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The HOLY ENCOUNTER



January / February 2015
A Miracle Distribution Center Publication

...when you meet anyone,
remember it is a
holy encounter.



Walk Our Talk

by Beverly Hutchinson McNeff

When I was growing up, every summer our family traveled the country. My dad was a salesman and during the school year we were home with mom. He missed having his family around and, even though it was more expensive to travel with the family, he felt the benefits outweighed the costs. I am so grateful he did, because we saw some beautiful country and some interesting sites.

You have to remember this was back in the 60s when color TV and 3-D glasses were cutting-edge technology. As my brother and I sat seatbelt-less and peered out the window of our air conditioned-less station wagon, we were fascinated by the billboards.

Each one piqued our interest for the next one... World's largest hole in the ground 15 miles ahead!... See the 8th Wonder of the World 10 miles ahead!... Scientist baffled by massive sight 7 miles ahead!... Turn up ahead! Turn NOW! Don't miss this amazing spectacle!

As kids, of course, we believed everything those signs said. Our parents knew better, but they couldn't help getting

sucked into our enthusiasm. The "8th Wonder of the World" usually turned out to be pretty uneventful, but there was always a gift shop.

Those billboard signs still work today. When I have since traveled some of those familiar highways of my childhood, I have noticed a few of those old billboards are still up. Maybe it's just too costly to take

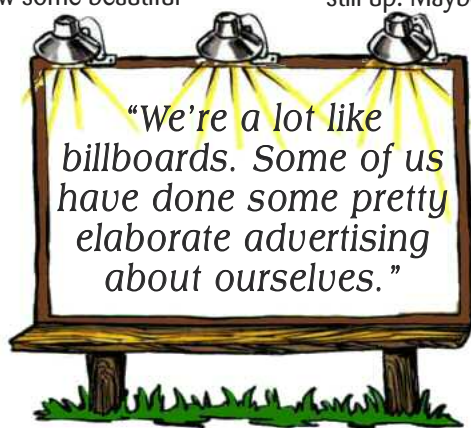
them down, but those outdated signs are still up "shouting" their stories.

We're a lot like billboards. Some of us have done some pretty elaborate advertising about ourselves. We may talk a good story, but the proof of what we advertise is not in our words, but in our living. This certainly is

not a new thought. Both the Bible and *A Course in Miracles* say, "By their fruits you will know them." In the new age movement, the catch phrase is, "Walk your talk." As a matter of fact, when I Googled that concept, it came up more than 67 million times!

There's a lot of desire to "walk our talk," but it's not the easiest thing to do. Just as the Course says, the idea of everything being a choice between love and fear seems simple enough to do

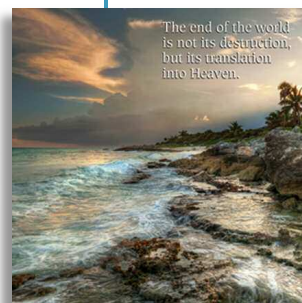
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What's Happening...

● **Welcome Egypt** - We are pleased to welcome a new *A Course in Miracles* study group in Dahab, Egypt to our map of groups. Explore our worldwide map to see all 2,000 study groups. Simply go to our website at www.miraclecenter.org and our geo-location feature will zoom you in to the groups closest to you.

● **Our 2015 *A Course in Miracles* Wall Calendar** is the perfect way to keep you on time and at peace as you enter into this New Year! Featuring



stunning full color photos along with inspiring quotes from the Course for each month, this calendar is sure to keep the Course's message of peace and healing forefront in your mind all year long. The dates are also coordinated with the Course's workbook. A great gift to give to family and friends any time of the year... and we're offering

discount prices! See the back page for more details or go online at www.miraclecenter.org and visit our online catalog for all your shopping needs!

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Beverly is the co-founder and president of MDC, one of the longest running organizations based on *A Course in Miracles*. As a student, lecturer and author on the Course since 1977, her recorded weekly commentaries on Course principles have become a wonderful source of inspiration and study for many around the world. Receive a FREE recording by contacting MDC.

What's Happening...with the Course and the Center

What's Happening

Continued from page 1

● **Daily Lesson Email** – Our new Daily Workbook Lesson Email service sends you your Course lesson for the day, automatically. During the quick sign-up process, simply indicate the lesson on which you'd like to begin. On each succeeding day you will automatically receive the next lesson. The daily messages can be read on your smartphone, tablet, or home computer. Each email includes the lesson title in an attractive graphic. Directly below it, a link will lead you to the entire lesson. You may start and stop at any time and even reset the number on which to begin. For more info., see the back page.



● **Save the Date** – Our annual International Conference on *A Course in Miracles* will take place **August 15-16, 2015** in Irvine, California. These annual gatherings are a longtime tradition for students of the Course from around the world. Watch for more details in our next issue, but save the date now!

● **Choose-A-Quote** - "I just want to say how the **"Choose-A-Quote"** web page is appreciated daily. I have it "saved" on my work computer and just one click away when I want a quick reprieve / respite. Thank you so much!" We want to thank Patricia in Chico, California for letting us know how this new service of the Center is benefiting her. It's because of the loving tax-deductible support of our readers that

we can create these inspiring free services. You can go to www.miraclecenter.org and click on **Choose-A-Quote** or we can send you a card to carry with you that has a bar code to scan with your mobile device that will send you directly to the page. Plus the card has a beautiful reminder quote from the Course you'll definitely want to have!

Give us a call at: **1-800-359-2246**.

● **FREE ACIM E-Cards** – Meeting the demand of students who wanted to be able to share a thought from the Course electronically with friends and family, we have come up with a variety of beautiful, full color e-cards with poignant Course quotes. Plus, there are holiday e-cards and New Years greetings as well. **It's easy and FREE!** Simply go to www.miraclecenter.org and start sending your miracles..

● **Conrad Hanson turns 93!** In 2010, Conrad retired from the Center after 25 years of service. One of his activities was to maintain MDC's world-wide ACIM study group directory. Since then, Conrad's health has declined, and he now lives in a full-time care facility located at 12911 Browning Ave in Santa Ana, CA 92705. Conrad would love hearing from you; a note, phone call, or visit would be appreciated. If you'd like to visit, please call first

650-995-3230, as his activities are scheduled.

● **Giving a truly meaningful Gift**- Here's what many students of the Course have done: Given a tax-deductible donation to MDC in someone's honor or memory. If you would like to give in such a way, send your donation and request, and we will send him, her or the family a personalized letter acknowledging your appreciation and support. It's a wonderful honor for that dedicated someone or their family. And, what a blessing it will be to those the Center serves, for your donation will go to support its free services! **Gifts in honor of ... MDC**, "thanks for all you do" from the Fort Worth, Texas ACIM Group. **Gifts in memory of... Evelyn Roberts**, "my aunt" from Paul White and family in Texas. ... **Cindy Pavelosky**, "In memory of Cindy for her Prison Project work" from her husband David in Pennsylvania. ... **Melvin Panfil**, from his neighbors in the Villa Vivaci community in Venice, Florida. ... **George Perry**, from Jennifer Perry in Ohio.

● **"Love cannot be far behind** a grateful heart and a thankful mind." This powerful thought from the Course reminds us that love is our natural state and comes quickly to our awareness as our minds are focused on gratitude and thankfulness. Let us start to cultivate this awareness that will produce the experience of love that we are entitled to by taking time each day to join our minds with God in prayer. Every day at 4:30pm (Pacific Time), we invite you to stop and join us for a moment of prayerful support for yourself, your loved ones, and everyone in the prayer ministry. The gift you give is the gift you will receive!

Thoughts for:

January: *I am Spirit.* (Lesson 97)

February: *God is my strength. Vision is His gift.* (Lesson 42)

March: *God is the Love in which I forgive.* (Lesson 46) ✧

Thoughts in the Miracle Prayer Ministry 2015

Each day at 4:30 p.m. (Pacific Time) we stop for a moment of prayer as we join our minds with God for the healing of all His children. We hope these lessons from the Workbook of *A Course in Miracles* will serve as a guide for your prayerful joining.

January: I am Spirit. (L.97)

February: God is my strength. Vision is His gift. (L.42)

March: God is the Love in which I forgive. (L.46)

April: I am sustained by the Love of God. (L.50)

May: Love created me like Itself. (L.67)

June: I have a function God would have me fill. (L.192)

July: Above all else I want to see. (L.27)

August: I will step back and let Him lead the way. (L.155)

September: Let me remember I am one with God. (L.124)

October: Your grace is given me. I claim it now. (L.168)

November: Love is the way I walk in gratitude. (L.195)

December: I rest in God. (L.109)

If you have a prayer need you would like to include in the Prayer Ministry, please send it to the Center and include a postal address so we may send a personal letter.

Request your free, full-color

2015 bookmark today which lists all the thoughts in the prayer ministry & join us each day at 4:30 pm (PT) as we unite in a moment of prayerful support for one another.

Call **1-800-359-ACIM(2246)** or at miraclecenter.org



New Year, Same You

by Jacob Glass

"So will the year begin in joy and freedom . . . Make this year different by making it all the same. And let all your relationships be made holy for you. This is our will. Amen." (T-15.XI.10)

This is the time of year when magazines, commercials, talk shows and gyms begin to amp up their endless promise of "A New Year, A New You!" And as with most things, if we don't inquire or investigate, it's easy to get swept up in the motivational rah-rah of turning over a new leaf and getting rid of everything we don't like about ourselves.

And that is exactly the point. The entire premise is based on the assumption there is something inherently wrong with us that needs to be changed if we are to be happy, peaceful and fulfilled in life.

But in Course terms, the only real change that needs to be made in us has to do with the nature of that very kind of thinking which says not only are we broken and damaged, but we can somehow "fix" ourselves by changing the externals, or through behavioral modification. The Course reminds us this does not work and there must be another way – the way of miracles.

Please understand, I am not against behavior modification or external changes – IF, they are inspired by our shift from fear to love, from attack to defenselessness. As I said at the MDC conference this year, my major lesson lately has been to let go of the habit of fighting and correcting. The campaign of "a new year and a new you" is usually motivated by the belief that by fighting against something about ourselves we don't like, we can correct ourselves.

At this point in my life it seems to me the most beneficial changes made in my own healing process have more to do with accepting myself just as I am and just as I

am not, while still being willing for the Holy Spirit to guide me in any changes that need to be made in order for me to be more open, more loving, more peaceful and more joyous.

What if we started this year from the Course premise that we are as God created us, and we remain as God created us –

"As I said at the MDC conference this year, my major lesson lately has been to let go of the habit of fighting and correcting."

there is nothing we need to do to "improve" ourselves. Our culture is much more focused on fixing than enjoying and savoring. TV shows based on "fix my life" show the "entertaining" drama of digging up all the errors and mistakes of everyone involved – focusing on "sin" and then working very hard to try to have forgiveness take place. And this is what makes the Course so RADICAL in what it teaches us. It is not a forgiveness based on a "perpetrator" making amends. In fact, the perpetrator may even deny any wrongdoing or be glad they did it.

I think making amends is a profoundly wonderful thing when it occurs, but if our forgiving is predicated on it happening, we are not miracleworkers but have instead chosen to be the victims of the world we see. Miracles look beyond the appearances. And this is the transforming of our minds that allows us to realize we can not only look beyond the worldly appearances of guilt outside of us, but also beyond the appearance of guilt and shame we see when we look at ourselves. Many of us have lived lives in which we felt we were the victims of our own character defects, faults, mistakes, weaknesses and shortcomings.

I cannot tell you how much time and

energy I wasted trying to change my personality to what I thought of as a more "spiritual" type person. It was hopeless and useless – because it was based on my own judgment and attack thoughts about myself. When we start from a faulty premise, everything that comes after is going to be wrong too. If we start with the foundation that $2 + 2 = 5$, then everything after that is going to be wrong and unworkable. If we start from the assumption we are sinners, we've begun our journey with a totally wrong map that will not get us anywhere good.

The hypnotic spell the ego has cast over this world always has us looking at things in the opposite way God sees. It is the spiritual paradox that the way to true and lasting personal change begins with radical self-acceptance. My friend Debbie Ford used to always say, *"What you can't be with, won't let you be."* It's why so many of us lose and gain the same weight over and over again – it's why we pay off the debt and then run it right back up again, and so on and so on. True change isn't about denying our mistakes, nor about "fixing" them – it's about SURRENDERING them to the Holy Spirit to show us the way from fear to peace.

So now, at the beginning of each year, instead of setting goals that are based on changing myself from an inferior something into a more acceptable something, I ask questions like, *"how can I show more love and kindness toward myself as a Child of God?"* Perhaps the answer will be the exact same behavior as the old erroneous motivational process, but it comes through an entirely different door and therefore has legs. I can exercise because I hate my body or am in tremendous fear of aging. Or I can exercise as an act of self-love and kindness, or because I've found ways to move my body that bring me joy and fun. This

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Change Your Mind, Change Your Life

Saying Goodbye

by Gerald Jampolsky, M.D. and Diane V. Cirincione-Jampolsky, Ph.D.



Today is my (Diane's) mother's 94th birthday, and it is the first one in my lifetime I will not spend with her. Thanksgiving and her birthday have been intertwined in the same week creating the annual occasion for family to come together and celebrate. This year we are in separate places, my brothers and sister and I, just weeks after sharing the occasion of her passing. I have shared her many ingredients for living a happy life before and I remember a few here:

Have gratitude for everything that happens
Always have a forgiving heart
Love unconditionally
Respect others' beliefs
Help others whenever you can
Say what you mean and mean what you say
Don't let anyone ever limit your world
And in the end... know that what we worry about doesn't really matter!

Most people know my mom as Phyllis Girard. My childhood friends still called her Mrs. Cirincione. She was born Filomena Biele, the fourteenth of sixteen children in an Italian immigrant family in New York. She, and we, identified with our Italian heritage, and she was just about six months short of receiving her dual citizenship as an Italian. She always faced adversity head on. As a young teen, necessity forced her to quit school to help support the family. Decades later, at age seventy-five, she graduated Monterey Peninsula College with full honors, witnessed by her children, grandchildren, and great-grandchildren. In life and death, she was always an extraordinary role model.

My siblings and I have always been amazed at how people responded to her. They seemed to fall in love with her almost immediately, and so many have asked to be "adopted" by her.

For the past eight years, my mom and her dear friend, Rolly Mulvey, had shared a deep friendship and love. Rolly was active in Seniors for Peace with his guitar, banjo, harmonica, and many musical talents where they lived at The Redwoods in Mill Valley, California.

More recently, when they were both in poorer health, whoever could do so would visit the other many times a week. Even moving just a few hundred feet was a journey that needed to be facilitated by Rolly's family or ours. Near the end of her life it was hard, yet also sweet, to watch them see each other. Rolly's daughter, Sharon, and I thought it would be amazing if they passed away around the same time so neither would have to say goodbye to the other.

What I want to share here is the miracle of my mother's death as I experienced it. She shared with us a legacy of having no fear of death, one which I accepted for myself – one which she lived until she died, supported by her deep faith. She knew her true identity was not her body, but her Spirit.

Just two hours before she took her last breath, and surrounded by many of her family, Mom was visited one more time by her very dear friend, Rolly. She had been in a deep sleep for the last forty-eight hours. He was seated in his wheelchair next to her as I knelt to the right of him with my arm around his shoulders. He was holding Mom's hand and also mine.

Mom's granddaughter, Kirsten, had created a slide show of images from Mom's life that were full of her incredible capacity to love, and it was playing just in

front of Rolly and me. As he watched her beautiful images before him, he would look from them and back to her. I whispered into his ear how beautiful it was to experience the love and friendship between them. After about ten minutes, Rolly slowly lowered his head to his chest and went semiconscious. Within forty-eight hours he was gone too. He had those last two days for his family and many friends to say their farewells.

Jerry was very close to Rolly, especially nearer the end of his life. They often talked about Rolly's unease with death and the fact that he was so concerned about Sharon

and not wanting to leave her. Jerry's impression of what I have shared here is that Rolly felt the incredibly deep peace that Mom and

"What I want to share here is the miracle of my mother's death as I experienced it. She shared with us a legacy of having no fear of death, one which I accepted for myself..."

Diane's mom
Phyllis Girard.



I and our family had during her passing that last day and at some level, knew it would be all right for him to let go too.

After Mom passed, my sister, sister-in-law, and niece gently washed Mom and dressed her in an ancient tradition in preparation for the family to share a common goodbye. Surrounding her bed, we then all shared our hearts at the moment. One thing that was shared pretty much typifies her life of quiet giving. A member of our extended family had gone into rehab for alcohol dependency years ago. Her immediate family was extremely unsupportive of her life in general and her rehab specifically. She shared with us

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Tikkun Olam: Healing God's Fractured Creation

by Robert Rosenthal, M.D.

I am always fascinated and delighted when I come upon an idea within an established religious tradition that's also found in *A Course in Miracles*. I find it reassuring, validating — proof that truth cannot be totally repressed or hidden; that it remains ever present and available for those with eyes to see and ears to hear; that its light will always shine through even the thickest muck of wrong-headed religious dogma. However, it's a rare thing indeed to discover a concept that so closely mirrors the teachings of the Course as the Kabbalistic doctrine known as tikkun olam, which translates (from Hebrew) as the repair or healing of the world.

The tale behind tikkun olam depicts yet another version of the fall or separation story, and it goes as follows. In order to create the world, God poured the essence of God-Self into a vessel of light. But the vessel shattered, fragmenting God's creation into myriad shards of light, all now separate and bound within the world of physical matter, that is, the ego's world of form. Those splintered shards are us. And so, according to this understanding, it becomes the duty of each one of us to help repair the fracture and reunite the scattered shards back into the oneness God intended. This process of repair (or healing) is tikkun olam.

Notice how closely this tracks with *A Course in Miracles*.

You who believe that God is fear made but one substitution... the substitution of illusion for truth; of fragmentation for wholeness. It has become so splintered and subdivided and divided again, over and over, that it is now almost impossible

to perceive it once was one, and still is what it was. That one error... was all you ever made... But nothing you have seen begins to show you the enormity of the original error, which seemed to cast you out of Heaven, to shatter knowledge into meaningless bits of disunited perceptions, and to force you to make further substitutions. (T-18.I.4:1 to 5:6).

Of course, it is not God who fumbled and shattered wholeness into separate parts; it was us. In God's reality, none of this ever even occurred. Only in the ongoing dream of time and materiality does God's Son perceive His oneness as fractured. The ego peers through its insane kaleidoscope of sin and guilt to behold a chaotic world of separate bodies, private minds, and distinct objects, all appearing to exist independently, outside of us.

Judaism envisions the healing work of tikkun olam as an external process:

"The tale behind tikkun olam depicts yet another version of the fall or separation story, and it goes as follows. In order to create the world, God poured the essence of God-Self into a vessel of light."

performing good deeds in the world. But as students of *A Course in Miracles*, we know there is no external world. It is the projection of our own mind: an effect, not a cause. Any attempt to take action at the level of the effect, however well meaning, must be limited in its impact. Worse still, it reinforces the reality of the projection for us. Therefore, the healing of the fragmentation of God's Son must take place internally, in the mind that is the source of the projection.

And here, fortunately, we have help. God created the Holy Spirit and placed It within the mind of God's Son specifically to bring about this healing and repair. "The Holy Spirit's function is to take the broken picture of the Son of God and put the pieces into place again... To each [separate

piece] He offers his Identity, which the whole picture represents, instead of just a little, broken bit that he insisted was himself. And when he sees this picture, he will recognize himself." (T-28.IV.8:1-4)

How then do we perform our part in tikkun olam? How do we fuse the seemingly separate, divided aspects of the Sonship back into oneness? It is not enough to do good deeds. It is not enough to pray for others. It is not enough to seek God on your own terms, in your own private sanctuary. Unless you learn to perceive the holy light of God within everyone (thereby acknowledging that same light in yourself), you are maintaining the illusion of separation. And here lies the true meaning of tikkun olam: to see the light of God shining through the façade of a fractured, separate, ego-and-body self, such that any sense of separateness dissolves away, and oneness is again remembered.

The Course calls this Christ's Vision. Another name it uses is forgiveness. And yet another, the Atonement. "Though every aspect is the whole, you cannot know this until you see that every aspect is the same, perceived in the same light and therefore one." (T-13.VIII.5:3).

Let me conclude by offering an extended metaphor I hope will make this idea even clearer.

Picture a huge, radiant diamond of the most beautiful, flawless perfection. It holds the light of consciousness within itself, yet also shines it outward through its countless facets in brilliant streams of luminosity — great rays that go on forever and forever, with no endpoint.

Now imagine the impossible occurs. This diamond — this perfect, eternal gem — shatters. Nothing remains of it but the tiniest splinters. There are millions upon millions of them, scattered about in profusion.

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Recognizing Spirit

Reflections on Beauty, Art, and Creative Expression

by Dr. Lee Jampolsky, Ph.D.

We humans with our egos have the tendency to spend far more time trying to appear beautiful physically than we do attempting to prepare ourselves inwardly to develop the capacity to even experience true beauty. Many people also spend far more time trying to add more material possessions than they do creating something of beauty. We may give lip

service to “the beauty within,” but we often continue to look outside toward physical appearances to find beauty. It seems that only when someone or something of the external world has met a list of certain criteria do we see

beauty: “You look beautiful today,” or “Look at the beautiful sunset.” This is not to say we should cease to try and always see beauty around us, it is to say most of us do miss the true experience of beauty, even when we think we are noticing it.

It is fascinating how obsessed our culture has become with beauty yet continues to bark up the wrong tree. We still run circles around the tree of all things physical. The “beauty supply” business is likely one thousand times the size of the business of books, classes, or the like on meditation, contemplation, or truly disciplined spiritual practice. The average person in our culture surely spends more time looking at themselves in front of the mirror in preparation to go out into the world than they do looking within, cleaning up the mind and choosing thoughts in preparation for the day. Even less time is spent consciously looking for this true beauty – this spark of light – in those around us, especially if they are not behaving the way we wish they would.

I realize I may sound cynical, but I am not writing from that place. This morning I view the human condition, and I experience great compassion for us. Compassion is always the balm we can spread upon the world; it can give us the ability to see, express, and experience beauty.

As I sit in this compassionate place, I have only one wish for all beings:

May you each know your radiant

beauty, always. May we see our own beauty so that we will stop seeking to fulfill our own small needs and pleasures, and bring beauty to the world.

I pause, imagine such a world, and smile softly, knowing that it can be, and it can begin

with me, in this wonderful moment, where all beauty abides.

This brings me to think about art, creativity, and the expression of beauty. On Miracle Distribution Center’s website there is a wonderful new service: www.miraclecenter.org/wp/services/quotes/ You can click a button and get random quotes from *A Course in Miracles*. I have used it lately to get inspiration for various topics. Below are quotes I wrote about creativity and expression while using this service to be inspired. You might find it useful to use the website as well, try it out.

Inspirational Psychology On the Art of Creativity

1) It is not necessary to seek to capture what is true in your creative works and life, but it is necessary to seek what is false in your own mind.

2) You can miss an opportunity, but missing the next one will probably be due to thinking about having missed the last one.

3) Though the “golden moment” of light in the world a photographer seeks does not last long, we can bring the golden moment from within into every creative expression or action.

4) How much love a chef puts into a meal is a tangible experience for those who experience the creations. The same is true with any creative expression.

5) In all art and creative process there is no greater skill to acquire than the ability to let go of what just happened. This is true no matter if you made a mistake or if you had your best creation ever. Letting go of the last creation makes room for the next.

6) Trusting in this moment and the beauty of who you are can settle every possible future mistake or problem.

7) Art is not created only from refined skill; it is taking what is in your heart and in your hands, and, with a click of the shutter or stroke of the brush, you give love. In this way, even if the image is not what you had hoped for you, still leave an imprint of love on the world. Then, when you look even at your mistakes resulting from poor technique, you remember the moment fondly, because it was a moment you extended love.

8) The art of creative expression is overcoming a sense of separation from all that is. These works of art and moments in life are the ones that evoke something deep within the viewer and the artist.

9) All artists and those wanting to express something would do well to ask, “Is my mind quiet?” This is because a still mind can see far more than one packed full of even the best techniques.

10) Suppose your real job as an artist is *not* to capture an image perfectly, but rather to become a perfectly spotless mirror in which your beauty within shines forth from you into the image, and back

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again. In this way, every micro-second of creative expression is a full and complete circle and journey home.

11) The question has been asked countless times, "What is art?" To my thinking, this is best answered by looking within the person. The goal of the creative process is to "Know thyself." There is nothing else to seek. Self-condemnation is not based on knowing thyself, forgiveness is.

12) What the artist gives to the photo, the canvas, or the stone is what matters most.

13) A single work of art can reverse every law of the world and release us from all we thought we were. An image can move us beyond the limitations of time, space, and even distance. It may not be science that saves the world; it may be art that takes us beyond limits of any kind. It may be the image that evokes the emotion and wisdom that finally brings us together.

14) The right setting in your mind is more important than the right setting on your camera or the latest set of techniques.

15) A relaxed mind is how to take a photo or enter into any form of expression. If you are not experiencing strain within your mind then you can be with what you are seeing.

16) To truly express yourself in art you must focus your full attention on what you are seeing. A busy, strained, or critical mind keeps you from this.

17) Every creative expression is a way for you to meet yourself.

18) There is a Buddhist walking meditation where one imagines leaving a lotus blossom with every step. Imagine that with every click of the shutter, every brush stroke, every word written, you bless the world you see. How could you ever have a "bad art day" with this approach?

19) Before you ask about the quality of the work you are about to undertake, ask about the quality of the mindset you will take it from. This is the beauty of art; it is always asking us to look deeper within our self.

20) Suppose this is true: Everything is for your own best interests; your mistakes and your successes, all of it.



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- The Chicago Tribune

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Sacrificing Sacrifice

Lessons in Light - Shifting our Perception of Lent

by Beverly Hutchinson McNeff

As lesson 323 in *A Course in Miracles* says, "I gladly make the 'sacrifice' of fear." If the idea of releasing fear and sacrifice appeal to you, then perhaps we can use the traditional time of Lent as a way to do just that. The Course invites us to look with a new vision, guided by the Holy Spirit, to view the ideas of Christianity in a new light. Not one that separates us from each other, but one that unites us in healing. Therefore, during this time that leads up to Easter which is referred to as the Lenten season, we will offer a series entitled:

Lessons in Light.

Why even deal with Lent, since the Course does not speak about it? Well, it may not say the word but it does address the concept that is the focus of Lent, and an important one it is: sacrifice. So, as most in the western world might approach this time from the perspective of sacrifice, perhaps we can offer an alternative: light!

In the Course, light represents knowledge or truth and can be radiated into this world. Just as the light of the sun causes life to exist on this planet, so does the light we radiate allow others to realize their true life/purpose and thereby allow us to know it as well. So, we symbolically allow our light to shine during this time of Lent so the darkness and illusion of sacrifice maybe be shone away.

In the Christian tradition, Lent is a time of fasting and penitence that begins with Ash Wednesday and continues until Easter. It is a time of sacrificing something we value, such as a certain type of food, a particular activity, etc., so that we might be closer to God, become more holy, and so on. In this scenario, God's love is seen as something we must bargain for, as the

Course says, "giving to get" (T58/T4.II.6:5), which is the central belief of the ego's thought system. "When you associate giving with sacrifice, you give only because you believe that you are somehow getting something better, and can therefore do without the thing you give." (ibid)

Under the Holy Spirit's guidance, there is no sacrifice, for there is nothing to pay or atone for. We are God's perfect children, heirs to His Kingdom. In His presence, all pain is healed, and all thought of loss is met with peace. We are asked

only to make the "sacrifice" of sacrifice (of suffering, sadness, anxiety, doubt, etc.) and to allow God's love and light to come streaming into our awareness.

Therefore, let us use this time of Lent as a symbolic way of releasing the idea of sacrifice – a world of suffering and pain – and to learn to live in the world while

not being of the world. The Course says that truth does not demand that we give up the world, for that would appear as sacrifice if we still value it, nor does it advocate we cherish the world. It invites us to walk a path that is between these two, one that leads away from loss, sacrifice and deprivation. To follow this path, we are asked to step back and let Him lead the way. We are asked to think of Him a while each day, so that He may speak to us and tell us of His limitless love and great trust. (paraphrase Lesson 155)

This is our dedication as we begin these Lessons in Light together, that we may place into God's hands the pain, fear, worry, suffering, sickness and burdens of life, so that we may awaken to the resurrected child of God we truly are. As the mythical bird, the Phoenix, arose out of the ashes, we too dust off the years of sacrifice

by affirming our desire to "step back and let Him lead the way."

Lessons in Light

(The following lessons will be done at MDC's study group starting on Wednesday, February 18 – April 1. These lessons need not be a substitute for your regular workbook lesson from the Course, but rather a supplement, if you so choose. The printed series is available online at www.miraclecenter.org)

1st Week of Light

Ash Wednesday (February 18),

Workbook Lesson 157:

"Into His Presence would I enter now."

This is our dedication, to enter into God's presence and allow Him to lead the way. This awareness and willingness becomes a blessing that touches everyone we meet, think of or who thinks of us. It becomes a vision that can truly transform this world and assure us that peace and healing are possible, for it is God's will for us.

2nd Week of Light

(February 25),

Workbook Lesson 93:

"Light and joy and peace abide in me."

"Salvation requires the acceptance of but one thought; you are as God created you, not what you made of yourself. ...Your sinlessness is guaranteed by God." We have forgotten our true identity and made a self which contradicts God's opinion. It is time for us to stop believing in a lie and join our will with God's Will. This is our resurrection, our salvation and the world's.

3rd Week of Light

(March 4),

Workbook Lesson 46:

"God is the Love in which I forgive."

"God does not forgive because He has never condemned," but through His love we find the strength to look at the pains of our lives and only see the calls for love.

And as we recognize the “pains” for what they are, we recognize our innocence and that of all our brothers.

4th Week of Light

(March 11),

Workbook Lesson 68

“Love holds no grievances.”

“You who were created by Love like Itself can hold no grievances and know your Self.” Therefore if we are to know God’s gifts and help for us, we must be willing to “sacrifice” grievances. “Love holds no grievances. I would awake to my Self by laying all my grievances aside and wakening in Him.”

5th Week of Light

(March 18),

Workbook Lesson 34:

“I could see peace instead of this.”

“Peace of mind is clearly an internal matter. It must begin with your own thoughts, and then extend outward. It is from your peace of mind that a peaceful perception of the world arises.” It is our choice to experience peace!

6th Week of Light

(March 25),

Workbook Lesson 47:

“God is the strength in which I trust.”

Our own strength has failed us, but God is our safety and strength in every circumstance. “Use it [this thought] as your answer to any disturbance. Remember that peace is your right, because you are giving your trust to the strength of God.”

7th Week of Light

(April 1),

Workbook Lesson 50:

“I am sustained by the Love of God.”

“Put not your faith in illusions. They will fail you. Put all your faith in the Love of God within you; eternal, changeless and forever unailing. This is the answer to whatever confronts you today.” ✨

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Lessons in Light Series starting on February 18, 2015!*

“Just finished my mp3 on “I can see peace instead of this.” Beverly, I don’t remember anyone tying together the five workbook lessons in the series or any workbook lessons from the Course like you did. All I can say is WOW, it held a very deep meaning to me. Thank you.”

— Michael Gillespie, Georgia

“This is my fifth season listening to Beverly go through the Lesson is Light. It is a wonderful opportunity to use this time to give up stuff that does not serve us anymore. I am amazed at what rolls out of Beverly when she teaches. She may plan a general lesson but those comments simply come, a wonderful orator and leader and a good listener.”

— Karen Scopetski, Massachusetts

“These are very timely lessons for me. I have listened to the GRIEVANCES lesson about 6 times! Thanks so much for all you do.”

— Mary Jo Marchionni, Florida

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Miracle Musings...

Who Walks With You?

by Paul McNeff

"And Jesus spoke to the disciples saying: Surely I am with you always, to the very end of the age." (Matthew 28:20)

"If you knew Who walks beside you on the way that you have chosen, fear would be impossible." (T-18.III.3:2)

A famous saying goes: "Man plans, God laughs." Have you ever felt like that? We plan our lives for success, but when adversity hits us we scream, "So, where's God now?!"

Recently in the church where I serve as Director of Music, the pastor presented a sermon series on the life of the Biblical character, Joseph. Yes, the same Joseph from Andrew Lloyd Webber's first Broadway musical, Joseph and the Amazing Technicolor Dreamcoat. As is often the case, I planned the music to complement the pastor's sermon themes, giving more continuity and impact to the service. As such,

this series was a "slam dunk" of a project. I researched the Lloyd Webber musical and found several choral and solo pieces that would work with the appropriate passage of scripture he was covering in his sermon.

What is very clear from this story was that here was a guy, Joseph, who must have thought, "I've got all these big plans for my life. I'm from a great big, well-to-do Hebrew family . . . I'm going to the best schools, getting the best education, gonna get a great job, get married, have lots of kids, and retire a rich, successful old man."

WHOA!! Hold on there! It didn't happen that way, did it? Joseph's life took some major detours along the way. But, the key to his life did not lie in his "success" in the world. It did, however, come as a result of his following God's lead in his life, regard-

less of his circumstances. Even though he was sold into slavery, forced into jail after being unjustly accused of sexual impropriety, and forgotten by his brothers and friends, Joseph continued to trust in God. Though he was promoted to second in command to the Pharaoh in the end, he still spent many years in jail. He walked with God along his journey despite everything that happened. That frame of mind was his rock and success.

And so it is with us. We often characterize our relationship with God as our walk. So how's your walk? Do you feel close to God throughout the day? A Course in Miracles says: "If you knew Who walks beside you

on the way that you have chosen, fear would be impossible." (T18.III.3:2)

Joseph knew who walked beside him. Has your life been like Joseph's? Well, perhaps it hasn't been quite as dramatic, but I'm willing to speculate that we all have experienced major detours in our lives.

As a four-year-old kid visiting my grandmother on her Nebraska farm, I took a little detour by way of a very painful and traumatic experience of having the first joint of my right ring finger cut off. My seven-year-old aunt had been pulling a recently-sharpened push lawn mower across the farmyard and did not see me as I stealthily approached. Curiosity had gotten the best of me, and I foolishly thought I could stop the spinning blade by inserting my hand to stop it. Before you

could say "golly gee" the finger had been cleanly cut with only a small piece of skin still attaching it. I remember walking into the farmhouse, taking care to not to get blood on the door handle, with my juvenile aunt screaming to the assembled family members, "Pauly has cut his hand off."

My parents quickly threw me in the car and rushed me to the old country doctor. Upon my arrival, he callously snipped the delicate piece of skin still holding the mangled digit on my finger, calmly threw it in the waste basket, bandaged it up, and I was good to go. That's just the way it was in those days. For years I suffered from being self-conscious about my finger, especially in my early teens when impressing the girls had become a top priority. But even at that early age, I was learning to trust in God in all things. Something good came out of my loss, however. I excelled in my little league pitching career as a curve ball thrower who could not be matched. I always attributed my success to the missing digit on my finger that caused a better rotation of the ball. And even better, it worked as a good sympathy-vote getter from the girls, too!

When walking with God, it doesn't matter how small the hand we have, even if it is missing one digit. I remember a time many years ago when I exited a department store with my son, Jeffrey, then only three years old. On the way to our car in the parking lot we had to negotiate walking across a busy street, so I gently reached down, took little Jeffrey's hand, and walked safely across that street to our car.

Even at the time, I remember thinking, here he is... this little guy, not really even knowing much about the danger of getting run over by a car, but yet he held on to my hand, or even more important, I firmly held on to his, as he put his complete trust in Daddy's ability to get him safely across that street. You know, I don't think he ever

"For years I suffered from being self-conscious about my finger, especially in my early teens when impressing the girls had become a top priority."

Paul McNeff is married to MDC's founder and has been a student of the Course since 1986. He is a professional singer and conductor and holds a master's degree in vocal performance. In 1997, along with Beverly, he founded *KidSingers*, an inner-city, after-school children's chorus. The program has won many awards and been featured on *Good Morning America*. Learn more at: www.kidsingers.org

doubted me.

What a beautiful teaching moment for us. Just as I would never leave little Jeffrey to cross that street alone, God never leaves us alone on our journey through those busy and dangerous thoroughfares of life. He's always with us.

The Sunday came for the closing sermon on the life of Joseph. I had the perfect solo to perform as a lesson of how Joseph walked with God and, indeed, we could, too. It was taken from the musical *The Student Prince*, about a mythical young prince who, after his grandfather had passed away, was about to ascend to his grandfather's vacated throne as king and take on all the responsibilities it entailed. Fear had gripped his heart, causing him to doubt his abilities to rule wisely as his grandfather had. Driven to his knees, he uttered this beautiful prayer. The song and prayer that came forth was I'll Walk With God.

The lyrics remind me so much of *A Course in Miracles'* themes, I think they bear repeating for the purpose of this article. But before I do, ask yourself, "Who walks with you?" and then reply with the answer given us in the Course's lesson 156, "I walk with God in perfect holiness." Fear, uncertainty, or loss may enter our minds, but let it be quickly dispelled as we are assured, "If you knew who walks beside you on the way that you have chosen, fear would be impossible."

Continued on page 14

Update: Prison Project

by Maria Zakich



The Prison Project of Miracle Distribution Center sends A Course in Miracles and other Course-based items to those in prison. Through your generous donations, we have been able to supply many newly-started spiritual libraries in prisons. In some cases we have been able to provide multiple copies of books so more inmates can read about the love that is their essence. These principles are truly making a difference and quenching a thirst for truth that many in prison have found no other place.

Dear Beverly,

I am sending you this letter to request some assistance. I would like to understand the Course more deeply and ask you to help me with any books or study aids you could send me. Here at the prison we can receive books as long as they are from a distributor like yours (Miracle Distribution Center). The Course has literally eased my mind. If I am in turmoil I must have chosen wrongly and I can choose once again! Except for seven months on the street I have been incarcerated since 1993. I say quite certainly that I would not have been able to grow in peace without the Course. The Holy Spirit speaks to me daily and I at times hear and listen; but of course, while I'm not "there" yet, I really am.

Bobby, Miami, Florida

We receive letters like Bobby's on a daily basis. These men and women are hungry for the teaching the Course offers. They want books and they love our magazine **THE HOLY ENCOUNTER**, both of which they share with other inmates. After they've read the books, many of the inmates donate them to the prison library for others to read. And as a non-profit organization, we have better success at getting materials into prison libraries.

Through your donations to the Prison Project, we can ensure more inmates will get the books they're so hungry for, and we'll be able to continue sending our bimonthly magazine **THE HOLY ENCOUNTER**, for them to share, as well.

We thank you for your continued support in offering love and forgiveness with your generous contributions.

Maria Zakich coordinates The Prison Project at MDC. You may e-mail her at maria@miraclecenter.org

A Book by Marianne Williamson

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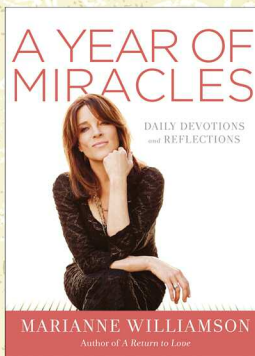
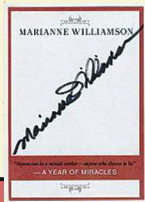
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until we are faced with that irritating person yet once again.

We are told in the Course that neither time nor season means anything in eternity but often the dawn of a New Year seems to give us more willingness to start again on a path of awareness, and the Holy Spirit can certainly make use of this willingness. We don't have to change our job, move, or find a new relationship to experience the peace and fulfillment of life that is right here now – we just have to be willing.

If you are willing, perhaps these steps from the Course's workbook lesson 302 might be just the nudge you need. What I like about this lesson, "Where darkness was I look upon the light," is that it doesn't say anything new. Instead, it lays out the basic premise of the Course's thought system in four sentences to help you walk your talk.

1. We remember our Source:

"We thought we suffered. But we had forgot the Son whom You created."

The Course tells us this is the basis of all our problems: an identity issue. We are creations of God; imbued with all the attributes of our Creator, and that light and joy and peace abide in us because our Father put them there. As creations of love, what is not love cannot be a part of us; therefore, fear, suffering, or darkness cannot be our reality. With that said, the fact that we are co-creators with God means we have the power to experience our reality or not, but we can't lose it. As the Course tells us, "You can wait, delay, paralyze yourself, or reduce your creativity almost to nothing. But you cannot abolish it." (T-1.V.1)

The reality of who we are remains available to us whenever we are ready to accept it. Much like the fairytale of the ugly duckling who never quite fit in with the other ducks because he was really a beautiful swan, we don't fit into the world of pain, suffering, and fear because we are holy creations of a loving Father.

2. We accept responsibility: ***"Now we see that darkness is our own imagining, and light is there for us to look upon."***

This reality starts to dawn on us

naturally as we begin accepting the first premise. If we are co-creators with God, then the world is a reflection of our power to choose. In the case of the world, we fell asleep to our reality in God and in our dreaming made a nightmarish world of fear, hate, attack, and guilt. This is not the world of a loving God; it's a parody of a childish mind out of control. Have you ever seen a two-year-old throw a temper tantrum? We are much like that; we are out of control. This world seems to be beyond us, but it is *our* dream and therefore can be changed from a nightmare to a happy dream.

When I was a little girl, I had a recurring dream of planting black seeds outside our house, watering them, and having a gorilla grow from them. The gorilla would chase me inside the house pushing open the front door I'd slammed behind me. I would run to the bathroom, lock the door, and then wake up in terror as the gorilla pounded on the door. The last time I had that dream, I ran into the house, again closing the front door behind me, but instead of the gorilla chasing me inside, he rang the doorbell. My grandmother (who had never been in my dream before) opened the door, and invited the gorilla in for tea. I thought she was insane, as I ran for the bathroom, but the next thing I saw

was the gorilla having tea with her. She invited me to join her strange tea party, which I did, and that was that.

As I said, after that, I never had that dream again. I had faced my fear (with the help of my grandmother,) and it was not so terrifying after all. I can see now I planted and cultivated the seeds that grew the fear I then thought was chasing me. When my grandmother (who symbolized Christ's vision), helped me to view my self-created darkness in its true light, the story changed. I had no more need of the nightmare.

In nature, the antidote to every poisonous plant grows within close proximity. The same is true of our thinking; within every seemingly dark and fearful thought is the potential for light, the truth. Where will we dwell? As we accept responsibility for the experiences of our lives, it is not so we can make ourselves guilty, but so we can affect a real and lasting change – from darkness to light. As the Course reminds us, "...the Holy Spirit has another use for all the illusions you have made, and therefore He sees another purpose in them. To the Holy Spirit, the world is a place where you learn to forgive yourself what you think of as your sins." (W-64)

3. We are never alone: ***"Christ's vision***

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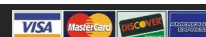
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changes darkness into light, for fear must disappear when love has come."

This is a critical step in our understanding. We can't escape from fear on our own because we are the ones who insanely thought we could make an opposite to love (fear) and therefore believe in our "creation," even if it is an illusion.

From our current perspective, we can see no way out. Much like the little boy who put his finger in the hole of a dike to plug a leak only to have another leak pop up in need of another finger, we keep trying to fix a "leaking" world from the same fearful, limited, and lacking perspective, and it never works. Nothing changes until we move our focus from the problem to the solution. This is not denial, but instead a decision

to join our minds with the Holy Spirit and look directly at what the problem seems to be so that we might move past it to the solution beyond. We are guaranteed that help will be given us, and we will succeed...

"For His [Holy Spirit's] promise is always, "Seek and *you* will find," and under His guidance you cannot be defeated. His is the journey to accomplishment, and the goal He sets before you He will give you. For He will never deceive God's Son whom He loves..." (T-12.IV.4)

As we look at the darkness and invite Christ's vision into our thoughts, our minds become open to the miracles that are our inheritance. The Course quite dramatically and poetically puts it this way, "A miracle has lighted up all dark and ancient caverns, where the rites of death echoed since time began. For time has lost its hold upon the world. The Son of God has come in glory to redeem the lost, to save the helpless, and to give the world the gift of his forgiveness. Who could see the world as dark and sinful, when God's Son has come again at last to set it free?" (W-191.8:1)

Wow, what a thought! To realize that as we allow Christ's vision to light our minds, we begin to dissolve all those thoughts of fear and darkness we have grown so comfortable with. It does not take time, but willingness. Why would we not be willing to arise in our glory so we might help those

who feel lost or helpless and in the process heal ourselves? We forgive so we can be healed, but everyone is helped by our "selfish" (or should I say selfless) act as well.

4. We walk our talk: *"Let me forgive Your holy world today, that I may look upon its holiness and understand it but reflects my own."*

As each of the preceeding thoughts gently leads to the next, this is a natural outcome of allowing Christ's vision to lead the way. Our evolutionary thinking can begin to change us on a cellular level, because as our thoughts change, our world will respond.

When you look back through time, you see the physical process of evolution on man, but we can also see our emotional evolution.

The founders of this country were slave owners. Even though they may not have condoned the harsh treatment of slaves, they did not abolish it. Even Jefferson said the issue of slavery is for another time, and that time was about one hundred years later. We know now that even Lincoln would have forgone the slaves' freedom if it would have avoided a civil war. Of course today the idea of enslaving someone is unconscionable.

We are evolving into the truth of who we have always been. Imagine a future where forgiveness does lead the way. Where our first thought is a willingness to see the holiness in this world and each other, for we know that is our only reality. Why would we condemn another if we truly understood we would be condemning ourselves as well?

John Lennon sang in his classic song *Imagine* that to imagine a world of love, unity, and peace wasn't hard to do; and, I would add, when we even consider the possibility – have a little willingness – it's the beginning of our evolution into the Self we have always been.

It's time we begin to look at the shackles we perceive in the world and realize they cannot stop the Holy Son of God from accomplishing his mission of healing the thoughts of separation. Let us no longer be

comfortable with thoughts of hate, fear, and attack. Let us look directly at them and invite Christ to be our vision. We may not know how to remove them (that is the job of Christ, the Holy Spirit) but we no longer value their presence.

As the Course tells us, "Freedom is given you where you beheld but chains and iron doors. But you must change your mind about the purpose of the world, if you would find escape. You will be bound till all the world is seen by you as blessed, and everyone made free of your mistakes and honored as he is. You made him not; no more yourself. And as you free the one, the other is accepted as he is." (W-200.5:1)

So we let Christ show us the world that would set us free and the reality of those we have judged either good or bad. Now we can see them as they truly are without their past or ours as well.

This is a process of choosing again and again for healing and help. Just as a baby stumbles and falls as he learns to walk, but never gives up. Every adorable stumble is met with laughter and applause because he tried. So when we stumble, let's laugh away the feelings of defeat and guilt and remember we walk with and to God; "could any way be holier, or more deserving of your effort...?" (W-155.12:3)

As we enter into this New Year, let's walk our talk as we start again on our journey without distance to a goal that has never changed – to be excited to know each thought of forgiveness is a healing balm, not just for us but for this world.

Pick up that workbook from the Course and dust off the pages. Start again or for the first time. There's no race, but be consistent. When you fail, try again and again and again.

"Forget not once this journey is begun the end is certain. Doubt along the way will come and go and go to come again. Yet is the ending sure. No one can fail to do what God appointed him to do." (M-Epilogue) ✨

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will have a profound effect on how I THINK about exercise. As I practice radical self-love and forgiveness IN SPITE of my faults and shortcomings, then I don't have to worry about how to keep "motivated" in whatever I am doing or not doing.

The quote at the start of this article means to me that we let Holy Spirit heal ALL our relationships, including the one we have with ourselves so it is holy, not because we have become a new person, but because we see beyond the "appearance" of who we judge ourselves to be. Therefore, instead of a new you, there is the miracle of seeing how beautiful and profoundly deep God already made you. And as we accept ourselves in this radical way, we start to behave like the Children of God. When the initial premise is right, the journey goes much more smoothly and happily. ✧

something no one knew. She said that every single day of her thirty days in rehab, Mom had written her a letter. Each day Mom had told her she loved her, that she was deserving of love, and that with God's help, she would not only make it through this addiction, but come out stronger for it. And so she did.

Much of what I have learned from *A Course in Miracles* has been demonstrated to me throughout my life by my mother. Maybe that is why it has always seemed so familiar and comforting to me. Her imperfection was as rich a text of learning as was her love. Neither she nor the Course have judged me and therein lies my ability to not judge myself. For both, I am truly grateful. ✧

I'll Walk With God

By Nicholas Brodzsky,
From *The Student Prince*

I'll walk with God from this day on,
His helping hand I'll lean upon, This is
my prayer, my humble plea,
May the Lord be ever with me.
There is no death, tho' eyes grow dim,
There is no fear when I'm near to Him.
I'll lean on Him forever And He'll forsake
me never,
He will not fail me as long as my faith is
strong,
Whatever road I may walk along;
I'll walk with God, I'll take His hand,
I'll talk with God, He'll understand;
I'll pray to Him, each day to Him and he'll
hear the words that I say.
His hand will be my guide and stay,
And I'll never walk alone while I walk with
God! ✧

Tikkun Olam

Continued from page 5

And let's assume each of these miniscule particles of diamond is also endowed with consciousness. Each sees itself as distinct and separate from all the other fragments. Each believes itself unique and possessed of a sense of "self" unlike any other fragment. They soon begin to look upon each other in judgment. One splinter has a prettier shape, another is far bigger than average; one appears ragged and chipped, while another retains a glassy smoothness bordering on perfection. Yet no matter the form, and no matter their judgment of themselves or the other fragments, they all feel deep within that they are somehow incomplete. Of course, they hide this awareness. They believe most shards are happy with themselves. Or they give thanks they're not even more shattered and miserable. But secretly, each knows there is something more to their being, a greater purpose which calls to them. As a result, each fragment undertakes a desperate journey

to find wholeness. But there's a problem. Because they start out believing they're nothing more than fragments – their outer form – they've lost the capacity to understand wholeness. And so, they seek for it where it cannot be found, among new and different forms of fragmentation.

But there is another way, a better way.

"Unless you learn to perceive the holy light of God within everyone (thereby acknowledging that same light in yourself), you are maintaining the illusion of separation."

All any shard needs to do is recognize its diamond nature: precious and eternal and radiant with light. Their essence has not been changed by the fracture process, only their form. If they look beyond form to their diamond essence, they

find they are in fact identical. They are one.

Given the choice, will the fractured shards be willing to embrace their oneness with their sisters and brothers? Will they give up their fruitless search for happiness within the world of special, splintered forms? The vision of wholeness offers so much more than the individual fragments can ever hope to achieve on their own, or even in aggregate. A collection of shards and piled-up diamond dust does not a diamond make. Peace is impossible for those who see only in pieces. If they could

let go of their prideful, unique "individuality" as they see it, and reunite in the light of that original perfect jewel, then all will indeed be well and healed. Tikkun olam *will be complete.* ✧

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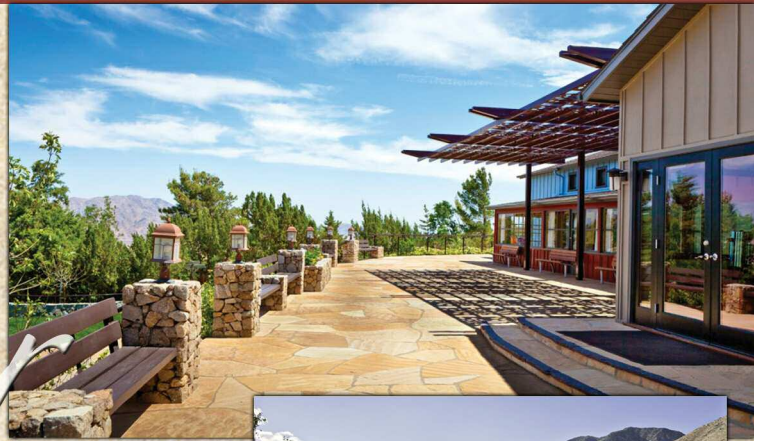
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- Beverly helps us "Walk Our Talk"
- Jacob says "New Year, Same You"
- Jerry and Diane discuss "Saying Goodbye"
- Bob explains tikkun olam
- Lee reflects on beauty and art
- Paul asks "Who Walks with You?"

and much more!



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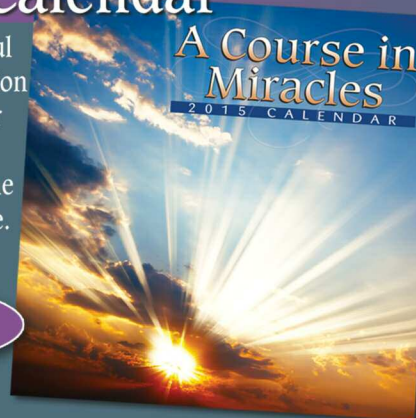
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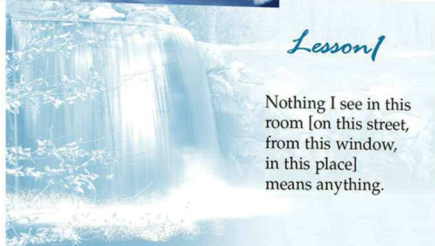
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