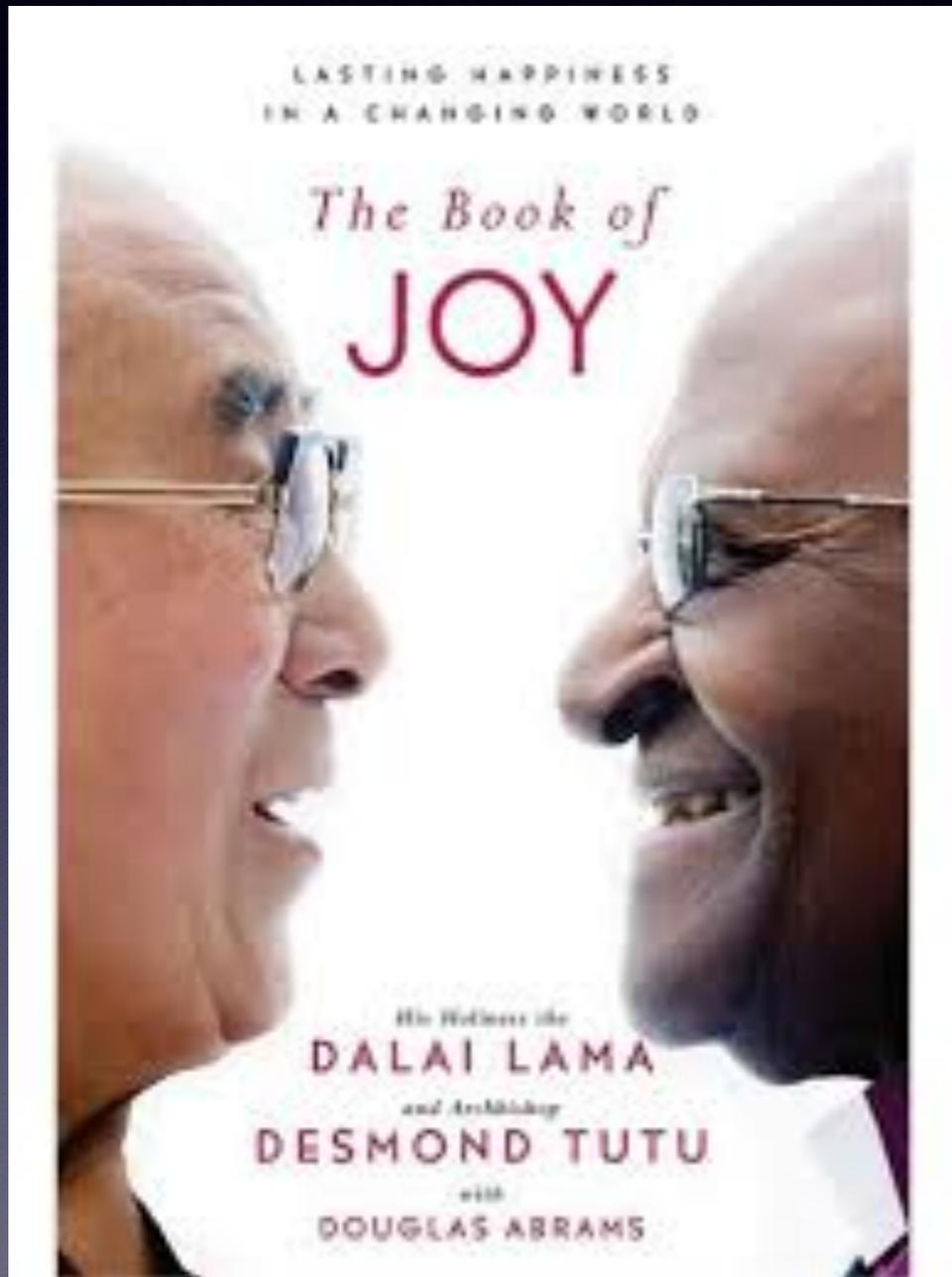


The Book of Joy



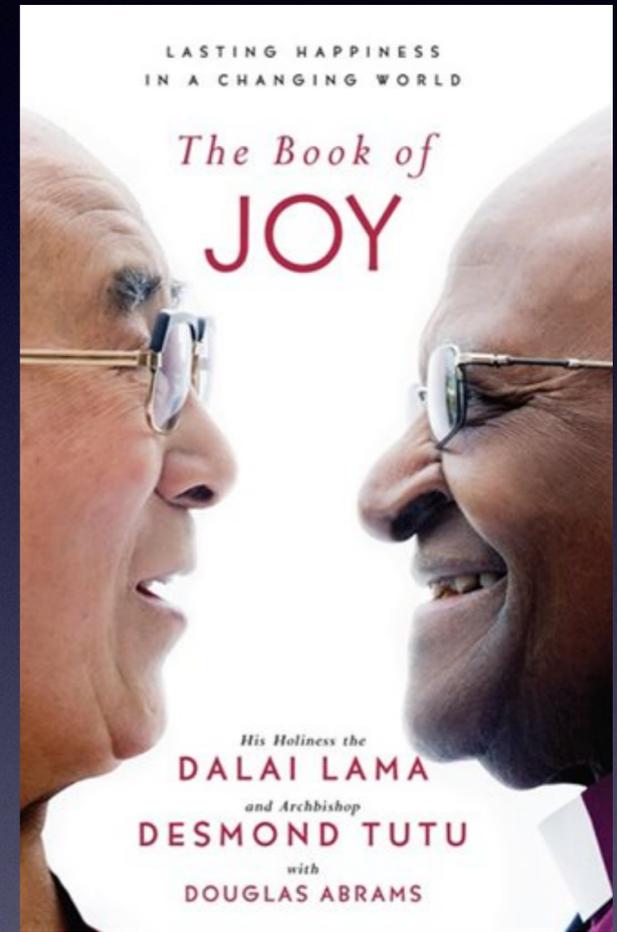
Holy Manners Bookstudy 41

ACTS
Fall 2018

St David's United Church
Calgary

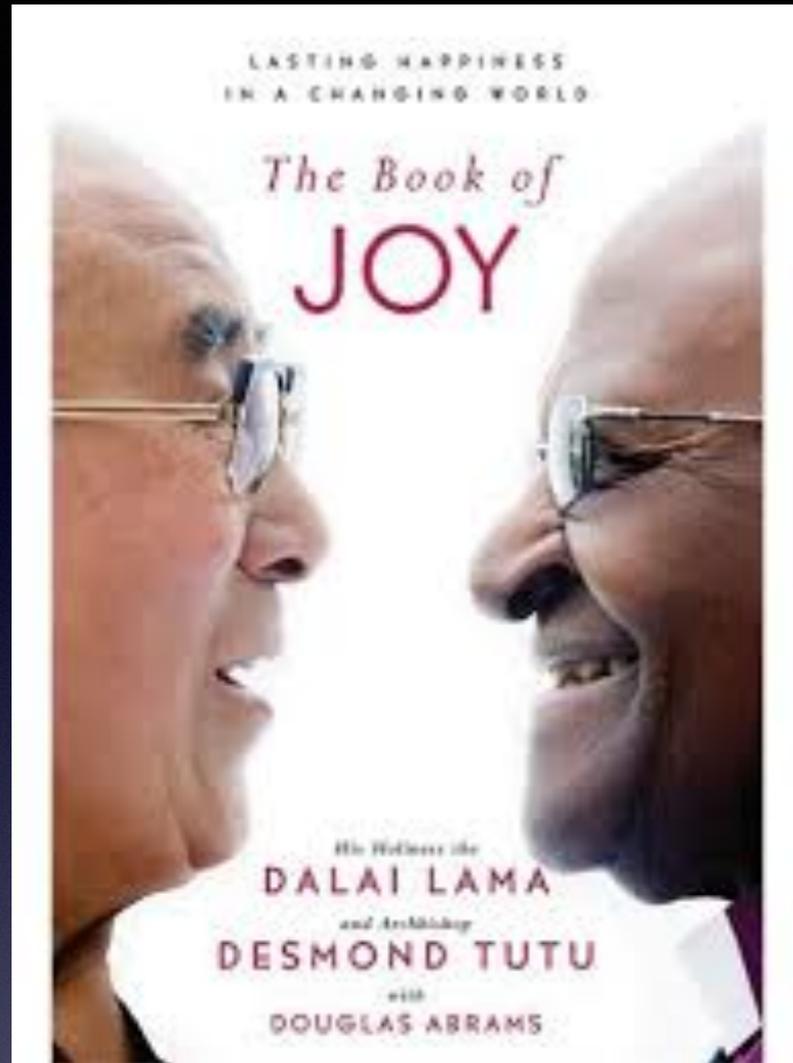
SESSION #3

- * Welcome - Wayne
- * Housekeeping - Brenda
- * Opening Comments - Jock
- * Announcements:
 - Reminder that there is no Book Study on Thanksgiving Monday



Opening

Sally Hodges

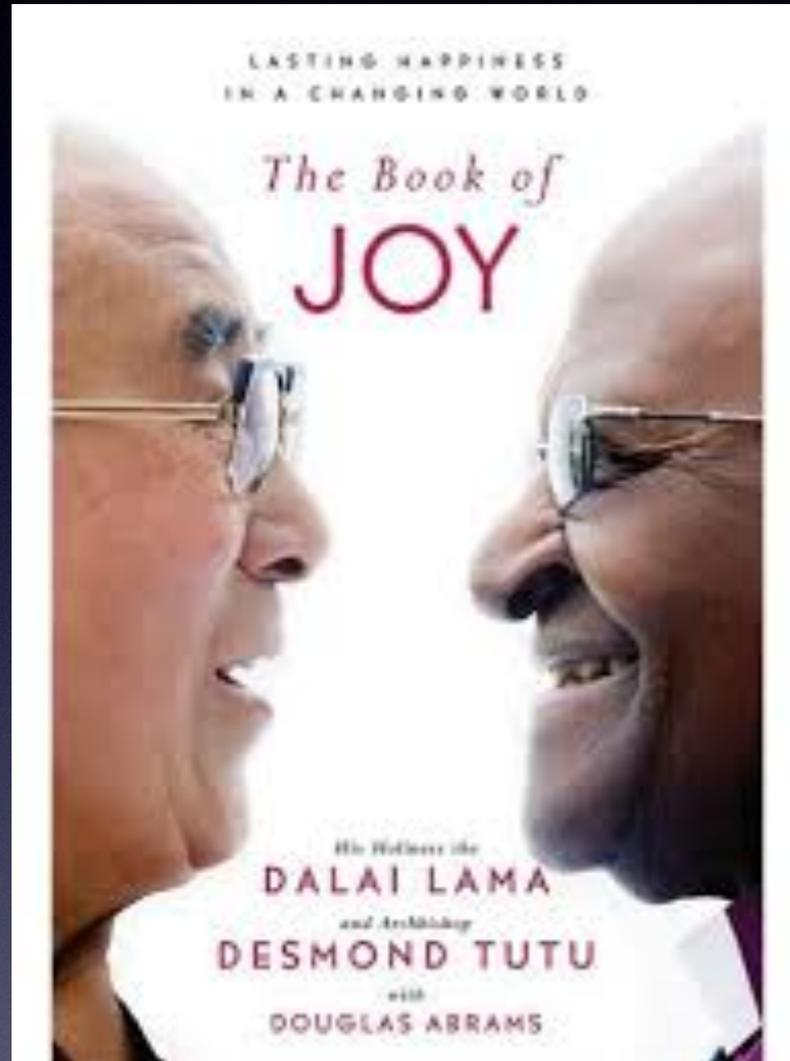


Book of Joy

Welcomes &
Housekeeping

Reminder - there is no Book Study
on Thanksgiving Monday (next)

Themes for the Evening



Obstacles to Joy

Three Themes of the Evening :

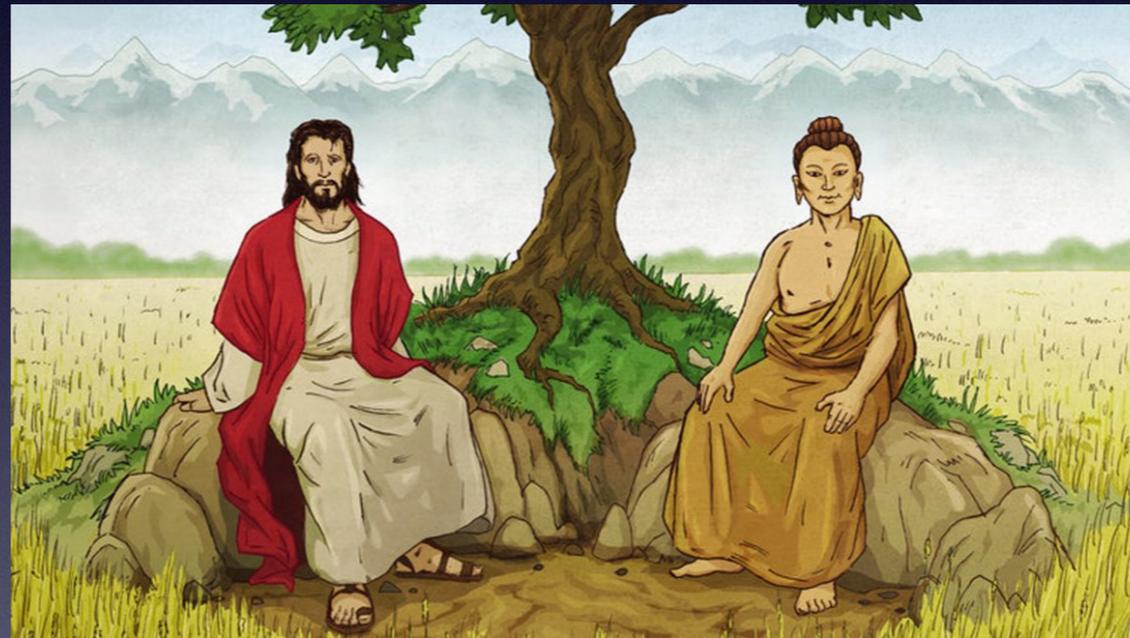
"Have You Renounced Pleasure?"

"Our Greatest Pleasure"

"You Are a Masterpiece in the Making"

General Comments on These Chapters

Christian and Buddhist thought has never been that distinct from each other.



We just don't know the history of religious spiritual development.

Pleasure

Renunciation and Dualistic Thinking

"Most religions have a strong conviction that we cannot discover lasting happiness through our senses" (p 51)

The Dalai Lama speaks of the Buddhist distinction between "the sensual" and "the mental" levels while Tutu speaks from the Christian tradition, influenced by Greek thought which separated "the body" from the "spirit".

(dualistic thinking - see Romans 8, for example).

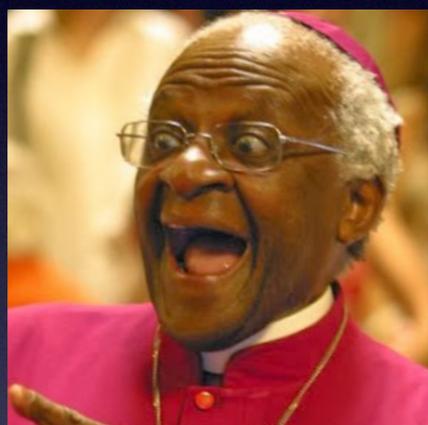
The major distinction between Christianity and Buddhism is essentially the same, however - i.e. the difference between "immediate" versus "lasting" satisfaction in life.

We could describe this as the distinction between "happiness" and "joy" except that for both of our spiritual mentors, there are various levels of happiness.

Discuss.



Dalai Lama - "joy comes through the training of the mind"



Tutu - "joy comes through moving beyond a physical to a spiritual level of meaning and existence."

Aging with maturity can help us better understand these insights.

Discuss

Our Greatest Joy

Individualism versus Community

Compare:

The Zulu philosophy of "Ubuntu" versus the Western philosophy of individualism.



Our Greatest Joy

Individualism versus Community

In the first understanding,

A person is a person through other persons (p. 60)

The community is first, it draws individuals into it.



"YOU CAN'T BE **HUMAN** ALL BY YOURSELF,
AND WHEN YOU HAVE THIS QUALITY ~ UBUNTU ~ YOU ARE KNOWN FOR
YOUR GENEROSITY. WE THINK OF OURSELVES FAR TOO FREQUENTLY AS JUST
INDIVIDUALS, SEPARATED FROM ONE ANOTHER,
WHEREAS YOU ARE CONNECTED AND
WHAT YOU DO **AFFECTS THE WHOLE WORLD**"

~ DESMOND TUTU

Our Greatest Joy

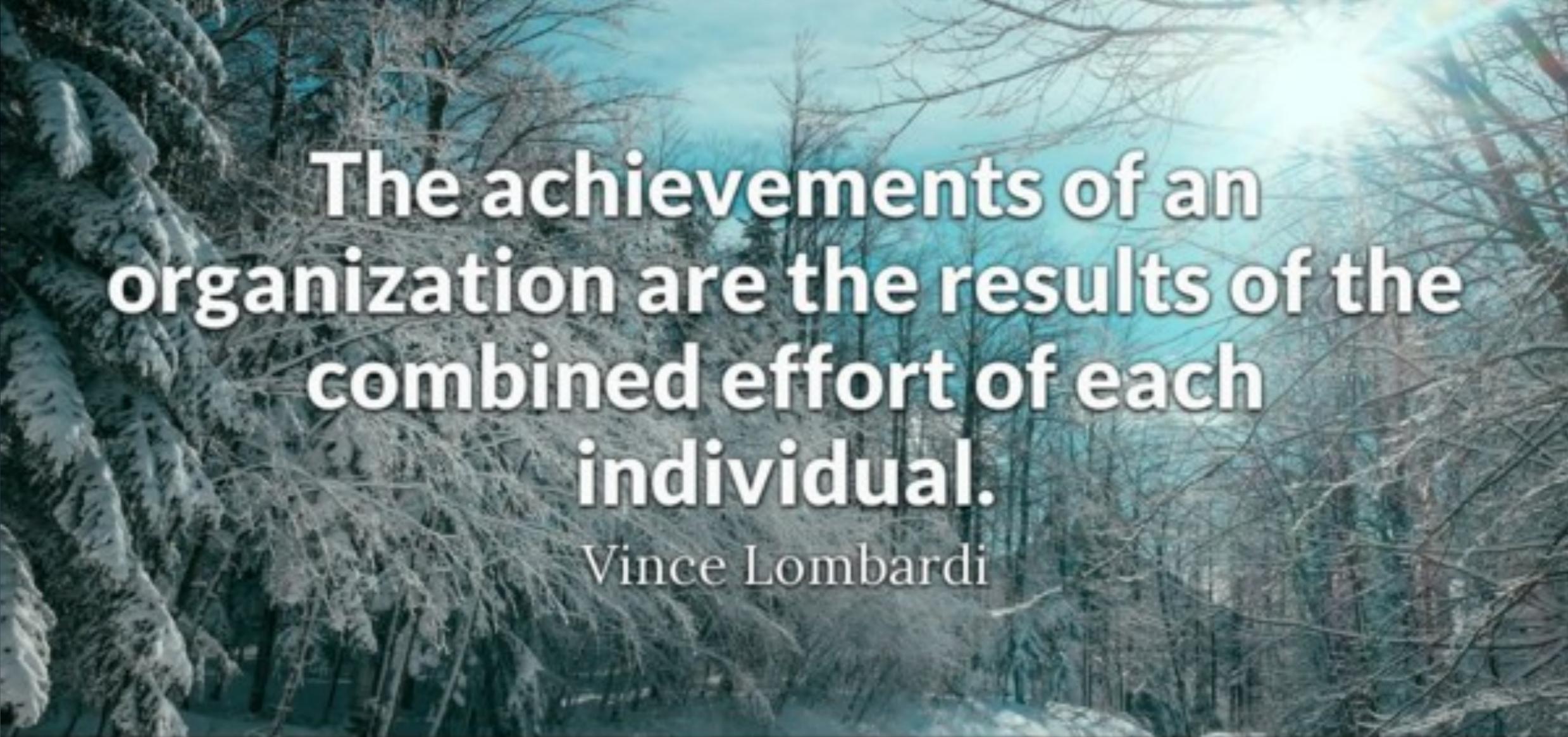
Individualism versus Community

In the second,

Individuals form community by choosing to join the group.

Community and even societies are formed when individuals agree to join with others.





**The achievements of an
organization are the results of the
combined effort of each
individual.**

Vince Lombardi

African culture placed family/tribe ahead of individual members.

See, for example - "What Mandela Lost" New York Times, (July 8th, 2018)

This article describes how the separation of families is the ultimate expression of state power.

Key point of the evening

"Our greatest joy comes from doing good to others."

Compare this to self-serving as a model of existence.

We have a stark contemporary example of this.

Note a quote about President Trump:

"In a lot of circles outside the 'Always Trump' base Trump has made a lot of progress with people who don't like him personally but like him professionally."

- New York Times, Sept. 23/1

Contented versus Unhappy People

Those never satisfied compared to those who trust others and are generous possess an internal reality that expresses itself outwardly.



Wayne shares a personal experience.

"We cannot bring peace if we don't have inner peace"

"Inner peace comes from reaching out and serving others"

faithful

raised in love and hope
he well learned his tradition
living faithfully

schooled and awoken
he discovered great new hope
living faithfully

pastored and fathered
he experienced challenge
living faithfully

broken but opened
he accomplished new purpose
living faithfully

with love's attention
living faithfully



wayne
in appreciation of friendship
haiku-sonnet
jock
9 sept 2018

Lunch Discussion between the three guests

Tutu's life exemplifies
"thankfulness" and "gratitude"

Dalai Lama's
"the biological expression of inter-relationship"

And the importance of love for survival
demonstrated by science.

Discuss the matter of parenting in the West

Much parenting is centred on the needs of the child compared to helping the child focus on the needs of others.



Obstacles to Joy

Much pain is essentially an aspect of the mind
- p.85

A Christian approach to this understanding
(Christian Science and Mary Baker Eddy -
Church of Christ Scientist)

bookofjoy.org

YOU ARE MADE
FOR PERFECTION,
BUT YOU ARE NOT
YET PERFECT.

YOU ARE A
masterpiece
IN THE MAKING.

DESMOND TUTU

Discussion

Eastern Vs. Western Spirituality - Can We Meet in the Middle?



Discuss the convergence, in our time, of the integration of Eastern Vs. Western Spirituality. Is this good or bad?

Dalai Lama

- mental immunity (p. 84)
- Learning to avoid destructive emotions by strengthening one's mental health.

Mind games or true mental health?

Desmond Tutu

- Self acceptance is the start of that health (p. 85-87)
- Needed: a radical self awareness regarding our fears.
- Fear as a mental projection (p. 88)

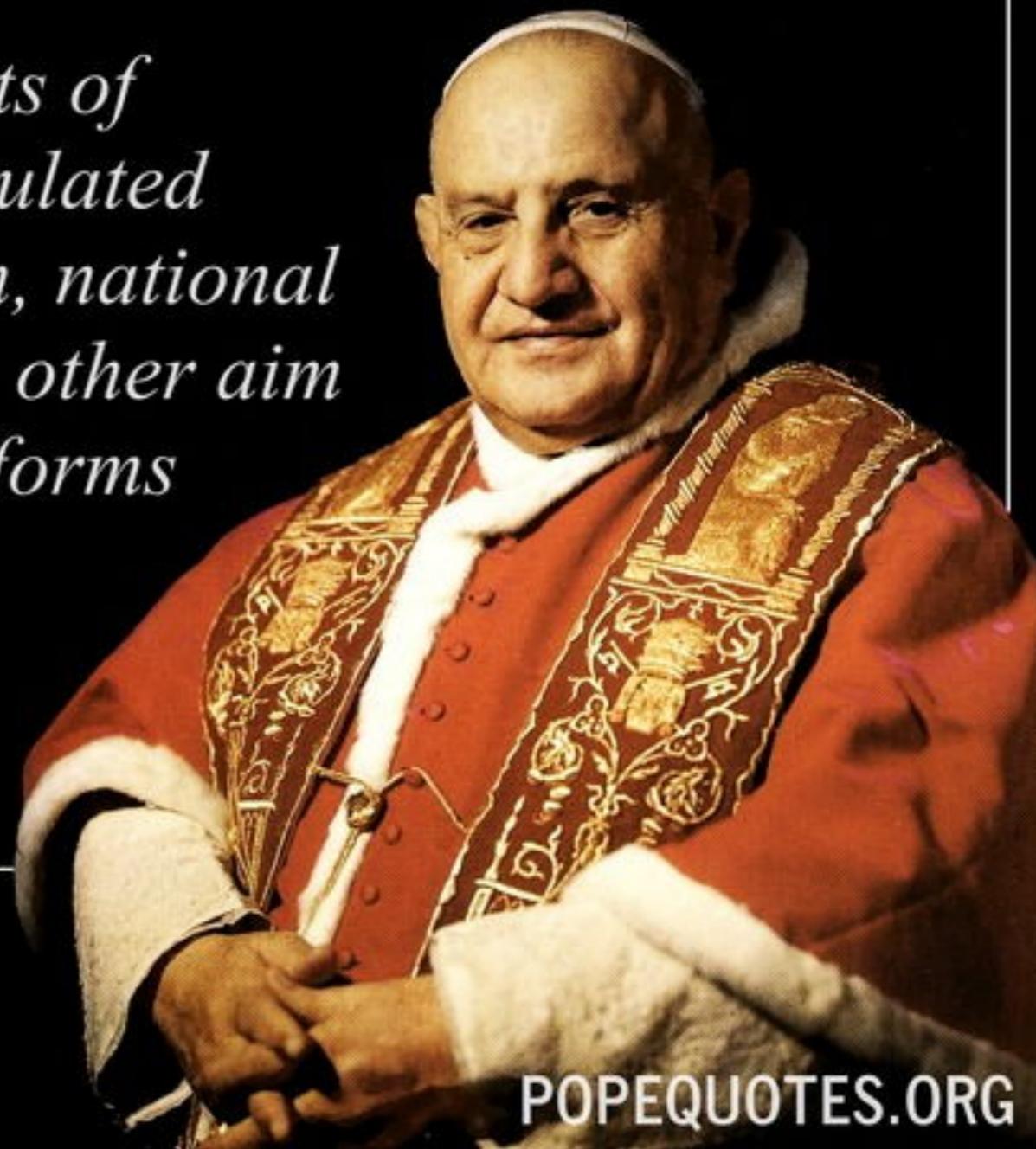


Dealing with our frustrations

- are these cognitive psychological approaches realistic?
- discuss your personal experience with this

“It must not be the special interests of individuals or groups, nor unregulated competition, economic despotism, national prestige or imperialism, nor any other aim of this sort. On the contrary, all forms of economic enterprise must be governed by the principles of social justice and charity.”

Pope St. John XXIII



POPEQUOTES.ORG

BREAK



The Joy of Giving Service to Others

3 m

<https://www.youtube.com/watch?v=PesEgEYauG4>



Born on the Continent - Ubuntu

Getrude Matshe - TEDx 6 m

<https://www.youtube.com/watch?v=BzlyOtusDxE>



Eastern vs Western Philosophy

3.5 m

<https://www.youtube.com/watch?v=fKe600qHEAg>



Closing Meditation: HUMILITY



happiness is an emotion we experience, while joy is an attitude we can develop

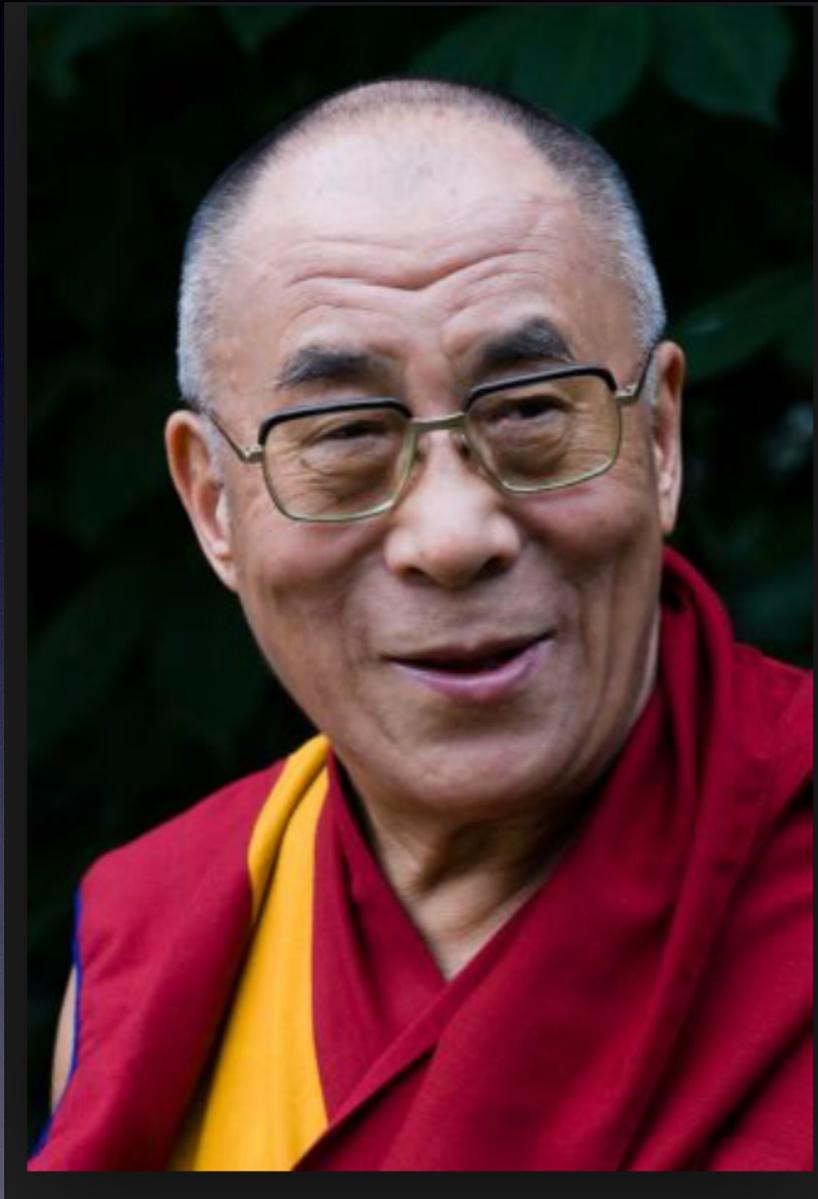
Humility is not
thinking less of
yourself, it's
thinking of
yourself less.

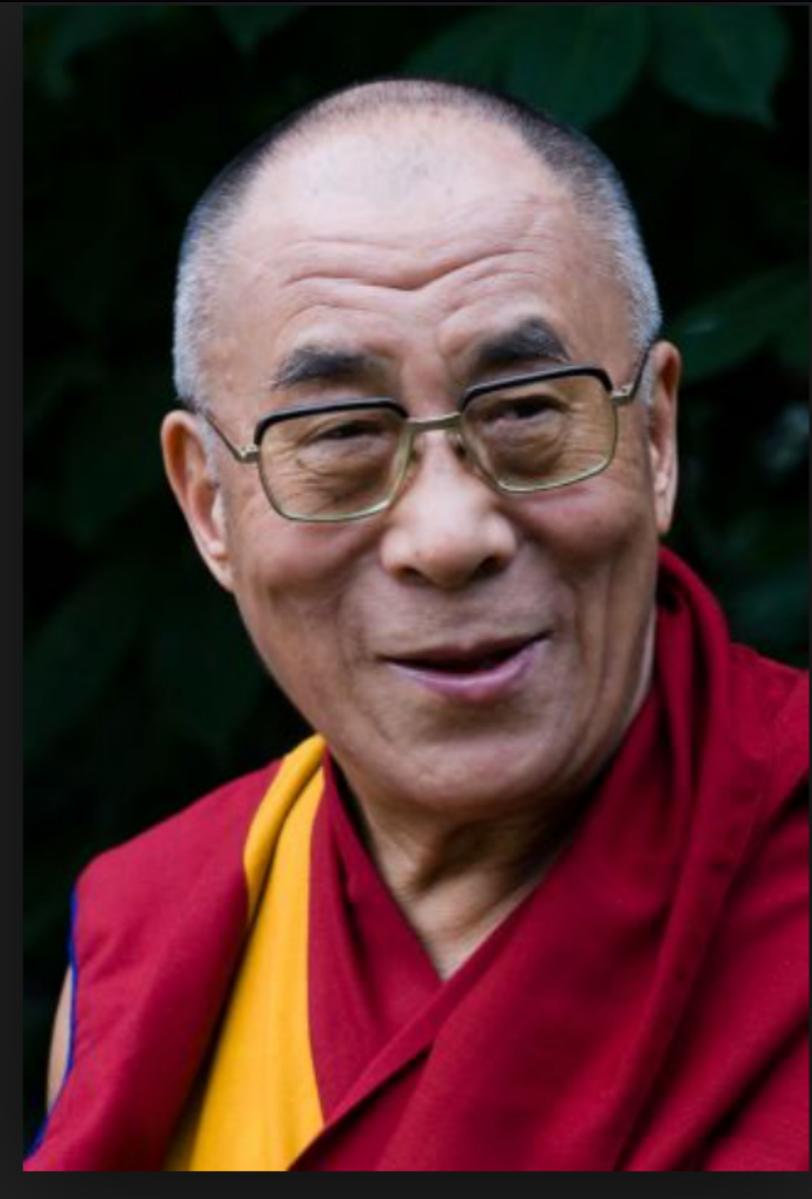
Humility

The Dali Lama speaks of a Tibetan prayer -

“Whenever I see someone, may I never feel superior.”

This is the second pillar of joy.





Humility

Considering yourself greater than your fellows only serves to rob you of happiness.

It separates you, makes you feel as if you must act a certain way, forces you to strive ever harder to maintain this air of superiority.



Humility

Both the Dalai Lama and Archbishop Tutu feel the same. They want to be able to truly appreciate the people around them as equals.

“When we foster humility within ourselves, we find it easier to be open to the opinions of others, and to realize our own limitations. Without being open in this way, learning and growth stop—both of which are components of a happy life.

Many people confuse humility with timidity, but these two qualities are very different. While timidity is rooted in fear, humility merely means remembering that others are as valuable and wonderfully made as you are.

Allow yourself to be connected with others through humility, and you’ll discover one of the essential pillars of joy.”

Wesley Baines

<http://www.beliefnet.com/inspiration/the-eight-pillars-of-joy>

This second mental pillar of joy, “humility” comes from the Latin word for earth or soil, *humus*.

Archbishop Tutu asserts, “Whenever we realize that we are all children of God, and of equal and intrinsic value, then we don’t have to feel better or worse than others.... No one is a divine accident.”

He explains that while we are not special, each of us is essential. Nobody else can fulfill our unique role in the divine plan. He cautions that although humility allows us to celebrate the gifts of others, it does not mean that we should deny our own gifts or hesitate to use them.

“Whenever I see someone, may I never feel superior.
From the depth of my heart, may I be able to really
appreciate the other person in front of me.”

A Tibetan Prayer



HUMILITY

- Helps us to avoid isolation judgment and indifference.
- And helps us remember:
 - our common bond with others.
 - that we are all equally beloved children of God,
 - that we are just one of the seven billion people on the planet,
 - that we are all in it together.

The Book of Joy P. 330

PRIDE IS
CONCERNED WITH
WHO IS RIGHT

HUMILITY
IS CONCERNED WITH
WHAT IS RIGHT

– EZRA T. BENSON –

HUMILITY:

#2 Pillar of joy of the mind

A LOJONG PRACTICE: The methods of Lojong nurture the pure seed of awakening in the heart of each of us. Through meditation we can begin to transform egotistical self-clinging into selfless generosity and compassion.

Lojong: 59 aphorisms for meditation

Handout. Also see Wikipedia link:

<https://en.wikipedia.org/wiki/Lojong>



Reflect on all
the people
who are
responsible
for your life.

Allow your heart to open and
experience love and appreciation for all
those people.

- Fear, Stress and Anxiety (Page 93)
- Frustration and Anger (Page 101)
- Sadness and Grief (Page 109)

READINGS FOR SESSION #4

Remember: No Class Next Week
- Happy Thanksgiving.

