

# Breaking Bread

## Newsletter –

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

**Aug, Sep, October 2019**



Art Work By Lenore Sandow

*The unexamined life is not worth living.*

*Socrates 5<sup>th</sup> century philosopher from Athens BCE*

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## *Repentance – A Private Affair?*

Five powerful keys to help all advancing souls  
progress through self-examination and transformative actions.

'Repentance' is perhaps one of the most misunderstood spiritual concepts. The term itself carries many negative and sometimes uncomfortable religious connotations. Properly understood though, 'repentance' is a gentle and healthy process of regular self-examination followed by an adjustment or transformative action. Self-examination is a process of 'stepping back' from one's ego and analysing the motives and effects of one's actions, thoughts and desires. The advancing soul need not spend long periods engaged in self-examination, instead a few minutes daily is adequate. Perhaps when you are lying down and preparing to end the day with sleep or perhaps, during a shower or bath. A few moments is all that is required from those who have spent regular time reading and meditating on sacred scripture. Even without extensive amounts of spiritual knowledge, we can have a vigorous spiritual practise of self-examination.

The transformative action following a time of self-examination also does not need not be drastic. Minor adjustments in one's actions, speech and thought are often sufficient. Think of the mechanic who turns the tiny air intake screw on a carburettor just a few turns and suddenly the engine runs smoothly.

The Bible says '*Catch for us the foxes—the little foxes that ruin the vineyards—for our vineyards are in bloom.*' (Song of Solomon 2:15) and in truth, nobody ever trips over a mountain but small rocks and tiny obstacles laying on the path or the unforeseen ditches at the edges of the track. In other

words, the little things matter and small adjustments add up to immense alterations. Overall, self-examination does not need to be a difficult time-consuming process when understood properly.

On the whole, repentance is a private affair between the Lord and the advancing soul. However, here are five ways that self-examination is further empowered by a supportive community –

1. Openness with others concerning self-examination communicates loving care and allows a community to support the individual in his or her processes.
2. We are often blind to the many obstacles that hold us back.
3. At times, we all struggle with the tendency to be very ‘hard’ on ourselves.
4. There is no such thing as ‘hidden/secret’ sins.
5. A shared burden is a light burden.

## **Self-examination and communities**

A supportive community can be as small as a close confidant or as large as a local club or group. As long as your community allows for the cross-pollination of ideas, thoughts and feelings, your community can empower times of self-examination. Think back to a significant time when someone has shared a burden or struggle with you. As long as you were not in a state of pride, such sharing moments will have inadvertently strengthened you. When we discover that others are struggling with the same difficulties that we do, there is a release of hope and reassurance that our battles are not strange or uncommon. Equally, you have the opportunity to learn from their struggles and discover what moves them into a state of victory. If you take the risk of sharing your struggles with those who are ‘safe’ and nonjudgmental, you will also gain the benefit of hearing their insights into how to overcome your obstacles. Or maybe you will be offered directions to a source, group or book addressing your concerns. One thing is for sure, suffering in silence will not offer any new pathways forward in your spiritual battles.

## **Self-awareness versus blindness**

In the book *Secrets of Heaven*, Swedenborg discusses the truth that entering elevated states of awareness is not possible for us when we are operating from our ‘ego’. We have to develop a form of mistrust in our own perceptions while seeking higher awareness from the Lord. When successful, we are empowered to ‘stepback’ from normal states of self through being lifted up above our ‘ego’ perception into higher heavenly light. This light allows us to explore our ego-centric motives and actions and expose selfish intentions. Without this light, we actually fool ourselves into thinking we are ‘good’ and ‘pure’ while others are not. When we ‘commune’ with the Word and with a community that focusses on heavenly revelations then we are supercharged with additional light and perception. Of course, we need to be more than a spectator in our communities. We need to actively build the energy and sphere of the community by sharing our personal experiences with others. In this way, we are contributing to the ‘awakening’ effect of all involved.

## **Knowing the struggle of others**

A good friend has a way of lifting you up out of ruminating and destructive self-talk. One of the best strategies of the hells is to isolate us. They then begin to bombard us with thoughts, feelings and images designed to pull us down into negative cycles and attacking self-talk –

*Temptations are nothing other than conflicts between evil spirits and angels who reside with a person. Evil spirits activate all the dishonourable things the person has done or even thought which have been with him since early childhood, thus both evils and falsities; and in so doing, the spirits condemn him, for nothing gives them greater delight. Indeed the very delight of their lives consists in doing just that.*

*But the Lord protects the person by means of angels and prevents the evil spirits and genii from overstepping the mark and overwhelming him with more than he can cope. (Secrets of Heaven 741)*

A healthy community or a good friend offers the opportunity for ‘angels’ to speak into our hearts with words of encouragement around spiritual struggles.

## **Secrets sins**

Think about the passage quoted above. *Shame* often accompanies such times of spiritual attack. We find ourselves unable to share what we are going through because we hate or are ashamed of our actions and choices. This is part of the enemy’s strategy to keep us isolated. However, those things we struggle against or succumb to and hide away from others have a spiritual effect upon them. We have all experienced the effect of being around someone who leaves us feeling drained, exhausted and even angst. There are so many other effects that we have on each other that we are completely unaware of (good and bad). I knew a pastor of a large church who went through a phase of preaching on adultery telling others what a destructive sin it was. It turns out that he was preaching to himself, trying to convince himself to stop the sin of adultery in which he had been involved for the past few years. This in itself is disappointing enough, however it gets much worse. When finally he could no longer bear the burden, he confessed to his sin to the entire church and stepped down from the role of pastor. In the following weeks most of his elders and leadership also stepped down after confessing the same sin.

There is no such thing as private sin. We all share the energy of our lives both good and bad. We can read about this kind of spiritual sphere and how it permeates to all in the Bible -

*Behold, how good and how pleasant it is for brethren to dwell together in unity! It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard: that went down to the skirts of his garments. As the dew of Hermon, descended upon the mountains of Zion; for there the LORD commanded the blessing - life forevermore. (Psalm 133)*

We can also read about it in the Heavenly Doctrines –

*For there are spheres which proceed from each angelic society in heaven, and from each angel in a society. These spheres, with everyone, exhale from the life of the affections of truth and of good, and are thence diffused to a distance. From this it is that the quality of spirits and of angels is known at a distance. Angels and angelic societies are conjoined, and are also disjoined, in accordance with these spheres; for similar spheres, that is, similar affections of truth and good, conjoin; and dissimilar spheres disjoin. (Secrets of Heaven 9606)*

*...a soul in the other life is known among angels from his sphere, and that this sphere, whenever it pleases the Lord, is represented by colours, like those of the rainbow, in variety according to the state of each person... (Secrets of Heaven 1053)*

*A certain person during his bodily life had seemed to himself to be greater and wiser than others... he had been born of high rank, he had contracted a sphere of supereminence and authority. In this character he came to me, and for a long time spoke not, but I noticed that he was encompassed as with a mist, which going forth from him began to cover the other spirits; at which they began to be distressed. Thereupon, addressing me, they said that they could not possibly stay there, for they were deprived of all their freedom... (Secrets of Heaven 1507)*

## Light burdens

And finally, Jesus tells us to come to Him (His Word and His community) and share our burdens with Him rather than suffering with them alone -

*Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light. (Matthew 11:28-30)*

In conclusion, self-examination is a private affair between the advancing soul and the Lord, and yet when led by wisdom and care, we each can benefit greatly by coming together into a spiritual community with a non-judgmental spirit of support and heavenly light.

May your times of self-reflection and transformation go well,  
Rev Darren Brunne



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

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

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

The family Service in August will see us continue the series – *Adventures in the Apocalypse*.

We have made our way through eleven of twenty-two chapters. We are at the halfway mark with the seventh trumpet now being blown and the manifestation/Second Coming of the Lord unfolding. However, we must now see the unfolding of the seven bowls and the rest of the enemies of God defeated. Our own spiritual development follows the same pattern. First, our understanding is reformed (trumpets) and then our will replaced by the Lord's heavenly will (bowls) thus regeneration is complete.

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

***October 20<sup>th</sup> – Short Service followed by the AGM meeting – 11:15 a.m.***

***IMPORTANT NEWS - Our eldest child, Jordan Brunne will be arriving back from Bryn Athyn College in America on August 1<sup>st</sup> for twenty days of respite before returning for her second year of university studies. Feel free to contact her during this time by calling my mobile 042131 9252. She has been achieving excellent grades and was invited to the Dean's List celebration for those who achieved a GPA of 3.5 or less and took 11+ credits of study. Below she has written a paragraph of her adventures abroad.***

## **ADVENTURES IN AMERICA**

*by Jordan Brunne*

*After a crazy twenty-nine hours of travel, I arrived in the tiny borough of Bryn Athyn. It was 2:00 am on a Sunday morning and all I could see was the dark, unassuming shadows of the campus buildings, giving me no clue of what to expect. Little did I know that I was about to experience the most exciting and challenging year of my life!*

*I fell in love with the Bryn Athyn College and the surrounding community almost immediately. The first morning, on my hunt for food, I wandered into a church service at the beautiful, awe-inspiring cathedral across the road. I met several members of the community that day who became good friends and vital to my thriving so far from home.*

*One of the most challenging aspects of integration into life at the College was having no acquaintances. This is normal in most college experiences, but in Bryn Athyn, everyone knows everyone, and everybody is related. I felt like my presence sent little ripples throughout the new church population at the college. Old friend groups shuffled, people lost and made friends and once the dust had settled, I found myself in a nice group of new church kids. I called them my 'college family' and having them made the distance and the unfamiliarity of the experience positive. We would make meals together, go on walks, watch movies, play DnD (Dungeons and Dragons) and have lots of fun.*

*One of my favourite activities was called gnashing of teeth. Run by a versatile religion professor, it was originally designed to be a safe environment for students to argue but instead, it ended up as more of a discussion group. Each week we would bring up a new topic to discuss from a new church basis. The college classes are excellent, especially in religion courses. My friends and I would, on occasion, go crash our favourite religion classes. Most class offerings had some correspondence or religion scattered throughout. I really value the presence of the Heavenly Doctrines throughout my experience as it helped tie my spiritual, intellectual and social life together, inspiring me to grow as a person in mind, body, and spirit.*

*I honestly would never have dreamed that I'd be where I am today. Ultimately, I'm so glad I went to Bryn Athyn College. It has taught me so much and I look forward to returning to school to complete my sophomore year in August!*

*Jordan Brunne*

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

**Aug - Thursday 15<sup>th</sup>**

**Sep - Thursday 19<sup>th</sup>**

**Oct – Thursday 17<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 8<sup>th</sup>**

**Sep - Thursday 12<sup>th</sup>**

**Oct – Thursday 10<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.

### ***New Friends and Members***

We have seen an influx of new friends into the Brisbane New Church Community. It is wonderful experiencing the energy and enthusiasm being generated by our new members. We have Kevin and Minh, Dr Bill Wilkie and his lovely daughter, Lisa and most recently Andrew. If you haven't had the chance to meet them yet, go up and introduce yourself. To our new friends, 'Welcome' to you all and we hope that you continue to be blessed by the community as much as we are blessed by sharing time with you.



***IMPORTANT NEWS – In May we held a Resurrection Service for Mrs Margaret Lawler who passed into the spiritual world on May 26<sup>th</sup>, aged 80.***

***In June we also conducted a Resurrection Service for Mr Charlie Dinsdale who passed into the spiritual world on June 26<sup>th</sup>, aged 81.***

### **ONLINE MANDARIN STUDY GROUP – 'TEMPTATIONS'**

Every Wednesday night at 7 p.m. via the internet through the interactive software called Zoom, Guang Bin Liu holds a study class in Mandarin using one of Swedenborg's books. Last year the group worked their way through the entire book Heaven and Hell. These studies are recorded and stored online for anyone (especially Chinese speaking people) to learn from.

Currently, Guang is working through the book 'Temptations', which is a compilation of quotes on spiritual battles entirely drawn from the Writings. We have this book in our library if you are interested in reading it. If you are interested in joining the group contact me on 0421319252 and I will help you through the steps to get Zoom working. Alternatively, feel free to contact Guang direct on 0408 166 601 for more information. Or visit the website -

[www.dadaoclassroom.com](http://www.dadaoclassroom.com)

### **ABIDING IN THE VINE – MANIFESTATION SUNDAY – 100 VIRTUES**

I would like to make a special mention of our third Sunday Service. A little over two years ago we started the *Abiding in the Vine* project. Each month we study a different virtue and focus in, especially for that month, on manifesting more of this virtue in our lives. We just finished the virtue **Diligence** and next month we are working on **Discernment**. In total, we have moved through 26 of these studies with 74 left to go. These studies are proving incredibly fruitful and I regularly hear back from others on the positive effects. If you haven't had the chance to attend one of our Manifestation Sundays, I encourage you to do so.

### **SOUL WARRIOR**

Late in the year of 2017, 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 approach.

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>r</sup> Francis Fitzgerald,  
24<sup>th</sup> Josiah Brunne

#### September

5<sup>th</sup> Diane Thompson, 16<sup>th</sup> Kimberly Chambers, 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:** Mr Darren Lawler, contactable on 0402 086331 or [darren@inneractivelearning.com.au](mailto:darren@inneractivelearning.com.au)  
Address: 53 Leslie Parade, Slacks Creek, Qld, 4127

**For activities on the Gold Coast and Mt Tamborine meetings** contact Mrs Gaye Heldon on 0419 778 717

**Sunday School Coordinator:**

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



## CALENDARS

### **Aug 2018**

**Sun 4<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'- Chap 12 - The Woman in the Wilderness*

**Fri 9<sup>th</sup>**

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

**Sun 11<sup>th</sup>**

***Sacred Circle, 10.30 a.m.***

**Sun 18<sup>th</sup>**

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

**Sun 25<sup>th</sup>**

**Free for Home Church Visitation**

### **Sep**

**Sun 1<sup>st</sup>**

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

*- 'Adventures in the Apocalypse - Chapter 13*

**Sun 08<sup>th</sup>**

***Sacred Circle, 10.30 a.m.***

**Fri 13<sup>th</sup>**

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

**Sun 15<sup>th</sup>**

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

**Sun 22<sup>nd</sup>**

**Free for Home Church Visitation**

### **Oct**

**Sun 6<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 14*

**Sun 13<sup>th</sup>**

***Sacred Circle, 10.30 a.m.***

**Fri 18<sup>th</sup>**

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

**Sun 20<sup>th</sup>**

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

**Sun 27<sup>th</sup>**

**Free for Home Church Visitation**