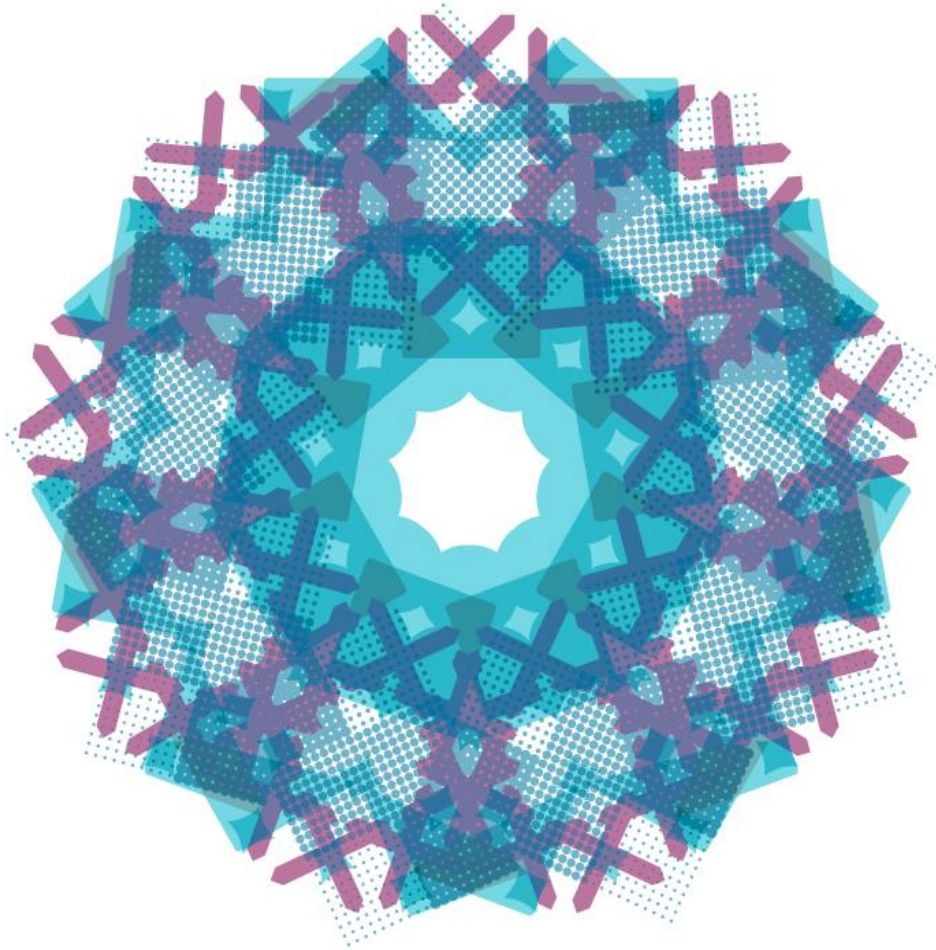


Soul Food

The Spiritual Home



May 2015

The Spiritual Home

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This month's program will explore the importance of families, and how unity and peace in the home can profoundly impact unity and peace outside the home.

Program

 **Alan Welch**

01. *Prayer*
02. *Gladys Hunt*
03. *'Abdu'l-Bahá*
04. *Lao-Tzu*
05. *Zoroastrian Writings*
06. *Bahá'í Writings*
07. *Buddhist Teachings*

 **Alan Welch**

08. *Kalidasa*
09. *'Abdu'l-Bahá*
10. *John O'Donohue*
11. *Leunig*
12. *Erma Bombeck*

 **Alan Welch**

13. *Jewish Holy Writings*
14. *Hindu Scripture, Atharva Veda*
15. *Bahá'í Scripture*
16. *Christian Scripture*
17. *'Abdu'l-Bahá*
18. *Muslim Writngs*
19. *Bahá'í Scripture*
20. *'Abdu'l-Bahá*

 **Alan Welch**

***If tolerance, respect and equity permeate family life, they will
translate into values that shape societies,
nations and the world.***

Kofi Annan



***'Los Pinos' - Federico Moreno-Torroba
Alan Welch - Guitar***

01. I beseech God to graciously make of thy home a centre for the diffusion of the light of divine guidance, for the dissemination of the Words of God and for the enkindling at all times the fire of love in the hearts of His faithful servants and maidservants. Know thou of a certainty that every house wherein the anthem of praise is raised to the Realm of Glory in celebration of the Name of God is indeed a heavenly home, and one of the gardens of delight in the Paradise of God.

~Abd'ul-Bahá

02. "What is home? My favorite definition is "a safe place," a place where one is free from attack, a place where one experiences secure relationships and affirmation. It's a place where people share and understand each other. Its relationships are nurturing. The people in it do not need to be perfect; instead, they need to be honest, loving, supportive, recognizing a common humanity that makes all of us vulnerable."

~Gladys Hunt

***Travelling in the company of those we love is home in motion.
Leigh Hunt***

03. My home is a home of peace.
My home is a home of joy and delight.
My home is the home of laughter and exultation.
Whosoever enters through the portals of this home,
must go out with a gladsome heart.
This is the home of light:
whosoever enters here must become illumined.
This is the home of knowledge:
the one who enters it must receive knowledge.
This is the home of love:
those who come in must learn the lessons of love;
thus may they know how to love each other.
~ 'Abdu'l-Bahá

***Support of mother and father, cherishing of wife and children, ways
of work without conflict; this is the highest blessing.
Buddhist Scripture***

04. If there is to be peace in the world, there must be peace in the
nations.
If there is to be peace in the nations, there must be peace in the
cities.
If there is to be peace in the cities, there must be peace between
neighbours.
If there is to be peace between neighbours there must be peace in
the home.
If there is to be peace in the home there must be peace in the heart.
~Lao-Tzu

***We are all crowded together on a very small planet.
A difficult family.
A collection of close relatives.
Let us be kind to one another.
Pam Brown***

- o5. Maker of the material world, thou Holy one! Which is the second place where the Earth feels most happy? Ahura Mazda answered: "It is the place whereon one of the faithful erects a house with a priest within, with cattle, with a wife, with children, and good herds within; and wherein afterwards the cattle continue to thrive, virtue to thrive, fodder to thrive, the dog to thrive, the wife to thrive, the child to thrive, the fire to thrive, and every blessing to thrive."
~Zoroastrian Writings

***What greater thing is there for human
souls than to feel that they are joined for life –
to be with each other in silent
unspeakable memories.
George Eliot***

- o6. If love and agreement are manifest in a single family, that family will advance, become illumined and spiritual; but if enmity and hatred exist within, destruction and dispersion are inevitable. Note ye how easily where unity existeth in a given family, the affairs of that family are conducted; what progress the members of that family make, how they prosper in the world.
~Bahá'í Writings

- o7. To dwell in a peaceful land, with right desires in one's heart – this is the greatest blessing.
Control of self and peaceful speech, and whatever word be well spoken – this is the greatest blessing.
To live righteously, to give up help to kindred, to follow a peaceful calling~ this is the greatest blessing.
~Buddhist Scripture

***In family life, love is the oil that eases friction,
the cement that binds closer together,
and the music that brings harmony.
Eva Burrows***



***'Canço Del Lladre' - (Catalan Folksong)
Alan Welch - Guitar***

- o8. Listen to the exhortations of the Dawn!
Look to this Day!
For it is Life, the very Life of Life.
In its brief course lie all the verities
and realities of your Existence.
The Bliss of Growth,
the Glory of Action,
the Splendor of Beauty;
For yesterday is but a Dream,
and tomorrow is only a Vision;
but To-day, well lived, makes every Yesterday
a dream of Happiness,
and every Tomorrow a Vision of Hope.
Look well therefore to this Day!
Such is the salutation of the Dawn!
~Kalidasa

09. For mothers are the first educators, the first mentors;
and truly it is the mothers who determine the happiness, the
future greatness, the courteous ways and learning and
judgement, the understanding and the faith of their little ones.
~Abdu'l-Bahá

***There is no doubt that it is around the family and the home that all
the greatest virtues, the most dominating virtues of human, are
created, strengthened and maintained.***

Winston S. Churchill

10. **Beannacht**
(An Irish Blessing written by the poet for his mother Josie)

On the day when the weight deadens
on your shoulders and you stumble,
may the clay dance to balance you.

And when your eyes freeze behind the grey window
and the ghost of loss gets in to you,
may a flock of colours, indigo, red, green and azure blue
come to awaken in you a meadow of delight.

When the canvas frays in the curach of thought
and a stain of ocean blackens beneath you,
may there come across the waters a path of yellow moonlight
to bring you safely home.

May the nourishment of the earth be yours,
may the clarity of light be yours,
may the fluency of the ocean be yours,
may the protection of the ancestors be yours.

And so may a slow wind work these words
of love around you, an invisible cloak to mind your life.
~John O'Donohue

***You don't choose your family.
They are God's gift to you, as you are to them.
Desmond Tutu***

11. God be with mother.
As she carried her child may she carry her soul.
As her child was born, may she give birth and life and form
to her own, higher truth.
As she nourished and protected her child, may she nourish
and protect her inner life and her independence.
For her soul shall be her most painful birth, her most difficult
child and the dearest sister to her other children.
Amen.
~Leunig

***God could not be everywhere and therefore he made mothers.
Jewish proverb***

12. **When God Created Mothers**
When the Good Lord was creating mothers, He was into His sixth
day of "overtime" when the angel appeared and said. "You're doing a
lot of fiddling around on this one."

And God said, "Have you read the specs on this order?" She has to be
completely washable, but not plastic. Have 180 moveable parts...all
replaceable. Run on black coffee and leftovers. Have a lap that
disappears when she stands up. A kiss that can cure anything from a
broken leg to a disappointed love affair. And six pairs of hands."

The angel shook her head slowly and said. "Six pairs of hands.... no
way."

It's not the hands that are causing me problems," God remarked, "it's the three pairs of eyes that mothers have to have."

That's on the standard model?" asked the angel. God nodded.

One pair that sees through closed doors when she asks, 'What are you kids doing in there?' when she already knows. Another here in the back of her head that sees what she shouldn't but what she has to know, and of course the ones here in front that can look at a child when he goofs up and say. 'I understand and I love you' without so much as uttering a word."

God," said the angel touching his sleeve gently, "Get some rest tomorrow...."

I can't," said God, "I'm so close to creating something so close to myself. Already I have one who heals herself when she is sick...can feed a family of six on one pound of hamburger...and can get a nine year old to stand under a shower."

The angel circled the model of a mother very slowly. "It's too soft," she sighed.

But tough!" said God excitedly. "You can imagine what this mother can do or endure."

Can it think?"

Not only can it think, but it can reason and compromise," said the Creator.

Finally, the angel bent over and ran her finger across the cheek.

There's a leak," she pronounced. "I told You that You were trying to put too much into this model."

It's not a leak," said the Lord, "It's a tear."

What's it for?"

It's for joy, sadness, disappointment, pain, loneliness, and pride."

You are a genius," said the angel.

Somberly, God said, "I didn't put it there."

~Erma Bombeck

***The happiest moments of my life have been the few
which I have passed at home in the bosom of my family.***

Thomas Jefferson



***Flamenco improvisation
Alan Welch - Guitar***

13. He established a testimony in Jacob, and appointed a law in Israel, which he commanded for fathers to teach to their children; that the next generation might know them, the children yet unborn, and arise and tell them to their children, so that they should set their hope in God, and not forget the works of God, but keep His commandments.
~Jewish Holy Writings

14. Let the son be courteous to his father, of one mind with his mother. Let the wife speak words that are gentle and sweet to her husband. Never may brother hate brother or sister hurt sister. United in heart and in one purpose, commune sweetly together. I will utter a prayer for such concord among family members as binds together the Gods, among whom is no hatred. Be courteous, planning and working in harness together, approach, conversing pleasantly like-minded, united.
~Hindu Scripture.

***Even if I have gone astray I am thy child,
O God: thou art my father and mother.
Sikh Writings***

15. Unto every father hath been enjoined the instruction of his son and daughter in the art of reading and writing. 'Abdu'l-Bahá, in His Tablets, not only calls attention to the responsibility of parents to educate all their children, but He also clearly specifies that the "training and culture of daughters is more necessary than that of sons", for girls will one day be mothers, and mothers are the first educators of the new generation. If it is not possible, therefore, for a family to educate all the children, preference is to be accorded to daughters since, through educated mothers, the benefits of knowledge can be most effectively and rapidly diffused throughout society.
~Bahá'í Scripture

***The mother's heart is the child's schoolroom.
Henry Ward Beecher***

16. Children, obey your parents in the Lord, for this is right. Honour thy father and mother, which is the first commandment with promise: that it may be well with thee, and thou mayest live long on the earth. And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord.
~Christian Writings

***We do not possess our homes, our children,
or even our own body. They are given to us for a short
while to treat with care and respect.
Jack Kornfield***

17. As to thy question concerning training children: It is incumbent upon thee to nurture them from the breast of the love of God, to urge them towards spiritual matters, to turn unto God and to acquire good manners, best characteristics and praiseworthy virtues and qualities in the world of humanity, and to study sciences with the utmost diligence; so that they may become spiritual, heavenly and attracted to the fragrances of sanctity from their childhood and be reared in a religious, spiritual and heavenly training. Verily, I beg of God to confirm them therein.
~Abdu'l-Baha

***You are born into your family and your family is born into you.
No returns. No exchanges.
Elizabeth Berg***

18. He is not a perfect performer of the duties of relationship who doeth good to his relatives as they do good to him. He is perfect who doeth good to his relatives when they do not do good too him.

O Messenger of God! Verily I have done a great crime; Is there any act by which I may repent? He said, "Have you a mother?" "No," said the questioner. "Have you an aunt?" asked Muhammed. He said "Yes, I have." Lord Muhammed said, "Go, do good to her, and your crime will be pardoned."
~Muslim writings

***Without the human community one single
human being cannot survive.
The Dalai Lama***

19. The Great Being saith:

The heavens of divine wisdom is illumined with the two luminaries of consultation and compassion. Take ye counsel together in all matters, inasmuch as consultation is the lamp of guidance which leadeth the way, and is the bestower of understanding.

... Consultation bestoweth greater awareness and transmuteth conjecture into certitude. It is a shining light which, in a dark world, leadeth the way and guideth. For everything there is and will continue to be a station of perfection and maturity. The maturity of the gift of understanding is made manifest through consultation.

... Say: no man can attain his true station except through his justice. No power can exist except through unity. No welfare and no well-being can be attained except through consultation.

~ Bahá'í Scripture

***We must take care of our families wherever we find them.
Elizabeth Gilbert***

20. Compare the nations of the world to the members of a family. A family is a nation in miniature. Simply enlarge the circle of the household and you have the nation. Enlarge the circle of nations and you have all humanity. The conditions surrounding the family surround the nation. The happenings in the family are the happenings in the life of the nation. Would it add to the progress and advancement of a family if dissensions should arise among its members, fighting, pillaging each other, jealous and revengeful of injury, seeking selfish advantage? Nay, this would be the cause of the effacement of progress and advancement. So it is in the great family of nations, for nations are but an aggregate of families.
~Abdu'l-Bahá.

***The greatest gift we can give to our children
is to raise them in a culture of peace.***

Louise Diamont



***'El Marabino' - Antonio Lauro
Alan Welch - Guitar***

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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

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

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

join us for the next program

Sunday June 7th 3pm

“Trustees of the Earth”

Dates for 2015

- | | | | |
|-----------|-----------------|---|---|
| July | 5 th | - | Sweet Scents of Friendship |
| August | 2 nd | - | Youth: Bridge to the Future |
| September | 6 th | - | The Light of Universal Peace |
| October | 4 th | - | The Inner Balance – Spiritual Health |
| November | 1 st | - | Children -Tender plants in the garden of life |
| December | 6 th | - | Reflections |

The Bahá'í Faith

You can find out more about the Baha'is and their world embracing vision at 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