

CANA eLetter MARCH 2025

How do we help co-create a new future?



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*Hope is the thing with feathers
That perches in the soul
And sings the tune without the words
And never stops - at all.*

Emily Dickinson

Co-creating a new future

Janice Dolley



In 1967 The Beatles song '*All You Need is Love*' seemed to initiate a new era which resonated more deeply with the teachings of Jesus the Christ to '*love one another even as I have loved you*'. We seem to be living in a time of transition leaving behind an old era based on the materialistic and separative paradigm which some call the Third Dimension, towards a more deeply interconnected and more loving culture which respects and values all expressions of the one life which some call entering a Fifth Dimensional awareness as a basis for living.

This newsletter is being produced during the monthly astrological sign of Aquarius at the same time as the great zodiacal shift of the ages from the age of Pisces that was initiated by Jesus to the age of Aquarius. Esoteric philosophy tells us that the present turbulence will promote the awakening of the soul of humanity and that as we move into Aquarius we will shift towards more joyful service in love to all our fellow beings, the natural world and above all to contributing to the realising of God's plan of love and light.

[Click here to read the rest](#)

Ageless wisdom and helping co-create a new future

Don MacGregor



In the Ageless Wisdom or Perennial Philosophy teachings, the year 2025 is viewed as a significant turning point in humanity's spiritual and evolutionary journey. This time is seen as a culmination of centuries of preparatory work and a moment of heightened spiritual potential. The teachings describe humanity as being on the cusp of a transformative shift, one that will bring about a profound change in consciousness and usher in an era of greater unity, peace, and spiritual awareness. It's not going to happen overnight, and may take a few hundred years, but 2025 is seen as a year when humanity will begin to consciously align with higher cosmic principles and move deeper into the Age of Aquarius, which is believed to bring greater enlightenment and collective awakening.

Central to the Ageless Wisdom teachings is the concept of the 'Hierarchy' consisting of 'Masters of Wisdom', which are not terms I like. In this understanding, souls are units of consciousness, evolving through time, incarnating many times in different personalities. I prefer to think of the Hierarchy as a group of super-advanced souls who have finished their earthly journey, and have transcended the limitations of human existence. They are not distant or separate from humanity, but rather are deeply engaged in guiding the collective evolution of human consciousness. The 'Conclave of the Hierarchy' refers to a gathering or meeting of these advanced souls, where they assess humanity's progress and consider ways to assist in furthering the spiritual development of the planet in the future. This happens in the 25th year of each century.

[Click here to read the rest](#)

I will Dance and Sing

The world is on fire again
and I will dance and sing.

I cannot travel
to mend hearts and bodies
but I can dance and sing.

The world is hurting

so I will hug my trees.

There are bones of rock
older than our griefs
that have held our world.

They have long listening
so I will dance and sing.

Jane Upchurch

How do we help co-create a new future?

Jane Upchurch



Looking at our world at the moment, there is much that would make us sad, fearful or angry. But what a wonderful privilege it is that we can choose instead to feed love, hope and vision into the matrix, and by doing so guard and change our own heart as well as helping to hold the energy that would enable others.

David Spangler responds to the question 'What can I do?' in the Lorian newsletter of 15th February this year. He says that if we do not respond to the problems that we identify in the world with love, we will be adding to the toxic energies. And love aligns us with spiritual forces of hope and inspiration, healing and blessing. Jesus said to love our enemies. He never said we should condone their actions or behaviour; or accept the toxic waste dumps among us.

[Click here to read the rest](#)

In the unsettled waters of the world today, let there be new birthings of your mighty spirit. Celtic Blessing

Change and change quickly.

Guidance received by Eileen Caddy

There is a right time for everything. You can try to prevent changes taking place because you feel safe and secure where you are and would rather stay in the confines of that which you know rather than move out into the unknown; but in those confines you will suffocate and die. Try to understand and accept the need to change with everything that is taking place at this time.

You cannot fill up a full bucket; you have to empty it first. You cannot move into the new when you are still clogged up with the old and refuse to let go. So change and change quickly, for Spirit has need of you.

Quote from The Children's Fire: Heart Song of a People

Mac Macartney



All parts of the emerging new story are about an integration, collaboration, inclusion and wholeness. In the same way that our earliest spiritual and religious ceremonies embraced the mysterious, primordial splendour of the vast unknown territory that lay beyond the horizon, the birth of our babies, the seasons and the tides, we, too, need to reclaim eyes that can truly see what is spread before us.

We have to bring all of nature to our altars, and acknowledge the sacred in ordinary, everyday living. We have to bring it home to where it belongs, with families, community, food-growing and then on, out into the broad territories of work, education, commerce, art, science and technology. We are being asked to imagine ourselves anew, to accept and grow our talents without collapsing into the arms of hubris. We are invited to come home to what we love; to develop and deploy our gifts; be mindful of our responsibilities and in continuous, exploratory dialogue, move to action.

How do we help co-create a new future?

Bill Upchurch



By this, are we expressing that the current situation we live in is not satisfactory and we believe for a better future? It is worth first considering how better the world is now compared with say 50 years ago. Life expectancy since the 1970's has increased with men now living to 82 instead of 67. 'Vaccination has averted 154 million deaths, including 146 million among children younger than 5 years' (Lancet).

In society racism etc has reduced and people are free to have children without being married and without being condemned by society. There is better equality for women. So, in many ways we are a more caring society.

However, I believe although we are a more informed society due to social media, we have become a more polarised one with strong views that can often not be compassionate. When I worked for British Telecom looking after the operator switch board, I often heard an operator say "Sir, if you were in the same room as me you would not be speaking to me in the way that you are".

[Click here to read the rest](#)

Book Reviews



***The Great Search* by John Philip Newell (Wild Goose Publications, Iona)**

reviewed by Judy Hanmer

In Cana Conversations we often talk about the need for a New Story ... but how to begin? For me the beginning is the search for understanding what it is we lack in modern life, and in this insightful book John Philip Newell poses questions which might

help us find our way towards a greater understanding which is gradually developing in circles interested in spirituality. The three questions Newell attempts to answer are 'what are we seeking', 'why are we searching' and 'how are we to search?'

[Click here to read the rest](#)

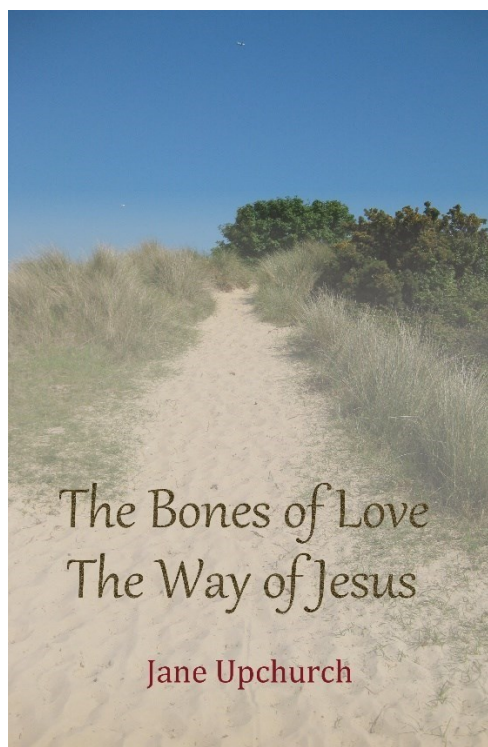
A prayer by Rabindranath Tagore:

Day after day, O Lord of my life, shall I stand before thee face to face?
With folded hands, O Lord of all worlds, shall I stand before thee face to face?
Under thy great sky, in solitude and silence, with humble heart, shall I stand before thee face to face?
In this laborious world of thine, tumultuous with toil and struggle, among hurrying crowds, shall I stand before thee face to face?
And when my work shall be done in this world, O King of kings, alone and speechless shall I stand before thee face to face?

From *The Oxford Book of Prayer* (1985) ed Bishop George Appleton

The Bones of Love: The Way of Jesus

By Jane Upchurch



This book links cutting edge science with the words of Jesus. Science now shows that unity is the nature of the universe. Jesus talked about the kingdom of heaven which is the reign of unity in the Aramaic that he spoke. And the essence of both is love.

Using short reflections Jane expands this topic and particularly looks at love, the language that links life and Spirit.

How would we and our world change if we lived in this concept of love?

Reviewed by Sr Hilda Mary CSC. The Bones of Love - what a book of treasures! I must admit I have not read it from beginning to end as each reflection, each poem is a very rich feast to be lingered over not rushed! I find I read one or two and ponder

on them for several days for example: 'Listening to what is in our hearts where the desires of our spirit and the Spirit mingle'. Jane has a lightness of touch and delightful sense of fun but also there is a distillation of theology and depth of wisdom which is inspiring and has helped me to a deeper understanding of Jesus and the 'unconditional love that envelops and fills everything'.

Spirit of Peace

'The challenge to humanity is to adopt new ways of thinking, new ways of acting, new ways of organizing society, in short new ways of living.' – UNESCO document, Our Creative Diversity

Rising to the above challenge, and founded in 2007, the charity Spirit of Peace works with multi-cultural communities across the UK, and international peace-builders, to contribute to a world where all can flourish. We create individual and community flourishing and wellbeing for majority and minority communities. Through sharing the skills in our Human Flourishing training and organising innovative arts and community events and multi-cultural community activities, we encourage long-term relationships of inclusion and respect. Spirit of Peace meets the aspirations of many people in our communities to contribute to a fairer world where both our planet and humanity can flourish together.

If any CANA subscriber would like to learn more about Spirit of Peace's work with a view to becoming involved, please feel free to look at our websites:

www.spiritofpeace.co.uk and www.flourishing.global and/or contact Heather-Jane Ozanne (info@spiritofpeace.co.uk), who is also a CANA core group member.

Time to push

Charles Eisenstein

Sailors on a becalmed sea, we sense the stirring of a breeze – Carl Sagan

The human collective has in the last several years transitioned into a new stage of its birth process.....

The process humanity is undergoing was not designed to be impossible; only to seem impossible at a key moment. We can do this. It is why we are here. We are the baby, and we are the mother too, and we are the midwife. All bring their attention to what has become in this moment the one important thing: life.

The squirming and stretching of the baby in the birth canal is just that: the striving towards life. That is the guiding principle of our collective birthing time. It is to serve life, revere life, and claim life. It has an ecological dimension—serving life in its biological sense—and it has a political dimension: reclaiming human life from oppressive institutions. It includes the will to survive, yes, but to live is not merely to

survive. So many of us have been surviving, half-alive, for too long. The impulse of our birthing is to live, as an active verb.

[Click here to read the rest](#)

UPCOMING CANA EVENTS

BELTANE SACRED SPACE



**A CANA Online Gathering (COSS)
11.00-12.00 Wednesday 7th May**

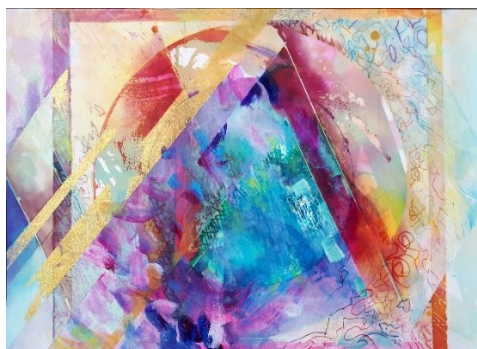
Beltane (1st May) is one of the Celtic cross-quarter festivals between the solstices and equinoxes. It was the beginning of summer when the livestock were moved to upland pasture and were driven between two fires to purify them from disease. It is a celebration of fertility and the joining of male and female energy on all levels, god & goddess, men and women, and in nature. Today it is celebrated as May Day including dancing round the maypole symbolizing the interweaving of male and female energies.

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

CANA CONSCIOUS CONVERSATIONS (CCC)

10.30-12.30 Saturday 3rd May on zoom



(Picture courtesy of Nina O'Connell)

**June Boyce-Tilman speaking on Hildegard of Bingen
&
Community church involving earth elements and other practices**

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

OTHER EVENTS

COSMIC ZOOM HOLY WEEK April 17th-20th

Mary Jo Radcliffe will be celebrating a Cosmic Zoom Holy Week from Maundy Thursday - Easter Sunday, all are welcome. If you are interested and would like further information her email is maryjoradcliffe@icloud.com.

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 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