

SUNDAY WORSHIP CAN BE VIEWED ON CHANNEL 918 ON YOUR TV

# June 2018 Spiritual Life Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Spiritual Life Department Staff</b> <b>Rev. Sarah Hathaway</b> , Chaplain & Director 978-402-8240 (office) 978-394-3774 (cell)  <b>Rev. Kristin Rinehimer</b> , Chaplain 978-402-8238 (office) 978-844-3149 (cell)					1 9:00 - Managers Meeting	2 12:00 - Memorial Service for Jim Sperandio, Dee Funeral Home  2:00 - Memorial Service for Elinor Malcom, Trinity Episcopal Church
3 11:00 - Ecumenical Worship Service with communion, Chapel 11:20 - Catholic Communion, Community Room	4 9:00 - Managers Meeting 11:00 - Memorial Service for Fumiko Masubuchi, Dee Funeral Home 2:15 - Gardens Circle of Faith	5 All Day - Managers Meeting, Chapel 11:30 - Seeking the Spirit, Activities Room North 2:00 - Mindfulness Meditation, Community Room	6 9:00 - Managers Meeting 11:00 - Newbury Court Chorus Rehearsal, Chapel 3:30 - Rivercrest Holy Communion	7 9:00 - Managers Meeting 10:00 - Mindfulness Meditation, Chapel 10:30 - Rivercrest Circle of Faith 2:15 - Gardens Sing-a-long	8 9:00 - Managers Meeting	9
10 11:00 - All Campus Memorial Service, Chapel 11:20 - Catholic Communion, Community Room 2:00 - Memorial Service for Charlotte Read, Chapel	11 9:00 - Managers Meeting 2:15 - Gardens Circle of Faith	12 9:00 - Managers Meeting 11:30 - Seeking the Spirit, Activities Room North 2:00 - Mindfulness Meditation, Community Room 2:30 - Board Meeting, Chapel	13 9:00 - Managers Meeting 11:00 - Newbury Court Chorus Rehearsal, Chapel 3:30 - Rivercrest Holy Communion	14 9:00 - Managers Meeting 10:00 - Mindfulness Meditation, Chapel 10:30 - Rivercrest Circle of Faith 2:15 - Gardens Sing-a-long <i>Eid al Fitr &amp; Flag Day</i>	15 9:00 - Managers Meeting	16
17 11:00 - Ecumenical Worship Service, Chapel 11:20 - Catholic Communion, Community Room HAPPY FATHER'S DAY	18 9:00 - Managers Meeting 2:15 - Gardens Circle of Faith	19 9:00 - Managers Meeting 1:30 - Catholic Mass, Chapel 2:00 - Mindfulness Meditation, Community Room	20 9:00 - Managers Meeting 11:00 - Newbury Court Chorus Rehearsal, Chapel 11:30 - Memory Caregivers Support Group, North Private Dining Room 2:00 - Newbury Court Chorus Sing-a-long, Rivercrest	21 9:00 - Managers Meeting 10:00 - Mindfulness Meditation, Chapel 2:15 - Gardens Sing-a-long	22 9:00 - Managers Meeting 	23
24 11:00 - Ecumenical Worship Service, Chapel 11:20 - Catholic Communion, Community Room	25 9:00 - Managers Meeting 10:30 - Spiritual Life Advisory Committee, Chapel 2:15 - Gardens Circle of Faith	26 9:00 - Managers Meeting 2:00 - Mindfulness Meditation, Community Room	27 9:00 - Managers Meeting 11:00 - Newbury Court Chorus Rehearsal, Chapel	28 9:00 - Managers Meeting 10:00 - Mindfulness Meditation, Chapel 2:15 - Gardens Sing-a-long	29	30

ISSUE  
06  
2018  
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MONTHLY  
SPIRITUAL  
NEWS AND  
ACTIVITIES

# Spiritual Life

## BUDDHISM: HISTORY (BRIEF) AND TEACHINGS

*By Bob and Karen Kennedy*



**WORSHIP WITH US!**

Sundays at  
11:00 AM in  
Duvall Chapel

or

11:20 AM  
Catholic Communion  
in Community Room

or

Channel 918  
on your TV

The history of Buddhism began 2,600 years ago in India with the birth of Siddhartha Gautama, born in Lumbini, now part of Nepal, a prince who became the Buddha, or Enlightened One. The Buddha's teachings spread from India to China to Japan, and from China and Japan to the West, along the way being adopted by people in Tibet, Nepal and Korea. Each country and culture shaped Buddhism to meet its own needs, with the resulting development of different rituals and schools, or lineages. Among the most prominent of these are Theravada, Zen and Vajrayana, each with its own branches or off-shoots. Buddhism now has about 300 million adherents around the world. Approximately 1.4 million of these people live in the United States.

Although there may be cultural differences among the various types of Buddhism, all adhere to the fundamental teachings of the Buddha, comprised of the Four Noble Truths and the Eightfold Path. The Four Noble Truths are: (1) in this life there is suffering; (2) suffering is caused by craving and aversion; (3) suffering can be ameliorated or ended by (4) following the Eightfold Path, a set of instructions for the relief of suffering, our own and that of others.

In other words, suffering is inevitable, but what we as individuals bring to our pain and suffering is optional. By working with our minds and our hearts, we become fully aware of our thoughts and actions. As we become more mindful and learn to live each moment and each day at a time (not regretting the past or fearing the future), we can reduce our own suffering and thereby have the energy, as well as the motivation, to reduce the suffering of others. Central to the Buddha's teachings is an emphasis on the importance of cultivating kindness and compassion for ourselves and all beings, without exception.

Buddhism is often referred to as a religion. However, the Buddha was not divine, nor did he claim to be. He was a human being who taught a path to enlightenment from his own experience, enlightenment being defined as a deep realization of the interconnectedness of all beings as well as the

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impermanence of all things.

One of the Buddha's instructions was "Be a light unto yourself". He invited us to test the teachings (or Dharma) in *our* own experience, and if they ring true, then we can choose to follow them.

Buddhists sometimes pay respect to images of the Buddha, but not in worship and not to petition. A statue of the Buddha with a compassionate smile and hands rested gently in the lap reminds us to strive to develop peace and love within ourselves, and to offer it outward to the world. Bowing to the statue is a gesture of gratitude for the Dharma. Bowing to another person can similarly signify gratitude, or can be an acknowledgment, as is the greeting "Namaste", of the light that shines in all beings.

Buddhism is not a belief system. The teachings of the Buddha provide us with guidelines for life. These guidelines agree with the moral teachings of formal religions but are not concerned with labels like "Jew", "Christian", "Moslem" or "Hindu". Buddhists do not preach or try to convert.

There is no Buddhist Bible. The Buddha's teachings were transmitted orally for centuries. The earliest surviving transcription of the teachings is written in Pali (a language of north India origin), and dates from the 9<sup>th</sup> century CE. In addition to translations of the Pali canon, there is available today, in publications and on CDs and DVDs, an abundance of Buddhist teachings, from those of Shantideva (a ninth century Buddhist monk and scholar) to those of the many excellent contemporary teachers (see "Suggested Readings", below).

We (Karen and Bob) have been on the Buddhist path since 2002. Our practice consists of daily meditation; studying the Dharma; and weekly Wednesday gatherings of the sangha (Buddhist spiritual community) at First Parish, Sudbury.

Some of the research for this article was done on the internet. Relevant websites include: [www.buddhanet.org](http://www.buddhanet.org) and [www.dharma.org](http://www.dharma.org).

#### **Suggested Readings:**

Pema Chodron: [The Wisdom of No Escape](#) and [Start Where You Are](#)

Thich Nhat Hanh: [Peace is Every Step](#) and [The Miracle of Mindfulness](#)

Jon Kabat-Zinn: [Wherever You Go, There You Are](#)

Jack Kornfield: [No Time Like the Present: Finding Freedom, Love and Joy Right Where You Are](#)

Sharon Salzberg: [A Heart As Wide As The World: Stories on the Path Of Lovingkindness](#)

Shunrya Suzuki: [Zen Mind, Beginners Mind](#)

*Bob and Karen Kennedy have been residents of Newbury Court since May 2016.*

#### **bearcamp pond nh**

by Rev. Brian Kelley

three arms arc in rhythm  
heading out to blueberry island  
as i stand in waist-high water

squinting into the august afternoon sun  
an about-to-be-nine granddaughter  
tip-toe bouncing in water up to her bottom lip

she watches her mother, aunt, and grandmother  
sparkling arms get smaller and smaller  
their heads the size of a pencil point

i feel the water stirred beside me  
her vibrant body waiting  
to swim to undiscovered islands

this morning, i wake seeing  
my wife's still-brown hair  
washed up on the beach of her pillow

in an ocean of air i arise  
to celebrate madeleine's birthday  
she pictures four arms sparkling  
with my head, this poem's pencil point

*Rev. Brian Kelley is a retired Episcopal priest. He served parishes in Quebec and Boston, and was involved as a leader in social justice ministries. Brian and his wife, Sara, moved to Newbury Court in November 2015.*

#### **NEW! Mindfulness Meditation Class**

(in addition to the class on Thursdays!)

led by Emerson Hospital's  
Mindfulness Meditation Instructor  
Patricia Howard

**Tuesdays 2:00 - 2:45 P.M.**  
**Community Room**

#### **All Campus Memorial Service Sunday June 10, 2018**

**11:00 A.M.**

**Duvall Chapel**



We will be celebrating the lives of:

*Betty Tolman*

*Helen Wade*

*Ursula Marvin*

*Lillian Jenney*

*Jane Young*

*Frank Sander*

*William Trego*

*Emilie Welles*

*Helen Sorrenti*

*Elizabeth Donaldson*

*Betty Cloud*

*Eileen Carr*

*James O'Toole*

*Elinor Malcom*

*Robert Mauro*

***All Newbury Court residents, staff,  
family members and friends are welcome.***

Residents who have passed away since May 1, 2018 will be honored at our All Campus Memorial in October.

#### ***A Notice about Seeking the Spirit:***

*Seeking the Spirit* will be taking some time off after our current discussion of the Book of Job wraps up on June 12.

We will resume our gatherings in September.

Please check your calendars and posted schedules, as the date, time & location of our gatherings may change.