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“Poised between Light and Darkness, Life and Death, spirit and matter..”

St. Michael the Archangel

The Rt. Rev. William S.H. Downey, Regional Bishop

We are now celebrating the Festival of St Michael and All Angels. This festival is a deeply significant church holiday coinciding with a natural Solar event, namely the Autumnal Equinox.

From the earliest times man has marked the passing of the seasons with ceremony, celebration and myth. The four cardinal solar events of the Winter Solstice, Summer Solstice, Vernal Equinox and Autumnal Equinox were recognized as turning points in the Sun’s annual Pilgrimage through the heavens. These events are not only physical occurrences in the outer world of manifestation, but represent inner movements and transitions happening at unseen levels, both cosmically and within the Soul of Humanity.

The Autumnal Equinox in the Northern Hemisphere is the point at which the Sun appears to cross the celestial equator from north to south. Equinox literally means “equal night” and of course means that at this time day and night time hours are of equal length. The time has come for a certain state of equilibrium or balance.

Of course the growing season is over for the most part and the harvest is brought in and this is the time of the harvest festivals.

The Church has recognized that each of the four great Quarter Days are assigned to one of the four Archangels: Gabriel, Raphael, Uriel and Michael. Michael is at the head of the First Ray, the Ray of Will, and represents the Strength of God. He is often shown with the scales of Justice in his hand. The festival falls at the beginning of the astrological sign of Libra. Libra (♎) is the seventh astrological sign in the Zodiac, originating from the constellation of Libra. It spans the 180-210th degree of the zodiac, between 180 and 207.25 degree of celestial longitude, which the Sun transits on average between (northern autumnal equinox) September 23 and October 23 each year.

The scales sometimes shown in his hand represent equilibrium and at the same time judgement, typified by his fiery sword. We enter upon the cycle of the year typified by the North, which is spoken of as the place of Sacrifice. So there is the aspect of sacrifice at this time. The North is the

place of Darkness and Mystery, it is the place of Stillness and Silence; but let us remember that out of the Darkness the Light comes, and out of the Silence the creative Word is spoken.

If we see that the key note for the New Year is struck at Christmas when the Christ child is born, we will see the unfolding of that plan in the experiences and accomplishments as the year moves toward fulfillment. We move from the first stirrings of Light and Life at the Winter Solstice, to the burgeoning growth of the seedlings at the Spring Equinox, to the Zenith of development at Midsummer and finally to harvest and fruition at the Autumn time.

Up until Midsummer all energy has been outward turning; then it changes to an inward movement until we come to this time. We move into this season

through the sign of Virgo, the keynote of which is purity — remember that on September 8th we celebrated the Nativity of Our Lady, our pattern of Humility and Purity. From there we move toward this Festival in Libra, the sign of balance: judgement which seeks to find equilibrium within ourselves and in Nature.

Now we bring in the harvest of the cycle and weigh, as it were, the fruits of our labor. See what we have on hand: that which is good and worth keeping and that which is less than what we want and which needs getting rid of. This process which happens annually also takes place at the time of transition called death. After an earthly incarnation the soul withdraws and the panorama of the preceding life flashes before it and a process of evaluation ensues. The good is stored in the causal body, the permanent

part of us, and leads to progress and discovery of our Divine Self; and the dross and residue is discarded.

The lower is sacrificed for the Higher.

We can picture Michael standing with one foot on the Summer Solstice and one foot on the Winter Solstice, poised between Light and Darkness, Life and Death, spirit and matter. From this place it is said that St Michael goes to the very Throne of the Heavenly Father, bringing the fruits of the preceding year as sacrifice and receiving from the Father the Plan for the New Coming Cycle which will be born at Christmas.

Now that the days grow shorter and the evenings become cooler and the natural tendency is to turn to hearth



and home, this is a good time for us to turn inward and evaluate what we have on hand. And based on our own inventory, sacrifice that which needs to be gone, and keep and strengthen that which needs to be kept. All of our experiences are transmuted into Wisdom. That Wisdom is a seed dormant and as yet unrealized but waiting to burst forth from the Spiritual Womb.

Our journey into the winter months seems to be a Path toward inactivity and rest and so it is, but it is also a time of dynamic renewal and regeneration. This is a place of challenge and of cultivation. In the cold hard earth the seed slumbers and is at rest; but in its heart Life throbs waiting for the summon of the Sun. So in the heart of each of us the Divine Spark lies hidden waiting to be called forth.

We are informed by many of our early Liberal Catholic pioneers that as a Race we are moving toward a time when mankind will develop latent powers which at this point are only partially manifested within a few advanced souls. Intuitive reasoning and clairvoyance are examples of these powers. As these abilities are more widely advanced and developed it is thought that we will consciously cooperate with the parallel line of evolution called the Angelic Kingdom and that by this cooperation we will advance the forward movement of all creation toward what Pierre Teilhard de Chardin called Omega Point.



As we consider the work of Michael and all of the Holy Angels, let us to the best of our ability assist them in their work by our prayer life, meditation, aspiration and participation in the Sacramental life of the church. May we bring light into all of our affairs, into all of our relationships, into all of our endeavors, and thus do our part in cooperation with these great Beings of Light, the Shining Ones.

“I do more than just float around!”

St Michael visits the popular culture

Kathleen Clute, St. Michael the Protector

The popular comic strip [Rose is Rose](#), by Don Wimmer and Pat Brady, frequently features the guardian angel of the title character’s son, Pasquale. Interestingly, while most of the time Pasquale sees his guardian angel as looking essentially like himself (or possibly, his Self), whenever the boy is



in some danger or about to seriously stray from the path, the angel takes on a form nearly identical to the traditional representations of the Archangel Michael in Christian art, with sword and shield. In this way, the Archangel Michael regularly appears on the comics page.



“All religions must have the Trinity, otherwise their God is a Potential that does nothing.”

Thoughts on Trinity

Thoughts on the concept of the Trinity of God explained by an engineer.

By Lt. Col. Martin H. Burckes, USA Ret., BS Civil Engineer.

As told to his son Lt. Col. Melvin S. Burckes, USA Ret., BS Civil Engineer.



There has been a lot of discussion about the three in one view of God by Christianity. How can there be three in one?

There is something that is everywhere, life must have it, it is not known exactly what it really is, yet what it does is well known. What is this? Electricity.

First there is Voltage or Potential, the energy that is potentially available to be used. It can be very small or extremely large but it is static. It is doing nothing in its pure state.

There is Resistance or Ohms, the path that allows the energy or current to flow from the potential.

Then there is Current or Amps, the manifestation of the work that the potential can do.

Here is an analogy to religion. Let's equate "God," "The Supreme Being," "The all Powerful," with "Potential." God is omnipotent, all powerful, a potential. The potential of electricity is always there in greater or lesser strengths, however it does not do anything, it is just there. Static.

To get any work from the potential of electricity there must be a "Path," a Resistance. This is supplied by what ever media is presented to the Potential, solid, liquid, gas, living tissue.



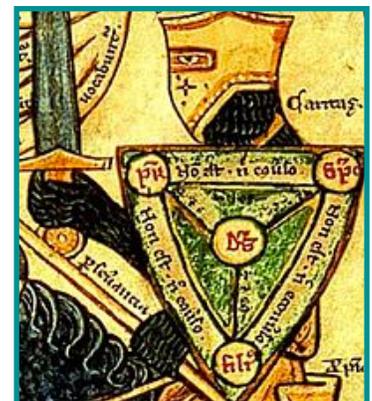
For the Potential to manifest there must be a path and in spiritual terms it could be called "The Son."

Whenever there is a Potential, and a Path, there must be a Flow; that is a Current. This in religious terms can be equated to "Spirit," "Holy Ghost." The flow of God's Potential into the recipient.

Whenever there is a potential, and a resistance, there is a flow. The more spiritual a person, the less resistance is offered to the potential so the flow is greater. The opposite is also true.

Therefore all religions must have the Trinity, otherwise their God is a Potential that does nothing. As soon as God manifests Himself, in whatever way, there has to have been some resistance, otherwise the potential could not have moved. With a resistance offering a path there is a flow and work is accomplished. Without all three a God is an unmanifested potential, that does no work. As soon as work is manifested you have the three principles, Father (Potential), Son (human, resistance), and Holy Ghost, (current, i.e. flow of spirituality).

There is but one "God" who must (or should) be acknowledged in His three aspects, without which He is by necessity a "God" of inaction. His potential lacks a path to do His work via His flow of Spirit.



“[D]ivine power manifests...with more advanced understanding and achievement.”

Growth of Consciousness, Spiritual Development and Scientific Method

By Ann Bosold, St. Gabriel and All Angels, Fairfield Iowa. A review of the following books:

Power vs. Force: The Hidden Determinants of Human Behavior (1995)

The Eye of the I: From Which Nothing Is Hidden (2001)

I: Reality and Subjectivity (2003)

By Dr. David R. Hawkins

(all published by Veritas Publishing, Sedona, Arizona)

As Liberal Catholics, we see the world as a place of opportunity for growth of consciousness. We have many tools for spiritual development, such as the sacraments, meditation, devotion and study. Still, the path can seem uneven and the direction unclear. In the twenty-first century, how can we believe anything without scientific proof? How can we evaluate our own experience in objective terms?

Dr. David R. Hawkins presents a model of spiritual development in his book, **Power vs. Force**, to map the journey for us. He has delineated the various stages, and has shown the associated emotions and worldviews of each stage. Beginning with the lowest levels of shame and guilt, rising through desire, anger and pride to break through into the empowered levels, the soul's journey continues through many levels of enlightenment. Dr. Hawkins analyzes these levels and their practical applications for the individual and society. He distinguishes the brute force nature of lower levels of consciousness from the divine power that manifests with more advanced understanding and achievement.

Dr. Hawkins (1927-2012) had a long career as a psychiatrist and researcher, as well as having many spiritual experiences and awakenings. In **The Eye of the I**, he describes the experience of the nature and presence of God, the structure and resolution of the ego, causality, karma and nonduality.

In **I: Reality and Subjectivity**, he continues his discussion of spiritual growth in terms of the radical reality of the Self, spiritual purification and transcendence. Each book has a distinct vibration, in

my opinion. Bishop Leadbeater mentioned in **The Science of the Sacraments** that books (for instance, the Gospel book that a congregation reads from over a period of years) have a discernible aura based on the devotion accruing to the object. My experience is that books have a vibration even before they are read, based on the depth of insight of the book's content and the consciousness of the author. These three books, written over a period of extreme growth in the author's life, provide a continuum of increasing vibrational value, with **Power vs. Force** being the most concrete and practical, and **I: Reality and Subjectivity** being the most abstract and experiential.

One controversial aspect of Dr. Hawkins's teaching is the use of applied kinesiology to distinguish truth from falsehood. You may have experienced AK as muscle testing, in your chiropractor's office, but in mainstream medical practices, this diagnostic tool is eschewed as a pseudo-scientific fad. In my own life, I have been using (and on occasion misusing) AK since the 1980s. I learned to ask yes-or-no questions and get an answer by testing the strength or weakness of the muscles of my arm. (I learned in the context of an Edu-Kinesthetics class, to determine one's need for the brain-body integration exercises that were also part of the course.) I have learned to be careful to use AK in a limited way, for my own dietary choices or practical decisions, never to assume I had a doorway to 'The Truth' that other people should take notice of.

continued with chart on next page...

Dr. Hawkins did extensive AK research with many teams of experimenters, evaluating ideas and identifying calibrated levels of consciousness for many historical figures and their teachings. For instance, his team calibrates Einstein at 499 (see chart), which places Einstein at the pinnacle of reason, but lacking the transcendent abilities that would integrate his science with spiritual realities.

Level	Log	Emotion	Life View
Enlightenment	700 – 1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

Power vs Force: the hidden determinants of human behaviour; David R. Hawkins, M.D., Ph.D.

In fact, all of science is evaluated in the range from 400 to 499, below the intuitive, all-knowing levels of enlightenment. In contrast, Dr. Hawkins rates applied kinesiology at the consciousness level of 600. This attitude toward science is liberating for the student of spirituality, giving validation to non-linear thinking and higher states of consciousness. Based on his experience as an MD and PhD on the one hand, and his spiritual awakening on the other, Dr. Hawkins would seem qualified to compare the objectivity of science and the subjectivity of radical reality.

Still, truth is subjective. The value in science is never called into question, but the student is invited to go further. Applied kinesiology is offered as a tool for the student to use to further his/her investigations, not as a way of dictating judgments to be received and believed. Liberal Catholics will recognize the tension between believing in the clairvoyant investigations of our founders, versus accumulating one's own knowledge and experience. I recommend these books as fascinating reading for the spiritual seeker.

PROVINCIAL NEWS

Kathleen Clute and Parish Correspondents

New Provincial Website

Our new provincial website went live at the beginning of September. The new site, <http://www.thelccusa.org>, includes all the information from the previous website plus several new features. Each parish has its own page which can include any particular information the parish specifies, as well as a gallery of parish photos. There are also galleries for last year's Triennial Provincial Synod and for the Midwest Retreat last May.

We hope to add further photo galleries and more photos from each parish also. In addition, **Ubique** will be published at the provincial website now, and soon the St. Alban Press catalog will be available there as well. Any ideas you have for additional features to improve what we offer at thelccusa.org will be very gratefully received.

Please visit and bookmark the new website!

Parish News

The Church of St. Francis, Villa Park, Illinois

Greetings from the Church of St. Francis in Villa Park, IL. Our Holy Eucharist is every Sunday at 10:00 am. If you are ever in the area, please stop by and celebrate Eucharist with us. In addition to Sunday Eucharist, there is a Healing Service led by Fr. Daniel Provost on the first Wednesday of every month, and The Ray Rosary led by Sister Rabbecca the third Monday of every month. We also have a pancake breakfast after Holy Eucharist on the 5th Sunday of the month. We offer books, small gifts, and hand assembled 7 Ray Rosaries for sale. Our newsletter is published 7 times per year, and is very informative. Please [email us](#) for more information. Our [Facebook page](#) is doing well and currently has 94 "likes." The Facebook page is updated often with events and pictures.

Summers are usually lighter in attendance. People are away on vacation, enjoying the summer time with their families and loved ones. However, we have gathered some toys to send to the LCC parish in Brazil, which was requesting donations. We had a "5th Sunday" pancake breakfast on July 29th. This time we collected 2 baskets of non-perishable food items to donate to a local food pantry in need. We have started to collect winter wear items also to be donated to those in need in the Chicago area. We had our first incense making workshop, which everyone enjoyed. We made a simple incense blend of frankincense, myrrh, and cinnamon, which we packaged to sell at our booth for Theosofest. We also burned a sample of it at the booth, and it attracted at least 100 people who wanted to know where the heavenly scent was coming from. We have some left over to purchase if you would like some. (1oz bags for \$4) Theosofest was a success. Lorijo Metz made chocolate chip peanut butter cookies which also helped to draw people over to our booth. We sold some incense and rosaries, handed out a lot of material, and got quite a few email addresses for our newsletter mailing list.

Concord grapes are in season. Rabbecca, Dawn, and Julie spent an entire day washing, mashing, cooking, straining, and canning 21 lbs of grapes to make grape juice for Holy Communion. The grapes yielded 2.5 gallons of juice, which should last us almost the whole year. It's a lot of work but you can really taste the difference.

Upcoming, we have another "5th Sunday" pancake breakfast on September 30th, the Annual Blessing of the Animals on October 7th, and our Annual Congregational Meeting in October.

Rabbecca Collin



L to R: Rabbecca Collin, Lorijo Metz, Fr. Terrence Metz, Vicky Fitzmaurice.

Our Lady and All Angels, Ojai, California

We were all pleased to have a visit from Terrence and Lorijo Metz from St. Francis, Illinois for Eucharist on July 1st. Father Terrance was our celebrant, and we had a high celebration. Also Jose Garcia, a regular attender, joined us at the altar as server for the first time — we were all very happy to have him with us, and hope that it'll be the first of many.

Following the service, Bim and Mel Burckes, long-time members and faithful social-hour organizers, put together a delicious lunch both in honor of the upcoming Independence Day, as well as to raise money for our parish. We had vegetarian hot dogs, cole slaw, potato salad, and pie for dessert. It was quite a treat.

Deacon Richard Ellwood



Fr. Terrence & Lorijo Metz visiting Our Lady & All Angels



Enjoying the vegetarian feast and fellowship!

Our Lady Queen of Angels, Rio Rancho, New Mexico

Sunday School teacher Mary Donovan reports that there are six children attending Sunday School this fall. Two are preparing for First Communion, and three have already had First Communion and have chosen to repeat Sunday School. This year's focus is on the Seven Rays, so the repeaters are discovering new aspects of material they learned in previous years.

One lovely new addition to the services at Queen of Angels is a Rodgers Allegiant 678 electric organ. Supported by a grant from the Rogers Cooper Memorial Foundation, the church purchased this organ in August, taking delivery in mid-month. The organ search group was assisted by Dr. James Yeager, organist and music director of First Presbyterian Church in Albuquerque and professor emeritus of Pontifical College Josephinum in Columbus, Ohio. Dr. Yeager's contact with Mr. Harry Bennett of Church Organs of Colorado led to finding the two year old instrument, owned by a retired Lutheran pastor in Denver.

The Allegiant has 2 manuals and a full complement of pedals; 114 organ stops; and built-in record and playback, along with a host of orchestral (midi) sounds.

Organists Allie Snyder and Kathleen Clute are still learning to utilize the myriad features of the instrument, and they are taking organ lessons with Dr. Yeager to become proficient organists. Parishioners have commented enthusiastically about the lively music of the services now.



Grace & Earl Lynch



Rodgers organ at Our Lady Queen of Angels

On August 19, Our Lady Queen of Angels celebrated the 70th anniversary of parishioners Earl and Grace Lynch, who married August 22, 1942, in Wisconsin. Earl and Grace were joined at Queen of Angels for Sunday Eucharist by many family members and friends, who participated in honoring them and then stayed for a reception afterward.

Kathleen Clute

St Gabriel and All Angels, Fairfield, Iowa

Regular Services Holy Eucharist is celebrated every Sunday at 10:15 a.m., on Tuesdays and Thursdays at 9:00 a.m., and on Saturdays at 10:15 a.m. Evening services at 8:00 p.m. include Healing and Solemn Benediction on the first Wednesday of the month, the Our Lady's Rosary of the Seven Rays on the third Wednesday, and Sophia Sanctissima on the last Wednesday.

Hospital Ministry Fr. Steven Arndt of St. Gabriel and All Angels now oversees the Chaplaincy Program for the Fairfield Area Ministerial Association (FAMA), an association of the clergy of 13 churches in the Fairfield area. Approximately nine chaplains from various churches in the area currently serve as chaplains at the Jefferson County Health Center. Four members of St. Gabriel and All Angels — Elizabeth Bell, Peter Huggins, Annette Melmon, and Stanley Kresky — were trained as chaplains in the most recent chaplaincy training program. They were trained by Larry Shostram, a trainer with 25-30 years of experience who is in charge of the Chaplaincy Training Program in the Quad Cities. He has trained 20 chaplains from Fairfield.

“Chaplains bring in the light of Christ,” says Fr. Steven. “Research shows that spiritual life makes a difference in spiritual and emotional healing. Chaplaincy is its own ministry. Chaplains do not go in as a priest or minister or rabbi. Chaplains strive to re-enliven and rekindle the connection with the Sacred Heart. Spirit resides in each and every human heart, but often times in a hospital setting there are situations that put shutters on the heart. Chaplains help patients to open the shutters and reconnect to Sacred Center.”

Fr. Steven's personal inspiration for chaplaincy work comes from Bishop Robert Green in Contra Costa County, California. “On many occasions Bp. Green told stories of his experiences. He saw some of the most difficult situations. His huge heart has a special calling — unceasing caring from his heart for those in need.”

St. Gabriel and All Angels has been involved in the Chaplaincy Program in Fairfield for about 10 years.

Summer Choir Series St. Gabriel and All Angels Choir brushed up its repertoire over the summer, and reached out to the community with four performances. Over a two-week period the group sang for residents of Fairfield's three senior homes (Parkview Care Center, Sunnybrook Assisted Living, and Sunnybrook Living Care) plus a public outing as the featured act at Café Paradiso's “Open Mic” on August 8. A video of the Café concert can be viewed at http://www.youtube.com/watch?v=UM5Xsdhj_6w



*Pictured singing are: Ann Bosold, Denise Gallegher, Melinda Arndt, Lucinda Hall, and Patty Dollive.
Heidi Salmonson also participated in some events.*

Picnics in the Park During monthly potlucks held at local parks, members of St. Gabriel and All Angels shared tasty dishes and lively fellowship while appreciating the beauty of God's creation.

Upcoming Events Are you thinking of attending the next LCC retreat April 5–7, 2013? Please save the date! We look forward to seeing you at the next retreat.

Sylvia Richards

“Christ has no body now on earth but yours;
 yours are the only hands
 with which he can do his work,
 yours are the only feet
 with which he can go about the world,
 yours are the only eyes
 through which his compassion
 can shine forth upon a troubled world.

Christ has no body on earth now
 but yours.”

St Teresa of Avila

Photo Credits

- Page 1* The altar of St Gabriel & All Angels, Fairfield, Iowa; Lucinda Hall.
- Pages 2 & 3* Archangel Michael icons; public domain.
- Page 3* **Rose is Rose**, by Don Wimmer & Pat Brady; distributed by Universal Uclick.
- Page 4* *Upper left:* Window in All Saints' Church in Cambridge, England. Photographer: Lawrence OP; reproduced per Creative Commons License.
Center: Reproduction of heraldic arms attributed to St. Michael the Archangel) in a ca. mid-15th century manuscript of “Aunciant Coates,” ms. Harley 2169 from the Harleian collection of the British Library; public domain.
Lower right: From William Peraldus’ *Summa Vitiorum*, ca. 1255-1265; public domain.
- Page 6* Chart: Power vs. Force; Dr. David R. Hawkins; supplied by Ann Bosold.
- Page 7* Rabbecca Collin.
- Page 8* *Upper two:* Rev. Richard Ellwood.
Lower right: Kathleen Clute.
Lower left: Family of Grace & Earl Lynch.
- Page 9* Sylvia Richards

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