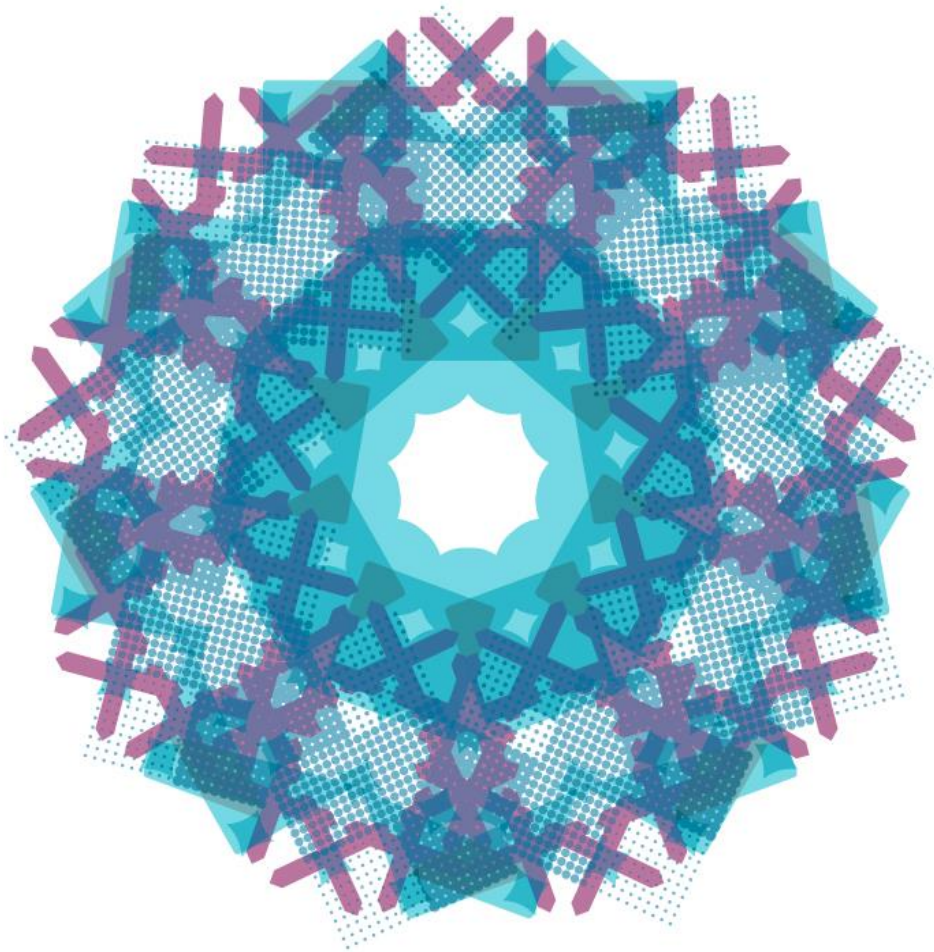


# Soul Food

Family – Fortress of Well-Being



May 2016


## Family – Fortress of Well-Being

May 2016

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.

It celebrates May 15 International Day of Families

### Program

 *Gergana Manoilova and Sara Matthews*

01. *Prayer*

02. *Bahá'í Writings*

03. *Lisa Wingate*

04. *Hindu Scripture*

05. *Muslim Writings*

06. *Caring for parents*

07. *Bahá'í Writings*

08. *Virginia Satir*

 *Gergana Manoilova and Sara Matthews*

09. *Anais Nin*


10. *Bahá'í Writings*

11. *Elisabeth J. Porter*

12. *Jewish Holy Writings*

13. *Bahá'í Teachings*

14. *Christian Writings*

 *Gergana Manoilova and Sara Matthews*

15. *John O'Donohue*


16. *Bahá'í Writings*

17. *Irish Wedding Blessing*

18. *Bahá'í Writings*

19. *Ethiopian Prayer*

20. *Bahá'í Writings*

 *Gergana Manoilova and Sara Matthews*

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

***Kofi Annan***



***Sonatina in D minor - Beethoven***  
***Piano -Gergana Manoilova, Cello Sara Matthews***

***Prayer – Vocal – Angela Bryan, Toby Straton***

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.  
~ Bahá'í Writings
  
02. 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.  
~Bahá'í Writings

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

03. Your children are the greatest gift God will give to you, and their souls the heaviest responsibility He will place in your hands. Take time with them, teach them to have faith in God. Be a person in whom they can have faith. When you are old, nothing else you've done will have mattered as much.

~ Lisa Wingate

- 04 Sweet be glances we exchange,  
Our faces showing true concord.  
Enshrine me in your heart and let one spirit dwell within us.  
I wrap around you this my robe  
Which came to me from Manu,  
So that you may be wholly mine  
And never seek another.  
I am He, you are She:  
I am Song, you are Verse  
I am Heaven, you are Earth.  
We two shall here together dwell,  
Becoming parents of children.

~ Hindu Scripture

***All that I am or ever hope to be,  
I owe to my angel Mother.  
Abraham Lincoln***

05. The Holy Prophet Muhammad (peace and blessings be upon him) said: "Every one of you is a guardian and responsible for those in his charge the man, in his home, is a guardian and responsible for his household; woman, concerning her husband's property, is a guardian and responsible for what she is entrusted with.  
~Muslim Writings

06. **Caring for Parents.**

A son took his old father to a restaurant for an evening dinner. Father being very old and weak, while eating, dropped food on his shirt and trousers. Other diners watched him in disgust while his son was calm. After he finished eating, his son who was not at all embarrassed, quietly took him to the wash room, wiped the food particles, removed the stains, combed his hair and fitted his spectacles firmly. When they came out, the entire restaurant was watching them in dead silence, not able to grasp how someone could embarrass themselves publicly like that. The son settled the bill and started walking out with his father.

At that time, an old man amongst the diners called out to the son and asked him, "Don't you think you have left something behind?".

The son replied, "No sir, I haven't".

The old man retorted, "Yes, you have! You left a lesson for every son and hope for every father".

The restaurant went silent.

**Moral:** To care for those who once cared for us is one of the highest honors. We all know, how our parents cared for us for every little things. Love them, respect them, and care for them.

***Say, O My People! Show honor to your parents  
and pay homage to them. This will cause blessings  
to descend upon you from the clouds of the bounty  
of your Lord, the Exalted, the Great.***

***Bahá'í Writings***

07. According to the teachings of Bahá'u'lláh the family, being a human unit, must be educated according to the rules of sanctity. All the virtues must be taught the family. The integrity of the family bond must be constantly considered, and the rights of the individual members must not be transgressed. The rights of the son, the father, the mother - none of them must be transgressed, none of them must be arbitrary. Just as the son has certain obligations to his father, the father, likewise, has certain obligations to his son. The mother, the sister and other members of the household have their certain prerogatives. All these rights and prerogatives must be conserved, yet the unity of the family must be sustained. The injury of one shall be considered the injury of all; the comfort of each, the comfort of all; the honor of one, the honor of all.  
~ Bahá'í Writings

o8. People-making has a large measure of trial-and-error experience. It is something you learn most about as you experience it "on the job." I am reminded of the story of a psychologist who wrote his thesis on bringing up children. At the time, he was unmarried, and his lecture read. "Twelve Requirements for How to Bring Up Children." Then he married, had one child, and his talk changed to, "Twelve Suggestions for how to Bring Up Children." He and his wife had another child, and his lecture title changed to "Twelve Hints on How to Bring Up Children." After the third child arrived, he stopped giving lectures.  
~Virginia Satir

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

***Eva Burrows***



***Après un Reve - G. Faure***

***Piano - Gergana Manoilova, Cello - Sarah Matthews***

09. I know why families were created with all their imperfections. They humanize you. They are made to make you forget yourself occasionally, so that the beautiful balance of life is not destroyed.  
-Anais Nin

***The greatest thing a father can do for his children,  
is to love their mother.  
Anjaneth Garcia Untalan***

10. 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. Their concerns are in order, they enjoy comfort and tranquility, they are secure, their position is assured, they come to be envied by all. Such a family but addeth to its stature and its lasting honor, as day succeedeth day.  
-Bahá'í Writings
11. We are all part of some kind of family. The family, in all its forms, remains the basic social unity. A good family fosters the well-being of its members. They, in turn, contribute positively to the greater 'family' – the community, our society. Without good families, our lives are less than they could be. Private and social morality break down. Today, an uncertain and confused community must deal with the resulting greed, anger, violence, sickness and sadness. A good family is at once a port in a storm and a safe point of departure. It provides role models and sustains individuals. It nurtures and encourages personal strength and confidence. It contributes to the well-being of humanity by creating people who care about their participation as citizens. Moral initiative develops in good family life, and good families encourage positive community ethics. We can create good families by being good family.  
~ Dr. Elisabeth J. Porter

***That's what people do who love you.  
They put their arms around you and love you  
when you're not so lovable.***

***Deb Caletti***

12. 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

13. 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 Teaching

***Having a place to go – is a home.  
Having someone to love – is a family.  
Having both – is a blessing.***

***Donna Hedges***



14. 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

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



***Piece en Forme de Habanera - M Ravel  
Gergana Manoilova, Cello Sara Matthews***

- 15.

**For Marriage**

As spring unfolds the dream of the earth,  
May you bring each other's hearts to birth.

As the ocean finds calm in view of land,  
May you love the gaze of each other's mind.

As the wind arises free and wild,  
May nothing negative control your lives.

As kindly as moonlight might search the dark,  
So gentle may you be when light grows scarce.

As surprised as the silence that music opens,  
May your words for each other be touched with reverence.

As warmly as the air draws in the light,  
May you welcome each other's every gift.

As elegant as dream absorbing the night,  
May sleep find you clear of anger and hurt.

As twilight harvests all the day's colour,  
May love bring you home to each other.

~John O'Donohue

16. The true Marriage of Bahá'ís is this, that husband and wife should be united both physically and spiritually, that they may ever improve the spiritual life of each other, and may enjoy everlasting unity throughout all the worlds of God.

~ Bahá'í Writings

17.                    May God be with you and bless you.  
                          May you see your children's children.  
                          May you be poor in misfortunes and rich in Blessings.  
                          May you know nothing but happiness  
  from this day forward.  
  ~Irish Wedding Blessing

***"Ohana" means "Family."  
"Family" means nobody gets left behind. Or forgotten.  
Stitch in "Lilo and Stitch"***

18.                    Regarding thy question about consultation of a father with his son, or a son with his father; in matters of trade and commerce, consultation is one of the fundamental elements of the foundation of the Law of God. Such consultation is assuredly acceptable, whether between father and son, or with others. There is nothing better than this. Man must consult in all things for this will lead him to the depths of each problem and enable him to find the right solution.  
~Bahá'í 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***

19.

**Be for us a moon of joy.**

May you be for us a moon of joy and happiness.

Let the young become strong and the grown man maintain his strength, the pregnant woman be

delivered and the woman who has given birth suckle her

child. Let the stranger come to the end of his journey

and those who remain at home dwell safely in their

houses. Let the flocks that go to feed in the pastures

return happily. May you be a moon of harvest and of calves.

May you be a moon of restoration and of good health.

~Ethiopian Prayer

***He is the happiest. Be he king or peasant  
who finds peace in his home.***

***Johann von Goethe***

20. It is highly important for man to raise a family. So long as he is young, because of youthful self-complacency, he does not realize its significance, but this will be a source of regret when he grows old ... In this glorious cause the life of a married couple should resemble the life of the angels in heaven - a life full of joy and spiritual delight, a life of unity and concord, a friendship both mental and physical. The home should be orderly and well-organized. Their ideas and thoughts should be like the rays of the sun of truth and the radiance of the brilliant stars in the heavens. Even as two birds they should warble melodies upon the branches of the tree of fellowship and harmony. They should always be elated with joy and gladness and be a source of happiness to the hearts of others. They should set an example to their fellow-men, manifest true and sincere love towards each other and educate their children in such a manner as to blazon the fame and glory of their family.

~Bahá'í Writings

*Say, O My People! Show honor to your parents  
and pay homage to them.  
Bahá'u'lláh*



*The Swan from "Carnival of the Animals" - C. Saint-Saens  
Piano - Gergana Manoilova, Cello - Sarah Matthews*

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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 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, 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

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

**Time: 3.00pm – 4pm**

### Upcoming Dates

### Titles

July 3 <sup>rd</sup>	Truthfulness – the Foundation of Human Virtues
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

*join us:*

for the next program **“Our Planet, Our Future”**

**Sunday June 5<sup>th</sup> 3pm**

## 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 around Australia 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 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 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, storytelling 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.

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