



Of Seeds and Flowers



[Click Here to Donate](#)

Volume 33 Issue 5 – Founded in 1982

July 2016

William R. Pfeiffer – Director

Mary's Field, Ltd. - PO Box 99 - Hebron, CT 06248 - 860.530.1253 - support@marysfieldltd.com - [Facebook.com/MarysField](https://www.facebook.com/MarysField)

"IT'S DARK BECAUSE YOU ARE TRYING TOO HARD"

"My yoke is easy and my burden light" (Matthew 11:30).

My spiritual teacher Dr. Thomas Hora taught me, "Don't take anything seriously" I took him seriously and tried not to take anything seriously. Things got harder. Good thing is, life wore me down until the wisdom of his counsel was as clear as a window that has no glass, darkly' or otherwise. Nothing is worth being taken seriously, not even expert advice.

To take something seriously is to clench our mind on it like a fist; It squeezes out joy and brings headaches. The antidote is to understand what Zen master Matsuo Basho knew: "Sitting quietly, doing nothing, spring comes, and the grass grows by itself." We don't need to think or act, just see and be a light in the world. Jesus put it like this: "Behold the lilies of the field and see how they grow! They toil not, they spin not - and yet I say unto you that Solomon in all his glory was not arrayed like one of these" (Luke 12:27). The opposite of seriousness is delight.

Seriousness swells the sense of self. Delight extinguishes it. The Bible tells us that Martha of Bethany was serious about serving others and it was burdensome. Her sister Mary sat lightly at Jesus' feet. Martha was busy doing things. Mary just was, Jesus had said. "Where your treasure is, there your heart will be also" (Matthew 6:21). Mary treasured peace and love above all else.

We can help others without effort only if we are interested first in authentic love which is neither physical nor emotional but spiritual. "Spiritual love," Hora taught, "is the love of being loving, with no strings attached, just for the sake of being what God wants us to be."

I've been caretaker to my wife, Vickie, who has what doctors call Alzheimer's, for more than 10 years. I have been learning day by day that not taking it seriously and wanting what Love wants me to be moment by moment is the only thing that saves me from dwelling for the next 10 years on what our life will be like next year. I am discovering, despite my worst efforts, that spiritual love converts to humor, not anger, when Vickie puts my keys in a sudsy pot. It becomes kind eyes when she looks at me with confused eyes, a light heart when she has an embarrassing accident, and caressing fingers when she is afraid.

I am hardly that way all the time. Learning not to take things seriously helps me get closer. Moment by moment, I discover that the love of being loving makes the hardest yoke easy and the heaviest burden light. It is just meeting needs as they come to us on the spot where we're standing. Spiritual love is non-reflective. It brings lightness of being to lover and beloved. We don't have to experience a life changing event to lose our interest in solemnity and start living in the buoyancy of genuine love. Martha's

buoyancy of genuine love. Martha's spirits sank from taking her responsibilities seriously and planning them and wanting other people to perceive her as good. Mary's joy came from gratitude for the good of God who was right in front of her. I've been Martha for much of my life, but the older I get, I would rather be Mary or Basho. Aldous Huxley writes about taking things seriously in his book *Island*: "It's dark because you are trying too hard. Lightly child, lightly. Learn to do everything lightly. Yes, feel lightly even though you're feeling deeply. Just lightly let things happen and lightly cope with them ... on tiptoes and without luggage, completely unencumbered." Our luggage, what weighs us down, is rumination over what life should be and how we can control it. Loving as God does - spontaneously and without restraint - sets us free.

Jesus asks us to delight in the birds of the air and to love being loving with all our heart and soul and mind, and our neighbor as our self. "My yoke is easy and my burden is light." Reprinted with permission from the National Catholic Reporter.

Please read this piece by Michael Leach 3 times, with a day in between each reading. Let it touch your heart like a spring rain.

Vision and Reality

Mary's Field has been ministering and sharing for 34 years. In one way or another, we have served about 29,000 people. Thank you for your support and prayers. Together we have made a difference. This is the 345th edition of "Of Seeds and Flowers".

Sorry for the tardiness of the May Newsletter. My son, Robert, who is such an important part of producing it was sick, then in the hospital for 6 days, and then needed time to regain his strength. The newsletter takes about 6 to 8 hours to write and rewrite, 6 hours to type and format, and more hours to the printer, mail preparation and carrying to the post office. Not to mention the daily reading and hour and a half of prayer each day. Without the reading and prayer nothing worthwhile happens. EACH DAY, we pray for those who HAVE and WILL come in touch with Mary's Field in ANY WAY. We have been praying for YOU for years. Thank you for your taking time to read "Of Seeds and Flowers" each month. It is produced with much reading, prayer and love. If it feeds you, perhaps, from time to time, as finances allow, you can share a gift to feed us. Much love, many Hugs, Bill and Cindy

We can use about 25 more readers to keep our cheaper bulk rate with the Post Office. If you have a relative or friend you think might enjoy "Of Seeds and Flowers", send or email their name and address. Your name will not be mentioned.

MOVIES

Need some inspiration? -a spiritual jump-start? Faith need some lifting up? Heart need to be touched?



1) The film **"Holy Ghost"** on Netflix will fill you with awe and stretch your faith and trust in God. -a true story, documented as it unfolds. Watch with your heart. You will witness the power of God in action.

2) Film # 2, that we fell upon, is about the letters of Mother Teresa, letters that she actually asked be destroyed after her death. The film is **"The Letters"** on Netflix. It details her life; the founding of the Missionaries of charity; her ministry to the poorest of the poor. Good for the heart.

The Missionaries of Charity now have 4500 nuns in over 133 countries ministering to the poorest of the poor. Mother Teresa is dead but her spirit and certainly the Holy Spirit continues to anoint all that the Missionaries do. As long as they remain faithful to their Source of life and power they will continue to thrive.

How do you think this incredible explosion of love and service came to be? Maybe the Bible has a clue? "Apart from me you can do NOTHING." – *St. John*
"Unless the Lord builds the house they labor in vain who build it." - *Psalms* My Oh-my, how slow and lacking in understanding of the basic principles of the spiritual life and ministry we are!!

Mother Teresa, despite, perhaps in spite of her very busy life found time to pray for three hours a day. She would quickly tell you she was only a willing, prepared instrument, totally docile to the will and inspiration of God in her life. Like my professor in the seminary would regularly tell us: "If you are too busy to pray you are too damn busy."



The average age of the world's great civilizations has been 200 years. ALL of these nations progressed through this sequence:

From bondage to spiritual faith;
From spiritual faith to great courage;
From great courage to liberty;
From liberty to abundance;

From abundance to selfishness;
From selfishness to complacency;
From complacency to apathy;
From apathy to dependency;

From dependency **back again into bondage.** - WHERE ARE WE?

A Drop of Rain... A Bit of Sun...

THE AUCTION

An upstate New York man was rich in almost every way. His estate was worth millions. He owned houses, land, antiques and cattle. On the outside he had it all, but on the inside he was very unhappy. His wife was growing old and the couple was childless. He had always wanted a little boy to carry on the family legacy. Miraculously, his wife became pregnant in her later years, and she gave birth to a little boy. The boy was severely handicapped but the man loved him with his whole heart. When the boy was five his mom died. His father was devastated but it caused him to draw closer to his special son. At age 13 the boy's birth defects cost him his life and the father died soon after from a broken heart.

The estate was auctioned before hundreds of bidders. The first item offered was a painting of the boy. No one bid. They waited like vultures for the riches. Finally, the poor housemaid who helped raise the boy offered \$5.00 for the painting and easily took the bid. To everyone's surprise the auctioneer ripped a hand written will from the back of the picture. This is what it said: "To the person who thinks enough of my son to buy this painting, to this person I give my entire estate." The auction was over. The selfish crowd walked away in shock and dismay.

Remember the gospel story, "The Kingdom of Heaven is like a merchant's search for fine pearls. When he found one really valuable pearl, he went back and put up for sale ALL THAT HE HAD and bought it." MT. 13,45-46

Your pearl, your pearl; what is your PEARL? What or who would move you to sell all you have to possess it? Differently put: If you had only 1 year to live and I could promise you complete success in just one thing in your life, what would you choose?

Late have I loved you,	kept me from you. But you
Beauty so ancient and yet so	shouted and shouted and
new, late have I loved you.	finally made me hear. Your
You were inside me all the	blazing light finally made me
time, but I was scurrying	see: Your fragrance finally
around outside looking for you	came to me, and now I pant
everywhere. Confused, I threw	for you. I tasted your
myself this way and that,	sweetness at last, and now I
drawn by the beauty of your	hunger and thirst for only you.
creation. You were always	You touched me, and now I
inside me. But I was not	am on fire. And so shall I be
always in you. Created things	for the rest of my life. - AUGUSTINE



"When what I am is all that matters (when I am all that exists) who am I." - Rabbi Hillel



For more content from Mary's Field, click the following link to visit our Facebook page or copy and paste the link into your browser: [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.**

THE LESSON

Jesus took his disciples up the mountain and gathering around him, he taught them saying:

"Blessed are the poor in spirit; the reign of God is theirs.

Blessed are they that mourn; they shall be consoled.

Blessed are the merciful; they shall inherit the land.

Blessed are they that thirst for justice; they shall have their fill.

Blessed are you when they insult and persecute you,

Blessed are the peacemakers; they shall be called sons of God.

Be glad and rejoice for your reward is great in Heaven; please, remember what I am telling you."

Then Simon Peter said, "Do we have to write this down?" And Andrew said: "Are we supposed to know this?" Phillip said, "Will we have a test on it?" And Bartholomew said, "Do we have to turn this in?" And John said, "The other disciples didn't have to learn this!" And Matthew said, "When do we get out of here?" And Judas said, "What does this have to do with real life?" And the other disciples as well.

Then one of the Pharisees who was present asked to see Jesus' lesson plan, his class objectives, evidence of higher order thinking skills, as well as his modeling and class closure.

And Jesus wept!

