



Toorak Uniting Church

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Still thinking: Octopus Consciousness – Christopher Page



I was given a quote during the week which makes a lot of sense in modern life. It is a quote from a Zen Buddhist named Adyashanti which is a Sanskrit word meaning “primordial peace.” This is the name he took when he reached a particular level of enlightenment on the Buddhist journey. He was born Steve Gray and teaches Buddhist thought in the San Francisco area. This is what he said:

“Octopus consciousness” is when we look ahead too hard and live inside our minds trying to have an overview, reaching in all directions, getting all tangled and caught up and strung out. “What if I can’t?” or “What if they won’t?” Etc. Then there is what we might call “lotus consciousness” – just one long root dangling down into the deep, and the flower floating and quietly opening on the surface.

The tentacles of busyness seem to be encouraged and nurtured in modern culture. I have mentioned before that if one is asked today “How are you going?” the answer most often given is, “Very busy?” It seems almost a sin not to be busy. But is not just busyness that is the problem it is more to do with what we are busy at. Octopus consciousness is unfocused. It values the busyness rather than the content of what we are busy at. And it provides no space for stillness.

The psalmist was clear that we meet God in all of life. The writers of the psalms press the entire created world into service to help us see that the presence of God is revealed in all things and in all of life. But the writers keep a special place for Stillness. “Be still and know that I am God.” Psalm 46:10. That of course is the heart of contemplation – union with the Spirit of God deep within our lives and our universe. Octopus consciousness will resist those moments of stillness wanting to fill the minutes with activity and busyness.

When Jesus asked his followers to “Consider the lilies of the field, they neither toil nor spin...” he was leading them into a new consciousness – a new way of seeing and living in the world. What Fr Richard Rohr and others have called the

Welcome to Toorak Uniting Church

We welcome all people irrespective of race, religion, political views, gender, marital status, sexual orientation, or age. Wherever you are on your faith journey, wherever you have come from and wherever you are going to; whatever you believe, whatever you do not believe, you are welcome here at Toorak Uniting Church.

Please come and join us after the service for fellowship and a cup of tea or coffee.

Contemplative Mind. Now don't think that that means there is nothing to do all day, it is in fact quite the opposite. Rather the Contemplative Mind is the cultivation of our soul or spirit our centre of being so that we are centred, focused, calm, aware and drawing our life force by going deeper within ourselves so that we meet the Spirit of God. And from out of that centre we live and work and have our being

“Be still and know that I am God”

Save the date!

The Toorak Uniting Church Council Congregational Retreat will be held on August 13 from 10:00am—3:00pm. This year the Retreat will be held at Toorak Uniting.

Kinross

Art for Wellbeing exhibition on display until July 8th. This exhibition includes the work of art therapists Tracey Bradford and Amanda Laming who are currently in the Kinross Studio Program. Presented with the Centre for Theology and Ministry.

Indelible is the next upcoming exhibition. Presented by Anita Traynor Fine Art this exhibition features paintings by young Australian artist, Laura Matthews. Opens on Thursday 21st July at 6pm - 8pm. Drinks and Q & A with the artist. All welcome. On display until August 5th. Please come over and meet Anita Traynor who will be assisting at Kinross on weekday mornings.

Cafe

The Cafe is closed for the Winter school holidays. Re-opening with warmth and flair on July 11th.

Kinross Annual Art Excursion

Wednesday 17th August, 11am - 1pm

Venue: Islamic Museum of Australia, 15A Anderson Street, Thornbury

Cost: \$12 per ticket.

Car pooling available from Toorak Uniting Church or meet at the Museum.

All welcome. RSVP to manager@kinrossarts.org.au



The topic for our next Fellowship Morning Coffee discussion is “Obsolete Expressions”. So ‘put your thinking caps on’! Please join us on 25 July at 11.00am in the Faichney Room.

2016 Congregation Directory

Forms are available at the rear of the Church today.

If you wish to be included in the latest edition of the Directory, please complete a form or notify the office via email – even if your contact details have not changed. Thanks, Kimberly and Catriona



Defibrillator Familiarisation Sessions



TUC has recently acquired an Automated External Defibrillator for use in cardiac emergencies.

Gary Percy, Director of Beauregard First Aid, is providing three AED familiarisation

sessions which you are welcome to attend. The sessions are not expected to last longer than an hour.

Sunday 10 July at 9.45am and 11.15am in the Hall

Wednesday 13 July at 3.00pm in the Wettenhall Room

Gary will cover how to respond in such emergencies, performing CPR, when and how to use the defibrillator and the recording of incident information.

We hope you are able to attend one of these valuable sessions.

In our thoughts and prayers:

Angela Abbott

The family of Pat Holmes

Marjorie Taylor

Susan Hodges

Diary Dates

Wed 06 Jul	6.30/7.45	Hand bell rehearsals	Wettenhall Room
Sun 10 Jul	9.45/11.15	Defibrillator training sessions	Hall
Mon 11 Jul	10.30am	Drop in card day	Faichney Room
Wed 13 Jul	3.00pm	Defibrillator training session	Wettenhall Room
Wed 13 Jul	9.45/11.15	Hand bell rehearsals	Wettenhall Room
Thur 14 Jul	7.30pm	Finance Committee	Faichney Room
Sun 17 Jul	11.45am	Interment – Anne Parratt	Memorial Garden
Thu 11 Aug	7.45pm	Toorak Ecumenical Council	TUC

17 July at 10.15am Music Service

Bach Cantata "Ich habe genug" BWV 82 by J.S. Bach

Guest Soloists: Allegra Giagu (Mezzo-Soprano), Anne Gilby (Oboe)

Bach composed the cantata in his fourth year in Leipzig for the feast Purification of Mary. The readings for the feast day were from Malachi 3:1-4, "the Lord will come to his temple", and from the Gospel of Luke, the purification of Mary and the Presentation of Jesus at the Temple, including the *Nunc Dimittis* (Luke 2:22-32), on which the libretto is based. In previous years Bach had composed two cantatas concentrating on the Nunc Dimittis. More than in the earlier works, an anonymous poet stresses the desire to escape earthly misery and be united with Jesus.

Allegra Giagu made her Sydney Opera House début as a soloist for the Sydney Symphony Orchestra and the Australian Chamber Orchestra at an early age. As a young performer, Allegra was the chosen soloist for The Edinburgh Military Tattoo – Salute to Australia 2005, performed over six nights to an audience of 160 000. Awards include The Helen Myers Vocal Scholarship from the Sydney Conservatorium and full-scholarships for studies abroad, completed at the Royal College of Music and at the Guildhall School of Music & Drama. Allegra was also the recipient of a Wiener Meisterkurse Scholarship for studies in Austria. She is a current Studio Young Artist and Gertrude Johnson Fellow at Gertrude Opera [The Opera Studio].

Anne Gilby has held the positions of Principal Oboist with the Bremerhaven Orchestra, the Elizabethan Melbourne Orchestra, the Australian Chamber Orchestra and the Australian Philharmonic Orchestra. She has played as guest principal oboist with all major Australian Orchestras. A sought after performer, Anne performs on the modern, classical and baroque oboes. Following appointments as Lecturer at the Western Australian Academy of Performing Arts in Perth and Head of Woodwind at the Victorian College of the Arts in Melbourne, she is Lecturer in Ensemble Studies at Monash University's School of Music-Conservatorium.

Lady White Memorial Organ Recital: Sunday 14 August 2pm

An all Bach recital by Paul Dean (London)

Fantasia & Fugue in G minor (BWV 542)

"Herr Jesu Christ, dich uns zu wend" (BWV 655)

"O Mensch, bewein dein Sünde groß" (BWV 659)

Trio Sonata V (BWV 529)

"Allein Gott in der Hoh sei Ehr" (BWV 662)

Prelude & Fugue in E minor "The Wedge" (BWV 548)

Paul Dean is the Director of Music at St Michael's Church, Highgate and Deputy Director of Music at 'The Hall', Hampstead – one of the leading boys' preparatory schools in London. He has had considerable success in several international competitions over the years, winning the Third International Organ Competition in Biarritz, the 1997 Royal College of Organists Performer of the Year Competition and the First International Organ Competition in Warsaw. Paul is in frequent demand as a soloist in the UK and abroad. In 2009 he undertook his first solo concert tour of Australia to critical acclaim and he is delighted to be back making a return visit this year! Over the next few years, highlights will include recitals in France, Denmark and Sweden and a solo tour of South Africa.

TICKETS AVAILABLE at <https://www.trybooking.com/LNVX>

<http://www.toorakuc.org.au/music-sermons/concerts/>