLED YOU, YOU ANSWERED ME, YOU INCREASED THE STRENGTH OF MY SOUL.
10. BE MERCIFUL TO ME, O GOD, BE MERCIFUL TO ME, FOR IN YOU MY SOUL TAKES REFUGE; IN THE SHADOW OF YOUR WINGS I WILL TAKE REFUGE, UNTIL THE DESTROYING STORMS PASS BY.
11. I BLESS THE LORD WHO GIVES ME COUNSEL; IN THE NIGHT ALSO MY HEART INSTRUCTS ME. I KEEP THE LORD ALWAYS BEFORE ME; BECAUSE HE IS MY RIGHT HAND, I SHALL NOT BE MOVED. THEREFORE MY HEART IS GLAD, AND MY SOUL REJOICES; MY BODY ALSO REST SECURE. Psalm 16:7-9
12. YOUR NAME AND YOUR RENOWN ARE THE SOUL'S DESIRE. MY SOUL YEARNs FOR YOU IN THE NIGHT, MY SPIRIT WITHIN ME EARNESTLY SEEKS YOU. Isaiah 26:8-9
13. I WAIT FOR THE LORD, MY SOUL WAITS, AND IN HIS WORD DO I HOPE. MY SOUL WAITS FOR THE LORD MORE THAN THOSE WHO WATCH FOR THE MORNING-YES, MORE THAN THOSE WHO WATCH FOR THE MORNING. Psalm 130:5-6
14. I WILL PRAISE YOU, FOR I AM FEARFULLY AND WONDERFULLY MADE; MARVELOUS ARE YOUR WORKS, AND THAT MY SOUL KNOWS VERY WELL. Psalm 139:14-15
15. MAY GOD HIMSELF, THE GOD WHO MAKES EVERYTHING HOLY AND WHOLE, MAKE YOU HOLY AND WHOLE, PUT YOU TOGETHER-SPIRIT, SOUL, AND BODY-AND KEEP YOU FIT FOR THE COMING OF OUR MASTER, JESUS CHRIST. THE ONE WHO CALLED YOU IS COMPLETELY DEPENDABLE. IF HE SAID IT, HE'LL DO IT. 1 Thessalonians 5:23-24
16. AND LET ME LIVE WHOLE AND HOLY, SOUL AND BODY, SO I CAN ALWAYS WALK WITH MY HEAD HIGH. Psalm 119:80
17. JESUS SAID, 'COME TO ME AND YOU WILL FIND REST FOR YOUR SOUL.' Matthew 11:28-30
18. THIS HOPE WE HAVE AS AN ANCHOR OF THE SOUL, BOTH SURE AND STEADFAST AND WHICH ENTERS THE PRESENCE BEHIND THE VEIL. Hebrews 6:19

A HEALTHY SOUL WORKOUT
SPIRITUAL ENERGY

(Circle the numbers you want to share. Underline the numbers you want to practice.)

1. WHAT FOOD ENERGIZES YOU –
2. WHAT IN NATURE ENERGIZES YOU –
3. WHAT PICTURES ENERGIZE YOU –
4. WHAT MUSIC ENERGIZES YOU –
5. WHAT EXERCISES ENERGIZE YOU –
6. WHAT RELATIONSHIPS ENERGIZE YOU –
7. WHAT FAITH EXPRESSIONS ENERGIZE YOU –
8. WHAT NON-WORK EXPRESSIONS ENERGIZE YOU –
9. WHAT TIMES OF THE DAY ENERGIZE YOU –
10. WHAT OTHER LIFE INVOLVEMENTS ENERGIZE YOU –
11. WHAT WOULD YOU LIKE TO PRACTICE TO ENERGIZE YOU –

"Be energetic in your life of salvation (saving health), reverent and sensitive before God. That energy is God's energy, an energy deep within you, God himself willing and working at what will give him the most pleasure." Philippians 2:12-13, THE MESSAGE

When I first experience the Holy Spirit it is as energy (dynamis).

AUTHENTIC SUFFERING
Mauguerite Guzman Bouvard

1. "I see my journey as one of continual transformations. While these include loss with its attendant pain, they are also an important part of my growth. For instance, when each of my children became an adult, I lost a child but gained a friend, and the satisfaction of seeing the completion of my efforts, and the unfolding of a substantial person I continually discover."
2. "Because of the many changes resulting from my illnesses, my life is now so different from the one I once had that I could hardly have predicted it, but it is a life I cherish and am proud of, although I realize how relative that perception may be. I recently spent an hour on the telephone speaking to a young woman newly diagnosed with a very painful case of IC. I listened to her rage and despair, and at the end I described to her how I had to rebuild my own life. 'Pardon me, but I think you have an awful life!' she replied. Sixteen years ago, I would have agreed. But since then, I have come to a clearer vision of who I am, and I would not describe my illness as a defining trait. It is a painful circumstance. At some point in our lives, most of us find ourselves in what may seem like unbearable situations. They are also opportunities."
3. "Ultimately, pain and loss have given me authenticity. I feel that I have joined not only the circle of humanity but also all of nature as I sought to plumb the meaning of suffering and as my aching heart and body have come to respect their utter wholeness. I had to change my suppositions and my frame of reference. It was like being jolted awake from a dream. When I take stock of those difficult years of revision, I am reminded of what it feels like to see more clearly-when my glasses clear the blur of my astigmatism. It's as if my illness represents another opportunity to see my own life and the lives of those around me more completely. That new perspective has helped me reassess my values in a number of ways."
4. "Most particularly, I have gained a deeper understanding of time. In the early years of my illness, I mourned the loss of my ability to have a schedule, to plan my days, weeks, and months. I felt as if the time available to me was steadily shrinking along with my life. Since then, I have acquired an entirely new outlook, learning how to become flexible so that I could enjoy an hour or two when it suddenly became available because I felt rested. I have learned how to prioritize and lop off superfluous activities, how to focus, and how to enjoy periods when I am unable to work as opportunities for deep thinking."
5. Healing is a form of letting go to grow a new life. "Reinventing myself continually, as I have had to do, has helped me become spiritually powerful and willing to take more risks. Somehow it also means recapturing my self-esteem and realizing that I am whole despite my illness, whole in heart, soul and spirit."
6. "I have learned that moments of illumination or serenity are interwoven with dark times, are two sides of the same coin, and that I can live with one side of me in the Arctic and the other in the tropics. This new awakening has made me feel a tremendous gratitude for my life and it holds. I often express praise throughout the day My own pain has taught me how to accompany people in distress."

HEALING-A LIFE WITH CHRONIC ILLNESS, Mauguerite Guzman Bouvard, pp. 128-130
IC-Interstitial Cystitis is a devastating chronic illness that exists with a number of other auto-immune disorders. Mauguerite shows us how living with chronic illness can be a gateway into the soul. Her story touches our hearts and creates a place inside ourselves for true healing to begin.

A HEALTHY SOUL WORKOUT
SPIRITUAL ENERGY

(Circle the numbers you want to share. Underline the numbers you want to practice.)

1. WHAT FOOD ENERGIZES YOU –
2. WHAT IN NATURE ENERGIZES YOU –
3. WHAT PICTURES ENERGIZE YOU –
4. WHAT MUSIC ENERGIZES YOU –
5. WHAT EXERCISES ENERGIZE YOU –
6. WHAT RELATIONSHIPS ENERGIZE YOU –
7. WHAT FAITH EXPRESSIONS ENERGIZE YOU –
8. WHAT NON-WORK EXPRESSIONS ENERGIZE YOU –
9. WHAT TIMES OF THE DAY ENERGIZE YOU –
10. WHAT OTHER LIFE INVOLVEMENTS ENERGIZE YOU –
11. WHAT WOULD YOU LIKE TO PRACTICE TO ENERGIZE YOU –

"Be energetic in your life of salvation (saving health), reverent and sensitive before God. That energy is God's energy, an energy deep within you, God himself willing and working at what will give him the most pleasure." Philippians 2:12-13, THE MESSAGE

When I first experience the Holy Spirit it is as energy (dynamis).