

Ordinary Life

YOU ARE WELCOME
HERE

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The goals of these times together are that -

We grow in our awareness of Sacred
Mystery

We deepen our understanding of our true
identity

We develop our skills in loving our neighbor
- because our neighbor is us

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Moving BEYOND
belonging and *belief* systems

To *mystical* seeing and
experiencing.

The central truth of and for spiritual practice is “paying attention” and developing the resources to be present to “what is.”

Central to this spiritual practice is growing in the capacity to be non-judgmental.

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We suffer from wanting to
be one up in life.

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There is no life in
negativity.

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Thich Nhat Hanh

1926 -

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“Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion.”

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I vow to offer joy to one person in the
morning
and to help to relieve the grief of one
person in the afternoon.

I vow to live simply and sanely, content
with just a few possessions,
and to keep my body healthy.

I vow to let go of all worries and anxiety
in order to be light and free.

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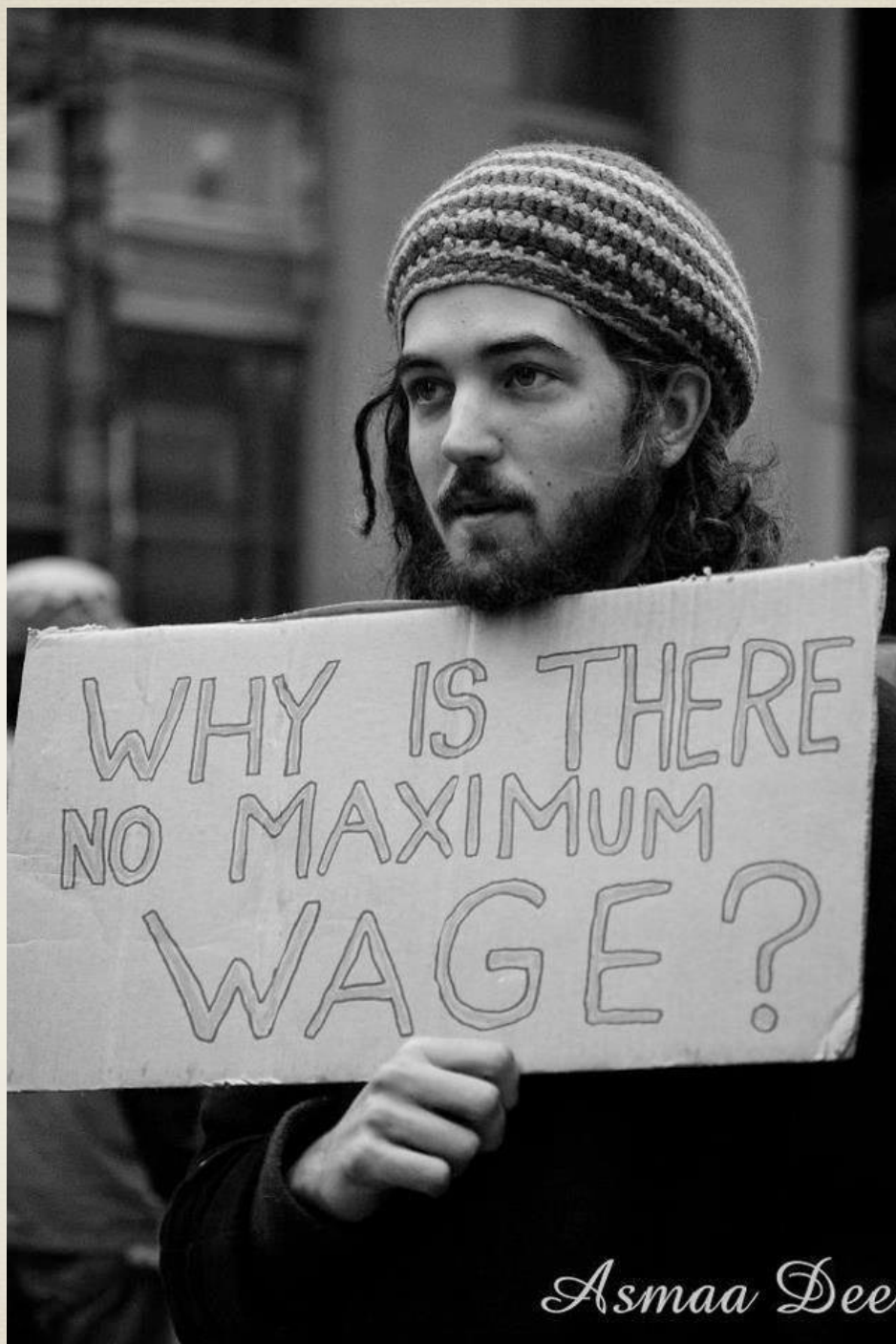
We have a moral
obligation to be happy.

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A heart as light as a feather.

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Asmaa Dee

"Let me compare it to a mustard
seed,
the smallest of all seeds.
When it falls into prepared
ground,
it grows into a great tree capable
of
sheltering the birds of the sky."

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If selling a gay couple a wedding cake means a “christian” baker participated in their marriage, does selling a gun to a murderer mean a “christian” gun store owner participated in the murder?

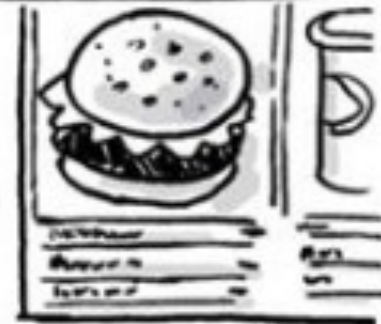
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I'M SORRY SIR, BUT GLUTTONY IS A SIN AND IT WOULD COMPROMISE MY RELIGIOUS BELIEFS TO ENABLE YOUR SINFUL LIFESTYLE.



FRANK
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**"To argue
with a person
who has
renounced
the use of
reason is like
administering
medicine to
the dead."**

Thomas Paine

English-American political
activist, writer and
revolutionary.

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Jesus cannot teach to egos.

Wise and useful spiritual
teachings can only be given
to Selves.

the endless instant that is God

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No matter where you go this week, no matter what happens, remember this: you carry precious cargo. So, watch your step.