

# Soul Food

## A Path of Light and Shade



August 2016

## A Path of Light and Shade

This program presents the idea that, through adversities, we learn and grow; we need faith and detachment to appreciate the joys and sorrows of life.

August 2016

### Program



*Joel Bowerman - Piano*

01. *Prayer*

02. *Helen Keller*

03. *Bahá'í Writings*

04. *Hindu Writings*

05. *Buddhist Writings*

06. *Panca Chief White Eagle*

07. *Khalil Gilbran*



*Joel Bowerman - Piano*

08. *Christian Writings*

09. *Bahá'í Writings*

10. *Richard Paul Evans*

11. *Orison Swett Marden*

12. *Walter Anderson*

13. *'Ali Nakhjavani*



*Jessica Montrose - Poem, Mandy Cruickshank - Harp*

14. *Harry Emerson Fosdick*

15. *Life's Challenges*

16. *Lady Julian of Norwich*

17. *Bahá'í Writings*

18. *Ruhiyyih Rabbani*

19. *Michael Leunig*

20. *Bahá'í Writings*

21. *Victor Hugo*

22. *Bahá'í Writings*



*Joel Bowerman - Piano*

*The sun will set and the sun will rise, and it will shine upon us  
tomorrow in our grief and our gratitude, and we will continue to live  
with purpose, memory, passion, and love.*

*Brent Schlender*

 *My Way - Frank Sinatra  
Joel Bowerman - Piano*

01. Prayer

O God, refresh and gladden my spirit.

Purify my heart.

Illumine my powers.

I lay all my affairs in Thy hand.

Thou art my Guide and my Refuge.

I will no longer be sorrowful and grieved,

I will be a happy and joyful being.

O God, I will no longer be full of anxiety,

nor will I let trouble harass me.

I will not dwell on the unpleasant things of life.

O God, Thou art more friend to me than I am to myself.

I dedicate myself to Thee, O Lord.

~Bahá'í Writings

02. The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome. The hilltop hour would not be half so wonderful if there were no dark valleys to traverse.

Character cannot be developed in ease and quiet.

Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.

~ Helen Keller

***Never measure the height of a mountain,  
until you have reached the top.  
Then you will see how low it was.***

***Dag Hammarskjold***

03. O SON OF MAN!

For everything there is a sign.

The sign of love is fortitude under My decree  
and patience under My trials.

If adversity befall thee not in My path,

how canst thou walk in the ways of them that are content with  
My pleasure? If trials afflict thee not in thy longing to meet Me,  
how wilt thou attain the light in thy love for My beauty?

O SON OF MAN!

My calamity is My providence, outwardly it is fire and vengeance, but inwardly it is light and mercy. Hasten thereunto that thou mayest become an eternal light and an immortal spirit.

This is My command unto thee, do thou observe it.

~Bahá'í Writings

04. This that irks – thy sense life, thrilling to the elements – Bringing thee heat and cold, sorrows and joys, 'tis brief and mutable! Bear with it...! The soul which is not moved, the soul that with a strong and constant calm takes sorrow and takes joy indifferently, lives in the life undying!  
~Hindu Writings

***It takes both rain and sunshine to make a rainbow.***

***Unknown Author***

05. Driven by fear, men take to many a refuge, in mountains, forests, parks, sacred groves and shrines, but these are not a secure kind of refuge. By taking to this sort of refuge one is not released from suffering. He who has gone to Buddha, Dhamma and Sangha for refuge, though... this is a secure refuge, this is the ultimate refuge; by taking to this refuge one is indeed released from all suffering.  
~ Buddhist Writings

o6.

Go Forward With Courage  
When you are in doubt, be still and wait;  
When doubt no longer exists for you,  
then go forward with courage.  
So long as mists envelop you be still;  
Be still until the sunlight pours through and  
dispels the mists -as it surely will.  
And then act with courage.  
~Panca Chief White Eagle

***When the heart weeps for what it has lost,  
the spirit laughs for what it has found.  
Sufi aphorism***

07. **On Joy and Sorrow**

Your joy is your sorrow unmasked.  
And the self same well from which your laughter rises  
was oftentimes filled with your tears.  
And how else can it be?  
The deeper that sorrow carves into your being,  
the more joy you can contain.  
Is not the cup that holds your wine the very cup  
that was burned in the potter's oven?  
And is not the lute that soothes your spirit,  
the very wood that was hollowed with knives?  
When you are joyous, look deep into your heart and  
you shall find it is only that which has given you sorrow  
that is giving you joy.  
When you are sorrowful look again in your heart,  
and you shall see that in truth you are weeping  
for that which has been your delight.

Some of you say, "Joy is greater than sorrow,"  
and others say, "Nay, sorrow is the greater."  
But I say unto you, they are inseparable.  
Together they come, and when one sits,  
alone with you at your board, remember that the other  
is asleep upon your bed.

Verily you are suspended like scales between your sorrow and your joy.  
Only when you are empty are you at standstill and balanced.  
When the treasure-keeper lifts you to weigh his gold and his silver,  
needs must your joy or your sorrow rise or fall.

~Kahlil Gibran

***The gem cannot be polished without friction,  
nor man perfected without trials.  
Confucius***

 ***Memory – Andrew Lloyd Webber  
Joel Bowerman - Piano***

o8.           The light of your body is your eye.  
                When your eye sees clearly, your entire being  
                is illuminated, but if your eye is clouded ,  
                then the life of your body will also be clouded.  
                Take care that the light within you isn't dimmed.  
                If your entire being is filled with light,  
                With no part of left in the shadows,  
                There will be a shining radiance within you.  
                It will be as bright as if a lamp shines within you.  
                ~Christian Writings

o9.           The darkness of this gloomy night will pass away.  
                Again the Sun of Reality will dawn from the horizon of the hearts.  
                Have patience – wait, but do not sit idle; work while you are waiting;  
                smile while you are wearied with monotony; be firm while  
                everything around you is being shaken; be joyous while the ugly  
                face of despair grins at you; speak aloud while the malevolent forces  
                of the nether world try to crush your mind; be valiant and  
                courageous while men all around you are cringing with fear and  
                cowardice.  
                ~Bahá'í Writings



***Happiness and sorrow are twins,  
let them come and go like clouds.  
Yogaswami***

10. My Dear Son,  
I am so very proud of you. Now, as you embark on a new journey, I'd like to share this one piece of advice. Always, always remember that - adversity is not a detour. It is part of the path. You will encounter obstacles. You will make mistakes. Be grateful for both. Your obstacles and mistakes will be your greatest teachers. And the only way to not make mistakes in this life is to do nothing, which is the biggest mistake of all. Your challenges, if you let them, will become your greatest allies. Mountains can crush or raise you, depending on which side of the mountain you choose to stand on. All history bears out that the great, those who have changed the world, have all suffered great challenges. And, more times than not it's precisely those challenges that, in God's time, lead to triumph. Abhor victimhood. Denounce entitlement. Neither are gifts, rather cages to damn the soul. Everyone who has walked this earth is a victim of injustice. Everyone. Most of all, do not be too quick to denounce your sufferings. The difficult road you are called to walk may, in fact, be your only path to success.  
~Richard Paul Evans

11. Obstacles are like wild animals. They are cowards but they will bluff you if they can. If they see you are afraid of them... they are liable to spring upon you; but if you look them squarely in the eye, they will slink out of sight.  
~ Orison Swett Marden

***Climb up the stairs cheerfully, climb down the stairs cheerfully!***  
***Let your mind be unaffected by the ups and downs of life!***  
***Mehmet Murat Ildan***

12. I am responsible. Although I may not be able to prevent the worst from happening, I am responsible for my attitude toward the inevitable misfortunes that darken life. Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have – life itself.  
~Walter Anderson

13. The Story of Our Lives

Think of yourself as a river, one which flows not through a desert where the water might gather a little dust, detracting from its purity, and not through flat land where the banks are beautiful meadows filled with wild flowers, but rather this river, which is you, flows through a dense and overgrown forest, where the trees grow thick. Dead leaves in large quantities, and all kinds of dirt and debris, fall into the river of your life and are carried along by the flowing water. The dead leaves symbolize the difficulties that life presents us with – the need to discipline our emotions, to develop loving and creative relationships, our social interaction, relations with other people, the various physical and psychological handicaps and obstacles and tests and difficulties that we are confronted with and which, if we overcome them, strengthen and purify us. Where there are trees, where there is life, there are dead leaves.

There are many things which, like the dead leaves, "fall into" our lives without our doing anything to attract them or draw them to us. So it might be said, the dead leaves are utterly innocent. It is in the nature of life that leaves should fall into the river and be carried away by the flowing water. The leaves also represent negative thoughts. They come to us, but we are capable of letting them flow away with the water of life. They cannot hurt us, and we are blameless unless we cling to the evil thoughts, nourish them, and then act upon them. When bad or destructive thoughts come, simply let go of them, let them be carried away by the running water. If the bad thought lingers, grows strong and thick as a dead branch, it becomes a problem and is potentially harmful to you and to society.

~'Ali Nakhjavani

*Life has its ups and downs.  
When you are up, enjoy the scenery.  
When you are down,  
touch the soul of your being and feel the beauty.  
Debasish Mridha*

*Kindness  
Poem – by Jessica Montrose  
The Mountain Prayer -Harpist Mandy Cruickshank*

14. The most extraordinary thing about the oyster is this. Irritations get into his shell. He does not like them. But when he cannot get rid of them he uses the irritation to do the loveliest thing an oyster ever has the chance to do. If there are irritations in our lives today, there is only one prescription: make a pearl. It may have to be a pearl of patience, but...make a pearl.  
~Harry Emerson Fosdick

15. Life's Challenges

Rob is the kind of man who is always in a good mood and always has something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!"

He was a natural motivator. If an employee was having a bad day, Rob was there telling the employee how to look on the positive side of the situation. Seeing this style really made me curious, so one day I went up to Rob and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?" Rob replied, "Each morning I wake up and say to myself, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood. I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life." "Yeah, right, it's not that easy," I protested. "Yes, it is," Rob said.

"Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people affect your mood. You choose to be in a good mood or bad mood. The bottom line: It's your choice how you live your life."

I reflected on what Rob said. Soon thereafter, I left the Tower Industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it. Several years later, I heard that Rob was involved in a serious accident, falling some 60 feet from a communications tower.

After 18 hours of surgery and weeks of intensive care, Rob was released from the hospital with rods placed in his back. I saw Rob about six months after the accident. When I asked him how he was, he replied. "If I were any better, I'd be twins. Wanna see my scars?" I declined to see his wounds, but I did ask him what had gone through his mind as the accident took place. "The first thing that went through my mind was the well-being of my soon to be born daughter," Rob replied. "Then, as I lay on the ground, I remembered that I had two choices: I could choose to live or I could choose to die. I chose to live." "Weren't you scared? Did you lose consciousness?" I asked. Rob continued, "...the paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the ER and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read 'he's a dead man'. I knew I needed to take action." "What did you do?" I asked. Well, there was a big burly nurse shouting questions at me," said Rob. "She asked if I was allergic to anything..." "Yes, I replied." The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, "Gravity." Over their laughter, I told them, "I am choosing to live. Operate on me as if I am alive, not dead." Rob lived, thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully. Attitude, after all, is everything. "Therefore do not worry about tomorrow, for tomorrow has troubles of its own." After all today is the tomorrow you worried about yesterday. Enjoy each day, each breath and mostly – each and every friend.

~ Anonymous

***No winter lasts forever;  
no spring skips its turn.  
Hal Borland***

16. . When Lady Julian of Norwich asked Jesus during a vision how we should deal with our sorrows and problems, Jesus replied:

I can make all things well.  
I know how to make all things well.  
I want to make all things well.  
I will make all things well, and you will see with your own eyes  
that every kind of thing will be well...  
All will be well.  
All will be well.  
And all manner of things will be well.  
~Lady Julian of Norwich

17. O My servants! Sorrow not if, in these days and on this earthly plane, things contrary to your wishes have been ordained and manifested by God, for days of blissful joy, of heavenly delight, are assuredly in store for you. Worlds, holy and spiritually glorious, will be unveiled to your eyes. You are destined by Him, in this world and the hereafter, to partake of their benefits, to share in their joys, and to obtain a portion of their sustaining grace. To each and every one of them you will, no doubt, attain.  
~Bahá'í Writings

***Impossibilities are merely things which we have not yet learned.***  
***Charles W. Chesnutt***

18. This is indeed a power world. Great forces are at play — the sun, the wind, night, day — they are big things and do big things in nature. Electricity, gravitation, are strong forces that forge the earth, with all its beauty, its life, its growth. We humans are subjected to strong forces too. Love, hate, passion, sorrow, pain — they act on us and spur us on, that develop our qualities and give us colour and individuality. Why should we want to shun and abolish some of the factors that bring out the best in us, that temper our steel, that teach us to value happiness at its true worth? Can a man who had never been hungry in all his life know what a piece of bread means, and savor all its sweetness, as a man who has starved can? If we must go through life denying the existence of pain and suffering, or refusing to experience their keenness because we pad ourselves with foolish mental attitudes of psychological opiates, we shall grow to be a race lacking depth, lacking sensitivity, devoid of strong moral fibre. The blade of our soul will become dull.
- ~ Ruhyyih Rabbani

***The true way to soften one's troubles is to solace those of others.***  
***Mme. de Maintenon***



19. Go to the end of the path until you get to the gate.  
Go through the gate and head straight out towards the horizon.  
Keep going towards the horizon.  
Sit down and have a rest every now and again.  
But keep on going. Just keep on with it.  
Keep on going as far as you can.  
That's how you get there.  
~ Michael Leunig

***Keep your face to the Sunshine and you will not see the Shadows.***  
***Helen Keller***

20. Be not grieved if thy circumstances become exacting, and problems  
press upon thee from all sides. Verily, thy Lord changeth grief into  
joy, hardship into comfort, and affliction into absolute ease.  
~Bahá'í Writings
21. Be like the bird that,  
passing on her flight awhile on boughs too slight,  
feels them give way beneath her,  
and yet sings,  
knowing that she hath wings.  
~Victor Hugo

***When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.***  
***Henry Ford***

22. Men who suffer not, attain no perfection. The plant most pruned by the gardeners is that one which, when the summer comes, will have the most beautiful blossoms and the most abundant fruit. The laborer cuts up the earth with his plough, and from that earth comes the rich and plentiful harvest. The more a man is chastened, the greater is the harvest of spiritual virtues shown forth by him. A soldier is no good general until he has been in the front of the fiercest battle and has received the deepest wounds.

Be thou not unhappy; the tempest of sorrow shall pass; regret will not last; disappointment will vanish; the fire of the love of God will become enkindled, and the thorns and briars of sadness and despondency will be consumed! Be thou happy; rest thou assured upon the favors of Bahá, so that uncertainty and hesitation may become non-existent and the invisible outpourings descend upon the arena of being!

~Bahá'í Writings

***Should prosperity befall thee, rejoice not,  
and should abasement come upon thee,  
grieve not, for both shall pass away and be no more.***  
***Bahá'u'lláh***



***Time to Say Goodbye – Francesco Sartori***  
***Joel Bowerman - Piano***

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*Please join us for refreshments*

## **Soul Food**

*Soul Food* is an open community devotional event hosted at the Bahá'í Centre of Learning in Hobart on the first Sunday of each month. It provides an occasion to be inspired and reflect on uplifting themes. 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, California and Kansas. It is also proudly supported by the Victorian Multicultural Commission in Victoria, Australia. Original programs are available for free download from [www.soulfood.com.au/tas/](http://www.soulfood.com.au/tas/)

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

**Time:** 3.00pm – 4pm

**Study Circles** The Bahá'í Community is offering a series of life-changing circles of study. The purpose of these study circles is to provide participants with the knowledge, spiritual insights and skills to enable them to contribute to the betterment of society, starting with their own neighborhood. This is done through systematic study of a sequence of courses based on the Bahá'í Writings using the courses of the Ruhi Institute. The first in the sequence of seven books is called Reflections on the Life of the Spirit. It examines spiritual matters such as prayer, meditation, life and death and the development of the soul. Study circles are held all in Tasmania in an uplifting environment conducive to the spiritual empowerment of individuals, who come to see themselves as active agents of their own learning. The role of the study circle facilitator is not to impart knowledge, but to assist discussion. Study circles feature participatory learning, involving discussion with others, the use of the arts and are open to all. You are invited to take inspiration from the Bahá'í teachings, benefitting from whatever gems of wisdom and knowledge will help you to address the challenges you face. For inquiries or more information please call Sandhya 0439761744 or email [sandhya.keenoo@gmail.com](mailto:sandhya.keenoo@gmail.com). You can also call the Bahá'í Centre 6234 7654

## Children's Classes in the Neighborhood

Regular children's classes are held in communities around Australia and aim to nurture the hearts and minds of children with an emphasis on helping them to reflect on, and apply, inner gifts and spiritual principles - such as love, unity and justice - to their own lives and the lives of others. Based on the teachings of Baha'u'llah, the Founder of the Baha'i Faith, the classes seek to inspire in children a love of God and His Messengers, and of humanity in all its diversity. Classes include short lessons, story-telling, art projects, games, as well as prayer and memorization of quotes from Sacred Texts to engage the whole child. Baha'i children's classes are open to all children, subject to parental approval. All teachers are certified under the Baha'i Child Protection Policy, which includes a mandatory police check. For inquiries or more information please call Solmaz on 0423 656 669

*"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 ☎️ 0404352047 or email him [james.pepperell@gmail.com](mailto:james.pepperell@gmail.com)

*May we invite you*

to join us:

for the next program:

**“Breaths of the Spirit of Peace”**

**Sunday September 4<sup>th</sup> 3pm**

## **Dates for 2016**

October 2<sup>nd</sup>

Blessings Shared

November 6<sup>th</sup>

Children – Shining Lamps of the Future

December 4<sup>th</sup>

A Sense of Time

**World Religion Day 15<sup>th</sup> JANUARY 2017**

All Soul Food programs are available for free download from  
**[www.soulfood.com.au](http://www.soulfood.com.au)**

**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.