



Vessels of Peace

Women Embodying Peace ...
Inspired by the Sacred Feminine ...
Serving Divinity, Humanity, Earth

VESSELS OF PEACE MONTHLY NEWSLETTER
NOVEMBER 2003 - ISSUE #2

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WAITING ...

What are you waiting for?

“Hmmm,” you might ask yourself, “does she mean, WHAT are you waiting for, or what are YOU waiting for, or what are you WAITING for?”

I mean, what are you gestating right now? And I also mean, what are you allowing to lie fallow in your life, inner or outer, for awhile? What unanswered question are you contemplating? What change or thought or choice is simmering on the back burner of your awareness until cooked through enough to imbibe into your being, your life?

As a vessel of peace, do you think of yourself as “waiting” for peace to manifest - in you, in others, in the world? And do you sometimes see this waiting as like being in line at the check-out or stuck in traffic at rush hour? Or do you see it as like the waiting of pregnancy, honoring its hidden processes as essential to the well-being of both you and the new life that will emerge?

Waiting figures prominently in my life right now, as I wait to hear about the book manuscript, wait on inner guidance regarding a variety of issues, wait to see how Vessels of Peace will unfold in this second year... And so of course the right book has appeared to teach me more about this practice of waiting: “When the Heart Waits: Spiritual Direction for Life’s Sacred Questions,” by Sue Monk Kidd.

“Waiting is ... both passive and passionate. It’s a vibrant, contemplative work,” Kidd says, and it’s a necessary part of the spiritual journey. We actually can see it as a spiritual practice in its own right, just like contemplation, prayer, meditation - all of which depend on the practice of waiting to bear their fruit.

Kidd beautifully shows how waiting is a normal part of our soul's evolving, writing that it is how we are asked "to collaborate with grace," and that waiting provides "the time and space necessary for grace to happen." She says: "Spirit needs a container to pour itself into. Grace needs an arena in which to incarnate. Waiting can be such a place, if we allow it."

We are moving into that time of year that particularly lends itself to waiting-as-practice. Whatever our locale and its climate, the months of late fall and winter precipitate a natural turning within impulse. We want to slow down inside; we want to hibernate, ruminate, meditate. Ironically, these upcoming weeks can be the busiest times for many of us as well, with work, school, family and holidays all calling for our attention and presence.

Are you willing to resist the external societal pressures to schedule activities back-to-back and instead, create spaces for waiting? If waiting brings up impatience in you, are you willing to open to another way to view what it has to offer you? Can you accept that embodied peace has its own gestation time -- and relax into the knowing that it is developing inside you at exactly the right pace and in exactly the right way? And similarly, in the collective consciousness of humanity?

Trust in the waiting; let yourself rest in the unknowing of it -- and in that surrender, feel the hand of grace, quietly and peacefully at work.

REPORT ON THE FALL ANNIVERSARY GATHERING

We had a small but sweet gathering/anniversary celebration on October 19th. After our opening meditation, I asked the women to reflect on what has been the most significant aspect of being part of Vessels of Peace for them. One woman spoke of the knowledge she had gained and the greater connection she felt to the Divine Feminine. Another woman spoke of her increased awareness of peace and of the ability to choose it, while another described how she felt "more at peace and more in touch with the golden essence within." I then asked them what they wanted to receive from Vessels of Peace in the coming year. The responses ranged from "a place where women can gather," to "being more open to guidance," to "a peaceful knowing of who I am." We also talked about ways to refine our choosing-peace skills, and I shared the model used by "sister" peace group, Circles of Ten, based in Colorado (more on Circles of Ten and their model in a future issue). The women found this approach helpful in identifying specific factors, situations and events that enhanced their peace or challenged it. After enjoying refreshments and getting-acquainted time, we completed the afternoon with a closing meditation and reciting of The Affirmation of Peace.

Beginning with the Winter Vessels of Peace Gathering, in January, each quarterly gathering will explore a theme or question. See next month's newsletter for more details.

2004 GATHERING/RETREAT DATES!

Please mark your calendar for these 2004 Vessels of Peace Gatherings and the Annual Summer Retreat - location and other details to follow in future issues.

WINTER GATHERING: JANUARY 18TH (Snow date will be February 1ST)

SPRING GATHERING: APRIL 18TH

SUMMER RETREAT: WEEKEND OF JULY 17-18*

FALL ANNIVERSARY GATHERING: OCTOBER 17

*Yes, we are considering an overnight option for the retreat (will also be able to attend as day participant). I have one possible locale under consideration - Stillwaters Retreat Center, in Carlisle, Pa. - and am interested in checking out others you may want to recommend. Send suggestions to me at lyndaht@superpa.net.

MEDITATION GROUP UPDATES

The Harrisburg meditation group has met three times now, and the Gettysburg group had their first monthly session on October 21st. Facilitator Peggy Fitzpatrick reports that while attendance was low, the energy generated was high, and they felt “a peaceful presence” during the meditation. Those of us here in Harrisburg shared a similar experience that night; the sense of the Sacred Feminine was quite strong and deeply peaceful. She moved us to such a silence that sharing with words became unnecessary.

Regarding how big or small these groups may be, I want to reiterate what I said in the last newsletter - that over time, more women will be drawn to come. The energy of women meditating together is different than that of a mixed group, and the energy of Vessels of Peace women meditating together adds yet another dimension - hard to articulate, but once you have experienced it, you will know what I mean!

HARRISBURG VESSELS OF PEACE MEDITATION GROUP

Tuesdays, Weekly, 7:15 p.m., Harrisburg (Lynda's place)

Dates for October: the 28th

Dates for November: the 4th (study session night*), 11th, 18th, 25th

For more info: Lynda Terry, 717-651-1528

*MONTHLY STUDY SESSION. The Harrisburg Meditation Group offers a 45-minute study group session on the first Tuesday of each month, after the meditation. Those who don't wish to stay for the study group can depart after the meditation concludes. The topic for November's study group, which meets on the 4th, will be “Choosing Peaceful Thinking.” Heart offerings accepted for the study groups sessions.

GETTYSBURG AREA VESSELS OF PEACE MEDITATION GROUP

Third Tuesday, Monthly, 7 p.m., Carroll Valley

Date for November: the 18th

For more info: Peggy Fitzpatrick, 717-642-6760

GREAT FEMININE BEING FOR NOVEMBER 2003: MOTHER TERESA

“If we have no peace, it is because we have forgotten that we belong to each other.”

--Mother Teresa

Last month, Mother Teresa moved one step closer to becoming a Catholic saint in the official sense, but she is, of course, already a saint in the eyes of many. Her life and example teach us much about how to serve. We know of her tireless dedication to and infinite compassion for the dying poor of India. We know she inspired thousands of other women to carry on her work in

India and throughout the world. And we know she was passionately devoted to her spiritual path, always seeing herself as the humble instrument of Divine Will. She truly carried the dove of peace in her heart and spread the light of peace in the world. In this month of thanksgiving for our many blessings, let us remember, "that we belong to each other." Let us remember the peace that feeling connected to others brings and extend our hearts and hands to others. And when we see the smile or the look of gratitude that tells us they feel connected through our caring, let us dedicate that moment to Mother Teresa, a Great Feminine Being.

Note: In each newsletter, we honor a Great Feminine Being - either a Vessels of Peace woman or any woman whose life and/or work resonates strongly with what we are about. She can be a woman who is well-known and/or a woman no longer with us in form. Who would you like to see recognized and why? Send nominations to lyndaht@superpa.net

TENDING THE VESSEL: INSPIRATION, SHARINGS AND SUPPORT

This space is for sharing experiences, thoughts, favorite quotes, etc. that speak to our day-to-day intention to embody peace. Please send your contributions to me at lyndaht@superpa.net

From "Passionate Presence: Experiencing the Seven Qualities of Awakened Awareness" by Catherine Ingram

"...The peace of simply being is not only a reward in itself but a blessing to all who encounter it. In it, one becomes as a large shade tree quietly offering comfort and shelter to those in the various storms of life ... people sometimes wonder what they can do for the world. I speak of the necessity of knowing the treasure of being ... and finding there the peace that is not dependent on anything else. This understanding brings calm to everyone who encounters it. It decreases the violence and fear in the world, and it reminds others of the gift that is more precious than all the riches ever known... eternity sleeping in us."

PURCHASE VOP GUIDED MEDITATION CD!

The Vessels of Peace Guided Meditation CD is a wonderful way to do peace embodiment practice, to connect with the energy of the Sacred Feminine, and to connect with the collective energy of Vessels of Peace women everywhere! To order your copy, email me at lyndaht@superpa.net or call 717-651-1528. Cost: \$15.

PURCHASE LYNDA'S CD!

My guided meditation CD/tape, "Meditating for Life - One: Breath Meditation," is available from me and also, at The Inner-Connection Bookstore, 308 Market St., New Cumberland, Pa. 17070. To purchase directly from me, see contact information above. For the Inner-Connection, stop in to purchase or you can call them at 717-774-4874 to order by mail. CD: \$15. Tape: \$10.

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FOR MORE INFORMATION ABOUT VESSELS OF PEACE

Vessels of Peace is an informal network of women committed to choosing peace in all areas of their lives. For more information, contact Lynda Terry at lyndaht@superpa.net