Service on emotions 16th April 2023

—————————————

Opening music - Daniel Jang - violin- Sparkle 3.44 mins

Welcome and Chalice lighting

————————————-

Friends ,draw close.

Listen together, sing together, pray together

Share the mysteries which never die,

And the silences that never cease.

And as we share and celebrate and worship,

One in all, and all in each

May we feel and know that we are being understood

Better than we know and understand ourselves

1st hymn

————

Green book no 188

————————-

Let love continue long

Prayer for happiness and joy

————————————

Divine Spirit

Thank you for all your blessings

Thank you for family, friends, neighbours and our community

Thank you for all your beauty

In the skies, the lakes and the mountains.

Thank you for celebrations

Thank you for the variety of animals, birds and insects

Thank you for the enrichment of music, art and literature

Thank you for the amazing jigsaw of life

What a beautiful picture is made when I place all these pieces together

Thank you

Amen

2nd hymn - 184 green book - The Best Things

Story - The Happy Trumpet

———————————-

There was once a land in which the sound of a magic trumpet could be heard everywhere. The music ensured that there would be happiness and joy for all.

However, one day, the trumpet disappeared, and everyone in that land ended up feeling sad. No one did anything, except for a little girl who went off, determined to find the trumpet. She asked everywhere, and then someone took her to see the wise old man of the mountains. The man told her that the trumpet was in the Well of the Shadows, and he gave her a violin which might turn out to be useful.

When the girl arrived at the Well, she found some musicians next to it. They were playing sad tunes, and she went over to play with them. However, on hearing such sad music, the girl realised that no one , including the trumpet, would want to come out of the well to be greeted by that kind of atmosphere. So she started to play the cheeriest, happiest music she could. She didn’t give up, and even managed to cheer up the other musicians. Together they improved the atmosphere around the wall so much that the trumpet came out, more joyful than ever. And once again, happiness returned to that land.

Thanks to this, the girl realised the value of offering joy to others, it being the best remedy for those who are sad. And from that day onwards, in that land, anyone who saw someone looking sad would send them their happiest smiles, along with a little music.

Reading

———-

On Joy and Sorrow from The Prophet by Khalil Gibran

——————————————

Then a woman said, Speak to us of Joy and Sorrow

And he answered:

Your joy is your sorrow unmasked

And the selfsame well from which your laughter rises

Was oftentimes filled with your tears

And how else can it be?

The deeper that sorrow carves into your being, the more joy you can contain

Is not the cup that holds your wine the very cup that was burned at the potter’s oven?

And is it not the lute that soothes your spirit, the very wood that was hollowed with knives?

When you are joyous, look deep into your heart and you shall find it is only that which has given you sorrow that is giving you joy.

When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight.

Some of you say, “ Joy is greater than sorrow” and others say,” Nay, sorrow is the greater.”

But I say unto you, they are inseparable.

Together they come, and when one sits alone with you at your board, remember that the other is asleep on your bed.

Verily you are suspended like scales between your sorrow and your joy.

Only when you are empty are you at a standstill and balanced.

Meditation - listen to the rhythm of your breath and the silence

Reflective music

———————

Faolan - Another Fairytale - harp 3.25 mins

3rd hymn purple book - Lady of the Seasons laughter

Address

———-

This service came originally from a place of anger which wasn’t a very nice feeling. I meditated and worked through it. We all go through so many emotions, often in the same day, don’t you think.

Do you feel guilty if you feel angry. I was told once that anger is a wasted emotion and I believed it then , now I think it comes from a spiritual place within, like all emotions.

Richard Rohr is a Franciscan monk who I find feeds some of my spiritual needs . I read his meditations daily and mull over the words in some of his books. I don’t always understand what he’s on about or agree with what he is saying but just after Christmas , he did a daily meditation on “Anger Does it Work”.

He talks about if you love , you will be angry if that person or thing is harmed.

I was angry while in Nottingham , walking with a friend on a mobility scooter and another friend and some young, drunken youths came along and one put their face right into my friend’s face. I realised then how vulnerable she could be. I wanted to react angrily but she stopped me. She said if I had, it would have spoilt our day and she didn’t want that.

Richard Rohr says anger is a source of creativity. It’s a vaccination against apathy and complacency. It’s a gift that can be abused - or wisely used. Yes, it’s a temptation, but it’s also a resource and an opportunity, as unavoidable and necessary as pain? It’s part of the gift of being human and being alive.

I thought about emotions and how we often hide them, which can then lead to stress or illness. The reason I thought about this was I’d been in a cafe that I’d never been in before. The person serving me wasn’t listening and gave me a large coffee instead of a small or regular. I had to say it was wrong ,as I couldn’t lift it because of my hand. He obviously wasn’t happy. I then had to ask him something else, if a code was needed for the toilet. I asked 3 times before he finally answered. He was not a happy man, probably because he was so busy but I also felt angry about this. I kept telling myself that anger is a wasted emotion. I’d read that as I’ve said above, but it didn’t help. I felt miserable.

I was still feeling like it when I left the cafe and thought I need to calm myself so I walked across the road to Westminster Cathedral , for some reason if I’m in London I like to go to their small meditation chapel.

Well I was so lucky, the local school was practising their singing for the following Sunday and a really lovely lady came round to the few of us that were there and offered each of us a Chinese sweet. She had kindly made a box of them to bring to church to share with whoever was there.

So in the space of an hour my emotions went from anger to happy. So I went back to family in a lovely mood.

Are you in touch with your emotions? Are emotions from a spiritual source? I do believe they are. Our emotions tell us something and we should take them seriously and learn to interpret them and maybe express them in words.

I was angry with the barista, I could have lashed out but I asked myself why was I angry. You can see why from the above, it was because he didn’t act the way I wanted him too.

We know when someone is playful by their face and body language and we know they want others to smile and be happy.

Spinoza , the philosopher suggests we should explore our emotions instead of just reacting to them.

I’ve talked about anger, but what about happiness.

What about feelings of happiness? We all want to feel happy most of the time , but is that realistic.

We think more money, status , education etc will make us happy but then we realise it’s not true and we think we need even more.

Holocaust survivor Victor Frankl in his book “ Man’s search for Meaning” describes moments of happiness during his time in Aushwitz - a red winter sunset amongst the trees, sharing a crust of bread with fellow prisoners.

Is happiness a spiritual feeling and nothing to do with external factors. Does it come from within. Maybe.

Lets enjoy and recognise those moments of happiness but aim just to be more content with our lives.

Just remember

All emotions have have a beginning, a middle and an end.

4th hymn purple book no 142 - Shining through the universe

Benediction by Lauren Bellamy

—————

If here, you have found freedom

Take it with you into the world.

If you have found comfort,

Go and share it with others.

If you have dreamed dreams,

Help one another, that they may come true.

If you have known love,

Give some back to a bruised and hurting world.

Amen