



WISDOM TEACHINGS FOR ORDINARY LIFE

Ordinary LIFE

SILENCE

Sacred Mystery

Right Here

Right Now

*No matter who you are, no
matter where you are in
your spiritual journey, you
are welcome here.*

**"FAITH OVER FEAR
AND
ABUNDANT LIFE OVER RELIGION."**

Soon another Feast came around and Jesus was back in Jerusalem. Near the Sheep Gate in Jerusalem there was a pool, in Hebrew called Bethesda, with five alcoves. Hundreds of sick people - blind, crippled, paralyzed - were in these alcoves. One man had been an invalid there for thirty-eight years. When Jesus saw him stretched out by the pool and knew how long he had been there, he said, "Do you want to get well?"

The sick man said, "Sir, when the water is stirred, I don't have anybody to put me in the pool. By the time I get there, somebody else is already in."

Jesus said, "Get up, take your bedroll, start walking." The man was healed on the spot. He picked up his bedroll and walked off.

That day happened to be the Sabbath. The Jews stopped the healed man and said, "It's the Sabbath. You can't carry your bedroll around. It's against the rules."

But he told them, "The man who made me well told me to.

He said, 'Take your bedroll and start walking.'"

They asked, "Who gave you the order to take it up and start walking?" But the healed man didn't know, for Jesus had slipped away into the crowd.

A little later Jesus found him in the Temple and said, "You look wonderful! You're well! Don't return to a sinning life or something worse might happen."

The man went back and told the Jews that it was Jesus who had made him well. That is why the Jews were out to get Jesus –because he did this kind of thing on the Sabbath.

But Jesus defended himself. "My Father is working straight through, even on the Sabbath. So am I."

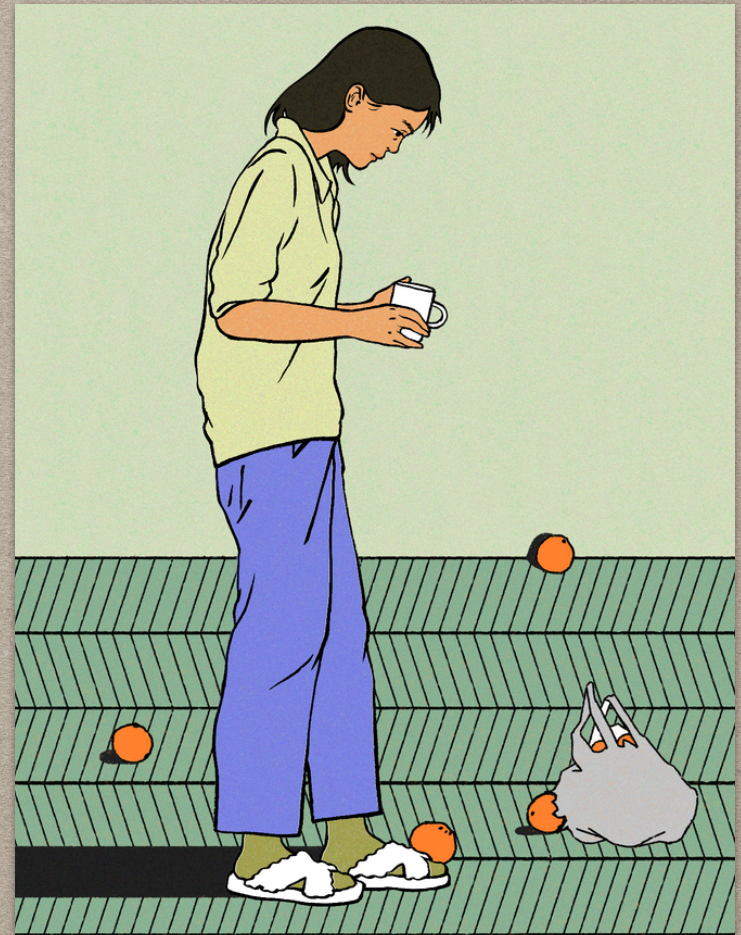
That really set them off. The Jews were now not only out to expose him; they were out to kill him. Not only was he breaking the Sabbath, but he was calling God his own Father, putting himself on a level with God.

THREE PRIMARY THREADS:

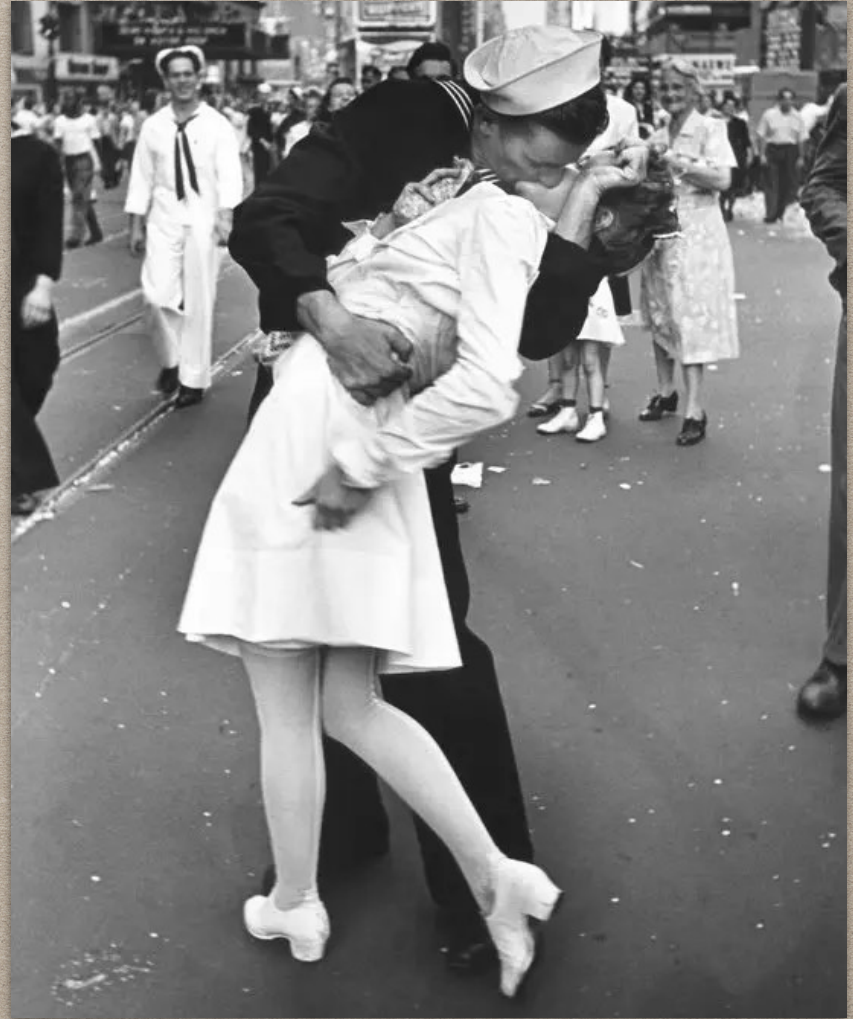
1. LANGUISHING
2. FIERCE LOVE
3. CHOICE

**"THERE'S A NAME
FOR THE BLAH
YOU'RE FEELING:
IT'S CALLED LANGUISHING"**

"It feels as if you're muddling through your days, looking at your life through a foggy windshield."



**V-J DAY IN
TIMES SQUARE:
AUGUST 1945**



Ordinary LIFE

FRITZ KÜNDEL
1889-1956



Ordinary LIFE

EGO DEFENSES THAT LIMIT DEVELOPMENT

1. The STAR: fears failure or being ordinary, misses out on being loved for who they truly are.

2. The CLINGING VINE: avoids responsibility, overly dependent, and fears abandonment.

3. The BULLY/TYRANT: achieves power to survive, hides insecurities, fears loss of control.

4. The TURTLE: feels overwhelmed and scared, withdraws from life, fears being challenged.

The paralyzed man is a stand-in for the Jewish community that could not or would not adapt to the expansive vision of life and living that Jesus presented.

New life and wholeness threaten
religious rules of the past.

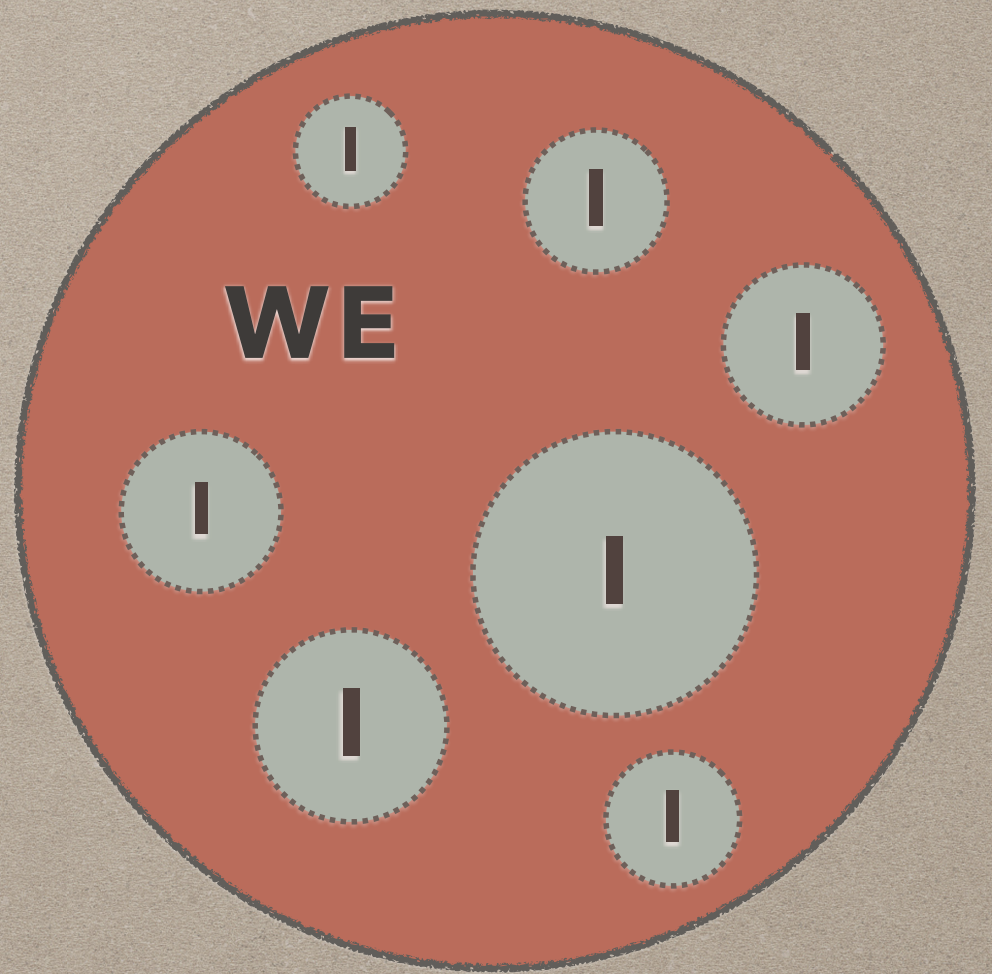
*“Don’t sink back into your fears and
behaviors of the past. Choose faith over
fear. Chose life over religion.”*

Part of the message of the Gospel of John is that the light of the world is extinguished by darkness in a world where God has been reduced to rules or to any of the false beliefs we have about God -

things like we understand God, God's on our side, or any other idolatrous nonsense.

- *The people in the Johannine community affirmed that Jesus is part of who God is and that God cannot be contained in any form created by human minds or hands.*

“The real Self is
not ‘I’ but ‘WE.’”



AUSTIN CHANNING BROWN

"I CAN'T FIX YOUR
PAIN, AND I CAN'T
TAKE IT AWAY, BUT
I CAN SEE IT...
DOING NOTHING IS
NO LONGER AN
OPTION FOR ME."



Psychology teaches us about the ego.

Eastern religions teach us that not being led by the ego is the path to enlightenment.

THE COURAGE TO "STAND UP"

Where do I need to step into my life?

What fears do I need to confront in doing so?

What is the price I will pay for not "standing up"?

*Light is extinguished by darkness
in a world where God has been
reduced to rules.*

**WE DON'T HAVE A
CHOICE ABOUT DYING.**

*We don't even have a choice about
all the circumstances of our lives.*

**BUT WE DO HAVE A CHOICE
ABOUT HOW WE PARTICIPATE
IN LIFE.**

THICH NHAT HANH, 1926-2022

This body of mine will disintegrate, but my actions will continue me... If you think I am only this body, then you have not truly seen me. When you look at my friends, you see my continuation.

When you see someone walking with mindfulness and compassion, you know he is my continuation. I don't see why we have to say "I will die," because I can already see myself in you, in other people, and in future generations."



“What do you want?”

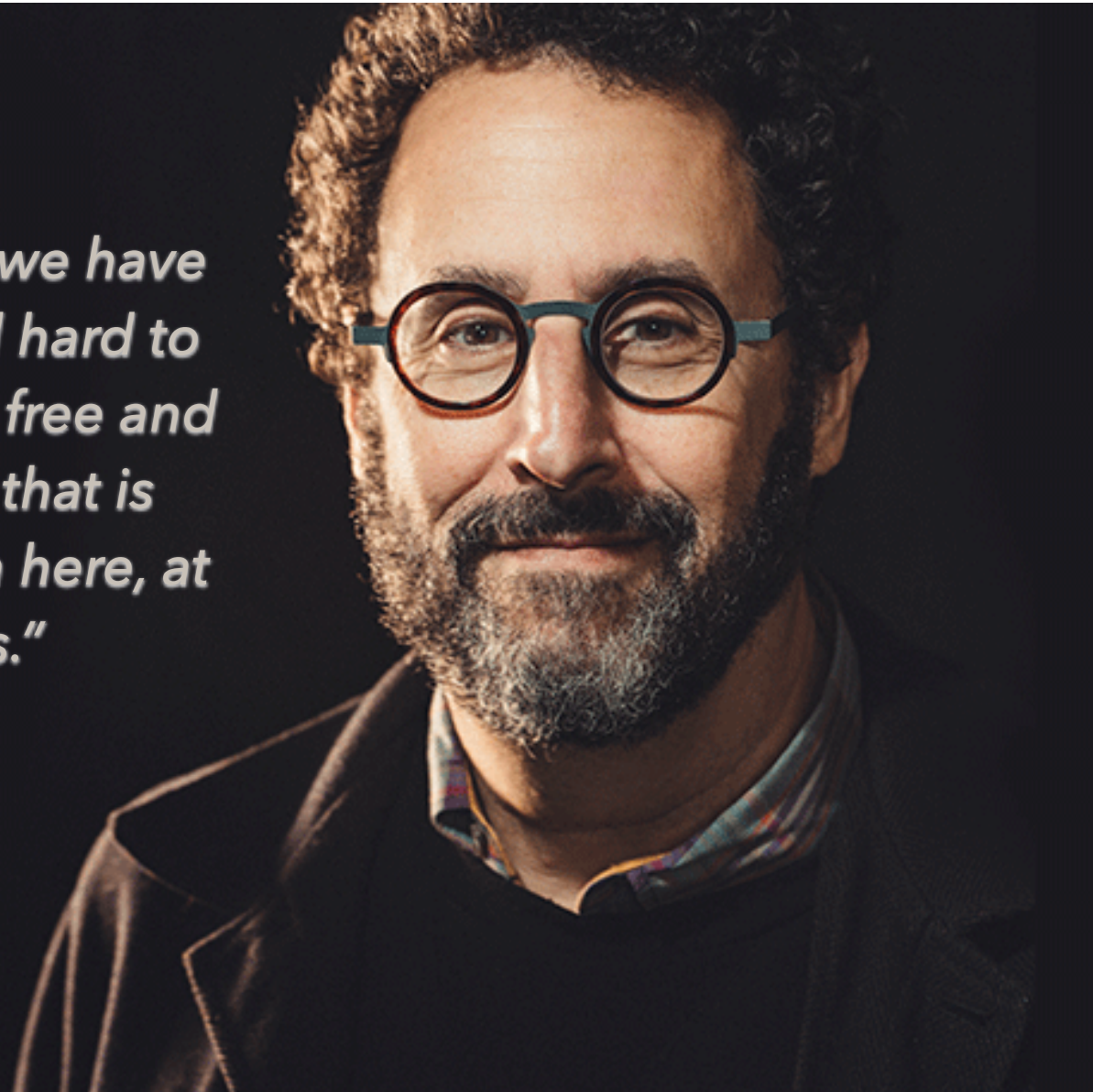
~Jesus

"I love it when people say 'baby steps!' To imply they're being tentative when actually baby steps are a great, unbalanced, wholehearted, enthusiastic (and brave!) lurch into the unknown."



"We'd like to declare that we have tried our best and worked hard to make a good and just and free and peaceful world, a world that is better for our having been here, at least we believe it is."

~Tony Kushner



**"FAITH OVER FEAR
AND
ABUNDANT LIFE OVER RELIGION."**

NO MATTER WHERE YOU GO
THIS WEEK, NO MATTER WHAT
HAPPENS, REMEMBER THIS:
YOU CARRY PRECIOUS CARGO.
SO, WATCH YOUR STEP.