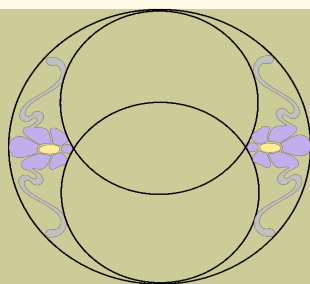


**Christians
Awakening
to new
Awareness
(CANA)**



CHRISTIANS AWAKENING

SUMMER NEWSLETTER 2017

Volume 6 Issue 3

CANA is a network of people exploring the emergence of humanity's next evolutionary step for which Jesus has paved the way. This requires us to risk living co-creatively through attunement to the ONE.

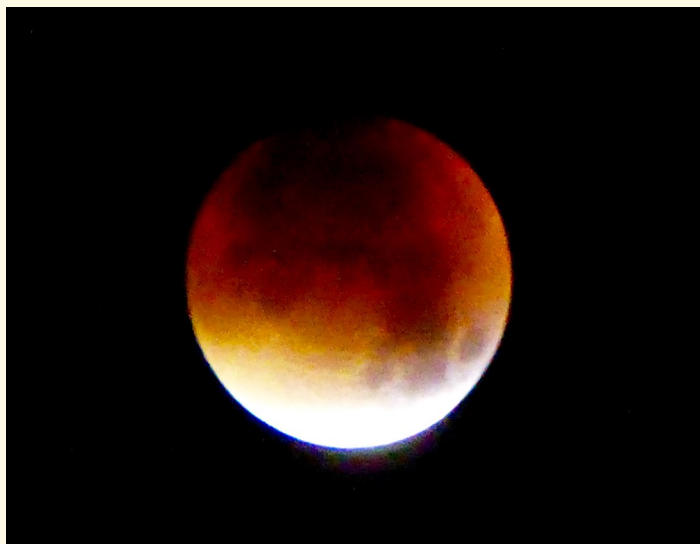
CANA offers people nurture and companionship in their process of awakening and the opportunity to find a commonality with others on a similar continuing journey.

Our collective journey has no set goal. The reality of our unity may be seen to develop. But the essential nature of our journey is one of continuing exploration.

Everyone's contribution is a valued part of the whole and none is dispensable. As we leave behind the language and interpretations of the past, we are challenged to find new expressions of the emerging vision.

CANA recognizes that we are all one through that of God within us from whatever background we come.

CANA is a group where risk becomes safe through trust and where exploration is key.



"When the light of our civilisation is totally eclipsed, the manifestation of a new world order becomes possible" Photo and caption: **Janet Lake**

CONTENTS

ARTICLE	by	Page no.
Editorial	<i>Don MacGregor</i>	2
Acornology	<i>Cynthia Bourgeault</i>	3
Towards a Spirituality:	<i>Janice Dolley, Jane</i>	
Journeying with Christianity	<i>Upchurch, Martin Paine</i>	4
Two CANA Events: September, October		5
An addendum to Jeff Olsen Day	<i>Harry Underhill</i>	
Book Review	by <i>Don MacGregor</i>	
'Easy Paying'	<i>Jane Upchurch</i>	6
We are Just Beginning to Learn to Look....	<i>Gillian Paschkes-Bell</i>	7
Diary Dates		Back page

"Could Christians migrate from defining their faith as a system of beliefs to expressing it as a loving way of life?"

Brian McLaren

Editorial

One of the key questions for CANA as a group, and for the world at large is 'Where are we heading?' The Core group has been addressing this question over the last year in different ways, the most recent being a 'Constellations' day (see report p.7) Where are we heading? The answer depends on our viewpoint and level of consciousness. Many commentators in the media see nothing but gloom and doom, seasoned with a heavy dose of cynicism and reactionary beliefs. Whether it's commenting on the Grenfell Tower debacle, or the state of British or American politics, it is about who to blame, who's going to get their comeuppance and take a fall. Yet within that, we see stirrings of a new way, a third way forward. We have existed in adversarial, dualistic worlds for so long, but the beginnings of a different approach can be seen. In public reactions to the bombing at Manchester Arena and the Grenfell Tower fire, there was a lot of love and compassion around, which seemed to dominate initial reactions, rather than thoughts of vengeance. To me, this is a sign of the raising of the vibration of human consciousness.

People say, 'How can ISIS do the unspeakable atrocities that they do?' Wind the clock back 500 years, and who was doing the atrocities? The Christian West! The consciousness of humanity is evolving, and belief systems have to evolve as well, if they are to survive. Hence our CANA tag line, *"From Water to Wine, the Way of Transformation."* Our spiritual lineage is Christianity, with all its 2000 years of theology and doctrine, its glory and goodness and its faults and failings. We see the world through different spectacles now to the ones worn in the medieval times, and our theology, experience and understanding have to move on. This is one of the main strands being now encouraged by CANA in the development of a publication "Towards a Universal Spirituality: Journeying with Christianity" – more information on p.4. The intention is that this will develop into a full learning programme, and we would be most grateful for your contributions.



We see Christianity as a path of transformation, enabling movement from the egoic desire-based lower self to the higher self, motivated by love, compassion and goodwill. This is the central message of Jesus, who taught us above all to love, which leads us to the kingdom of God, a better way of being in the world. This essential teaching of Jesus has a commonality with many other religious paths. But, as many teachers tell us, it is better to stick with one's own spiritual tradition and go deeper into it than it is to change to another path and start again. It is like a man who started digging a well, and got so far down then hit a hard patch of earth, so he gave up and started digging another well. After a while, it again got difficult, so he started yet another well. After again giving up with this one, he went to seek advice from a wise woman, who said to him, "Go back to your first well and persevere. You will reach water, and it will be the same water as you will find in other places. Just go deeper."

Deeper and wider, embracing new insights, new understandings, moving on from outdated concepts, incorporating some long-neglected teachings – these are some of the challenges and joys ahead as we move towards a more universal spiritual path for humanity. To survive in this troubled and difficult world, humanity has to find a way forward to co-exist in harmony with goodwill towards all other beings. The teaching is there in all mainstream religions, but it needs to be brought to the fore. Maybe the compassionate public reactions to recent disasters are a sign of change, a sign of evolving consciousness. Let it be so!

Light and Love,
Don MacGregor

ACORNOLOGY

By Rev Dr Cynthia Bourgeault

"Once upon a time, in a not-so-faraway land, there was a kingdom of acorns, nestled at the foot of a grand old oak tree. Since the citizens of this kingdom were modern, fully Westernized acorns, they went about their business with purposeful energy; and since they were midlife, baby-boomer acorns, they engaged in a lot of self-help courses. There were seminars called *"Getting All You Can out of Your Shell."* There were woundedness and recovery groups for acorns who had been bruised in their original fall from the tree. There were spas for oiling and polishing those shells and various acornopathic therapies to enhance longevity and well-being.

One day in the midst of this kingdom, there suddenly appeared a knotty little stranger, apparently dropped 'out of the blue' by a passing bird. He was capless and dirty, making an immediate negative impression on his fellow acorns. And crouched beneath the oak tree, he stammered out a wild tale. Pointing upward at the tree, he said, *"We . . . are ... that!"*

Delusional thinking, obviously, the other acorns concluded, but one of them continued to engage him in conversation: *"So tell us, how would we become that tree?"* *"Well,"* said he, pointing downward, *"it has something to do with going into the ground . . . and cracking open the shell."* *"Insane,"* they responded. *"Totally morbid! Why, then we wouldn't be acorns anymore."*

Humor aside, the point is obvious—at least when it comes to acorns. An acorn is only a seed - its nature and destiny is become an oak tree. Everyone knows this. What's much more difficult is to apply this same parable to ourselves. But that's exactly what Wisdom does—and in fact, all the great spiritual traditions of the world do, so far as I know, without exception. This

"I", whom I take to be myself, this individual who moves about on the planet making choices and doing her thing, is not who I am at all. It's only the acorn. Coiled within this acorn is a vastly more majestic destiny and a true self who lives it. But this oak tree of myself can come into being only if it lets go of its acorn.

All traditional sacred psychologies are based on the premise that there are two 'I's' who inhabit me: a lesser self, the acorn; and a greater self, whom I do not know yet and cannot ever fully know but whose destiny I can live out. The names for these two selves vary from tradition to tradition, but the important point to keep in mind is that what our contemporary culture proudly calls ego, the functional seat of our personal identity, is in every authentic Wisdom tradition dispatched immediately and unambiguously to the lower category. Whether 'healthy' or 'wounded', it is still the acorn. Life does not truly begin until the acorn falls into the ground.

Wisdom anthropology begins with the insight that.... we suffer from a serious case of mistaken identity. This lesser self is not who I am at all; at very most, it is the snakeskin. My real 'I' lives far more subtly within it, captured here and now in the quality of my aliveness. The movement from the lesser to the greater self is generally regarded (at least in the Western tradition) as a passage consciously and voluntarily undertaken. Theoretically, it's possible simply to wake up and

see—and in fact, instances of spontaneous enlightenment occur on all spiritual paths. But the journey toward full selfhood is more than just awakening, it involves a letting go that is also a dying. The acorn doesn't sprout right on the tree; it has to fall into the ground, and its shell must be cracked.



Towards a Universal Spirituality: Journeying with Christianity

This is the title of a publication in the making outlining steps towards a shared understanding of the emerging New Story about the nature of reality. In this new narrative we are discovering the deeper meaning of the Christian message. We love 'our neighbour – and our enemy— as ourselves' because we are all interconnected, part of one great web of life just as the mystics have always told us. We follow the biblical 'golden rule', or try to: 'do unto others as you would have them do unto you'. In the terms of the parallel Mosaic law, "Whatever is hurtful to *you*, do not do to any other person", because 'we who are many, are one body in Christ, and individually *members one of another*'!

Initially this publication is being compiled by CANA in the form of a small book of personal contributions, similar to the popular '*Stories of Contemporary Christians*', which, by the way, is being revised. About 10 people so far have contributed first drafts for possible inclusion in the new publication.

If you feel an impulse towards contributing something please do so by contacting Martin Paine (martin@danubluue.uk), or Jane Upchurch (janeupchurch@aol.com) or Janice Dolley (janice.dolley@btinternet.com). These three are acting as a core team. We are asking that pieces are written in a personal way, on something 'I have been discovering' rather than 'this is how it is', and suggesting 1500 – 2000 words. Further guidelines are available, also notes of an initial residential meeting that anchored the early stage of this endeavour, which was held at Holland House, Pershore in September 2016.

We are increasingly aware of our true essence, love; that we are multi-dimensional beings; and that the next rung on our evolutionary ladder brings us into a more conscious awareness of the One we call God, but known by so many different names and that we live in one world within a universe in which oneness prevails. Or, as Dr Jude Currivan terms it in her very recent book, 'we live in *The Cosmic Hologram*'.

Your own insights and growing understanding have a part to play in this greater whole. All contributions are welcome.

We see ourselves as being on a journey of awakening to a new vision of reality just as Fr Bede Griffiths envisioned in his later years. CANA's intention is eventually to develop, from this publication, an e-Learning programme, setting a course *Towards a Universal Spirituality: Journeying with Christianity*.

Janice Dolley, Jane Upchurch, Martin Paine



from *The Direct Path* by **Andrew Harvey** (Rider 2000)

"From the beginning of my life India initiated me into an awareness that God is One, present everywhere, alive in all events and all things. I grew up in a Protestant family with a Muslim driver, Catholic ayah and Hindu servants; no one mocked anyone else's religion; everyone felt free to worship in whatever way they wanted. My Muslim driver would speak to me of Allah; my ayah would talk to me of the mercy of Mary and show me how she worshipped her; our Hindu servant would take me to the local temple and put garlands of marigold around my neck and red tilak spots on my forehead and spoil me with fat orange and purple sweets blessed by the priest. Although my parents and grandparents were Christians I never heard them patronize Indian religion; my mother told me at an early age that God spoke to different peoples and different cultures in different ways, but that it was always the same God speaking, and the only finally important thing about life was whether you loved deeply."

CANA—from Water to Wine, the Way of Transformation (www.christiansawakening.org)

CANA Gathering, Autumn Equinox 2017

Sacred Incarnation

at Holland House, Cropthorne, Pershore, Worcs WR10 3NB (www.hollandhouse.org)

in September: Tuesday 19th (2 pm) to Friday 22nd (4.30 pm)

Exploring our connections with Nature, our individual ecological niche on the Earth and our collective level of service to the wellbeing of the Planet and its cargo.

Our days will be a mixture of practical nature awareness and attunement, meditation and creative activities, with an opportunity for sharing our inner selves in the company of kindred spirits. The programme will include Nature Constellations with Melissa Roussopoulos (see www.forgottenconnections.org)

CANA serves as a fellowship to resource our individual work in the world; it is a safe place for those who feel stifled by dogma, and is a secure source of inspiration. CANA also contributes at the level of collaborative and collective service. The Gathering is designed to deepen both aspects of our being together.

Further information: **Martin Paine**, martin@danubluue.uk 07519 732800

Cost: £300 (deposit £100, with the balance by 2nd August if possible)

Please book through CANA website (above) using PayPal button (which you can use as 'Guest'; you do not need a PayPal account) quoting ref. 'Sacred Incarnation'

Please come—you will be so welcome!

SILENCE BY THE SEA

CANA Residential Retreat—Exploring the Wisdom Traditions

at the Othona Community, West Dorset DT6 4RN

on 9th-12th October 2017

There is a real hunger for an authentic and living spirituality, emerging anew from its roots in the mystical heart of all faith traditions, but reawakened and revitalised to be accessible and relevant for today. This Retreat, whilst largely silent, will include inputs and mutual sharing as we explore the Wisdom traditions, along with daily periods of meditation and chants, mindful work and time to appreciate the beautiful setting.

Leaders are Janet Lake, Jayne MacGregor (both members of CANA www.christiansawakening.org) and Richard Sloan (RC priest committed to the transformative and healing value of contemplative listening) who have attended and been inspired by the Wisdom Schools and teachings of Rev Dr

Cynthia Bourgeault (www.contemplative.org) who says:

“Wisdom is not about knowing more, but about knowing with more of ourself.....about increasing our capacity for spiritual perception from an awakened heart”

Cost: Adult standard: £221 Adult Concession: £181 Deposit: £30

Booking is via Othona Community: www.othonawestdorset.org.uk or t: 01308 897130

Only a few places left! Rooms can be single or double

On the Jeff Olsen Day, 12 April 2017

I would like to offer another perspective: Jeff invited us to share our own NDE experiences and I would just like to add that for those of us who have not had a dramatic experience like his there can be another road to spiritual transformation—a life of Listening in Trust, and then just slogging on, step by step. The proof of the pudding is not in the event but in what we subsequently do with it, changing our lives until we live each day as much at home with our friendships and duties in the next world as we are with the life around us in this world. Living in both worlds at once can be learnt, and the glimpses of the bigger picture are what make it all worthwhile—like doing a jigsaw puzzle, and being equally aware of the little piece in our hand and the bigger picture where it truly belongs.

Harry Underhill

Wider Horizons by William Robinson – a review by Don MacGregor

Both within and outside the church there is an interest in ceremony that connects, and this collection of celebrations has been written, tried and tested by William Robinson over many years. (Within CANA, William is better known to many of us as Jonathan.) It started life a long time ago as the 'Grail Liturgy', and has been honed and adjusted over the years to bring before us a very useful and dynamic set of celebrations.

It consists of the New Horizons Mass (or Eucharist), Morning and Evening Prayer, then a series of short flexible services on the themes of Peace, Love, Light, Creation, Oneness, and Wider Vision. Each one has an introduction and suggestions for use. They have all been constructed thoughtfully, seeking to connect us with the evolving spiritual consciousness of our time, whilst also respecting the essence of the traditions which we inherit.

For those who wish to retain the form of Christian liturgy and experiment with new ideas, fresh words and wider horizons, this set of liturgies can be a valuable resource for use in church, chapel, or other group setting. I heartily recommend it!

"Wider Horizons - A Companion for the Journey." Copies available from William Robinson, £7 (+ £1.25 p&p) E: j.w.m.robinson@gmail.com

We trained hard – but it seemed that every time we were beginning to form into teams we would be reorganised – I was to learn later in life that we tend to meet any new situation by reorganising; and a wonderful method it can be for creating the illusion of progress while producing confusion, inefficiency and demoralisation.

Petronius Arbiter 210 BC



Easy Paying

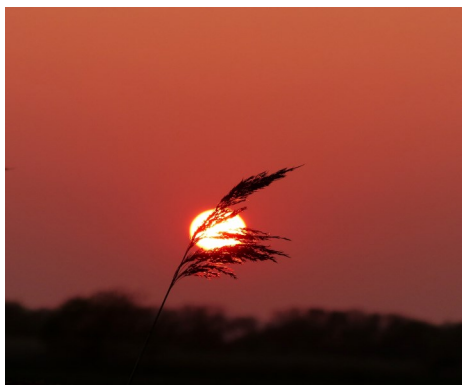
Thank you to all those who support us by regular giving. This enables us to plan and provide regular events, retreats, our newsletter, and material to inform and encourage our spiritual journeys. For those of you who would like to contribute financially and be part of CANA, receiving our newsletter and relevant information, it couldn't be easier. Our website (www.christiansawakening.org) now has a payment facility using PayPal. It can be used for a one-off donation, or for monthly or yearly payments which are particularly helpful to us. We suggest £20 a year. You can use your own PayPal account or your debit/credit card. You can also book places for events by entering the name of the event, how many places you want and the amount to be paid. If you do not want to do this on-line you can send us a cheque to book an event, or arrange donations to us by setting up a standing order through your bank. Our account number is 01889228 & sort code 30-94-38.

Thank you.

Jane Upchurch

(Treasurer)

Photo
by
Angela
Lattimore



We are Just Beginning to Learn to Look.....

*In early May this year, the Core Group met for a day of Constellations, through Clare Freeman. Lynn Stoney and her husband facilitated the Day, and at the end we felt it had been most worthwhile. The question we worked with was: **“How to move on with our spiritual lineage in a way that transcends and includes all that has gone before as a necessary part of the journey, and how to dissolve the blockages that are likely to arise in a way that supports our Awakening to the Real and the Birthing of the New”**. The way it worked was that individuals volunteered to take a role that was played out, speaking the part spontaneously and interacting with other roles. Eg, we had: The Present Moment, Judaism, The Elemental (Mother Nature) and so on. In the second session we had Sense of Exclusion, being Overlooked, and we acted out what it felt like and how it affected the group as a whole.*

Gillian Paschkes-Bell wrote an excellent report of the Day, which she is willing to share with any CANA people interested to know more. Contact her at gillianpb@hotmail.com or ring 01559 362350 for the full piece. Of necessity, this is a shortened report, to try and give a flavour of the CANA Constellations Day. To know more about the work generally, see www.constellationsworkshops.co.uk (The Editor)

Extracts from Gillian's report:

“What is Constellations Work?Lynn Stoney explained that the work aims to separate what has been wrongly joined, and to join what has been wrongly separated. It involves being grateful for the good we have received, while leaving behind the harm. And we do this, acknowledging, in essence, and where necessary: “What you did, did me great harm, and the responsibility for it I leave, most respectfully, with you”.

“We were all seated in a circle around an empty space. Lynn asked, Would someone move into the central space to represent where we are now; that is, The Present Moment. After a pause, Martin stood up. “Just walk around,” said Lynn, “until you feel you're in the right place.” Next, she asked if anyone would like to represent sources of the Christian lineage. Another pause, and Jane and I stood up. Again we wandered round until each sensed she had found the right place. On the floor I noticed that I experienced a clear impulse as to when and where to stop moving.

Once everyone in the space had stopped moving, we paused and looked collectively at the 'constellation' we had formed. Jane revealed she was representing Judaism. I was still feeling into what I was representing. It felt very ancient. I called it: 'The Elemental', meaning the elemental forces that shape the cosmos: Mother Nature herself, variously seen as the Goddess, the Spirit of Gaia. In our constellation, The Elemental was looking straight at The Present Moment, who was looking straight back. Lynn invited us to speak.....”.

“It was The Present Moment who began, giving voice to what was coming up to be expressed. And: “I want to possess you,” was what he told The Elemental.

As The Elemental, I sensed an immediate response, folding my arms in closure and standing my ground. The Present Moment stepped back, at least psychically, re-assessed, then tried again, from a somewhat humbler standpoint. When he finally arrived at: “You are very important. I am just beginning to know that I can't flourish without you. I am just beginning to learn to look at you,” The Elemental noticeably relaxed.....”

“.....We then did a second piece of Constellations Work which started with the Individual and CANA, each accompanied by a Hidden Gain, attempting to engage with The Present Moment in preparation for the Future. Both Individual and CANA found the Present Moment elusive. They appeared to give up on it, neatly side-stepped the Blockage and stood before The Future who stood gazing down on them, leaving me with the question, What kind of a Future are we preparing when we side-step the Present Moment.....?”

Gillian Paschkes-Bell

SPRING 2017

**Christians
Awakening
to new Awareness
(CANA)**

**Copy for
Autumn/Winter
Newsletter to:**

Denise Moll, Editor
21 Fleetwood Court
Madeira Road
West Byfleet KT14 6BE
E-mail: denise.newleaf@
phonecoop.coop

by October 2017

Administrator

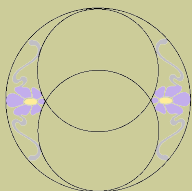
Martin Paine
Royston Farm, Talewater,
Exeter, Devon EX5 2RR
Tel: 01404 851476
E-mail: mrpaine@gn.apc.org

We are on the Web:

[http://www.
christiansawakening.org](http://www.christiansawakening.org)

Cana Core Group:

Janice Dolley
Clare Freeman
Judy Hanmer
Don MacGregor
Denise Moll
Heather-Jane Ozanne
Martin Paine
Celia Storey
David Storey
Jane Upchurch



CHRISTIANS AWAKENING Newsletter

DIARY DATES - 2017

CANA Gathering, Autumn Equinox 2017

Sacred Incarnation

at Holland House, Crothorne, Pershore, Worcs WR10 3NB
(www.hollandhouse.org)

in September: Tuesday 19th (2 pm) to Friday 22nd (4.30 pm)

SILENCE BY THE SEA

CANA Residential Retreat—Exploring the Wisdom Traditions
at the Othona Community, West Dorset DT6 4RN

on 9th-12th October 2017

(see page 5 for more details on both events)

Ammerdown, Bath, Somerset:

4 to 8 September

Tikkun Ilam ('Mending the world' in Hebrew) – Called to be a prophet. Sr Maureena Fritz writes: *"Mending the world is building relationships. In Buber's words, all real living is meeting. Our five senses, tasting, touching, seeing, hearing, smelling, are our portals to 'what is'. Through them we encounter the world and God - Whoever goes forth in truth to meet the world goes forth to meet God who reaches out to humans (Heschel, 'God in Search of Man'). The topics we will examine during the week include: God as the Makom (Place) of the world; alertness to the Divine Presence; teshuva (repentance, not blotting out sin but elevating it); Balaam, the prophet (Numbers 22-24); Jesus, the prophet; you, born to become a prophet; and the vocabulary of prophecy".* For more information or to book a place go to <http://ammerdown.org/Tikkun-Olam-Maureena-Fritz-2017> or ring 01761 433709.

18 to 21 September

Sacred Circle Dancing – Breath of Life led by Judy Harvey As the name suggests, the form of the dance is a circle. This is in fact the oldest form of dance on earth. It is a therapeutic activity. The circle allows each and every one, whatever their age or physical ability, to feel safe to relax and discover the joy of dancing. For more information or to book a place go to <http://ammerdown.org/Sacred-Circle-Dance-Breath-of-Life> or ring 01761 433709.

29 September to 1 October

John Main, Desert Father and Celtic Monk led by Stefan Reynolds from the WCCM community. One of the greatest challenges that Christianity faces today is the practical rediscovery of its age-old traditions of prayer and contemplationbegun, among others, by the Benedictine monk and priest **John Main**. **Bede Griffiths** called him *"the most important guide in the Church today"*, for his teaching of a simple clear way of prayer that helps discover the Divine spark within as children of God. For more information or to book a place go to <http://ammerdown.org/John-Main-Desert-Father-and-Celtic-Monk-2017> or ring 01761 433709.

NB for next year: Fri 16-Sat 17 March 2018, Gladstone's Library, Hawarden, near Chester. Rev Don MacGregor leads a retreat based on his book, 'Blue Sky God.' Booking via www.gladstoneslibrary.org when their 2018 programme is published.