

ST. BARTHOLOMEW'S EPISCOPAL CHURCH

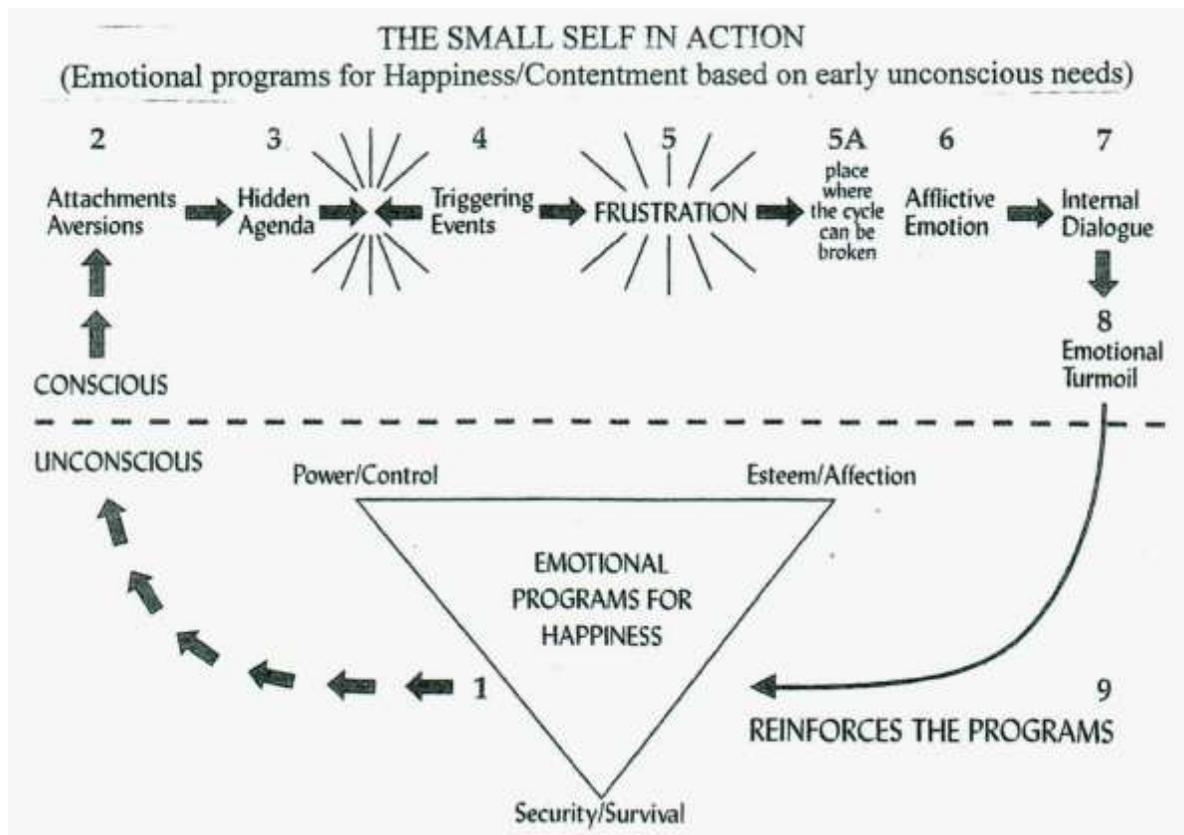
COMMUNITY NEWSLETTER, SEPTEMBER, 2015

St. Bartholomew's is an inclusive and affirming faith community, welcoming all.

THE SMALL SELF (CONSCIOUS AND UNCONSCIOUS)

"When I let go of what I am, I become what I might be." (Lao Tzu)

"Refrigerator art" is a term probably familiar to most of us. It refers to pictures, sayings, jokes or cartoons attached to our friendly home dispenser of cold food. The idea is that drawings colored by kids or grandkids, or something else that we might want to view more than once, or even on a somewhat regular basis, are easily viewed for a while.



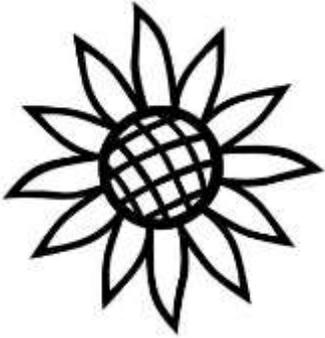
Thomas Keating, a Cistercian monk and an expert on contemplation and spirituality, suggests that we add the above diagram to our refrigerator art collections.* The diagram is a simplified view of how the conscious and unconscious mind (the small or false self) of each of us is thought to operate. The unconscious mind is depicted below the dotted line and is formed on a genetic matrix by early experiences. The "Bermuda Triangle" of emotional programs for happiness/satisfaction/contentment includes three unconscious energy centers: power/control, esteem/affection, and security/survival. These vary in importance in different people. Some people need more control than others, some need more esteem, for example. The centers also differ in importance within a person. I might need more security than control, for instance. The centers can grow and change during a person's life. We need them for our individuality and stability, especially in the first half of life, according to the Franciscan priest and teacher Richard Rohr** and others.

The three unconscious energy centers "leak" into our consciousness (above the dotted line) and influence it in negative as well as positive ways. Emotional needs based in the unconscious can lead to responding attachments and aversions and even hidden agendas in our conscious lives. We have different "buttons"

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THE SMALL SELF

(continued)



called triggering events that lead to frustration when our unconscious emotional needs are opposed. Skipping over 5A in the diagram for now, “afflictive emotions” (anger, pride, etc.) can then arise from these frustrations, leading to internal dialog (e.g., “I should have done this,” or “Why did she act that way?”). Internal dialog can increase our emotional responses and use energy: envision a frustrating situation that engendered strong thoughts and emotions, and run through “could, should, would” scenarios. Do the emotions of anger, fear, or pride alternate with thoughts? Emotional turmoil is a good description of the back and forth.

Continuing through the rest of the circle of small-self action diagrammed in the refrigerator art (still skipping point 5A -- the place where the cycle can be broken), the unresolved turmoil finds its way back to the Bermuda Triangle of the unconscious (below the dotted line). Here it continues to grow and reinforce the unconscious need centers, strengthening the same ineffective internal programs for contentment that have not really met emotional needs or produced peace of mind very well.

So how do we put a “stick in the spokes”* of the small self cycle? Bede Griffiths, an early 20th century Benedictine priest and theologian, wrote that there are just three ways or “pathways to the center” of relief:*** 1. a near-death experience, 2. falling deeply in love, and 3. meditative prayer. All of these can reduce the ego-centered consciousness of the small self. We begin to die to our small selves by sensing something more important in each case, and letting go of our default ego-based thinking. Griffiths hints that meditative prayer is probably the most certain of the three approaches to breaking the cycle, perhaps because it can be a regularly repeatable discipline that improves with practice. Does forgetting the small self through deep and consistent practice of compassion for other people (e.g., physical or spiritual care-giving), and/or deep and consistent creation care ahead of small-self thinking (e.g., some compassionate activism, including education of others) help us in the journey to the true self? Forgetting the small self doesn’t seem to be an easy discipline by any route!

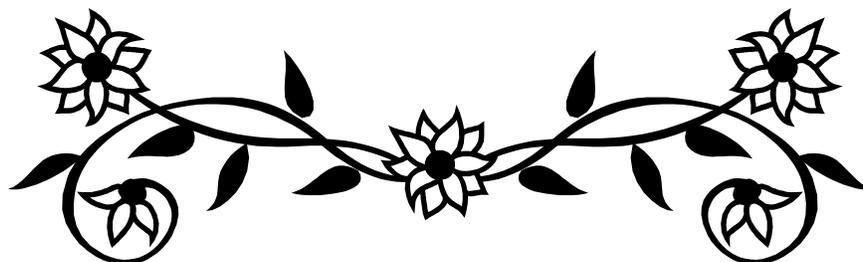
(If you want to see an animated treatment of the connections among emotions and personality, unconscious and conscious, check out the excellent Pixar film *Inside Out*. Considerable professional psychological expertise was incorporated in the script.)

*Thomas Keating in Cynthia Bourgeault. 2004. *Centering Prayer and Inner Awakening*.

**Richard Rohr. 2001. *Falling Upward: A Spirituality for the Two Halves of Life*.

***Bede Griffiths in Cynthia Bourgeault. 2001. *Mystical Hope: Trusting in the Mercy of God*.

~ “Touchstones 4” ~ (written by Chuck Stone)



H2ODYSSEY REFLECTIONS - Kent & Betsy Hering

We did what we set out to do. For that I am grateful.

I am confident that those of us who have access to safe drinking water will share that gift with those who don't by continuing to support the work of WaterAid. For that I am grateful.

Receiving the gift of encouragement from friends and family. For that I am grateful.

Meeting people - strangers who became friends and for what they shared with us, like this poem from Jerry. I met Jerry the other day in Ellsworth, ME when I stopped to eat. He shared this poem with me and I pass it on to you.

This is the beginning of a New Day.
God has given me this to use as I will.
I can waste it or grow in its light and be of service to others.
But what I do with this day is important
because I have exchanged a day of my life for it.
When tomorrow comes, today will be gone forever.
I hope I will not regret the price I paid for it.

For that I am grateful.

The frequent unexpected events along the way that always seemed to turn out well. For that I am grateful.

But most of all, I'm grateful for all the things that could have happened but didn't. Traffic accidents, heat stroke, injuries, traffic accidents, illness, flash floods, traffic accidents, harassment, hooligans wanting to do us harm, traffic accidents, getting seriously lost, not being able to find Betsy, traffic accidents, lightning, high winds, traffic accidents, hail, trees falling on our tent, traffic accidents, having fights with Betsy, being chased by mean dogs, traffic accidents, something breaking that I couldn't fix, theft, traffic accidents, the tent leaking, problems back home, and oh, by the way, did I mention traffic accidents? Our guardian angels were never bored!

Thank you Lord, for providing more than we needed and for giving us the opportunity to return home!

And now, a final thought from the side of the road, especially for all of us accompanied daily with the aches and pains of senioritis: Remember, if you wanna keep movin', ya gotta keep movin'!

PEOPLES CHURCH

Thank you for your donations of much needed items for this year-around homeless ministry.

Garbage bags, toilet paper are always needed.

Monetary donations may be sent to:

Peoples Church, PO Box 2050, Bemidji, MN 56619

OUTREACH MEETING

The next outreach meeting will be Sunday, Sept 13, during coffee hour. New members are welcome.

We'll discuss goals and mission for St. Bart's for autumn/winter months. For questions, see co-chairs Betsy Hering and Donna Weir Ringhand. Thank you!

Altar Flowers

Altar flowers were provided on August 23rd by Milly Olafson and dedicated to the Glory of God.

Please consider giving altar flowers on Sundays. Bouquets directly from your gardens are very welcome! To sign up for a Sunday, please write your name on the list posted by the office door and provide a written dedication using the supplied forms. If you do not sign up ahead of time, flowers might be needed anyway. If you leave a note in the office, a dedication can still be printed the following week.

THANK YOU!

FOOD SHELF

Please contact Art Gullette or Carol Carpenter if you would like to help at any upcoming Food Shelf dates.

St. Bart's helps at the Food Shelf all 5th Mondays, Weds, and Fridays of each month.



Next Date: Sept 30

ECW

ECW will meet Sept 19, 10am.

SOUP KITCHEN

Please see Jeanne Gullette if you are interested in helping with this important food ministry.

Thank you!



SEPT 2015	SEPT 6 (HE)	SEPT 13 (HE)	SEPT 20 (HE)	SEPT 27 (HE)
OFFICIANT	Rev. Johannes	Rev. Steve	Rev. Ron	Rev. Johannes
DEACON	Rev. Don	Rev. Charlie	Rev. Charlie	Rev. Charlie
EM/AM				
PREACHER	Rev. Johannes	Kathy	Rev. Ron	Rev. Johannes
ACOLYTE	Eric	Kathy	Rodney	Eric
LECTOR	Bea	Rodney	Eric	Carol C.
INTERCESSOR	Bea	Penny	Eric	Carol C.
MUSICIAN	Gretchen	Carol J.	Gretchen	Carol J.
GREETERS	Bob & Sally	Peter & Suzanne	Tom & Carrie	Larry & Susan
ALTAR GUILD	Jeanne	Carol C.	Carol PM	Susan
COFFEE HR	Tracy & Sally	Carol PM	Bea & Penny	Kathy
SUNDAY SCHL.	~tba~	~tba~	~tba~	~none~

ST BARTS SEPTEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1	2 Theology for Breakfast 9am Church Open 11am-2pm (Chuck Stone)	3	4 <i>Private Music Rehearsal</i>	5
		Office 9-10am	Office 9-10am	Office 9-10am		
6 HOLY EUCHARIST [Rev. Jo] 10 am	7 LABOR DAY	8 BISHOP'S COMMITTEE 6 pm	9 Theology for Breakfast 9am Church Open 11am-2pm (Chuck Stone)	10	11	12
		Office 9-10am	Office 9-10am	Office 9-10am		
13 HOLY EUCHARIST [Rev. Steve] 10 am OUTREACH MEETING 11:15am	14	15	16 Theology for Breakfast 9am Church Open 11am-2pm (Chuck Stone)	17	18 ECMN CONVENTION <i>St. Cloud</i> (18 th & 19 th)	19 ECW 10am
		Office 9-10am	Office 9-10am	Office 9-10am		
20 FOOD SHELF SUNDAY HOLY EUCHARIST [Rev. Ron] 10 am	21	22	23 Theology for Breakfast 9am Church Open 11am-2pm (Chuck Stone)	24	25	26
		Office 9-10am	Office 9-10am	Office 9-10am		
27 HOLY EUCHARIST [Rev. Jo] 10 am	28 NEWSLETTER DEADLINE 8 AM	29	30 FOOD SHELF WORKERS 12:15PM			
		Office 9-10am	Office 9-10am			



St. Bartholomew's Episcopal Church
 1800 Irvine Avenue NW
 Bemidji MN 56601

✘ *Celebrating 103 Years of Ministry & Mission* ✘

ST. BARTHOLOMEW'S EPISCOPAL CHURCH

Rector, The Bishop of Minnesota

The Right Rev. Brian N. Prior

Bishop's Committee

Senior Warden Carol Milowski
Junior Warden Bob Montebello
Clerk Eric Lund
Treasurers Kathy Schmit, Carrie Jessen
Members Tom Jessen
 Ray Waukazo

Shared Ministry Team

Ministers People of St. Bartholomew's
Deacon/Evangelist The Rev. Charlie Champlin
 The Rev. Don Conner
Intercessor/Past.-Care Rodney Austin
Pastoral Care Kathy Schmit
Preaching Carol Porterfield Milowski
Priest The Rev. Stephen R. Schmit

Music Coordinator Carol Johnson
Musician Gretchen Hazard
Artist in Residence Gretchen Hazard

OUR VISION

St. Bartholomew's Episcopal Church is an inclusive and welcoming Community empowered by the Holy Spirit, committed to spiritual growth, offering healing and hope to a suffering world through shared ministry in the name of Jesus Christ.

OUR MISSION

We walk humbly with God, confirming the Call to spread the Good News through outreach, justice, diversity and loving compassion.

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www.stbartsbemidji.org