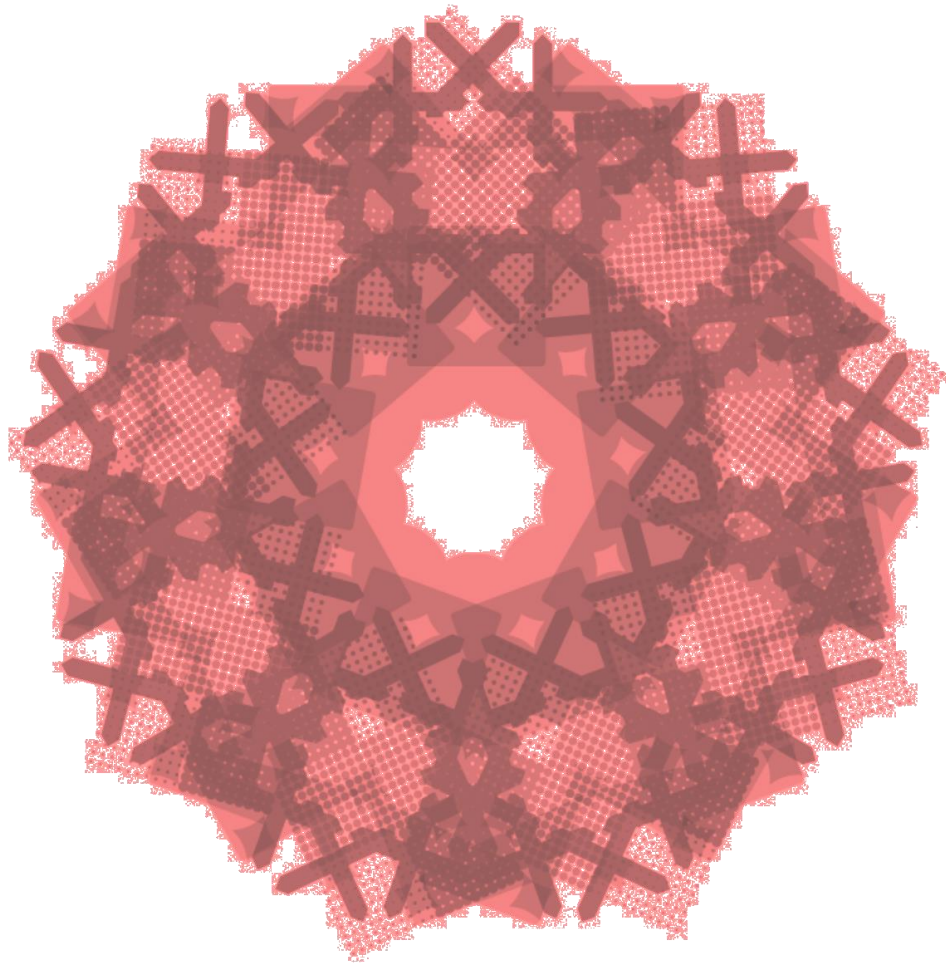


# SOUL FOOD

A Bridge to the Future



August 2015

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## Program

 *Voice -*

1. Bahá'í Prayer
2. Christina Rossetti
3. Christian Writings
4. George Washington
5. Lyall Watson
6. Havelock Ellis
7. Christian Writings

 *Voice -*

8. Robert F. Kennedy
9. 'Abdul-Bahá
10. William Shakespeare
11. Christian Writings
12. Samuel Ullman
13. Ruhiyyih Khanum

 *Voice-*

14. Queen Latifah
15. Q'orianka Kilcher
16. Bahá'í Writings
17. Saint Ambrose
18. Alvin Toffler
19. Jane Fonda
20. Confucius
21. A. E. Housman
22. Paramahansa Yogananda.

 *Voice -*

***'What a marvelous means of intellectual growth to childhood and to youth, that a student should be able to appeal to God and in actual prayer petition for greater powers of comprehension, and of acquisition of knowledge.***  
*Bahá'í Writings*



**Voice –Piano –**

01. O Lord! Make this youth radiant, and confer Thy bounty upon this poor creature. Bestow upon him knowledge, grant him added strength at the break of every morn and guard him within the shelter of Thy protection so that he may be freed from error, may devote himself to the service of Thy Cause, may guide the wayward, lead the hapless, free the captives and awaken the heedless, that all may be blessed with Thy remembrance and praise. Thou art the Mighty and the Powerful.  
- 'Abdu'l-Bahá
  
02. "What are heavy? sea-sand and sorrow.  
What are brief? today and tomorrow.  
What are frail? spring blossoms and youth.  
What are deep? the ocean and truth."  
~ Christina Rossetti

***I'm youth, I'm joy,  
I'm a little bird that has broken out of the egg.***  
*James M. Barrie*

03. Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble." Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.  
~Christian Writings

***The Youth of a Nation are the trustees of posterity.***  
***Benjamin Disraeli***

04. A primary object should be the education of our youth in the science of government. In a republic, what species of knowledge can be equally important? And what duty more pressing than communicating it to those who are to be the future guardians of the liberties of the country?"  
~ George Washington
05. The whale was abandoned by the tide and by all the people except the young woman Tia, who knelt on the sand beside the massive head and gently stroked his skin. She was singing to him. Singing one of the soft, sad songs in the old language. A song of friends long dead and times now past, of children grown and gone. A sound like a mother's sigh. I couldn't understand the words any more than the whale could, but there was no mistaking the meaning. She was keeping him company in the dark hours of his long and lonely death. Sitting in for the other whales who, if he had been dying in the deeps, would have borne him to the surface on their fins, helping him to breathe and see, easing his passage with their sympathy and song. The girl, in her innocence, was doing the proper thing. I in my rage and futility, and Marduk in his righteous propriety, had missed the point altogether. We had been so bound up in the petty intricacies of our politics and technology, so bound up in the question of how to move the

whale, or how to move the people, that we couldn't see that all the situation required was compassion: how to be kind and to keep in touch. I hung back in the shadows and watched them for a while, a girl and a whale in communion. When the song was over, she started another, a popular local ballad about unrequited love, and when I left she was leaning with her shoulder against the whale's cheek, telling him in great detail about the mud-skipping fish that lived in the mangroves on the lagoon.

He died in the night. I came back the next day to find Tia asleep on the sand.

~ Lyall Watson. Gifts of Unknown Things.

***Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity.***

***Christian Writings***

06. If men and women are to understand each other, to enter into each other's nature with mutual sympathy, and to become capable of genuine comradeship, the foundation must be laid in youth.

~Havelock Ellis

07. There is a time for everything, and a season for every activity under heaven:

a time to be born and a time to die,  
a time to plant and a time to uproot,  
a time to kill and a time to heal,  
a time to tear down and a time to build,  
a time to weep and a time to laugh,  
a time to mourn and a time to dance,  
a time to scatter stones and a time to gather them,  
a time to embrace and a time to refrain,  
a time to search and a time to give up,  
a time to keep and a time to throw away,  
a time to tear and a time to mend,  
a time to be silent and a time to speak,  
a time to love and a time to hate,  
a time for war and a time for peace.

~Christian Writings

***The beauty of collaboration between older and younger generations is that we combine strength with wisdom—a surefire way to accomplish more for the glory of God.”***  
***Brett Harris***



**Voice - Piano –**

- o8. “This world demands the qualities of youth; not a time of life but a state of mind, a temper of the will, a quality of the imagination, a predominance of courage over timidity, of the appetite for adventure over the life of ease.”  
~ Robert F. Kennedy

***The single most powerful element of youth is our inability to know what's impossible.***  
***Adam Braun***

- o9. It is the hope of 'Abdu'l-Bahá that those youthful souls in the schoolroom of the deeper knowledge will be tended by one who traineth them to love. May they all, throughout the reaches of the spirit, learn well of the hidden mysteries; so well that in the Kingdom of the All-Glorious, each one of them, even as a nightingale endowed with speech, will cry out the secrets of the Heavenly Realm, and like unto a longing lover pour forth his sore need and utter want of the Beloved.  
~Abdu'l-Baha,

***Encouragement of higher education for our youth is critical to the success of our collective future.***  
***Charles B. Rangel***

10. Shall I compare thee to a summer's day?  
Thou art more lovely and more temperate:  
Rough winds do shake the darling buds of May,  
And summer's lease hath all too short a date:  
Sometimes too hot the eye of heaven shines,  
And too often is his gold complexion dimm'd:  
And every fair from fair sometimes declines,  
By chance or natures changing course untrimm'd;  
By thy eternal summer shall not fade,  
Nor lose possession of that fair thou owest;  
Nor shall Death brag thou wander'st in his shade,  
When in eternal lines to time thou growest:  
So long as men can breathe or eyes can see,  
So long lives this and this gives life to thee."  
~ William Shakespeare

***The duty of youth is to challenge corruption.***  
***Kurt Cobain***

11. When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things. For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known. And now abideth faith, hope, charity, these three; but the greatest of these is charity.  
~Christian Writings

12. Youth is not a time of life; it is a state of mind; it is not a matter of rosy cheeks, red lips and supple knees; it is a matter of the will, quality of the imagination, a vigor of the emotions; it is the freshness of the deep springs of life.  
~Samuel Ullman

***We have a powerful potential in our youth, and we must have the courage to change old ideas and practices so that we may direct their power toward good ends.***  
***Mary McLeod Bethune***

13. And you know very well from reading and from what you hear over the radio that the youth of the West are in an active state of rebellion against what they call the establishment, although half the time they don't know what the establishment is. But what they mean is that they don't like the civilization that they have inherited from an older generation because they see its dangers, they see its superficialities, they see how pernicious it is in many of its aspects, and they resent it and they reject it.  
~Ruhyyih Khanum

***Youth! Today's youth, like the generations which have gone before, has found its destined field of action  
-- the building of a world community.***  
***Bahá'í Writings***



**Voice -  
Piano -**



14. I've been giving back since I was a teen, handing out turkeys at Thanksgiving and handing out toys at toys drives for Christmas. It's very important to give back as a youth. It's as simple as helping an old lady across the street or giving up your seat on the bus for someone who is pregnant.  
~Queen Latifah
  
15. I think it's important for us as a society to remember that the youth within juvenile justice systems are, most of the time, youths who simply haven't had the right mentors and supporters around them - because of circumstances beyond their control.  
~Q'orianka Kilcher
  
16. As this generation of youth assumes the responsibilities of conducting the affairs of society, it will encounter a landscape of bewildering contrast. On the one hand, the region can justly boast brilliant achievements in the intellectual, technological and economic spheres. On the other hand, it has failed to reduce widespread poverty or to avoid a rising sea of violence that threatens to submerge its peoples. Why – and the question needs to be asked plainly – has this society been impotent, despite its great wealth, to remove the injustices that are tearing its fibre apart?  
~ Bahá'í Writings

***Love is not always doing what brings pleasure;  
Love is also doing what is good for  
someone whatever the cost at the moment.***

***Linda Goodman***

17. A good youth ought to have a fear of God, to be subject to his parents, to give honor to his elders, to preserve his purity; he ought not to despise humility, but should love forbearance and modesty. All these are an ornament to youthful years.  
~Saint Ambrose

***The youth is the hope of our future.***  
***Jose Rizal***

18. The secret message communicated to most young people today by the society around them is that they are not needed, that the society will run itself quite nicely until they - at some distant point in the future - will take over the reigns. Yet the fact is that the society is not running itself nicely... because the rest of us need all the energy, brains, imagination and talent that young people can bring to bear down on our difficulties. For society to attempt to solve its desperate problems without the full participation of even very young people is imbecile."  
Alvin Toffler
  
19. Our youth deserve the opportunity to complete their high school and college education, free of early parenthood. Their future children deserve the opportunity to grow up in financially and emotionally stable homes. Our communities benefit from healthy, productive, well-prepared young people.  
~Jane Fonda
  
20. "The Master said, At fifteen I set my heart upon learning.  
At thirty, I had planted my feet firm upon the ground.  
At forty, I no longer suffered from perplexities.  
At fifty, I knew what were the biddings of Heaven.  
At sixty, I heard them with docile ear.  
At seventy, I could follow the dictates of my own heart; for what I desired no longer overstepped the boundaries of right."  
~ Confucius

21. **"When I Was One-And-Twenty**  
When I was one-and-twenty  
I heard a wise man say,  
'Give crowns and pounds and guineas  
But not your heart away;  
Give pearls away and rubies  
But keep your fancy free.'  
But I was one-and-twenty  
No use to talk to me.

When I was one-and-twenty  
I heard him say again,  
'The heart out of the bosom  
Was never given in vain;  
'Tis paid with sighs a plenty  
And sold for endless rue.'  
And I am two-and-twenty  
And oh, 'tis true, 'tis true."  
~ A. E. Housman

22. As the vital rays of the sun nurture all, so should you spread rays of hope in the hearts of the poor and the forsaken, kindle courage in the hearts of the dependent, and light a new strength in the hearts of those who think they are failures.  
When you realise that life is a joyous battle of duty and at the same time a passing dream, and when you become filled with the joy of making others happy by giving them kindness and peace, in God's eyes your life is a success.  
~Paramahansa Yogananda.

***Age considers; youth ventures.***  
***Rabindranath Tagore***



**Voice -**  
**Piano –**

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***Please join us for refreshments***

## Soul Food

*Soul Food* is an open community event hosted on the first Sunday of each month and whose purpose is to inspire us to transform our lives, our neighbourhoods and our communities with actions that promote the unity and betterment of society. Set in the tranquil setting of the Baha'i Centre of Learning, it provides an occasion to be inspired and reflect on uplifting themes with our neighbours. Our programs feature live music, audio-visual pieces and readings from various authors, sources and Faiths - indigenous, ancient and modern- from all over the world.

*Soul Food* was initiated by the Bahá'í community in Adelaide and now occurs in places around Australia and as far afield as Botswana, Africa. It is also proudly supported by the Victorian Multicultural Commission. Original programs are available for free download from [www.tasbcl.com.au/soul](http://www.tasbcl.com.au/soul) food

## Study Circles

The Bahá'í Community offers a series of life-changing circles of study. These small informal groups of like-minded individuals are an opportunity to explore and learn collaboratively about meaningful topics such as the individual's inner reality and their capacity to integrate their spiritual and personal transformation with that of their communities towards the betterment of humankind.

The first series is titled *Reflections on the Life of the Spirit* and is a 3 unit exploration on the following themes: Understanding the Bahá'í Writings, Prayer & Meditation, and Life & Death. If you enjoy Soul Food then a study circle may appeal to you. For inquiries or more information please email Shirin at [shirin@iinet.net.au](mailto:shirin@iinet.net.au)

## **Children's classes in the Neighbourhood**

Regular children's classes are held in communities around Tasmania and provide moral, spiritual and virtues-based training essential in nurturing the inner capacities of children. The classes aim to build a strong moral framework which will assist children to achieve excellence in material, intellectual, and spiritual aspects of life. For inquiries or more information please call Shohreh's mobile 0419 585 453.

***"Children are even as a branch that is fresh and green; they will grow up in whatever way you train them. Take the utmost care to give them high ideals and goals, so that once they come of age, they will cast their beams like brilliant candles on the world..."***

***-- from the Writings of the Bahá'í Faith***

## **Junior Youth Groups**

The junior youth spiritual empowerment program is open to young people aged between 11 and 14, and assists them to navigate through a crucial stage in their lives. Those in their early adolescent years possess altruism, a sense of justice, eagerness to learn about the universe, and a desire to contribute to the construction of a better world. Young people's spiritual capacity, the basis for their own happiness and sense of well-being, is a powerful force for social change. The program helps them form a strong moral identity and empowers them to contribute to the well-being of their communities and the world at large. By developing their spiritual qualities (virtues), their intellectual capabilities and their capacities for service to society, the participants come to see that they can become agents of positive change in the world. The program adopts a participatory mode of learning where the facilitator (animator) and participants learn from each other. Groups of participants engage in activities such as artistic expression, discussion, drama, cooperative games, study of literature, story telling and acts of community service. The junior youth program explores themes from a Baha'i perspective, but is not a formal religious education program. Junior youth groups meet on a regular basis, is open to all, subject to parental approval, and there is no written homework. All program facilitators are certified under the Baha'i Child Protection Policy, which includes a mandatory police check. Parents are welcome to meet with an animator to learn more about the program.

For enquiries or more information, please call James Pepperell ☎️ 0404352042 or email him [james.pepperell@gmail.com](mailto:james.pepperell@gmail.com)

*join us*

for the next program

**Sunday September 6<sup>th</sup> 3pm**

**“The Light of Universal Peace”**

**Soul Food - First Sunday of each month.**

**Venue: Bahá'í Centre of Learning, Hobart**

**Time: 3.00pm – 4pm**

**Dates for 2015:**

September 6<sup>th</sup> - The Light of Universal Peace

October 4<sup>th</sup> - The Inner Balance – Spiritual Health

November 1<sup>st</sup> - Children -Tender plants in the garden of life

December 6<sup>th</sup> - Reflections

**Please Note: There will be no Soul Food in January 2016.**

**We invite you to join us as we celebrate WORLD RELIGION DAY**

**Jan 24<sup>th</sup> 3pm at the Bahá'í Centre of Learning for Tasmania (here).**

### **The Bahá'í Faith**

You can find out more about the Bahá'ís and their world embracing vision at [www.bahai.org.au](http://www.bahai.org.au) or feel free to call 03 6234 7654 for more information.

All Soul Food programs are available for free download from  
[www.tasbcl.com.au/soul food](http://www.tasbcl.com.au/soul%20food)