

April 15 message

Hello! from the mountain...no not THAT mountain, just the one where I live.

Wow! Easter is past and we are still “apart” from each other.

Thankfully, we are not apart from God, ever!

Grace be with you all. Hebrews 13:25

Last week we read that progress in spirituality is measured in three areas:

#1 was about our relationship with God, the God in each of us.

#2 was about our relationship with ourselves, our true selves that God knows and loves.

#3 is about our relationship with all the other humans that God knows and loves.

Spiritual Health, Part 3

3. Relationship to others

Spirituality enables the self to be accepted in spite of its imperfections. It is possible to discover through that accepted self, the ability to accept others with the same compassion which made possible its own acceptance. This aspect of spirituality moves one not only away from rejection of others just because they are not an extension of ourselves, but also away from harsh judgmental attitudes.

This produces compassion and makes forgiveness and reconciliation possible.

Estrangement from the God of our understanding, the inability to know and accept our true self, thereby making it all but impossible to enter into meaningful relationships with others, *denies* the soul the power of sustaining its health.

Louis Evely, in “That Man in You,” makes a statement that provides insight to soul sickness, and a directive for those who seek to assist in the healing process:

“Since people don't have the courage to mature unless someone has faith in them, we have to reach those we meet at the level where they stopped developing, where they were given up as hopeless, and so withdrew into themselves and began to secrete a protective shell because they thought they were alone and no one cared. They have to feel they're loved very deeply and very broadly before they dare appear kind, affectionate, sincere, vulnerable and able to affirm themselves, to love others and discover the source of what is eternal about every human being.”

That is the end of the article I found in my desk. I hope that the message about spirituality and how important it is for us continue to make progress got you to thinking. We have heard many times that the key to a good life, in spite of imperfections, is health: physical, mental, spiritual. The physical & mental can present problems that may need professional treatment.

The spiritual? With God all things are possible!

C U @ church, Mary Lou

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

And over all these virtues put on love, which binds them all together in perfect unity.

Colossians 3: 12-14