



FUTURES

Theme for November:

The very purpose of many spiritual practices is to help seekers accept the present moment through practices that strengthen and focus one's attention. It's ironic that as the world is speeding up and we're feeling like we are trapped in a pressure cooker as the temperature is being turned up, that the solution, the remedy, is to practice focusing on the present moment.

More than ever we all need to be strengthening our mental focus so that we can embody the present moment. When we embody the present moment, we transcend the rushing fragments and the pressures of infinite choice. Then we discover that we are simply and perfectly just right here, right now. In this present moment we will find both peace and freedom.

It's going to be an interesting month. Please remember to keep breathing!

Warmly, Rev. Debra Thorne



Quotes:

'The future belongs to those who give the next generation reason to hope'. -Pierre Teilhard de Chardin

'The greatest loss of time is delay and expectation, which depend upon the future. We let go the present which we have in our power, and look forward to that which depends upon chance, and so relinquish a certainty for an uncertainty.' - [Seneca](#)

Then Allen said, "I've discovered a way to have a lot more time. In the past, I used to look at my time as if it were divided into several parts. One part I reserved for Joey, another part was for Sue, another part to help with Ana, another part for household work. The time left over I considered my own. I could read, write, do research, go for walks. But now I try not to divide time into parts anymore. I consider my time with Joey and Sue as my own time. When I help Joey with his homework, I try to find ways of seeing his time as my own time. I go through his lesson with him, sharing his presence and finding ways to be interested in what we do during that time. The time for him becomes my own time. The same with Sue. The remarkable thing is that now I have unlimited time for myself!"
— [Thích Nhất Hạnh](#), *The Miracle of Mindfulness: An Introduction to the Practice of Meditation*



Questions to live into:

- How am I choosing my future today?**
- Is there anything I need to do before I die?**
- What does it mean to me to live in the present moment?**
- Am I responsible for future generations?**
- What is the relationship between science and religion?**

Spiritual Practices for the individual and the whole family:

- Set an intention for tomorrow, for next week, for next month, for next year. Remember to check to see if the intention came to be.
- Practice doing nothing for five minutes a day. Gradually increase the time you are doing nothing.
- Commit to a technology fast one day this month. Try doing this as a family! This means no TV, no cell phones, no Facebook, no internet, no movies. Instead go for a walk, tell each other stories, play games.
- Pay it forward! Do something kind for someone. See if you can do something kind today that affects their lives tomorrow. In other words, change someone's future.

Books to Read (Adults)

Occupy Spirituality: A Radical Vision for a New Generation by Adam Bucko, Matthew Fox
Finding God Beyond Religion: A Guide for Skeptics, Agnostics and Unorthodox Believers Inside and Outside the Church by Tom Stella
The Coming Interspiritual Age by Kurt Johnson, David Robert Ord
Nurturing the Soul of Your Family: 10 Ways to Reconnect and Find Peace in Everyday Life by Renee Peterson Trudeau
The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age by Catherine Steiner-Adair, Teresa H. Barker
Kitten Clone: Inside Alcatel-Lucent by Douglas Copland. What is the internet doing to our brains?
The Juno Trilogy by Larry Kilham. The series describes the ascent of AI and robots through episodes involving Dr. Tom Renwick, a brilliant computer scientist and his creation, Juno, a female AI super computer who is programmed with emotion and conscience.

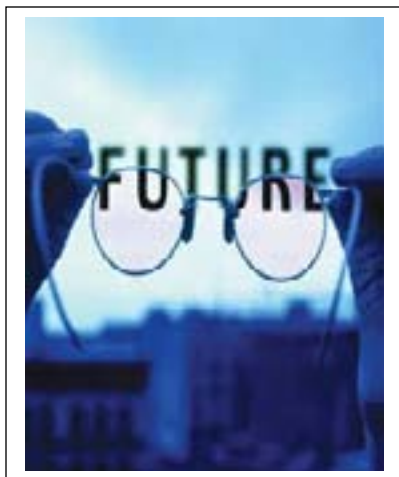


Books to Read (Children)

How Roland Rolls by Jim Carrey
Desmond and the Very Mean Word by Desmond Tutu, Douglas Carlton Abrams
My Neighbor Is a Dog by Isabel Minhos Martins
The Deer Watch by Pat Lowery Collins

Films for Youth and Adults:

Transcendence 2014, in theatres now (Johnny Depp!)
The Theory of Everything (Stephen Hawking) 2014
The Giver - a futurist political tale, 2014
Hunger Games - a dystopian tale, 2012, 2013, 2014, 2015
The Matrix - 1999, 2003
Jeff Lives at Home - 2014



Our Dawning Future

sermon excerpt by Rev. Wayne Arnason,
Gimli, Manitoba, September 27th, 2001

Our goal as a community of congregations should be to reflect the diversity of our society. We already are doing that when it comes to theologies, and we aspire to do that when it comes to races and cultures. Our dawning future calls us to show the world that religious and cultural diversity can exist within a strong, meaningful, and united religious community.

Our dawning future calls us to show that freedom of thought and common action are both possible within a democratic religious community. Our dawning future calls us to revere our past and learn from it, to be focused and resolute within the challenges of our present and to move forward convinced that the world needs us more than it ever has before.

I trust this dawning future. I trust it to my daughter, to the children in your church school, to the thousands of members of our congregations who have yet to walk in the doors and the thousands not yet born who need a community like ours in which to grow up. It is a future that is ours to create, here in Western Canada, across this country, and around the world. May it be so.