



TAKE CARE OF YOURSELF

by Jim Gordon,
President of ILM

Recently, I had to go to the dentist and get a root canal. I called the doctor that my dentist recommended for the procedure and found out that someone had just called in and canceled their appointment and I could have theirs. There was a problem however—I was scheduled to fly out for a meeting that day. I thought for a moment and then asked the nurse what would be the next possible time available. The nurse said a little over three weeks away. I paused for a moment, feeling the pain in my tooth, then said, “Well, I had better take the one for three weeks from now because of an upcoming trip.” I wrote down the date and time, and as I was hanging up the nurse said, “Call back if you can change your trip plans. I know this appointment time will go quickly so please let me know as soon as you can, if you want it.” I hung up the phone thinking to myself that the tooth didn’t hurt that much. I assured myself I would be fine—if the tooth began to hurt I could take some aspirin.

I went in and fixed some lunch, and as I ate I gradually realized that the tooth was not cooperating with my beliefs and my wants. I might need to take that earlier appointment. I looked at my schedule and realized that would mean canceling both my flight and the meeting that I was to attend. I did not want to do that—that isn’t what I normally do. Then I remembered that one of the things I have been working on recently was learning to take better care of myself. It seems that I am often taking care of others first and forgetting what I have heard so often: *Take care of yourself, so that you can take care of others.* Well, here was an opportunity for me to practice this. As I sat there pondering what to do next, the phone rang. It was the person who was arranging the meeting I was to go to. When I heard his voice I had to laugh because here was God offering me the opportunity to take care of me. I was not going to be given time to think my way out of making a decision or wait till the now-available appointment was taken by someone else. I had to

decide right then who came first, me and my tooth or others. As he began to talk about the meeting and events of the upcoming trip I spoke up and said I had a concern about the trip. I explained about my tooth—and before I said little more than I needed a root canal and the first available appointment was for the day of my flight, I heard, “Well then let’s plan the meeting for another time. You don’t want to be traveling with your tooth needing work. Go take care of yourself and we can talk later about rescheduling.” As I hung up the phone I could see how this man understood and modeled back to me: *Take care of yourself, so that you can take care of others.*

I called the nurse back and got the earlier appointment. It felt good to be taking care of myself and to know that the tooth would be fine soon. Then, as the appointment approached, another challenge presented itself. I found that people who knew about the appointment for the root canal would say things that discouraged me from going through with the procedure: how painful their own root canal was, or how terrible the procedure was for them. I had to pay attention inside myself and remind myself that this was their experience and it did not have to be mine. As I have heard it so often stated: *Live from your own experience.* To help me resist getting into the energy of other peoples’ experience and making it my own, I remembered how in the past I would often build things up in my mind and create a lot of fear and pain around going to the dentist. Then, as I would be getting the work done I would have to laugh at myself for putting so much energy into creating fear and disturbance around the appointment. The truth was never anything like I had imagined. And in this case, the procedure turned out to be easy and painless.

So, the past few weeks have been a time of learning and living lessons and experiences about two statements that I am living by more each day:

**Take care of yourself,
so you can take care of others.
Live from your own experience.**

INNER LIGHT MINISTRIES

CLASSES & PROGRAMS: SEPTEMBER 1998 - JANUARY 1999

PRESENTED BY JIM GORDON: For additional information, call Laura Kesten at 512-894-0992

W

WEEKLY CLASSES: Jim's weekly Austin class resumes on **September 15**, and will be held **Tuesdays 7:00 pm - 9:00 pm**, ILM Center, Franklin Sq. Bldg., 3724 Jefferson, Ste. 100, Austin, TX. Each class includes spiritual teaching, practical exercises, group discussion, and meditation.

Jim helps participants to become more deeply in touch with the Spirit within.

INNER LIGHT MINISTRIES presents:

LOVE AND LOVING

A practical and mystical retreat about the most important aspect of our lives.

FACILITATORS: Jim Gordon, Laura Kesten, and Steven McAfee

DATE: Friday, November 6th - Sunday, November 8th, 1998

TIME: CHECK-IN will be open from 6:00 - 7:00 pm Friday
PROGRAM will run from 7:30 pm Friday - 2:00 pm Sunday

LOCATION: *Seasons—A Center for Renewal* at the **FETZER INSTITUTE**,
9292 West KL Avenue, Kalamazoo, Michigan

PROGRAM: Join the ILM ministerial staff in exploring the key ideas and techniques from Jim Gordon's book, **Love and Loving** such as: the nature of divine love, how karma affects our relationships, and three spiritual laws essential for our inner peace.

REGISTRATION: \$100 per person, payable to ILM.

Pre-registration is required. All registrations must be received by October 30, 1998.

Your registration fee includes your room, meals on Saturday and Sunday, retreat supplies, and a copy of **Love and Loving**. Upon receipt of your registration, we will mail you a confirmation letter with a map, directions, and complete details. Please complete and mail the registration form below (or send us the same information) with your fee to: **Steven McAfee, 6228 Lombard Place, Ft. Wayne, IN 46815.**

For more information, call Steven (in Indiana) at 219-485-2167, or Carolyn Dailey (in Michigan) at 616-375-2000 (W) or 327-6851 (H). **REGISTER SOON. SPACE IS LIMITED.**

LOVE AND LOVING: Retreat Registration, November 6th - 8th, 1998

Please Print

NAME(S): _____

ADDRESS & ZIP CODE: _____

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THE WALLPAPER OF GOD

by Steven McAfee, ILM Midwest Coordinator

I am writing this from my sick bed. I have been suffering with a nasty respiratory virus. As I write this, the ILM staff is presenting **THE HUMAN JOURNEY #3** retreat at Pokagon State Park in Indiana, about an hour from my home. I am scheduled to be a presenter in the program too, but here I am, sick in bed. I have never missed a program with Jim Gordon before, and it is hard for me. I have tried all the things I know to get well in time to go, but I am still just too weak to do it. I am having to confront my own helplessness, and I do not like it. I do understand that Spirit has allowed things to unfold this way, but it is still not easy for me. So, I am asking God to teach me through this experience, and here is what I am learning.

Helplessness. All the saints have written about it. I am thinking about how helpless I am so often in my life, when what I want most is not to be helpless. Times when my children are hurting or sad, when nothing I try reaches into that secret place inside and heals them. Times when I cannot remove the fear in another's heart, despite all my best efforts to do so. Times when I want so desperately to understand, but just cannot. Times of falling on my knees before the Lord to plead for His mercy. These are the times when I realize who holds the real powers of life and death in His hands. The saints humbly accepted their helplessness and learned to draw their strength from the Lord. How can I draw my strength from Him until I stop trying to mold His will to mine?

And why do I not trust more in His will? I believe it is because I cannot see the end He has store for me. So I do not understand the road He has set me upon to get there. Let me give you an example. As I write this, several members of my

family are engaged in stripping the wallpaper off our entry hall and stairway, so that we can replace it with a wonderful new one. At this moment, the hall is a mess! There are strips of wet, sticky, peeled wallpaper lying all over the floor, loose pieces hanging down from the top of the walls, and stubborn pieces still needing to be forcibly scraped from the sides of the walls. Half of the hall is barren and naked; the other half not yet touched. If you were to see it right now, it would look much worse to you

than when they started on it. If you did not understand what the goal was, if you could not visualize the project completed with beautiful new wallpaper, you would wonder why in the world we were doing this to ourselves. But if you understood the purpose, the end result, you would see this mess as one temporary step in the process of moving toward something much better.

But if you understood the purpose, the end result, you would see this mess as one temporary step in the process of moving toward something much better.

How often do I look at the "wallpaper" being stripped away in my life, without seeing the end that is in clear sight all the while to God? I only see it as looking worse than before. So I do not trust what is going on and I resist the change. One of the teachings Jesus conveyed with his many shepherd analogies speaks to this process. The shepherd knows the good pastures to which he is leading his sheep, but the sheep do not. Therefore, their easiest recourse is to trust in the goodness of their shepherd and to follow him. The more I trust God's love for me, the more I am able to accept His working in my life, even when my "wallpaper" is embarrassing me by lying all over the floor at the moment.

Here is what I believe. Once we commit ourselves to God, He fulfills the promise He made to mold us "into His likeness." He knows how to do this (we do not). He is the master carpenter, knowing how to fashion what He wants from the materials

at hand, namely us. Before we can wear the new “nature of Christ,” before we can walk “in the image of the Lord,” before we can serve in “the newness of Spirit,” or, to continue my wallpaper analogy, before we wear the new “wallpaper of God,” we must first be stripped of the old, or the new simply won’t “stick.” In the midst of the transformation process, we see that we are no longer what we were, but we do not yet see all of what we are to become. We see mostly just the mess on the floor. Those are our times of helplessness. And those are the times to turn again to the Lord. Times of opportunity to yield ourselves into the



hand of the Master, the carpenter who can complete the work He was commissioned to do. It is surely a work that encompasses and pervades all

our inner and outer-most heights and depths, a work that makes use of all our wisdom and talents *and* of all our confusion and helplessness. It is the work of God, the work of restoration to wholeness, a work that cannot be completed until every living inch of our being has been stripped, cleaned, and made new.

“For anyone who is in Christ, there is a new creation; the old creation has gone, and now the new one is here. It is all God’s

work.” (II Cor. 5:17 JB) ▲

ILM CLASSES & PROGRAMS CALENDAR (CONTINUED):

PRESENTED BY STEVEN MCAFEE: For additional information, call Steven at 219-485-2167



TUESDAY CLASSES: Classes include spiritual teaching, meditation, and group sharing. 7:30 pm - 9:00 pm at Unity Church, 3232 Crescent Avenue in Ft. Wayne, IN

THE MYSTICAL CHRIST

Tuedays (weekly)
August 4 - September 22

In this series we will discuss the life of Jesus and what He revealed about the nature of Christ in Him and in us. Classes will include teaching, group discussion, suggested readings, guided meditations, and videos about the life of Christ.

MALE AND FEMALE HE CREATED THEM

Tuedays (weekly)
October 6 - November 10

This series will look at the divine image of God (soul) as it manifests in man and in woman. We will share ideas and experiences about the relationship between the two. How can we better understand and fulfill our purpose as men and women of God?

DISCOVERING CHRIST IN CHRISTMAS

Tuedays (weekly)
December 1-15

We will look at a variety of Christmas traditions to see how they reflect the idea of the inner Christ coming into active, outer expression. Learn more about the symbolism of lights, trees, gifts, and song.

Steven’s Calendar continues on next page

ILM CLASSES & PROGRAMS CALENDAR (CONTINUED):

PRESENTED BY STEVEN MCAFEE: For additional information, call Steven at 219-485-2167

SUNDAY MYSTICAL BIBLE STUDY SERIES

9:00 am - 10:00 am

6228 Lombard Pl., Ft. Wayne, IN

In these sessions, we explore the mystical experiences and teachings contained in the Bible and how to apply them in our lives.

Sundays: **August 2, 9, 16, 23 & 30**
October 4 & 11
November 1 & 15
December 13 & 20

SUNDAY SERVICES: Steven conducts worship services as a guest for various churches and spiritual groups in the Ft. Wayne area. Please call for additional programs scheduled after we went to press with this issue.

Sunday, August 30, 11:00 am: Worship service at the Brigade of Light, YWCA Villa, Ft. Wayne

Sunday, October 4, 11:00 am: Worship service at the Brigade of Light, YWCA Villa, Ft. Wayne.

Sunday, November 15, 11:00 am: Worship service at the Brigade of Light, YWCA Villa, Ft. Wayne.

COMMUNITY NIGHTS: The Ft. Wayne ILM "community" periodically gets together to share in potlucks, music nights, video nights, and outings. Most of these events are also suitable for children. The activities, locations, and times vary, so please call Steven for details on any event which interests you.

Tuesday, September 29: 7:30-9:00 pm: Video night—Arthur Douet's new color meditation and a special documentary on Mother Mary. Unity Christ Church, 3232 Crescent Ave.

Tuesday, November 17: details to be announced

Tuesday, December 22: 6:30-8:30 pm: candlelight prayer service, followed by a caroling party; at our home, 6228 Lombard Place, Ft. Wayne; children are welcome.



RETREATS AND WORKSHOP



THE INNER QUIET

Friday - Sunday,
September 4-6, and
November 20-22

GilChrist
Three Rivers, MI
\$100

Come and share a quiet, devotional atmosphere of deep study and contemplation, held in retreat at Gilchrist, a beautiful, quiet contemplative center near Three Rivers, MI. This retreat will be limited to a small number of participants, each of whom will be housed in their own private, modern cabin in the woods. Activities will focus on prayer, meditation and solitude. Throughout the weekend, you are also invited to browse GilChrist's library, which has a wonderful assortment of contemplative, spiritual literature from many traditions, including several hard-to-find Christian mystics.

Prayer and Meditation

Saturday, October 17
1:30 - 5:30 pm
Senior Center, Urbana, Ohio

This experiential workshop will include guidelines on heartfelt, personal prayer to gain comfort, strength and guidance; on the power of group prayer; and on simple, meditative practices which help awaken a greater sense of inner clarity and peace.



THE RESCUERS

by Laura Kesten-Beaver,
ILM Minister

There is a fable about a man who is caught in a flooding rain; the area is being evacuated but he refuses to go. He says that God is going to save him. A fireman comes by and offers to take him to safety, but the man refuses—"God is going to save me," he faithfully replies. Next comes a boat—same result. Finally a helicopter, but still his refusal is, "God is going to save me." He drowns. He goes to heaven, and standing before God he says, "Geez, God. I believed in you. I had faith that you were going to save me. How come you let me down?" God answers back, "I sent three different rescuers and you refused all three. What were you expecting?"

Perhaps you've experienced the meaning of this story. I remember laughing when I first heard it and thinking, "Yeah, that's what people do." Then this past summer . . .

I spent most of the summer in Michigan while my husband, Tom, stayed in Austin. In late June we decided to rendezvous in Santa Fe over the 4th of July weekend. Reservations were difficult to arrange this late, but at last our rendezvous was booked. The night before my departure to Santa Fe, I set my alarm clock to awaken for a 7:00 AM flight. That night I slept more soundly than I had in weeks—but when I awoke, I became suddenly panicked. Something felt terribly wrong. I looked at the window and saw light skirting the edges of the drapes. I groped for my glasses, quickly put them on and stared at the alarm clock, mouth agape. The numbers 7-0-0 stared back at me and I began saying words unprintable in this newsletter.

I rushed to the phone to call Tom (he was scheduled for a later flight out of Austin) and through my tears, told him the unconscionable news—I had missed my flight. Tom said he'd call the airlines to see if they could help me, and then he'd head on to Santa Fe and wait for me to get there—hopefully. I threw on my clothes, stuffed my bags closed, and sped to the airport, all the while frantically searching inside myself for how this could have happened.

I dashed to the unattended counter and pushed

the call button. A woman came out; I handed her my now-expired ticket and blurted out that I had slept through my 7:00 AM flight. As she punched in the numbers, I explained to her how my husband and I were in different states for the summer and were supposed to be rendezvousing in Santa Fe for the weekend. She said, "Well, we'll just have to find a way to get you there." And she did. She transferred me to another airline, which ended up landing in Santa Fe minutes before my husband's flight—much to his surprise. We certainly felt blessed by the outcome of my dilemma (God had sent *one more* rescuer), but still we continued to process the ordeal. Suddenly, the fable came to mind and I began to see how, by my actions, I had relived the story.

First, the fable states that God sent three rescuers to the drowning man. Interestingly enough, I also had three possible rescuers—and, like the man, I ignored them all. Three times the night before, the thought had come to me to use a backup to my *chronically unreliable* alarm clock. First, the idea popped into my head to use the wake-up service provided by the hotel ... but I dismissed it. Later, it occurred to me to set the hotel room alarm clock as a backup ... nah. And still later that night I got an urge to call my husband and ask him to phone me in the morning to make sure I was up ... silly.

Secondly, I remembered God's question to the dead man: "What were you expecting?" With all the rescuers available to me I ignorantly (root word: ignore) put my faith in an unreliable alarm clock. So, did I expect to oversleep? Not consciously. But by the very fact that I was *not truly* conscious of my desired outcome—to get to the airport by 6:30 AM—I ignored my rescuers, and missing my flight was what I got. Being more conscious about my desired outcome would have led me to heed my warnings.

Even though my story has a happy ending, (unlike the man who drowned), I am continuing to learn how to *wake up* and live my life in a more conscious way, more able to pay attention to the rescuers God often sends my way. They say that people resonate to an insightful fable when it relates to their own experience—in this case, I'd have to agree. ▲

ILM CLASSES & PROGRAMS CALENDAR (CONTINUED):

PRESENTED BY LAURA KESTEN: For additional information, call Laura at 512-894-0992

THE WRITER WITHIN: All the **Writer Within** programs are designed to engage us, *the writers*, in communicating more naturally between emotion-and-thought and pen-and-paper, thereby unfolding more of who we are. The emphasis is on the process, not on form, technique, or product. A safe environment is created for both the writer and sharer.

THE WRITER WITHIN SERIES:
Each week we will offer a totally different writing process. All you need is your journal and pen and a willing spirit to journey with your *Writer Within*. You are welcome to join us for one or all evenings.

Thursdays, weekly
7:00 pm - 9:00 pm
September 24 - December 10
ILM Center, Austin
Donation

THE WRITER WITHIN—IN RETREAT: We are happy to announce our first **Writer Within** program in retreat! We will meet at GilChrist—a beautiful, quiet contemplative center just outside of Three Rivers, MI. Experience being in your own secluded, modern cabin in the woods and having a full weekend to reflect, write and share together! Registration fee includes lodging and dinner meals on Fri. and Sat. Contact Laura Kesten or Steven McAfee. Enrollment will be limited, so register soon!

Friday 7:00 pm - Sunday 1:00 pm
December 4-6
GilChrist, Three Rivers, MI
\$100

PEACEMAKER: The Iroquois legend of the PeaceMaker, dating back to AD 1200, is historically-documented as an influence on the forming of our American nation. We offer this workshop as an opportunity to journey through the rich Iroquois story of the PeaceMaker, reliving its teachings and participating in transformational processes, thus bringing us closer to the heart of our own PeaceMaker within. Come and experience this very powerful workshop.

September 18-20 Fri. 7:00 pm - Sun. 1:00 pm **Pretty Lake, Mattawan, MI** \$100

The Mattawan **PEACEMAKER** is our first offering of this workshop *in retreat!* The registration fee includes all materials, a copy of Jean Houston's book, *A Manual for the PeaceMaker*, two nights lodging, and food. Contact Laura Kesten, or Margaret Bruder at 616-342-9033.

October 16-18 Friday - Sunday **Place to be announced, Portland, OR** \$ 50
Friday: 6:00 pm - 11:00 pm, Saturday: 9:00 am - 6:00 pm, Sunday: 10:00 am - 6:00 pm

The registration fee includes all materials and Jean Houston's book. Contact Laura Kesten.

BOSOM BUDDIES (WOMEN ONLY): End the Old Year or bring in the New Year by celebrating friendship. Find time to escape the fast holiday pace and come to this workshop with your bosom buddy, where you and she will relax, play, and experience this workshop in retreat. All processes are done with your buddy and are designed to create joy, laughter and a delightful connection between kindred spirits.

December 19-20 (Sat. 7:00 pm - Sun. 5:00 pm)
Kalamazoo area - \$25 (plus 1/2 room), and
January 9-10, 1999 (Fri. 7:00 pm - Sat. 5:00 pm)
Austin area - \$25 (plus 1/2 room)

A CIRCLE OF WOMEN: Monthly gathering. This evening is specially dedicated in the celebration of ancient woman spirit, where women join together to experience the support of an uplifting, nurturing, and self-empowering circle. There is no charge.

Friday 7:00 pm - 10:00 pm
ILM Center, Austin, TX
**Sept. 25, Oct. 23,
Nov. 13 and Dec. 11**

INNER LIGHT MINISTRIES NEWSLETTER

ABOUT ILM

INNER LIGHT MINISTRIES (ILM) is a nonprofit outreach organization founded in the fundamental principles of ancient esoteric Christianity. It is dedicated to the development and balancing of the fourfold nature of the individual. Towards this goal, it provides education and services concerned with the integration of the spiritual, mental, emotional, and physical aspects of the self, and also provides publications and materials that aid in this process.

Among its fundamental tenets is that we really are “temples of the Holy Spirit.” As we seek and express this presence within, we find the peace, love, power, and wisdom we all so earnestly desire. The many services of ILM are geared towards this path of individual unfoldment—such as meditation, study, and prayer on an individual and group basis.

Service to humanity and the planet is ILM’s second major emphasis, and ILM encourages individual service, in any of a wide variety of possible forms, as a vital aspect of our daily experience. Please write or phone for more information.



TAPE
BY JIM GORDON
ABUNDANCE I
\$8.95

To Order: Please add \$3 postage and handling (per order).

Checks may be made payable to “Inner Light Ministries” and sent to:

Inner Light Ministries
P.O. Box 164332
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*Please include your name, address and phone number.
Allow 4 weeks for delivery.*

ILM: Executive Office: Jim Gordon, 203 Buckeye Trail, Austin, TX 78746; Business Office: Tom Beaver, P.O. Box 1086, Dripping Springs, TX 78620; Midwest Office: Steven McAfee, 6228 Lombard Place, Fort Wayne, IN 46815

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