

# Soul Food

Our Planet - Our Future




June 2016

## Our Planet – Our Future

This special Soul Food event, celebrates World Environment Day and encourages us to cherish our natural wonders and the resources as man is organic with the world and there is no environment that is separate from us.

## Program

-  **Emily Sheppard – Violin**  
*Prayer – Vocal Angela Bryan Piano Toby Straton*
01. *Judaism*
  02. *Walt Disney Company*
  03. *Bahá'í Writings*
  04. *Carl Sagan*
  05. *Muslim Writings*
  06. *Christian Writings*
  07. *Percy Bysshe Shelley*
  08. *Stephanie Dowrick*
-  **Andrea Breen - Viola**
09. *Paul Newman*
  10. *A Ute Prayer*
  11. *Cormac McCarthy*
  12. *Earth Charter*
-  **Toby Straton - Piano**
14. *Bahá'í Writings*
  15. *Doctor Paul Salaman's Work for Biodiversity*
  16. *Bahá'í Writings*
  17. *Rachel Held Evans*
  18. *Yossi Ghinsberg*
  19. *Bahá'í Writings*
-  **Emily Sheppard – Violin**  
**Andrea Breen - Viola**

***Deep inside, we still have a longing to be reconnected with  
the nature that shaped our imagination.***

***Janine Benyus***



***" Calling "***  
***Emily Sheppard – Violin***

01. **Prayer**

**– Vocal Angela Bryan – Piano Toby Straton**

Glory be to Thee, O Lord my God! Make manifest the rivers of Thy Sovereign might, that the waters of Thy Unity may flow through the inmost realities of all things, in such wise that the banner of Thine unfailing guidance may be raised aloft in the kingdom of Thy command and the stars of Thy divine splendor may shine brightly in the heaven of Thy majesty.

Potent art Thou to do what pleaseth Thee, Thou, verily, art the Help in Peril, the Self-Subsisting.

~Bahá'í Writings

02.

In the beginning God created the heaven and the earth.

And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters... And God said, "Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth," and it was so.

And the earth brought forth grass and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good.

~ Judaism

*Nature is painting for us, day after day,  
pictures of infinite beauty.*

*John Ruskin*

03. Landscapes of great wonder and beauty lie under our feet and all around us. They are discovered in tunnels in the ground, the heart of flowers, the hollows of trees, fresh-water ponds, seaweed jungles between tides, and even drops of water. Life in these hidden worlds is more startling in reality than anything we can imagine. How could this earth of ours, which is only a speck in the heavens, have so much variety of life, so many curious and exciting creatures?

~Walt Disney Company

04. Say: Nature in its essence is the embodiment of My Name, the Maker, the Creator. Its manifestations are diversified by varying causes, and in this diversity there are signs for men of discernment. Nature is God's Will and is its expression in and through the contingent world. It is a dispensation of Providence ordained by the Ordainer, the All-Wise. Were anyone to affirm that it is the Will of God as manifested in the world of being, no one should question this assertion.

It is endowed with a power whose reality men of learning fail to grasp. Indeed a man of insight can perceive naught therein save the effulgent splendor of Our Name, the Creator. Say: This is an existence which knoweth no decay, and Nature itself is lost in bewilderment before its revelations, its compelling evidences and its effulgent glory which have encompassed the universe.

~Bahá'í Writings

***We are made of star material, and every atom of matter on Earth originated in the core of a star.***

***Margaret Robertson***

- o5      Some 3.6 million years ago, in what is now northern Tanzania, a volcano erupted, the resulting cloud of ash covering the surrounding savannahs. In 1979, the paleoanthropologist Mary Leakey found in that ash footprints - the footprints, she believes, of an early hominid, perhaps an ancestor of all the people on the Earth today. And 380,000 kilometers away, in a flat dry plain that humans have in a moment of optimism called the Sea of Tranquility, there is another footprint, left by the first human to walk another world. We have come far in 3.6 million years, and in 4.6 billion and in 15 billion.

For we are the local embodiment of a Cosmos grown to self-awareness. We have begun to contemplate our origins: star stuff pondering the stars; organized assemblages of ten billion billion billion atoms considering the evolution of atoms; tracing the long journey by which, here at least, consciousness arose. Our loyalties are to the species and the planet. We speak for Earth. Our obligation to survive is owed not just to ourselves but also to that Cosmos, ancient and vast, from which we spring.

~Carl Sagan

- o6.      From heaven We have sent down the blessed rain whereby We made the gardens grow, and grain of harvest and tall palm trees laden with clustered dates, in provision for men, thereby bringing again to life a land that was dead.

Thus will be the Resurrection.

~Islamic Writings

***Air is the guru, water is the father,  
and earth is the mother of all.***

***Sikhism***

07. Let the heavens be glad, and let  
the earth rejoice;  
let the sea roar, and all that fills it;  
let the field exult, and  
everything in it.  
Then shall all the trees  
of the forest sing for joy  
before the Lord; for he is coming.  
~Christian Writings

08. Away, away, from men and towns,  
To the wild wood and the downs,  
To the silent wilderness,  
Where the soul need not repress  
Its music.  
~ Percy Bysshe Shelley

***We do not inherit the earth from our ancestors;  
we borrow it from our children.***  
***Native American Proverb***



***"Where are the Birds?"***  
***Andrea Breen - Viola***

09.

**Let life flow.**

May we touch the earth lightly.  
May we cultivate beauty and nourishment wherever we can.  
May we drink and use water carefully and gratefully.  
May we plant thoughtfully, tend, harvest and give thanks.  
May we swim with wonder.  
May we regard the stars with awe.  
May we bathe in the light of the moon.  
May we be warmed by the sun.  
May we protect ourselves from what is harsh.  
May we stay open to what is tender and healing.  
May we touch and be touched by the life forces we share.  
And most humbly, may we know Spirit in all.  
May we live in peace.

Blessed Be.

~Stephanie Dowrick

10. We are such spendthrifts with our lives, the trick of living is to slip on and off the planet with the least fuss you can muster. I'm not running for sainthood. I just happen to think that in life we need to be a little like the farmer, who puts back into the soil what he takes out.  
~Paul Newman

***Humankind has not woven the web of life.  
We are but one thread within it.  
Whatever we do to the web, we do to ourselves.  
All things are bound together. All things connect.  
Chief Seattle, 1855***

11.

**Earth Teacher**

Earth teach me stillness  
as the grasses are stilled with light.  
Earth teach me suffering  
as old stones suffer with memory.  
Earth teach me humility  
as blossoms are humble with beginning.  
Earth teach me caring  
as the mother who secures her young.  
Earth teach me courage  
as the tree which stands alone.  
Earth teach me limitation  
as the ant which crawls on the ground.  
Earth teach me freedom  
as the eagle which soars in the sky.  
Earth teach me resignation  
as the leaves which die in the fall.  
Earth teach me regeneration  
as the seed which rises in the spring.  
Earth teach me to forget myself  
as melted snow forgets its life.  
Earth teach me to remember kindness  
as dry fields weep in the rain.

~A Ute Prayer



12. Once there were brook trout in the streams in the mountains.  
You could see them standing in the amber current where the white  
edges of their fins wimpled softly in the flow.  
They smelled of moss in your hand.  
Polished and muscular and torsional.  
On their backs were vermiculate patterns that were maps of the  
world in its becoming.  
Maps and mazes.  
Of a thing which could not be put back.  
Not be made right again.  
In the deep glens where they lived all things were older than man  
and they hummed of mystery.  
~ Cormac McCarthy, *The Road*

***The universe is not required to be in perfect harmony  
with human ambition.***  
***Carl Sagan***

13. **Earth Charter**  
In order to reorient individuals and societies toward a sustainable  
future, we must recognize the following:  
The unrestrained exploitation of natural resources is merely a  
symptom of an overall sickness of the human spirit. Any solutions  
to the environment/development crisis must, therefore, be rooted  
in an approach which fosters spiritual balance and harmony within  
the individual, between individuals, and with the environment as a  
whole. Material development must serve not only the body, but the  
mind and spirit as well.  
The changes required to reorient the world toward a sustainable  
future imply degrees of sacrifice, social integration, selfless action,  
and unity of purpose rarely achieved in human history. These  
qualities have reached their highest degree of development through  
the power of religion. Therefore, the world's religious communities

have a major role to play in inspiring these qualities in their members, releasing latent capacities of the human spirit and empowering individuals to act on behalf of the planet, its peoples, and future generations...

Consultation must replace confrontation and domination in order to gain the cooperation of the family of nations in devising and implementing measures that will preserve the earth's ecological balance.

Only as women are welcomed into full partnership in all fields of human endeavor, including environment and development, will the moral and psychological climate be created in which a peaceful, harmonious, and sustainable civilization can emerge and flourish.

~ Extract from the Bahá'í International Community to the Preparatory Committee of the United Nations Conference on Environment and Development (1991)

***Earth provides enough to satisfy every man's needs,  
but not every man's greed.***  
*Mahatma Gandhi*



***"Breathe"***  
***Piano - Toby Straton***

14. We cannot segregate the human heart from the environment outside us and say that once one of these is reformed everything will be improved. Man is organic with the world. His inner life molds the environment and is itself also deeply affected by it. The one acts upon the other and every abiding change in the life of man is the result of these mutual reactions.  
~ Baha'i Writings

15. **Doctor Paul Salaman's Work for Biodiversity**

A wildlife enthusiast since school, Paul Salaman has spent his career dedicated to furthering tropical conservation. At the age of eight, Paul met Sir David Attenborough and became enthralled by international wildlife conservation. By age 14, he was managing a nature reserve in London and travelling across England bird - watching and volunteering in protected areas.

As an undergraduate, Paul led a series of research expeditions across Colombia. These three years in the field culminated in the creation of a new national park and four nature reserves. He has described four bird species that were new to science, and co-founded Colombia's Fundación Pro Aves ( Foundation for Birds), which has become one of the most effective conservation organizations in South America.

He graduated with a PHD from the University of Oxford and in 2002 inherited a townhouse in central London. Despite being saddled with student debt, he donated the entire house to a UK non-profit to benefit international conservation. In 2012 he became the Chief Executive Officer of Rainforest Trust.

Rainforest Trust is a non-profit conservation organization focused on saving rainforest and endangered species. It is one of the groups that worked to create in Peru, the Sierra del Divisor National Park, a 1.3-million-hectare (3.3 million acre) reserve which has been compared to Yellowstone National Park for its conservation significance and spectacular geological features. After more than a decade of discussion and planning, Peru officially designated Sierra del Divisor a National Park. It is home to unknown indigenous tribes, endangered wildlife, and one of South America's wildest landscapes.

Paul said it was the final link in an immense protected area complex that extends for more than 1,100 miles from the banks of the Amazon in Brazil to the snowy peaks of the Peruvian Andes and called it one of the greatest refuges for biodiversity on Earth.

~Rainforest Trust

***If you think you are too small to be effective,  
you have never been in bed with a mosquito.***

***Bette Reese***

16. Every time I lift up mine eyes unto Thy heaven,  
I call to mind Thy highness and Thy loftiness,  
And Thine incomparable glory and greatness;  
And every time I turn my gaze to Thine earth,  
I am made to recognize the evidences of Thy power  
And the tokens of Thy bounty.  
And when I behold the sea,  
I find that it speaketh to me of thy majesty,  
And of the potency of Thy might,  
And of Thy sovereignty and Thy grandeur  
And at whatever time I contemplate the mountains,  
I am led to discover the ensigns of Thy victory  
And the standards of Thine omnipotence.  
~ Bahá'í Writings
17. While the word charity connotes a single act of giving, justice speaks  
to right living, of aligning oneself with the world in a way that sustains  
rather than exploits the rest of creation.  
~ Rachel Held Evans

***He that planteth a tree is a servant of God,  
he provideth a kindness for many generations,  
and faces that he hath not seen shall bless him.***

***Henry Van Dyke***

18. Feeling at home anywhere on earth, and a foreigner even in the country where I was born, I consider myself an earthling, a citizen of the world.

I love nature dearly and all creatures that contribute to make it what it is. I see the beauty in all expressions of life, and I see how blind so many of us still are. Our planet is remarkably abundant and there's more than enough for us all.

It is greed and shortsightedness that create the illusion of scarcity. I have lived through tremendous adventures and survived only because other people risked their lives for me. Realizing how interconnected and interdependent we all are, I am neither shy or embarrassed when it is time for me lean on another to ask for help. And when I have the opportunity to help another, I view it as my duty and privilege.

~Yossi Ghinsberg

***We have forgotten how to be good guests,  
how to walk lightly on the earth as its other creatures do.***

***Barbara Ward***

19. The oneness of mankind... implies an organic change in the structure of present day society, a change such as the world has not yet experienced... It calls for no less than the reconstruction and the demilitarization of the whole civilized world – a world organically unified in all the essential aspects of its life, its political machinery, its spiritual aspiration, its trade and finance, its script and language, and yet infinite in the diversity of the national characteristics of its federated units... Bahá'í Scriptures maintain that adherence to the principle of the oneness of humanity will have a direct and enduring impact on man's spiritual, social and physical environments. Universal acceptance of this principle will

entail a major restructuring of the world's educational, social, agricultural, industrial, economic, legal and political systems. This restructuring will facilitate the emergence of a sustainable, just and prosperous world civilization. Ultimately only a spiritually based civilization - in which science and religion work in harmony – will be able to preserve the ecological balance of the earth, foster stability in human population, and advance both the material and the spiritual well-being of all peoples and nations.

-From the Bahá'í presentation to the United Nations on 'Conservation and Sustainable Development', 1995.

***The ultimate test of man's conscience may be  
his willingness to sacrifice something today  
for future generations whose words of  
thanks will not be heard.***

***Gaylord Nelson, co-founder of Earth Day***



***Duo improvisation on last reading***

***Emily Sheppard – Violin***

***Andrea Breen - Viola***

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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 neighborhoods 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 neighbors. 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/](http://www.soulfood.com.au/tas/)

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

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

**Time: 3.00pm – 4pm**

*join us*

for the next program

**Sunday 3<sup>rd</sup> July 3pm**

**“Truthfulness – The Foundation of all Virtues”**

## Dates for 2016

August 7 <sup>th</sup>	A Path of light and Shade
September 4 <sup>th</sup>	Breaths of the Spirit of Peace
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

## 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 Neighborhood

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 Solmaz's mobile 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 ☎ 0404352042 or email him [james.pepperell@gmail.com](mailto:james.pepperell@gmail.com)

## The Bahá'í Faith

You can find out more about the Baha'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



**WORLD ENVIRONMENT DAY**  
**FORESTS: NATURE AT YOUR SERVICE | 05 JUNE**

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