

Psalm 63

Beneath the Overshadowing

EARLY IN THE MORNING will I seek THEE, O LORD;
for THOU art my GOD.

My Soul is athirst for THEE in this parched land
where no living waters are to be found.

My very substance crieth out for THEE to make
manifest unto me THY Power, even as I have
beheld THY Glory within the Sanctuary.

Because of THY Loving-kindness my lips may utter
THY Praise, for THOU hast endowed me with the
life wherein I can know THEE.

With my whole Life would I bless THEE, and in the
uplifting of my hands would I make THY Sacred
Sign.

THOU enrichest me with the wealth of THY Love
and Wisdom; they are marrow and strength unto
me.

From my Couch during the night-watches would I
praise THEE; for with joy may I meditate upon
THY Loving-Kindness.

THOU hast vouchsafed THY help unto me in the
midst of trouble, and caused me to remember
that I am ever beneath the Overspread Wings of
THY Presence.

Though the way I have to go in my following of
THEE makes my Life to be full of trouble, yet
THOU dost uphold me by THY Right Hand.

For THOU dost defend me from those who seek to
destroy my trust in THEE, and make me a dweller
amongst the fallen.

THOU art my KING; in THEE alone is my Life found,
and my Joy.

Psalms and Canticles, (Psalm 36) p58
Songs of Israel, p33



Spiritual Reflections

The Order of the Cross

**September
October
November
2018**

Thoughts on the Teachings John Pignéguy

THE LANGUAGE OF PSALMS is unique. Defined in the dictionary as 'sacred songs,' Psalms have played a part in worship for many centuries, and continue to be of significance right up to the present day. Adding 'music' to 'words' gives a whole new dimension to an act of worship or meditation, and lifts the whole experience to another level. The vocabulary of Psalms needs special attention if a true spiritual focus is to be maintained throughout. We all know that language changes, over time, but some of the modern English versions of Psalms (and indeed other religious or spiritual texts) can sound very odd indeed, almost as if the writer is too embarrassed to sound what might be termed 'old fashioned' – it is to our eternal benefit that Shakespeare remains unchanged.

This particular Psalm, Psalm 36 in the Order's *Psalms and Canticles* book, has a special resonance in these unsteady times, and it is interesting to read the sub-heading to it in the King James Bible: "A Psalm of David, when he was in the wilderness of Judah." We may perhaps feel something of that 'wilderness' in, for example, the way that we perceive the world on occasion, and especially in the various ways that the media like to present 'the world' to us, generally for their own ends. But if we take a step back and, for instance, look at the first line of this psalm, we clearly see where our starting-point should be:

Early in the morning will I seek THEE O LORD; for THOU art my
GOD.

In other words, always re-dedicating ourselves in a quiet and personal way to all that we do and are.

The music to which this Psalm is sung (composed by Sir Joseph Barnby, the 19th century English composer and conductor) is also a great contribution to our absorbing the atmosphere and meaning of this Psalm, and probably some of us find, when we sit down to read the Psalm quietly to ourselves, that the music (being so much 'at one' with the words) just seems to 'join in' of its own accord!

Thus the Psalm speaks directly to us, and in so doing, a sense of real blessing comes to each of us. Our response will surely be as in the concluding words of the Psalmist –

THOU art my KING; in THEE alone is my Life found, and my Joy.

Why We Dance

Cathy Oerter

This article is based on a talk given at Convocation 2018. The excerpts are taken from various Natural Movement Dancing annuals.

ANNEA SPONG, FOUNDER of Natural Movement Dancing said, “Dancing is a language, it conveys thoughts, feelings, vision and spirit.” As a Member of the Order of the Cross, her life was dedicated to things of the Spirit. At forty years of age Annea was an accomplished portrait painter but the lead paint affected her health and thus began her dancing studies with Raymond Duncan in Paris. She was with the first five dancers of his group.

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Natural Movement Dancing is a blending of the physical and metaphysical and attuned to the Infinite. The body, she felt, was the instrument to unfold the magic of movement. It led to an awakening of Divine essences in movement. Mary Evans quoted, “To understand Annea’s outlook in dancing is to understand that in her the movement was inseparable from her deepest aspirations.”

He toucheth the strings of our Being, as those of a Divine Instrument, and doth make them intonate His Will, and express the Symphony of His Love.

He doth bring forth from your Heart, the Psaltery of His Praise, for He maketh of our Soul a living Harp from which He calleth forth the echoes of the Music of the Spheres.

*Songs of Israel, p82
Psalm and Canticles, p53*

Our Friend watched many Natural Movement Dancing performances at the summer schools. In the Teachings, specifically *Herald X The Divine Law of Motion*, the summer schools were mentioned. Perfect balance is the result of the fulfillment of the

Divine Law of Motion. Each dancer carries within those very aspects hoping to be this instrument of the spirit. By dancing we learn how to move gracefully through life, blending with others and individually taking in the senses; hearing the music, feeling the music, seeing, and touching.

Our dance vocabulary is based entirely on the Cross.

- Levels - We move on the earth, in life and in the Heavenly realms.
- Rise and Fall – Our energy rises and falls as with the love motion in the upward shaft of the Cross;
- Balance (opposition) – The traverse shaft of wisdom gives balance in motion as well as stillness.
- In the Round – The arcs and circles of our being are expressed in circular body movements of legs and arms.
- Spiral – The circle is given height, width and depth in its spiral up and in its service down;
- Irradiation – Like the sun's rays we breath HIS Life into our hearts and let the energy radiate out through the fingers into eternity.

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The six basic positions with infinite variations give a clear definition to a mystical language. As we learn to understand their significance they bring a new responsiveness on the dance floor.

Preparation sets Natural Movement Dancing apart from other forms of movement. The art of letting go, or self-abandonment happens with the breath.

Natural Movement Dancing teaches us to move beautifully through life as we use it in daily life. We begin to understand how our bodies become beautiful vehicles for self-expression. The language of everyday actions should be beautiful and even such common activities as entering a room, closing a door, walking and even sweeping, have their own beauty. Through learning to move truly we obtain a new sense of values, a deeper understanding of unity and a realization of our limitlessness. With this deep respect for the body as something entrusted to us to be used beautifully in service we become aware of even mundane daily movements and the importance of making them respond beautifully.

Natural Movement Dancing exercises the body and the mind at the same time with all parts of the body moving rhythmically and harmoniously together, and the thought actuating every movement. And, Natural Movement Dancing draws out the equipoise within us so that by manifesting true grace, purity and Love we are guarding ourselves from impurity and hurtfulness. It awakens and refines our nature and potential, which can ultimately affect everyday living, and possibly the beginning of identification with the ideal meaning of the outer expression. In the effort to attain unity in that expression, the emotional nature is brought under control, and given the strength of restraint. The personality becomes unified and expanded and uplifted. So it is in life to harmonize the many contributing elements and to search for ways to become more sensitive to the stimuli that constantly play upon mankind from the Heavens. As we seek to organize them into coherent patterns in our manifestations of the Jesus Life we begin to demonstrate HIS presence in and through all the ministries of our daily life and the ways of our going.

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Mary Evans wrote; “In Natural Movement Dancing, bodies are governed by simple laws inherent in Nature, often the ungainly body becomes an instrument for the expression of a loveliness beyond human telling, for the body becomes linked up to deeper and higher attributes of Being ... to the Infinite.”

Kathleen Crutchfield said; “A dancer’s outer body is the vehicle through which should flow the music, the poetry, the drama of the Spirit. There is a joy from being one with the Rhythm of the Universe, as Natural Movement Dancing expresses all the joy and sorrow of the ages – the tears and the laughter all gathered up into Worship and flowing from the heart to the fingertips. We are animated by the Spirit as it flows to the outer body which is the dancer’s instrument.”

And our dear Meg Wilkins (written with the double wonder of finding the Message and the Dance which she said colored her life) said; “To Dance is to find freedom, and to send one’s Soul winging towards the Heights. To dance is to be rid of the bondage of the earth, and to tread the volatile elements of the Heavens. To dance is to lose oneself, and become part of the great Universe. ... Dance to me was an expression; it was my way of talking.”

Mary Evans taught with these precepts to the dance:

1. Accept the inspiration given to us. Great motions in the Universe both hold and propel. Instead of making movement, we become moved. Be aware of the inspirational force rather than of our own strength or mobility.
2. Prepare the body as the vehicle of receptivity and with it the learning of the laws of Motion based on Nature. It is our own effort as we seek how best to embody that great tide of Motion. We train the body and mind through practice to understand and use laws of Movement. Some exercises are to unify; others to awaken latent powers; all are to embody the spiral- our means of arising. Studies and dances, which are designed to keep alive our awareness of our growing technique, are at the same time to offer a vehicle for inspiration. Patterns, motions and directions are pre-arranged, and remain stable, but they are the meeting place of our own efforts and the inspiration. They provide the cup, which receives the wine.
3. The fusion of our own knowledge and ability. We eventually come full-circle to the direct acceptance of creative inspiration, but now with the vehicle of receptivity fully-trained and responsive with a power greater than ourselves.

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Edward Craig on seeing Isadora Duncan dancing for the first time explains Mary's words best: "How is it that we know she is speaking her own language? We know it for we see her head, her hands, gently active, as are her feet, her whole person. And if she is speaking, what is she saying? No one would ever be able to report truly, yet no one present had a moment's doubt. Only this can we say—that she was telling to the air the very things we longed to hear and till she came we had never dreamed we should hear; and now we heard them, and this sent us all into an unusual state of joy, and I – I sat still and speechless."

Alexandra Mills was a beautiful dancer and shared: "Dance is a part of Life and a vehicle of the Spirit. Tensions are released, muscles stretched, loosened, then strengthened; one learns to

move quickly and sharply, to flow, to be at rest, to find one's balance, to move strongly or gently, freely in a large space, or more controlled in a small one; being obedient to the music's demands. I feel the performing of dancing as an artistic expression is an important part of our dancing---nevertheless there are many who dance who are not performers, but who become more alive and more complete because of it."

Her philosophy on fixity is also profound; "We live in an age of recording, in sound, card indexes, carbon copies and photographs – (today's world more advanced but the same) – and there seems the desire to hold what we have, as if we are afraid that something valuable will be lost. But it seems to me if we are creative, it is the source of creation that should concern us. Though the handing on of tradition is valuable, the living spirit is of prime importance. The essence of music, of dance, is motion, is impermanence, as the water in a flowing river moves on to be replaced by other water, and the waves break in the sea. Where we try to hold on to what has preceded us we may be in danger of crystallizing by looking backwards. We need balance again – to conserve the fundamental principles and what we know to be good – but not to be so concerned to preserve that, unlike a living plant, we have no growing point. ... One witnesses a performance and it is gone forever. The only permanence is in the change and enrichment of consciousness of the witnesses – and in the ability of the artist to do it again." (1959)

And finally quotes from Isadora herself: "The movement of the waves, of winds, of the earth is ever the same lasting harmony. We do not stand on the beach and inquire of the ocean what was its movement in the past and what will be its movement of the future. We realize that the movement peculiar to its nature is eternal to its nature.

Imagine than a dancer who, after long study, prayer and inspiration, has attained such a degree of understanding that his body is simply the luminous manifestation of his soul; whose body dances in accordance with a music heard inwardly, in an expression of something out of another, profounder world. This is the truly creative dancer; natural but not imitative, speaking in

movement out of himself and out of something greater than all selves.

During the Convocation in July Margaret, Daniel and Cathy demonstrated aspects of Natural Movement Dancing while Jackie chose the most appropriate music. At the end the fellowship all stood to feel the essence of Natural Movement Dance. And in those few moments we shared a unity of motion – working as one individually but aware of the motion and being in harmony with everyone's movements. There was a sweetness, a healing and a peace that was found especially when all are moving rhythmically together. You can't help loving the people you dance with.

Charney Manor 2018 Great News !!

Alicia Mary Salter

LAST YEAR WE HAD a very new chef and friends were disappointed with some of the food, he knew very little about vegetarian /vegan food. He is a lovely man and was very willing to learn. He has also had a lot of practice with vegetarians and vegans, and therefore gained a lot of experience.

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I have since met with him and he presented me with a very varied and delicious looking menu. He has just completed 14 days of catering for vegetarian /vegan guests and is getting a lot of very good feedback.

The Manor, guest bedrooms and bathrooms are being upgraded. They have finally got planning permission to build their new kitchens and dining room with complete glass front overlooking the gardens. It will be on the site of the old tennis court.

So dear friends let's look forward to a lovely time of sharing and celebrating our journey along 'The Highway to Zion'.

Glenthorne Open Gathering In Grasmere



The Glenthorne Centre, Grasmere

THE NORTH MIDLANDS AREA welcomes as many of you as are able to come to the Open Gathering at Glenthorne Quaker Conference Centre in Grasmere from Friday 23 November to Monday 26 November.

Further information about the Centre is easy to access on the internet at www.Glenthorne.org. There are downstairs sleeping arrangements and access for the disabled. Vegetarians, vegans and special diets are all catered for and Grasmere village is a very short walk away.

The Gathering has been organised especially as an opportunity for both Members and people new to the teachings to meet and share together. There will be free time for fellowship and visiting Grasmere as well as times of study linked to the theme of *The Kingdom of God Within*. It will interest both Members and non-Members alike that a book designed specially for those new to the Teachings is in preparation, although it will unfortunately not be ready by November.

For more information about the Gathering please contact the organisers: Andrea Kerr on 01698 712647, or Lisa Mary Mountain on 01260 253804.

Getting to Glenthorne is relatively easy from Manchester Airport from where there are trains to Windermere with one change that take a little over two hours. There are buses and taxis directly outside Windermere station that take between 30-40 minutes to get to the bottom of Easedale Road in Grasmere, and Glenthorne

is a few minutes on foot up that road. Buses currently run both to and from Windermere about every half hour until 8.30 pm even on Sundays, but may change in October, so it is wise to check the frequency.

Our Travel Angel, Annie Campbell, on 0192 942 2794, can help you with more detailed travel arrangements. For assistance with travelling expenses please contact Andrea Kerr.



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Walk to Loughrigg Tarn near Grasmere
[With kind permission from James Bell Photography]

Communal Sharing: Services and Studies by Phone

THE COMMUNAL SHARING CIRCLE is international and open to all. All you need to join us is a phone! Three regional calls are scheduled to serve our global community:

- I: North America, Australia and New Zealand – 00:00 UTC
- II: Europe, Australia and New Zealand – 08:00 UTC
- III: North America and Europe – 16:00 UTC

For local times and dial-in numbers, see pages 11 and 12.

We welcome you to participate as a reader or a listener. Readings taken from the books are referenced on the schedule; others require service documents, which may be requested by contacting the Communal Sharing Coordinator (see page 11).

Feel free to join us as frequently or infrequently as you like. When possible, please dial in 3-5 minutes before the hour.

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FELLOWSHIP CALLS on 2nd Saturdays – September 8, October 12, November 11 – help us get to know each other and consider ways to improve our Sunday calls. Fellowship calls begin in North America at 8 am Pacific time, 11 am Eastern, and 4 pm in the UK.

SCHEDULE

SEPTEMBER

- | | | |
|----|----------|--|
| 2 | I & III | Worship Service – Ministrant: Turid Nelson <i>The Mystery of Adonai</i> [document] |
| 9 | III | Study – <i>Herald 10</i> , pp.10-19 – Patrick Barnes <i>The Reconstitution of the House of Israel</i> , pt. 1 |
| 16 | II & III | Spiritual Linking – Ministrant: Christopher Nye <i>The Mystery of the City Upon Seven Hills</i> – p.5-13 |
| 23 | III | Communal Sharing – Ministrant: Ian van Zyl <i>Truth</i> [document provided] |

OCTOBER

- 7 I & III Worship Service – Ministrant: Patricia Sherwood
The Mystery of Cherubim & Seraphim [document]
- 14 III Study – *Herald 10*, pp. 19-26 – Patrick Barnes
The Reconstitution of the House of Israel, pt. 2
- 21 II & III Spiritual Linking – Ministrant: Christopher Nye
LMU, p. 414-422 – *The Two Arks of GOD*
- 28 III Communal Sharing – Ministrant: Esther Gowan
The Soul's Divine History [document]

NOVEMBER

- 4 I & III Worship Service – Ministrant: Dorothy Reid
The Homeward Path [document]
- 11 III Ongoing Study taken from *Divine Renaissance II*
Ministrant: Lindajeane Stewart
- 18 II & III Spiritual Linking – Ministrant: Christopher Nye
Herald 28, p. 14-24 – *Heavenly Counsels*
- 25 III Communal Sharing – Ministrant: John Blossom
Theme to be announced [document]

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FOR MORE INFORMATION and to receive service documents by mail or email, please contact the Communal Sharing Coordinator:

Esther Gowan • esthergowan@earthlink.net • (1) 805-542-9133

LOCAL TIMES – Communal Sharing calls are scheduled year-round on Universal Time (UTC = GMT). To find your local call-in time, refer to schedule A or B according to whether your area is currently observing Standard or Daylight Saving Time. Clocks will reset from A to B on September 30 in NZ; October 7 in eastern Australia; October 28 in the UK; and November 4 in N. America.

| A – Daylight Saving Time in Northern Hemisphere; Standard Time in Southern Hemisphere | B – Standard Time in Northern Hemisphere; Daylight Saving Time in Southern Hemisphere; |
|--|--|
| I A: 00:00 UTC 5 pm PDT (Sat. eve.) 8 pm EDT (Sat. eve.) 8 am AWST 10 am AEST 12 pm NZST | I B: 00:00 UTC 4 pm PST (Sat. eve.) 7 pm EST (Sat. eve.) 8 am AWST 11 am AEDT 1 pm NZDT |
| II A: 08:00 UTC 9 am BST (U.K.) 4 pm AWST 6 pm AEST 8 pm NZST (1 am PDT) (USA) | II B: 08:00 UTC 8 am GMT (U.K.) 4 pm AWST 7 pm AEDT 9 pm NZDT (12 am PST) (USA) |
| III A: 16:00 UTC 9 am PDT 12 pm EDT 5 pm BST (U.K.) (12 am next day AWST) (4 am next day NZST) | III B: 16:00 UTC 8 am PST 11 am EST 4 pm GMT (U.K.) (12 am next day AWST) (5 am next day NZDT) |

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| INTERNATIONAL PHONE NUMBERS FOR COMMUNAL SHARING CALLS | |
|---|---------------------|
| COUNTRY | PHONE NUMBER |
| Australia | (0) 2 8355 1039 |
| Canada | (1) 647-497-9379 |
| France | (0) 1 70 95 05 85 |
| Ireland | (0) 19 030 050 |
| New Zealand | (0) 9 925 0481 |
| Sweden | (0) 853 527 817 |
| United Kingdom | (0) 330 221 0099 |
| United States | (1) 646-749-3117 |
| ACCESS CODE: 506-112-581 # # (same for all areas) | |

Spiritual Linking

Christopher Nye

THE READING FOR SEPTEMBER IS

“The Real Nature of the City of GOD “

The Booklet *The Mystery of the City Upon Seven Hills*

Part 2 pages 14-21

It will take place on Sunday 17th

The City is thus built within you.

The two Readings for September and are **08h00 UTC (=GMT)** that is 9am BST in the UK, 4pm in Western Australia, 6pm in Eastern Australia and 8pm in New Zealand; the second is **16h00 GMT** that is 5pm BST in the UK, 9am PDT, 12 noon EDT in North America.

THE READING FOR OCTOBER IS

“The Two Arks of GOD “

Life’s Mysteries Unveiled pages 414-422

It will take place on Sunday 15th

It is that Presence who goes before Israel, for Israel once knew
that Presence

The two Readings for October are **08h00 UTC (=GMT)** that is 9am BST in the UK, 4pm in Western Australia, 7pm in Eastern Australia and 9pm in New Zealand; the second is **16h00 GMT** that is 5pm BST in the UK, 9am PDT, 12 noon EDT in North America. Please note, at this time of year, different places change their clocks at different times. It would seem sensible to check your local time against GMT or UTC to be sure you have the correct hour.

THE READING FOR NOVEMBER IS

“Heavenly Counsels”

Herald 28 pages 14-24

It will take place on Sunday 19th

Beloved Children of the FATHER-MOTHER,
seek the highest.

The two Readings for November are **08h00 UTC (=GMT)** that is 8am in the UK, 4pm in Western Australia, 7pm in Eastern Australia and 9pm in New Zealand; the second is **16h00 GMT** that is 4pm in the UK, 8am PST, 11am EST in North America.

GATHERINGS AND EVENTS

November

Fri 23rd – Mon 26th Open Gathering,
Glenthorne Quaker Conference Centre, GRASMERE,
AMBLESIDE

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If you are interested in joining us at the above gathering please see further information and contact details in the article on page 8.

CHANGES OF ADDRESS

If you have changed your address or any of your contact details, please notify Roger Score at:

The Order of the Cross
27 Old Gloucester Street, LONDON, WC1N 3AX
Email: light@orderofthecross.org or
Telephone 0207 1176 059

This will ensure that Spiritual Reflections is sent to your new address and that all your contact details are updated on our database.

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Email: editor@orderofthecross.org

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The Order of the Cross Website

www.orderofthecross.org

Spiritual Reflections

Publication Timetable

| Issues will be published in the first week of: | The two or three month period the issue will cover |
|---|---|
| February | February March |
| April | April May |
| June | June July August |
| September | September October November |
| December | December January |

You are reminded
that the next issue of Spiritual Reflections
will be published at the beginning of December
2018