

The Circles

*"Life is but a day's work—
do it well."**

As We Pass By

Vol. X, No. 4

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Love Without Words

By Billie Cooper
Rogers Arkansas

So often when we would like to offer comfort or love to someone, we are stopped because we cannot think of what to say to them. I find many opportunities to extend my love to the people in my life which require no words.

One way I use of communicating this love is a smile, but not simply a smile. I combine it with a sincere projection of warm feelings. When I meet someone, I automatically smile and think pleasant thoughts. They always light up. When I am driving in traffic, I make a point to look other drivers in the eye and smile. Nine times out of ten, although they have had a frown on their faces, they smile back at me. Often when I am sitting next to a stranger, I make a point to think pleasant thoughts. The good feelings I am creating seem to boil over on him.

Occasionally I have found myself in a hospital waiting room where I see worried, depressed people. I project love, kindness and peace to them. Even though their backs are turned to me, invariably they will turn and smile at me.

Touch adds an extra channel to communication without words. When I meet people and there is an opportunity to shake hands, I send my love through that contact. With people, I know I often touch them just above the wrist or squeeze their shoulder. My caring, healing thoughts flow through those touches. My touch seems to give a lift of energy.

The love I send is a compassion-

ate love. When I do not know the person I am sending love to, I may have to use my deep affection for my friends and family to build up a loving feeling to send. One way of doing this is to think of someone I know and love, feel my love for them, and then send that love to the person I do not know. An additional aid is to visualize a loved one. It is particularly effective to visualize a small child whom I love and think of the things they have done that give my heart joy. That feeling of love and joy rises in me. Then I open my eyes and



project that feeling to the person I am with. As I have become more experienced, I have found the feelings will usually rise without these preliminary aids. I simply desire to let the person know I really care.

One of the great benefits of loving without words is that it can be done while I am holding a conversation about something else. As I sit talking with friends or family, underneath I am projecting energy to them in a loving manner. I send this energy without restrictions, for them to use in any way they want to use it.

Visualization is a powerful tool for this ministry and it allows such variety, creativity and fun. When someone I know is traveling, I visualize what I call the white light of Christ around them. I may see it as a glowing white light extending about one inch out from them and outlining them entirely. Another image I use for this is a glowing white bubble completely surrounding them. My intent is that they be protected by this image.

I use this white light of Christ also for people who are under stress of any kind. As I visualize it, I ask for various things. I ask that good health be included in the bubble, or divine order in their life. If they are lonely, I send love. If they are depressed, I ask for joy. I ask for all sorts of things in that bubble. Often I also ask that only good will come in or go out of the bubble.

We may not always be able to think of something to say, or we may not always have the opportunity to speak kind words to the people who pass through our lives. But we can always project our love and caring. We can leave the feeling of love behind like we leave the scent of perfume."

Pass It On



By John Hyde
Richardson, Texas

I know that we all try to minister to others as we pass by, but in this case I was on the receiving end of ministry as I passed through.

It was January of 1974. I was 18 and as green as anyone could imagine. Two friends and I were going to leave home in my car with about \$100 between us. The plan was to leave Cheyenne, Wyoming, go to California, where I would drop off my friends, and then proceed to Texas.

We arrived in Albuquerque late in the evening, and before daybreak the car's automatic transmission suddenly had stopped working in high gear or reverse. That morning we pulled into the first transmission shop we could find. I was full of apprehension because I knew that transmission repairs often ran up into the hundreds of dollars. As the mechanic was checking the car, I explained to the manager that we had limited money but would be willing to work for a couple of days to bring the cost down to an affordable level. The repair turned out to cost only a few dollars, but he let me work the day anyway in return for the repair and even gave me an extra \$10. I talked to the workers a little that day, but mostly I worked hard in order to live up to my share of the bargain.

After we arrived in California, my car developed major engine problems. My friends, who knew people in the area, vanished. Meanwhile my 16-year-old brother, who was touring the country by thumb, met me. After several weeks of unsuccessful efforts to get a job, I reluctantly left the

car behind, and my brother and I headed home hitchhiking.

As we passed through Albuquerque, it was nearing dusk. Between the two of us we had eaten only four sandwiches in the last three days. So we stopped in at the transmission shop, hoping to find work for the next day to earn a few dollars.

I explained my plight to the manager as a couple of the employees stood nearby. But there was nothing that I was qualified to do except clean up the shop, and we had done such a good job a month earlier that cleaning would not be necessary again for quite some time. He left to go on with his work, and we lingered awhile, downing several cups of hot coffee (mainly, I suppose, because of the sugar which we had added to it). As we stood there with our coffee, one of the mechanics who had been standing nearby approached me.

He was one of the quieter employees, a big man without a very big vocabulary. He looked like the kind of simple-minded man who, if sufficiently angered, could really hurt someone. He seemed kind of distant as he spoke, explaining that if we needed a place to spend the night, he had room to put us up. Since there were two of us and one of him, and since we were worn out, hungry and cold (it was mid-January), we cautiously accepted.

It was a long drive home, for he had to pick up his wife, a friendly clerk who worked at the shopping mall, and also stop at a grocery store. I

remember being surprised that he was even married, let alone to a friendly, reasonably attractive person.

The home, a small camper trailer, was up in the mountains. Almost two hours after leaving the shop, we finally arrived there. The mechanic then insisted on engaging two tired, hungry teenagers in a long, friendly conversation. We impatiently told him of our long adventure, as well as part of our life story, while his wife prepared some food. Although I no longer feared him, he was getting on my nerves since all I wanted to do was to go to sleep.

Soon, to my surprise, we were served salads. They went down fast, after a prayer of thanks. As we ate, his wife asked us each how we wanted our steaks! I was so shocked

See PASS on page 5.

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All page references to The URANTIA Book are as follows: The page number is first, followed by a colon and then the paragraph number. Each indentation on a page is counted as a paragraph, even if it is a single line long, as in numbered lists. Paragraph 0 on the page is the one which began on the previous page. The international citation which follows the slash refers to paper, section and paragraph within the section.

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change of address to avoid
missing issues of The Circles.

As Art Passed By



By Paul Whitmoyer
Landisburg, Pennsylvania

Art was an alcoholic who recovered in his mid-forties. Many productive years followed. The spiritual program of Alcoholics Anonymous (AA) opened the way for him. His compulsive drive to drink became transformed into a spiritual style of help for others—from trying to find God in a bottle to finding God in the AA program of service. No small transformation. Art served as he passed by.

To enhance his AA Twelve Step Program, Art regularly attended spiritual retreats. As he grew spiritually, he felt the need to develop a locally sponsored retreat. In the spring of 1955, concerned AA members met and planned. The Roy Dilley Annual Retreat resulted, now numbering thirty-two.

AA's Eleventh step became essential to his way of being in this world, a partnership with God: "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that

out." This eleventh step is also the basis for our retreat.

Maintaining sobriety is a great accomplishment. However, sobriety is not recovery, it only sets the opportunity. Recovery is comprehensive work on many levels: spiritual reorientation, family reconciliation, financial stability, making amends to self, making amends to others (especially family). Art achieved success on all these levels, but above all, he replaced his former drinking time with helping-others time. And what expansive helpfulness: in behalf of problem drinkers and their families, in behalf of social systems that need reorienting to help alcoholics. He made regular trips from York, Pennsylvania, where he lived to New York City to hospitalize alcoholics (no sleep on those nights). He spent hours and hours of carrying the message to others, day and night. He found food, room and emotional support for desperate families and jobs for recovering AA members.

How to upgrade systems not designed to help problem drinkers? Art lived this challenge. He was active in the local Council on Alcoholism, as well as the county and state Councils. His focus was finding ways to reach and educate doctors and open doors to hospitals. Social agencies needed understanding, a positive outlook, referral sources. Clergy and congregations needed to get beyond the stigma and unreality of taking sides as to drink or not. Factual teaching about alcohol and the dynamics of alcoholism and

family chaos was needed in schools. Art worked to fill these needs.

He convinced employers that recovery programs are economic, available, and effective. He converted paths to jail into hospitalization. He convinced judges that there is hope for recovery. He promoted highway safety and funding for state-wide programs in drugs and alcohol problems. Hours and hours and hours Art gave to the advancement of social patterns so as to enhance helpfulness. And always he had time and energy for those individuals in crisis; the alcoholic and his family—as he passed by.

Fully recovered and financially secure in retirement in Florida, Art faced the challenging and exhausting situation of his wife's deteriorating health, the dreaded Alzheimer's disease. Over five years until her death he cared for her with no complaints. "She took care of me, along with Doris (their daughter), in my drinking days; now I have my turn."

He had a quiet spot looking out over the ocean where he regularly sought through prayer and meditation to improve his conscious contact with God. During our visit in February 1987, Art shared his ocean spot with Lorraine and me. He also gave us the prayer which was his orientation for meditation, his framework for seeking guidance, for partnership with God. (See box.) Art always carried a copy of this prayer.

Years ago, early one morning, I met Art who had been up all night carrying the message to other alco-



holics. (the AA Twelfth Step). "Art," I asked, "how do you keep going?" Modestly he replied, "Remember Jesus and the woman at the well, his having gone without food? His disciples returned with food and urged him to eat. But Jesus' reply was, 'My meat is to do the will of Him who sent me.' Seeing myself in the alcoholic's struggle keeps me going."

More than a ship that passes in the night, dimly recognizable, Art's life touched others with recognition, acceptance, and deep understanding. During his meditations and making amends, he learned more and more to accept himself—God forgiven, then self-forgiven, growing, seeking guidance, trusting, empathizing. No wonder he was so accepting and understanding.

How many lives are enhanced

because Art was, and is, a faith-truth seeker and sharer—because Art passed by.

Art died on Good Friday of this last year. Thanks, Art, for being you, for spirit seeking, for being our friend. Goodbye for now. We're looking forward to seeing you when we meet in the Mansion Worlds!—

PASS from page 3.

that I couldn't even answer intelligently.

Midway through supper I asked why the trailer was so cold, and he replied that the heater was broken and that they hadn't had the money to fix it—and besides, he said, they had gotten accustomed to it. It began to dawn on me that these were poor folks, so I asked if they normally ate steak, potatoes, and fresh vegeta-

bles for dinner. When they said not, I asked why we were doing so tonight. He replied, "In honor of our guests, of course," and nodded towards us! A real feeling of humility began to creep over me, and I suddenly felt very unworthy of the generosity of spirit to which I was being subjected.

As we drifted off to sleep later, under tons of blankets and still shivering, our host asked if we were cold and then proceeded to put the only source of heat, a small electric space heater, in the room in which we slept. I weakly protested, but I was indeed grateful.

The next morning on the way to work, he asked my brother and me where would be the best spot for us to resume our journey. We said, "As

See PASS on page 11.



Art's Prayer



Dear God:

I have no idea where I am going.

I do not see the road ahead of me.

I cannot know for certain where it will end.

Nor do I really know myself. . . and the fact that

I think that I am following your will does not mean that
I am actually doing so.

But I believe this.

I believe that the desire to please you does in fact please you.


I hope I have that desire in everything I do.


I hope I never do anything apart from that desire.

And I know that if I do this, you will lead me by the right road
though I may know nothing about it at the time.

Therefore I will trust you always for though I may seem to be lost,
and in the shadow of death,

I will not be afraid because I know you will never leave me
to face my troubles all alone.







An Investment Which Pays Great Dividends

By Kaye Cooper
Houston, Texas

Ministering as we pass by is a small investment of time, energy and awareness, but it pays enormous dividends. To be of some small help as you go about your daily life usually costs so little. A smile to a harried sales clerk, opening a door for someone, returning a dropped possession, allowing someone with few items ahead of you in the grocery line—these little anonymous gestures can brighten the whole day for someone. But their effect usually does not stop there. The person who has received your small gift, frequently is reminded to be more thoughtful of others, and they are, in their turn, influenced to be more cheerful and helpful. The original act of kindness has multiplied.

So often complimentary thoughts about someone go unspoken because you do not take the action to say something to that person. You may even comment to a friend but not to the person. It is



important to act on these small thoughts as you pass through life. One reason is that acting on our good impulses is an excellent habit to be in. But an even more important reason is that the person you compliment may be benefited far more than you expect.

I formed this habit of acting many years ago when I was on the receiving end of an apparently insignificant comment by a fellow worker. Her comment was, "I've always wished I had a lovely, slender nose like yours." Now, that may not seem like an earthshaking compliment to anyone else, but it had real value to me. I had always perceived my nose to be too large and therefore unattractive. I felt it to be the least attractive of my features. Her casual comment astonished me and permanently changed my image of myself. It enabled me to accept myself physically. That was the only time in my life anyone voluntarily complimented my nose. If she had not acted on her thought, I might never have come to a comfortable acceptance of my appearance. Once I recognized the value of her gift, I vowed to get into the habit of acting on these little thoughts. Now that I am more experienced I recognize that such kindnesses cost the giver so little effort, yet they are usually received with unexpected gratitude.

Ministering as you pass by in this very basic way requires only an awareness of people's needs at a very surface level. It is good practice and can relieve the wear and tear of

life for everyone. These casual acts can take on a much deeper effect, however, when you add an awareness of people's individual needs. You make your gifts more personal. A simple smile can be a pleasant but almost automatic act. I notice in myself the difference. There are times when I really look at the people with whom I am interacting as *individuals*. In order to really see someone, I must slow down my sense of rushing and shift my sincere attention to the person with me. When I take that small time and make that small effort, there is an unspoken communication which says, "I am interested in you as a person." People seem to perk up and slow down their own rushing.

Increasing your awareness of those around you as individuals can lead you to depths which might surprise you. I was shopping in a store one day where I could hear but not see a photographer tirelessly coaxing small children to smile for her. It was not an easy job. As I listened to her enthusiasm, I recognized that she was not just going through the motions. She was thoroughly and happily involved in what she was doing. On a sudden impulse I walked around the display cases separating us and commented, "I wanted to compliment you on your hard work. You are really doing a great job. You must enjoy what you do." As I saw her for the first time, I saw the lines in her face not so much of age but of experience. But even those clues

See *INVEST* on page 16.



Act

*By Adrienne Jarnagin
Houston, Texas*

If we are active, out and about, we will have many opportunities to serve as we pass by. Often, however, we have a hesitancy to act. We may be shy and unsure of ourselves. We may not feel that we know anything to do to help. We may be afraid we will look strange, be rejected or laughed at.

We have to learn to overcome those fears and act anyway. It is important to those we would help—and to God. There are so many times when I pray to God for help, and he sends it—through a friend. Someone will call and say, “I was just thinking about you,” and they will lend me the strength or the optimism I needed. Or someone will drop by and give me the idea or information I was asking for. One way that God

works—to help his children, to answer their prayers, and to guide them—is through each of us. He needs us to act for him. That’s why it is important to be courageous enough to forget our own fears and doubts and act.

It is important to seize each opportunity right then and not let it get away from us. As we act, we are building habits that will serve us well. I once saw a tragic accident in which two children drowned and one was rescued. Having no life safety equipment and no training, my friend and I could only watch as a strong rip tide swept the two children under. A surfer used his board to keep himself and the third child afloat. The mother of the three was in anguish, and I felt every sob, every moan. My own empathy was so great that I could not

bring myself to attempt to do anything for her. I finally left. I still regret allowing my own pain to keep me from comforting that woman. Serving others in such moments of great shock requires the practice of all those small gifts of service day after day. The habits being formed are the habits of forgetting ourselves and acting.

We do not have to depend solely on ourselves to overcome our hesitations as we see people’s needs. We can count on God’s help. We may not think we know what to do for someone or how to do it, but we can ask God to help us. Then we have to go ahead and act, trusting that somehow God will help us. This is living in faith. It’s not a very comfortable or easy way of life, but it’s the one we need to live. «



A Simple Service

I once had a neighbor who I believe would be a fine candidate for a service award of some description. Her service was a simple one—as she passed by—but it was always appreciated and remembered. It has been many years since I’ve lived in that neighborhood or seen Billie, but I know she’s still at it.

Her service was to welcome new neighbors in the neighborhood. She would take a plate of brownies over to their house, introduce herself and chat briefly. She let them know that she took in children and if they needed someone to keep the kids while they ran errands or whatever, she would be available.

Billie always brought these homemade goodies over on a plate that needed to be returned. That way, there would be a second chance to be neighborly. And when the children stayed with Billie, they never thought of her as the babysitter—she was always, “My good friend, Billie.” «

*By Diane Lanford
Fort Worth, Texas*



How Many Times?

By Gene Joyce
Richardson, Texas



This is a story of "As We Pass By" that took some fifteen years to come to fruition. It was about that long ago when a friend recommended her dentist to me, saying "He hasn't been out of school long but I think you'll like him." I did indeed like him as a personality and decided on that very first visit that he was probably in the leading edge of his profession.

"My goal is to practice painless dentistry," he confided. He went on to discuss a new combination of relaxing gases he had discovered which enabled his patients to drive home alone safely after treatment. From the start we always shared a

little of what had been going on in our lives before he initiated that frustrating period when I couldn't talk.

It was probably that first year that I answered his query of "Well, what have you been doing since I saw you last?" with "I just came back from a URANTIA Study Session in Chicago last week."

"What is that, 'Urantia?'"

"It's the name of a book I have been reading for some time." He went on to talk of other things and I allowed the subject to drop.

Experience has taught me that it sometimes takes several exposures to the word "Urantia" or *The URANTIA Book* before someone latches on

to it. We even have a little game we play when telling our study group about our efforts to share the book with someone. Quite often the person doesn't react at the first attempt; but at study group as we describe the experience, the group merely smiles knowingly and says, "That's once."

About seven years ago a new reader came to our study group who asked me to recommend a dentist, as he needed to have his wisdom teeth removed. Of course, I was delighted to describe my dentist in glowing terms. During one of his visits to the dentist, John (the new reader) mentioned that he was a reader of *The URANTIA Book* and

By Kaye Cooper
Houston, Texas



Praying As We Pass By

One way my mother serves as she passes by is to pray for those in whose presence she may happen to be. She discovered this idea one day in a doctor's waiting room. The wait stretched on and on. The longer she waited, the less she liked it. (Who hasn't been in that situation?) Then it occurred to her that she could be using this time in a very valuable way. These people would not be here if they did not have health needs. So she prayed for each one in turn. The time passed quickly, and, of course, her attitude changed from irritation to peaceful content. I've borrowed this idea from her and it has brightened many an hour. Who knows how many people could benefit from a few surreptitious prayers as we pass by.

that he lived at my house. Our dentist responded: "Oh, yes, I seem to remember she did mention that book." Still there was no further curiosity or interest on his part. **That was twice!**

Earlier this year another friend of mine, Jeannie, told me of seeing a dentist who prescribed a very expensive dental procedure. She had not been to this dentist before and had no personal commitment so I ventured to suggest that she see my dentist for a second opinion. On her first appointment Jeannie spoke of a URANTIA Conference she planned to attend in Maine during August.

"Urantia, seems to me I've heard of that."

Jeannie explained about the book she had been reading for some eighteen years and told him of the study group she attended at my home. She also gave him a general rundown of the subject matter.

"That sounds like something I would be interested in," he said.

Jeannie told him where he could buy a copy. At her most recent appointment she learned he had purchased a copy, adding, "Say, that is heavy reading." (Not surprisingly, he was referring to "The Foreword.") Jeannie suggested he start reading by selecting subjects of particular interest from the index.

And that makes three!

Sequel

While in Brunswick, Maine at the recent URANTIA Conference, a temporary tooth which the dentist had inserted in Jeannie's mouth came unglued. She made an appointment with a Brunswick dentist. In the course of her visit to him the following exchange took place:

Jeannie explained that she was in town for the URANTIA Conference at Bowdoin College.

"Urantia"—what is that?"

Jeannie gave him her usual explanation, "It's a combination of philosophy, science, history, and religion, with the story of how Jesus lived his religious life."

No comment by the dentist.

When he had finished inserting her tooth Jeannie got up to leave and remarked, "There must have been some reason for my visit to you."

"Oh, yes," replied the dentist, "Would you please write down the name of that book?"

Elements of the Technique Of Ministering As You Pass By

*By Bill Cooper
Houston, Texas*



(from Paper 171 Section 7)

Jesus approached his ministry to people casually. It was not planned or premeditated. He responded to the needs and circumstances as he found them. I think the reason he chose not to premeditate or organize his good deeds and ministry was that his casual technique is more effective and more immediately love-saturated. It is also universally possible for every one to practice the spiritual art of doing good casually as a constant, undemanding style of living. It requires no "spare time."

The elements of this technique are not difficult or sophisticated. They are:

1. Spread good cheer.
2. Be full of grace and truth.
3. Speak graciously.
4. Deal with others as a friend.
5. Make decisions and take actions based on love.
6. Have boundless compassion for the suffering of your fellows.
7. Have a practical, personal and constructive sympathy.
8. Avoid pity and do not increase self-pity.
9. Be interested in your fellows.
10. Be a keen observer of people.
11. Strive to comprehend human needs and longings.
12. Do not be in a hurry.
13. Have time to comfort your fellows as you pass by.
14. Be a charming listener.
15. Make your friends feel at ease.
16. Don't engage in meddlesome probing.
17. Have faith in your fellows.
18. Don't be curious about people.
19. Don't direct, manage or follow up.
20. Inspire self-confidence and courage in others.
21. Do unselfish good as you go about your daily life.

Got an idea for an article?

The back cover tells about our next theme, but we are most happy to have articles on other topics too.



As We Pass By: Study Notes

By Bill and Kaye Cooper
Houston, Texas

[In the following notes, the reference or a summary appears in italics. Our comments about the reference follow in regular type.]

1875:5/ 171.7.10 *"And it behooves the Master's followers in all ages to learn to minister as 'they pass by'—to do unselfish good as they go about their daily duties."* The strong suggestion here is that we should learn to minister as we pass by. The passage defines such ministry succinctly: (1) doing good, (2) unselfish good, (3) as we go about our daily lives. This simple approach to life is learnable by us. One does not have to be Jesus to do it. It is not just a pointless requirement for those who follow Jesus. Nor is this instruction simply a rule to be followed. This is rather a description of his way of life. It will help us grow into the kind of person he is. If we make a habit of sincerely doing unselfish good, moment by moment in our lives, such a habit will eventually contribute to our transformation. One way it will change us is that such loving bestowal of ourselves on all around us will enable us to love them more! ("The more fully we bestow ourselves upon our fellows, the more we come to love them. . . .") 1419:2/ 129.0.2)

Doing good as one passes by is a good pattern for everyone, even those who intellectually resist Jesus. This pattern of doing good while living an otherwise typical material existence is the successful pattern for balancing one's spiritual life and living it constantly, simultaneously with one's physical, emotional and intellectual lives.

1874:4-5/ 171.7.1-2 *Jesus ministered in an important way: graciously. Graciousness in doing good makes the good effective—attractive. ". . . graciousness is the aroma of friendliness which emanates from a love-saturated soul."* This ministry as Jesus passed by had such impact on people because it had about it the "aroma of friendliness." Goodness which is attractive has an extraordinary effect. It draws people to that goodness and makes them desire to be good too. So Jesus' way of serving as we pass by will transform not only we who serve, but those who are served as well.

Love is contagious, and apparently gracious love is highly contagious. It has an immediate and enduring effect. So we need to observe, study, imitate and adopt gracious, loving ways if we want to be successful and effective.

1874:6-7/ 171.7.3-4 *Jesus understood men at a deep level. "He was an interested and keen observer. He was an expert in the comprehension of human need, clever in detecting human longings."* I think Jesus listened, thought and responded not from mere human mind but from his soul. I can imagine him praying as he began visiting with anyone in need. His prayer was probably along the lines of, "My Father, it is my will that you lead me to hear this person's true needs and that you give me the words, the deeds and the graciousness to help them rise above the hurt, heal their illness, and restore their self-respect." And God the Father answered that prayer for Jesus just as

he will invariably answer it for us. He will even help us to learn to receive his answer.

We might be tempted to assume that Jesus always used his divine knowledge to know just what the people around him needed and that our ministry can rarely reach the deep needs of those around us because we do not have such superhuman knowledge.

This passage gives us one clue why these assumptions may not be accurate. It indicates that Jesus paid close attention to people. He was looking for their true needs, for their deep longings. This concentrated attention to people is something we can do too.

But I find even more encouragement that we too can know the real needs of people. We are promised two extraordinary aids. First of all, we are told that we may use the mind of Jesus which surely can guide us to a deeper knowledge of our fellows. Secondly, we are told that the Spirit of Truth directs the loving contact of one human being with another. (553:7/ 48.6.25; 1951:0/ 180.5.11) We can depend upon this direction any time we are approaching anyone else with love. These powerful aids can, as we learn to respond to them, lend greater and greater depth to our insight into our fellows.

1874:8/ 171.7.5 *Jesus had time for everyone; he was never in a hurry. He made people feel at ease. He did not probe into people's souls.* These descriptions of Jesus's way of dealing with people give us insight into his effectiveness, as well as

See NOTES on page 12.



By Vince Ventola
Venice, California

PASS from page 5.

close to Interstate 25 as possible." As his wife neared the entrance ramp to let us off, he reached into her purse and handed each of us \$2.

That was the last straw. I asked him for his address. When he asked why, I said that I wanted to repay his kindness somehow. He asked how I intended to do that. I explained that the least I could do was to reimburse him for the expense he had put out on our behalf. After the look of disdain had passed from his face, he said in patient, friendly tones that he wanted no money, that it had been his *pleasure* to have helped us, that he would be insulted if we even tried to pay him back, and that, therefore, we didn't

need his address. Exasperated, I protested, "Isn't there anything I can do to pay you back, ever?"

He thought for a moment or two, and then looked back into my eyes and said: "Yes, there is one thing that you can do for me, and, in fact, I

would appreciate it if you would."

"Tell me what it is," I eagerly said.

"Pass it on."

"What?"

"Next time you have a chance to help someone who is cold, hungry and helpless like you two were, do as much for them as we did for you. Be generous in helping those in need. Take this favor and pass it on. Will you do that for me?"

As we climbed out of the back seat, I promised, "I will."

And to this day I am still mightily moved by the overwhelming generosity shown to someone so totally unworthy of receiving it. »

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Send us their names
and addresses.

...

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The Circles,
see the back cover.

Little Things

*Little things that happen in the day,
Embody the essentials of great occasions.
A kind word, a moment to listen,
A little help, so much as a smile,
Are mere nothings bearing great consequences,
Either done or left neglected,
Add to, or take away from all of us.
Like the traveler at the shore,
Who sheds a secret tear,
And expands the ocean by a drop;
Like mirrors turning in the wind,
Catching us offguard and without disguise,
Disclosing hints of who we really are.
For love is lavish when rendered in small ways,
And each of us profits or suffers,
In measure with all of us;
And as the qualities of the part,
So the qualities of the whole.
Forever will these little opportunities to love,
That daily drop into our hands,
Abundantly satisfy the question,
"Lord, what will you have me do?"*

*By Michael Hanna
Pittsburg, California*



NOTES from page 10.

guidelines for our own ministry. Even though someone takes time for me, he may still give me the impression I am intruding by being "in a hurry." How much more welcome I feel when this sense of rushing is gone. This personal experience leads me to think that not rushing is a significant aspect of the effectiveness of Jesus ministry. I think the secret to not being in a hurry is to set priorities as Jesus did: the person right here, right now is first priority.

Another way we can make people feel comfortable is to avoid probing their souls. Instead of aggressively delving into people's lives to evaluate and critique the good be-

havior versus the poor behavior, perhaps it is better simply to be available to them in a comfortable, friendly, caring way with no analysis, no suggestions, just support and encouragement from one beloved son of God to another of equal status. Such an approach allows the other person to seek help if she wishes. I am reminded of the image of Jesus standing at the door and knocking. *If someone opens the door, he comes in.*

1875:1/ 171.7.6 *He was not curious about them. He did not try to "direct, manage, or follow them up." He inspired self-confidence and courage. We are so accustomed to a very different kind of helping from*

that described here. So often we try to help others by taking over their problem and trying to solve it ourselves or at least by telling them what to do. That does not do anything to inspire self-confidence and courage, quite the contrary. It teaches the person that he is not capable of coping with life, that he needs help. Even if we escape the temptation to take on someone else's problem or to tell him how to solve it, we may still make the error of keeping tabs on his progress. Frequently all Jesus did for a person was to give him a new (spiritual) way to look at his situation and then leave him to deal with it, anticipating his success. Such an

See NOTES on page 16.



Overcoming Hurts and Anger

By Kaye Cooper
Houston, Texas

Overcoming Hurts and Anger by Dwight L. Carlson, M. D. Published by Harvest House Publishers, Eugene, Oregon. Copyright 1981. Paperback \$4.95, 182 pages.

For years I have been interested in the topic of anger and sought healthy ways to deal with it. I never could accept that "letting it all hang out" was a solution. Beating a pillow did nothing for me. Just loving my brothers did not happen on my command—it has to grow and in the meantime I was still angry. None of the books on anger seemed to have the spiritual maturity I was seeking.

Well, I have found one that does have spiritual maturity. It is called *Overcoming Hurts and Anger* by Dwight L. Carlson. Dr. Carlson starts out emphasizing the importance of not suppressing your anger. In fact, he emphasizes it to the point of repetition, but do not let that deter you. Once he gets beyond that point, he goes through excellent step-by-step ways of dealing with the things in life that upset you. He also clarifies the distinction between suppressing anger and genuine forgiving and forgetting.

Dr. Carlson's basic steps in handling anger are: (1) Recognize that you are annoyed, irritated or angry and evaluate just how serious your feelings are. (2) Do not take any action until you think through the situation and have control of what you do and say. In other words, do not allow your anger to be in control. (3) Pray. Especially keep a prayerful

attitude of dependence on God's help. (4) Identify the true cause of your upset. There are times when you get angry about a minor incident because you did not deal with something that upset you earlier. (5) Decide if your anger is legitimate. Sometimes you will discover that the other person was in the right and your anger will disappear. (6) Choose a course of action. This may include any combination of the fol-

lowing: (a) confronting the person in a loving manner, (b) clarifying the limits of acceptable behavior and setting penalties (appropriate for your children, employees, students, etc.), (c) getting counsel from a friend, (d) talking or writing about the experience to be able to release the emotions, (e) compromising with the other person when you have seen their viewpoint, or (f) passing over

See ANGER on page 37.

Way of the Peaceful Warrior

By Tommie Clendening
McKinney, Texas

Way of the Peaceful Warrior: A Book that Changes Lives by Dan Millman. Published by H. J. Kramer, Inc., Tiburon, California. Copyright 1980, 1984. Softback \$9.95, 210 pages. I just read one of the best books I've read in a long time. It was easy to read, with an exciting plot (one of those you can't put down!), and it was a true story. *Way of the Peaceful Warrior: A Book that Changes Lives* reminded me of *The Karate Kid* or the Carlos Castaneda books, though I found it much more understandable and believable, and I related to it better than those.

The author was an Olympic gymnast. Having been a gymnast and having trained in several competitive sports, I related to his back-

ground and frame of reference. The story begins on the Berkeley campus in the late 60's. This book is written on many levels. Where you are in your growth will determine how you perceive the messages presented therein. I'm sure if I were to reread it a year from now that it would seem even deeper in meaning than now, just because I would have progressed down the path a little further.

You feel good when you finish this book. You come away with a feeling of brotherhood, understanding and sharing. The end of the book is surprising. It was also a validation for me. (You'll see what I mean.) I've heard that this author has another book out now, and I'm looking forward to continuing my reading, as soon as I can find a copy. Maybe I'll report on it at a later date. Meanwhile enjoy *Way of the Peaceful Warrior*.

A Memory of Dan Loweree

By Vince Ventola
Venice, California

Although I heard his name mentioned many times, I didn't meet Dan Loweree until November of 1978. I had left Los Angeles two years earlier and had been living in Humboldt County (in northern California). First URANTIA Society of Los Angeles invited me to give a talk on "Prayer, Thanksgiving, and Worship."

By that time Dan had already been hospitalized. He was receiving both chemotherapy and radiation for the cancer, which was rapidly spreading. Julia Fenderson had been in close contact with Dan and told him I was coming to Los Angeles. He read a study I prepared on "Group Worship" and wanted to meet me. Since he was unable to leave the hospital, both Julia and I made an appointment to visit him on the Saturday before the Sunday FUSLA meeting.

Upon entering his room at the UCLA Medical Center, Julia did not recognize him. Thinking we had made a mistake, we started to leave. Just as we stepped outside the room, he called out Julia's name. Dan had

lost a great deal of weight and most of his hair, but a strong smile and handshake greeted me. His eyes were brilliant in their intensity and sparkled with so much soul. His spiritual awareness was vibrant even though his material body grew weaker each day. And this is how I first met Dan Loweree.

We visited for an hour and spoke about prayer, thanksgiving, worship, Thought Adjusters, guardian angels, and the Mansion Worlds. It was a sharing I have never forgotten. Dan was very disappointed that he had to miss the FUSLA meeting. Now more than ever he wanted to attend. His doctor, however, strongly advised against it. His medication, his lack of physical strength, and the physical pain itself required him to assent to complete bed rest. Julia, Dan, and I prayed together, and I felt very blessed for having been in his presence.

Sunday meeting was a wonderful reunion for me, greeting old friends and meeting new ones. Once again our monthly meeting place had

changed (Father will we ever have a nest of our own?), and we were three flights up at a veterans' hall in Hollywood. After a period of group worship and silent receptivity, I began the presentation. Fifteen minutes into the program my attention was drawn to the back of the room. Slowly—very slowly—through the doorway appeared Dan Loweree. He smiled at me and nodded. Quietly he took a seat in the last row.

I will never forget that moment and the victory shared as our eyes met. His spirit had touched me so deeply. (I later found out it took Dan twenty-five minutes to climb those stairs.) After the discussion, we ended with another moment of meditation. I briefly opened my eyes and saw Dan praying with us. He looked radiant! When the meeting was over, Bill Sherwood and I and a few others carried Dan down those three flights of stairs. It was an honor.

Polly Friedman decided to throw a spontaneous open house in honor of Dan. He said he felt wonderful and really didn't want to go back to the hospital just yet. His spirit and his thirst for deep study and discussion of *The URANTIA Book* were amazing. How ironic when later that evening Dan told me that I looked tired! My last conversation with Dan was about the Mansion Worlds. He felt great strength and joy and complete assurance of his personality survival, but he still hated to leave Urantia. One month later he wrote: "I feel such clarity of thought! Such awareness of my own Thought Adjuster! Vince, this is the most wonderful time in my life! I know the Mansion Worlds

See DAN on page 17.

Tidbits

Q: What kind of lights did Noah have on the ark?

A: Flood lights!

By Paul Whitmoyer
Landisburg, Pennsylvania

Personal Transformation

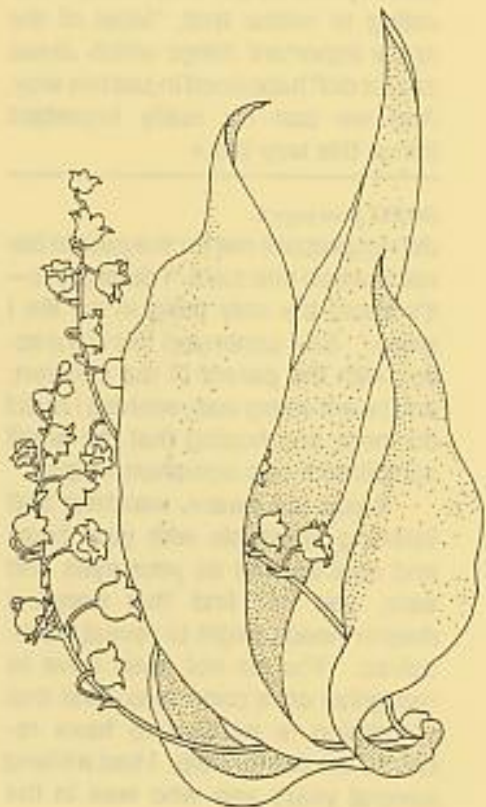
*Growing, growing beyond
beyond myself
beyond myself
into myself
that I have always been
but more*

*Bursting, bursting forth
arriving
like a butterfly emerging from the cocoon
a flowering of feelings
from the fragile shell
wings wanting to fly
upward
up, beyond this form of flesh
breaking the bonds of time's containment
space to fly*

*I am different
Another stage of development
reaching, reaching
Another age due to dawn
The light living within carving out ever deepening channels
of communication and love
between us, through us, to us
He is everywhere providing for His cosmic children of destiny*

*Expanding our capacities for growth beyond self into others
How much love there is
How much love
When we tap into the Source of it all
Father God, won't you help us to transform ourselves
and thus the world
dawning brotherhood of man
not mere words but realities
reality
really really love
just love
just love*

*By K. Brendi Poppel
Bayside, New York*



NOTES from page 12.

attitude invested the person's experience with its true dignity and value because experience is the irreplaceable experiential education provided for the benefit of a beloved son of God.

Jesus had faith in people. And yet, when the occasion demanded, he could "be severe with them." He fit his every act to the need of the individual.

1875:4/ 171.7.9 "Most of the really important things which Jesus said or did seemed to happen casually, 'as he passed by.' There was so little of the professional, the well-planned, or the premeditated in the Master's earthly ministry." To spend time planning and carrying out projects to help others is a worthy use of our time and not to be discouraged. But there is an even higher level of being to which we can aspire. This higher level is that of a constant attitude of loving service, where our joyful acts of ministry begin to flow from us naturally and graciously. As we become more in tune with our true spiritual self, divine love will flow through us and take expression in ministry "as we pass by." It is interesting to notice that, "Most of the really important things which Jesus said or did" happened in just this way. And we can do really important things this way too."

INVEST from page 6.

did not prepare me for the pain in her voice when she said, "I do enjoy it—it's about the only thing in my life I enjoy." She continued her transaction with the parent of the children, and I went on my way, wishing I could do more and hoping that the small compliment had somehow helped.

If you are aware, watching and listening to people with your heart and soul as well as your eyes and ears, you will find that people's deeper needs begin to reveal themselves. You do not even have to recognize on a conscious level that something is needed to have received the call for help. I had a friend several years ago who was in the

process of separating from her husband and raising teenagers while struggling through an arduous year of graduate school. Because we were in school together, I saw her frequently. I came to care about her deeply. We seemed to have an unconscious connection. Time after time I would call her and her first remark would be, "Oh, you must have known I needed you. Things are really bad right now." And she virtually always commented on how things had improved after I sent her spiritual help even though I had said nothing to her. The world is not limited to the "reality" of your conscious world. God can and does work through you in wonderful and mysterious ways if you are willing.

My husband and I spent the three months of this last summer making a very difficult move to Houston from a city where we had lived for sixteen years and from a home we had lived in for ten years. There were many physical and emotional complications as we made the move. Time and again we found ourselves

on the receiving end of other people's service. When we could not find a painter to do necessary work to the home we needed to sell within our time limitations, a friend brought his equipment and spent two strenuous days helping Bill do the work. When we made trips to Houston looking at houses, friends there insisted we stay with them and made us feel entirely comfortable in their home. As we spent exhausting days looking at house after house, they gave their moral support and experienced advice. The real estate agent eased the process immensely with her genuine friendliness and good humor. When our impossibly busy schedule was strained further by the immediate necessity of repainting and recarpeting a rental property, my parents stepped in with workmen to take the burden. When I suffered emotionally from suddenly finding myself alone week after week while Bill was already in Houston, friends pressed me to spend my evenings and nights in their home. Time and again people recognized our needs

Let Us Join In Prayer*

"When a group engages in community prayer for moral enhancement and spiritual uplift, such devotions are reactive upon the individuals composing the group; they are all made better because of participation. . . . Confession, repentance, and prayer have led individuals, cities, nations, and whole races to mighty efforts of reform and courageous deeds of valorous achievement." (999:5191.5.2)

We invite you to join us for the next few months to pray daily or weekly, as you prefer, on the following topic. (We would be happy to have your suggestions for future topics.)

Prayer Topic

Let's pray for more awareness of the needs of our fellows as we go about our daily lives, for the courage to offer our aid and support, and for the pleasure of ministering as we pass by.

The Circles Calendar

The Circles is published three times a year. (We also solicit donations in November and March.) Our yearly calendar:

	<u>Articles Due</u>	<u>Mail</u>
Spring-Summer	Dec. 15	May 1
Fall	April 15	Aug. 15
Winter	Aug. 1	Dec. 1

and took immediate, unplanned action to help. I experienced, of course, a surge of gratitude at the time, but I have observed a long-term effect. I feel an increased desire to be aware of people's needs. There is greater joy in discovering something I can do for someone else. I am more likely to take action on my generous impulses. I feel a debt, but it is not an onerous one. It is simply the feeling of a genuine desire for the pleasure of being of service to others.

Serving as we pass by is an investment which pays great dividends. The gradual transformation of lives is the greatest dividend.◀

ANGER from page 13.

the incident, genuinely forgiving and forgetting.

Dr. Carlson also deals with ways to forgive and forget and how to prevent anger by recognizing, expressing and adjusting your expectations.

I have read several books and articles on anger, but this one is the best. It incorporates most of the techniques I have found in my own experience to be effective. I recommend it highly.◀

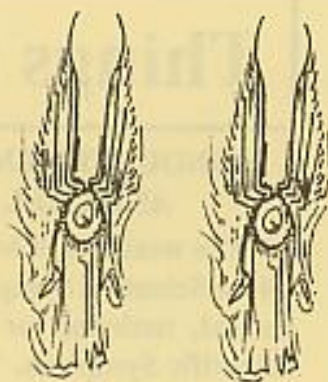
DAN from page 14.

are waiting for me, but this is where we are so badly needed. They all know about our Father up there. I want to help spread the word down here."

Kermit Anderson wrote to me in December and told me about Dan's initiation into FUSLA and URANTIA Brotherhood. It took place on December 20, 1978, in the hospital. On April 16, 1979, Dan graduated to the Mansion Worlds. He is one of the mightiest soldiers of the circles I have ever known.

Through the years our society has seen many brothers and sisters go on to the Mansion Worlds. And how wonderful to experience the power of our supernal teachings as these stories truly change from sorrows to triumphs! Instead of each chapter reading "The End," they now read "To Be Continued. . ."

about angels



The angels "love human beings and only good can result from your efforts to understand and love them." (419:1/38.2.1)

Jesus said, "But most of all, see that you despise not one of these little ones, for their angels do always behold the faces of the heavenly hosts." (1761:2/158.8.1)

Contact with angels may be more common with young children than most parents realize. Carefully worded questions or a loving and open attitude can sometimes elicit interesting replies. Recently Tommie Clendening was driving in the car with her daughter when Miranda, age six, suddenly asked, "Mommie, can you see your angels?"

Tommie answered, "I visualize mine as sitting on my shoulders or maybe just behind me."

After a long thoughtful pause, Miranda continued, "I don't think mine are behind me. I think they sit on my lap."

"On your lap! What makes you think that?"

"So we can hug."

Another recent experience in Miranda's life occurred just after she arrived home from school. Her mother had noticed an envelope on the table and later it had disappeared. She asked Miranda if she knew what was in the envelope and what had become of it.

"Yes, it had the results of my test."

"Well, where are the results? I would like to see them."

"Mommie, I handed it to you."

"No, Miranda, you didn't and I would really like to see it. You must find it before you go outside to play."

Miranda hunted everywhere she could think of—upstairs and downstairs. Finally in total frustration she burst into tears. Then the thought occurred to her, "If you want me to get to go outside, God, you're going to have to help me." She turned around and there, right before her eyes, was the envelope with the report inside. She ran downstairs to share the experience with Tommie before she went outside to play.◀

Things to Share

ANNOUNCEMENT OF SYMPOSIUM AND CALL FOR PAPERS

The weekend of May 13-15, 1988 has been set for Scientific Symposium I, the first of three annual, national (or perhaps international) Scientific Symposia. To be held in Nashville, Tennessee, it will offer presentations from both reader and non-reader scientists in an effort to clarify and better understand the descriptions and information in the book concerning the natural, biological, and behavioral sciences. The theme for Symposium I will be "Man's Augmenting Vision." (1306:2/118.10.13.)

Those interested in participating or attending should write:

Scientific Symposium I
P. O. Box 23238
Nashville, TN 37202

Those wishing to present papers should submit a title, a brief description, the approximate presentation time, and a biographical sketch of the author's scientific background.

SOUTH PACIFIC REGIONAL MEETING OF URANTIA BOOK READERS

Venue: Ranelagh House
Illawarra Highway
Robertson, N.S.W. 2577
AUSTRALIA

Dates: October 10-14, 1988

Cost: \$250 (Australian) per person
(Includes meals and accommodation)

Please send name, address, and phone number by January 15, 1988, as registrations must be finalised by March 18, 1988. (Late registrations cannot be guaranteed.) Contact:

Kathleen & Trevor Swadling
7 Walsh St.
Narrabeen, N.S.W. 2101
AUSTRALIA
Phone: (02) 9137893

CHANGING WOMAN

Through the years it has been a privilege and an honor to share my paintings with students of The URANTIA Book. I pray that my visions on canvas reflect some of the Light and hope, wonder and awe, worship and beauty that has inspired each and every reader of the Fifth Epochal Revelation.

I have probably received more requests for copies of "Changing Woman" than any other painting, and for many years I was able to offer only photographic prints taken from a three by five inch slide.

Through a most amazing set of "coincidences" I met a gentleman who does reproductions for the Metropolitan Museum of Art in New York City. He saw the original painting of "Changing Woman" at my parent's home in New Jersey. Little did I realize that this neighbor of over fifteen years was one of the most successful and talented reproducers of fine art on the East Coast.

He was challenged by trying to duplicate the unusual colors in the original painting. I had been told that true color reproduction of "Changing Woman" would be impossible. So I commissioned him to do the reproductions. The print is made directly from the original and is the exact same size. Not only is the color reproduction perfect, but he has also captured the sense of texture and movement of the brush strokes.

"Changing Woman" has been reproduced on the highest quality museum stock, and each print is signed and numbered. This is a limited edition priced at \$100 per print (plus \$5 shipping and postage) A slide is available for your previewing.

If you would like to order please send your name and address and a check made out to:

Vincent Ventola
711 Superba Avenue
Venice, CA 90291
(213) 822-2498

THE CIRCLES ANNOUNCES...
THE SPIRITUAL LIVING PAMPHLETS

Last year *The Circles* offered a reprint of a popular article, "Friendship in Marriage." Reports of the usefulness of this pamphlet have encouraged us to initiate a series of pamphlets. Some will be reprints of articles which have appeared in *The Circles*. Others will be new material. Each will be appropriate to share with friends and family who might not be interested in *The URANTIA Book* since any references to the book will be removed.

Theme

We feel that the most important information to share with our fellows is that a personal and direct relationship with our Heavenly Father is available to each of us, that in fact he is reaching out to us, and that the results of this spiritual relationship will transform our daily lives, most especially our relationship with our fellows. Therefore, the theme of all these pamphlets will be "living the spiritual life in the material world," and they will be called "The Spiritual Living Pamphlets." We hope to enrich people's lives by sharing the experience inspired in our lives by contact with *The URANTIA Book*.

Cost

We will indicate the approximate cost of publishing and mailing each pamphlet. None should cost over \$1.00. Anyone who is unable to help us with the cost is, as always, most welcome to have them free. We appreciate the assistance of anyone who can send extra to help cover the cost of the free copies. In each issue we will list the pamphlets still available as well as new publications. (Pamphlets will be 7 by 8 1/2 inches.)

New Pamphlets

Living the Spiritual Life explores your individual relationship with God and the effects it can have in your daily life. By Kaye and Bill Cooper. 7 pages. Cost \$1.00 each.

Communicating Feelings describes a successful way to enhance the marriage relationship through the honest and loving sharing of each partner's feelings. By Tommie Clendenning. 4 pages. Cost \$0.75 each.

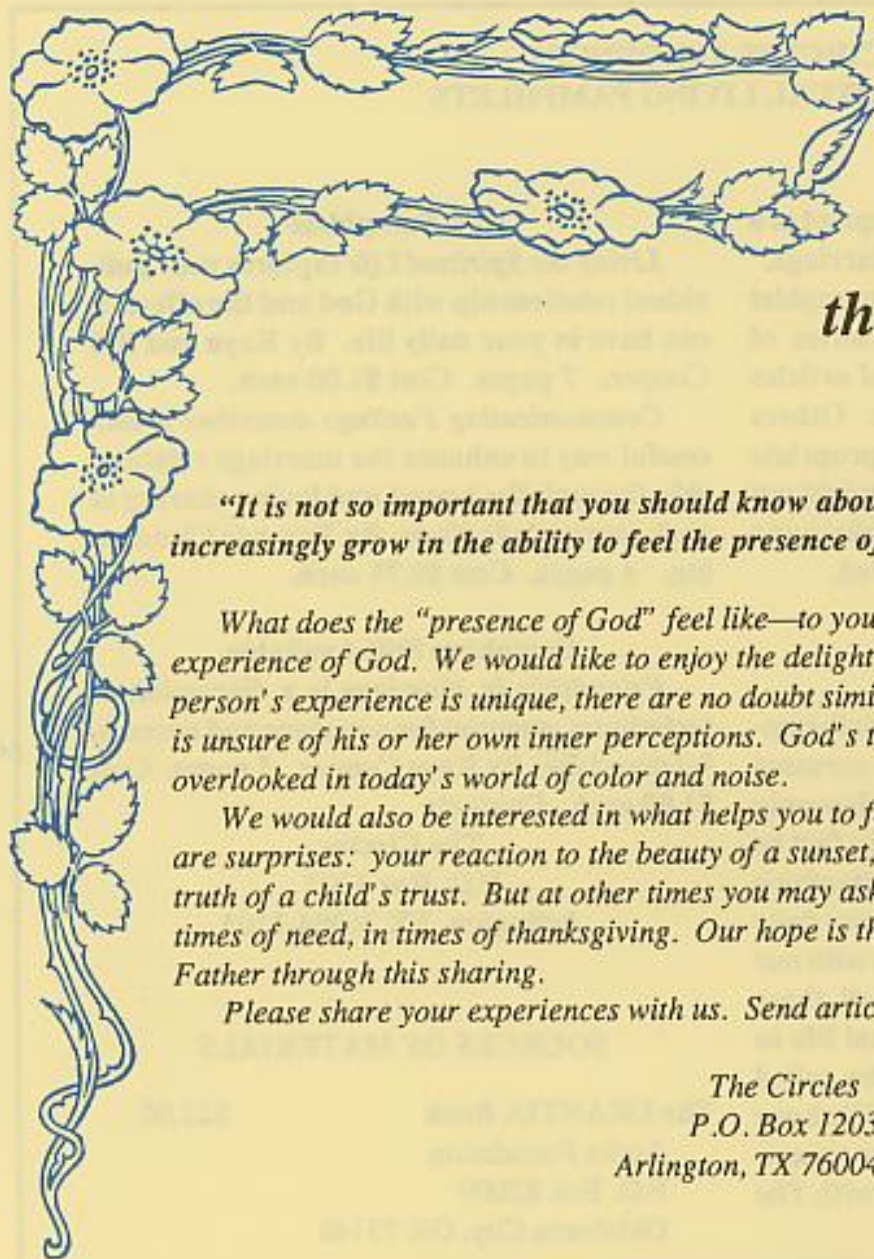
Pamphlets Still Available

Friendship in Marriage is a discussion of techniques essential for a mature and successful marriage. By Kaye Cooper. 5 pages. Cost \$1.00 each. Contact:

The Circles
P.O. Box 1203
Arlington, TX 76004-1203

SOURCES OF MATERIALS

The URANTIA Book	\$22.00
Asoka Foundation P.O. Box 82009 Oklahoma City, OK 73148	
Concordex	\$10.00
Concordex/URANTIA Book Set	\$27.50
Center for URANTIA Book Synergy P.O. Box 3915 Santa Barbara, CA 93130	
Case of 5 Concordexes	\$40.00
Paramony	\$10.95
Case of 5 Paramonies	\$40.00
The Jesusonian Foundation 620 12th Street Boulder, CO 80302	



Feeling the Presence of God

"It is not so important that you should know about the fact of God as that you should increasingly grow in the ability to feel the presence of God." (1733:0/ 155.6.11)

What does the "presence of God" feel like—to you? Each person has his own unique experience of God. We would like to enjoy the delight of hearing yours. Even though each person's experience is unique, there are no doubt similarities which may help someone who is unsure of his or her own inner perceptions. God's touch can be very subtle and remain overlooked in today's world of color and noise.

We would also be interested in what helps you to feel God's presence. Some experiences are surprises: your reaction to the beauty of a sunset, the goodness of a friend's act, the truth of a child's trust. But at other times you may ask for God's presence and receive it—in times of need, in times of thanksgiving. Our hope is that all of us will grow closer to our Father through this sharing.

Please share your experiences with us. Send articles, poems, or art by August 1, 1988 to:

The Circles
P.O. Box 1203
Arlington, TX 76004-1203

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