

CANA eLetter OCTOBER 2024

The contribution of the arts to our spiritual path.



Contents

Judy Hanmer – How the arts enrich my spiritual life

Janice Dolley – The contribution of the arts to my spiritual path

Don MacGregor – What has been the contribution of the arts to my spiritual path

Brian Holley - The eye of the beholder

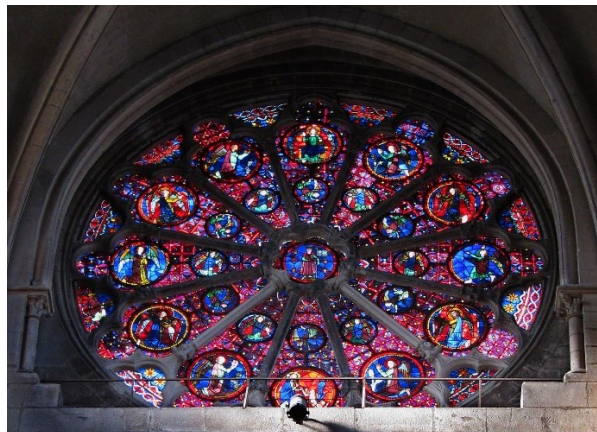
Nina O'Connell – The arts and my spiritual path

Helen Simpson – The arts and my spiritual path

Upcoming events and notices

How the arts enrich my spiritual life

Judy Hanmer



*At its heart the journey of each life is a pilgrimage through unforeseen sacred places
that enlarge and enrich the soul.* John O'Donohue: The Call of Beauty

Without music and art and the beauty of nature my personal spiritual journey would have seemed dry and meaningless at times. Silence is beautiful too, but it is a silence enriched by experiences that have gone before.

I find words inadequate to invoke or describe the presence of God in my life and church services are often too wordy, too preoccupied with something that happened two thousand years ago. I want to ask 'where is God NOW' (whoever and whatever one understands God, or the Divine, to be) and for me the answer can be expressed in music, art and poetry. Theological explanations are too concrete; they don't make space for feeling, imagination, intuition.

[Click here to read the rest](#)

The contribution of the arts to my spiritual path

Janice Dolley



I know people whose childhoods were not a reassuring basis for nurturing their spiritual life but, despite growing up literally under the bombing of WW2, mine started from a secure loving home with Church of England attendance and the warm encouragement of nuns at a catholic convent so I was ecumenical from an early age and valued access to the school chapel for times of silence and reflection. Being of an academic inclination it was the Bible and written literature such as the poets Wordsworth and T.S.Eliot and G.B.Shaw's St.Joan which encouraged my independent mind especially by Joan's retort when declared a heretic "What judgement can I have other than my own". Then in the early 1970s, after the birth of my youngest daughter, I was sparked by the new consciousness that was flooding in and read all and everything before becoming an author myself.

[Click here to read the rest](#)

Beauty

I come
with my imperfect heart
to the beauty that blazes
from the tired earth

between the dark things,

despite the dark things,

like a redemption.

Jane Upchurch

What has been the contribution of the arts to my spiritual path?

Don MacGregor



Thinking about this question, my initial reaction was that I'm not sure what the contribution of the arts to my spiritual path has been. On further reflection, there are poems, books, music of all sorts that have helped me along the journey. I suppose books have been the major influence on me, all sorts of spiritual books, from a traditional Christian perspective through to esoteric understandings, wisdom teachings, aspects of Hinduism and Buddhism – all sorts! One of the poems I remember particularly is 'the grandeur of God' by Gerald Manley Hopkins.

The world is charged with the grandeur of God.
It will flame out, like shining from shook foil...

[Click here to read the rest](#)

The Eye of the Beholder

Brian Holley



"It is the magic of mathematics, the rhythm which is in the heart of all creation, which moves in the atom and, in its different measures, fashions gold and lead, the rose and the thorn, the sun and the planets. These are the dance-steps of numbers in the arena of time and space, which weave the maya, the patterns of appearance, the incessant flow of change, that ever is and is not. It is the rhythm that churns up images from the vague and makes tangible what is elusive. This is maya, this is the art in creation, and art in literature, which is the magic of rhythm." Rabindranath Tagore

It was good to get some R&R after the indignities of camp life while on manoeuvres among the wooded hills of New Brunswick. We disembarked in Fredericton and my companions went to explore the town and its bars while I slipped away to find the Beaverbrook museum. I remember only one picture from that collection. It was a large painting by Salvador Dali of St. James on horseback holding up a cross.* Though I had no training in art appreciation, I must have spent an hour or more contemplating that colossal image, it impressed me so much.

[Click here to read the rest](#)

The arts and my spiritual path

Nina O'Connell



I have realised over the last few years that my lifelong creative practice has become more and more in union with my spiritual journey.

I spend much time in my studio which is adjacent to my house and overlooks a nature garden. There is no connection to the front door bell, I therefore paint or work with batik mostly in deep silence.

Here I bring the imagery of light, beauty and nature's intricacy garnered from each day's dog walks. The morning breakfast news on radio 4 also infiltrates my thoughts becoming a medley of imagery both abstract and of nature, focussing my mind on current human need.

[Click here to read the rest](#)

The arts and my spiritual path

Helen Simpson



When I first picked this daffodil, the orange marks on the petals seemed reminiscent of the sun's rays, beaming down from their distant source; the centre seemed to be projecting itself towards us with great energy, the edges of the petals brought to mind the wafting skirts of angelic beings seen in the skies in Renaissance paintings.

I started to draw enlarged views of flowers while studying at the Royal Academy Schools. The flowers I bought in the colourful flower stalls in the streets above seemed to offer an escape into somewhere untouched by the noise and greyness of central London.

[Click here to read the rest](#)

The world is charged with the grandeur of God.
It will flame out, like shining from shook foil;
It gathers to a greatness, like the ooze of oil
Crushed. Why do men then now not reckon his rod?
Generations have trod, have trod, have trod;
And all is seared with trade; bleared, smeared with toil;
And wears man's smudge and shares man's smell: the soil
Is bare now, nor can foot feel, being shod.

And for all this, nature is never spent;
There lives the dearest freshness deep down things;
And though the last lights off the black West went
Oh, morning, at the brown brink eastward, springs —
Because the Holy Ghost over the bent
World broods with warm breast and with ah! bright wings.

Gerard Manley Hopkins

CANA UPCOMING EVENTS THIS AUTUMN

Summary

27th October & 30th October Rediscovering the Original Christ Teachings, Stroud & St Davids.

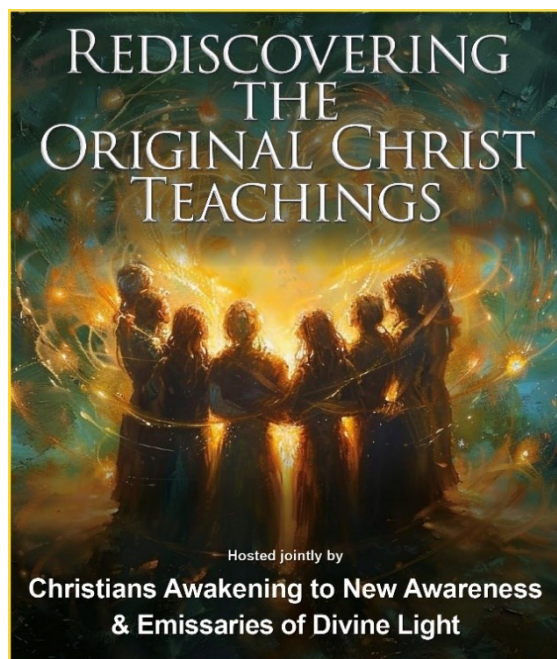
2nd November Our journeys of transformation – death, dying and rebirth.

6th November CANA Online Sacred Space (COSS) for Samhain.

23rd November Contemplative Fire zoom with Don Macgregor 'Wisdom on the Way: Christianity Expanding into Universal Spirituality'

30th November Cana Conscious Conversations (CCC) Revelations of the Aramaic Jesus with Neil Douglas Klotz

Please see full details below.



REDISCOVERING THE ORIGINAL CHRIST TEACHINGS

Date: Sunday 27th October 2024, 10am - 4pm

Venue: St Bride's Hall, The Christian Community,

73 Cainscross Road, Stroud, Glos. GL5 4HB

In person £30, via zoom £15

And

Date: Wednesday 30th October 2024, 10am - 4pm

Venue: Ty'r Pererin Education and Pilgrimage Centre,

Quickwell Hill, St Davids, Haverfordwest, Wales SA62 6PD

In person £30

Many in our world today have lost touch with the real and vital spiritual dimension to life. So often, our spirituality gets covered over by religious doctrine and belief without accessing the heart and soul of a genuine connection.

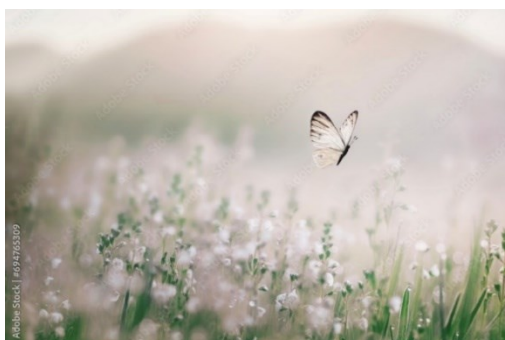
Increasingly, younger generations are giving up on finding a spiritual answer to the issues they confront, and the complex and often urgent issues that we all face become ever more difficult to resolve. Sometimes, you have to access the true origin of your culture to move forward creatively into your future. Never has that been more true than now.

Jesus of Nazareth brought a profound encounter with a mystical reality that is within all people. But somehow the opportunity to share in that encounter has become obscured in our culture over centuries. That is why we are devoting this seminar to discovering what has become hidden - the original message brought by Jesus.

For more details [Click Here](#)

To book for Stroud [Click Here](#) To book for St David's [Click Here](#)

OUR JOURNEYS OF TRANSFORMATION DEATH, DYING AND REBIRTH



An online webinar collaboration between White Eagle Lodge and CANA

Saturday 2nd November 2024, 2pm - 5pm [Click Here](#)

We are living in changing times and our world views are expanding to encompass a greater understanding of death as part of larger cycles of adventurous living and dying, and of the continuity of consciousness.

Our webinar picks up on many of the big issues: the possibility of post-death communication, the extraordinary evidence of near-death experiences, the fear and suffering that can surround death and the rituals that can support us, and the great cycles of life which bring us back for ever more growth.

Key talks by Colum Hayward and Anna Hayward of White Eagle Lodge, Janice Dolley and Jane Upchurch of CANA (Christians Awakening to New Awareness) and Bev Emery (a soul midwife) will include time for reflection and discussion.

You are warmly invited to register for this event, no charge but donations are welcome. Please pass this notice on to others you know who may be interested.

Essence

The end is like the beginning they say,
naked as we change worlds.

The journey between is what we know,

growing our outer and inner lives,
friends, possessions, memories,
substance and spin,
then losing them again.

What lasts?

What is the essence woven fast and deep
that births the waters of death like a ripe seed?

It is not random.

It is the fruit of the love we have chosen.

SAMHAIN SACRED SPACE



A CANA Online Gathering (COSS) 10.30 – 11.30am Wednesday 6th November

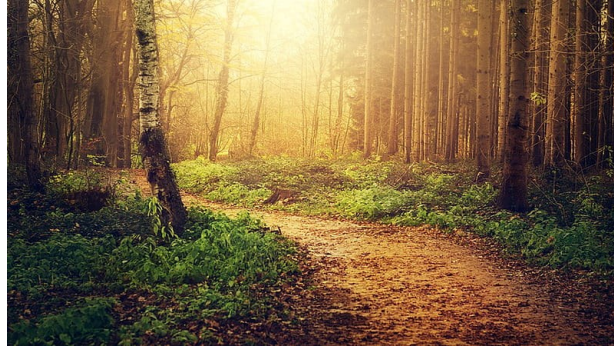
Samhain is one of the Celtic cross-quarter festivals between the solstices and equinoxes. It is when we enter into the dark of the year, the womb, the waiting place. Our ancestors brought in the flocks from the hills and feasted together over fires. It is the thin time when the old year hollows and sinks, turning over to darkness before the new year is born.

This is an on-line ritual, an opportunity to engage with Spirit and with our own divine centre communally. It 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

WISDOM ON THE WAY

CHRISTIANITY EXPANDING INTO UNIVERSAL SPIRITUALITY



Contemplative Fire zoom with Don Macgregor of CANA

Saturday 23rd November 10am - 12pm.

For further details [Click Here](#)

and to join the event email info@contemplativefire.org

CANA CONSCIOUS CONVERSATIONS (CCC)

REVELATIONS OF THE ARAMAIC JESUS



(Picture courtesy of Nina O'Connell)

Saturday 30th November 2024 2pm - 4pm by zoom

With Neil Douglas Klotz

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

eLetter PAPER COPY

If you would like to receive a paper copy of the eLetter each time we send it out (usually 3 times a year) then please email your full address to admin@cana.org.uk

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 make your own suggestions on this topic, or any other comments, 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 (*Christians Awakening to New Awareness*) 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