

The Circles

The Importance of Lightening Up

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The Dream

By Ted Lanier
Austin, Texas

*"Worship—
contemplation of
the spiritual—
must alternate
with service,
contact with
material
reality."**



Last night I had the strangest dream. I'm sure of it now. Looking back through the crystal clarity of retrospect, I was deranged—or was it that I was detached from my Adjuster? No matter. Let me get on with my strange tale. Perhaps it will enlighten you, too. You are too heavy, you know, taking everything so-o-o seriously.

Things looked hazy and out of phase. I realized I was in another place if not another time. I could hear one of those over-practiced, under-enthusiastic tour guide voices droning on and on. Nevertheless, what I heard almost made me bolt upright. I repeat it all for you, verbatim.

You've heard of the absonite and midsonite worlds, but I'd like to welcome you to the little known third in the trio of types of worlds. Absonite, midsonite and masonite, as we call them. Yes, that's right, you are on the masonite planet, home of the pegboard people, those awkward looking three-sided beings over there.

Pegboard people share much in common with you earthly mortals, PMS for example. Only here both sexes are subject to it. It's that anxious, irritable feeling that they have before the holes for the pegboard hooks are drilled, making them real masonite. Hence the name PMS—*Pre-Masonite Syndrome*.

There are several other big events in the lives of the pegboard

people. One of them pertains to the song *Old Man River*—you know, "Lift that barge, tote that bale." Well, one of the main things that the pegboard people do is carry, or tote, merchandise on those little pegboard hooks. When they have made the final, irrevocable commitment, then they get their "Tote Adjusters" or "Merchandise Monitors." At that very moment all of their pegboard hooks are mysteriously bent so that merchandise can't just fall off. They are bent to the correct angle. This is, of course, *the guardian angle*, and it happens everytime someone gets a Tote Adjuster.

The pegboard people are involved in a vast project. They are, over many eons, toting merchandise to one giant storage hamper or bin. As the millions of years go by, the bin becomes more and more full, more and more complete, more and more actualized. They call it, of course, *"Actualizing the Supreme Bin."*

And what is the greatest occupational aspiration of a pegboard person? You guessed it. They all want to work at *True Value Hardware!*

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.

Me From My Angels' Point of View

By Ann Bendall
Nambour, Australia

The me of the pre-*Urantia Book* days was decidedly ignorant as the dossiers of my angels would confirm. I loved people and deduced the majority were sick. There was the real person, the one I loved, and there was the one who tried to be like everyone else. Where Jesus did good as he passed by, not I. Like a terrier I would hang onto the poor unfortunate who happened to stumble across my pathway, and they would be LOVED. By sticking around I was able to note that after a short period of my loving attention they looked decidedly the worse for wear, in actual fact battle-scarred.

It was during this period that I am sure I was allotted my own personal angels. *The Urantia Book* sets out the conditions for allocation of personal guardians to mortals, but I was an exception. In the interests of the continued care of the other 999 mortals, it was deemed necessary for me to have the full time attention of two.

My period of learning to love with a modicum of intelligence and wisdom has been painful and slow, but one day I must have passed some test—I'm not quite sure what—and *The Urantia Book* was introduced into my life.

I devoured every single word, with dictionary beside me to fully understand every symbol and then spent the next twelve months believing it was the panacea for all the ills of

the world; that if I prayed really hard I would have my mind removed overnight and the mind of Jesus would be the new mind of the morrow, mine through the power of prayer; that I just had to say and mean "it is my will that your will be done, dear Paradise Father" and voila—another perfect exhibition of our Father's will in human form would be walking Urantia. The days progressed, and I was positive that what was happening was not God's will. Something was drastically amiss, and so, back to the Blue Book and what a surprise—it had been rewritten whilst sitting on my library shelf—same book, just different contents. This has not happened once—it has happened four times to date, and I am starting to suspect it will continue for the duration of my sojourn on this planet. I am firmly convinced that in my angel's reports they are constantly seeking permission to do away with all formalities and simply hit me over the head three or four times a day. It would be more effective than the slow process of trying to have an impact through visual/mental/memory processes.

My self-importance at the honor of being given *The Urantia Book* is negated by my total humility at being unable to absorb even a small portion of its contents, and when I survey my pathetic attempts at being a liver of the book, I more fully appreciate how

much I have to learn. May I pose a question—seeing we are told of our uniqueness, our individuality, and that the command "Be ye perfect as our Heavenly Father is Perfect" is an expectation of ourselves, fully capable of achievement, how can we ever feel self-important, when our gauge as to how far we have progressed at any point in time is not the guy next door but our Paradise Father as exemplified by Jesus?

Enough philosophizing. Back to my seraphim's most recent communication forwarded by celestial fax early in January as a result of my making no New Year's resolutions.

Dear Celestial Supervisor,

Since returning to Urantia, we

See ME on page 19.

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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 indention 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.

By Kate Gentry
Dallas, Texas

Laughter Really Is Good Medicine*

Humor has received much publicity in the last few years as a source of healing. If we turn to *The Urantia Book* for verification, we will find several references to the beneficial properties of humor.

The perception of something as humorous differs from culture to culture and from time to time, but the basic benefits derived from being exposed to humor are universal. We are told in *The Urantia Book* that all creatures have the equivalent of a smile. "Joyful mirth and the smile-equivalent are as universal as music. There is a morontial and a spiritual equivalent of mirth and laughter." (547:4/48.4.1) If all of creation has the ability to experience and enjoy humor, then we must ask ourselves, "Why?" It could not have been an accident of evolution. There must be a reason for creating the ability to participate in humor.

One of these reasons is described on page 548. There we are told that all beings "except those who are inherent Creators...and certain highly specialized types of creatures,

such as power centers and the physical controllers" enjoy the rejuvenation of humor. (548:6/48.4.11) The experience of humor is described as a "safety valve to prevent the building up of excessive pressures due to the monotony of sustained and serious self-contemplation in association with the intense struggle for developmental progress and noble achievement." (549:5/48.4.18) This safety valve works by helping to relieve the stress we experience in our day-to-day functioning. Humor assists us in relaxing and taking our minds off our more serious pursuits for a period of time. Sustained stress depletes energy levels, jeopardizes the immune response, and creates too serious an outlook. Humor rejuvenates the energy level, helps us "lighten up" in our outlook, and improves our health.

The method by which humor improves health is not yet fully understood. *The Urantia Book* itself gives us only clues about this function of humor, but it does allude to the possibility by referring to humor as

"health insurance." (549:6/48.4.19) One aspect of the physical benefits of humor has been researched quite fully. This is the ability of laughter to relieve pain. When this benefit was first studied, it was believed that the laughter reduced the pain through a process of diversion: taking your mind off the pain will reduce the perception of pain. Later on, discoveries were made which revealed that the experience of laughter actually produces a chemical whose presence will reduce the perception of pain. So it now appears that laughter or merriment can function on two different levels to reduce the experience of pain.

Another benefit of humor may be a little more difficult to understand, but it is recognizable if we look for it. Happy people are healthier, have more energy, and are more resilient in times of trouble. Happy people experience more humor in their day-to-day lives. Does the happiness produce the ability to experience humor? Or does the experience of

See LAUGHTER on page 19.

"WORK



should

alternate

with

play...



By David Jacquith
Newberg, Oregon

Space: It's Pretty Nebulous

We hear a lot about galaxies these days. Space, the original frontier. Holes in the sky wide enough to accommodate 30,000 solar systems. With room to spare. Exquisite, bejeweled stargates to infinity. Stuff like that.

Science tells us we of the species man cling for dear life to the surface of a sky marble which spins around a sun that hangs out near the edge of a galaxy containing 10 billion other suns. Just one of a billion galaxies that inhabit the observable universe.

Observable universe? Try to picture the unobservable universe, and you've got your hands full. But full of what? It's hard to tell. Invisibility likes to keep a low profile.

Space groupie Carl Sagan loves all those "billions." I'll take his word for it. I have trouble guessing how many beans in a gallon jar.

You know old man Copernicus. The conventional wisdom of his day placed hell in the center of the universe.

Copernicus, bless his heart,

stood up to say no, earth was NOT the center of the universe, therefore neither was hell. And of course, neither, then was MAN. Where WOMAN is in all this is anyone's guess. Demonstrating somewhere?

Humankind may have suffered a loss of status, learning that it was no longer in El Centro. But everyone must have breathed a little easier: Hell was somewhere else, not under our very feet. Now nasty little demons cannot reach up through cracks and fissures in the earth and snare us by the ankles.

Science has more theories about the universe than dogs have fleas. I get a big bang out of this. You know about the Big Bang. It scattered reality all over creation. But the loud noise set the dogs to barking. And that made the fleas hopping mad. Insects easily get ticked off.

You'll be relieved to know, space fans, that Aristotle's Principle of Intermittent Continuity has been replaced by the Copernican Principle of Equidistance which holds that, value-wise, no one part of the uni-

verse is farther out in left field than another. Now is that a comfort or not?

I admit space is mighty handy to have around. It gives us a place to put our belongings. But where was stuff stored before space came to be? If space evolved, what did it start out as? Does it reproduce its own kind? How old is space? Count the rings, dummy.

Some people say space is shaped like a Maltese cross. Others say it's more like a Bavarian pretzel. It's all pretty nebulous, if you ask me.

When the subject of empty space comes up, my wife is sure to crack wise about my cranial cavity making a good echo chamber. About how my entire top floor was picked clean of ideas by fossil hunters. Such a wit.

Mary refers to her own brain as "one cylinder." But not totally without merit. "If it weren't for my brain," she says, "my ears would be stuck together. Then there wouldn't be any space for my smile." Did I hear

See *SPACE* on page 10.



"What do I do now, Father?"

...*religion*

should

be

balanced

by

HUMOR"*





*"Profound philosophy
should be relieved by
rhythmic poetry..."**

*On Being "Here and Now"**

This paper will look at an aspect of lightening up that can be of benefit to us in many areas of our spiritual journey. I will postulate that we can receive these benefits by centering ourselves in the "here and now" of life, and submit the following for your consideration.

Many years ago I read a book entitled *Remember, Be Here Now* and since reading *The Urantia Book* I can see a correlation between the two books that is worth noting. *Remember, Be Here Now* could be loosely described as a "holy" book for hippies. Its basic premise is the only thing that exists is right here, right now. For example, any time you would ask yourself (your spiritual self), "Where am I?" the answer is always, "right here." Ask yourself what time it is, and the answer is always, "right now."

Now this all seems very simplistic on the surface, but looking at it in relation to some things written in *The Urantia Book*, and in some secondary articles, it merits further study. "Jesus taught that by faith, the believer enters the kingdom *now*." (1861:2/170.2.19) "Peace in this life, survival in death, perfection in the next life, service in eternity—all these

are achieved (in spirit) *now*..." (1221:5/111.5.4) "In the evolutionary universes eternity is temporal everlastingness—the everlasting *now*." (1295:1/118.1.1)

Of the First Trinity we read "This is the trinity of infinite volition; it acts throughout the eternal present and in all of the past-present-future flow of time." (1148:7/104.4.8) "To become mature is to live more intensely in the present, at the same time escaping from the limitations of the present." (1295:7/118.1.7) Paragraph four on this page is notable (as is the whole page) in that it deals with bringing the past and future together to bear on a present situation.

The Winter, 1989 issue of *The Circles* contained several thoughts related to the concept of the here and now. The most noticeable was the article, "What is Here for Me Now" by George Van Arsdale. This is a good one for people like myself who are impatient and do not enjoy each passing moment. In Bill Cooper's article we read his thought that "...this relationship with God and Michael is ours as a constant, actual, here and now experience if we will spend time developing our friendship with God." He also points out that "God is with

you right now and can be experienced by your spiritual senses and your soul's understandings."

From Bruce Wenger we are asked "Why do we waste precious, irreplaceable moments that could be eternalized..." and "We may have this divine level of existence in any moment..." David Glass talks of transcending time and of "Being Perfect Now..."

So, is experiencing the reality of the here and now an easy thing to do? "Time, space, and experience are man's greatest aids to relative reality perception and yet his most formidable obstacles to complete reality perception." (1173:4/106.9.3) Whenever I realize that I've drifted from spiritual awareness, I find that the word "remember" (from *Remember, Be Here Now*) serves to nudge me back into spiritual reality.

Now then, how can all this help us to lighten up? Well, if you remove all weight from the past and refuse to worry about the future, life's load is a lot lighter. We read that after the apostles had spent a time of diversion and relaxation, "They had made the important discovery that many human perplexities are in reality non-existent..." (1611:4/143.3.6) From



*By Charlie Ray
Slocumb, Alabama*

Meredith Sprunger we read, "Forget the failures of the past and do not allow yourself to be preoccupied anticipating the future. Live in the present in constant fellowship with the Father and absorbed in the existential moment of experience." (Urantian/Summer-Fall 1981)

I do not mean to suggest in this paper that we can escape our daily responsibilities by tuning into the here and now. I will say it can be used to relieve the tedium of the monotony, just as prayer and worship can do. "Prayer and its associated worship is a technique of detachment from the daily routine of life, from the monotonous grind of material existence." (1621:4/144.4.5) Did you ever wonder how, when we see and do a lot of the same things every day, that "all things are to become new?" (1609:4/143.2.3)

I would add that all who find the here and now to be a powerful experience should remember to maintain a well balanced spiritual journey. Jesus "deplored all tendency toward overspecialization, toward becoming narrowminded and circumscribed in life's activities. He called attention to the fact that any virtue, if carried to extremes, may become a vice."

Asparagus Frustration

*As the spring sun sweeps the sky
And days grow longer by and by,
The slumbering asparagus in the earth lay
To be slowly warmed and waked with it's ray.
Slender spears skyward reach
Like lonely sailors on the garden's beach
Always the first of the perennials to emerge
To be sliced down in the wake of
cook's spring garden purge.*

*Gathering new recruits
Upward thrust more green shoots,
Only to meet with the same fate
And end up tastefully in dish or plate.
All through the spring their attempt is made
To view the sun, only to be length-wise laid
And carried in to be delicately steamed
Or sauteed, or boiled, or creamed.
But as June's warm days approaching
Slow up the spring's storm's encroaching,
Asparagus with mightier vow
Lifts tougher head to surface now,
And through her persistence, tolerance and strength
Doth win the right to, heaven-ward, send her length.
And finally sprouts delicate fronds to wave
All through summer's long and heated days;
Till in the fall the frost shall come
And to its icy hand she shall succumb.
Only to, next spring, begin
Her persistence against cook's slice again.*

*Tommie Clendering
Allen, Texas*

(1673:3/149.4.3)

In concluding, let us consider the following quotes. From Jim McNelly in the above mentioned *Urantian*, "Through finding God in our lives here and now, we can become ambassadors of the spiritual life while still on earth." And "If you set your mind to it, there is no reason why you

can't have a new experience of God this moment." Jesus said, "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*." (1733:0/155.6.12) Where and when do we actually *feel the presence of God*? RIGHT HERE, RIGHT NOW."

The Importance of Lightening Up:

[In the following notes, the quoted material appears in italics. Our comments about the reference follow in regular type.]

The need for the relaxation and diversion of humor is greatest in those orders of ascendant beings who are subjected to sustained stress in their upward struggles. (549:3/48.4.16)

This sounds like us, for sure!

The higher the mortal species, the greater the stress and the greater the capacity for humor as well as the necessity for it. (549:4/48.4.17)

The stress is probably greater in higher mortal species because they have a greater ability for reflective thinking about themselves and the importance and consequences of their actions and choices. Their ability to recognize the gap between their aspirations and their achievements is probably a source of the greater stress also. But the point is not really the naturalness of the stress but rather the availability of humor as a remedy for ever greater stress.

When we are tempted to magnify our self-importance, if we stop to contemplate the infinity of the greatness and grandeur of our Makers, our own self-glorification becomes sublimely ridiculous, even verging on the humorous. One of the functions of humor is to help all of us take ourselves less seriously. Humor is the divine antidote for exaltation of ego. (549:2/48.4.15)

We need to laugh more liberally at both our shortcomings and our overseriousness. Self importance is a type of overseriousness. This is the basis for our theme, "The Importance of Lightening Up." Self-importance and exaltation of ego can include spiritual pride, material pride, and

intellectual pride.

Can you imagine a room of four-year-olds, all frowning and tense as they worry over the correct usage of their toy cars, crayons, blocks and dolls? Maybe it will help us to remember that this life is just a universe preschool and that our main purpose is to get experience—to play with our toys and learn through doing! We forget, perhaps, that the only serious danger that can befall us here is to make a concerted and self-centered choice to reject God and his ways.

Humor should function as an automatic safety valve to prevent the building up of excessive pressures due to the monotony of sustained and serious self-contemplation in association with the intense struggle for developmental progress and noble achievement. (549:5/48.4.18)

There is a necessity for maintaining a dynamic balance in our lives. Wholehearted dedication to the doing of the Father's will is serious; it must be sustained; and it often involves struggle. This dedication to doing his will is the true focus of our life experience here. And yet, we need to be able at the same time to laugh at our own foibles and chuckle when we see ourselves becoming over-earnest. We need to laugh at ourselves and at the same time never for a moment lessen in our wholehearted focus on spiritual attainment. Rest, recreation and reversion help us to maintain this dynamic balance.

The reversion directors assist their fellows in the achievement of *thought change and mind rest, for such attitudes are most helpful in recuperating depleted energies.* (548:4/48.4.9)

This quote tells us a little about how reversion works. It functions to

cause "thought change and mind rest" and thus enables beings to regain depleted energies. To be effective, recreation should enable us to achieve thought change. There needs to be some sort of mindal difference between what we do as work and what we do as rest and reversion.

Humor and play—relaxation—are never reactions of progressive exertion; always are they the echoes of a backward glance, a reminiscence of the past. Even on Urantia and as you now are, you always find it rejuvenating when for a short time you can suspend the exertions of the newer and higher intellectual efforts and revert to the more simple engagements of your ancestors. (549:6/48.4.19)

Here we have one clue to types of activities which would provide us with mind rest—the more simple engagements of our ancestors.

All efforts to obtain wholesome diversion and to engage in uplifting play are sound; refreshing sleep, rest, recreation, and all pastimes which prevent the boredom of monotony are worth while. Competitive games, storytelling, and even the taste of good food may serve as forms of self-gratification. (942:6/84.8.5)

This quote suggests activities which would be appropriate diversion.

There is a restfulness in the contemplation of that which is old to one's order, and which lingers as a memory possession of the mind. The future signifies struggle and advancement; it bespeaks work, effort, and achievement; but the past savors of things already mastered and achieved; contemplation of the past

Study Notes*

By Kaye and Bill Cooper
Houston, Texas

permits of relaxation and such a carefree review as to provoke spirit mirth and a morontia state of mind verging on merriment. (548:7/48.4.12)

Two of our good friends explored with us what kind of activities might fall into the category of things "old to one's order." We came up with the following: renaissance festivals, folk music, age-old games, folk dancing, acting, singing, gardening, pottery making, weaving, sewing, hunting, campfires, storytelling, carving, and various other crafts.

The four of us had a delightful experience a few months ago when we spent about thirty minutes playing "make believe" with creative four-year-old twins. It was Peter Pan and Wendy as I recall. One twin took the lead in calling out directions as to what we were to do. She had four adults tiptoeing into corners and crawling under tables in great abandon. We had a great time. I recall the feeling of freedom and excitement I felt. The laughter kept bubbling to my lips. It brought back memories of the joy of similar activities from my childhood. Maybe we adults should play more "make believe!"

Worship—contemplation of the spiritual—must alternate with service, contact with material reality. Work should alternate with play; religion should be balanced by humor. Profound philosophy should be relieved by rhythmic poetry. The strain of living—the time tension of personality—should be relaxed by the restfulness of worship. (1616:5/143.7.3)

This reference gives us more clues to appropriate ways to balance our lives. Worship is the balance to service and relaxes the strain of living. Play of various sorts balances

work; rhythmic poetry balances profound philosophy. (Perhaps our intellectually weighty study groups or workshops would benefit from poetry breaks?) And humor is mentioned as a balance to religion.

I suspect that some of the combinations of activities which serve to balance life have to do with innate needs. I have noticed lately that games or even work projects which include manipulation of drawings or other graphic representations are refreshing to me. No doubt that is because so much of my time is spent manipulating words. Examples of graphic activities include putting puzzles together, playing "Pictionary," and doing the layout for *The Circles*. The innate need here probably has to do with left brain (words) and right brain (graphics). Brain function is probably also involved in the balance of philosophy (left brain) and rhythmic poetry (right brain).

Reminiscent jests. Quips growing out of the memories of past episodes in one's experience of combat, struggle, and sometimes fearfulness, and oftentimes foolish and childish anxiety. To us, this phase of humor derives from the deepseated and abiding ability to draw upon the past for memory material with which pleasantly to flavor and otherwise lighten the heavy loads of the present. (547:8/48.4.5)

This is one of the types of spirit humor with which we mortals are probably best acquainted. We have all laughed at our earlier fears and anxieties. This comment on the validity of such humor should encourage us to take a light-hearted look at our past struggles.

*Current humor. The senseless—
See STUDY on page 10.*



**"The feelings of
insecurity arising
from the fear of**

**personality
isolation**

in the universe...

should be antidoted by

**the faith
contemplation
of the Father
and
by the
attempted
realization
of the Supreme."**

(1616:5/143.7.3)



STUDY from page 9.

ness of much that so often causes us serious concern, the joy at discovering the unimportance of much of our serious personal anxiety. We are most appreciative of this phase of humor when we are best able to discount the anxieties of the present in favor of the certainties of the future. (548:1/48.4.6)

It gives me a sense of accomplishment to recognize that there are beginning to be times when I am actually able to rise above the doubts and uncertainties of current difficulties and say to myself or my companions, "We'll probably look back at this and laugh in just a few days."

This ability must grow as our faith grows. Experience has taught me that I can live through crises time and again and look back to realize that I was really not in danger. In fact, the things I dread rarely happen, and even when they do, they aren't as bad as I had expected. All this experience contributes to my expectation of being able to survive the current crisis with no real damage. With the fear reduced, I can have faith in the future enough to be amused about my present anxieties.

Prophetic joy. It will perhaps be difficult for mortals to envisage this phase of humor, but we do get a peculiar satisfaction out of the assurance "that all things work together for good"—for spirits and morontians as well as for mortals. This aspect of celestial humor grows out of our faith in the loving overcare of our superiors and in the divine stability of our Supreme Directors. (548:2/48.4.7)

I even get a momentary grasp on this kind of humor from time to time. There is a soul satisfaction that feels a little like humor when I look at a confused and unsure situation and then have that little assurance inside which says, "This too will work out well for those who love God."

There is a real danger in the combination of restlessness, curiosity, adventure, and pleasure-abandon characteristic of the post-Andite races. The hunger of the soul cannot be satisfied with physical pleasures; the love of home and children is not augmented by the unwise pursuit of pleasure. Though you exhaust the resources of art, color, sound, rhythm, music, and adornment of person, you cannot hope thereby to elevate the soul or to nourish the spirit. (942.5/84.8.4)

Here we have further suggestions of resources for recreation: art, color, sound, rhythm, music and adornment of person. These are legitimate ways to relieve monotony, and yet we are cautioned here that these will not elevate the soul or nourish the spirit. Evidently we need something additional in order to keep our recreation in balance.

Worship is the highest joy of Paradise existence; it is the refreshing play of Paradise. What play does for your jaded minds on earth, worship will do for your perfected souls on Paradise. (304:3/27.7.5)

This reference suggests a way to balance our recreation—worship. On Paradise worship actually serves the function that play does here.

There is an element of refreshment about worship—even here. I always feel re-energized, invigorated, and rested after worship. It is similar to a small vacation from ordinary life. Worship also elevates the soul and nourishes the spirit, so it does what the unwise pursuit of pleasure cannot do. While the primary purpose of worship is not to serve as recreation, it apparently will contribute to the balance of our lives by helping us to lighten up. «

SPACE from page 5.

someone snicker? The sound came from the direction of the unobservable universe.

Science tells us space is packed solid with atoms. Like sardines in a can, maybe. Though I hope it smells better. Atoms are so squished together they don't even have enough room to smile, brains or no. But they outsmart us. They carry around an extra universe inside themselves. Clever little buggers.

Oh, it's a tricky business, this. So many questions! How'd I get into this mess? If I didn't believe in owning my choices, I'd blame somebody. Like you, fearless reader. But I won't.

To wrap up this space odyssey: When Copernicus nixed the earth as center of the cosmos, everybody rushed in to tell us where the center really is. A lot of heat was generated. Which, by the way, is the real cause of global warming. That, and all the hubbub over amphitheatres, spotted owls and global warming.

Now hot off the press comes a fellow to announce that the universe has NO center. Not even a teeny weensy unobservable one. That means no edges, folks.

He can't fool me. I've been over the edge too many times.

I'm happy to be relatively finite while I'm adjusting to the idea that everyone is at the center of an infinite universe. We just have to remember to take the center with us in our travels.

But there I go, getting spacy on you. «

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 |

SPACE & OTHER MATTERS




"SPACE", SAID PENNYPICKLE, "IS ABOUT AS EVERYWHERE AS YOU CAN GET." (HE'S ALWAYS SAYING THINGS.) "SPACE (HE SAYS)

DOESN'T STOP JUST BECAUSE IT BUMPS INTO THINGS. THINGS OCCUPY SPACE. SPACE ALSO OCCUPIES THINGS."

"DOES KNOWING THIS HELP?" YOU ASK. "I DON'T KNOW," REPLIED PENNYPICKLE. "BUT IF JUST FOR A MOMENT WE WERE TO IMAGINE THAT SPACE IS BUT THE SHADOW OF OUR CREATOR..."

[HEY. WHERE'D EVERYBODY GO?]

By David Jacquith, Newberg, Oregon



Potpourri

Science and The Urantia Book* part 1

By Dr. Ken T. Glasziou
Maleny, Australia

"Summary of Scientific and Historic Material That Appears To Have Required Access to Certain Knowledge." Presented at the South Pacific Regional Meeting of Readers of The Urantia Book.

The Urantia Papers were received in 1934 and published in book form in 1955. There are many items of a scientific or historic nature about which definite statements are made in The Urantia Book, and about which mankind had no certain knowledge during the pre-publication period. Many of these items have since been found to be either correct or to now coincide with current scientific opinion. This paper summarizes some of these items.

Days and Dates

In the section covering the life of Jesus, various dates can be associated with a particular day of the week. Our calendar has changed considerably since those times such that it would be a Herculean task to attempt to correctly assign the day of the week to a particular date without the aid of a computer. Even with a computer, this is still an onerous task. Dr. Matt Neibaur has done this for eight different dates and found that in each case The Urantia Book has named the correct day of the week for those dates. The chances of succeeding through guesswork alone are one chance in more than five million.

Reference: Computer analysis of dates in The Urantia Book, M.

Neibaur, Proc. First Scientific Symposium of Urantia Book Readers, Nashville, Tennessee. (1988)

Star of Bethlehem

The Urantia Book states that the source of the biblical account of the Star of Bethlehem (of three wise men fame) was conjunctions of the planets Saturn and Jupiter in the Constellation of Pisces on May 29, September 29, and December 5 of the year 7 B.C. (1352:3/122.8.7)

It became possible to check that these conjunctions actually took place when data on the coordinates for planetary positions from 601 B.C. to 1649 A.D. were published by Tuck-

erman in the year 1962. The Urantia Book dates were quite close, out by two days for May 29, by seven days for September 29, and by four days for December 5. Tuckerman's data had possible sources of inaccuracy. The chances of the two sets of dates being that close together by random guesswork is about one chance in 72,000. Commentary on this appears in "Why I Believe The Urantia Book," by H. McMullen.

In 1976 a new computer program to determine pathways for planetary motion was written at the Jet Propulsion Laboratory, California, in con-

See SCIENCE on page 22.

Family Inreach*

By Patrick and Barbara Yesh
Kingston, Ontario, Canada

The family is the fundamental unit of fraternity in which parents and children learn those lessons of patience, altruism, tolerance and forbearance which are so essential to the realization of brotherhood among all men." (941:9/84.7.28)

At our weekly family pot-luck social, some of our friends agreed that the most important spiritual and cultural teachings have to do with family cooperation and child rearing. A few teachers in our group thought it would be helpful to other families to pass on some of these insights and include some examples. Our first investigation took us to the section on the beatitudes in Christ's ordination

of the twelve (1573-5/140.5). This is the first of a series of articles by the Kingston Community Outreach—Family Inreach group studying family and child rearing.

Rearing Young Children

1. Every child should early learn to sacrifice.
2. The urge to relieve suffering in an unspoiled child is natural.
3. Children are normally kind and sympathetic when old enough to appreciate actual conditions.
4. Children can easily be taught to function as peacemakers.
5. Children always respond to the challenge of courage.

These five points of children's

development and personality potentials are a guideline which parents can use to develop methods to help their children realize their full potential as future citizens of the world. These factors of child rearing imply that parents model certain behaviors, especially the father. There is a critical need for fathers to reevaluate and change their roles in the family. Fathers must create new roles for themselves, opposing some of the domestically destructive, contemporary cultural images of masculinity. In fact, fathers might assume some feminine traits exemplified by a loving mother—tenderness, sympathy, kindness, and more.

This article will address the first point and give some examples of how parents can encourage children to early learn to sacrifice. From our experiences as parents and teachers of young children and from interpretations of many theologies, philosophies, and theories of education and psychology we found the following:

Every Child Should Early Learn To Sacrifice

Teach and show your children how to:

- a. Share generously every day. Have a snack or sharing time. Encourage your child to select some of their possessions (especially educational-growth toys or clothes) which look new, and give them to a needy child. A North American Indian custom is to give away something cherished. The recipient could be a friend, enemy, stranger, a cause, any individual, or a spiritual leader.
- b. Learn to take turns.
- c. Sense the needs and wants of others, to act on this sensitivity or to show the internal motivation to act on it.
- d. Curb the child's natural urge for instant gratification.
- e. Teach self-denial.
- f. Teach cooperation with God through prayer, worship time and everyday thought.

This is a brief list which certainly

See *FAMILY* on page 16.

Tidbits

PUNCTUATED EQUILIBRIUM

On a recent public radio program, I heard the story of the deer on the Island of Jersey. It seems that the island was attached to the mainland and had normal sized deer about five feet (1.52 meters) tall. The land bridge between England and the island sank, and within 6000 years, a new species of deer developed that were only 2.5 feet (.76 meters) tall and their weight was only one-sixth of that of the original deer.

The changes should have taken millions of years by the natural selection methods of traditional Darwinian evolution. Since this change occurred in thousands of years, anthropologists believe that it is an example of what they term "punctuated equilibrium." This sort of evolution occurs rapidly with few or no intervening stages. This is yet another challenge to the theory of evolution by natural selection.

As stated in *The Urantia Book*, "...so-called 'missing links' will forever remain missing, for the simple reason that they never existed.

"From era to era radically new species of animal life arise. They do not evolve as the result of the gradual accumulation of small variations; they appear as full-fledged and new orders of life, and they appear *suddenly*." (669:3-4/58.6.2-3)

This is not to say that natural selection does not occur within a species. It certainly does, but it is not the only reason for the appearance of a major new species, as science is increasingly discovering.

THE GREAT KENTUCKY VOLCANIC ERUPTION

Evidence found by a geologist named Warren Huff indicates that "1000 cubic kilometers of material spewed out during at least one and probably two eruptions" according to an article in the June 18, 1990 issue of *Insight* magazine. This eruption is believed to be from "...a massive volcano they believe once was located, in the process of continental drift, where the Great Smoky Mountains in the southeastern United States are today." The eruptions are believed to have occurred more than 400 million years ago and "may deserve the title of most powerful eruptions ever."

We are informed by *The Urantia Book* that about 330 million years ago there occurred "...the eruption of the great North American volcano of eastern Kentucky, one of the greatest single volcanic activities ever known. The ashes of this volcano covered five hundred square miles to a depth of from fifteen to twenty feet." (675:4/59.2.5)

Both items from the Sum/Fall 1990 issue of *Cosmic Reflections* by Rickard Bain, St. Petersburg, Florida.

The Jabberwalkie Prayer Circle

Towards the shank
of the evening
when friendship shines
bright as the full moon,

we gathered the children
and went for a walk
with flashlights
and candles.

Jannie and I and
seven small wonders
bravely traveled the dark road
into the still and quiet night.

Suddenly,
there was magic.
We had a Jabberwalkie among us.
Everybody stop!

Have you ever heard
of the Jabberwalkie?
I asked the seven-plus pairs
of wide eyes upon me.

Do you know he only comes out
on very special nights
to walk
with the true and the brave?

He's a nice guy,
said one son who knew him well.
He protects you
when you travel.

So we followed the Jabberwalkie
into the magic night
and embraced darkness
like it was a friend.

The Jabberwalkie led us
seven steps forward,
small and then big,
a hop and a run...

...and suddenly we discovered
the prayer place.
The Jabberwalkie led us
right to it.

We gathered together
in a close circle and
darkened the flashlights.
The night was indeed quiet.

We brought forth candles and matches
and soon powerful flames
leaped and danced
around our reverent faces.

The Jabberwalkie spoke.

"Each shall take the Candle of the Past
and hold it high in the circle
so all may hear and see
your prayer of thankfulness.

"And when all have had their say,
when the Candle of the Past
leaves no hand or heart
untouched,

"Each will pass
the Candle of the Future
and share hopes and dreams for times yet to
come."

A hush descended.
The first candle bearer
praised God and his parents
for so much love.

The next small wonder
courageously raised the flame
and thanked the Mother Spirit
for her life and her love.

Another praised home and hearth.

On and on it went...
the naming of the Gifts,
until each child of God
had spoken.

Finally it was time
for the Candle Of The Future.
We dreamed of peace
and prayed for love.

We chose trades,
raised families and changed worlds
all in the flicker
of our magic candle.

We felt truly significant
in the cosmos
and in the eyes
of God.

The Jabberwalkie then wisely followed
the advice of the children
and added a third passage
to the prayer circle.

"Hold the candles together
so the flames may touch
and speak of love."

Around the circle
our candles of love
both traveled,
And so the message was sent:

"To the God of our eternity,
to our Creator-brother,
to our parents and our friends,
We love you."

But the walk was not yet over.
We gathered our strength
and followed the Jabberwalkie
towards the dark forest.

Are we brave enough
to enter?
Tentative nods affirmed
that we were.

After all, we said,
We have the Jabberwalkie
and the angels
to protect us.

We took ten
very small steps
into the dark forest
and made camp.

We sat hugging knees
around our flashlight fire
and sang songs
in the still night.

We shared our love of God
and felt safe in his world.
And when we were finally full enough,
we started home.

We skipped and ran,
walked and talked
back to the house
where it all began.

And we burst in with
such enthusiasm
that our mellow moms and dads
were undone.

The Jabberwalkie stayed outside,
of course,
waiting for another fine night
and friends to rouse him.

The End

Janet Farrington
Brier, Washington





Making Friends with Adult Children

Among human relationships making friends with adult children ranks high on my list of achievements. It implies acceptance and a sense of equality. No longer, if ever, is it strictly ethical to pull that old tool of manipulation, "Do this, or don't do that, because I'm the parent and you are the child." Instead, a pure delight in being with your child can develop because the unique facets of his or her personality begin to overshadow that feeling of responsibility for the child's behavior. There is a simple joy of sharing time together, doing something you both enjoy, coupled with the freedom for each to express opinions or make comments without arousing resentment or a judgmental attitude.

There is true relaxation, and those occasional differences which used to set your teeth on edge can be sublimely ignored. Gradually they even go unnoticed, as you concentrate on the positive aspects of this personality which is grafted to yours by such strong emotional ties. This is the sort of leeway we would naturally grant to a contemporary friend. True friends do not demand or even expect agreement on all issues outside the boundaries of close and loving association.

A nineteen-year-old young man of my acquaintance recently said to me, "I have learned never to say anything to my parents that does not

agree with their opinions." How sad! What sort of intimate communication can take place with these ground rules? This young man attends our Urantia Book Study Group, and his questions, comments and comprehension as he joins in our discussions are a great pleasure to the other members of the group. We thoroughly enjoy watching him using his mind and testing his opinions with us, but unfortunately his parents miss all of this, foregoing the delight of discovering who their son is because they cannot tolerate change or disagreement.

Not that this letting go and letting be is easy. Just as a baby must be weaned, parents are confronted with the necessity of weaning themselves away from their false attitudes of possession and pride in their children. Habitual habits must be sacrificed for the sake of a more mature relationship between the generations.

On the other hand children's real achievements and honors can be a legitimate source of satisfaction to parents, but let us remind ourselves to be happy *for them* and not selfishly for ourselves. We, who many times when the children were young may have been embarrassed and even humiliated by their behavior, can learn to relish their good actions and performances since we admittedly gave them the opportunity to develop

their God-given talents. They were our Father's children first, and it is to him we should proffer our thanksgiving."

FAMILY from page 13.

can be added to by the reader. Parents can decide how they want to implement these goals in their homes. The list is a starting point from which you can develop your children's abilities to sacrifice and share themselves with others.

The Father's Role

With regard to the role of the father, who can be a living example of these attributes and attitudes to his children, our investigations discovered the following suggestions:

a. The male must not be taught to be calloused or cynical; rather he should learn to mourn, to be meek, sensitive and responsive to human needs. Children must be encouraged to be kind and sympathetic by his example.

b. A father's example to his children should be one of expressing his feelings and emotions, and to be in touch with his feelings and emotions. Children must be taught to express their emotions without expectation of reward. Children must also be shown how to project the future consequences of expressing immediate feelings or emotions, some of which may be inappropriate at times.

c. Negative emotions are taught to children by their parents. Young children have none. The internalization of negative emotions through destructive criticism by a parent can destroy a child's naturally positive self-concept and self-esteem. It can consequently destroy his or her future through guilt and internalized feelings of unworthiness. As adults, these children cannot learn to sacrifice, if they are continually seeking for the love they needed and did not receive as a child.

d. Parents must truly like themselves, even love themselves, in order for them to instill healthy self-

love in their children. It is impossible to teach children to be loving if you do not love yourself. Family and individual counseling services could be used to remediate family or personal difficulties in order to ensure progressive personality attainment.

The over-arching idea behind these suggestions is to spend some quality time with one's family. Diligently plan to do something with your children: play with them, provide for their pleasure, and find enrichment situations to bring out their full potential. Dramatically illustrate parental loving and caring through frequent positive acclamation of your children's natural personalities and uniqueness. Organize activities with your children into your busy time schedules as if your eternal lives depended on it. Have fun and remember, one of your great-grandparent's inherited traits was the "play instinct coupled with a sense of humor...elevated into the potential of pleasure, a new and glorified form of self-gratification. (942:4/84.8.3)

Following articles from our groups will expand on the other points of child-rearing. Our family research groups would appreciate your comments and ideas.

In conclusion, parents will benefit from following Jesus' advice about the seven facts which are the foundation of a true family:

1. The fact of existence. Children inherit certain parental traits. The children take origin in the parents; personality existence depends on the act of the parents.

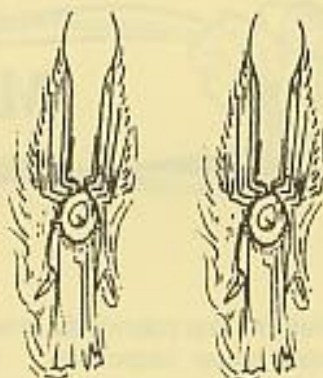
2. Security and pleasure. True parents take great pleasure in providing for the needs of their children, and for their pleasures.

3. Education and training. Wise fathers and mothers carefully plan for the education and adequate training of their sons and daughters.

4. Discipline and restraint. Farseeing parents also make provision for the necessary discipline, guidance, correction, and sometimes restraint of their young and immature offspring.

about angels

By Gene Joyce
Richardson, Texas



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

Before recounting the story of Mary Jaquith, I would like to remind the readers of this column that we each know the reality of our own experience as no one else can. I would urge you to share with others the significance of experiences in your lives which are similar to hers, as she so generously did in my recent phone call to her.

When I was about three years old, playing outdoors by myself, I saw three human-sized figures walking in the sky. They were dressed in white and had beautiful expressions on their faces. Running inside to tell my

mother, I shouted, "I just saw Jesus, God and...Jesus?" (Not knowing a name for the third figure I repeated the name "Jesus" with a question mark for the third figure.) As mothers sometimes will, my Mom said, "Oh no, Mary, what you saw must have been the clouds."

I knew then, and am convinced even today, that my experience was real, but I decided it would be unwise to try to share it with others. All my life this memory has remained fresh and vivid in my mind and has contributed to the strength of my faith. It has been a lasting influence in keeping me close to God during difficult times in my life.

By Mary Jaquith
Newberg, Oregon

5. Companionship and loyalty. Affectionate parents hold intimate and loving communication with their children. They turn an open ear to their children's petitions, ever ready to share their hardships and assist them over their difficulties.

6. Love and mercy. Compassionate fathers and mothers are freely forgiving. Fathers are not like judges, enemies, or creditors. Real families are built on tolerance, patience and forgiveness.

7. Provision for the future. Temporal fathers like to leave an inheritance for their children. Death terminates an individual life but not necessarily the family. (paraphrased from 1604:1-7/142.7.6-13)

In the meantime our Kingston Community Outreach—Family

Inreach social group will delight in hearing from our readers and sharing our insights, while the children play, laugh, sing, dance, and learn to cooperate, sacrifice and share.

Patrick and Barbara Yesh, 3
Montgomery, Kingston, Canada,
K7M 3N7. "

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Send us their names
and addresses.

For subscription
information,
see the back cover.

Meanings and Values

By John Hyde Richardson, Texas

Well, the first column did indeed generate some responses. For those who have forgotten what this is all about, let me remind you. This column is planned to be a regular feature in *The Circles*. The idea behind it is to discuss in detail some suggestion, incident, conflict, concept, or idea that involves the exercising of our systems of meanings and values. Topics could include relationships, ethics, occupations and their considerations, morality, the teaching of values, and so on.

The success of this column depends on you, the reader. I would be very interested in receiving ideas and suggestions for the next topic. Furthermore, if it seems as though a modification of the format is in order, I will certainly do so, if I receive many suggestions to that effect.

Last issue's question was in relation to an incident which I observed: *As I was leaving the supermarket, in the parking lot, I observed a car entering a parking space directly ahead of me. As it pulled in, it scraped the car adjacent to it (an American-made luxury car). The driver, after parking, walked over to the damaged car, looked at it, then suddenly noticed me watching her. She boldly threw back her shoulders and proceeded inside to do her grocery shopping.*

As I stood there pondering what to do, a man walked up to the dented luxury car and got in without noticing the long black bumper mark and slight indentation in the metal, which was on the driver's side just below knee level.

The man drove off as I stood there wondering: "Did I do the right thing? What would Jesus have done? Was this any of my busi-

ness?" And so on.

Some of the comments I received were:

"Place a note on the woman's car, which says, 'In case you have second thoughts, the license number of the car you unintentionally scraped is _____.'" Paul Whitmoyer.

"No one has the right to tell you if you did right or wrong under those circumstances, nor can I predict what Jesus would have done." Doni Cripe.

"The lady also likely recalls the occasion, and you watching her. This may...influence how she may act in the future. Your prayerful regard may assist her in being better prepared to more properly respond.

"While I'd hesitate to state what Jesus would have done, that he was concerned with instilling proper motivation and transformation...becomes apparent from much of what he taught and exemplified. Laws as written on pages are no...substitute for that which must be inscribed in our heart." N. Bailey.

"From your description I presume you...were not addressed or asked for help. On this assumption, I would say you did the right thing. Any action on your part would have been interference.

"I think Jesus would have been saddened (as you probably were) to see the woman's cowardice in this minor incident. It was her choice." Carol Byron

NEW DISCUSSION TOPIC

The only suggestion I received regarding future topics was one about "Games with Meaning." Write me if you want to do this one. So, for this issue's discussion topic, I'll present another perplexing situation that

has occurred recently.

My youngest brother is arrogant (in the extreme), as well as irresponsible. As his troubles have increased, so has his unwillingness to listen to others. I have always handled him with kid gloves, offering very little advice, so as not to alienate him. Nevertheless, I suspect he knows how I feel about his life decisions, because he has made no effort of late to keep in touch, although I do know how to find him, if necessary.

Recently I received this letter about my brother's past-due student loan:

The lender noted above and National Student Aid Service have been trying to contact the above-named party. Your name was given as a person who would know the individual's address and phone number at all times.

If you have knowledge of the individual's location, please let us know by calling us at the number listed below. Also, if you can contact the individual, please do so and have the individual contact us or the lender. It is most urgent that the individual get in touch with the lender or National Student Aid Service immediately. Your cooperation in this matter will be greatly appreciated.

So, what would you do if this were YOUR brother? There seem to be a multitude of options. Does this young man need a healthy dose of reality? If so, is that outweighed by greater considerations? Would the possible censure from the other family members affect your decision (if he figured out how he was found)? What specific values are involved? What does the prioritizing of those

values reflect? What if it were a son or daughter, a parent, or a friend—would that change things?

Might he learn a badly needed lesson? Does the fact that I supported his decision to go to technical school, yet opposed his choice of a vastly overpriced private school, have any bearing? Or, the fact that he has dropped out, against my advice? What is the RIGHT thing to do?

Who has faced similar conflicts in meanings and values? What was the situation?

Remember, the success of this column depends on you! Please send any comments, including IDEAS FOR FUTURE TOPICS, to: John C. Hyde, 910 Glen Cove, Richardson, TX 75080. «

LAUGHTER from page 4.

humor produce the happiness? It is hard to tell, but it may not matter. The fact is that happy people have humor in their lives, and they reap the benefits of the humor.

The human body is a bio-chemical factory which runs on electromagnetic energy. It is governed by a brain which functions through the electrical impulses carried by the chemicals present in the organ. The brain is controlled by the mind which is still poorly understood, but is thought to be capable of producing thought forms which are pure energy. These thoughts can be manifested on the physical level. Our physical bodies depend on our mental/spiritual selves for their existence and their proper functioning. When energy levels are depleted, negative manifestations can occur. In order to function on an optimal level, our bodies must maintain optimal energy levels. This is why the re-energizing of our minds through humor is so important. A good, hearty laugh can release the negative buildup of stress and allow the inflow of positive energy.

In order to utilize the benefits of humor, you must make a place for it

in your life on a regular basis. Don't wait until humor finds you—go looking for it. The plans of the universe include setting aside time for humor in the ascendant life. We should take our cue from the reversion directors and plan for humor in our lives now. We have an advantage on this planet. We have "a comparatively keen sense of humor....All of Santania, during times of play, ...is edified by the pleasant humor of a corps of reversion directors from Urantia." (549:0-1/48.4.13-14) Who knows? If you practice humor now, you may even decide later to volunteer for the reversion corps yourself.

The important thing is to recognize the valuable role humor can play in your life and allow it to happen. When you are feeling a little depressed or your energy level is low or you are feeling the stress of your everyday life, don't brood on the situation. Turn instead to something you find humorous: watch a light-hearted movie, read a funny book, find someone to swap jokes with, or take a cue from the reversion directors—look back on your past and find some enjoyment from seeing how far you have come. You might also participate in some sporting activity. Just remember that you are choosing it for the play quality and not for the competition. That would just add more stress.

Before you realize it is happening, your energy level will be increasing, your outlook will be brightening, and you will be lightening up. Whether you are immediately aware of it or not, you will be reaping the benefits of humor and play. You will be energized, rejuvenated, and relaxed. You will be a healthier, happier you. You will feel better physically and mentally, and you will be better equipped to go back to your daily routine. «

ME from page 3.

have not had the time to thank you for the extended leave you so kindly granted us prior to our beloved charge obtaining *The Urantia Book*.

As the days progress we appreciate more fully how much we needed this leave as a result of the prior years of exhausting efforts to keep our sister away from as many of her fellows as possible whilst we tried valiantly to provide those situations which would provide her with the opportunity to grow just a little in wisdom, patience and practicality.

We had been warned of the difficulties we might encounter, but, as we have been taught, there is nothing which can substitute for real life experience, and she surely has given us plenty of that as our reports will verify.

*Our days since the advent of *The Urantia Book* have not been easy. As expected, we had to keep her in a state of isolation for a period, but she must be commended for her enterprise in thwarting our most diligent efforts in this regard. We have extended our apologies to the guardians of the recipients of her over-enthusiastic zeal. For a while no one was safe near her. They had only to discuss the weather, and she would go into a great dissertation of how God made the clouds, but it really wasn't him it was ...and then she would come up with an incredibly original distortion of the *Blue Book*. Any unfortunate who had the faintest flicker of faith had it snuffed for the next ten years after 5 minutes in her presence, and she had the temerity to say her prayers at night thanking God for bringing that person to her so she could help do God's work and save another soul!*

The soul-saving trip was fortunately discarded at the second reading, and by the third reading the surrounding environs were comparatively safe, due to a modicum of wisdom registering through her pretty dense brain.

About this time we noticed the development of the urge within her to mix with fellow readers as she deduced growth was essential and mixing with like-minded fellow spiritualists was most conducive to such

See ME on page 22.



The Best Babysitter in Town

By Jennifer Siegel
Boulder, Colorado

Being the mother of an active 15-month-old, I find that there are times when a short break from motherhood is a necessity. You know, when it's noon and you still haven't been able to take a shower. Or when you need to bring 12 bags of groceries in, and every time you walk out the door for the next load, screams erupt as though you are moving to Maui never to return.

I have recently discovered a solution which I hope will be helpful to you: Baby videos. They are 20 minutes of happy faces, festive

music, and positive messages. As long as her video is playing, my daughter Kate will even stand in her playpen (a sheer miracle!).

It is wonderful to see programs where the children are the focus and the source of their own fun. Often they are not being entertained by puppets, cartoons or even adults, but by each other.

Some of the positive messages include: "Sharing with friends is fun." "Big kids don't need diapers." "Mommy may leave for a little while, but she *always comes back!*" (This

last one is my favorite. I should play that for Kate more often.)

These videos range in price from \$12 to \$20 and can be bought at most Wal-Marts, Targets, and K-Marts.

These are some that I recommend:

Baby Songs from Hi tops Video

Kids Songs (there are 12) from View Master Video

Sesame Street Sing Along Random House Video

Raffi (there are 2) A & M Video

Maybe they are not as good as a visit to Grandma's house, but close!



Angels All Around Us

By Kaye Cooper
Houston, Texas

Angels All Around Us. By Patrick Yesh. Softbound, 16 pages. Available from Jesusonian Foundation, 1790 30th St. #400, Boulder, Colorado 80301.

At long last, we are beginning to see some materials based on *The Urantia Book* for our children. *Angels All Around Us* is a delightful coloring book. Each page has angels hidden within the drawings. It invites children to speculate on where angels might be found on our world, and then assures them that their angels are always nearby guarding, challenging, comforting and encouraging them.

Angels all Around Us will be available in the fall *Good Cheer Press* catalog from Jesusonian Foundation. See "Things to Share" on page 23 in this issue for information on obtaining the fall *Good Cheer Press* catalog from Jesusonian Foundation.

Friendship with God

Friendship with God. By Kaye and Bill Cooper. Published by Latham Publishing, P.O. Box 680857-C, Houston, Texas 77268-0857. Softbound, 192 pages, \$11.95.

**"God is your friend,
and you can choose to be
his friend
and to actually experience
the extraordinary joy
of feeling his love flow to you
and yours to him.**

"Experiencing friendship with God is not only the source of many joyous moments, but it will also transform you by the astonishing power of God's love." (*Friendship with God*, p. 5)

Do you really want to change? To be transformed? To be a new creature? To do your part in changing the world? Read *Friendship with God*, and then develop a friendship with God. We can testify that this is true, for we have been fortunate enough to work with these concepts for several years. We are different. Life is different. Friendship with God makes the difference.

Sharon says, "When I read the book, I devoured it. I literally couldn't put it down until I was finished. It fed my hungry soul with delicious nuggets of truth. I absorbed the practical tips on how to get closer to God and improve my prayer life. The concepts in the book pointed me to a new way of approaching God. It helped me examine my own inner life and gave me examples of new things to try. I was also enlightened by the commonsense interpretations of how God works with us to answer our prayers and consequently helps us grow."

We both felt that the prayer journal entries were a special treat. They

**ULTIMATELY
THE VALIDITY
OF GOD'S
GUIDANCE
DEPENDS UPON
TRYING IT
IN YOUR LIFE
AND JUDGING
THE RESULTS.**

(*Friendship with God*, page 157.)

allowed us to peek inside the personal lives of the authors and know their innermost thoughts and desires. Through these personal entries, the concept of God as a friend becomes real and alive. They make the book sparkle.

Profuse illustrations differentiate *Friendship with God* from many spiritual self-help books. Almost every other page is graced with a poignant illustration captioned by a highlighted principle from the text. The picture and highlighted quotes would make an excellent book in themselves. They are a bonus "book-within-the-book."

Ted especially liked the spiral structure of the book. "I am one who had a very intellectual and psychological approach to spirituality, even though I have long prayed every day (out of necessity). I fought the concept of friendship with God for sev-



eral years. By stating the basic themes early and then repeating them with more information and breadth in cycles throughout the book, the idea of friendship with God became more real to me. This allowed me to read some, put it down, and come back later and read some more. My resistance grew less and less. Today I am a full-fledged advocate of friendship with God.

So how do you get to be friends with God? How do you get to be friends with anyone? You talk. You listen. You do things together. Prayer is talking; worship is listening; and communion is being (doing) together. *Friendship with God* is a book that can really help you. You can actually realize the promise of the title.

For information on ordering *Friendship with God*, see "Things to Share" on page 23 in this issue."

ME from page 19.

progress. She actually read this part of the book correctly and it was a favorite for a period of time. Fortunately her stomping ground was with seasoned readers. We dread to think of the effect she would have had on novices, but we were spared this experience.

To entertain her enterprising mind she went through the normal and expected deliberations along the lines of—should she write to the publisher advising him to market the book with a harder cover so that babies could cut their teeth on it—all the atypical stuff to be expected of Ann, whilst we tried to wean her off the illusion that the book would be acceptable or desirable to the general public.

And then, one year ago, a very disturbing situation developed which daily becomes more worrisome to us. She is starting to exude patience, is talking words like evolved religion, and is showing a degree of practicality. Even more disturbing is the fact that when she says "long term" she appears not to mean taking effect tomorrow rather than yesterday, she actually means hundreds of years from now.

As a result of these signs we do not dare take even a short break from our duties and hence our request—would it be possible for us to have assigned to our team our own personal reversion director? We feel we need all assistance to keep our humor during the difficult times ahead.

Attached is a detailed report of her activities over the past year in support of our firm conviction of the rough period shortly to be upon us, and you will note that within the 456 major episodes of this past year, on every occasion she has slept contentedly and smugly.

Finally, we must apologize for the tardiness of our hair count of our beloved charge, and are pleased to report that she has lost none; however, ours is looking decidedly thin.

If this communicate is not up to

our normal standard of presentation, we apologize knowing full well you appreciate our lack of tranquil, reflective time, and, yes, in answer to your question, her current favorites which she hums with increasing fervor are, once again "Oh, sing a song of joy" and "What the world needs now," and past experience has taught us the dangers of these tunes floating through her brain!

In love,

Ann's Seraphim

P.S. We ran into the seraphim of the poor unfortunate whom Ann last had an extended loving encounter with. They do look so well and regenerated after their well-earned holiday. They advise us that as a result of their personal conversation with you there is a greater appreciation of our day-to-day difficulties. The answer to your question is: yes—despite all our efforts she still insists on carrying her favorite theatrical prop around with her, tucked under her arm—her soap box.

Do I jest? I wonder!

The more of the Universe we know about after being blessed with *The Urantia Book*, the more fully we appreciate how little we know. The reality of us down here is, beloved as we are, we have barely climbed out of the sludge. We are tiny little baby creatures; and if we appear to be one millionth of an inch bigger than the person beside us, does that make us tall, when are setting our sights on Paradise? "

Avoid missing issues: send us your change of address.

SCIENCE from page 12.

junction with the U.S. Naval observatory and published in 1986. The revised data coincided exactly with the *Urantia Book* dates for two of the dates and differed by one day for the other. Again there is a possible source of slight inaccuracy in the computer program results. (See Neibaur reference below.)

Once more assuming random

guesswork, the probability of the results being this close is one chance in slightly more than 16 million. The chances of obtaining both these results and the date for the "Days and Dates" paper referred to above, taken together, are one in more than 93 billion.

Computers and computer programs that could handle the work done at the Jet Propulsion Laboratory were not available in 1955, the time of publication of *The Urantia Book*.

References: "Why I Believe *The Urantia Book*," H. McMullen, (1986), Asoka Foundation Publications, Oklahoma City, OK. "The Star of Bethlehem Foretold in *The Urantia Book*?" M. Neibaur, M.D.

Particle Physics

In a paper received in 1934, *The Urantia Book* (479:5-6/42.8.1-2) has described the weak force carrier, the release of tiny neutral particles (anti-neutrinos) in radioactive beta decay, the release of more tiny neutral particles during gravitational collapse of massive stars (neutrinos), and the existence of a then unknown strong nuclear force.

The existence of the weak force carrier was demonstrated in 1983, the existence of neutrinos was confirmed in 1956, the existence of neutron stars whose formation gives rise to the release of vast quantities of neutrinos was confirmed by X-ray telescope in 1967, and the theory of the strong nuclear force involving quarks and gluons became accepted theory during the late 1970's.

Reference: "Two Remarkable Predictions," K. T. Glasziou, 6-0-6 Newsletter, vol. 9 (no. 3), 1988.

Continental Drift

The Urantia Book states unequivocally that all land on earth was joined together in one huge continent that commenced to break up 760 million years ago and was followed by a long period of continental drifting during which land bridges were repeatedly formed and broken.

The concept of continental drift was rejected by most geologists and

geophysicists until examination of the ocean floor at the mid-Atlantic Ridge during the late 1950's and early 1960's revealed that the Earth's crust is being melted and forced upward resulting in ocean floor spreading, hence continental drift.

References: *The Urantia Book*, 663:1-2/57.8.23-24. K. T. Glasziou, "Continental Drift," 6-0-6 Newsletter,

vol. 9 (no. 4), 1988. *Scientific American* (1984) 250(2), 41. *Ibid.*, (1987), 256(4), 84.

Mountain Building

The Urantia Book associates mountain building on the west coast of North and South America with continental drift. Today, nobody doubts that mountain building occurs at the edge of drifting continents,

concomitantly with the subduction of the oceanic crust. However, virtually nobody believed in continental drift at the time of the writing (or publication) of *The Urantia Book*.

Reference: *The Urantia Book*, 689:1-2/60.3.2-3.*

This article will be continued in the next issue.

Things to Share

URANTIA BOOK SELECTICOM II

Selecticom II is now available. A Selecticom is a compilation of Urantia Book selections. It is meant to aid the new reader as an introductory sampler. It touches on many of the important concepts, issues and events presented in the revelation, giving the new reader a perspective of the narrative.

Selecticom II is a second-level "read through" for new students. It will be sent along with Selecticom I on request free of charge, but contributions toward printing and distribution are gratefully accepted. A self-addressed stamped envelope would be helpful. Contact:

Michael Bartolo
1900 McKinley
Clearwater, FL 34625
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GOOD CHEER PRESS CATALOG

The Good Cheer Press Catalog from Jesusonian Foundation will be available in October. Many new items will be listed, including the children's coloring book, *Angels All Around Us*.

An excellent source of secondary works, the catalog continues to offer such items as *The Urantia Book*, *Concordex*, *Paramony*, "Introduction to *The Urantia Book*," *Family Meeting Handbook*, pamphlets by Meredith Sprunger, *Life After Death*, *The Call of the Spirit*, *Starwind*, art prints of John Byron's paintings, post cards, book covers, and the Mustard Seeds.

To receive a fall catalog, write:

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FRIENDSHIP WITH GOD

Friendship with God by Kaye and Bill Cooper is an inspiring and practical new "how to" book on prayer (see review in "Spheres of Influence" on page 21 in this issue). Retail price is \$11.95 (plus shipping and tax). **Special Circles price is \$9.95** (plus \$2.00 each for shipping). For five or more books *Circles* price is \$7.95 (plus \$1.50 each for shipping).

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Sharing the Inner Life with God

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How do we share our inner lives with God?

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How can we be his friends?

How can we increase our awareness of him as we go about our material life work?

How can we bring him into all of our relationships?

Send your article, poem or artwork by December 15, 1990 to

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STAFF

| | |
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| Tommie Clendening | John Hyde |
| Bill Cooper | Gene Joyce |
| Kaye Cooper | Sarah Nachtweh |
| Kate Gentry | Kittle Norwood |
| David Glass | Carol Weatherford |

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