

*SOUL FOOD*  
*May 2016*



*Make a joyful noise to the LORD, all the earth!*

*Serve the LORD with gladness! Come into His presence with singing! Know that the LORD, He is God! It is He who made us, and we are His; we are His people, and the sheep of His pasture. Enter His gates with thanksgiving, and His courts with praise! Give thanks to Him; bless His name! For the LORD is good; His steadfast love endures forever, and His faithfulness to all generations. Psalm 100:1-5*

*"**Kindness** is an inner desire that makes us want to do good things even if we do not get anything in return. It is the joy of our life to do them. When we do good things from this inner desire, there is kindness in everything we think, say, want, and do."*  
— **Emanuel Swedenborg**

*"**Living Gratefully**"* Inspired by Swedenborg's book **Divine Providence**, *Living Gratefully* is a seven week small group program that explores the concept of providence through a lens of gratitude for God's constant, loving presence in our lives.

### **WHAT MOMENTS WILL YOU SAVOUR AND EMBRACE?**

*Ultimately, living gratefully is about more than simply appreciating what you have; it's about **delighting in the opportunity to give to others**. True gratitude ignites compassion. When we understand that the ultimate goal of providence is happiness and unity with God, we realize that **this kind of love wants to be shared**. Living gratefully increases our awareness of the beauty and blessings that are constantly unfolding around us, and thus inspires us to **share those blessings with others**.*

### **HOW A GRATEFUL LIFE LEADS TO HAPPINESS**

*Divine providence (the gentle, loving guidance of God) is always leading us toward peace and happiness. When we awaken to gratitude, we realize that no matter the outward appearance of a situation, **there is a loving, wise undercurrent that is gently carrying us toward true happiness**. We simply need to allow ourselves to be carried. We*

can practice experiencing this kind of gratitude by **taking time each day to notice the good things in our lives.**

### **SO THAT WE CAN BE OURSELVES**

The first gift of divine providence is **freedom and the rationality to use our freedom well.** The gift of rationality means that, as humans, we have the ability to think deeply, to examine our feelings, thoughts, and actions, and to distinguish between truth and falsity. The gift of freedom means that we have the opportunity to choose those feelings, thoughts, and actions that best serve our spiritual well-being. We feel most free when we put love first by doing what we love and focusing on sharing that love with those around us.

### **SO THAT WE CAN BE TRANSFORMED**

The second gift of divine providence is the **ability to change through the process of repentance.** According to Swedenborg, repentance is an active process that includes self-examination, prayer, and deliberate change. This gift of change is closely related to the gift of freedom. When **we freely choose to make positive changes in our lives and to stop hurtful or damaging behaviours,** we open ourselves to allowing God to change us from the inside out. These positive changes lead to lasting happiness, the ultimate goal of divine providence.

### **SO THAT WE CAN CONNECT WITH OTHERS**

The third gift of divine providence is **love.** Love, especially **love for others** and for the common good, is the motivating force behind lasting change. It is an essential law of providence that we should never feel compelled by others to change, or to take on new beliefs, especially

in regard to religious ideas. **Instead, the inner part of us, where our deepest love exists, has to compel the outer part of us toward positive change.** In this way, our strongest love acts as our strongest motivating force, guiding us toward joy and fulfillment.

### ***WE ARE TAUGHT AND INSPIRED BY LOVE AND WISDOM***

The fourth gift of divine providence is **inspiration**. Inspiration is **wisdom from the Lord**. It is a law of divine providence that we be led and taught by the Lord's wisdom. Although it seems that we are independent, we are receivers of life, it flows into our souls from the Lord. **Anything beautiful we create or anything wise we might say comes from the Lord.** With love and inspiration together, we are in the best position to lead a full and useful life.

### ***BECAUSE THE WONDER OF LIFE LIES IN THE UNKNOWING***

While the gift of inspiration allows us to receive new insights, the gift of uncertainty allows us to be grateful for what we don't yet know. **Not knowing awakens hope, faith, and trust that the Lord is in control** and that everything really is leading toward good. In fact, it is **a divine law of providence that we don't know what's ahead, because having such knowledge would limit our freedom.** By remembering the gifts that uncertainty brings, we can allow ourselves to **let go of anxiety** about the unknown and instead be fully present to the beauty of NOW.

**Birthdays** – Happy birthday to Amy, 1<sup>st</sup> May

## ***Note Change of Venue in Calendar on 15 May***

## ***Pastoral visit Rev Todd Beiswenger 3,4,5,th June***

<b><i>3 June McDougall House</i></b>	<b><i>5.30pm Shared meal</i></b>	<b><i>7.30pm Class</i></b>
<b><i>4 June</i></b>	<b><i>10am Class at Dome Maylands</i></b> <i>corner of Railway parade and Eighth avenue</i>	<b><i>1pm Shared Lunch Moira's</i></b> <i>and Informal Discussion followed by Private Visits</i>
<b><i>5 June McDougall House</i></b>	<b><i>10:30am Worship with Holy Supper</i></b>	<b><i>12 midday</i></b> <i>Shared lunch and informal discussion on future plans</i>

### ***May Calendar 2016***

<i>Sunday 1</i>	<b><i>10.30 Worship</i></b> <i>Shared lunch.</i>	<i>Aubin Grove</i>
<i>Sunday 8</i>	<b><i>Mothers' Day</i></b> <i>9.30 Morning Tea</i> <b><i>10.30 Worship</i></b>	<i>Aubin Grove</i>
<i>Sunday 15</i>	<b><i>10.30 Worship</i></b> <i>Shared lunch.</i>	<b><i>McDougall House</i></b>
<i>Sunday 22</i>	<b><i>10.30 Worship</i></b> <i>Shared lunch.</i>	<b><i>McDougall House</i></b>
<i>Sunday 29</i>	<b><i>10.30 Worship</i></b> <i>Shared lunch.</i>	<b><i>McDougall House</i></b>



***We are all created to become angels of Heaven  
which is a kingdom of communities.***

*Based on the Holy Bible, **The New Church** gains further inspiration and understanding through the Heavenly Doctrines revealed by the Lord and published by 18th century scientist and theologian **Emanuel Swedenborg**. In the 35 volumes of this new Revelation we see 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.*

*Worship Services are held weekly at 10.30am  
Aubin Grove/McDougall House*

***Sunday school concurrently***

<http://www.newchurch.org/societies/perth/newsletters>

<http://newchurch.net.au/locations/perth-aurora-circle>

[www.newchurch.org](http://www.newchurch.org)

***Aurora Face book page*** was created in 2007 by the young people at a Saturday afternoon gathering. Here is the address.

[www.facebook.com/aurora.circle](http://www.facebook.com/aurora.circle)

***Book orders:*** [www.swedenborg.com.au](http://www.swedenborg.com.au)

*We sponsor **"The Loving Arms Mission"** in Nepal,  
Home for orphaned children.*

***ONLINE donations***

***Church: Westpac:*** BSB 036302: account number 189720

***Loving Arms:Westpac:*** BSB 036019: account number 230169

***Name:The General Church of the New Jerusalem-Perth Circle***