

CANA eLETTER MARCH 2023

TRANSFORMATION AND SPIRITUAL PRACTICES



Contents

Introduction

A follower of God by Jane Upchurch

Transformation is the good news by Don MacGregor

The transformational journey of this lifetime by Janice Dolley

Threshold by Jane Upchurch

The power of silence by Brian Holley

The spiritual practice of joy by Jane Upchurch

Come back into balance by Gillian Paschkes-Bell

Do you want to fast this lent by Pope Francis

Upcoming events

What is the purpose of belief in and relationship with the Divine? Is it to worship God? Is it so that we can get to heaven? Or is it that we might be changed, might become the new creation that Paul talks about in his letter to the Corinthians, might be more and more like Jesus. Transformation is the topic of this eLetter, and some spiritual practices that we have found helpful.

A follower of God

To be a follower of God isn't to exchange a life of sin for a life of safety. It is to know the fire that birthed the universe, to be transformed from an image breaker to an image maker, co-creating with God. It isn't to celebrate history and ritual but to dance so hard with a celebration of life that it stamps upon injustice and calls out the

celebrant in others. To be a follower of God is not to build walls around a belief group but to be part of the community of creation. It isn't to expect beds of roses without thorns but to know that beds of thorns will have roses. It is a prophetic call to see and hear, to respond with compassion and not fear anger. It is to change the world by changing my life. It is to be the face of God in my time.

Transformation is the Good News by Don MacGregor



Here is a little story I found on the internet many years ago. One spring day, there was a blind man sitting on the steps of a building with a sign by his feet and that read: 'I am blind, please help'. A graphic designer was walking by him and noticed the man only had a few coins in his hat. He dropped a few more coins in and, without asking for his permission, picked up the sign, turned it around and wrote another message. He placed the sign by his feet and left. That afternoon, the graphic designer returned by the blind man and noticed that his hat was full of notes and coins. The blind man recognised his footsteps and asked if it was he who had re-written his sign and he wanted to know what he wrote on it. The designer responded, "Nothing that wasn't true, I just reworded it". He smiled and went on his way. The blind man never knew but his new sign read: 'TODAY IS SPRING AND I CANNOT SEE IT'.

Expressing the same message in different ways can revolutionise things. What is the message that Christianity is trying to convey? My view of it is something like this:

- There is a God of love in whom we live and move and have our being.
- Jesus showed us what it is like to fulfil human potential, to be a god-filled human being, which led to his death and changed the information pattern, the morphic field, for all humanity. He demonstrated for us the Christ path.
- In this one man, humanity and the Christ aspect of God were joined. Divine Love and Wisdom shone forth in human form.
- In following the path blazed by Jesus the Christ, we are all on a journey of transformation into wholeness.
- There are new spiritual energies coming in at this auspicious time which are raising the consciousness of humanity, aiding this transformation.
- This is the way forward for the human race, to be slowly transformed for the betterment of humanity.

- The gospel message should be, 'Awaken now to the reality of the divine presence within and embrace the mind of Christ'.

[Click here to read the rest](#)

The Transformational Journey of this Lifetime by Janice Dolley



'No man ever steps into the same river twice, for it's not the same river and he's not the same man'.

2,500 years ago this was the teaching of the Greek philosopher Heraclitus and then 500 years later Jesus the Christ gave us his vision of a transformed humanity and a transformed world through love. We know that change is a continuous daily process but if it is to be transformative change then we each need to transcend our yesterday self in some way and discover more courage, more compassion, more generosity towards all in our global family, human and other than human.

This change starts within our own minds as we embrace the oneness and deep interconnectedness of all life beyond the fragmented worldview we inherited at birth. We also need to change our hearts and extend our love to all, regardless of culture, creed or character. Then, and only then, can we treat others as we ourselves would like to be treated. This is quite a challenge, but this transformative change is already underway across the world. It was the scientist Rupert Sheldrake who first wrote of the morphic field, an invisible dimension subtly permeating this physical dimension through which thought and behaviour invisibly spreads. This idea is helping us to realise that instead of us feeling insignificant as one relatively unknown individual we can remind ourselves that it is the shift within each one of us that ripples through the field and who can know which of us will be the proverbial 100th monkey!

[Click here to read the rest](#)

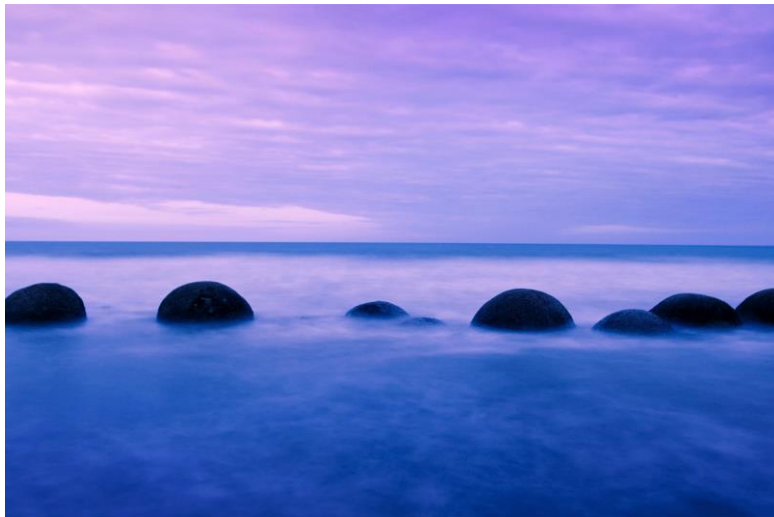
Threshold

The sunlight falls,
flickers off leaves and fronds

of fern, weaves
patterns in the hedgerows that guard
the garden, tumbles
and teases the edges of shade,
the glade alight with it,
the space hugging the watching
trees that are icons,
the grass between
a prayer mat
to sit and soak in the sun's syrup
as I lose myself
in the soaring sky.

The place changes,
lifts off from the physical, visual
reality of suburban plot
to become a world charged with the glister
of new-born buds, of ants
scurrying in the dirt, of God;
the invisible vigour of life's longing,
the myriad unseen creatures,
the roots and the fungi,
the surging push inside cells,
inside souls, tingles in the air
like incense.

The Power of Silence by Brian Holley



'Each one of us has an ever faithful companion-presence. Something that is always with us. Something that helps us live with inner integrity and depth, to see through the outer coverings of others and of the world to their purpose and core being, and to get over placing ourselves at the centre of everything.'

So Robert Sardello begins the first Chapter of 'Silence: the mystery of wholeness'. This companion-presence is, of course, Silence. It never leaves us, Sardello says.

We leave it by being caught up in the busyness and turmoil of our world. But if we stop for a moment and look within, it is always there, always available. We can learn to live in the liminal space between the virtual reality of our ego perceptions and the true reality of the eternal.

Silence dwells in the body's centre, the heart. It is the ultimate source of that which enables the coherence of life energy, in all its forms. Some say, with good reason, that incoherence is the cause of most diseases of body and mind. The practice of silence, in whatever form we may choose, brings coherence; that is, it enables the ways that energy flows through us to do so efficiently and without disruption, especially the disruption of our own ego-thoughts. The heart, being both a physical and spiritual centre, is the organ and chakra that brings coherence to this flow.

[Click here to read the rest](#)

Joy as a Spiritual Practice by Jane Upchurch



Joy hasn't always been considered desirable for Christians. A shame considering the bible says 'In your presence is fullness of joy' Psalm 16.11, and 'The joy of the Lord is your strength' Nehemiah 8.10. These have helped me for years. They help me physically because joy links to the endorphins that keep our body healthy. I have become aware that when I get sniffles or a sore throat I have often been feeling down, so instead of thinking 'Oh no, I am getting a cold' I feed the joy like a medicine or an energy field for a day or so which works wonders.

And joy is more than this. Galatians 5 lists what are often referred to as the fruits of the Spirit but the word in the bible is single – fruit. In other words the Holy Spirit in our lives leads to all these qualities; they are all part of the divine nature, they are linked to each other and are part of us. The first, of course, is love, the third is peace but the second is joy! So as we live in joy we will also be filling our souls with love and peace (and vice versa).

[Click here to read the rest](#)

Come back into balance by Gillian Paschkes-Bell

This spiritual practice is from an ancient Celtic tradition, and meets those situations when there is something bothering you, you've done the rational thinking about it needed, but it's still there, nagging. Here's the practice: Remain still, in any posture. Stop the thinking mind. Scan the body to see where the difficult thought is causing some reaction. Place the full focus of your mind on that part of the body, and simply breathe into it. When you do that, after a while, the body will usually relax in that place, and when that happens, you conclude the practice by saying, "Thank you." I find this a powerful practice for interrupting unhelpful thoughts and giving time to come back into balance, after which the difficulty can appear in a new perspective.

Do you want to fast this Lent? In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.
- Fast from words; be silent and listen.

EVENTS

Awakening to New Awareness - The Evolutionary Edges of Christianity

Saturday March 25th 2023, 10.30-4.30

White Eagle Lodge, Brewells Lane, Liss, East Hampshire GU33 7HY



Many spiritual traditions have talked about the deep interconnectedness of all life, which science is also discovering, but how does this relate to our religious theologies

and beliefs? How can we be motivators for change in an increasingly challenging and secular world?

This one-day conference is being organised by the coming together of two groupings on the evolutionary edges of the Christian tradition, Cana (www.cana.org.uk) and White Eagle Lodge (www.white-eagle.org.uk). We will be exploring ways of moving beyond beliefs that can hold us back to discover the essential unity we share, the wisdom of the inner worlds and the values and wisdom of soul-based understanding and ways of living. We seek to respond to the future that is calling.

You are warmly invited to help us all move forward by joining us in person at the inspiring new White Eagle Temple, near Liss in Hampshire, for a one-day conference on Saturday March 25th 2023. For those who cannot physically attend, there will also be an online option to listen to the five different talks, the music and join the meditations. We are offering these talks:

- The Evolutionary Context at this time – Janice Dolley
- Jesus and the Universal Christ: exploring the difference – Don MacGregor
- The Messenger – Colum Hayward
- The Big Breath (video) – Jude Currivan
- Unity and the Kingdom of Heaven – Jane Upchurch
- The Joyous Dance of the Divine Spirit – Anna Hayward

Cost for attending is £10, with lunch is £15, or to view online £5. (Vegetarian/vegan only please for those who bring their own lunch.)

Bookings are being taken by White Eagle for both themselves & for CANA. Click on this link [Booking form](#) or ring 01730 893 300.

For any enquiries including accommodation please email Bill at admin@cana.org.uk

Cana Conscious Conversations (CCC)



Saturday 29th April 2023, 10.30-12.30 by zoom

Led by Green Spirit

Loving the Living Earth: being inspired by Green Spirituality – Ian Mowl
Grounding Green Spirituality in Practical ways, including seasonal celebrations
and shared devotions - Hillary Norton

Please email Bill at admin@cana.org.uk if you would like to participate.

CANA Online Sacred Space for Beltane (COSS)

10.30 Wednesday 3rd May



This is an on-line ritual, an opportunity to engage with Spirit and with our own divine centre communally, and this time we will particularly be celebrating Beltane. This is not a eucharist, there is no wine, no blessing from a priest, no Christian liturgy. But it does seek to embody some of the essence of the eucharist experience in creating a sacred space of communion but within a wider framework.

Please email Bill at admin@cana.org.uk if you would like to participate.

CONTACT US

We link together every **Full Moon** to build a pathway to Universal Spirituality, aware of the particular energies at that time. We link together every **New Moon** with a focus on Praying for the Planet, a day we particularly remember our beautiful planet in prayer, meditation, awareness or involvement with love, hope and gratitude.

If you would like to receive an email for either of these, email info@cana.org.uk

DONATIONS

CANA operates on a gift economy so if you would like to contribute and do not already, then contact us (see below) and we will send details, or go to the page on our website [Donate](#)

If you would like to reply to any of this or have questions or suggestions for future editions, please email info@cana.org.uk, ring Jane or Bill on 01895 639476 or write to them at 20 Manor Road, Ruislip, Middx HA4 7LB.

*May love and light fill your life and our world
bringing healing and wholeness*

CANA is a network of people responding to the new impulse of Spirit at this time. Many of us recognise its resonance with the teachings of Jesus as a way of transformation. Our hope is to rediscover and re- imagine a path leading towards a more universal spirituality that can operate with respect for all living creatures and all faiths, a path of love and service for the betterment of all. This is not just about the transformation of the individual, but the global shift of humanity to a higher way of being and of love that Jesus termed 'the realm of God'.

www.cana.org.uk