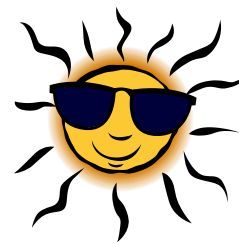




Of Seeds and Flowers



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A JOYFUL MIND - I DOUBLE-DARE YOU!

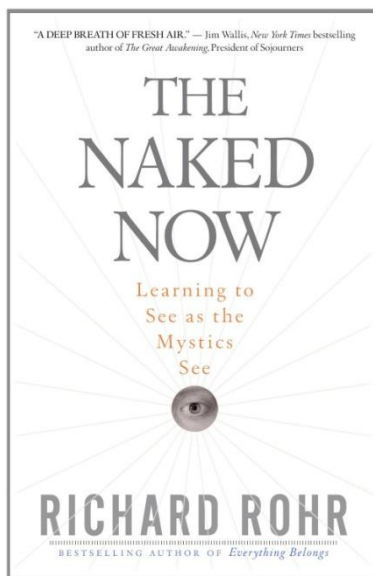
Joy and mind. These are not words that you would normally put together. Perhaps, joy and emotions or joy and heart. However, Richard of St. Victor, a Scottish Canon teaching at the University of Paris in the eleventh century, was inspired by these words found in Psalm 68. "In mentis excessu" which were translated "with a joyful mind" or "with an ecstatic mind".

In a book that I read, "The Naked Now", these words motivated the author, Father Richard Rohr, to ask the question: "What might the joyful mind be"? He responded with a list of cutting and wise answers that could come only from a contemplative heart. If this doesn't light your fire, and motivate you to a deeper spiritual and prayer life - and to become who you REALLY, REALLY are- you might be working with wet wood. I know that the following pushed, dragged, and shoved me to a better place. And NOT by my own power. The following can't be done by will power alone. Grace, God's grace is needed. I've been reading the following list each day for the last month hoping to make it real in my life. Please, try it yourself. And the book is a genuine 'life changer'. Truth can be so pushy and inconvenient!

What might the joyful mind be?

- When your mind does not need to be right.

- When you no longer need to compare yourself with others.
- When you no longer need to compete - not even in your own head.
- When your mind can be creative, but without needing to let anyone know.
- When you can live in contentment with whatever the moment offers.



- When you do not need to analyze or judge things in or out, positive or negative.
- When your mind does not need to be in charge, but can serve the moment with gracious and affirming information.
- When your mind follows the intelligent lead of your heart.
- When your mind is curious and

- interested, not suspicious and interrogating.
- When your mind does not "brood over injuries."
- When you do not need to humiliate, critique, or defeat those who have hurt you -not even in your mind.
- When your mind does not need to create self justifying story lines.
- When your mind does not need the future to be better than today.
- When your mind can let go of obsessive or negative thoughts.
- When your mind can think well of itself, but without needing to.
- When your mind can accept yourself as you are, warts and all.
- When your mind can surrender to what is.
- When your mind does not divide and always condemn one side or group.
- When your mind can find truth on both sides.
- When your mind fills in the gaps with "the benefit of the doubt" for both friend and enemy.
- When your mind can critique and also detach from the critique.
- When your mind can wait, listen, and learn.
- When your mind can be satisfied without resolution or closure.
- When your mind can forgive and actually "forget".

- When your mind can admit it was wrong and change.
- When your mind can stop judging and critiquing itself.
- When you don't need to complain or worry to get motivated.
- When you can observe your mind contracting into self-preservation or self-validation, and then laugh or weep.
- When you can actually love with your mind.
- When your mind can find God in all things.

Is there any wonder why St. Paul says to the Ephesians, "You must lay aside your former way of life and the old self which deteriorates through illusion and desire, and acquire a fresh, spiritual way of thinking." Or to the Philippians, "Your thoughts should be wholly directed to all that is true, all that deserves respect, all that is honest, pure, admirable, decent, virtuous, or worthy of praise." 4,8. "A change of heart is always a change of mind." -and the reverse as well. A change of mind is also a

change of heart. Eventually they BOTH must change for us to see properly.

And some people actually leave Christianity and go to some guru or eastern religion seeking the challenges of wisdom, truth, purity of spirit. Until you have handled the above, stay put. "No man can say his eyes have enough of seeing, his ears their fill of hearing." Ecclesiastes 1:8 Truth can be so inconvenient. "Be the change you want to see in the world."

My Earthly Dad

With these three words,
"Dear Heavenly Father,"
I begin my every prayer,
But the man I see
While on bended knee
Is always my earthly dad.

He is the image
Of the Father divine
Reflecting the nature of God,
For his love and care
And the faith he shared
Pointed me to my Father above.

- Mary Fairchild



Happy
FATHER'S
DAY

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"A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society."

- Billy Graham

"The most important thing a father can do for his children is to love their mother."

- Theodore Hesburgh
Catholic Priest and President Emeritus
of the University of Notre Dame

"My father didn't tell me how to live; he lived, and let me watch him do it."

- Clarence Budington Kelland
U.S. Writer



We received 351 "Likes" last week - [Facebook.com/MarysField](https://www.facebook.com/MarysField). We will be updating our Facebook page daily with spiritual wisdom, stories that will touch your heart, insight into marriage and contemporary social issues, and prayers that will inspire. **You do not need a Facebook page to view our Facebook page.**

Vision and Reality

The Blind Horse

Just up the road from my home is a field, with two horses in it. From a distance, each looks like every other horse. But if you stop your car, or are walking by, you will notice something quite amazing. Looking into the eyes of one horse will disclose that he is blind.

His owner has chosen not to have him put down, but has made a good home for him. This alone is amazing. If you are nearby and listening, you will hear the sound of a bell. Looking around for the source of the sound, you will see that it comes from the smaller horse in the field. Attached to her halter is a small bell. It lets her blind friend know where she is, so he can follow her.

As you stand and watch these two friends, you'll see how she is always checking on him, and that he will listen for her bell and then slowly walk to where she is, trusting that she will not lead him astray. When she returns to the shelter of the barn each evening, she stops occasionally and looks back making sure her friend isn't too far behind to hear the bell.

Like the owners of these two horses, we should not throw people away just because they are not perfect.

Sometimes we are the blind horse being guided by the little ringing bell of those who are placed in our lives. Other times we are the guide horse, helping others see.

One of the most important decisions we make is who to love and who not to love.

"There are no great things; only small things done with great love." - *Mother Teresa*

The Dash

I read of a man who stood to speak	For it matters not, how much we own,	And be less quick to anger,
At the funeral of a friend	The cars ... the house ... the cash,	Show appreciation more
He referred to the dates on her tombstone	What matters most is how we live and love	And love the people in our lives
From the beginning -to the end.	And how we spend our dash.	Like we've never loved before.
He noted that first came her date of birth	So think about this long and hard ...	If we treat each other with respect,
Spoke the following date with tears,	Are there things you'd like to change?	And more often wear a smile.
But he said what mattered most of all	For you never know how much time is left,	Remembering that this special dash
Was the dash between those years.	That can still be rearranged.	Might last but a little while.
For that dash represented all the time	If we could just slow down enough	So, when your eulogy's read
That she spent alive on earth ...	To consider what's true and real,	Life's actions to rehash ...
And now only those who loved her	And always try to understand	Would you be proud of the things they say
Know what that little line is worth.	The way other people feel.	And how you spent your dash?

MEDJUGORJE: I am not gullible or naive and I do believe: OBJECTIVE FACT: Mary, the Mother of Jesus, has been appearing in Medjugorje, Bosnia-Herzegovina, for 33 years. - in fact, appearing to one of the visionaries, Ivan, in Massachusetts every evening at 6:40. Cindy and I witnessed one of his evening visions. - an honor and most touching. Forty million people, of all faiths and none, have visited Medjugorje; 1000's of scientifically proven cures reported. Mary says that this will be her last visit to earth. something very, very serious must be afoot. Medjugorje. com. Good to be in the know. Worth checking.

Speaking Softly

Restore, defend and protect marriage between a man and a woman. Restore, support and care for families that raise their own children, and **YOU WILL SAVE THE WORLD!** The best recipe, the optimal psychological and societal formula for the human family and success in our culture is having a solid marriage, husband and wife loving each other, and has mom and dad raise their own children.

Every, every other arrangement is less. Every other arrangement gets weaker and weaker results. Why is it in our culture that we have to shave the truth (lie to care for everyone's feelings) and proclaim that every reality is as good as every other reality? Why not "go green" here?



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While watching Fox News, I saw an interview with a gentle, compassionate, and spirit filled Afro American minister from Chicago. He said that in 1970, 70.2% of Afro American homes had marriages that were intact and working. In 2012, there were only 39.4% of black marriages that were stable. He stated that the lack of husband / wife, mother / father marriages is the cause for all of the teen violence in Chicago and the major contributor to all of the problems black children are currently experiencing.

If this is true for black families and black children could it possibly be true also for white families and their children? For America? DUH! Is this another example of the "Law of Unintended Consequences?" When are we going to allow ourselves to be mugged by reality?

"Why waste time trying to discover the truth when you can so easily create it." - David Baldacci, "THE WHOLE TRUTH"

We are suffering from too much control from people with too little wisdom and indeed too little common sense. We need an outbreak of both! Whatever is true, is true for everyone, everywhere.

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