

“Fine Isn’t a Feeling. But You Should Try Again...”

For the next few weeks, we’ll be talking about Human Spirituality—what it would mean to have a physically, emotionally, and intellectually-appropriate spirituality. (We might have called it “Incarnational” or “Sacramental” Spirituality, but I like “Human.” It’s more accessible, and better able to address anti-humanness.)

Some ways of being “spiritual” are on a collision-course with Christian doctrines of Creation, Incarnation, and Sacrament (which, if you’re not familiar with the theological landscape, are biggies). And, I suspect, as we digest what God is after in “the redemption of humanity,” we’ll see the problem with those ways of being “spiritual.”

In Eden and in the Incarnation, we see true humanity. Body, feelings, ideas, and soul not “cut off” from each other, but reconciled and whole. If we believe that this is God’s end-game, shouldn’t our spirituality work towards that and not against it?

By Dcn. Adam Salter Gosnell

I was at a men’s small-group. At the beginning of the meeting, before we got into the content itself, the leader asked us to “Check In.” A Check In turned out to be pretty simple: in 3-5 minutes, how are you doing physically, emotionally, spiritually? I happened to go first. So, I talk about “physical”: here’s how I’ve been sleeping, I’m not really exercising, etc. When I was done, next was “emotional,” so I said, “I’m doing fine.” And this leader, in a moment I will cherish for the rest of my life, smiled. And said, in the most loving way, “Fine is not a feeling. But you should try again...”

You have to understand a bit about me to understand the crazy of this moment. When Rebecca and I met, I thought emotions were just dumb. (How often have we heard, “Christianity is about doing what we know is right, over against our feelings.”) I was tempted to think that the emotional and the spiritual were radically separate. In fact, I was tempted to think that there was something “spiritual” about rejecting the emotional.

(Quick aside: In hindsight, I think I treated feelings like silly ideas. Rebecca would say, “This upsets me,” and I’d say, “That’s... stupid.” Dumb move, right? But I’m starting to think maybe we do this all the time. Do you tell your kid, “I hear you’re afraid [feeling] but monsters don’t exist [idea]”? Do you tell your friends, “I hear that you’re anxious about your next life-stage [feeling], but [*insert sing-song voice*] God works all things together for good

[idea]! Maybe these too are “dumb moves,” for all the same reasons...)

That night, at small-group, a spiritual authority in my life called my personal-health update into question for being insufficiently emotional. And I started thinking about Eden. Adam meets Eve and bursts into song! Listen, I’ve hummed on the way into work, but I’ve never full-blown, my-life-is-a-musical, burst into song:

“Bone of my bone! / Flesh of my flesh!”

If I were a betting man, that’s... not what I would have expected pre-Fall masculinity to be like.

But it’s not just Eden. What about the Incarnation? Jesus was a terribly emotional man. At one point he gets so upset he flips tables in the Temple! Flips tables! You guys, if Fr Tim was ever, ever, so upset that he flipped a table in the Parish Hall, he’d be fired that day. We’d strike his name from the record and people’d start saying, “Fr Tim who?” (What does it say about us and feelings that Jesus would be too emotional to be our priest?)

If I have Eden in one hand, and the Incarnation in the other hand... it’s almost like God intends for the emotional and the spiritual to overlap. It’s mind blowing that I would miss it, but I had! (And, I suspect, many of us have.)

And so the work began. What would it mean for me to imagine a emotionally-appropriate spirituality?

Well... maybe prayer would not have to be beautiful, or theologically correct, or even particularly “spiritual”—only honest. Maybe I’d take regular time to “Check In” with myself emotionally. Maybe I’d do the work, in myself and in others, of hearing feelings and resist the urge to steam-roll them with ideas.

As I started to understand, I was convicted. My Christianity had been anti-emotional. And the problem with being anti-emotional is that it’s anti-human. And, to the degree your Christianity is anti-human, it isn’t really Christianity at all.

[“Fine Isn’t a Feeling. But You Should Try Again...” is part two of a three-part series on Human Spirituality.]



This Week at CTR

EMAIL CASTING CALL FOR PENTECOST SUNDAY: If you can say "Praise the Lord" or "We adore You, God!" in a language other than English, please email me, Wendy Dixon at wendenn@gmail.com. We need as many people as possible to help at the June 4 Pentecost festival day service, at 10am. You can use your native language, your high school French or Spanish, or google "how do you say Praise the Lord in Swahili?" (or whatever language you choose—kids or teens might enjoy this last idea.)

CHILDREN'S PENTECOST EVE CELEBRATION: Saturday, June 3 at 4pm. Parents and children gather in the Church to ponder the seven gifts of the Holy Spirit; this is one of the most wonderful celebrations of the year for the children in Catechesis. Following, we will move to the Parish Hall to have dinner together. Please bring a dish to share. Contact Fr. Brian for more information, brian.barry@ctr-anglican.org.

Upcoming Events



North Shore
Gospel Partnership:
A NIGHT OF CORPORATE PRAYER

FOR THE REGION OF THE NORTH SHORE
OUR LOCAL CHURCHES
SPECIFIC NEEDS
LISTENING PRAYER

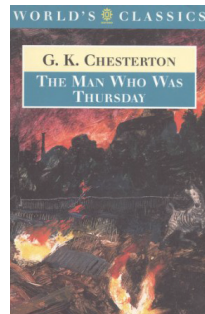
THURSDAY JUNE 8 7PM
FIRST CHURCH CONGREGATIONAL
4 GEORGETOWN ROAD, BOXFORD

FAMILY PICNIC—SAVE THE DATE: Everyone loves an old-fashioned picnic—food, softball, swimming, & more! Come and help fund the fall senior high youth mission trip to work with St. Stephen's Church in Kangole, Uganda! Join us on August 5 at the home of Fr. Malcolm & Dolly

Reid. Cost: \$20 per Family / \$10 Singles (all proceeds go towards the mission). Burgers, sides, and drinks provided. See you there! RSVP information coming soon!

Summer Reading Group

For Young Adults (College and 20s) ...with Father Tim



Thursday Evenings of June (i.e., starting this Thursday!)

7 pm, chez Clayton (107 Hart St, 01915)

Chesterton's era was marked by political dishevel, terrorism, and fear of burgeoning chaos. His response was to write what became his most famous novel. On the surface a wild and imaginative mystery, underneath an exploration of God, creation, purpose, suffering, and why God

bothered creating in the first place...

Impossible to categorize, nevertheless Thursday has never been out of print since it was first published in 1908. Critics immediately hailed it as "amazingly clever," "a remarkable acrobatic performance", and "a scurrying, door-slaming farce that ends like a chapter in the Apocalypse."

Regular Events at CTR

TUESDAY:

Weekly Bible Study: 7:00pm-9:00pm. Contact Richard Thorndike, 978-922-3618, for more information.

WEDNESDAY:

Holy Eucharist & Confession: 6:30-7:30am

THURSDAY:

Moms In Prayer International: 9am-10am Contact Flora Lee, floraisabella@gmail.com.

Women's Bible Study: 10am -11:30am Contact Kim Ober, kimwober@msn.com. (Last meeting before summer is Thursday, June 1. WBS resumes again in September).

Choir of CTR: 7:15pm-9:15pm. New members are welcome and needed. Contact Minister of Music Dan 978-774-3163x105; dan.mckinley@ctr-anglican.org.



THE CONSECRATION OF **ALL SAINTS' ANGLICAN CATHEDRAL**

Saturday June 10, 2017

Bishop Bill Murdoch, celebrant
Anglican Diocese in New England
&

Bishop Todd Hunter, preacher
Diocese of Churches for the Sake of Others

**Gospel Mission
& Cultural Transformation**
Friday, June 9
with Bishop Todd Hunter

A one-day conference exploring
the connection between our
culture, the Gospel, and
Spirit-empowered ministry.

Cathedral Consecration - Saturday, June 10

The consecration of All Saints' Anglican Cathedral in Amesbury, MA will be followed by a reception on the All Saints' grounds for all who attend this day of worship and celebration!

Installation Service - Sunday, June 11

Join All Saints' Anglican Cathedral as we celebrate together at the installation of The Rev. Dr. Nathan Baxter as the new dean of All Saints'

The Seventh Sunday of Easter: Life, on Purpose

If you've stayed with this all the way to this week, then something is happening and maybe you're up for a new level of "try it out". This week Jesus will say that he is extending his mission to his followers to take forward.

When Jesus had spoken these words, he lifted up his eyes to heaven, and said, "Father, the hour has come; glorify your Son that the Son may glorify you, 2 since you have given him authority over all flesh, to give eternal life to all whom you have given him. 3 And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent. 4 I glorified you on earth, having accomplished the work that you gave me to do. 5 And now, Father, glorify me in your own presence with the glory that I had with you before the world existed.

6 "I have manifested your name to the people whom you gave me out of the world. Yours they were, and you gave them to me, and they have kept your word. 7 Now they know that everything that you have given me is from you. 8 For I have given them the words that you gave me, and they have received them and have come to know in truth that I came from you; and they have believed that you sent me. 9 I am praying for them. I am not praying for the world but for those whom you have given me, for they are yours. 10 All mine are yours, and yours are mine, and I am glorified in them. 11 And I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, keep them in your name, which you have given me, that they may be one, even as we are one. 12 While I was with them, I kept them in your name, which you have given me. I have guarded them, and not one of them has been lost except the son of destruction, that the Scripture might be fulfilled.

13 But now I am coming to you, and these things I speak in the world, that they may have my joy fulfilled in themselves. 14 I have given them your word, and the world has hated them because they are not of the world, just as I am not of the world. 15 I do not ask that you take them out of the world, but that you keep them from

the evil one. 16 They are not of the world, just as I am not of the world. 17 Sanctify them in the truth; your word is truth. 18 As you sent me into the world, so I have sent them into the world. 19 And for their sake I consecrate [sanctify] myself, that they also may be sanctified in truth. (John 17.1-19, ESV)

Notes on this Week's Sermon

Notes:

What I find most surprising in this story is:

What does Jesus say is the key to joy?:

What in this story gives me hope, or joy, or courage, or _____:

God, I thank you for:

My prayer:

Today at CTR

FORUM SERIES: 10:00 a.m. in the Parish Hall: *I See Satan Fall Like Lightning*. Book exploration and discussion with Fr. Tim.

THE ANCHOR: Junior High Youth group today at the Keifer home, from 2-4pm. Snacks, games, Bible Study. Contact Fr. Brian for info, brian.barry@ctr-anglican.org.

REMINDER:

NEXT SUNDAY FESTIVAL DAY - ONE SERVICE AT 10AM



Sermons are available online at:
ctrnorthshore.org/teachings