

"In GOD we live, move and have our being" Acts 17:28

Oct	Chair	Speaker
1	Rev. Teresa Roberts	Rev. Teresa Roberts
8	Rev. Teresa Roberts	Gabrielle Gardner
15	Jeanette Turner	Ed Kuchar
22	Rev. Sheila Vitale	Rev. Sheila Vitale
29	Rev. Bernie Zurn	Rev. Bernie Zurn

Sunday Services	
Healing	11:00 AM
Worship	11:15 AM after healing
<i>Times Approximate</i>	

## October Events

1	Pot Luck	Bring some food to share!
15	Open House Mini-Readings	12:45 - 1:30 PM \$10 for 15 minutes \$20 for 30 minutes

### Join Spirit Guided Friends

Membership is \$12 per year About 25¢ per week

In person or on the web at

<https://www.sgf-church.org/join>

Support the church's spiritual work

### Contact us about Board Meeting topics

on the web :

<https://www.sgf-church.org/contact>

Select "Board Meeting Topic"

### Prayer Chain *for special needs & healing*

on the web: <https://www.sgf-church.org/contact>

Subject: Prayer Chain -or-

Leave a message at (503) 771-8986

### Ministerial Support *for spiritual needs & support*

Rev. Bernie Zurn | Rev. Teresa Roberts

Contact personally or... on the web

<https://www.sgf-church.org/contact>

Subject: Ministerial Support

*There is no charge for these services*

We have two ears and one mouth so that we can listen twice as much as we speak.

What matters is not what happens to you, but how you react to it.

People are not so much disturbed by things, as by the view they take of them.

*Epictetus - Roman Philosopher 55-135 AD*

"In GOD we live, move and have our being" Acts 17:28

Tzu-yu said, "By the piping of earth, then, you mean the sound of the wind in hollow trees, and by the piping of man the sound of flutes and whistles. May I ask about the piping of Heaven?"

Tzu-ch'i said, "Blowing on the ten thousand things each in a different way, so that each can be itself - all take what they want for themselves, but who does the sounding?"

Great understanding is broad and unhurried; little understanding is cramped and busy. Great words are clear and limpid, little words are shrill and quarrelsome. Joy, anger, grief, delight, worry, regret, fickleness, inflexibility, modesty, willfulness, candor, insolence - music from empty holes, mushrooms springing up in dampness, day and night replacing each other before us, and no one knows where they sprout from.

To wear out your brain trying to make things into one without realizing that they are all the same - this is called *Three in the Morning*. When the monkey trainer was handing out acorns, he said, "You get three in the morning and four at night." This made all the monkeys furious. "Well, then," he said, "you get four in the morning and three at night." The monkeys were all delighted. There was no change in the reality behind the words, and yet the monkeys responded with joy and anger. Let them, if they want to. So the sage harmonizes with both right and wrong and rests in Heaven the Equalizer. This is called walking two roads.

"The Perfect Man is godlike. Though the great swamps blaze, they cannot burn him; though the great rivers freeze, they cannot chill him; though swift lightning splits the hills and howling gales shake the sea, they cannot frighten him. A man like this rides the clouds and mist, straddles the sun and moon, and wanders beyond the four seas. Even life and death have no effect on him, much less the rules of profit and loss!"

Once Chuang Chou dreamed he was a butterfly, a butterfly flitting and fluttering around, happy with himself and doing as he pleased. He didn't know he was Chuang Chou. Suddenly he woke up and there he was, solid and unmistakable Chuang Chou. But he didn't know if he was Chuang Chou who had dreamed he was a butterfly, or a butterfly dreaming he was Chuang Chou. Between Chuang Chou and a butterfly there must be some distinction! This is called the Transformation of Things.

Chinese Chuang Tzu Philosopher 369-298 BCE