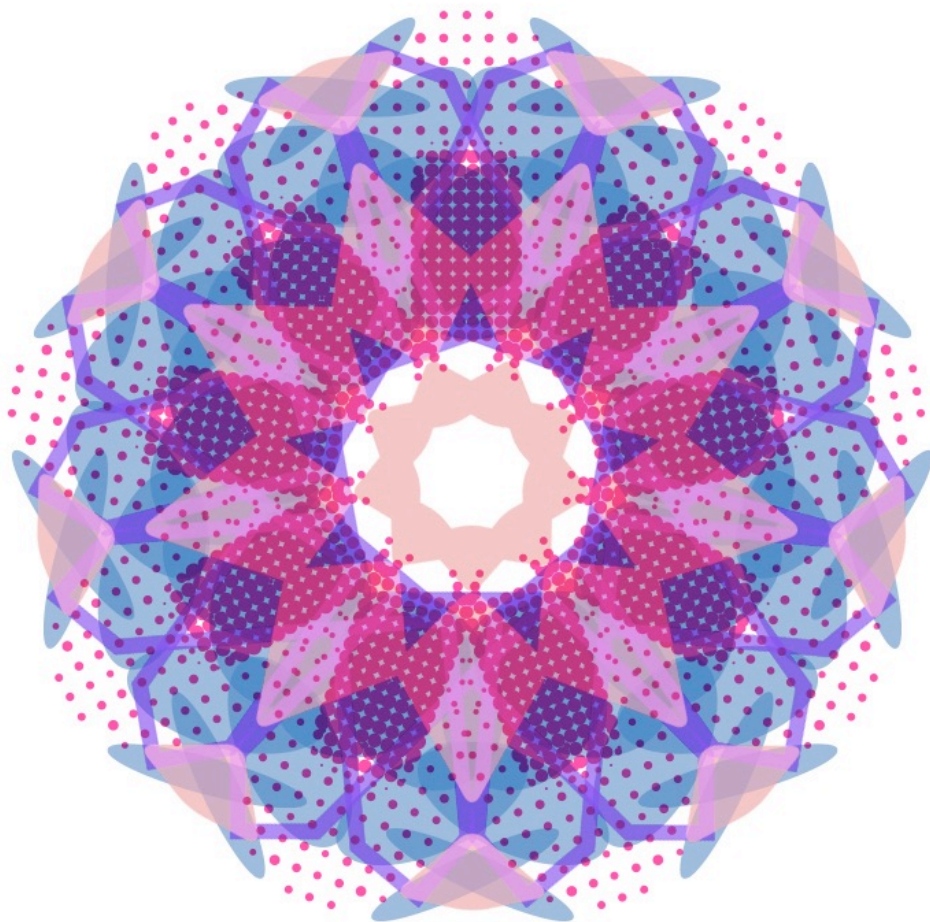


Soul Food

Fostering True Fellowship



February 2020

Fostering True Fellowship

This program aims to develop the theme of fellowship as a foundation for the unity of humankind.

Program



Nigel Davidson/Violin - Tuncay Yildiz/Piano

01. *Prayer*
02. *Bahá'í Writings*
03. *Muslim Writings*
04. *Jewish Writings*
05. *Buddhist Writings*
06. *Zoroastrian Writings*



Nigel Davidson/Violin - Tuncay Yildiz/Piano

07. *Christian Writings*
08. *Bahá'í Writings*
09. *John Winthrop*
10. *Theresa I. Soto*
11. *Lotus Tea*
12. *John Donne*



Nigel Davidson/Violin - Tuncay Yildiz/Piano

13. *William Shakespeare*
14. *Bahá'í Writings*
15. *Jean Vanier*
16. *Rumi*
17. *Bahá'í Writings*
18. *Shel Silverstein*
19. *Bahá'í Writings*



Nigel Davidson/Violin - Tuncay Yildiz/Piano

*We are obliged to respect, defend and maintain the common
bonds of union and fellowship that exist among
all members of the human race.
Marcus Tullius Cicero*



Concerto in G minor Op 8 'Summer' - Vivaldi
Allegro non molto
Nigel Davidson/Violin - Tuncay Yildiz/Piano

01. O Thou compassionate Lord, Thou Who art generous and able! We are servants of Thine sheltered beneath Thy providence. Cast Thy glance of favor upon us. Give light to our eyes, hearing to our ears, and understanding and love to our hearts. Render our souls joyous and happy through Thy glad tidings. O Lord! Point out to us the pathway of Thy kingdom and resuscitate all of us through the breaths of the Holy Spirit. Bestow upon us life everlasting and confer upon us never-ending honor. Unify mankind and illumine the world of humanity. May we all follow Thy pathway, long for Thy good pleasure and seek the mysteries of Thy kingdom. O God! Unite us and connect our hearts with Thy indissoluble bond. Verily, Thou art the Giver, Thou art the Kind One and Thou art the Almighty.
~ 'Abdu'l-Bahá

02. The utterance of God is a lamp, whose light is these words: Ye are the fruits of one tree, and the leaves of one branch. Deal ye one with another with the utmost love and harmony, with friendliness and fellowship. He Who is the Day Star of Truth beareth Me witness! So powerful is the light of unity that it can illuminate the whole earth.
~Bahá'u'lláh Gleanings from the Writings of Bahá'u'lláh

***A new commandment I give to you, that you love one another, even
as I have loved you, that you also love one another.***

John 13:34

- 03 The best person in God's sight is the best amongst his friends; and the best of neighbours near God is the best person in his own neighbourhood.

A Muslim who mixeth with people and putteth up with their inconveniences, is better than one who doth not mix with them, and bear with patience.

Do you love your creator? Love your fellow beings first.
~Muhammad

04. He came and preached peace to you who were far away and peace to those who were near. For through him we both have access to the Father by one Spirit. Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household, built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. In him the whole building is joined together and rises to become a holy temple in the Lord. And in him you too are being built together to become a dwelling in which God lives by his Spirit.
~Ephesians 2 : 14-22

***For where two or three gather in my name,
there am I with them."***
Matthew 18:20

05. To the community will I look in faith; the community of the Buddha's disciples instructs us how to lead a life of righteousness; the community of

the Buddha's disciples teaches us how to exercise honesty and justice; they form a brotherhood in kindness and charity, and their saints are worthy of reverence. The community of the Buddha's disciples is founded as a holy brotherhood in which men bind themselves together to teach the behests of rectitude and to do good. Therefore, to the community will I look in faith.

~The Gospel of Buddha, the Sangha or Community, para. 5

- o6. Inspire us, O Wise Lord, to live in mutual understanding and trust and peace. We are brothers and sisters, all belonging to one great human family and we are children of one Father- Thou, O Wise Lord teach us to live as comrades, all in willing fellowship and loving fraternity, in brotherly and sisterly helpfulness and co-operation.

~Zoroastrian, Peace Prayers from the World's Faiths, R. Grainger, p.2

*Our love to God is measured by our everyday fellowship with others
and the love it displays.*

Andrew Murray



Concerto in G minor 'Summer' - Vivaldi
Adagio e piano – Presto e forte
Nigel Davidson - violin, Tuncay Yildiz -piano

- o7. Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not

another to help him up.

Again, if two lie together, then they have heat: but how can one
Be warm alone? And if one prevail against him, two shall withstand
him; and a threefold cord is not quickly broken.

~Ecclesiastes Ch: 4, 9-12

- o8. If any differences arise amongst you, behold Me standing before your face, and overlook the faults of one another for My name's sake and as a token of your love for My manifest and resplendent Cause. We love to see you at all times consorting in amity and concord within the paradise of My good-pleasure, and to inhale from your acts the fragrance of friendliness and unity, of loving kindness and fellowship. Thus counselleth you the All-Knowing, the Faithful. We shall always be with you; if We inhale the perfume of your fellowship, Our heart will assuredly rejoice, for naught else can satisfy Us. To this beareth witness every man of true understanding,
~Baha'u'llah

***The greatness of a community is most accurately measured by the
compassionate actions of its members.***

Coretta Scott King

- o9. ... we must be knit together in this work as one man, we must entertain each other in brotherly affection, we must be willing to abridge our selves of our superfluities for the supply of others' necessities. We must uphold a familiar commerce together in all meekness, gentleness, patience and liberality. We must delight in each other, make others' conditions our own, rejoice together, mourn together, labor, and suffer together, always having before our eyes our commission and community in the work, our community as members of the same body. So shall we keep the unity of the spirit in the bond of peace, the Lord will be our God and delight to dwell among us, as His own people and will command a blessing upon us in all our ways, so that we shall see much more of His wisdom, power, goodness, and truth than formerly we have been acquainted with.
~John Winthrop – American Founding Father
10. We are the people who return to love
like a North Star and to
the truth that we are greater together

than we are alone.

~ Theresa I. Soto

Fellowship is a place of grace, where mistakes aren't rubbed in but rubbed out. Fellowship happens when mercy wins over justice.

Rick Warren

11. Lotus Tea

Years ago in Vietnam, people used to go out onto a lotus-pond with a small boat to put some tea leaves into an open lotus flower. The flower would close in the evening, and perfume the tea during the night. Then, in the peace of early morning, when the dew was still glistening on the large lotus leaves, they would return in the boat with their friends to collect the tea. On the boat, they would take everything they needed to make delicious, fragrant tea: fresh water, a stove to heat it, teacups, and a teapot. Then in the beautiful early light of dawn, they would prepare the tea right there, enjoying the morning, and drinking tea on the lotus pond. Nowadays, we may have a lotus pond, but we do not seem to have the time to stop and look at it, let alone to enjoy it by making and drinking tea in that way.

In Plum Village (in France) we often have tea meditations. These tea meditations are a remnant of the times when we used to spend two or three hours just drinking a cup of tea. We take time to prepare everything beforehand so that we can enjoy a quiet and peaceful atmosphere. We arrange cushions and mats in a circle, and prepare a beautiful vase of flowers and some candles in the centre. Then we come together to enjoy a cup of tea, a cookie, and the company of others for about an hour and a half. We have nothing to do and nowhere to go. In the serene, intimate, and informal atmosphere we share poems, songs and stories. Usually, it only takes a few minutes to drink a cup of tea, but in taking time to be truly present for one another like this, we nourish mutual understanding and happiness.

~ Thich Nhat Hanh, *At Home in the World*, p. 108

12. No man is an island, entire of itself; every man is a piece of the continent, a part of the main. If a clod be washed away by the sea, Europe is the less, as well as if a promontory were, as well as if a manor of thy friend's or of thine own were: any man's death diminishes me, because I am involved in mankind, and therefore never send to know for whom the bells tolls; it tolls for thee.
~John Donne, No man is an island – A selection from the prose

We have all known the long loneliness and we have learned that the only solution is love and that love comes with community.

Dorothy Day



Concerto No. 3 in F major, Op. 8, 'Autumn' - Vivaldi

Allegro

Nigel Davidson - violin, Tuncay Yildiz -piano

13. When we our betters see bearing our woes,
We scarcely think our miseries our foes.
Who alone suffers, suffers most in the mind,
Leaving free things and happy shows behind.
But when the mind much sufferance doth o'erskip
When grief hath mates, and bearing fellowship.
~William Shakespeare

- 14 Love the creatures for the sake of God and not for themselves. You will never become angry or impatient if you love them for the sake of God. Humanity is not perfect. There are imperfections in every human being, and you will always become unhappy if you look toward the people themselves. But if you look toward God, you will love them and be kind to them, for the world of God is the world of perfection and complete mercy. Therefore, do not look at the shortcomings of anybody; see with the sight of forgiveness. The imperfect eye beholds imperfections. The eye that covers faults looks toward the Creator of souls. He created them, trains and provides for them, endows them with capacity and life, sight and hearing; therefore, they are the signs of His grandeur. You must love and be kind to everybody, care for the poor, protect the weak, heal the sick, teach and educate the ignorant.
~'Abdu'l-Bahá

The fellowship of true friends who can hear you out, share your joys, help carry your burdens, and correctly counsel you is priceless.
Ezra Taft Benson

15. One of the marvelous things about community is that it enables us to welcome and help people in a way we couldn't as individuals. When we pool our strength and share the work and responsibility, we can welcome many people, even those in deep distress, and perhaps help them find self-confidence and inner healing.
~Jean Vanier, Community And Growth

16. **Friends,**

look at love
how it tangles with the one fallen in love.
Look at spirit
how it fuses with earth giving it a new life.

Why think separately
of this life and the next
when one is born from the last?

Why talk about all
the known and the unknown?
See how the unknown merges into the known.
Why are you so busy
with this or that, or good or bad?
Pay attention to how things blend.
Be like sugarcane, sweet yet silent,
don't get entangled with bitter words.

You too must mingle, my friends,
since the earth and the sky
are mingled just for you and me.

Remember friends,
if you're seeking closeness to the Beloved,
then love one another.
Whether in their presence or absence,
see only their good.

Friends,
If you want to be as clear and refreshing
as the breath of the morning breeze,
or like the sun having nothing but warmth and light,
then love one another.

~ Rumi

We don't heal in isolation, but in community.

S. Kelley Harrell

17. If the learned and worldly-wise men of this age were to allow mankind to inhale the fragrance of fellowship and love, every understanding heart would apprehend the meaning of true liberty, and discover the secret of undisturbed peace and absolute composure.

~Baha'u'llah, Tablets of Baha'u'llah, p. 162.

18. **Tug o' War**

I will not play at tug o' war.
I'd rather play at hug o' war,
Where everyone hugs
Instead of tugs,
Where everyone giggles
And rolls on the rug,
Where everyone kisses,
And everyone grins,
And everyone cuddles,
And everyone wins.

~Shel Silverstein

***Complete my joy by being of the same mind, having the same love,
being in full accord and of one mind.***

Philippians 2:2

19. O ye lovers of God! Be kind to all peoples ; care for every person ;

do all ye can to purify the hearts and minds of men ; strive ye to gladden every soul. To every meadow be a shower of grace, to every tree the water of life; be as sweet musk to the sense of humankind, and to the ailing be a fresh, restoring breeze. Be pleasing waters to all those who thirst, a careful guide to all who have lost their way ; be father and mother to the orphan, be loving sons and daughters to the old, be an abundant treasure to the poor. Think ye of love and good fellowship as the delights of heaven, think ye of hostility and hatred as the torments of hell.

- 'Abdu'l-Baha

Do not be content with showing friendship in words alone, let your heart burn with loving kindness for all who may cross your path.

'Abdu'l-Bahá



**Concerto No. 3 in F major, Op. 8, 'Autumn' -Vivaldi
Adagio molto - Allegro
Nigel Davidson -violin, Tuncay Yildiz -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.soulfood.com.au/tas/

***Soul Food - First Sunday of each month.
Venue: Bahá'í Centre of Learning, Hobart
Time: 3.00pm – 4pm***

Another exciting program held every Tuesday afternoon
12.30pm – 1.30pm in the
Tranquility Room is a short Devotional designed to lift up
our spirits and so is called:

"Lunchtime Lift"

We would love to share this with YOU.

Study Circles

The Bahá'í Community is offering a series of life-changing circles of study. The purpose of Bahá'í 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 neighbourhood. 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 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 around Australia 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. Study circles are held in an uplifting environment conducive to 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 discussions with others and the use of the arts. For inquiries or more information please email: Sandhya Keenoo sandhya.keenoo@gmail.com ☎ 044850728

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 Jennifer's mobile 📞0404352042

*"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

Developed for youth between the ages of 12 and 15, these programs are designed to empower and equip young people with the knowledge and concepts that will encourage the expression of their personal potential, and develop the skills and attitudes necessary to become agents of change - for themselves and their communities. Through engagement in service initiatives, artistic and extracurricular activities they foster a sense of world citizenship and a lifelong commitment to serve humanity. 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. 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 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. It is open to all, subject to parental approval. Junior youth groups meet on a regular basis 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 the facilitators to learn about the program. For enquiries or more information please call Niloufar Pepperell 0412899498 or email snshahzadi@gmail.com

Join us

for the next program –

“The Luminous Hearts of Women”

March 1st 2020

Upcoming Dates and Titles for Soul Food 2020:

April 5 th	The Tree of Divine Guidance
May 3 rd ,	Family - the Foundational Bond
June 7 th ,	The Sacred Earth
July 5 th ,	A Kindly and Radiant Heart
August 2 nd	The Power of Words
September 6 th ,	Unfurling the Banners of Peace
October 4 th ,	The Ornament of Justice and Fairness
November 1 st ,	Polishing the Gems – the education of children
December 6 th	The Joy of Giving

We extend our warmest appreciation to the performers who have so generously contributed to our program.

Our Musicians this month:

Nigel Davidson

has been playing violin from his young days, and has been a member of the Tasmanian Youth Orchestra, Hobart Chamber Orchestra, East African Combined Orchestra in Dar es Salaam and a jazz band in Tanzania. He is currently undertaking a Bachelor of Music at the Conservatorium. In his other incarnation he is a lawyer.

TUNCAY YILDIZ

Tuncay Yildiz was born in Sakarya, Turkey in 1981. His piano education started at the age of sixteen in Eskishehir Music High School. He attended the piano class of the famous Azerbaijani pianist and state artist Prof. Dr. Zohrab Adiguzelzade, who was a pupil of Pavel Serebriakov. He received his Bachelor's Degree in Music Pedagogy at Uludag University, Bursa, where he studied piano with Russian pianist and composer Alexander Mekaev (pupil of Stanislav Neghaus). In 2009, he obtained his Master's Degree in Piano Performance in the Academy of Music, Dance and Fine Arts in Plovdiv, Bulgaria. There he attended the piano classes of Prof. Georgy Kanev and Prof. Roxana Bogdanova. For his internship, Tuncay practiced piano pedagogy at Dobrin Petkov Music School in Plovdiv.

Tuncay Yıldız performed in several concerts as a soloist, chamber music soloist and as an accompanist in Sofia, Plovdiv, Prizren, Edirne, İstanbul and Bursa. Among these, Tuncay's recital performance with Plovdiv Opera soloist Valeria Mircheva (Laurate of Tchaikovsky Competition) was significant.

He was a soloist with many orchestras such as the Academic Symphony Orchestra at the Trakya University, Nilufer Chamber Orchestra, Uludag University Youth Orchestra in Turkey, and Pazardzhik Philharmonic Orchestra in Bulgaria.

Tuncay performed in the J.S.Bach Festival in Plovdiv, 2008. In the same year, he was invited by the Union of Bulgarian Composers as a guest performer in Bulgarian contemporary music in Sofia. He also had the opportunity to perform at the gala concert of the 36th International Music Festival in Pazardjik, Bulgaria in 2011. For eight years, Tuncay was a lecturer in piano in the Music Faculty of Trakya University, Edirne, Turkey and has just completed his doctoral studies in Turkish, Armenian and Azerbaijani piano music.

All Soul Food programs are available for free download from
www.soulfood.com.au/tas

The Baha'i Faith is an independent world religion, the main principles of which are:

- The Oneness of God
- The oneness of humankind
- The independent investigation of truth
- The essential harmony between science and religion
- Equality of men and women
- Elimination of prejudice of all kind
- Universal compulsory education
- Spiritual solution to economic problems
- A universal auxiliary language
- Universal peace upheld by a world federation

Baha'is strive to put into practice, in their own lives and to the betterment of others, the spiritual and practical teachings of their Faith.

In the Baha'i Faith belief must be expressed in deeds – service to others is service to God.

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