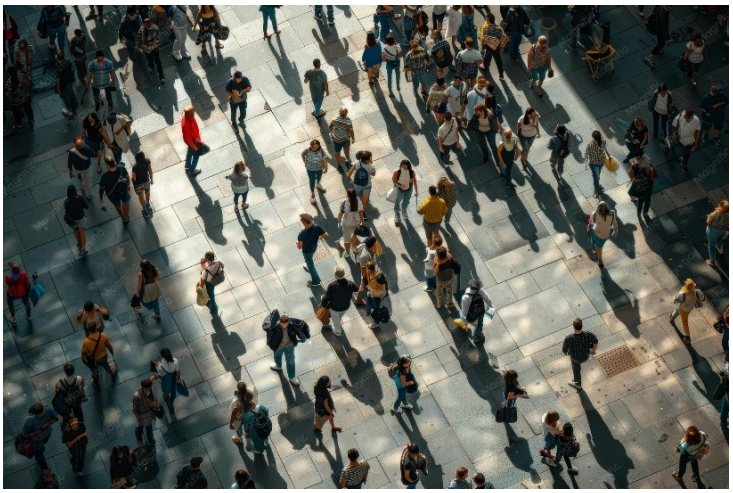
CANA eLetter OCTOBER 2026

HOW DOES OUR SPIRITUAL LIFE FEED INTO OUR EVERYDAY LIFE?



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Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. 'Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?' The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'

Matthew 25.34-40

How does our spiritual life feed into our everyday life?

Jane Upchurch



For me our spiritual life includes our everyday life (supported by the Aramaic worldview of Jesus that within and among are the same); God/Spirit is part of everything. There are times when we are more aware of this, when our consciousness is focused on Spirit, or even on love, joy, peace or beauty. But all other times can be so, God is never not present (Psalm 139). I see Jesus' teachings as ways of living now, not ways to get into heaven. If this is so, it can affect how we live our lives, letting our relationship with Spirit infuse all that we do. Our presence and our actions can be veined with God.

Click here to read the rest

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. Matthew 5.14-16

Open

There are times when it seems the whole world lies open like an oyster's shell, its surfaces shining instead of dull, revealing instead of hiding. Each face and leaf and shape and colour is charged like an ocean of spirit, like a thumbprint of God. All are painted with the same brush, the same loveliness, and I can feel the same life rising up in me to meet them. As they open I open, or perhaps the other way around.

They offer so much more than a back drop to my walking, they are the pattern of my thinking, they are beauty in my soul. They all know each other and I am part of the knowing, we are strung together like stitches in a garment, like waves finding shore. And the ocean, the secret smile that filters through, is an essence of joy, of completeness, of God. Each of us is an echo of glory, each of us traces the love lines of God.

As we live we create, making portraits of God, for God. We take our little part of the Universe and wrap it in words or gesture, in paint or clay, in steel or brick or paper,

and unfold God in the picture of our days. God shining through light and shadow, through shape and colour, through leaf and face. The world is open and God is within.

Jane Upchurch

How does our spiritual life feed into our everyday life?

Janice Dolley



A new awareness dawned on me in the very early 1970s, possibly encouraged by the first pictures of planet earth sent from outer space, when a few started to grasp the essential interconnectedness and interdependence of all life in a vast cosmic whole. I sought out the few people who had also grasped a new underpinning narrative for our time and we came together to set up an organic farm, we learned to meditate and tried to live in holistic ways. It was out of this growing group that Cana was started which began to take Christian understanding from an orthodox exoteric point of view to an inner esoteric perspective and to shift from an emphasis on beliefs which can change over time to a heart sentence spirituality. I guess I have been trying to live that way ever since by eating organically whenever possible, using ecological products and learning to truly love all our neighbours as ourselves. I can include all natural life bit it is quite a challenge to include the self appointed oligarchs who seek power and control over what they see as a materialistic and consumer-focused society.

Click here to read the rest

How does our spiritual life feed into our everyday life?

Don MacGregor



My day usually starts with a 15-20 minute meditation with my wife, Jayne, after a cup of tea. It is silent meditation and during it I try to centre on the highest Light and Love, visualising it coming down into human consciousness. We finish the meditation with the words of the Great Invocation:

From the point of Light within the Mind of God
Let light stream forth into human minds.
Let Light descend on Earth.

From the point of Love within the Heart of God
Let love stream forth into human hearts.
May the Coming One return to Earth.

From the centre where the Will of God is known
Let purpose guide all little human wills -
The purpose which the Great Ones know and serve.

From the centre which we call the human race
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

Click here to read the rest

Spirituality is a state of connectedness to life.
It is an experience of being, belonging and caring.
It is sensitivity and compassion, joy and hope.

It is the harmony between the innermost life and the outer life,
or the life of the world and the life universal.

It is the supreme comprehension of life in time and space, the tuning of
the inner person with the great mysteries and secrets there are around us.

It is the belief in the goodness of life and the possibility for each person to contribute goodness to it.

It is the belief in life as part of the eternal stream of time, that each of us came from somewhere and is destined somewhere, that without such belief there could be no prayer, no meditation, no peace and no happiness.

U Thant, former Secretary General of the United Nations

Spirituality in Everyday Life

Judy Hanmer



For me spirituality is about finding meaning in life. What is it all about? Where do we come from? Why are we here? Where do we go when we die?

I didn't grow up in a church-going family, though my parents very much upheld Christian values. Then a term at a convent when I was seven made me aware on a visceral level that there was more to life than the everyday. There was something special in the chapel there and I wanted to be part of it. It was much more about feeling and intuition than belief. When I was old enough I took myself to church and was introduced to a very open-minded vicar who used an alternative liturgy and preached about the 'unseen world that is all around us' (this was the 1950's so he was unusual). His confirmation classes sat very lightly on doctrine and majored on love and kindness so I have never felt restricted by man-made dogma telling me what I *had* to believe.

Click here to read the rest

Be aware of the spirit of God at work in the ordinary activities and experience of your daily life. Spiritual learning continues throughout life, and often in unexpected ways. There is inspiration to be found all around us, in the natural world, in the sciences and arts, in our work and friendships, in our sorrows as well as in our joys. Are you open to new light, from whatever source it may come? Do you approach new ideas with discernment?

Quaker Faith and Practice, Advices and Queries no 7

How does our spiritual life feed into our everyday life

Bill Upchurch



Jesus' message was love, and encouraging us to think the way that God does. Unfortunately, there is a great misunderstanding around the word 'Repent'.
Many people think that it means to be upset when we do something not right, when we 'sin', and then ask God's forgiveness. The English New Testament was translated from the Greek and the word translated 'Repent' is 'Metanoia' which means 'Change your Mind'. I would say, turnaround from your thinking to the way that God thinks.

Click here to read the rest

We must make spaces in our lives for quiet, gentle times, to remind us that all is gift, and blessing flows through our lives, as we expect and recognise it, woven in our heartbeats.

Edwina Gately

How do we make living as an awakened species work in everyday life?

From 'Conversations with God Book 4 – Awaken the Species'
by Neale Donald Walsch

Share Your Process
Share openly and authentically with those whose lives you touch, both your struggles and your progress on the path to full awakening. The choice to do so is both empowering and emancipating, unshackling in an amazing way the Will Within to express the Divinity that is yours, and liberating in others their own desire and ability to also do so.

Create a Reason
The challenges of the path you have chosen may, on more than one day, hardly seem worth confronting unless you accord them greater meaning than the simple triumph over them. The question must be asked, "Why?" Then your answer must be given.

I tell you this: your path is not without purpose in the heavens. For every soul which would grow to know in its experience what it has always understood in its awareness

serves not only its own agenda, but the Superconscious Will of the Collective, advancing the evolution of a species even as its individual progress is attained, for it shall leave in the wake of its advancement the ladders and stepping stones by which those who follow may do so ever more rapidly.

Click here to read the rest

Book review



'A new NEW Testament – A Bible for the 21st Century' combining traditional and newly discovered texts. Edited with commentary by Hal Taussig

This is a great resource as it not only has the non-canonical texts in the same book as the biblical New Testament, but arranges them in sections combining the two, and it includes the historical background. It commences with the following, an ancient prayer from the early Christ movements.

Prayer of Thanksgiving from the Nag Hammadi books

This is the prayer they said: We give thanks to you, every life and heart stretches toward you. O name untroubled, honoured with the name of God, praised with the name of Father.
To everyone and everything comes the kindness of the Father, and love, and desire. And if there is a sweet and simple teaching, it gifts us mind, word and knowledge: mind, that we may understand you; word, that we may interpret you; knowledge, that we may know you.
We rejoice and are enlightened by your knowledge. We rejoice that you have taught us about yourself.
We rejoice that in the body you have made us divine through your knowledge.
The thanksgiving of the human who reaches you is this alone: that we know you.
We have known you, O light of mind, O light of life, we have known you.
O womb pregnant with the nature of the Father who gives birth, so we worship your goodness.
One wish we ask: we wish to be protected in knowledge.
One protection we desire: that we not stumble in this life.





Celia Storey

We would like to honour the life of Celia Storey, whose funeral three of us from Cana recently attended, because she had given so much to the origin and development of Cana over the years. As a member of the Bridge Trust which, having helped to develop human consciousness from 1973 to 1995, in the last few years turned its focus on the evolution of Christianity towards New Awareness. Celia was very instrumental in getting that started and in arranging the first conference that Cana held in London at Regents College in 1991, after which she helped edit and circulate newsletters over a long period.

Together with her husband David, she was a prime mover in the movement for interfaith dialogue and collaborative action and most notably undertook much of the necessary administration for the Second Centennial Parliament of World Religions which was held in Bangalore in 1993. Those of us who were in the core group of Cana enjoyed many residential meetings at their home in Street, near Petersfield, for which Celia not only organised all the bedrooms but catered for all the enjoyable meals together. She was a wonderful example of a life well lived and we can be sure that the heavenly realms will have welcomed her arrival for another phase in her ongoing soul journey.

Janice Dolley

Full moon meditations.

We are no longer able to provide information and guidance for these. The following might be helpful if you would like to continue this practice.

Lucis Trust (See 'Moon Chart' and times) https://www.lucistrust.org

Energy Healing Group (Ask on the site to receive dates and zoom times)
https://www.ineh.org.uk

Sundial House Group (Ask on the site for dates and zoom times)
https://www.creativegroupmeditation.org

Contributing to cost of our printed eLetter

It would be helpful if we had a contribution of £10 a year towards the extra costs of printing and distributing the newsletter, and thank you to those who have already contributed. Go to the giving page on the website www.cana.org.uk, or you can send a cheque to Bill made out to CANA at the address on the back page. If you currently receive a printed copy and would rather just receive it by email then please let Bill know at admin@cana.org.uk.

UPCOMING CANA EVENTS

SAMHAIN SACRED SPACE



A CANA Online Gathering (COSS)
11.00-12.00 Wednesday 4TH November

Samhain (1st November) 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.

CANA CONSCIOUS CONVERSATIONS (CCC)
2.30-4.30 Saturday 28th November on zoom



(Picture courtesy of Nina O'Connell)

David Lorimer
'Awakening consciousness at the present time'.

An overview of where and how consciousness is awakening globally.
and
How can we help a wider awakening in the future?

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

CANA CONSCIOUS CONVERSATIONS (CCC)
2.30-4.30 Saturday 6th February on zoom



Chrissie Astell

Streams of consciousness from within the Essene Mystery Teachings
and
Anchoring the Angel Light in our everyday life

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

CONTRIBUTIONS INVITED FOR NEXT ELETTER
The theme of our Spring eLetter is 'Community'. If you have experience or ideas about this, then do write an article and send it to Jane at the address below, by the end of February.

CONTACT US
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 this, 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 (editor) 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