

**ERIC BUTTERWORTH
PAPERS (3014)**

**BOX 22
FOLDER 1**

**A JOURNEY IN
JUBILANCE**

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A JOURNEY IN JUBILANCE

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WE HAVE BORROWED OUR THEME TODAY / FROM SOME WORDS
BY CHARLES FILLMORE / - 'LIFE FOR EVERY PERSON / SHOULD
BE A JOURNEY IN JUBILANCE.' / IF WE ARE FOCUSING
ON ALL THE PAIN / AND SUFFERING IN THE WORLD, / THE
POVERTY AND HARDSHIP, / THE DESTRUCTION FROM EARTH-
QUAKES, / TORNADOES, FLOODS AND VOLCANO ERUPTIONS,
TO SAY NOTHING OF VIOLENCE / AND WARS AND CRIME IN
THE STREETS. / ..FILLMORE'S STATEMENT / WOULD SEEM TO
BE POLLYANNA / AT ITS WORST.

EVERY ONCE IN A WHILE / I HEAR SOMEONE REMARK, / 'WHAT
A TERRIBLE WORLD THIS IS!' / AND I ALWAYS FEEL LIKE
SAYING, / AND SOMETIMES DO, / 'COMPARED TO WHAT?' / IT
IS OUR WORLD, / THE ONLY ONE WE HAVE. / IT IS A
CHANGING WORLD, / BUT SO IT HAS ALWAYS BEEN. / THERE
ARE MANY CROSS-CURRENTS IN THE WORLD, / BUT MAN AND
THE CIVILIZATION HE IS EVOLVING ARE / GROWING, DE-
VELOPING, AND CHANGING. AS NIETZSCHE ONCE SAID,
'MAN MUST HAVE CHAOS IN HIM TO GIVE BIRTH TO A ^{DANCING STAR.}

I ONCE HEARD A RADIO PREACHER/USE AS HIS THEME/THE
CLOSING LINES/OF THAT CLASSIC WAR FILM,/'BRIDGE
OVER THE RIVER KWAI,' / 'MADNESS, MADNESS, MADNESS'
-- AND THEN HE SPENT THE NEXT/HALF HOUR LASHING
OUT/AT THE SINS OF MANKIND/AND THE DEPRAVITY OF
THE MODERN GENERATION./ HIS WAS A MESSAGE OF DOUBT
/AND DESPAIR/AND HOPELESSNESS. /AND I FOUND MYSELF
YEARNING/FOR THE GOOD NEWS OF LIGHT AND HOPE AND
JOY.

IT IS TRUE THAT FOR MANY PERSONS/RELIGION IS
GRIM AND SAD-FACED./ BUT I TEND TO AGREE WITH
TSATAH/WHO LONG YEARS AGO SAID,/'IT IS TIME
RELIGION PUT OFF/THE SACK-CLOTH AND ASHES/AND
GIRDED ITSELF WITH GLADNESS.'

▶ A WOMAN FROM THE BIBLE ~~BELT OF THE SOUTH~~ WAS VISI-
TING IN NEW YORK,/SO ON THE SABBATH DAY SHE WAS
IN ATTENDANCE/AT A ST. AID 5TH AVE. PROTESTANT
CHURCH./ AS THE PREACHER WARMED TO HIS SERMON,/

SHE BEGAN TO RESPOND / ACCORDING TO THE SPONTANEOUS
MANNER / OF HER FUNDAMENTALIST BACKGROUND. /.. 'BLESS
YOU BROTHER, / AMEN! HALLELUJAH!' / A GRIM-FACED
USHER / CAME TO HER PEW AND SAID, / SSH!' BUT SHE
KEPT RIGHT ON LOUDLY / RESPONDING TO THE SERMON. /..
'AMEN! RIGHT ON!' / THE USHER SAID, / 'MADAM, WHAT
IS THE MATTER WITH YOU?' / SHE SAID, 'BLESS YOU
BROTHER, / I'VE GOT THE SPIRIT!' / TO WHICH THE USHER
REPLIED, / 'BUT THIS IS NO PLACE FOR THAT!'

IT SEEMS TO ME ~~THAT~~ RELIGION / SHOULD BE A JOYOUS
EXPERIENCE. /.. PERHAPS NOT IN THAT PARTICULAR FORM
OF EMOTIONALISM. / BUT AS CONCERNS THE SPIRIT, / THIS
IS WHAT RELIGION SHOULD BE ABOUT. / THIS IS THE
PLACE TO GET / SOME ELEVATION OF CONSCIOUSNESS, / A
NEW PERSPECTIVE / WITH WHICH TO VIEW LIFE, / LEADING
TO THE ABILITY TO DEAL / WITH THE EXIGENCIES OF LIFE
/ WITH THE LIGHT TOUCH / AND A KEEN SENSE OF HUMOR.

IT IS SAD HOW JESUS' TEACHINGS/HAVE BEEN EMASCULATED THROUGH/THE EVOLUTION OF CHRISTIAN THEOLOGY./ HIS WHOLE LIFE HAS BEEN PORTRAYED/IN THE CONTEXT OF ^{THE} DARKNESS/AND PAIN OF THE CROSS./ IT IS ALMOST AS IF EVERY SUNDAY,/ THE WORSHIP HOUR IS A FUNERAL SERVICE FOR JESUS./ WE OVERLOOK THE REAL EVIDENCE/ THAT JESUS WAS A HAPPY PERSON./ ^{WE KNOW} HE WAS A POPULAR DINNER GUEST,/ AND WAS ^{EVEN} CRITICIZED FOR DINING TOO MUCH/ WITH THE LOUD-LAUGHING CROWDS/ OF PUBLICANS AND SINNERS.

JESUS MADE SOME DRAMATIC DISCOVERIES/ OF THE DEEP POTENTIAL WITHIN MAN./ AND HE SAID, 'THESE THINGS HAVE I SPOKEN UNTO YOU,/ THAT MY JOY MAY BE IN YOU,/ AND THAT YOUR JOY MAY BE MADE FULL.'

THIS COMING THURSDAY IS THANKSGIVING DAY./ A LEGAL HOLIDAY... TIME OFF WORK./ PERHAPS A GATHERING WITH FAMILY/ AND FRIENDS/ IN A FESTIVE MEAL./ OR PERHAPS A QUIET TIME REMINISCING NOSTALGICALLY OF OTHER

THANKSGIVING DAYS OF THE PAST./ BUT WHAT WILL THIS
THANKSGIVING DAY MEAN TO YOU?/ YOU MIGHT EVEN BE
ONE OF THOSE/ ~~u~~ -HAVE-NOTHING-TO-GIVE-THANKS-FOR~~u~~
PERSONS./ I COULD SPEND THE WHOLE TIME/ THIS MORNING
REFUTING THAT ATTITUDE/- FOR LIFE HAS MANY BLESS-
INGS FOR ALL OF US/ BEYOND THE DARKNESS THAT ~~BE~~
MAY BE FOCUSING UPON./ BUT THE IMPORTANT QUESTION
IS/ 'WHAT DO YOU HAVE TO GIVE THANKS FROM?'/ IF YOU
HAVE NO BASIC FAITH/ FROM WHICH TO GIVE THANKS,/
THEN YOUR LIFE IS ~~EMP~~ ~~OT~~ ~~IER~~ ~~ER~~ THAN YOU KNOW,/ AND ALL
THE AFFLUENCE OF HEAVEN AND EARTH/ COULD NOT GIVE
YOU FULFILLMENT./ AND IF YOU HAVE A BASIC FAITH,/
THEN THANKSGIVING COMES EASY./ BUT IT IS NOT JUST
A RESPONSE/ TO THE THINGS OF YOUR LIFE./ IT IS A
CELEBRATION OF TRUTH/ WHICH BECOMES A CAUSE OF YOUR
GOOD.

|| THIS WAS THE PROFOUND CONVICTION/ OF PLATO 2500
YRS. AGO -/ 'A GRATEFUL MIND IS A GREAT MIND WHICH
EVENTUALLY ATTRACTS TO ITSELF/ GREAT THINGS.'

THE GRATEFUL HEART/IS THE TRULY JOYFUL HEART./ W
WHICH BRINGS US BACK AGAIN/TO FILLMORE'S STATEMENT
'LIFE FOR EVERY PERSON/SHOULD BE A JOURNEY IN
JUBILANCE.' / THIS SUGGESTS AN EXCELLENT TEST OF
CONSCIOUSNESS./ ARE YOU AN INCORRIGIBLY HAPPY
PERSON? /IS LIFE FOR YOU A JOURNEY IN JUBILANCE?/
IF NOT, THEN YOU ARE NOT GETTING/THE FULL IMPACT
OF THIS NEW INSIGHT IN TRUTH./ IT MIGHT INDICATE/
THAT THOUGH THE INSIGHTS OF TRUTH/HAVE BEEN STIMU
LATING TO THE MIND,/THEY MAY NOT BE REGISTERING
IN THE HEART. / SOLOMON SAID, 'AS A MAN THINKETH
IN HIS HEART,/SO IS HE.' A SUBTLE POINT,/BUT SO
VERY IMPORTANT.

THE MEANING OF THANKSGIVING/AND THE KEY TO HAPPI-
NESS/ARE COMPLETELY INTERTWINED./ KNOW ONE AND
YOU EXPERIENCE THE OTHER./ SOME FRIENDS FROM
ENGLAND WERE VISITING WITH US/A FEW YEARS AGO.
IT WAS THEIR FIRST VISIT/TO THIS COUNTRY. AND,

DIVINITY IN PEOPLE, / TO GET YOUR CONSCIOUSNESS IN
THE COSMIC FLOW OF LIFE.

IF YOU ALWAYS START YOUR DAY, / EVERY DAY, GETTING
THAT VIEW FROM THE TOP, / GIVING THANKS FROM YOUR
INNER FEELING OF ONENESS, / AND BLESSING THE COMING
DAY / AND ALL WHO WILL COME YOUR WAY IN IT, / YOU WILL
ACTUALLY SET OFF A / CHAIN REACTION OF POSITIVE
POWER. / CONSCIOUSNESS IS POWERFUL. / ..WE SET OFF
MANY CHAIN REACTIONS IN A DAY, / ..SOMETIMES IN
NEGATIVE WAYS...

FOR INSTANCE, CONSIDER / THIS HYPOTHETICAL SITUATION
... JOHN JONES IS / AWAKENED EARLY ONE MORNING / BY THE
RINGING OF THE TELEPHONE. / ONE OF THE FOREMEN IN
HIS PLANT / TELLS HIM THAT A CERTAIN MACHINE / IS
OUT OF ORDER AND THUS / THE WHOLE PRODUCTION
SCHEDULE IS FOULED UP. / JOHN SNARLS SOMETHING
UNPLEASANT BACK OVER THE PHONE, / SOMETHING CRITI-
CAL OF THE FOREMAN'S CARE OF THE EQUIPMENT.

JOHN IS NOW IN A VILE MOOD../SO IS THE FOREMAN./
~~AT THE BREAKFAST.~~ AT THE BREAKFAST TABLE/JOHN
SNARLS AT HIS WIFE./ MRS. JONES SNARLS AT HER SON
BEFORE HE GOES OFF TO SCHOOL./LITTLE JOHNNY SNARLS
~~AT~~ HIS TEACHER./ AS THE DAY PROGRESSES THE TEACHER
SNARLS/AGAIN AND AGAIN AT THE WHOLE CLASS./ AND
ALL THESE CHILDREN GO HOME/SNARLING AT THEIR
PARENTS./ BY THE TIME JOHN ARRIVES AT THE PLANT,/
THE SNARLING CYCLE HAS SPREAD THROUGH THE WHOLE
STAFF,/THE FOREMAN HAD SEEN TO THAT./ SO A BEAUTI-
FUL DAY/HAS BECOME A DAY OF SNARLS.

OF COURSE EACH
PERSON HAS A HOLE
HE DOES NOT HAVE TO
BE
A
DANIEL

SHAKESPEARE COMMENTS ON THIS PROCESS IN THE
IN ITS POSITIVE SIDE
"MERCHANT OF VENICE",/AS PORTIA SAYS - 'HOW FAR
THAT LITTLE CANDLE THROWS HIS BEAMS!/ SO SHINES
A GOOD DEED IN A NAUGHTY WORLD.'

WE MIGHT SPECULATE ON WHAT MIGHT ^{HAVE} HAPPEN^{ED}/IF THE
PHONE CALL WAS MET/WITH A CONSCIOUS EFFORT TO
VIEW THE EXPERIENCE/FROM THE HIGHEST POINT OF

VIEW./ INSTEAD OF AN IRRITATION CYCLE OF SNARLS,/ ^{OF SMILES}
THE BOSS WOULD START/AN INSPIRATION CYCLE./..WITH
A GREAT DIFFERENCE IN SO MANY LIVES./..AND IN THE
WORLD AS A WHOLE./ THERE WOULD BE A VERITABLE/
"MILE OF SMILES" IN EACH PERSON'S/WAKE AS HE MOVED
THROUGH THE DAY.

▶ YOU SEE THE AMAZING THING HERE/IS THAT THE CHOICE
IS ALWAYS OURS/AS TO HOW WE DEAL WITH/CONDITIONS
AND RELATIONSHIPS./ AS SENECA ONCE PUT IT,/'A HAPPY
LIFE IS ONE WHICH IS IN/ACCORDANCE WITH ITS OWN
NATURE.' / WHICH IS BUT ANOTHER WAY OF SAYING/THAT
HAPPINESS COMES NOT FROM THINGS OR EXPERIENCES,/
BUT FROM WITHIN./..THAT HAPPINESS AND JOY/ARE NOT
EFFECTS - BUT CAUSES./..THAT A PERSON IS HAPPY,/
THOUGH HE MAY NOT BE AWARE OF THIS,/NOT BECAUSE
OF WHAT DID OR DID NOT HAPPEN,/ BUT BECAUSE HE
DECIDES TO RELEASE THE ENERGY OF JOY./ HE SIMPLY
WANTS TO BE HAPPY. ~~WITHIN YOU IS THE UNBORN~~

WITHIN YOU IS THE UNBORN/POSSIBILITY OF LIMITLESS JOY../AND YOURS IS THE PRIVILEGE/OF GIVING BIRTH TO IT/AT ANY TIME./IT IS THE LITTLE FIRE WHICH ONE MAY DESECRATE/BUT NEVER QUITE LOSE../SOME ~~ME~~ PERSONS HAVE QUICKENED/THIS DIVINE ~~KORSE~~ FIRE/INTO THE FULL FLAME OF JUBILANCE,/WHILE ~~OTHERS~~ HAVE BURIED IT UNDER A BUSHEL BASKET./THE UNHAPPY PERSON FINDS/ALL MANNER OF REASONS/FOR HIS UNHAPPINESS,/WHILE THE HAPPY PERSON/IS FOREVER ENCOUNTERING ^{THINGS} ^{TO} MAKE HIM HAPPY /OR MORE APTLY, TO VINDICATE HIS HAPPY SPIRIT.

SOME WILL CALL THIS POLLYANNA./THEY ARE LIKE THE LITTLE WIDOW MATTLDA,/WHO RESISTED THE EFFORTS OF PEOPLE/TO CHEER HER UP,^{SAD AND GLOOMY} ~~ME~~ SAYING,^{I BELIEVE}/'WHEN THE LORD SENDS ME TRIBULATIONS,^{I THINK}IT'S MY DUTY TO TRIBULATE!'

MAYBE WE SHOULD TAKE ANOTHER LOOK AT POLLYANNA,✓
THE LITTLE GIRL CREATION/OF NOVELIST ELEANOR HODG-^{MAN PORTER}

SHE FOUND GLADNESS IN THINGS/THAT MEANT ONLY
DISMAY TO OTHER PEOPLE./ WHEN AN AUTOMOBILE RAN
HER DOWN/AND INJURED HER/SHE FOUND CAUSE FOR
GLADNESS/IN THE FACT THAT HER CONVALESCENCE/GAVE
HER A GOOD CHANCE/FOR READING AND INDOOR PASTIMES,
AND GAVE HER A FRESH SLANT ON LIFE.

UNFORTUNATELY,/POLLYANNA HAS BEEN GIVEN/THE
CONNOTATION OF A WEAK,/INSIPID,/AND COMPLETELY
IMPRACTICAL/AND UNREALISTIC ATTITUDE/OF EXTREME
AND UNFOUNDED OPTIMISM.

IT IS INTERESTING,/EVERY YEAR IN AMERICA WE SET
ASIDE A DAY/FOR GENERAL THANKSGIVING./ WE DON'T
CALL THIS POLLYANNA./ POLLYANNA SIMPLY FOUND MANY
OPPORTUNITIES EVERY DAY/TO BE GRATEFUL ^{IN ALL THINGS GIVE THANKS} ~~BEING~~ GLAD
WAS BEING THANKFUL,/AND HER LIFE WAS A PERPETUAL
THANKSGIVING,/A JOURNEY IN JUBILANCE./AS OURS
OUGHT TO BE.

IN DETROIT, IN FRONT OF THE INSTITUTE OF ARTS, IS
A FULL SIZED REPRODUCTION OF RODIN'S 'THE THINKER'
FOR SEVERAL YEARS I HAD OFFICES IN THE BUILDING
ACROSS THE STREET, AND I WOULD OCCASIONALLY SIT
IN THE PARK AREA DURING THE LUNCH HOUR. I CONTEM-
PLATED RODIN'S THINKER MANY TIMES. BUT YOU KNOW,
I ALWAYS FOUND SOMETHING MISSING. THE THINKER'S
COURTENEANCE IS SERIOUS, EYES DOWNCAST, THINKING
EARTHWARD. I LONGED TO SEE THAT POWERFUL FACE
LOOK UP AND SEE THE LIGHT OF HEAVENLY THOUGHT
BREAK UPON IT. I LONGED TO SEE HIM RELAX AND LET
JOY COME TO HIS FACE, TO SEE HIM LEAN BACK AND
BREAK FORTH IN HEARTY - MEANINGFUL LAUGHTER.

BUT RODIN'S THINKER HAS NOT HAD THE VIEW FROM
THE TOP. HE SEES THINGS IN DARKNESS. AND, AS
THE POET SAYS, 'THE WORLD IS DARK WITH GRIEFS
AND GRAVES, WHO KNOWS BUT THAT THE DARKNESS IS
WITHIN MAN?' BUT THE THINKER DOESN'T KNOW THAT.

THE RUSSIAN PSYCHOLOGIST KEKCHAYEV / TESTED PEOPLE
WHEN THEY WERE / THINKING PLEASANT AND UNPLEASANT
THOUGHTS. / HE FOUND THAT WHEN THINKING PLEASANT
THOUGHTS / THEY COULD SEE BETTER, / TASTE, / SMELL, / AND
HEAR BETTER / - AND DETECT FINER DIFFERENCES IN
TOUCH.

MEDICAL RESEARCH HAS PROVEN / THAT OUR STOMACH, /
LIVER, / HEART, / AND ALL THE INTERNAL ORGANS /
FUNCTION BETTER WHEN WE ARE HAPPY. // AND DR.
AMBROSE SCHINDLER MADE THE STATEMENT THAT /
UNHAPPINESS IS THE SOLE CAUSE / OF ALL THE PSYCHO-
SOMATIC ILLS, / AND ~~THAT~~ HAPPINESS IS THE ONLY
CURE.

DR. CLARENCE COOK LITTLE, / EXPERT IN CANCER RE-
SEARCH, / 'A PERSON WHO IS UNHAPPY / IS MORE LIKELY
TO DEVELOP CANCER / THAN ONE WHO IS LEADING A HAPPY,
SATISFACTORY LIFE. / INTERNAL BALANCE IS HEALTH /
AND ETERNAL UNBALANCE IS SICKNESS. / THESE BODILY

FUNCTIONS/ARE CONTROLLED BY GLANDS/THAT ARE
INFLUENCED BY MENTAL HEALTH.'

IN OTHER WORDS/THE BUBBLING UP OF JUBILANCE/WITHIN
THE PERSON/IS A VITAL FLOW THAT IS A CONCOMITANT
OF HEALTH./ THE PARADOX IS THAT SOMETIMES/ONE MAY
BE UNHAPPY/PRECISELY BECAUSE OF HIS POOR CONDI-
TION OF HEALTH.

THIS IS A DILEMMA THAT WAS EXPERIENCED/BY ONE
WOMAN WHO WAS SICK,/ ~~AND~~ WEIGHED DOWN BY SOME
FINANCIAL RESPONSIBILITIES/THAT SHE WAS UNABLE
TO MEET,/AND OPPRESSED WITH A VARIETY OF TROUBLES
/AND AN OVERWHELMING FEELING OF DISCOURAGEMENT.

SHE WAS READING AN ARTICLE/IN A TRUTH MAGAZINE/...
AND CHANCED UPON THE WORDS,/'UNTIL YOU ARE HAPPY
YOU WILL BE NEITHER HEALTHY NOR FREE.'/ THE WORDS
LEAPED OUT AT HER,/PIERCINGLY LIKE BARBS./ SHE
ANGRILY OBJECTED,/'BUT HOW ON EARTH CAN I BE HAPPY

REDICULOUS!

WHEN I HAVE SO MUCH TROUBLE /AND SO MUCH PAIN?'/
BUT SHE WAS HOOKED./..THE WORDS KEPT RUNNING THRU
HER MIND./ THEY WOULD NOT LET HER BE./

SO SHE DECIDED, /AT FIRST SKEPTICALLY, /TO TEST
THIS CHALLENGING IDEA./ DISCOUNTING HER PROBLEMS
SHE STARTED OUT ON THE ENTERPRISE /OF TRYING
TO 'BE HAPPY.' / THERE WERE NO STARTLING DEVELOP-
MENTS, /NOTHING MUCH CHANGED, /AND THE PHYSICAL
PROBLEM CONTINUED./..BUT TIME DID PASS LESS BUR-
DENSOMELY.

GRADUALLY IT DAWNED ON HER THAT, /BOUND UP SOMEHOW
WITH THE PARAMOUNT ISSUE OF FAITH./..AND MATERIAL
REWARDS./..WAS THE EQUALLY IMPORTANT ISSUE /OF IM-
PROVING HER DISPOSITION. / LOOKING HONESTLY AT HER-
SELF, /SHE COULD SEE THAT THERE WERE /SOME GLARING
DEFECTS THAT NEEDED CORRECTION./..AND THIS WAS A
MARVELOUS OPPORTUNITY /TO WORK ON THEM. / SO SHE BE-
GAN TO LIVE MORE CALMLY, /TO SEE LIFE MORE CLEARLY
/AND IN BETTER PROPORTION.

SHE DISCOVERED THE 'STILL POINT' WITHIN HER, / A PLACE OF POWER AND JOY / -- AND THAT IT WAS SIMPLY A MATTER / OF 'TURNING ON THE LIGHT.' / SHE BEGAN TO SEE THAT SHE ~~COULD~~ / ACTUALLY START THE SPIRIT OF JOY AND GLADNESS / BY SIMPLY ACTING AS IF SHE WERE HAPPY. / SHAKESPEARE SAID IT FIRST. / 'ASSUME THE VIRTUE / IF YOU HAVE IT NOT.' WILLIAM JAMES USED TO TELL HIS STUDENTS / THAT THEY COULD REGULATE THEIR FEELINGS / BY ACTING THE PART THEY WANTED TO FEEL. / SPEAK CHEERFULLY AND SMILE. / .AND ACT AS IF YOU WERE RADIANTLY HAPPY.

NOW I REALIZE THAT / THIS IS AN APPROACH IN TRUTH / THAT IS REJECTED BY SOME PEOPLE, / AND FOR GOOD REASON. / CERTAINLY ^{IF} THE UGLY DUCKLING HAD BEEN / ~~ENCOURAGED~~ TO ACT AS IF HE WERE A BEAUTIFUL DUCK, HE WOULD HAVE GONE ON / COMPOUNDING HIS PROBLEM. THIS CONCEPT OF 'ACT AS IF' / CAN BECOME A LURE INTO AN EXPERIENCE / OF SHAM AND ARTIFICIALITY.

IT IS VALID ONLY IF IT DEALS / WITH THE RELEASEMENT
OF AN INNER POWER / THAT IS CONSTANT. / YOU MAY ACT
AS IF YOU ARE A CHILD OF GOD, / FOR THAT IS WHAT YOU
ARE. / YOU MAY ACT AS IF YOU ARE FULL OF LOVE, / FOR
THAT IS THE TRUTH OF YOU. / AND YOU MAY ACT AS IF
YOU ARE HAPPY, / FOR THERE IS A BUBBLING FIRE OF JOY
/ AT THE HEART OF YOU / AWAITING COMMITMENT TO 'ELAME
UP AND SHINE.'

↑
THIS PHRASE IS BORROWED / FROM THE STATEMENT OF A
VERY ~~UNUSUAL~~ PERSON / IN HIS TRAGIC HOUR OF TRIAL. /
^{GER}
PHILLIPE VERNIER / WAS A VICTIM OF THE NAZIS, / AND
HAD INFLICTED ON HIM / JUST ABOUT EVERY FORM OF
INDIGNITY. / .. BUT HE REMAINED A MAN OF PEACE / AND
IRREPRESSIBLE JOY. / THEY PUT HIM IN A FILTY PRISON
WITHOUT CAUSE, / AND STARVED HIS FINE LITTLE FAMILY. /
BUT AN AMERICAN OFFICER / WHO CALLED ON HIM AFTER THE
WAR / SAID THAT THE VISIT / WITH THIS LUMINOUS SOUL /
WAS THE HIGH-WATER MARK OF HIS LIFE. / HERE ARE SOME

THOUGHTS FROM A LETTER IN VERNIER'S HAND --

"IF YOU ARE A DISCIPLE OF THE MASTER,/IT IS UP TO YOU TO ILLUMINE THE EARTH./ YOU DO NOT HAVE TO GROAN/OVER EVERYTHING THE WORLD LACKS,/YOU ARE THERE TO/BRING IT WHAT IT NEEDS./ WHERE THERE MAY BE HATRED,/MALICE, AND DISCORD/YOU WILL PUT LOVE,/PARDON, AND PEACE./ FOR LYING YOU WILL BRING TRUTH,/ FOR DESPAIR, HOPE./..FOR DOUBT, FAITH./..AND WHEREVER THERE IS SADNESS/YOU WILL GIVE JOY./ DO NOT BE FRIGHTENED/BY A MISSION SO VAST./ IT IS NOT REALLY YOU/WHO ARE/CHARGED WITH THE FULFILLMENT OF IT./ YOU ARE ONLY THE TORCH-BEARER./..DO NOT BE THE CLOGGED LANTERN/THAT CHOKES AND SMOTHERS THE LIGHT./..THE LAMP, TIMID, OR ASHAMED,/HIDDEN UNDER A BUSHEL,/ FLAME UP AND SHINE BEFORE MEN...LIFT HIGH THE FIRE OF GOD."

FLAME UP AND SHINE!

WE SOMETIMES ACT AS IF WE HAVE/UNLIGHTED TORCHES./.. AND WE ARE CHASING/HERE AND THERE/EVERYWHERE /TRYING TO FIND SOME FLAME/FROM WHICH TO REKINDLE OUR TORCH. / WE MAY FEEL THAT IF WE COULD JUST ASSOCIATE WITH HAPPY PEOPLE/WE COULD CATCH FIRE FROM THEM. / BUT IT IS ALL SHADOW-CHASING./THE ONLY WAY

TO FIND ENJOYMENT/OR CAUSE FOR JOY IN LIFE/IS TO
'FLAME UP AND SHINE.'/ JESUS ONCE SAID,/'ENTER
INTO THE JOY OF THE LORD.'/ NOTE, HE DID NOT SAY,
'THE JOY OF THE LORD/WILL NOW ENTER INTO YOU.'/
FOR THE JOY OF THE LORD /IS A LIVING FLAME WITHIN
YOU. / IT IS BUT A WAY OF ARTICULATING/THE PRESENCE
OF GOD WITHIN YOU. TELLHARD: "JOY IS THE MOST INFALLIBLE
SIGN OF THE PRESENCE OF GOD"

▶THE INTERESTING THING IS THAT/LITTLE CHILDREN HAVE
ALWAYS EXPRESSED/THE JOY POTENTIAL SPONTANEOUSLY/.
THE CHILD IS FILLED/WITH ENTHUSIASM FOR LIFE,/AND
THE EXPRESSION OF BOUNDLESS JOY./ HE DOESN'T LEARN
THIS./ IT IS NATURAL TO THE SPIRIT/UNTIL IT IS
UNLEARNED./ A CHILD IS THE EPITOME OF SPONTÉ./..
THE JOYOUS RELEASEMENT OF HIS INNER FIRE./..UNTIL
THE ADULT MIND/BEGINS TO SET DAMPERS./.."WHY DON'T
YOU GROW UP? DON'T BE SO SILLY./WHAT DO YOU HAVE
TO BE SO HAPPY ABOUT?" / THUS MATURITY TOO OFTEN/
MEANS SHACKLING SPONTANEITY,/AND COVERING THE SPAR

OF DIVINE FIRE / WITH THE BUSHEL BASKET OF DIGNITY
AND RESERVE. / AND ⁵⁰FROM HIS ADULT PEERS / HE LEARNS
THAT JOY MAY BE RELEASED / ONLY ON SPECIAL OCCASIONS
WHEN HE HAS BONA FIDE REASONS. / IN TIME HE LOSES
THE AWARENESS OF THE INNER FIRE. / ..AND COMES TO
ASSUME THAT JOY IS A COMMODITY / THAT COMES TO HIM /
FROM OUTER THINGS AND EXPERIENCES. / ..AND MOSTLY
FROM INTRINSIC OBJECTS.
MUST HAVE THE OBJECT
TO MAKE YOU HAPPY.

AND YET SO OFTEN PEOPLE FEEL / THAT IN GROWING UP
THEY HAVE LOST / SOMETHING THEY HAD IN CHILDHOOD. /
THEY MAY THINK OF IT / IN TERMS OF YEARS. / ..AND THUS
THEY MAY WISH / THEY COULD BE YOUNG AGAIN. / BUT WHAT
THEY HAVE LOST / IS THAT SPONTANEOUS JUBILANCE / OR
BUBBLING FORTH OF THE FREE FLOW OF SPIRIT. / THE
FOUNTAIN IS THERE AS ALWAYS. / JESUS SAYS WE NEED
TO 'BECOME AS A LITTLE CHILD.'

DR. MATT WEINSTEIN SAYS / THE MEDICAL COMMUNITY IS
REALIZING / THE THERAPEUTIC VALUE OF LAUGHTER AND

PLAY. / HE SAYS THE PROBLEM WITH ADULTS / IS THAT WE
LOSE THE ABILITY / TO EXPERIENCE, GOOD, NON-COMPETITIVE
LET-DOWN-YOUR-HAIR' FUN. / EARLY ALONG WE ARE TOLD
'WHY DON'T YOU GROW UP?' / WHICH MEANS TO LIVE WITH
BOREDOM AND DEPRESSION. / THE FACT IS, / NO ONE NEEDS
EVER TO BE BORED IN LIFE. / THE PROBLEM IS WE GET
INTO STRESS / AND WORKAHOLISM / WHICH LEAD TO 'LOW-
LEVEL WELLNESS' / OR 'GREY-SICKNESS' / AND SUBSEQUENT
BOUNTS WITH ILLNESS.

AND DR. CARL SIMONTON, / SAYS THE FIRST THING A
PERSON DOES / WHEN HE FINDS OUT HE'S ILL, / IS TO STOP
PLAYING. / ACTUALLY, HE SHOULD START PLAYING, / FOR
PLAY PRODUCES EMOTIONS OF JOY, / WHICH INCREASES OUR
ENERGY, / AND MOBILIZES OUR DESIRE TO LIVE. / SIMONTON
SAYS, / 'I DON'T LAUGH BECAUSE I'M HAPPY. / I'M
HAPPY BECAUSE I LAUGH AND PLAY.'

THE WOMAN WHO HAD THE REALIZATION, / 'UNTIL YOU ARE
HAPPY YOU WILL / BE NEITHER HEALTHY NOR FREE,' FOUND

AN AMAZING THING. / AS SHE BEGAN TO ACT AS IF SHE WERE HAPPY, / SHE BEGAN TO ACTUALLY FEEL HAPPY, / AND THE HAPPIER SHE FELT, / THE STRONGER, HEALTHIER, AND MORE POSITIVE SHE FELT /- AND THUS THE GREATER BECAME THE REASONS FOR HAPPINESS. / AND AS HER JOY INCREASED, / HER DISPOSITION IMPROVED, / HER STRENGTH GRADUALLY RETURNED, / AND BEFORE LONG SHE WAS RIGHT BACK ON TOP OF THE WORLD.

^{Wm.} DR. OSLER USED TO SAY, / 'WE LIVE IN DAY-TITE COM- PARTMENTS.' ELBERT HUBBARD USED TO SAY, / 'BE PLEASANT UNTIL TEN O'CLOCK IN THE MORNING / AND THE REST OF THE DAY WILL TAKE CARE OF ITSELF.' / HENRY DAVID THOREAU GAVE HIMSELF GOOD NEWS FIRST THING EVERY MORNING. / HE WOULD TELL HIMSELF / HOW LUCKY HE WAS TO HAVE BEEN BORN. / IF HE HADN'T BEEN BORN / HE'D NEVER HAVE KNOWN / THE CRUNCH OF SNOW UNDERFOOT, / OR THE GLINT OF STARLIGHT, / HE'D NEVER HAVE SMELLED / THE FRAGRANCE OF A WOOD-FIRE,

/OR HAVE SEEN THE LOVE LIGHT IN HUMAN EYES./ SO HE
STARTED OFF EACH DAY,/THUS, WITH JOY AND THANKS-
GIVING.

KEEP YOURSELF IN THE SPIRIT OF JOY/AND YOUR LIFE
WILL BE A 'JOURNEY IN JUBILANCE'./ REMEMBER, YOU
HAVE THE CAPACITY/TO 'FLAME UP AND SHINE',/FOR THE
DIVINE FIRE EVER BURNS WITHIN YOU./YOURS IS THE
PRIVILEGE AT ANY TIME TO TURN IT UP./ WHEN THINGS
DO NOT PLEASE YOU,/RESOLVE TO PLEASE YOURSELF/BY
ENTERING INTO THE JOY OF THE LORD.

▶REJOICE IN YOUR STRENGTH,/REJOICE IN YOUR INNER
POWER,/THE WONDER OF YOUR AMAZING POTENTIAL./ IF
YOU HAVE FAILED/OR HAVE LOST SOMETHING,/HAVE NO
REGRETS./ BE GLAD AND BEGAN AGAIN./ BE GLAD THAT
YOU CAN BEGIN AGAIN./BE GLAD THAT THE FUTURE IS
ALWAYS RICHER/AND BETTER THAN THE PAST/IF YOU
CLAIM THE UNFOLDING GOOD THAT IS YOURS?

LET THE WORLD CALL YOU A POLLYANNA, / AN IRREPRESS-
IBLE OPTIMIST.. / BUT BE NOT CONCERNED.. / JUST BE SURE
THAT NOTHING CAUSES YOU / TO TURN OFF THE INNER
RADIANCE / OF YOUR PEACE AND POISE AND POWER. / FLAME
UP AND SHINE!

BEGIN EVERY DAY WITH THE INSISTANT AFFIRMATION.. / ...
'THIS IS THE DAY WHICH THE LORD HATH MADE, / I WILL
REJOICE AND BE GLAD IN IT.' / OR AS ONE POET PUTS
IT, / 'AND EVERY MORNING I WILL SAY THERE'S SOMETHING
HAPPY ON THE WAY.' / (AND THAT SOMETHING HAPPY ON
THE WAY / IS THE BUBBLING OF JUBILANCE / THAT IS ON
ITS WAY FROM WITHIN.) *When I look I will say*

ALL OUR STAFF, DIRECTORS, MUSICIANS JOIN IN
A BLESSING FOR A HAPPY THANKSGIVING —

AND MAY YOUR JOURNEY TO THURSDAY AND BEYOND
BE A JOURNEY IN JUBILANCE!