



SOUL FOOD

October 2007

*Happy is he who has the God of Jacob for his help,
whose hope is in the Lord his God, Who made heaven
and earth, the sea, and all that is in them; Who keeps
truth forever, Who executes justice for the
oppressed, Who gives food to the hungry. The Lord
gives freedom to the prisoners. (Psalm 146:5-7)*

The Journey(Spiritual Growth Outreach Programme)

This programme is designed for an experiential group who share and then go home to complete tasks similar to "Rise Above It" . However we have access to an online programme of which a selection is printed below.

John has suggested that we consider doing the course in February 2008 when he and Moira are back from overseas.

In the meantime we may try to run a small group by advertising as Burgundy Smith has posted us some professional advertising fliers.

Week 1: Slavery in Egypt

Discovering when We are Stuck

The children of Israel's enslavement in Egypt gives us a picture of our own lives when we feel stuck - trapped in some bad habit, thought pattern, or compulsive behavior that prevents us from being free and happy and from fulfilling our potential. Like the children of Israel, before we can break free from slavery, we must recognize that we are in slavery.

Your Task For This Week

How am I stuck?

Identify any behaviors, thoughts or emotions that hold you back and enslave you.

Identify times in your life and areas of your life in which you are stuck: What holds you back? Where do you feel you are trapped or enslaved? Identify any behaviors, thoughts or emotions that are destructive to your life. When do they come up for you? What are their patterns? What are the excuses/lies you use to defend these behaviors? Do these habits have control over your life? Are you a slave to them? Once you have recognized ways that you are stuck in life, you are ready for the possibility of moving out of the enslavement.

Foundation

Happy is he who has the God of Jacob for his help, whose hope is in the Lord his God, Who made heaven and earth, the sea, and all that is in them; Who keeps truth forever, Who executes justice for the oppressed, Who gives food to the hungry. The Lord gives freedom to the prisoners. (Psalm 146:5-7)

This Week's Topics Day One: From the Old Testament Day Two: Out of Spiritual Captivity Day Three: Canaan and Egypt in Our Lives Day Four: It is Normal to Get Stuck in Egypt Day Five: Forgetting Our Priorities Day Six: Introducing Moses and Pharaoh Day Seven: Resisting Change

Day Two: Out of Spiritual Captivity

Spiritual captivity is a time in our lives when the Lord is calling us to go forward and make progress, and we feel that we cannot answer His call. In captivity, we find ourselves spiritually stuck or tired from trying. The message from the Lord is this: there is a way out of spiritual captivity; there is a path that we can follow which will bring us back to the dreams and goals He sets before us. This path, this journey, is shown to us in the ancient story of the Exodus. It is the story of the people of Israel and their journey from captivity in Egypt to their promised homeland in Canaan. In these ancient words of the Bible there is a beautiful allegory, a personal story of the Lord's healing and restoration of our lives.

We have all experienced spiritual captivity. It can be a statement such as, "I don't know how to deal with my anger any more. I just can't control it." Spiritual captivity can be a state of cynicism: "Yes, I used to believe in those dreams, those ideals... but now I know the hard reality of life." Spiritual captivity can be a time of hopelessness and despair: "I have tried to follow the will of the Lord, and each time I fail. What is the use of trying any more?"

Reflection

What ways of thinking are holding you back? What new ways of thinking do you envision leading you forward in life?

Day Two Insight

The Lord encourages us to look outside of our limited view and trust His big picture view. The goal is to put our trust in the Lord and not get caught up in ourself alone, our own plans, worries, and doubts.

See much, much more at

And from the website <http://www.newchurch.org/resources/journey>

Helen Logins (18.1.1921 – 26.8.2007). Arrived in Fremantle by ship in November 1950 and married Alex in 1953 and was gifted with two daughters Sylvia and Ingrid. She was a very capable seamstress. Although she had longed to attend university she was not able to do so due to circumstances in her life. She was a devoted member of the Perth Society of the New Church, The Lord's New Church , and the Perth Circle of the New Church..

She passed into the spiritual world on the 26th August. Her service was held at Karakatta on Thursday 30th and nearly all of us from the circle were able to attend. The family organised a celebrant to conduct the service. However Val was permitted to speak on our behalf for which we were all very happy! (see below)

" Helen Logins has been greatly missed this past year by us all. We will continue to miss her gentle presence, but we rejoice that she has been released from her earthly body (which had become her prison) to be free in the spiritual dimension and fully express her loves and interests.

She loved attending everything held by our group, including the evening classes where she could take her little dog; and Sunday services where she brought enough food to feed us all, providing extra in case we all forgot to bring food for the shared meal afterwards.

In the words of Brenneman....."let's think of her as living in the hearts of those she touched ; for nothing loved is ever lost"..... and she loved so much!

Quoting from Swedenborg; "When heavenly angels are with people who have been awakened (after the death of the body) they do not leave them, because they love everyone....."

After the spiritual angles have given us the use of light, they do everything for us as newly arrived spirits that we could wish for in that state. The angles do not leave us ...(only we can leave them) Angles really do love everyone. They want nothing more than to help people, to teach them , to lead to Heaven. This is their highest joy."

This is how we see Helen now- awakened in the spiritual world and in the company of celestial (highest) angels, surrounding her with Heaven's love , love which cannot be described in earthly language.

Dear Helen , "Enter into the Joy of the Lord!"



Helen is pictured at the Wellington Dam Retreat in 2002 on the extreme right.

Doctrinal Studies by Rev Mike Gladish *The study of Heaven and Hell designed by Mike Gladish is used at Val's home for classes on the second and fourth Friday mornings of the month.*

Saturday Afternoon discussion 6th October

You are invited to attend an afternoon gathering.

WHAT: a social event to get together

WHERE: Smuts Home

WHEN: 6 Oct, 3pm

PURPOSE: To begin the creation of a social platform that is affiliated with the new church, (but open to anyone and all ideas), that looks to serve the community, promote truth and have an open space for discussions/ workshops/ dream building/ helping

BRIEF OVERVIEW OF AFTERNOON with rough timeline:

3:00 - 3:15 drinks and chit-chat

3:15 - 3:45 brief intro; small workshop on 'visions for change'

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3:45 - 4:15 discussion

4:15 - 4:45 brainstorm

4:45 practical aspect (screen printing/ crocheting/ knitting while BBQ starts

5:30 shared meal WHAT TO BRING: something for the BBQ (or a plate to share), blank T-shirt (if interested in screen printing), knitting or crocheting (if interested in these), an open and happy state of being, friends (if you want).

As this is the first of this type of event, please come with no expectations (except of giving your ideas and input) and we will see how the afternoon flows. Also it is essential that everyone is open, accepting and encouraging of others' ideas and input.

Kind regards,

Lisa Smuts

The above Social was inspired by George McCurdy during his "Handing on the Mantle" Class.

Fri 28/09/2007

Dear Lisa and all,

Thank you for including me in your email chain. I wish you all the best in getting your social / program off to a smashing success. Small beginnings lead to bigger and better things. Having met many of you I have a sense that you have the collective talent among you to do well.

Don't let a stumble here and there deter you from wanting to achieve your goals.

Please keep me in the loop so that I may enjoy hearing about your progress. Why? Because.... - The why and because is that I care about all of my new friends in Australia. I felt and appreciated your reciprocal friendship when we were with you briefly.

Take care and write when you have a chance. I'd like to hear how the first gathering went. I have October 6th written in on my calendar!

Your friends,

George and Lois

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Another Message from George and Lois via Email

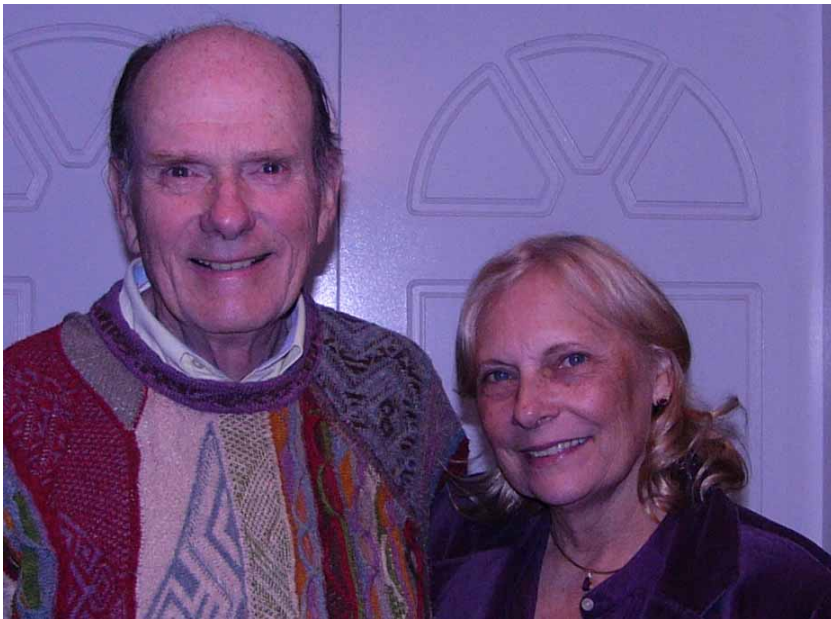
Words can't express our gratitude and appreciation for all that you and the Perth group did for us. We came there as total strangers and left with scores of new friends. I look forward to the times and occasions we might meet again. Your birthday cake and card was a special treat I shall not forget. Thanks!

So I offer this short email as a way of getting out from the huge "to do" list I have. Believe me it is a daunting task ahead of me. Little by little I hope to overcome the sense of doing the right thing for all of our friends.

Give our love to all. Please tell them how much we loved being included in your fellowship and how much we hope to keep some kind of contact going.

Affectionately,

George and Lois



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Elaine Reid Congratulations on being awarded the Silver Platypus Award for many years devoted service to Scouting in AUSTRALIA!

John Frost Congratulations on achieving the big 70! We celebrated the occasion at the Dwyer's home in Willetton where Moira and Deb provided a delicious spread for lunch after church. Moira talked from her heart about their years together and John's many achievements, especially his profound and deep-seated belief in Divine providence which guided them through the years. John replied that the accolade should go to Moira! The grandies and Mum sang a special composition accompanied by the guitar called "Grandpa is out of range." John's busy life in Perth has involved Rogaining, running/walking, canoing, Rotary, Church leadership, reading, and lecturing fulltime.



John, Kegan, Moira, Deb, Amy.

Calendar for September

<u>October</u>	<u>Worship</u>	<u>Class</u>
<i>Sat 6th</i>		<i>Smuts home</i> <i>Social with a use</i> <i>3pm all welcome!</i>
<i>Sun 7th</i>	<i>5pm</i> <i>Worship</i>	<i>3pm Secret Garden</i> <i>discussion</i>
<i>Fri 12th</i>		<i>Heaven and Hell class</i> <i>at Val's 11am</i>
<i>Sun 14th</i>	<i>Worship 10.30am</i> <i>Shared meal to follow.</i>	
<i>Sun 21st</i>	<i>Worship 10.30am</i> <i>Shared meal to follow.</i>	
<i>Friday 26th</i>		<i>Heaven and Hell class</i> <i>at Val's 11am</i>
<i>Sunday 28th</i>	<i>Singing Practice 9.45am</i> <i>Worship 10.30pm</i> <i>Shared meal to follow</i>	
<i>Sunday 7th</i> <i>Oct</i>	<i>5pm Worship followed by</i> <i>shared meal</i>	<i>3pm Secret Garden</i> <i>Book Club</i>

Sunday School every Sunday during Worship. It is great if you can let Mary know whether to expect you or not for preparation purposes. 0407 448405

Worship Services are held weekly at 10 Broome Street, South Perth (off Douglas Street) at 10.30am except the first Sunday of the month when it is held at 5pm.

You are invited to join in a shared meal afterwards if you wish.

Classes and systematic study

Enquiries

John Tel 9332 5140 or Mary 0407 448405



10 Broome Street, South Perth (off Douglas Street)

www.newchurch.org

<http://www.newchurch.org/locations/asiaPacific/australia>

Based on the Holy Bible, The New Church gains further inspiration and understanding through the Revelation of 18th century scientist and theologian [Emanuel Swedenborg](http://www.swedenborg.com.au). In his 35 volumes of theology, Swedenborg helps set forth the Lord's plan for a rebirth of Christianity, a clear vision of God in His own Word, and what that means in our lives.

For ordering books see www.swedenborg.com.au

Or phone Alex 0428517813

*We sponsor **"The Loving Arms Mission"** in Nepal, a home for orphaned children. Donations gladly accepted.*

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