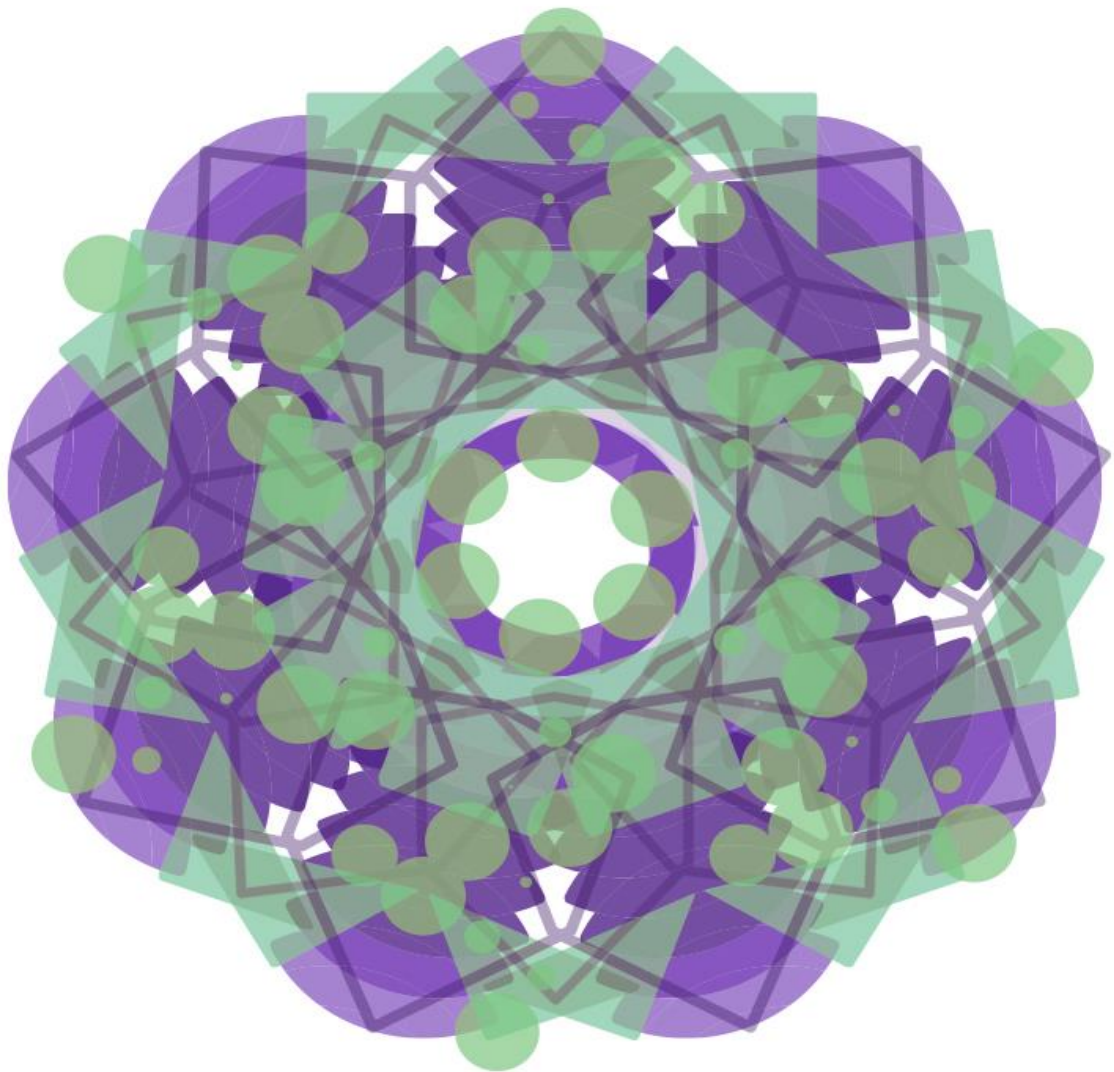


# Soul Food

The Light of Universal Peace



September 2015

This month's program is dedicated to International Day of Peace and will explore the importance of world peace which is necessary but unattainable until we obtain complete unity of thought.

## Program

 **Lindisfarne Riverside Arts Club Choir**

1. Bahá'í Prayer
2. The Dalai Lama
3. Yogi Bhajan
4. Islamic Writings
5. Atharva Veda
6. Peace Pilgrim
7. Christian Writings
8. Bahá'í Writings
9. Afrika Bambaataa
10. Abdul Ghaffar Khan

 **Lindisfarne Riverside Arts Club Choir**

11. Peace Prayer from the Christian Tradition
12. Wendell Berry
13. The Hopelight Peace Pledge
14. Bahá'í Writings
15. George Herbert
16. Bahá'í Writings
17. Alhaji Dr. Ahmad Tejan Kabbah
18. Hazrat Inayat Khan
19. Bahá'í Writings

 **Lindisfarne Riverside Arts Club Choir**

*Dear God,  
Please send to me the spirit of Your peace.  
Then send, dear Lord,  
the spirit of peace from me to all the world.  
Amen.  
Marianne Williamson*



**Peace Begins – Hartmann and Keefe**  
**Lindisfarne Riverside Arts Club Choir**  
**Director – Dianne O’Toole, Accompanist – Jeff Cheal**

01. O Lord, Make this assemblage the cause of  
upraising the standard of the oneness of the world  
of humanity, and confirm the souls so that they may  
become the promoters of international peace.

O Lord, Verily, the people are veiled and in a state  
of contention with each other, shedding the blood  
and destroying the possessions of each other.  
Throughout the world there is war and conflict.  
In every direction there is strife, bloodshed and ferocity.

O Lord! Guide human souls in order that they may turn  
away from warfare and battle, that they may become  
loving and kind to each other, that they may enter into  
affiliation and serve the oneness and solidarity of humanity.

O Lord! The horizons of the world are darkened by  
this dissension. O God! Illumine them, and through the  
lights of Thy love let the hearts become radiant.  
Through the blessing of Thy bestowal resuscitate the  
spirits until every soul shall perceive and act in  
accordance with Thy teachings.  
Thou art the Almighty. Thou art the Omniscient.  
Thou art the Seer. O Lord be compassionate to all.  
~Bahá’í Writings

02. It is essential to know that to be a happy family,  
a happy society, it is crucial to have a good heart,  
that is very crucial .  
World peace must develop from inner peace.  
Peace is not just the absence of violence but the  
manifestation of human compassion.  
~The Dalai Lama

***God of peace, bring your peace to our violent world:  
peace in the hearts of all men and women  
and peace among the nations of the Earth.  
Pope Benedict XVI***

03. Time has come, the time is now  
When love of God may unite us all  
Love of life is the universal call  
We must recognize we are from the same clay  
Live through the same breath, same God we obey.  
Where there is religious ego, let compassion prevail  
Where there is diversity, let unity excel  
Where there is bigotry, let there be dignity  
Where there is oppression, set people free.  
O Divine Master,  
Teach me to serve and not want to be served  
Let the living truth live undisturbed  
Still the drums of war, which cloud our perception  
Let us hear your word and follow your direction  
Fill our hearts with love for your creation  
Dissolve our fears bring peace to every nation.  
May our dawn bring us peace in the warlord's race  
Eternal Peace – St. Francis' grace.  
~Yogi Bhanjan

04. O God, thou art peace.  
From thee is peace and unto thee is peace.  
Let us live, our Lord, in peace and receive us in thy paradise,  
the abode of peace.  
Thine is the majesty and the praise.  
We hear and obey.  
Grant us thy forgiveness, Lord and unto  
thee be our becoming.  
~Prayer at the close of Salat, Islamic Writings

***Peace is the generous, tranquil contribution  
of all to the good of all.  
Bishop Oscar Romero***

05. May there be peace on earth.  
May there be peace in the atmosphere and in the heavens.  
May the waters be peaceful, and also the plants.  
May the Lord bring us peace.  
May sincere prayers and invocations for peace generate harmony  
and happiness everywhere.  
Through these reflections that resolve and dissolve violence and  
conflicts we make peaceful everything on earth that would disrupt  
our peace.  
Let the earth become wholly rich in blessings.  
Let everything in it and on it be beautiful for us.  
~From Atharva Veda

o6. Peace Pilgrim

Mildred Lisette Norman (1908-1987) was an American non-denominational spiritual teacher and peace activist, who in 1953 adopted the name "Peace Pilgrim" and walked across the United States for 28 years.

When she began her pilgrimage she had taken a vow to remain a wanderer until mankind had learned the way of peace. She walked until given shelter and fasted until given food. Her only possessions were the clothes on her back and the few items she carried in the pockets of her blue tunic, which read "Peace Pilgrim" on the front and "25,000 Miles on foot for peace" on the back. She had no organizational backing and carried no money.

She was invited to speak about peace on radio and television and at community meetings.

She wrote:

In order for the world to become peaceful,  
people must become more peaceful.  
Among mature people war would not be a problem –  
It would be impossible.  
In their immaturity people want,  
at the same time,  
peace and the things which make war.  
However, people can mature.  
Just as children grow up.  
Yes, our institutions and our leaders  
Reflect our immaturity,  
but as we mature, we will elect better  
leaders and set up better institutions.  
It always comes back to the thing  
So many of us wish to avoid;  
Working to improve ourselves.  
~Peace Pilgrim

Friends of Peace Pilgrim is an all-volunteer non-profit organization dedicated to making information about the life and message of Peace Pilgrim available freely to all who ask. Since 1983 they have published and distributed over 400,000 copies of the book, "Peace Pilgrim: Her Life and Work in Her Own Words," and over one-and-a-half-million copies of the booklet, "Steps Toward Inner Peace." Books and booklets have been sent to over 100 countries. The book has been translated into twelve languages and the booklet into over twenty languages.

07. Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing. For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile:  
Let him eschew evil, and do good; let him seek peace, and ensue it.  
1 Peter 3: 9-11

Peace I leave with you, My peace I give to you; not as the world gives do I give to you.  
John 14:27

When a man's ways please the Lord, He makes even his enemies to be at peace with him.  
Proverbs 16: 7  
~Christian Writings

***Peace may sound simple – one beautiful word  
– but it requires everything we have,  
every quality, every strength, every dream, every high ideal.  
Yehudi Menuhin***

08. Disarmament is surely coming, but it must come, and it will come by the universal consent of the civilized nations of the earth. By international agreement they will lay down their arms and the great era of peace will be ushered in.  
In this, and no other way can peace be established upon the earth.  
~Bahá'í Writings
09. The Universal Zulu Nation stands to acknowledge wisdom, understanding, freedom, justice, and equality, peace, unity, love, and having fun, work, overcoming the negative through the positive, science, mathematics, faith, facts, and the wonders of God, whether we call him Allah, Jehovah, Yahweh, or Jah.  
~Afrika Bambaataa
10. The Holy Prophet Mohammed came into this world and taught us :  
"That man is a Muslim who never hurts anyone by word or deed, but who works for the benefit and happiness of God's creatures. Belief in God is to love one's fellow man."  
~Abdul Ghaffar Khan

***When the power of love overcomes the love of power  
the world will know peace.***

***Jimi Hendrix***



**Let There Be Peace on Earth**

- Miller and Jackson, arr. Ades  
Lindisfarne Riverside Arts Club Choir

11.

Blessed are the peacemakers,  
for they shall be known  
as the children of God.  
But I say to you that hear,  
love your enemies,  
do good to those who hate you,  
pray for those who abuse you.  
To those that strike you on the cheek,  
offer the other one also  
and from those who take away your cloak,  
do not withhold your coat as well.  
Give to everyone who begs from you  
and of those who take away your goods  
do not ask for them again.  
And as you wish that others would do to you  
do so to them.

-Peace Prayer from the Christian tradition

***Little things seem nothing, but they give peace,  
like those meadow flowers which individually seem odourless  
but all together perfume the air.***

***George Bernanos***



12.

### **The Peace of Wild Things**

When despair grows in me  
and I wake in the middle of the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds.

I come into the peace of wild things  
who do not tax their lives with forethought of grief.  
I come into the presence of still water.

And I feel above me the day-blind stars  
waiting for their light.  
For a time  
I rest in the grace of the world, and am free.  
~ Wendell Berry

***Our heart is wide enough to embrace the world and our hands  
are long enough to encompass the world.  
Amit Ray***

13.

### **THE HOPELIGHT PEACE PLEDGE**

I hereby pronounce the following:

I believe that personal peace is possible and that I am worthy of it.  
I accept that I have the ability to choose peace, even when it is difficult to do so.  
I recognize that world peace cannot materialize without a world filled with people at peace within themselves.

I acknowledge that the embodiment of peace reflects forgiveness, unconditional love, non-judgement, and non-violence.

I declare that I have the ability to move myself *and* humanity towards a more peaceful existence on Earth by enacting these truths.

I understand that committing to personal peace is a commitment to healing myself *and* the world simultaneously.

I hereby commit to embody peace within myself, my family, my community, my nation, and the world at large through the realization of this pledge.

***When peace is our priority,  
world peace will become our reality.  
John Worldpeace***

14. We perceive in what numerous ways man has been able to bend the powers of nature to his will. How grievous it is to see how man has used his God-given gift to frame instruments of war, for breaking the Commandment of God "Thou shalt not kill", and for defying Christ's injunction to "Love one another." God gave this power to man that it might be used for the advancement of civilization, for the good of humanity, to increase love and concord and peace. But man prefers to use this gift to destroy instead of to build, for injustice and oppression, for hatred and discord and devastation, for the destruction of his fellow-creatures, whom Christ has commanded that he should love as himself!
- I hope that you will use your understanding to promote the unity and tranquillity of mankind, to give enlightenment and civilization to the people, to produce love in all around you, and to bring about the universal peace. Study the sciences, acquire more and more knowledge. Assuredly one may learn to the end of one's life! Use your knowledge always for the benefit of others; so may war cease on the face of this beautiful earth, and a glorious edifice of peace and concord be raised. Strive that your high ideals may be realized in the Kingdom of God on earth, as they will be in Heaven.
- ~Ábdu'l-Bahá

***All works of love  
are works of peace.  
Mother Teresa***

## Peace

Sweet Peace, where dost thou dwell? I humbly crave,  
 Let me once know.  
 I sought thee in a secret cave,  
 And ask'd, if Peace were there,  
 A hollow wind did seem to answer, No:  
 Go seek elsewhere.

I did; and going did a rainbow note:  
 Surely, thought I,  
 This is the lace of Peace's coat:  
 I will search out the matter.  
 But while I looked the clouds immediately  
 Did break and scatter.

Then went I to a garden and did spy  
 A gallant flower,  
 The crown-imperial: Sure, said I,  
 Peace at the root must dwell.  
 But when I digged, I saw a worm devour  
 What showed so well.

At length I met a rev'rend good old man;  
 Whom when for Peace  
 I did demand, he thus began:  
 There was a Prince of old  
 At Salem dwelt, who lived with good increase  
 Of flock and fold.

He sweetly lived; yet sweetness did not save  
 His life from foes.  
 But after death out of his grave  
 There sprang twelve stalks of wheat;  
 Which many wond'ring at, got some of those  
 To plant and set.

It prospered strangely, and did soon disperse  
 Through all the earth:  
 For they that taste it do rehearse  
 That virtue lies therein;  
 A secret virtue, bringing peace and mirth  
 By flight of sin.

Take of this grain, which in my garden grows,  
And grows for you;  
Make bread of it: and that repose  
And peace, which ev'ry where  
With so much earnestness you do pursue,  
Is only there.  
~George Herbert

***Those for whom peace is no more than a dream  
are asleep to the future.***  
***Jack Duvall***

16. The primary question to be resolved is how the present world, with its entrenched pattern of conflict, can change to a world in which harmony and co-operation will prevail.

World order can be founded only on an unshakable consciousness of the oneness of mankind, a spiritual truth which all the human sciences confirm. Anthropology, physiology and psychology, recognize only one human species, albeit infinitely varied in the secondary aspects of life. Recognition of this truth requires abandonment of prejudice - prejudice of every kind - race, class, colour, creed, nation, sex, degree of material civilization, everything which enables people to consider themselves superior to others.

Acceptance of the oneness of mankind is the first fundamental prerequisite for reorganization and administration of the world as one country, the home of humankind. Universal acceptance of this spiritual principle is essential to any successful attempt to establish world peace. It should therefore be universally proclaimed, taught in schools, and constantly asserted in every nation as preparation for the organic change in the structure of society which it implies.

In the Bahá'í view, recognition of the oneness of humanity calls for no less than the reconstruction and demilitarization of the world. Humanity must seek a world organically united in all the essential aspects of its life, its political machinery, its spiritual aspiration, its trade and finance, and yet infinite in the diversity of the national characteristics of its federated units.  
~Promise of World Peace (Bahá'í Writings)

17. We should not allow the peaceful nature of religion, true religion, to be negated by those who use religion to incite hatred, and as means of pursuing violence.  
-Alhaji Dr. Ahmad Tejan Kabbah

***The basis of world peace is the teaching which runs through almost all the great religions of the world.  
Love thy neighbour as thyself.  
Eleanor Roosevelt***

18. Send Thy peace O Lord, which is perfect and everlasting, that our souls may radiate peace.  
Send Thy peace, O Lord, that we may think, act and speak harmoniously.  
Send Thy peace O Lord, that we may be contented and thankful for Thy bountiful gifts.  
Send Thy peace O Lord, that amidst our worldly strife we may enjoy Thy bliss.  
Send Thy peace O Lord, that we may endure all, tolerate all, in the thoughts of Thy grace and mercy.  
Send Thy peace O Lord, that our lives may become a Divine vision and, in Thy light, all darkness may vanish.  
Send Thy peace O Lord, our Father and Mother that we Thy children on Earth may all unite in a single family.  
~ Hazrat Inayat Khan

***Let us take the risks of peace upon our lives,  
not impose the risk of war  
upon the world.  
Quaker 12: Proverb B***

19. O thou who art carried away by the love of God! The Sun of Truth hath risen above the horizon of this world and cast down its beams of guidance. Eternal grace is never interrupted, and a fruit of that everlasting grace is universal peace.

Rest thou assured that in this era of the spirit, the Kingdom of Peace will raise up its tabernacle on the summits of the world, and the commandments of the Prince of Peace will so dominate the arteries and nerves of every people as to draw into His sheltering shade all the nations on earth. From springs of love and truth and unity will the true Shepherd give His sheep to drink.

~Ábdu'l-Bahá

***The well-being of mankind,  
its peace and security are unattainable  
unless and until its unity  
is firmly established.  
Bahá'u'lláh***



**Alle, Alle, Alle – Jamaican Folk Song  
Lindisfarne Riverside Arts Club Choir**

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***Please join us for refreshments***

***May we wish all the fathers A VERY HAPPY FATHER'S DAY***

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

## 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 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 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

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.

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.

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 James Pepperell ☎️ 0404352042 or email him [james.pepperell@gmail.com](mailto:james.pepperell@gmail.com)

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 October 4<sup>th</sup>

## “The Inner Balance – Spiritual Health”

Upcoming Dates	Titles
November 1 <sup>st</sup>	Children – Tender plants in the garden of life”.
December 6 <sup>th</sup>	Reflections

**Please Note: There will be no Soul Food in January 2016.**

**We invite you to join us as we celebrate WORLD RELIGION DAY**

**Jan 24<sup>th</sup> 3pm at the Bahá'í Centre of Learning for Tasmania  
(here).**

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

“Lunchtime Lift”

We would love to share this with you.

### **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)