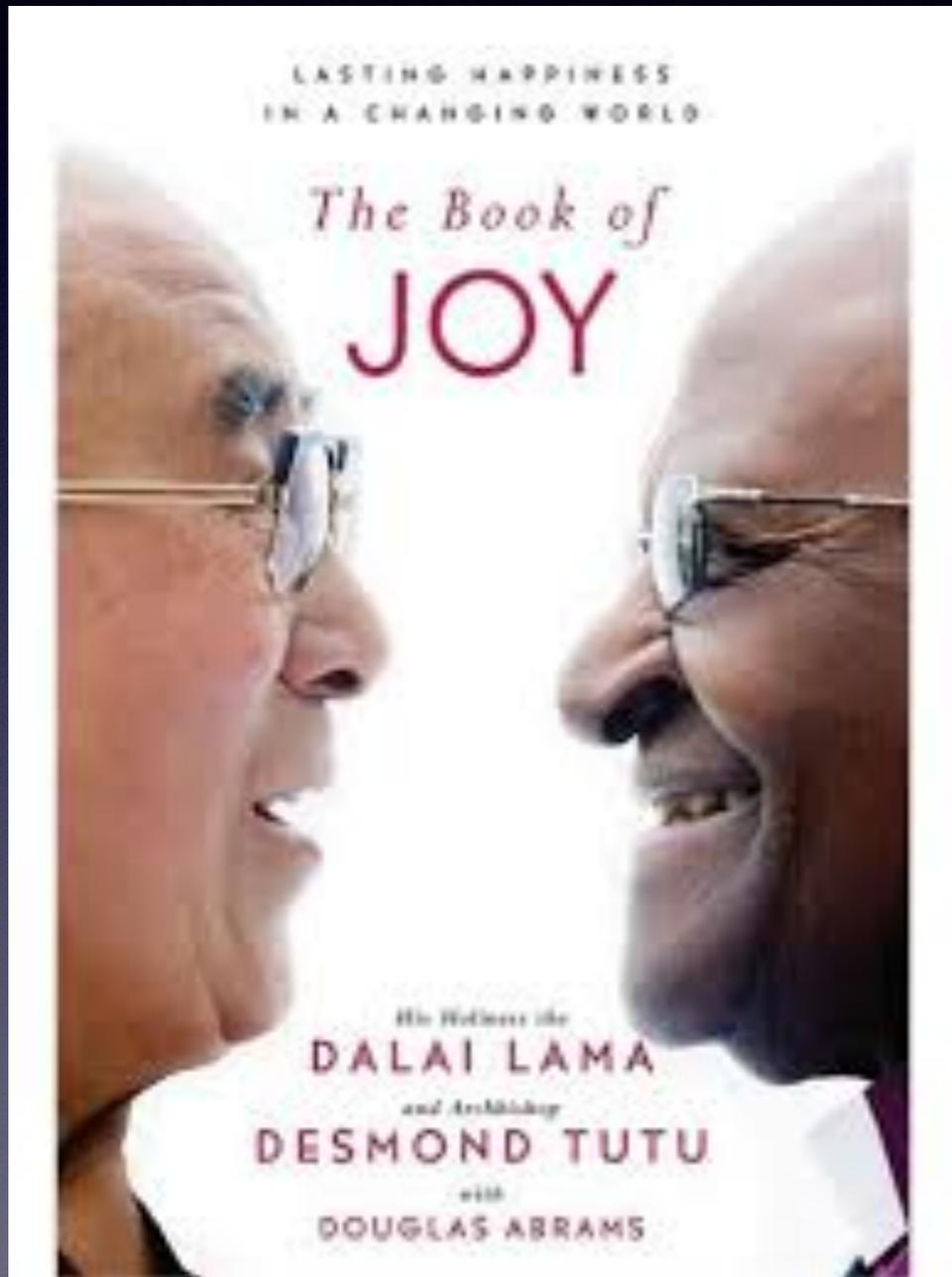


# The Book of Joy

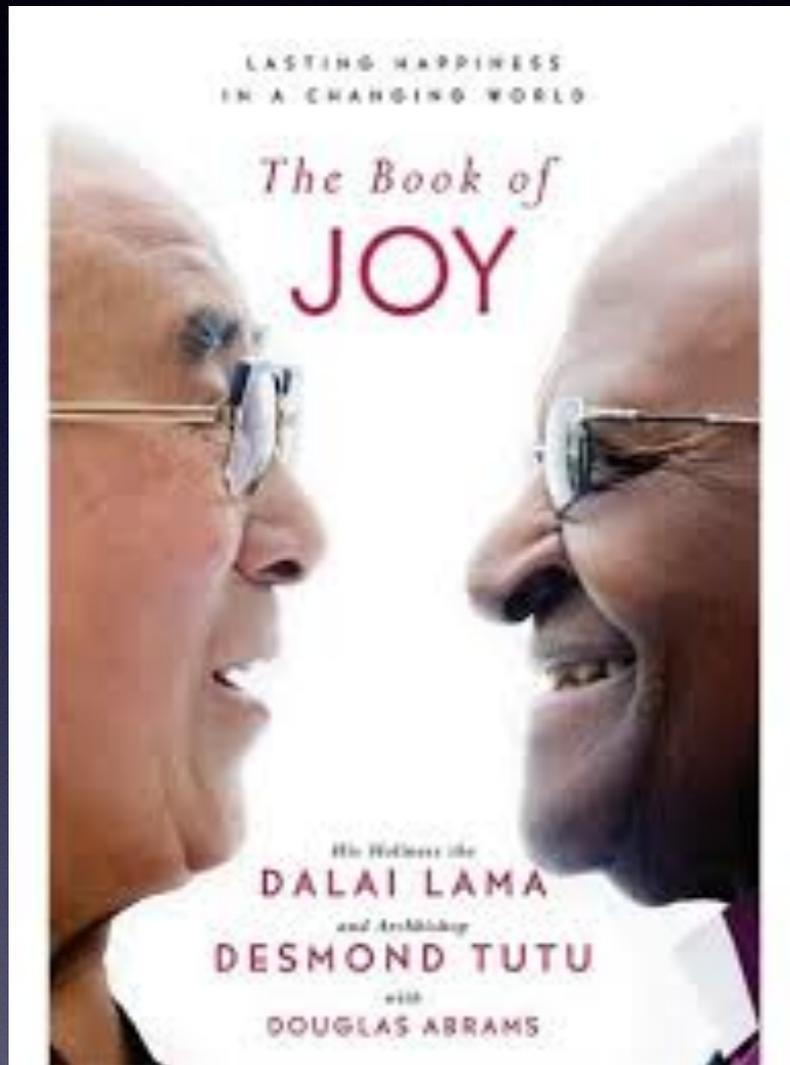


Holy Manners Bookstudy 41

ACTS  
Fall 2018

St David's United Church  
Calgary

Opening

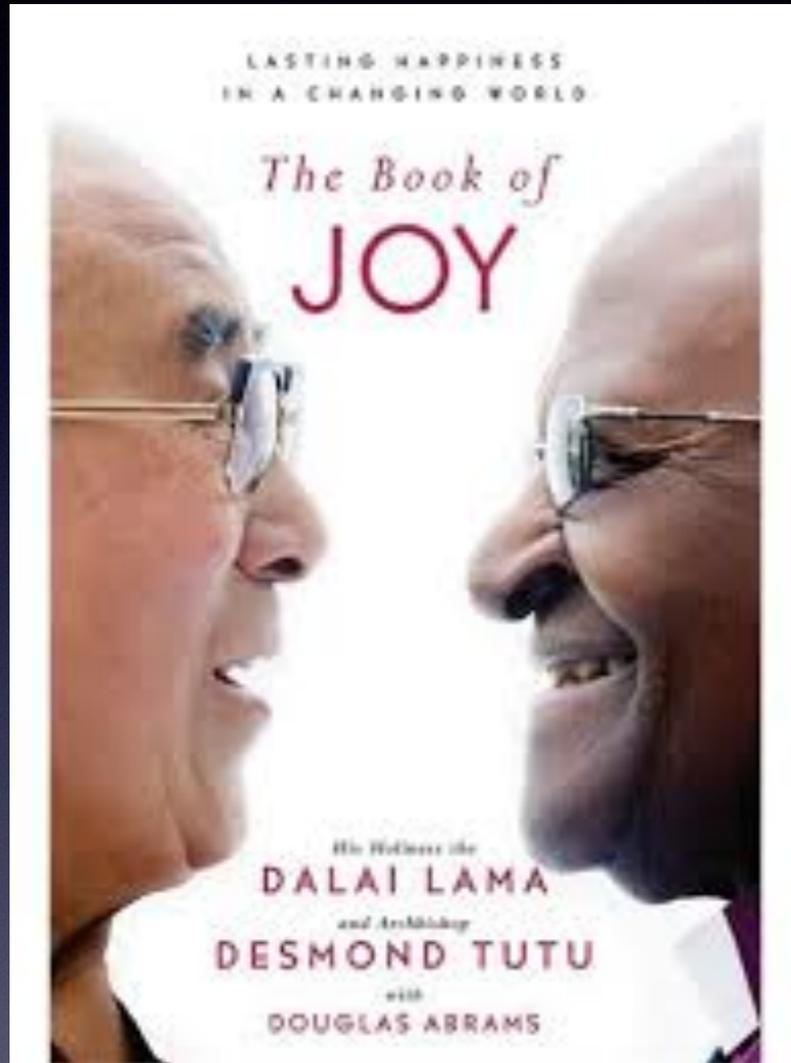


# Book of Joy

## SESSION #4

# Welcomes & Housekeeping

## Themes for the Evening



- A. Exploring Mind, Brain, Soul and Spirit from a Judeo-Christian perspective.**
- B. Book Section Review:**
  - a. Fear, Stress and Anxiety (Page 93)**
  - b. Frustration and Anger (Page 101)**
  - c. Sadness and Grief (Page 109)**
- C. Videos**
- D. Meditations**

# Exploring Mind, Brain, Soul and Spirit from a Judeo-Christian perspective.

This week, we'll consider the Biblical dimensions from a Judeo-Christian perspective. Next week we'll consider these spiritual fundamentals from an Interfaith Christian-Buddhist perspective.



# Mind and Brain vs Soul and Spirit

- non-biblical vs biblical terms
- Hebrew understanding of Spirit was emotional and reflective, not eternal
- Hebrews did not believe in eternal life
- At time of Jesus idea of eternal life was blending into Judaism from Greeks

# Mind and Brain vs Soul and Spirit

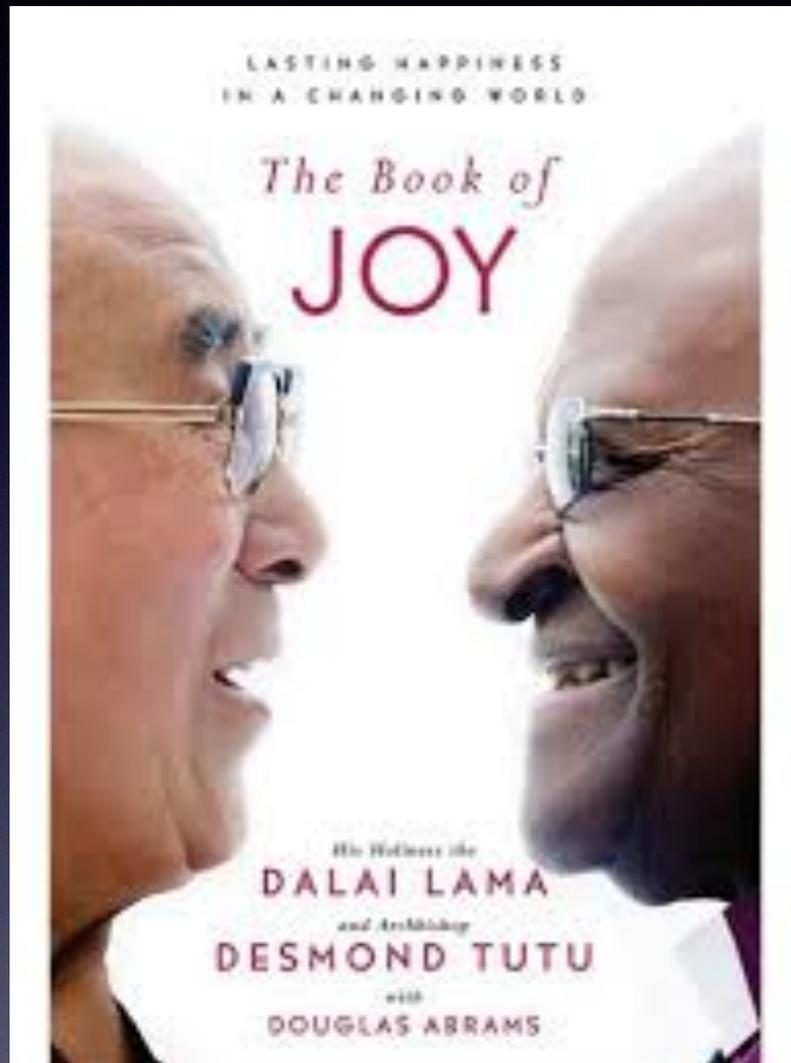
- in bible “heart” is seat of feelings and mind
- “soul” is seat and action of spiritual experiences and emotions
- “flesh” or “body” indicates vulnerable existence within a group
- “spirit” is the life-giving power from God

## Mind and Brain vs Soul and Spirit

- human nature - importance of individual is bound up with group or society as whole
- in Christian times concept of “eternal life” emerged
- Paul - our “spiritual body”
- Paul - “our mortal nature will put on immortality”

# Obstacles to Joy

- a. **Fear, Stress and Anxiety:  
I Would be Very Nervous**
- b. **Frustration and Anger:  
I Would Shout**
- c. **Sadness and Grief:  
The Hard Times Knit Us  
More Closely Together**



# General Comments on these chapters

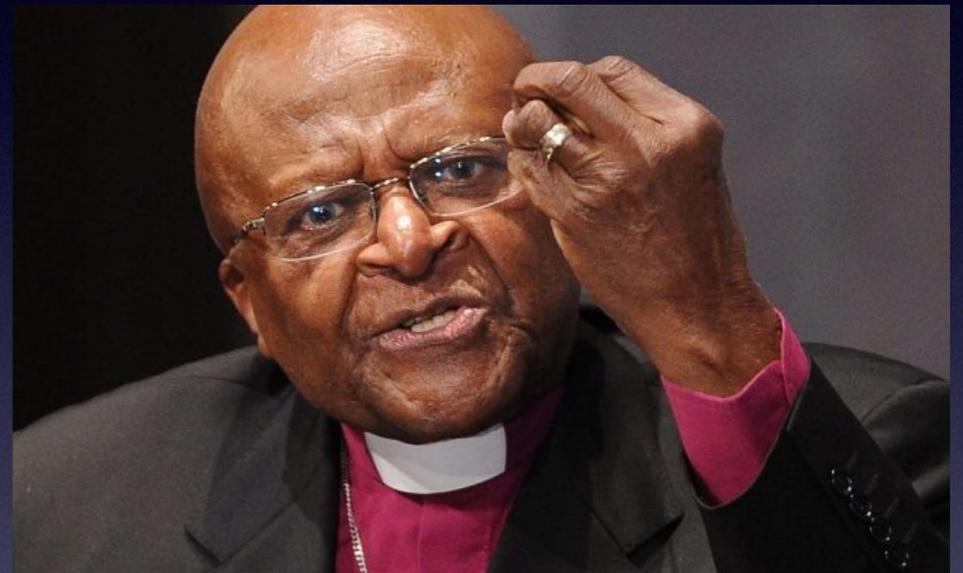
**All three chapters express natural human reactions to difficult or challenging circumstances - Stress, Frustration, Sadness**



**Any yet, Tutu and the Dalai Lama see these as opportunities, and not ultimately negative visitors in our lives.**

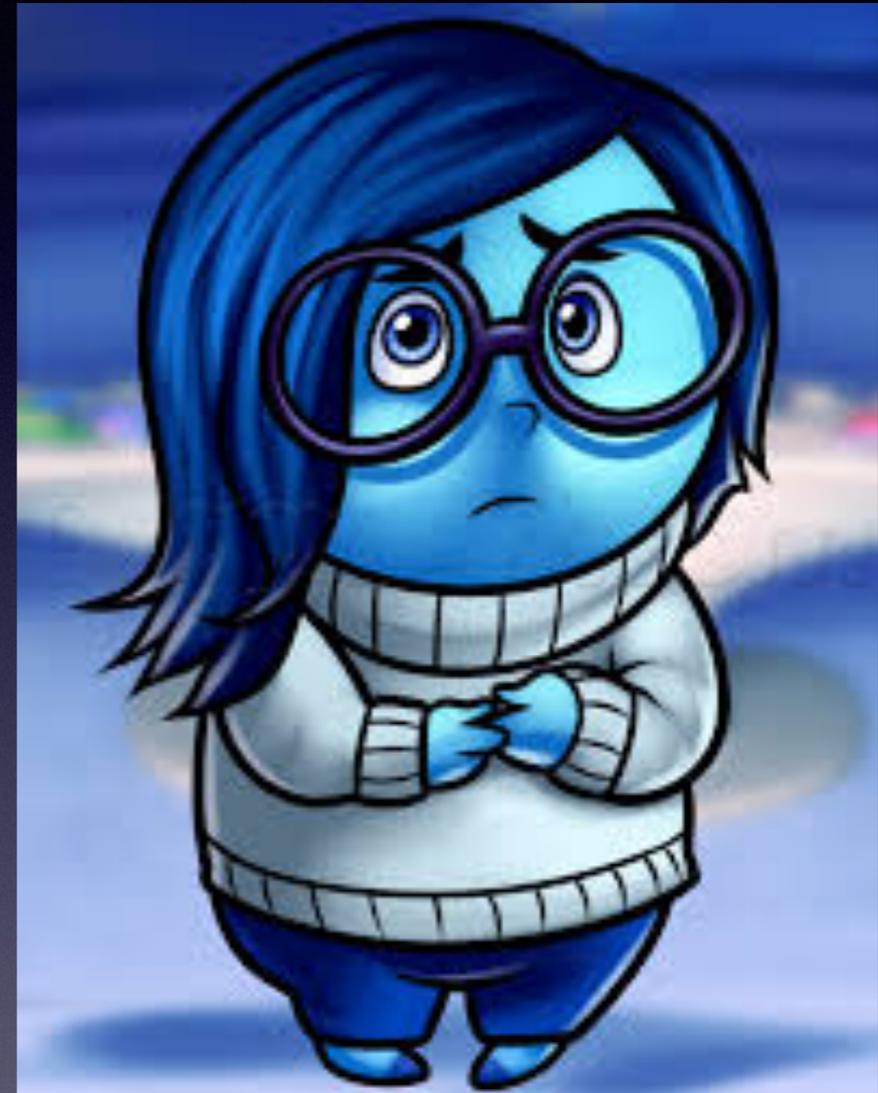
# Fear Stress and Anxiety

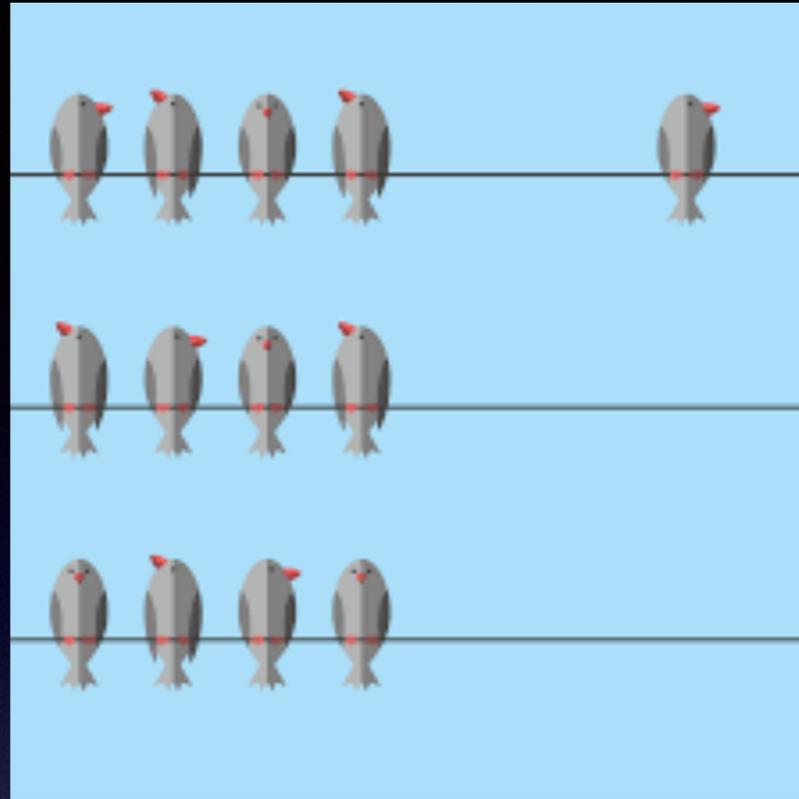
- To be human is to have fear, stress and anxiety (p.94)
- Tutu: courage is not the absence of fear, but the ability to act despite it.
- Natural fear gets exaggerated by the way we deal with it.



**Discuss**

- Modern life encourages independence, and we often end up dealing with fears on our own (p.95)
- When it comes to stress and anxiety, self-expectation often makes us our own worst enemy (p. 97)





## Discuss and Compare

- Independence vs. connectedness
- Anxieties vs. opportunities

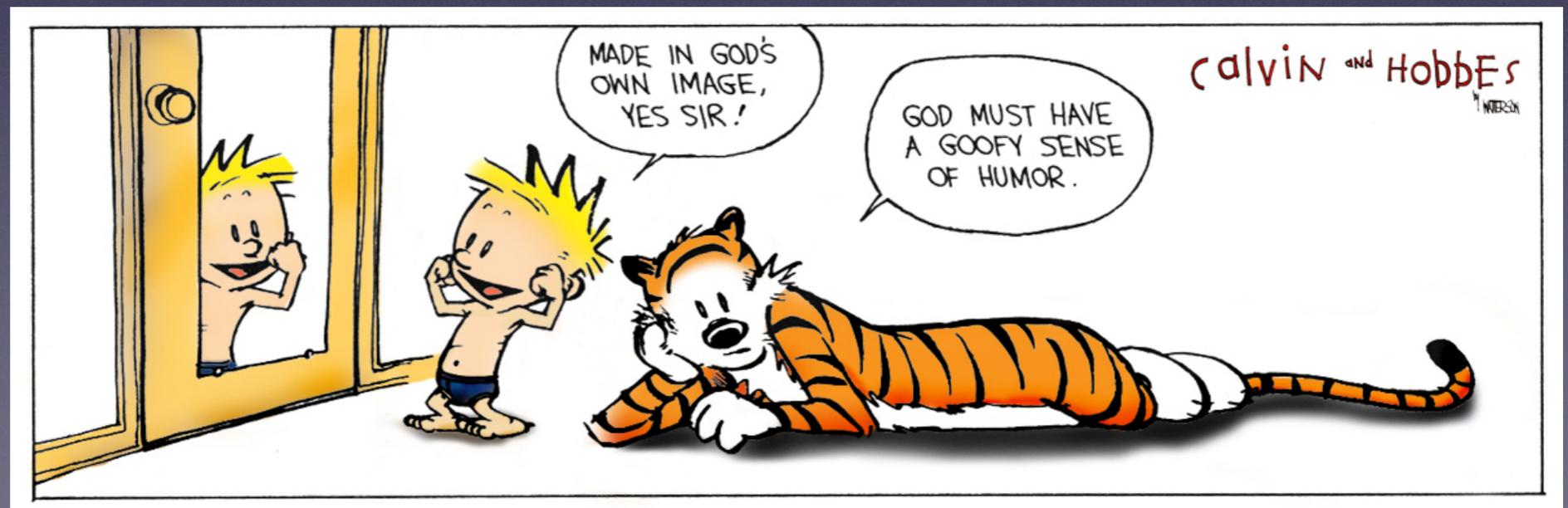
- A suggestion - ask ourselves "What is it we really need?"
- Is it not love and connection?
- How we think about these challenges affects our body response.
- We can turn threats into challenges and problems into opportunities.
- Remember: our "adversaries" at the deepest human level are just like us.

**Discuss**



# Frustration and Anger

- Key point of the evening - “It's not what happens to us - it's how we handle what happens to us”
- Take the high road of humour, acceptance, compassion rather than the low road of anger, since fear underlies anger and it can drive us much further than we need to go.
- Remember that your adversary is also made in the image of God.

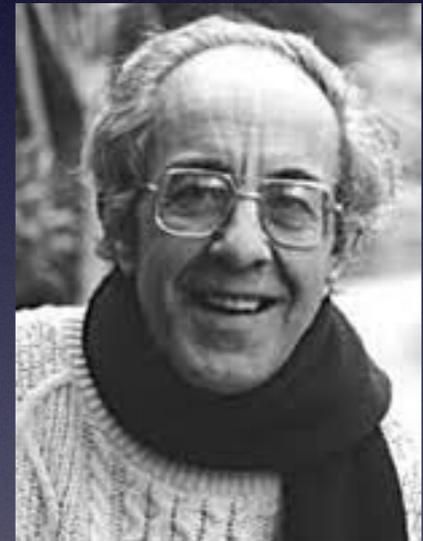


- What about righteous anger? (p. 106)
- That is, being angry in pursuit of justice, peace, equality
- That is, being angry in the service of others.
- So, discover what made you angry, and show compassion (p. 107)
- Tutu and Mandela - Truth and Reconciliation in South Africa



# Sadness and Grief

- Sadness - rather than something negative, can truly lead us to empathy, compassion, and our need for each other. (p. 110)
- Sorrow and joy are linked - Wayne's personal discovery of this truth through experience with Henri Nouwen.
- Loss - as a motivator to a great purpose in one's life.



Living authentically with sadness can lead to a new, refined and more mature happiness.  
( p.111)

## **Compare and Discuss**

cheap, vs. deep happiness



## Summary of these chapters

- Embrace all your emotions - both positive and negative - as they all play a necessary, important part in your life.
- Use your sadness and grief as the motivator to a deeper sense of purpose (p. 112)



BREAK



Pixar - Inside Out - excerpt  
a take on our emotional responses

5m

<https://www.youtube.com/watch?v=5MOSrkujTzs>



The Life of the Beloved (Henri Nouwen, 2011)

5m excerpt Crystal Cathedral Talk

<https://www.youtube.com/watch?v=ED04IAnWv3o>



Canada's cultural genocide of indigenous Peoples 4m

<https://www.youtube.com/watch?v=w5Gi0ycmekE>



## SPECIAL FIND.

In the course of preparation we came across an important and timely interview from the TV Ontario show “Agenda”. A 34 minute 5 panel conversation on UofT professor Suzanne Stewart’s observation that the government of Canada is essentially keeping indigenous people in crisis in order to get unfettered access to the riches of their land.

LINK: <https://www.youtube.com/watch?v=a6Vs7IcxaF0>



# Closing Meditation

## Sheryl Schoenthaler

# THIRD PILLAR OF JOY OF THE MIND: HUMOUR

spontaneous,  
natural  
but...



... the ability to laugh at ourselves and to see the rich ironies and funny realities in our lives is actually something we can learn with practice. p. 331



A good  
life is when  
you assume  
nothing,  
do more,  
need less,  
smile often,  
dream big,  
laugh a lot,  
and realize  
how blessed  
you are.

*raindra prakasa*

[rawforbeauty.com](http://rawforbeauty.com)





- *Start is to pay attention to what makes you smile.*
- *Pay attention to the things in your life that give you pleasure.*
- *Find humour in the ordinary events of our daily life.*
- *Begin to celebrate your quirks.*
- *Lighten up. Enjoy the moment.*

- *R. B. Dilley - Between the Spaces in our Lives*



SHERYL'S VIGNETTES ON HUMOUR

THE ROLE OF HUMOUR IN HER LIFE.

# **Readings for Session #5**

**Despair: page 115**

**Loneliness: page 125**

**Envy: page 135**

**Opening: Margie O.**

**Closing: Deb.C.**

