

CANA eLETTER NOVEMBER 2023

THE WAY



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Introduction

What is The Way? It is a term that particularly resonates with Christians as this was used for the earliest followers. But it is a term for the golden thread that runs through the heart of all religions. At its simplest, it is about living a life of love, a life lit by God or Spirit, a life that changes us and our world.

Stand at the crossroads and look: ask for the ancient paths, ask where the good way is and walk in it, and you will find rest for your souls.

Jeremiah 6.16

I search for the name of the good way thinking to find a sign saying 'righteousness', a placard saying 'holy'. But all I find under the moss at my feet, scratched in stone, is a heart.

The Way of Lau Tzu and Jesus

Brian Holley



'The Way' has long been a term used in spiritual teaching, but which can have subtly different connotations. It appears in Greek culture in the epic myth of Homer, The Odyssey (The Way) and in the Upanishads, (*'Please teach me more of the way to Self-realization.'*) It was central to both Confucianism and Taoism in China although it originated there thousands of years earlier.

Over many years Confucianism was widely adopted by those who ruled Chinese provinces. But just as warrior cultures have done in the west with Christianity, Judaism and Islam, they built from it a rigid orthodoxy. The Confucian 'Tao' became 'the way to do things'. Everything, clothing, speech, movements of the body, the use of objects, food and customs became prescribed. Non-adherence to 'the Way' could result in instant death. Confucianism had the most profound influence on Chinese culture for millennia and still influences the modern Communist Party.

[Click here to read the rest](#)

Be more love

Loving more isn't just an encouragement to bless others. It is an invitation to be love, to let it fill us so that our minds, bodies and hearts are nurtured and we ourselves are blessed and changed.

Jane Upchurch

The Way

A personal view by Raymond Garfoot.



It consists of not one word but two words, for it always begins with the definite article- not just 'a' way or 'any' way, but 'The' Way. In the Acts of the Apostles, it is the name given to the early church (Acts 19. 9 and 23, and 24.14).

At first sight, this does not gel with the stress on living with doubt and uncertainty that some in CANA have expressed. One might want to talk about there being many ways. Indeed, Paul does refer once to 'the way of the Lord' (Acts 18.25), as though this is one way among many. But we can think in terms of a single motorway accessed by many different slip roads. It doesn't matter how or where one enters the motorway, but there is only one destination at the end of the road.

[Click here to read the rest](#)

Thoughts on the Way

Janice Dolley



'The absolute essential nature of life can only be fully comprehended by merging fully with the flow of life so that one is utterly part of it.'

This quotation comes from a small book of daily readings called 365 Tao which is a reading for each day of the year. It describes the essential flow of life as the Tao which seems to me to be the eastern expression for the Way that Jesus proclaimed in "I am

the way, the truth and the life". I see this in accord with the answer God gave in the wilderness when Moses asked his name. The response was 'I am that I am'.

I have recently been reading a book called 'Healing the Wounded Mind: the Psychosis of the Modern World and the Search for the Self' written by Kingsley L Davies, a British professor and fellow member of the Scientific and Medical Network that has laid on a series of webinars since the start of the pandemic that kept me inspired during lockdown times. In this book Kingsley Davies identifies what he calls a 'mind virus' and which in the aboriginal is referred to as wetiko.

[Click here to read the rest](#)

The Christian Way

Don MacGregor



Christians are called, in God's strength and love and following the example of Christ Jesus, to walk in the light, which means:

- to love and care for one another, not to ignore or be indifferent or to hate.
- to be generous with each other, to look after those in need, not to be selfish, uncaring, or hard of heart.
- to forgive each other, not to harbour grudges, bitterness or resentment.
- to live in peace and harmony, not to look for conflict, or to seek violence, revenge and retribution.
- to live honest, truthful lives, having integrity in our daily living, not to cheat, not to tread on others, not to stab in the back.
- to seek justice for others, to speak out, to challenge unfair systems, not to hide our heads in the sand.
- to be stewards of God's creation, To 'tread the earth lightly', caring for the biosphere in which we exist.
- to heal and make whole, to work for a better world in which to live.
- to be joyful, to show gratitude and to rejoice in life and in God.
- to work on their inner spiritual life in order to evolve as human beings

This is the Way of Christ, the way of the kingdom of God, of which Jesus spoke so often.

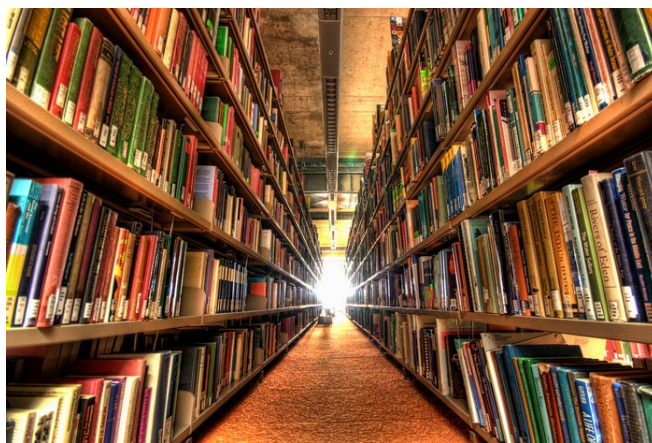
School of Christian Mysticism

Don MacGregor

The School of Christian Mysticism is a small but active group working on Zoom and may be of interest to many within the CANA network. SCM's vision is to offer participants ways to go deeply into the Christian path through encouraging, demonstrating and providing meditation/contemplation method and experience. They offer daily and weekly sessions on Zoom with a refreshingly meditative and reflective content. A contemplative service of Morning Prayer takes place each weekday morning, which is followed on a Monday morning by either a guided meditation, a study/contemplation (currently the Gospel of Thomas) or their Meditation Support Group, which gives an opportunity to share the experience of contemplative practice with supportive others. They value travelling together as community very much and sharing experience and understanding. They also offer online retreats a few times a year. Everyone is warmly welcome to join them, whether occasionally or regularly.

Also, recordings of their meditations and conversations are on their YouTube channel, <https://www.youtube.com/@theschoolofchristianmystic9948>. You are welcome to email them at theschoolofchristianmysticism@gmail.com to find out how to access their weekly programme. You will find more information on their website at www.theschoolofchristianmysticism.co.uk. They would love to hear from you.

Book Reviews



Everyone Is Right: A New Look at Comparative Religion and its Relation to Science. Roland Peterson, De Vorss & Company, 1986

By Carol Beck

To quote from the back cover 'What it achieves is nothing less than a study of the truths that form the basis of the major religions, affirming their amazingly common message of a wide variety of subjects. The book then embarks upon the encounter

between religion and science, especially in the light of two extremely insightful frames of reference, one of which is that of scientist- the physicist, the psychologist.

The other is esotericism – the Ageless Wisdom, the tenets of which are reviewed along with the traditional religions. Esotericism is shown as a common ground on which science and religion meet while retaining their integrity and distinctive missions.

Is everyone indeed right? Yes, but only partly. These parts inhere in a brilliant, glorious whole, of which both science and religion are principal shareholders.'

[Click here to read the rest](#)

The Priest's Wife by A G Rivett (Second book of the Isle Fincara Trilogy).

Pantolwen Press. 2023

Set on an imaginary island, somewhere between Scotland and Ireland, a thousand years ago and a world away, *The Priest's Wife* follows the story of a strong woman in a patriarchal society. When her husband, the priest, dies, Morag loses her role in the community and her home. She sets out on a quest to find herself anew. Returning, changed, she finds the new priest intent on eradicating the old traditions. And Morag finds she has a new role to play. A story of loss, acceptance, resistance and renewal that holds up a mirror to history, and asks questions of our own times.

A vividly imagined journey through an alternative Celtic reality which skilfully combines an intriguing narrative with lyrical description and spiritual depth. *Maggie Hamand, Author: The Resurrection of the Body; Virgin and Child.*

This novel evokes a profound sense of the beauty of place and the community bound to that place. The reader is drawn in and, in a way, joins the characters on their journey. If the setting is a thousand years in the past, the underlying themes are contemporary. *Bro Daniel, OSB, Pluscarden Benedictines magazine*

I wondered

*I wondered
what God might be saying
and it was love.*

*I wondered
what Jesus meant
and it was love.*

*I wondered how to change
my negative self-image
and it was love.*

*I wondered how to respond
to the friend who let me down
and it was love.*

*I wondered
how to overcome fears
and it was love.*

*I wondered how to cope
with disasters and dictators
and it was love.*

*I wondered
how to live my life,
the bare times, the fun times,
the chaos and confusion,
the pressure and success,
the people and the planet,*

and it was love.

Jane Upchurch

EVENTS

Cana Conscious Conversations (CCC)



Saturday 18th November 2023, 10.30-12.30 by zoom

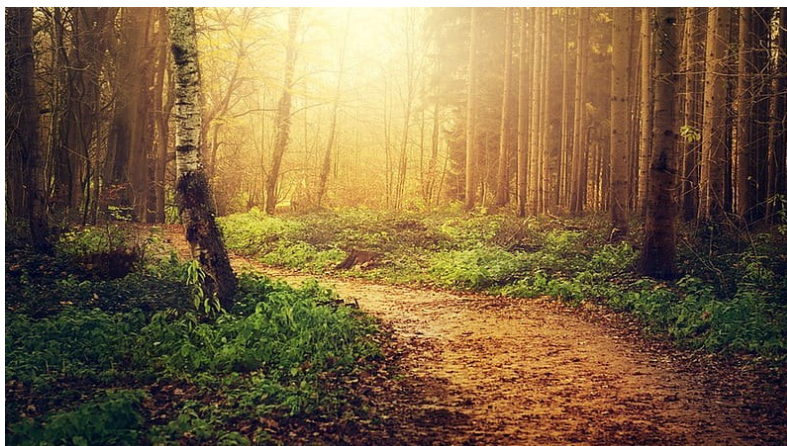
Unity of all things

**In Interfaith week we are looking at the commonalities
between different faiths
with readings on Oneness, and the Golden Rule.
Led by the Herefordshire Interfaith group**

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

Wisdom on the Way

Saturday November 25th 2023
9.45 for a 10:00 am start - 12:00pm on Zoom



**Exploring the evolutionary edges of Christianity
including the continuity of consciousness after death**

Contemplative Fire, with Janice Dolley from CANA

The teachings of Jesus the Christ were way beyond the orthodox beliefs and practices of his times. In recent decades patterns of belief and practice on the leading edge of Christianity have been markedly shifting towards a new awareness that is more universal in approach and also embraces the reality that death is not the end but the transition to a new state of consciousness.

If would like to attend, please let Sarah know at info@contemplativefire.org

OR

Join Zoom Meeting

<https://us02web.zoom.us/j/86516975163?pwd=YkhQb1FXanZSbURrQkU3OCtHZlgyQT09>

Meeting ID: 865 1697 5163

Passcode: 297263

We must try to understand the meaning of the age in which we are called to bear witness. We must accept the fact that this is an age in which the cloth is being unwoven. It is therefore no good trying to patch. We must, rather, set up the loom on which coming generations may weave new cloth according to the pattern God provides.

Mother Mary Clare of the Sisters of the Love of God, Oxford.

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 the monthly emails 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](#)

To reply to any of this or share 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, Companions on the Way. 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