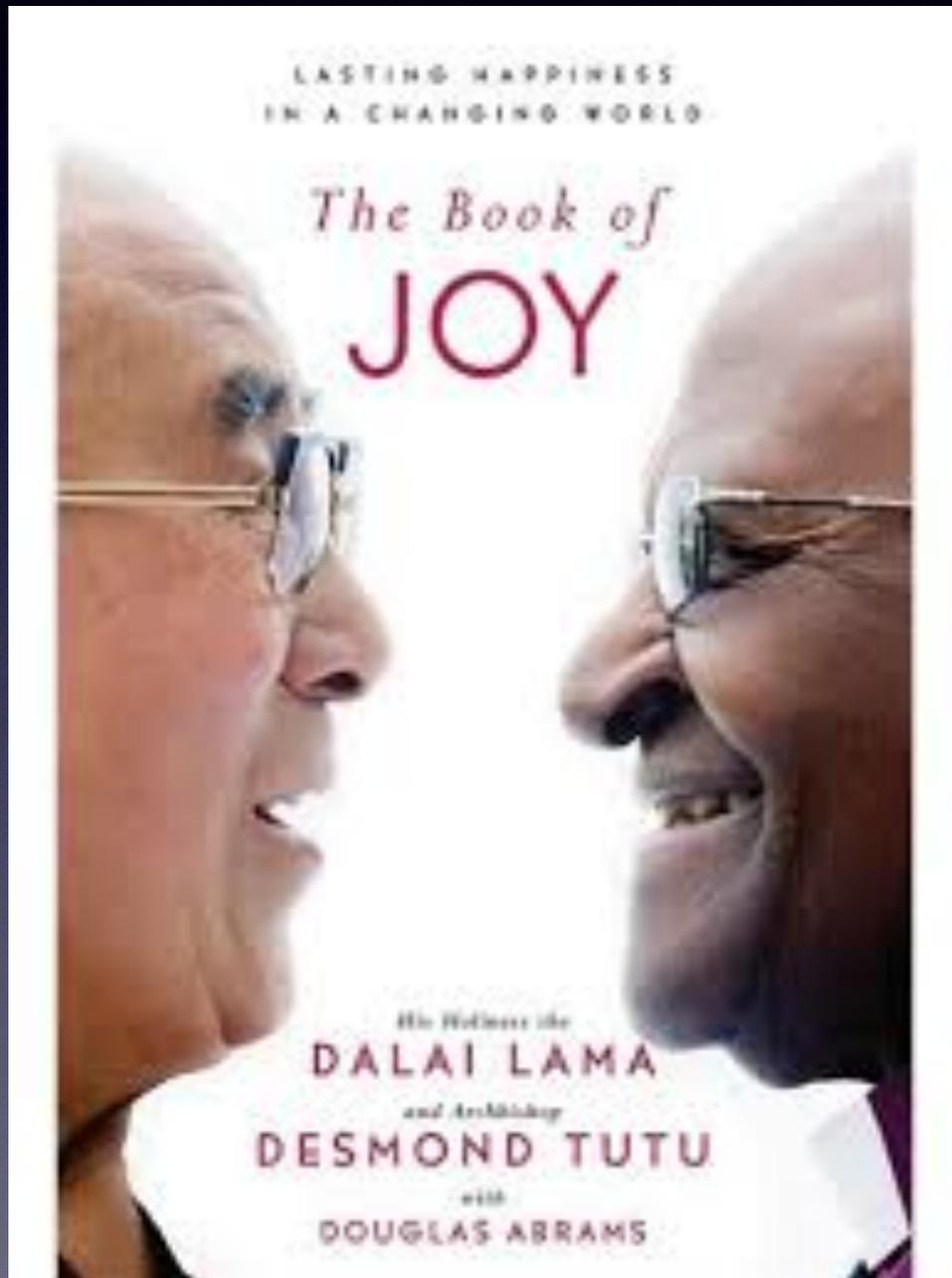


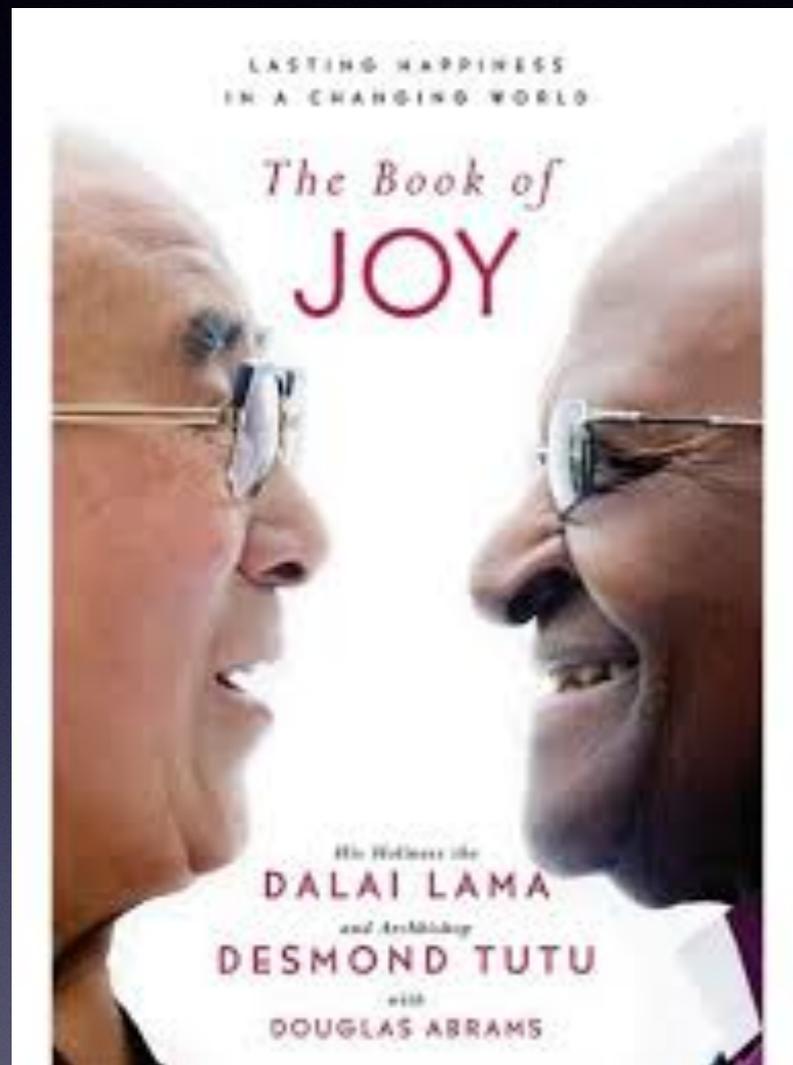
# The Book of Joy



Holy Manners Bookstudy 41

ACTS  
Fall 2018

St David's United Church  
Calgary

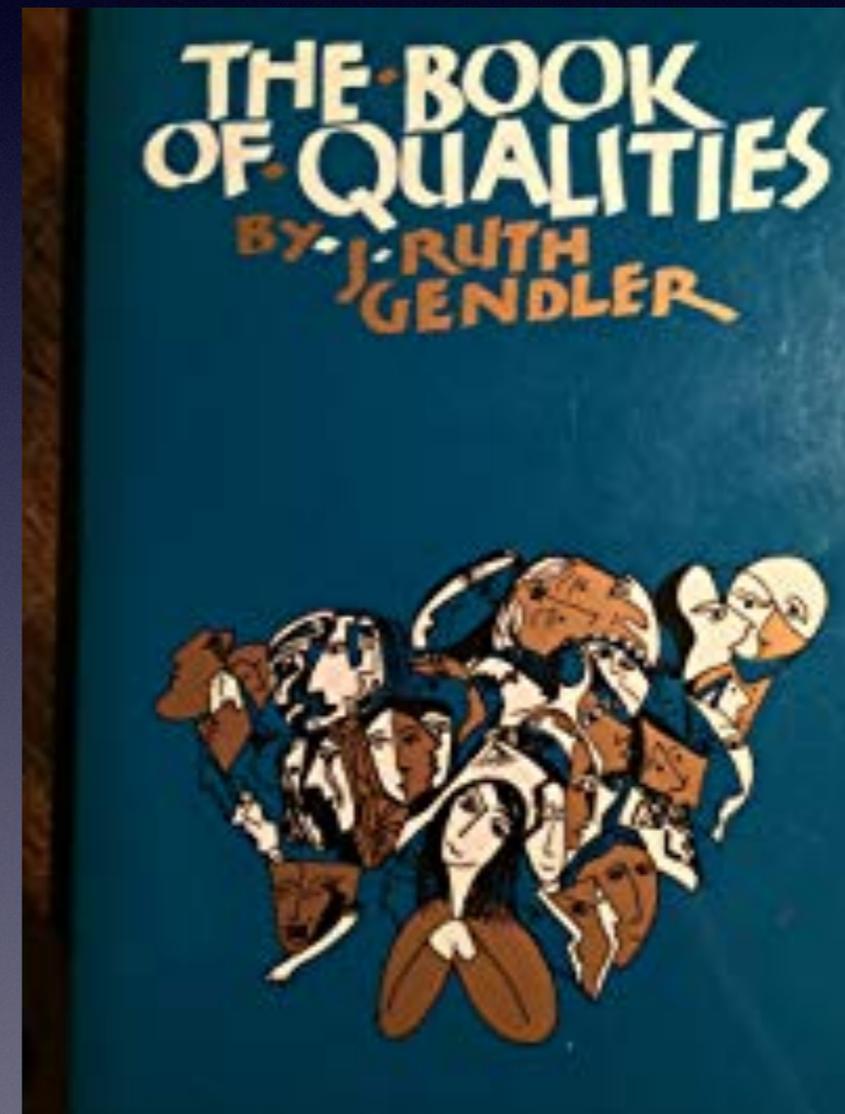
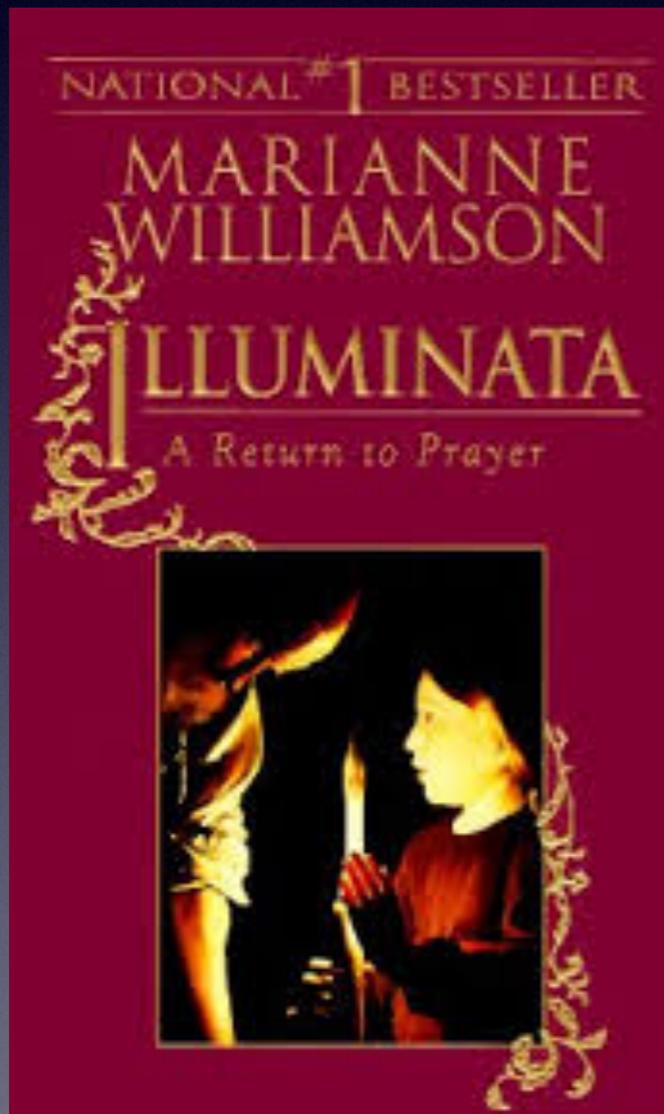


# SESSION 9

## Welcomes & Housekeeping

# Opening

Sheryl Schoenthaler - 2 Prayers



# Wayne presents - Part I

Pillars of the Mind & Heart (noted p. 193)

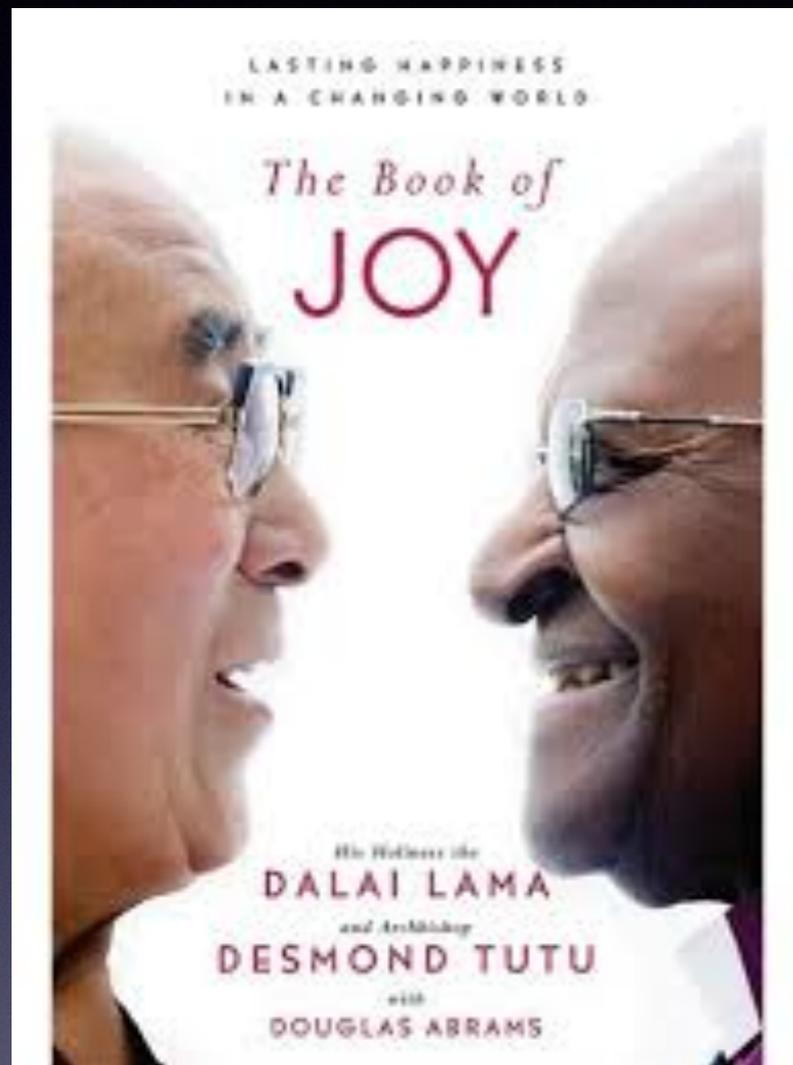
One Perspective  
Humility

Three Forgiveness  
Gratitude

Two Humour  
Acceptance

Four Compassion  
Generosity

These pillars reflect the JOY that can be gained through our use of the MIND



## Pillars of the Heart

- These pillars reflect the JOY that can be gained through our engagement of Heart

Tonight, we focus on

Forgiveness

- Freeing Ourselves from the Past

Gratitude

- I am Fortunate to be Alive

## Special Points from Ch 5. - Forgiveness

We are reminded by Tutu of the great magnanimity of many South Africans during the Truth and Reconciliation Hearings.

For example, the mothers of victims who forgave grievous evils when face to face with perpetrators.



**Discuss**

## Amy Biehl

The Story of Amy Biehl is the story of a brutal killing, and her family's forgiveness.  
(pages 230-231)

During our South African tour our guide told us about her. A good example of an American involved in South Africa liberation work.

Tutu comments "Incredible compassion and forgiveness when other than 'the great people' were involved".

3 Short video excerpts follow about Amy and her legacy.  
5 min





Amy Biehl's Parents set up Youth Group  
Group visits site of Amy's killing.

excerpt 1m18s

<https://www.youtube.com/watch?v=ni3G1q-zRkw>



BBC - Amy Biehl's Story  
The Forgiveness and Contribution of her Parents

excerpt 1m55s (of 20m)

<https://www.youtube.com/watch?v=ni3Glq-zRkw>

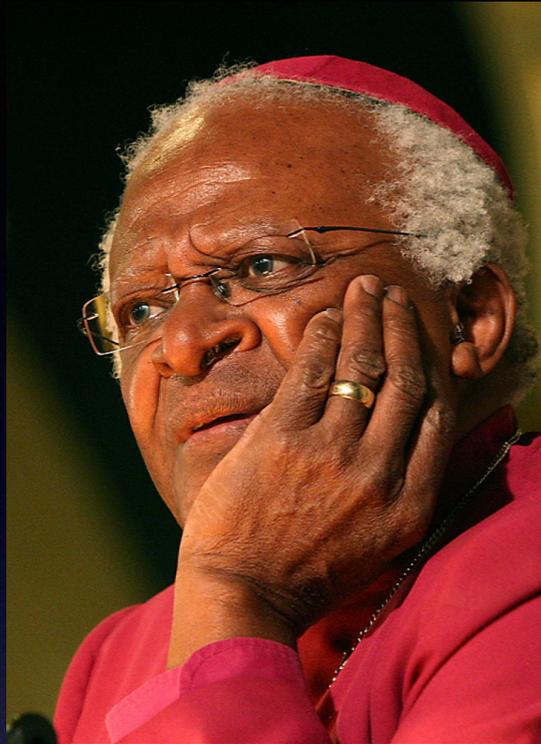
*But its legacy continues...*



A Video for The Amy Biehl Foundation by a Summer Intern .  
The action of forgiveness continues.

excerpt 1m54s

<https://www.youtube.com/watch?v=jGWOrCMSGbI>



Tutu learned -

No one is incapable of forgiving  
and no one is unforgivable (231)



Both Tutu and the Dalai Lama speak  
of the challenges  
they faced in forgiving the Afrikaners  
and the Chinese

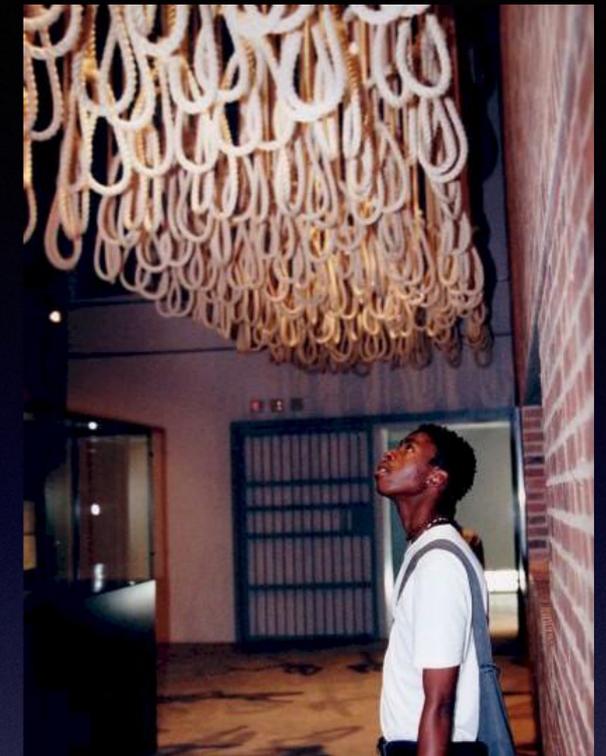
# Forgiveness

Forgiveness is not a sign of weakness.

It is just the opposite (p. 236)

But forgiveness does not mean we forget (p 233)

Forgiveness does not mean you do not seek justice  
or that the perpetrator is not punished.



Pictures: Statue of Mandela, Reminder of the many lynchings.

The scrutiny of history and conscience is to be seen in the eyes of all engaged in "truth and reconciliation"



Apartheid Museum, Soweto

The Pillars of South Africa's  
New Constitution:

Democracy, Equality,  
Reconciliation, Diversity,  
Responsibility, Respect, Freedom

Wayne describes feelings he had  
when watching TRC video  
exchanges between South African  
blacks and whites at the Apartheid  
Museum, Soweto.



# Forgiveness

Forgiveness does not mean losing sight of the humanity of the person while responding to the wrong with clarity and firmness

When we forgive, we take back control of our own hate and feelings... We become our own liberators (p. 235)

- discuss



## **The Act of Forgiveness - The Today Show 3/8/14**

Tutu and daughter Mpho discuss themes from "The Book of Forgiving"

(pp. 236-237)

3m35s

<https://www.youtube.com/watch?v=WfbX8AercJ4>

# Forgiveness

It costs us in stress to hold grudges (p. 237)

Often, the one's we have the hardest time forgiving  
are the ones closest to us (p, 237)

Tutu discusses his failure to be present to his father  
when the old man needed to tell him something  
important



BREAK



Time now. Please return.

# Lament

We are "present" to Tutu  
at a very tender moment of regret -

The biblical meaning of lament (p. 239)

**LAMENT POEMS IN THE BIBLE:**  
(SEE PSALMS 10, 63, 69, 74, 79)

- A FORM OF PROTEST
- A WAY TO PROCESS EMOTION
- A PLACE TO VOICE CONFUSION

**LAMENT POEMS RESTORE A SACRED DIGNITY TO HUMAN SUFFERING**

# Some Bible Lamentations

Personal: “Look, O Lord, at my agony, at the anguish of my soul! My heart is broken in sorrow for my sins.” Lamentations 1:20

Israel in captivity: “By the rivers of Babylon, we sat down: there we wept when we remembered Zion.” Psalm 137:1

Jesus before crucifixion: “As he approached Jerusalem and saw the city, he wept over it...” Luke 19:41



“Hope” is the thing with feathers  
That perches in the soul,  
And sings the tune without the words,  
And never stops at all.

And sweetest in the gale is heard;  
And sore must be the storm  
That could abash the little bird  
That kept so many warm.

I’ve heard it in the chilliest land  
And on the strangest sea;  
Yet, never, in extremity,  
It asked a crumb of me.

—EMILY DICKINSON

## Hope

An essential part of forgiving  
is hoping.

Hoping in the good of  
persons despite much  
reason to despair and hate.

Hope is perhaps the “gentle  
whisper” that like Elijah, we  
hear in the terrible winds of  
our difficulty.

Dickinson captured this in  
her very first poem.



Marietta Holst

## Part II - Gratitude

### I am Fortunate to be Alive

Wayne describes how his mother demonstrated gratitude for life, even as she was unable to do much more than to lie in her bed waiting for death.

She prayed for people even as she welcomed the end.

A great mentor

Joy is the happiness that does not depend on what happens.  
It is the grateful response to what life offers you at this  
moment. (p. 245)

--

Mom demonstrated what the Dalai Lama proclaimed -

Acceptance - means not fighting reality.  
Gratitude - means accepting reality (p. 242)

WISHING EVERYONE AROUND THE WORLD  
**A HAPPY RAMADAN**  
&  
**A GREAT EID**

Ramadan - A Time for Spiritual Reflection & Gratitude

- 2m40s

<https://www.youtube.com/watch?v=YdxMjpfzz6s>

Many great spiritual traditions recognize  
the importance of gratefulness (P. 242)

- discuss



Anthony Ray Hinton  
(pages 244-45)

Hinton spent 30 years in solitary and death row for a crime he did not commit.  
“If I’m angry and unforgiving, they will have taken the rest of my life.”  
excerpt 4m

<https://www.youtube.com/watch?v=MlzlobU8Uo0>

Gratitude is living out of a sense of "enough", not of "scarcity" (p. 246)

Gratitude turns what  
we have into enough.

Melody Beattie



**Why am I the eternal optimist?**

**Brenda Wallace**



## ETERNAL OPTIMISM

“Every day, think as you wake up,  
‘I am fortunate to be alive.  
I have a precious human life.  
I am not going to waster it,”

says Tenzin Gyatso: The Dalai Lama



Tibet - Potala Palace in Lhasa Valley

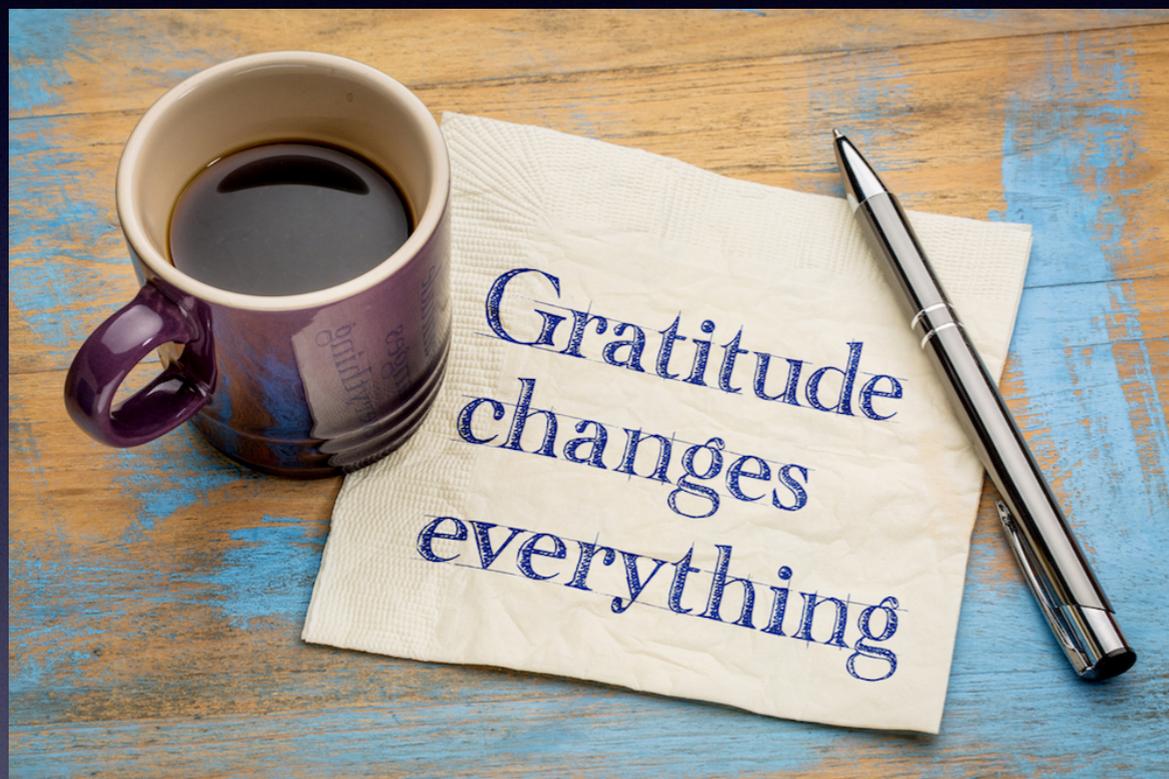
1m

<https://www.youtube.com/watch?v=iu8Xtk7TX3g>



Dharamsala, India - Tour of the Temple Residence  
excerpt 1m30s

<https://www.youtube.com/watch?v=P8uqHInN6r8>



GRATITUDE EVOLVES FROM  
FORGIVENESS

GRATITUDE MEANS EMBRACING  
REALITY

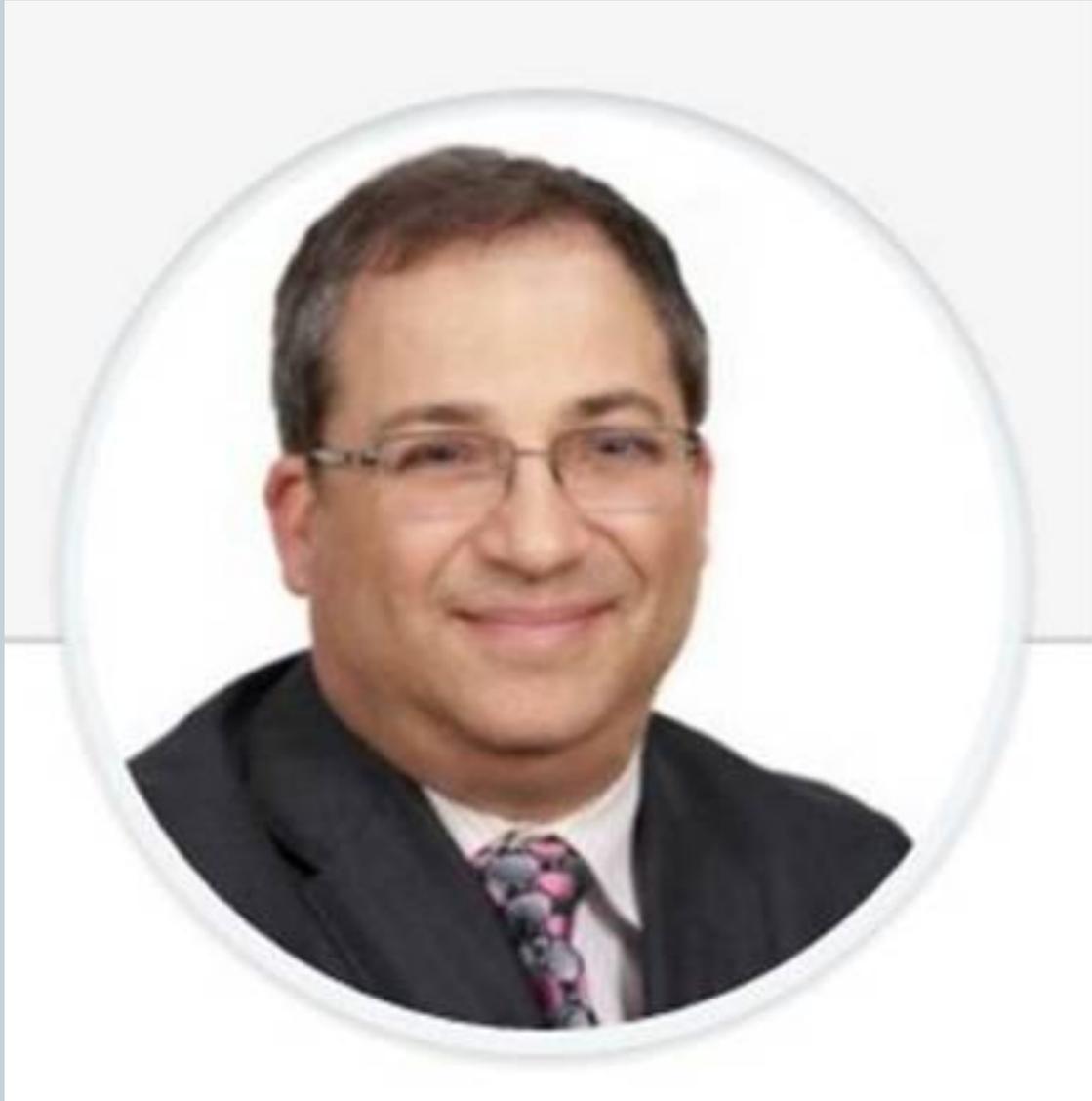
GRATITUDE CONNECTS US ALL



OUR ABILITY TO REFRAME NEGATIVE  
EVENTS INTO POSITIVE ONES  
INFLUENCES JOY

# Generosity

**Mike Grammer**



**Personal Story**



# Generosity

## A Jewish Perspective



- **Tzedakah = Financial Generosity (charity)**
- **Hesed = Spiritual Generosity (kindness & caring)**
- **Tikkun Olam = “repair of the world”**

The Fruit of the Spirit	<i>Pri ha-Ruach</i>	פְּרֵי הָרוּחַ
Love	<i>Ahavah</i>	אַהֲבָה
Joy	<i>Simchah</i>	שִׂמְחָה
Peace	<i>Shalom</i>	שָׁלוֹם
Patience	<i>Savlanut</i>	סְבִלְנוּת
Generosity	<i>Nedivut Lev</i>	נְדִיבוּת לֵב
Goodness	<i>Chesed</i>	חֶסֶד
Faith	<i>Emunah</i>	אֱמוּנָה
Humility	<i>Anavah</i>	עֲנוּוָה
Self control	<i>Hatznea Lekhet</i>	הִצְנַע לֶכֶת

# Generosity

## A Jewish Perspective



Our sources for generosity are rooted in tradition and law. The transmutation of generosity into joy has virtually nothing to do with religion or religious practice. But I'm sure it's what God envisioned when he created us.

# Generosity

## A Jewish Perspective



- **Being generous can be planned or spontaneous/unplanned**
- **Involves both “tangible” and “intangible” components**
- **Sometimes involves sacrifices on your part**
- **Generosity of thought – your view and opinion is not the right, the everything**

# Generosity

## A Jewish Perspective



**Generosity is about you being less and you wanting others NOT to be less if there is something you can do about it.....**

# Generosity

## Two Latent Dangers



- **Giving more than you can – danger of bitterness setting in**
- **Those who you give to may become inured to your generosity and stop striving for themselves**

# Generosity

## Practices of Generosity - Action



- **Say something nice to someone everyday – practice kindness**
- **Accept/Allow others to help you when you need it and provide assistance to others (within your limits) – practice charity**
- **Do not expect recognition or thanks – spiritual generosity**
- **Love wastefully – spiritual generosity**



Mussar - Generosity from a Jewish Perspective  
Rod Bryant, Dir of Education & Counseling - excerpt 6m6s  
<https://jewish.shop/mussar-a-lesson-on-generosity/>





The greatest

GIFT

is to be able to

GIVE

and the

life

we lead is

measured

by the good we do

*(Lord Rabbi Jonathan Sacks)*

## **READINGS FOR SESSION #10**

**Compassion: Something We Want to Become**

**Generosity: We Are Filled with Joy**

