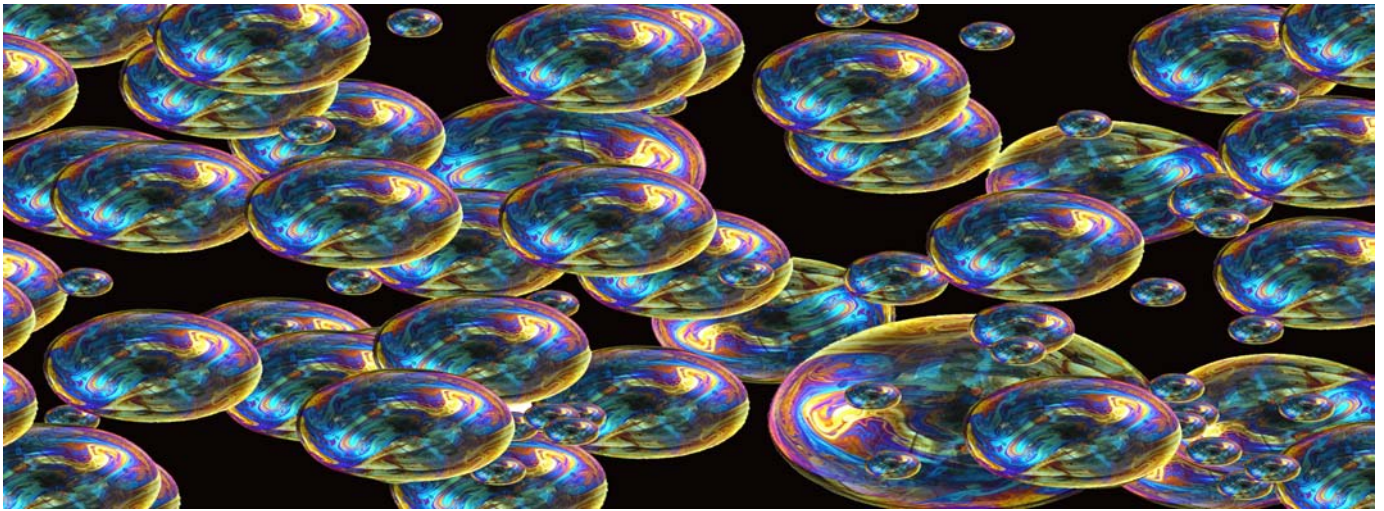


Sharing

The Joy!



March 2005

The Joy Cathedral

www.thejoycathedral.org

A Message From Reverend Dr. Vici Derrick

Namaskar!

I have been under reconstruction for the last two months. Changing old habits and ways of being, looking on the inside for the kind of debris one can pickup, and journeying through time and space, is supposed to take a lot out of you. It's the only way to make room for a bigger heart, a deeper joy and a more profound gratitude. This is the work of Spirit and it's the never-ending story. It is the Glory of God.

Earlier in this incarnation, I thought that I would get to a place and all this would be done. I'd be enlightened, evolved and ready to do what God wanted me to do. I thought that by now, I'd have it made spiritually. I actually thought that there was a point where I could coast. Speaking in the vernacular of young people, "my bad".

The requirements of living life through a spiritual consciousness do not include coasting. They do not include the kind of been there, done that, I've got it made attitude I had hoped to have by now. Instead there is a constant spiraling, upward progression and one is never finished. There are 'Under Construction' signs all over me. Instead of being finished I have discovered new processes and new places to play and learn and grow. The adventure of my life has begun in earnest at this point.

There are so many places within as yet, unexplored. There is a place where miracles live and grow. I want to spend more time there.

There is a place in me that is non-resistant to the changes wrought by Spirit. I am closer than I was, though not there yet.

There is a place where genius lies untapped. I really want to roll around in there for a while.

There is a place where loving unconditionally does not require effort. I'm looking for that place as well.

I know that somewhere inside me there's a place of Absolute Clarity. I long for it.

Inside there is a place where a peace so perfect exists that to touch it would cause armies to lay down their weapons and the lion and lamb to begin resting together. This place is at the top of my list.

I suspect that there are other places, unknown and mysterious to the person I am at this moment. These places will reveal themselves as the journey unfolds. Till then I am a traveler in Spirit, moving closer each day to the Glory of God. We all are.

In the never-ending story we are all making our way and doing the work of Spirit. It cannot be otherwise. Making our way, reconstructing our lives, experiencing joy and gratitude and varying degrees of enlightened evolvment is the way of Spirit. This is what God wants us to do. I have learned to do it without complaint. I am moving to the place where I do it with relish and great anticipation. Always the results are deeply satisfying. Always I can trust the process of unfolding. Reconstruction brings joy in the here and now. Living presently and knowing that the present will give way to a future where there is always something more, brings a deeper joy, a more vibrant gratitude and a heart that grows daily.

May you find it, live it and accept that it comes in grand and glorious stages.

Your evolvment is the never-ending story and the Glory of God.

Loving you,

Vici



We EnJoy Hearing From You

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Or call us at: (206) 719-7785

You may send donations to:

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Church of the Wildflowers

The joy in being a wildflower has to do with a complete absence of fear in the kingdom of God.

California poppies in my front yard taught me about this one spring night a few years ago. I was awakened from a lucid dream around midnight. Awakened to realize my consciousness had been drawn into a merry little coven of pointy-headed poppies, wearing dewdrops like diamonds and pearls, shimmering under their very own moonbeam like a private party while the rest of the neighborhood was fast asleep in darkness and shadow.

Their heads were pointy because they hadn't yet bloomed, and were all wearing the thin protective sheath that holds the petals tightly until the sun's warmth 'pops' the sheath away. I was invited to their party out of mutual love and respect. They were celebrating the fact that tomorrow was their day to bloom. They just wanted to share their joy with me. If I tell you that they jumped up and down for joy like Munchkins welcoming Dorothy to Munchkinland, over the immanent fulfillment of their destiny, purpose, and meaning to the Universe...it may be too difficult for you to believe. Yet, that's how it was. Furthermore, a poppy's life is brief, only a few days long; yet, they expressed only pure joy, the color of gold.

Nothing like this had ever happened to me before. What was the teaching gift of such an unusual, magical classroom? And then I began to understand: if that's what it's like for a poppy, what must it be like for a human? These poppies were raising the bar on my own joy capacity, and inspiring greater faith and courage for the inner work of transformation...the promise of a reward sweeter than any I had ever felt or imagined. I thought of a favorite passage of scripture:

"Consider the lilies of the field, how they grow. They neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? Therefore do not be anxious... but, seek ye first the kingdom of God and his righteousness, and all these things shall be yours as well."

In seeking the kingdom of God, we go within, not to the head, but to the deep heart of hearts, and there, in living that connection, we find our joy, our destiny, our fulfillment... bless our little pointy heads.

Sandra Leicester



A Joyful Noise

The song is the metaphor used to describe a great many of the sounds we encounter in our daily lives. "The song of the city, the song of the forest, the song of the wind, the song of the frogs, the song of the waterfall". There's even a noise made by rubber on concrete that we refer to as the tires "singing."

Great artists and great singers have always had "a song". Duke Ellington had a song. Cab Calloway had a song. Nina Simone had a song.

So do you.

Like it or not, it's there. It's your favorite song. It could be the 'Hokey-Pokey' or 'Ravel's *Bolero*'. It might be the 'Oscar Mayer Theme Song' or The Beatles', '*Let It Be*'. But you have a favorite song.

It's that one you hear when there is nothing else playing. That one that sneaks into your head when you're not expecting it. The one that always makes you feel so good...or so bad. A snatch of melody...a couple of words...a refrain that sticks in your mind like a love letter sandwiched among old papers in a box, that suddenly falls out of the pile and just the sight of it makes the heart gasp.

You can't help yourself. You're in the mall shopping for socks and there you are nodding your head in line at the cashier. Everybody else is hearing the announcement on the loudspeakers but you're hearing 'The Four Tops'.

Still, you have another song. And although the phrase has been leaned on and even mangled far too often, it is the song of your heart. It's that "music" (that "vibration") that you feel, hear, experience when you are "on purpose". When you are right where you are supposed to be, doing what you love. When you are giving something that is truly you.

I could not feel more fortunate than to have lived a life in which song is the literal result of what I do and that my life is about translating the songs in my heart into the real world. But these are not the only "songs" I revere.

What about the "song" in the heart of the guy who invented my tractor? Now there's a Top 10 smash.

What about the "song" in the heart of the people I see caring for the elderly or the needy? An instant classic. What about the "song" in the hearts of those who volunteer their time and efforts for their community, for their kids? Definitely on my greatest hits list.

Listen for it. Your heart is not capable of lying to you. And when you hear it and feel it, let it play. Let it come into your head in traffic, hear it for just a moment in the quiet after you turn out the light. Tap your toes. It's your song.

Sing it.

Billy Mac

Music Director

Changing Our Hearts & Minds

Spring is right around the corner! The daffodils and crocus are peaking up out of the ground. It is time for spring cleaning inside and out. Time to clean out our closets, dust off our halo's, polish our wands, and clear the cobwebs out of our brains that might have gathered there during winter hibernation. It is time for change and new growth.

The idea that before we change, something important must be at risk, is often true yet sometimes it is just fun or beneficial to change. Like changing clothes or replacing things in your wardrobe. Sometimes it's not so much about something being at risk as it is about realizing that a thought or feeling you are holding on to is old, worn out, out of style or not serving you anymore. Have you ever had the experience of feeling dumpy and frumpy and then you put on a new outfit and suddenly felt like a million bucks?

I am no farther away from my good than a change of heart and mind.

To quote a dear friend of mine, Sim Wenner, "The decay of the past creates fertile soil for new flowerings". It's time to prepare our hearts and minds for new growth. To grow we must be open to learning. To learn anything we must put aside the safety of our ignorance. This means to me that I first must be willing to admit

that I don't necessarily know everything and open my heart and mind to new ideas. Perhaps even ideas that rock my world or invalidate what I thought or felt to be true. I must be willing to change my heart and mind and not hold on to my pet and cherished conclusions. The world was flat, then it was round, now they say it's a hologram.

In order to learn and grow I must remain open, curious and interested.

Any powerful idea is absolutely fascinating and absolutely useless until we decide to put it to work. Every thought and feeling we have sets off a chemical reaction in our bodies. Our thoughts and feelings are causative. When we take any action, it sets off a chain reaction in our bodies and in our universe. We have active hearts and minds.

I choose right action.

This is a wonderful time for all of us to use the waning stillness of winter, get quiet with ourselves and reflect on the thoughts and feelings that we've been hanging on to, then prepare our hearts and minds for the changing, cleansing and newness of spring. Enjoy!

Andrea von Botefuhr

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Meditation

Let us now prepare our hearts for prayer.

Breathe deeply as you allow your body to relax.

Follow the natural rhythm of your breath as it leads you inward.

Come to that silent, inner place where consciousness abides in its pure form.

Be aware of the ebb and flow of life.

Imbued with spirit, whole, and pure.

Not judging, not interpreting or formulating, but simply experiencing.

Experience the pure sensation and awareness of being, in spirit.

Breathe deeply and easily, and feel the presence of spirit within.

Contemplate now, from this place of spirit-filled serenity, the notion of the living Christ.

The eternal, abiding presence of the one sent to guide us into an experience of God.

Jesus perfectly experienced and manifested God's presence in the being of a man.

The stories that survive today tell us that those who knew Jesus came to understand, that they had known God in and through this man.

Through the power of His spirit it was demonstrated that even death can not separate us from God.

What was His connection to God?

What of the Christ can we know, can we experience for ourselves today?

What did He demonstrate that we may claim for ourselves?

How can we follow His example into a personal experience of God?

How can the living Christ become manifest in each of us?

The answer lies within, in the pure nature of your being.

Breathe deeply into the core of your being and let the Holy Spirit lead you to the awareness of the pure "I am" within you.

In the pure knowledge of "I am" you are one with Christ, one with God.

"Tell them I am has sent you", said God to Moses in the burning bush.

"I am the light and the life", said Jesus, according to gospel of John.

"I am" says the thunder and the rain.

"I am" say the waves upon the rocks.

"I am" says the Douglas Fir, stretching to the sky.

"I am" says the eagle, and the gull, and the sparrow.

"I am" say the rose and the orchid.

"I am" say the sun, and the moon, and the stars.

"I am" says the voice of the living Christ within you!

Jesus lived in the knowledge that "The Father and I are one".

My Father and I are one.

My Father and I are one "I am".

The Christ and I are one.

The Christ and I are one "I am".

I am.

I am the living Christ.

Christ lives in and through me.

I am.

I am.

I am love.

I am compassion.

I am forgiveness.

I am living in His grace.

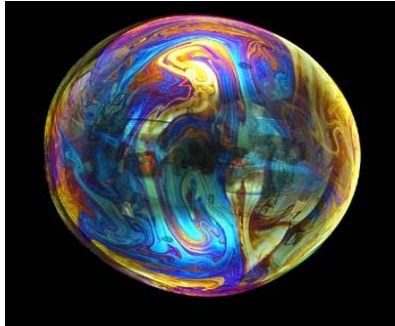
I am thankful, eternally thankful.

I am blessed.

I am.

Thank you God, and so it is,
in Jesus name,
Amen.

Dr. Louis Saegar
President of the Board of Directors



JOY

I define joy as a state of being.

It is the consciousness that maintains itself at all times because it is the consciousness of the Presence of God throughout Creation.

It is the conviction of The Good Omnipotence.

It is the love of God that bubbles in the soul and insists upon manifestation.

It is our spiritual inheritance.

Every person who is involved with 'The Joy' endeavors to bring this consciousness to the level of everyday living.

It is expressed through our musicians and our staff.

It is expressed by our Board President whose idea (the 'Vici Derrick Ministries') this was.

It is my deepest commitment to Love
and Loving.

The Vici Derrick Ministries was born as a result of the call and response of Spirit. The call of Spirit was to manifest a ministry where the simple principles of truth would inspire, encourage, enlighten and empower. The response is The Joy Cathedral.

Reverend Dr. Vici Derrick



March Affirmation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4.	5
		I am strong in God.	God is strong in me.	The strength of God is my strength.	I live in God.	The light of God is in me.
6	7	8	9	10	11	12
I love my life.	What God can do, I can do.	Spiritual power is mine now.	I lift my vision to see the Good.	Nothing can stand between me and my Good.	My Good is my God.	Everything I touch is blessed.
13	14	15	16	17	18	19
Love is all around me.	My life is my message.	I am a magnet for Grace.	I am the joy of God made manifest.	I am the love of God expressing.	All power is given to me.	I am secure in the love of God.
20	21	22	23	24	25	26
I accept my Good.	Spring is eternal in my soul.	I do not fear for God is here.	I am a spiritual powerhouse.	Today I claim my good.	I will to do God's will.	I live faith-filled and Spirit powered.
27	28	29	30	31		
The Father and I are one.	Nothing is impossible.	I receive what I believe.	I am the one that I've been waiting for.	God provides.		