

# Breaking Bread

## Newsletter –

The Brisbane Society of The New Church,  
Brisbane and South-East Queensland

**Aug, Sep, October 2018**



Art Work By Lenore Sandow

*You can resist an invading army; you cannot resist an idea whose time has come.*

- Victor Hugo (1802-1885) French writer

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## *ANXIETY, THE SILENT THIEF*

Three weapons to fight the enemies of peace.

### What is anxiety?

We all experience feelings coming to us from unresolved past issues or negative belief systems about ourself and the world around us, its present state and the future. These feelings can contribute to anxiety but in themselves they are not anxiety, instead negative emotions that block our peace and access to positive feelings. Anxiety, on the other hand, is something different again. According to researcher, Ashley James who runs the website [learntruehealth.com](http://learntruehealth.com), 'anxiety' in itself is not negative or positive. What we do with anxiety determines if it is a negative or positive experience. In this way, anxiety is akin to stress. There is positive stress and negative stress.

What exactly is anxiety and how do I make it a positive experience? Anxiety is a message coming from our subconscious telling us to shift our focus so that we can realize our deeper unconscious desires. In other words, it is a wake-up call from our mind letting us know that our imagination and subconscious thoughts are stuck on imaginary negative outcomes. It is a bit like having a stone in your shoe and the body is attempting to communicate with you through the pain that you need to deal with the undesirable object.

### **Overcoming Anxiety**

What should I do when I experience anxiety?

First, try to identify which thoughts led you to your current bout of anxiety. If you can identify which thought patterns have caused you to feel anxious, over half the battle is already won.

Secondly, shift your focus to positive, desirable outcomes. Now that you know where to shift your focus, here are three weapons/tools to help you win the battle against suffering from anxiety.

### **Three Weapons**

1. Let go and let God
2. Meditation
3. Visualization

Ok, so anxiety is primarily a form of communication coming from your subconscious mind telling you to shift your focus and thus restore peace and congruency between your inner and outer self. However, evil and negative spirits do not want us to experience peace. Instead, they want to increase our suffering -

***Heaven and hell 292** The Lord takes the greatest care to prevent spirits from knowing whom they are with. If they did know, they would talk with them, and then the evil spirits would destroy them; for evil spirits, being united to hell, want nothing more than to destroy us not only as to spirit (that is, as to our love and faith) but as to our bodies as well.*

In other words, anxiety is our mind-body alarm system identifying that the energies at work in us are not coherent with our life goals and loves. The Lord takes great care to keep moving us towards a state of inner and outer balance -

***Heaven and hell 297** He controls our outmost natures from the inmost and the inmost from the outmost at the same time, and in this way keeps everything about us in coherent connection.*

What is important for us to realize is that anxiety is a call and opportunity to correct incongruent states within us, battle our enemies, overcome negative energies and thus move us closer to our life purpose -

*There are spirits who are not yet united with hell because they are still in their first state (which will be described later when we talk about the world of spirits)... and they talk with each other there[the area that corresponds with our solar plexus]out of their evil affection. The emotional tone of their conversation flows into us, and since it is contrary to our affection, it brings about a sadness and an anxious depression; while if it agrees with our affection, it brings about a sense of happiness and exhilaration... A great deal of experience has convinced me that they are the source of our anxiety of spirit. I have seen them, heard them, felt the anxieties that well up from them. I have talked with them, they have been driven off and the anxiety has ceased, they have come back and the anxiety has returned, I have observed its increase and decrease as they drew near and moved away. (Heaven and hell 299)*

So if you think about it, anxiety is a direct opportunity for negativity to wreak havoc on your emotions and thought or it can be a powerful moment to trigger self-reflection and spiritual growth. The advancing soul learns the habit of identifying when they have shifted from peace into negative states and anxiety is no different. Learning to watch your thought processes and any underlying shifts provides us with a powerful tool for spiritual growth.

*Let's begin -*

### **LET GO AND LET GOD**

Nearly all spiritual processes begin with acknowledgment. It breaks the power of any process we may be caught in when we pause and acknowledge the Lord as our Higher Power. There are many things that are out of our control, but nothing is outside of His control. Coupled with this is the revelation that God loves us and longs to fulfil our lives. He is actively working through Providence towards our eternal happiness. In the letter to the Philippians, we read these wonderful words -

**Philippians 4:6-7** *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

Acknowledge the Lord as the Higher Power in every situation and then through prayer hand over all your cares and concerns to Him. If we do this, we are promised that Peace will be our shield, guard and protection.

## **MEDITATION**

The second weapon I wish to arm you with is meditation, which is, in fact, a form of prayer. I can hear someone saying, 'I've tried meditation and it didn't work' or 'I don't know how to meditate'. What I am suggesting is an easy proactive form of meditation which involves nothing more than memorizing certain Scriptural promises and repeating them (aloud if possible) to allow them to enter deep into our subconscious thoughts. Remember, we need to be actively choosing our meditations. If we do not, negative conditioning will choose them for us in the form of poor self-talk.

Where do I begin? Here are some of my favourites -

**Jeremiah 29:11** *For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope*

**Matthew 11:28-29** *Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.*

**Romans 8:28** *And we know that all things work together for good to them that love God, to them who are the called according to his purpose.*

**Romans 12:2** *And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

**Philippians 4:13** *I can do all things through Christ who strengthens me.*

**Secrets of Heaven 2493.** *I have spoken to angels about the memory of things of the past and about consequent anxiety concerning things of the future, and I have been informed that the more interior and perfect angels are the less do they care about things of the past or think about those of the future, and that this is also the origin of their happiness. They have said that the Lord provides them every moment with what to think, accompanied by blessing and happiness and that this being so they have no cares and no worries. This also is what is meant in the internal sense by the manna being received 'day by day' from heaven, and by the 'daily [provision] of bread' in the Lord's Prayer*

**NOTE** - Find some of your own or try these - Exodus 15:2, Joshua 1:8-9, 1 Chronicles 16:11, Isaiah 40:28-31, Isaiah 41:10, John 14:27, Romans 8:37-39, Philippians 4:19, 2 Peter 1:4, Secrets of Heaven 1799.

**Isaiah 40:28-31** *Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.*

The Lord wants to build your life not tear it down, and truly, life is rigged in your favour. If, however, you don't believe this, then inevitably, like a self-fulfilling prophecy, you will create a reality that confirms your fears. Instead, choose to meditate on God's promises for you and thereby strengthen positive belief systems in your subconscious and conscious mind.

## **VISUALISATION**

Whether we realize it or not we all have imaginations, stories and conversations running in the background of our mind and thoughts. It is those negative imaginations and stories that feed states of anxiety. Again, our mind-body alarm system is highlighting to us those inconsistencies between our inner thought life and our outer goals. The alarm system is saying '*you're out of the flow*'. The spiritual message is '*follow the call... get in the flow and go or it's a "no".*'

### **Perfect practice makes perfect**

So when trying to visualize a better outcome, what step should I take to correct the incongruent states?

Stop whatever you are doing and give yourself a moment to create a quick visualization. The whole process only needs to take ten to thirty seconds.

Once you have an approximate idea of which negative thoughts and imaginations are at work, close your eyes and imagine that the event has already passed and all is well. See and *feel* the success of that moment. For example, let's say that a friend has asked you to make a speech at their upcoming wedding and you have agreed. Most people will experience a flood of anxiety about public speaking and the anxiety will get worse the closer they get to the event. Unbeknown to most people, the anxiety is being fed by subconscious imaginations of messing up the speech. The mind-body alarm is trying to communicate to us about these unhelpful imaginations.

If you can get comfortable, slow your breathing and close your eyes, an ideal visualization would entail seeing the speech as just completed and people are clapping with gratitude. To assist the visualization, allow yourself to feel the peace that comes from completing the speech successfully and hold that feeling. If possible magnify the feeling while holding the picture of the happy audience in your mind's eye.

Short visualizations like these have proven very effective at reducing and even eliminating states of anxiety altogether.

A final qualification - these three tools are very powerful for fighting against anxiety. However, it is important that we also take other steps like preparing a speech well in advance and practising delivering it. These more practical steps are necessary and work together well with the spiritual dimension to keep the advancing soul on the path of peace.

May your battles go well,  
Rev Darren Brunne



## ***The Months Ahead Unpacked***

*An explanation of the upcoming events from May to July and a little beyond August*

I am excited to say that Ben Arnold will be sharing with the children and the rest of the church on the Battle of Faith. The talk fits nicely in with our 'Adventures in the Apocalypse' and will include some demonstrations of Armour.

### ***Adventures in the Apocalypse***

The family service in September will see us continue the series – *Adventures in the Apocalypse*.

We have made our way through four of the seven churches and next in the list is Sardis and Philadelphia. October should complete this section of the Apocalypse with an exploration of the seventh and final church, Laodicea.

### ***Annual General Meeting***

***October 21<sup>st</sup> – Short Service followed by the AGM meeting – 11:15 am.***

***IMPORTANT NEWS - Our eldest child, Jordan Brunne will be departing for Bryn Athyn College in America on August 18<sup>th</sup> for a year of university studies. We wish her well and will miss her. Keep her in your thoughts and prayers.***

### ***North-side Swedenborg Reading Group***

***Aug - Thursday 16<sup>th</sup>***

***Sep - Thursday 20<sup>th</sup>***

***Oct – Thursday 18<sup>th</sup>***

On the third Thursday evening of the month from 6 pm to 7 pm at Bracken Ridge Library, the North-side Swedenborg Reading Group meets together to discuss '*Regeneration*'. To all our north-side community (or our south-siders if you don't mind the travel), if you would like an additional spiritual boost to the month come join the stimulating discussion.

### ***South-side Swedenborg Spiritual Support Group***

***Aug - Thursday 9<sup>th</sup>***

***Sep - Thursday 13<sup>th</sup>***

***Oct – Thursday 11<sup>th</sup>***

Once a month, on an alternating Thursday evening from 6 pm to 7:15 pm at Capalaba Library, the South-side Swedenborg Spiritual Support Group meets together to discuss principles for spiritual stability and growth. To all our south-side community (or our north-siders if you don't mind the travel), if you would like spiritual support, come and join the stimulating discussion.



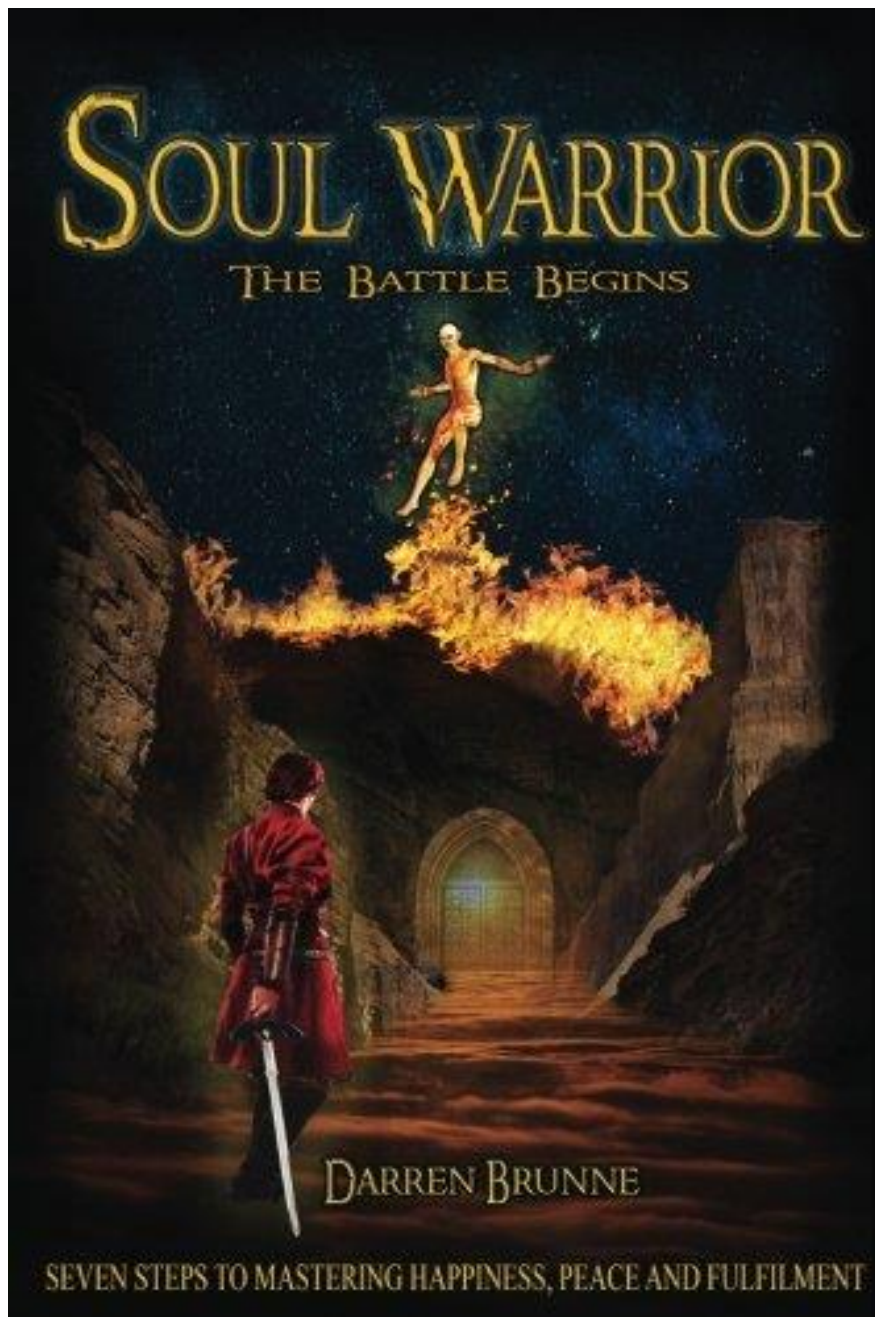
### ***SOUL WARRIOR***

Late last year, I completed the novel 'Soul Warrior' in which you, the reader, are taken on a journey of discovery into the practice of spiritual warfare. Follow apprentice Mathetis on his own awakening as he learns to use the whole armour of God. You will be introduced into all seven stages of the armour through a part story, part parable approached.

You can purchase the book through Amazon for \$15.99 US

[https://www.amazon.com/Soul-Warrior-Mr-Darren-Brunne/dp/1981445838/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1514376979&sr=1-1&keywords=soul+warrior+darren+brunne](https://www.amazon.com/Soul-Warrior-Mr-Darren-Brunne/dp/1981445838/ref=sr_1_1?s=books&ie=UTF8&qid=1514376979&sr=1-1&keywords=soul+warrior+darren+brunne)

or pick up a copy from our Brisbane Centre for \$20.00 when attending one of our services. Alternatively, you can contact me via [darren@eternitynow.net](mailto:darren@eternitynow.net) and I can post you a copy of 'Soul Warrior' for \$20 AUS + postage.



## Hot Food & Birthday Cake Roster for First Sunday Lunches

Feb	Fran
March	Bev
April	Renee
May	Tba
June	Gaye
July	Rae
Aug	Ruth
Sept	Anna
Oct	Vivian
Nov	Bev
Dec	We all pitch in for Christmas luncheon

### **Birthdays**

*To all our friends celebrating birthdays throughout these months we wish you birthday greetings and blessings.*

#### August

2<sup>nd</sup> Julie Barns, 3<sup>rd</sup> Elijah Brunne, 6<sup>th</sup> Jenny Lee, 23<sup>rd</sup> Frances Fitzgerald,  
24<sup>th</sup> Josiah Brunne

#### September

3<sup>rd</sup> Harrison Glenn, 5<sup>th</sup> Diane Thompson, 16<sup>th</sup> Kimberly Tatters, 18<sup>th</sup> Ian Arnold, 21<sup>st</sup>  
Grace Brunne, 23<sup>rd</sup> Isabella Lee

#### October

5<sup>th</sup> Vivian Lawler, 11<sup>th</sup> Annabel Duff, 17<sup>th</sup> Mrs Evelyn Williams, 18<sup>th</sup> Sophia Barns,  
Mrs Muriel Barrett, 21<sup>st</sup> Alex Lee, 23<sup>rd</sup> Matthew Heldon,  
28<sup>th</sup> Ken Thompson, 30<sup>th</sup> Daniel Harry

### **CHURCH CONTACT DETAILS**

Our services are held 1st, 2nd and 3rd Sundays, at 10.30 a.m. at our Centre – 1/24 Railway Terrace, Dutton Park.  
Always check the last page of the Calendar for services.

**Pastor:** Rev. Darren Brunne, contactable on 0421 319 252

**Treasurer:** Mr Brian Heldon, contactable on 07-5577 8772

**Secretary:** Mrs Gaye Heldon, contactable on 07-5577 8772 or [bgheldon@gmail.com](mailto:bgheldon@gmail.com)  
Address: P. O. Box 359, Sanctuary Cove, Qld. 4212

**For activities on the Gold Coast and Mt Tamborine meetings** contact Mrs Gaye Heldon on 0421 319 252

**Sunday School Co-ordinator:**

Bev Sheppard, contactable on 07-3844 7187 or [revshep@tpg.com.au](mailto:revshep@tpg.com.au)

CALENDARS

**Aug 2018**

**Sun 5<sup>th</sup>**

**1<sup>st</sup> SUNDAY FAMILY SERVICE** including **HOLY SUPPER**  
led by Rev. Brunne at 10.30 a.m.  
*– ‘Faith, the Battle’ – Ben Arnold’*

**Fri 10<sup>th</sup>**

Mt Tamborine Discussion Group at  
*Ian Arnold's home at 11 am.*

**Sun 12<sup>th</sup>**

*Sacred Circle, 10.30 a.m.*

**Sun 19<sup>th</sup>**

**Abiding in the Vine** led by Rev. Brunne at 10:30 am

**Sun 26<sup>th</sup>**

**Free for Home Church Visitation**

**Sep**

**Sun 2<sup>nd</sup>**

**1<sup>st</sup> SUNDAY FAMILY SERVICE** including **HOLY SUPPER** led by  
**Rev. Brunne at 10:30 am**

*– ‘Adventures in the Apocalypse - Chapter 3*

**Sun 09<sup>th</sup>**

*Sacred Circle, 10.30 a.m.*

**Fri 14<sup>th</sup>**

Mt Tamborine Discussion Group at  
*Brian and Gaye Heldon's at 11 am.*

**Sun 16<sup>th</sup>**

**Free for Home Church Visitation**

**Sun 23<sup>th</sup>**

**New Church Day** led by Rev. Brunne at 10:30 a.m.

**Oct**

**Sun 7<sup>th</sup>**

**1<sup>st</sup> SUNDAY FAMILY SERVICE** including **HOLY SUPPER**  
led by Rev. Brunne at 10.30 a.m.  
*– ‘Adventures in the Apocalypse Chapter 3 – Part Two*

**Sun 14<sup>th</sup>**

*Sacred Circle, 10.30 a.m.*

**Fri 12<sup>th</sup>**

Mt Tamborine Discussion Group at  
*Brian and Gaye Heldon's at 11 am.*

**Sun 21<sup>st</sup>**

**Abiding in the Vine** by Rev. Brunne at 10:30 a.m.  
Followed by the AGM at 11:15 am

**Sun 28<sup>th</sup>**

**Free for Home Church Visitation**