

# ~ Random Tidbits of a Spiritual Seeker ~

Getting to know each through sharing our inspirational thoughts and personal journeys... July 2011

**MY MISSION:** to create a loose network of not-too-like-minded individuals who would like to share that which interests and/or inspires them; *and in the process* bring us closer together as companions, maybe even deeper friends, on similar yet unique journeys.

## CHECK IN UPDATE

Starting July 5-29 I will be working with Sister Mary Jane Floyd through the Catholic Worker House in Redwood City, running a summer session for 7-8 children ranging 6-8 grades. I'll do the math.



Us with Aimeé, John and Lois in SF Washington Square at Easter. Sadly, David was (is) in LA.

## A FEW OF OUR FAVORITE RECENTLY-SEEN MOVIES

**COMEDY:** *City Island* (PG 13) is about a family of four who take in a young parolee who is the (hidden) son of the father and turns out to be the sanest person in the group. Good message about honesty and family relationships. Hilarious situations arise. All are redeemed.

**DOCUMENTARY:** *Food Inc.*, is a must see for anyone who cares what they eat. *Inside Job* is a difficult and a bit depressing exposé of the depth of the financial crisis, and what's still not being done to protect ourselves in the present and future. The upside to seeing exposé documentary films is that maybe

they will have some sway in seeing and addressing the problem.

**FOREIGN FILMS:** Patricia and I liked *Tokyo Sonata* and *Kolya*. Google for more info on each.

## MY FAVORITE BOOKS DURING THE LAST YEAR

My favorite book this year if not for many years, was *Cutting for Stone*, by Dr. Abraham Verghesi who also practices and teaches at Stanford Hospital. This long but fast reading novel is about an east Indian doctor growing up in post WW II Ethiopia. It is a great exposure to the history and the culture and wrapped around a gripping story of a nun who births the main character and his twin brother.

My favorite biography this year is *Unbroken*. It is the amazing story of Louis Zamparini, who has many incredible life adventures, including running as a teen in the 1936 Olympics, surviving two months on a life raft in the Pacific during W.W.II, and several more months in a Japanese prison where he is the favorite target of a sadistic warden. *Unbroken* was researched and written by Laura Hillenbrand, the same author who wrote *Seabiscuit*.



*Coming to Your Senses* by Jon Kabat Zinn supplements very well the ideas presented at the Insight Meditation Center (IMC) in Redwood City. Though not a "good" meditator, I enjoy trying to be more focused and present to wherever I am and whatever I am doing. This helps soothe my hyperactive and multitasking

personality.

## SOME RANDOM THOUGHTS ON RECEIVING EUCHARIST:

Famed medieval theologian and philosopher St. Thomas Aquinas stated that Eucharist "signifies what it effects, and effects what it signifies." In this sense it's a symbol of a reality which already exists, and a creator of that reality.

To me this reinforces the belief that Eucharist doesn't happen in a vacuum, but it is rooted in a community of faith and love. The mouse which gnaws into the tabernacle and nibbles on a piece of a consecrated host does not receive communion any more than a nonbeliever receives it devoid of faith and intentionality.

Etymologically, Eucharist comes from the Greek word eucharisteo meaning "to give thanks." Theoretically, every time we give thanks or are consciously grateful for all of creation, including redemption and the Good News (the Gospel), we, in a sense, receive communion. Another component of this would be that this is done in the context of *community*: Whenever two or more of you are gathered in my name, I am there with you."

My last thoughts on Eucharist in the context of the Mass would be that it is the high point, the spiritual crescendo as it were, being worked up to by the other components of the mass: the Gloria, the Readings, the homily, the Offertory, the Lord's Prayer, etc. These are the things we do to get us to that place where our faith, understanding, emotions, heart, and intellect are able to co-create that which we are about to receive.

PLEASE FEEL FREE TO SHARE ANY THOUGHTS AND RECOMMENDATIONS YOU WISH