



# *Of Seeds and Flowers*



Volume 35 Issue 10 – Founded in 1982

November 2018

William R. Pfeiffer – Director

Mary's Field, Ltd. - PO Box 99 - Hebron, CT 06248 - 860.530.1253 - wisdom@marysfield.org

## Treasure Within

A man was exploring caves by the seashore. In one of the caves he found a canvas bag with a bunch of hardened clay balls. It was like someone had rolled clay balls and left them out in the sun to bake. They didn't look like much, but they intrigued the man, so he took the bag out of the cave with him. As he strolled along the beach, he would throw the clay balls one at a time out into the ocean as far as he could.

He thought little about it, until he dropped one of the clay balls and it cracked open on a rock. Inside was a beautiful, precious stone. Excited, the man started breaking open the remaining clay balls. Each contained similar treasure; He found thousands of dollars' worth of jewels in the 20 or so clay balls he had left.

Then it struck him. He had been on the beach a long time. He had thrown maybe 50 or 60 of the clay balls with their hidden treasure into the ocean waves. Instead of thousands of dollars in treasure, he could have taken home tens of thousands, but he had just thrown it away.

So often we look at people, maybe even ourselves, and we see the external clay vessel. It doesn't look like much from the outside. It isn't always beautiful or sparkling. So we look away discount them. We see one person as less important than someone who is more beautiful or stylish or well known or wealthy. We don't take the time to find the treasure hidden inside that person.

There is a treasure in each and every one of us, if we but take the time to get to know the person before us. Then the clay begins to peel away and the brilliant gem begins to shine forth. May we not come to the end of our lives and find out that we have thrown away a fortune in friendships because the gems were hidden in bits of clay.

**The most important decision we make in life is who to love and who not to love.**

*"If you spend time judging people you will have no time to love them." Mother Theresa*

**Recently, one of our neighbors humbly told me that she often pretends that she is the only person on earth and then when she meets someone she is so surprised and treats that person as if they were the only other person on earth. Thereby, everybody becomes special, even your spouse!**

*"God Talk" without self-knowledge and inner journey is largely a smokescreen!!*

### LAUGHTER-PRIDE BY G. K. CHESTERTON

"Pride is the downward drag of all things into an easy solemnity. **Seriousness is not a virtue.** Seriousness is really a natural inclination or **lapse into taking oneself gravely**, because it is the EASIEST thing to do. Solemnity, seriousness flow out of people naturally; but LAUGHTER is a leap. It is easy to be heavy; hard to be light."

**There is a Persian myth that says that when you die and go to heaven God places your heart on one side of a balancing scale and a feather on the other side. If your heart is not as light as a feather you cannot enter heaven. Important to have a light heart. Joy is one of the surest signs of God's presence.**



*Dear Heart: Why go down when you can GO UP?*

## A DROP OF RAIN...A BIT OF SUN

Once the great Anthony of the Desert was relaxing with his disciples outside his hut when a hunter came by. The hunter was surprised to see Anthony relaxing, and rebuffed him for taking it easy. It was not his idea of what a holy monk should be doing. Anthony replied, "Bend your bow and shoot an arrow." And the hunter did so. "Bend it again and shoot another arrow," said Anthony. The hunter did so, again and again.

The hunter finally said, "Abba Anthony, if I keep my bow always stretched, it will break." "So it is with the monk," replied Anthony. "If we push ourselves beyond measure, we will break. It is right from time to time to relax our efforts." Learn how to "DO NOTHING WELL"!!

You have been made by LOVE **for love**. Drop the "sand bags" of guilt, shame, fear, depression, anxiety, self-rejection and put on love, compassion, gentleness, forgiveness, kind-judgment, patience etc.. Feel the FREEDOM and fresh air of TRUTH AND GOODNESS.



**"God does not love you because you are good, but you are good *because God loves you.*"**

**"God does not love you because you are good, but you are good *because God is good.*"**

- BOTH are correct. God is ALWAYS the INITIATOR. We *respond*. GRACE IS ALWAYS FIRST!!

***"The love by which we think we are loving God is actually the love by which God first loved us."* Meister Eckhart**

In jest, Mother Teresa often shared what she called her "BUSINESS CARD". It read:

***The fruit of silence is prayer  
the fruit of prayer is faith  
the fruit of faith is love  
the fruit of love is service  
the fruit of service is peace.***

*Mother Teresa*

## GERMAN FUNERAL AD

This was recent television advertisement for a German grocery store: The first scene depicted a very old German man sitting and eating at a beautifully prepared meal looking longingly at a picture of his absent children.

The next scene shows each of his children receiving a card with his picture on it announcing the date of his funeral. Each of the children are feeling serious regrets and are very sad about neglecting their father in his declining years.

The third scene shows the children coming into the family dining room with the table gloriously set for a sumptuous feast and then the father comes into the dining room, much to the dismay and shock of his children and saying, "*I had to get you here somehow!*" There is message here for all of us.

**WHO DO YOU NEED TO CALL AND WHY ARE YOU WAITING?**

## VISION AND REALITY

KEEP CHRIST IN CHRISTMAS and Share the Message of Peace, Love, and Hope throughout the Advent Season with your loved ones, family, and friends. - BUT ONLY, TO REMIND OURSELVES AND OUR FELLOW CHRISTIANS, NOT TO CHANGE ANYONE ELSE.

- 1. Send only religious Christmas cards.**
- 2. Use postage stamps that feature a religious theme.**
- 3. Hang an Advent Calendar and open a window each day.**
- 4. Display your nativity set in a window or on the lawn where others can see it.**
- 5. Place a candle in the window to symbolize the light of Christ.**
- 6. Listen prayerfully to traditional Christmas carols that honor Christ's birth.**
- 7. Read Christmas scripture and stories to children.**
- 8. Purchase a gift, wrap it, and give it to the poor - and encourage a child to do the same.**
- 9. Use decorations and greeting of "Merry Christmas" instead of "Happy Holidays."**
- 11. Have a child place a straw in the creche for each good deed done as a gift to the Baby Jesus during Advent.**
- 12. Pray for the young, so that when they become adults they will not regard Christmas as just another holiday free from work.**

### WISE MEN STILL SEEK HIM!

It is sometimes difficult for a husbands and wives to pray together. You know each other so well that prayer can expose your deepest, and secret self. Prayer can expose your ego, your pride, your failure to love, etc., and make you seem and feel phony and hypocritical. Catholics are really blessed to have the Rosary. Husbands and wives can ALWAYS pray the rosary together and leave the "scary and sensitive stuff out". And Mary will often lead you to be able to talk about the more difficult matters at another less vulnerable time. WIN, WIN.!!

HOSPICE = working full time in a cancer ward. Dan Berrigan did. He writes: " When you walk home from work after a day of being with those who are dying your vision clears pretty well and what your culture offers you no longer seems so overpowering and irresistible. Concrete contact with the dying makes for deep contemplation. It knocks the scales off of one's eyes."

No problem can be solved by the same consciousness that caused it in the first place. Einstein Sounds like good advice for most politicians and the "fake news media". -A TRULY serious MORAL and RELIGIOUS ISSUE for our country.

Jesus called the Pharisees **hypocrites** six times in the Scriptures. Jesus called the Pharisees **blind guides** five times in the Scriptures and once "white-ed sepulchers". No POLITICAL CORRECTNESS here!!!



To visit our Facebook page, type the following website address 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.**

## SPEAKING SOFTLY

*All creation teaches us some way of prayer.* Mindful awareness is a practice that may bring us a lifetime of healing and freedom. Thich Nhat Hanh, the famous Eastern monk, speaks of the importance of mindfulness as a daily practice: While washing the dishes, you might be thinking about the tea afterwards, and so try to get them out of the way as quickly as possible in order to sit and drink tea. But that means you are incapable of living during the time you are washing the dishes. When you are washing the dishes, washing the dishes must be the most important thing in your life. Just as when you're drinking tea, drinking tea must be the most important thing in your life. When you're using the toilet, let using the toilet be the most important thing in your life.

And so on. Chopping wood is a meditation. Carrying water is a meditation. Be mindful twenty-four hours a day, not just during the one hour you may allot for formal meditation or reading scripture and reciting prayers. Each act must be carried out in mindfulness. Each act is a rite, a ceremony. Raising your cup of tea to your mouth is a rite.

Does the word rite seem too solemn? I use that word in order to jolt you into the realization of the tremendous freedom and wholeness that AWARENESS brings to life!!! What freedom- to LIVE IN THE PRESENT!! And Thus, the wonder of CENTERING PRAYER for all who are really serious about their spiritual life!! Check out centering prayer on YouTube, Thomas Keating, --or his book "Open Mind, Open Heart".- Or the YouTube video, "Thomas Keating: The Rising Tide of Silence"



**Enjoy your day living in God's presence.**

HAPPY THANKSGIVING AND A FRUITFUL PREPARATION FOR CHRISTMAS!!

NONPROFIT ORG.  
U S POSTAGE PAID  
WILLIMANTIC, CT  
PERMIT NO. 430

**Return Service  
Requested.**

**Mary's Field, LTD  
P.O. Box 99  
Hebron, CT 06248**