

# *The Times They Are A-Changin'*

*Sunday, September 11, 2022*

Rev. Diana Johnson, RScM & Chris Johnson, RScP

## *Taizé*



A Beloved Community  
Practicing the Possible Through Prayer

### **Call to Awareness – 3 Bells**

### **Chris – Opening Prayer**

**Rev. Diana - Introduction...Good morning and welcome**

**Chant – *Beloved***, written by Chris Johnson

### **Rev. Diana**

Joining our voices is a beautiful way to acknowledge ourselves as part of a Community. We begin our Taizé this morning by recognizing and realizing our Oneness with the Global Community. We envisioning a web of Consciousness surrounding and infusing our planet...seeing and feeling ourselves to be a radiant point of Light in that web...knowing that every human is a conduit of that same Light...every creature, every plant, every rock and grain of sand, shines with the Light of Spirit...the soil...the water...the clouds and wind...and the heavenly bodies...all enlivened by the Divine Spark...the Light that *you* are is enmeshed with the Light that *I AM*...with the Light of all beings, and with all of creation.


Sensing our oneness, we acknowledge our stewardship...we commit to caring for one another...for all life forms...for the planet that sustains us all.


Rooted in our Oneness, we center our hearts in this month's theme, ***Beloved Community*** and we shift our attention to the title for this morning's Gatherings, ***The Times They Are A-Changin'***.

I have heard it said that the only sure thing is change. Even as life can feel stagnant at times, we know that in Truth, everything is always in flux. Even now, in this moment of stillness, each of our bodies is changing in ways that are imperceptible, yet we depend on our body's ability to change and adapt for our very survival. And we depend on the community of organs, systems, and cells of our bodies to work flawlessly together, each one dependent on the others...each one fulfilling its purpose...so that we might thrive.


At the most basic level, Life exists as a vast array of interdependent communities. We, as human beings, are not created to live in isolation...in order to thrive, we all need to be part of a community. It is in Community that we find a sense of belonging...we find people with whom we can share our gifts and our life's journey.

Mystic Heart challenges itself and its spiritual family to support one another in going deeper than simply being part of a community would require. It has chosen to become a ***Beloved Community***. The meaning we intend by this phrase shines through our stated ***Purpose...***let's take each of these statements into contemplation...let them speak to you.

 We endeavor to live physically, mentally, emotionally, and spiritually empowered lives.

 We endeavor to bring our most authentic selves in service to others.

 We endeavor to honor and experience the Divinity of all beings.

 We endeavor to experience the miraculous nature of our world and everything in it,

 We endeavor to recognize and live from our Unity.

 We endeavor to practice Love in order to bring Peace to our world.


Our ***Vision, Practicing the Possible through Prayer***, is the most expansive picture of who we are calling ourselves to be.


Our ***Mission*** answers the questions “How will we make our Vision a reality?” and “What tools will I discover to support my journey?”. ***Living from our Divinity, we empower our lives and create loving and authentic community through study, service, celebration, and prayer.***

Our Purpose gives us specific goals to work toward in our lives...it paints a picture that we can refer to as we live one moment to the next.


### **SILENCE – 1 Minute**

We take the affirmations given in the Statement of Purpose, one by one, and in the first person, noticing whether they ring true as an ideal for you. Do they resonate?

 I endeavor to live a physically, mentally, emotionally, and spiritually empowered life.

 I endeavor to bring my most authentic self in service to others.

 I endeavor to honor and experience the Divinity of all beings.

 I endeavor to experience the miraculous nature of our world and everything in it.

 I endeavor to recognize and live from my Unity with all of creation.

 I endeavor to practice Love in order to bring Peace to our world.

**Musical Meditation – *Get Ready, My Soul***, written by Daniel Nahmod

**Rev. Diana**

Being in Community means two things. First, being in Community means to belong...not to belong *to*, but to belong *with*...to be related to and a part of something. Second, it means acting as a creator and co-owner of that community. What I consider mine, I will build and nurture. The work, then, is to seek in our communities a wider and deeper sense of emotional ownership.” (Peter Block, *Community: the Structure of Belonging*.)

This can seem frightening sometimes. Do we want to invest ourselves in community, knowing that in an ever-changing world, communities sometimes fall apart? Do we want to take the chance...commit our energies and resources to something that may not last? Do we want to experience the vulnerability of bringing our authentic self into community? Are we willing to have others depending on us...in other words, are we willing to offer ourselves in Sacred Service and the circulation of our financial Good? These are all good questions to consider. But we must remember that it is the risk-taking, the commitment, the willingness to be vulnerable and authentic, and the sharing of our energy that makes being in community such a powerfully supportive experience in times of change.

### **Chris – Guided Meditation**

There is only One Life... that Life is Spirit... and that Life expresses in an infinite variety of forms... All of manifest Creation springs from the same Eternal Source, and remains connected with that Source... We are not individuals separated from each other... from Mother Earth... from Nature... We are individualized parts of the One Life...

We learn to live into our Unity by building community... by gathering into tribes... joining clubs... worshipping together... Although we are essentially One with everyone and everything, it is easier for us to feel our Oneness with like-minded people... The purpose of joining a Spiritual Community is to grow our experience of Oneness...

We practice Unconditional Love where we feel safe... We practice vulnerability where we feel secure to risk our Authenticity... We grow best when we sense that it is OK to miss the mark... that we won't be judged... that we are free to ask for help... and where we know that the help we offer others makes a difference...

Brother Jesus instructed us to “Love your neighbor as yourself”<sup>1</sup>... and even to “Love your enemies”<sup>2</sup>... but many of us struggle with truly loving people unconditionally, except for those closest to us... We need to start where we are... Loving ourselves, then expanding outward to include more and more... Our Beloved Community facilitates this growth...

In this time of Blessed Communion together, we focus on our heart area... feeling the love... radiating that love outward... letting our love spiral out to include ourself... our family... our friends... and our Beloved Community... and out into the world... We are all conduits for the Infinite, Unconditional Love of God... we can never run out... and all that we give returns to us, for that is the nature of Love... As we enter the Silence, continue to radiate your Love, and feel it coming back into you... filling your heart... *This* is Beloved Community...

### **Silence – 3:00**

Returning our awareness now to this time and place, we continue to bask in the Love of Spirit... the Support of Beloved Community... and the Joy of living into our Unity with Spirit and with all of Creation... We are grateful for this time of Blessed Communion and mutual Love and support... Thank you, God, for everyone and everything...

I invite you to know with me now that Spirit is moving powerfully through each of us, and through our Spiritual Family... Individually and collectively, we are a powerful spiritual influence on our world... As we evolve in consciousness, the benefits of our growth ripple out, blessing the entire world...

Lovingly receiving Rev. Diana's continued inspiration, we give thanks for the devotion of our Beloved Community and the stability it gives us... even though The Times They Are A-Changin'...

### **Rev. Diana**

How might we approach our participation in Beloved Community?

There are two Practices that can be helpful. First, seek to enter this (or any) Community with ***Presence of mind***. Be aware of how you feel when approaching a new person or group of people. What energy are you bringing into the space? Are you relaxed or anxious, energized, or complacent? What are your motivations for approaching a new community? Do you have any expectations or preconceived ideas about how your experience will be? ***Presence of mind*** means practicing authenticity and tuning into basic self-awareness.

The second Practice that can be helpful is to come *with* and *from* Curiosity, Humility, and Care. What are our true intentions as we interact with others in the Community? We may be entering with the best of intentions...are we assuming the best intentions in others? As we interact, are we speaking honestly and listening deeply, seeking to understand in a genuine way? Are we deeply curious about others and the group as a whole? What's it like to be you? What's it like to be a part of this Community?

***The Times, They Are A' Changin'***...and so are we all. Each of us needs to find a tribe to share in this journey we call Life. You are each invited find Love and Support in Beloved Community at Mystic Heart at any time, and in any way, that brings you a sense of connection and belonging. All are welcome in this place...

**Where we know that there is only the One Life, One Beloved Community, and that God, Spirit, the Infinite Presence is that One, expressing as all of Creation...(complete the prayer)**

### **Rev. Diana – Blessing for the Offering**

It is time for us to close our Taizé Meditation. As we do, we offer the opportunity for you to share of your financial good in support of the work we do should you choose to do so. If you're joining us online, you can find a Donate Button and our mailing address at [mysticheart.org](http://mysticheart.org). And we thank you in advance for your gifts.

**Offertory Music – *Come, Spirit of God***, written by Daniel Kopp

**Rev. Diana Blessing for the Offering**

We'll be donating our coffee and lunch donations to ***Farmer's Footprint***.


**Closing Song – *A Soul's Blessing***, written by Chris Johnson

## *Conscious Conversation*

**Call to Awareness – 3 Bells**

**Chris – Opening Prayer**

**Opening Music**

 ***Welcome to the Mystic Heart***, written by Diana & Chris Johnson

 ***One Big Family***, written by Robin Hackett & Gary Lynn Floyd

 **Chant – *We Come Together*** by Eddie Watkins, Jr.

**Rev. Diana – Good morning/Welcome**

Each week we begin our Conscious Conversation with a ritual...we acknowledge our oneness with all that is and recognize the Power of that Unity. So let's take a nice deep breath in...hold it...and let it go. As we take another breath, let's stand up and embody our Connection with Spirit...feel our feet rooted to the earth, feel the energy moving up through our feet, flowing through our bodies, and out through the tops of our heads...embody the Power of Creation...embody the knowing that we are writing a new story for our world. Hold with me the Vision of a ***Love-Soaked World***, where Peace, Joy, Abundance, Generosity, Justice, and Freedom are the living principles that guide our lives...where all humans practice loving kindness and Compassion, and care for our planet as the Sacred Home that she is.

We are creating a world where all needs are met...where all beings have plenty of nourishing food, the safety of a warm and comfortable home... medical care, education, healthy relationships, right livelihood, creative contribution, and a sense of belonging...a world in which all beings are valued for their inherent Goodness and Light...where the Peace we cultivate within shows up as a world free of hatred or violence.

We are creating a world that knows no greed, where there is abundance in simply having *enough*...where every being deserves and receives all that is needed for a full, rich, and contented life.

In this more conscious and conscientious world, every member of the human family serves as a vessel through which God's blessings flow, and so ***there is no reason we cannot have such a world***. We call it forth knowing that it is taking form, right here and now, as we hold and speak our Powerful Vision. In every moment, we align our actions

to support and nurture its Graceful unfolding. We call it Good...we let it be. And so it is! Amen!

Sharing in ritual is a powerful tool for transformation. Another tool we have at our disposal when we set out to create anything new is ***Conscious Conversation***.

This morning our topic has been ***The Times They Are A-Changin'***, and boy are things changing fast right now. Our challenge is to hang on and enjoy the ride!

**What are some of the things that you are doing to enjoy the ride?**

**Evolution just keeps on keeping on. How are you making a positive imprint on the future?**

I believe that sharing in ***Beloved Community*** is a powerful way to contribute at a grass roots level. We know that what we create in the microcosm is reflected and projected into the macrocosm. As we create peace, connection, and belonging in our lives, so will it appear in the world.

We're taking this month to really give you a clear picture of who we are at Mystic Heart...our ***Vision, Mission, and Purpose***...the ***Agreements*** we have made and hold to as a Beloved Community...what we believe about the Higher Power we call God, Spirit, Universe, Intelligence, Presence, or Source...and how we as humans fit into the bigger picture.

During Taizé this morning, we reviewed our ***Vision, Practicing the Possible through Prayer***, calling it the most expansive picture of who we are Called to be.

We reviewed our ***Mission***, which addresses how we plan to make our Vision a reality and offers tools to support the journey. ***Living from our Divinity, we empower our lives and create loving and authentic community through study, service, celebration, and prayer.***

**What does it mean to live from our Divinity?**

I'm in a hurry, running late for an important appointment, trying to drop off a deposit at the bank...there's one teller and there are six people in front of me, and the line is moving really slowly. **What does living from my Divinity look like?**


I get home late after a long day away from home...there are chores piled up...my partner is in a foul mood and snaps at me. **What does living from my Divinity look like?**


I'm driving down the road and there's a man walking down the center line. He's not moving toward the edge, so I slowly pull around him and continue on. He flips me off and shouts obscenities. **What does living from my Divinity look like?**

Everything I have tried to do today has ended in ruin. I have accomplished absolutely nothing all day. **What does living from my Divinity look like?**


**10:55** Both our Vision and our Mission are tall orders. But our ***Statement of Purpose*** helps to break it down a little bit. Let's take a look.


 We endeavor to live physically, mentally, emotionally, and spiritually empowered lives. **What does that look like in action?**

 We endeavor to bring our most authentic selves in service to others. **What does that look like in action?**


 We endeavor to honor and experience the Divinity of all beings. **What does that look like in action?**


 We endeavor to experience the miraculous nature of our world and everything in it. **What does that look like in action?**


 We endeavor to recognize and live from our Unity. **What does that look like in action?**


 We endeavor to practice Love in order to bring Peace to our world. **What does that look like in action?**


Mystic Heart is an independent Spiritual Community. We had no rules, regulations, or other guidelines as we began to form our Beloved Community. As a result, we made a set of agreements that have given us a framework for how we behave and interact within the Community. I'd like to share them briefly this week; then next week we'll dig a little bit deeper into them. Here they are:


 We agree to always be respectful, compassionate, loving, honest, and authentic in our thoughts, words, actions, and communications. In doing so, we create a safe, loving, and supportive environment in which complete transparency is the norm, vulnerability is honored, and where people are free to evolve physically, psychologically, emotionally, and spiritually.

 We agree to take personal responsibility for our thoughts, words, and actions at all times. In doing so, we create a loving environment where spiritually mature individuals promote peace, joy, and celebration in all that we do.

 We agree to reverently seek Spirit's Guidance when resolving conflict. In doing so, we trust that Love is leading the way and that Peace prevails.

 We agree that we are consciously choosing to create a Spiritual Family. In doing so, we are creating a space in which to belong, a place to call Home.

 We agree to welcome all who come, gracefully honoring each individual as a unique child of God, accepting all faith paths and levels of awareness as a sacred part of the Spiritual Journey. In doing so, we attract a vibrant group of diverse members who practice this teaching to live in the consciousness of Oneness each and every day.

 We agree to respect one another's personal space. In doing so, we create a comfortable community experience in which everyone feels safe and honored.





We agree to live from a consciousness of Wholeness and Abundance. In doing so, we create personal lives and a Spiritual Home that are radiantly healthy and free from limitation of every kind.

Mystic Heart is an independent Spiritual Community. We have no one to answer to as long as we are in alignment with the regulations for a religious non-profit. Three years ago, we started where we were. Much has changed in that time...we are evolving as individuals and as an organization.

And we are free to do so. We recognize that ***The Times They Are ALWAYS A' Changin'***, and so we stay flexible.

Now that the Covid Shut Down is behind us, we will resume our quarterly Co-Creation Gatherings, where together, we continue is the Creative Process as Spiritual Family. Our next gathering is Friday, October 7<sup>th</sup> from 6:00-8:30 here in Suite I. All are welcome.

### **Rev. Diana – Closing Prayer**

### **Rev. Diana – Affirmation for the Offering**

Each Sunday, we invite you to join in the celebration of the work we are doing in the world by sharing of your financial Good, should you choose to.

If you are at home, you can go to **mysticheart.org** to use our Donate Button or to find our mailing address.

We also have a Gracious Giving Program for those who would like to make a heartfelt monthly commitment of support so that we can more effectively plan for our growth. You can find more information on our website.

As we move into this time of giving, hold these words close to your heart and know how much we appreciate your gifts:

**As I awaken to the God within me and all around me, I see Abundance everywhere I look. I consciously step into that flow of Abundance by this act of giving. I offer this gift freely in the spirit of Love, blessing and sending it forth to heal and prosper. It is evidence of my deep faith. It does good work in the world and blesses all of Creation. I give from a consciousness of Abundance! And so it is! Amen!**

**Offertory Music – *The Times They Are A' Changin'***, written by Bob Dylan, new lyrics by Chris Johnson


**Chris – Blessing for the Offering.**

**Chris – Invitations**




**Tuesdays, 3-5 pm – Michael Bordeaux's Book Club will be starting up this week, Sept 13<sup>th</sup>.** The group will be reading *Breakfast With Buddha* by Roland Merullo. Drop-ins welcome. Donations gratefully accepted.





 **Wednesday, September 14<sup>th</sup> – November 30<sup>th</sup> from 2:00 – 5:00 pm**, Rev. Diana will be offering ***Divine Audacity***, the first of her *Conscious Evolution Series*. Contact Rev. Diana to register.

 **Thursdays, 3 – 5 pm, Metaphysical Bible Study** with Prayer Practitioner, Chris Johnson. Drop-ins welcome. Donations gratefully accepted.

 **Fall Church Family Campout has been cancelled.**

 **Co-Creation Gathering - Friday, October 7<sup>th</sup> 6:00 – 8:30 pm**: Join the Leadership and Volunteers of Mystic Heart Spiritual Center for an evening filled with luscious desserts, beverages, reflection, brainstorming and Conscious Conversation. Let's begin the process of Co-Creating 2023! All are welcome!

 **You Can't Take It With You - Shasta College Performing Arts Theater, Friday, October 21<sup>st</sup> at 7:00 pm** *You Can't Take It With You* is a madcap, idealistic comedy that reinforces the idea that you can only live life to the fullest by doing whatever makes you happy. **It's gonna' be a blast! Tickets: \$15 are available now!**

 **2<sup>nd</sup> Annual Spring Retreat at Coram Ranch in Shasta Lake** April 20-23, 2023. \$225/adult, \$125/child 13–17, and \$50 per child 5–12. 0-4 years free. Includes all meals. Children's program with Traci included. Installment Payments accepted. Non-refundable deposit of \$100/adult, \$50/child 13-17, or \$20/child 5-12 is required by November 1<sup>st</sup> to hold your space, as Mystic Heart needs to make a large deposit to hold our reservation. Payment in full by April 1, 2023.

As always, more details are in your bulletin and on our website.

### **Chris – Invitation to Prayer**

We'll be contributing our Lunch Donations to ***Farmers' Footprint***, a coalition of farmers, education, doctors, scientists, and business leaders aiming to expose the human and environmental impacts of chemical farming and offer a path forward through regenerative agricultural practices.

**Closing Song – *Love Be With You***, written by Lainey Bernstein, RScP & Gary Lynn Floyd

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### **Notes:**

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<sup>1</sup> Matthew 22:39, Mark 12:31, & Luke 10:17 – Quoting Deuteronomy 6:5 & Leviticus 19:18

<sup>2</sup> Matthew 5:44 & Luke 6:27