



Port Alberni Nuggets

Volume 2, Issue No.1

Baha/Splendour, 179, B.E

Baha'i Quote of the Month



Baha'i Stories:

Naw Ruz

On the [day] of the first Naw-Ruz (1909), which He celebrated after His release from His confinement, 'Abdu'l-Bahá had the marble sarcophagus transported with great labor to the vault prepared for it, and in the evening, by the light of a single lamp, He laid within it, with His own hands -- in the presence of believers from the East and from the West and in circumstances at once solemn and moving - the wooden casket containing the sacred remains of the Báb and His companion. When all was finished, and the earthly remains of the Martyr-Prophet of Shiraz were, at long last, safely deposited for their everlasting rest in the bosom of God's holy mountain, 'Abdu'l-Bahá, Who had cast aside His turban, removed His shoes and thrown off His cloak, bent low over the still open sarcophagus, His silver hair waving about His head and His face transfigured and luminous, rested His forehead on the border of the wooden casket, and, sobbing aloud, wept with such a weeping that all those who were present wept with Him. That night He could not sleep, so overwhelmed was He with emotion. The most joyful tidings is this," He wrote later in a Tablet announcing to His followers the news of this glorious victory, "that the

holy, the luminous body of the Báb ... after having for sixty years been transferred from place to place, by reason of the ascendancy of the enemy, and from fear of the malevolent, and having known neither rest nor tranquillity has, through the mercy of the Abhá Beauty, been ceremoniously deposited, on the day of Naw-Rúz, within the sacred casket, in the exalted Shrine on Mt. Carmel... By a strange coincidence, on that same day of Naw-Rúz, a cablegram was received from Chicago, announcing that the believers in each of the American centers had elected a delegate and sent to that city ... and definitely decided on the site and construction of the Mashriqu'l-Adhkar.

-Shoghi Effendi, God Passes By, p. 276

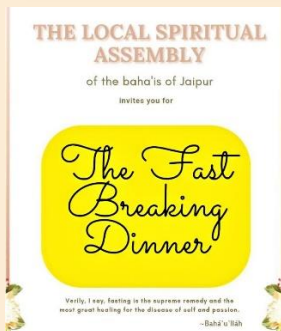
News and Events:

News from our twin LSA of Jaipur, India

Ayyam -i- Ha was celebrated in the Baha'i House with food, games and dances. During the fast, Baha'is broke the fast together.

The non-stop activities continue with another four-day conference in the Bhimpur cluster.

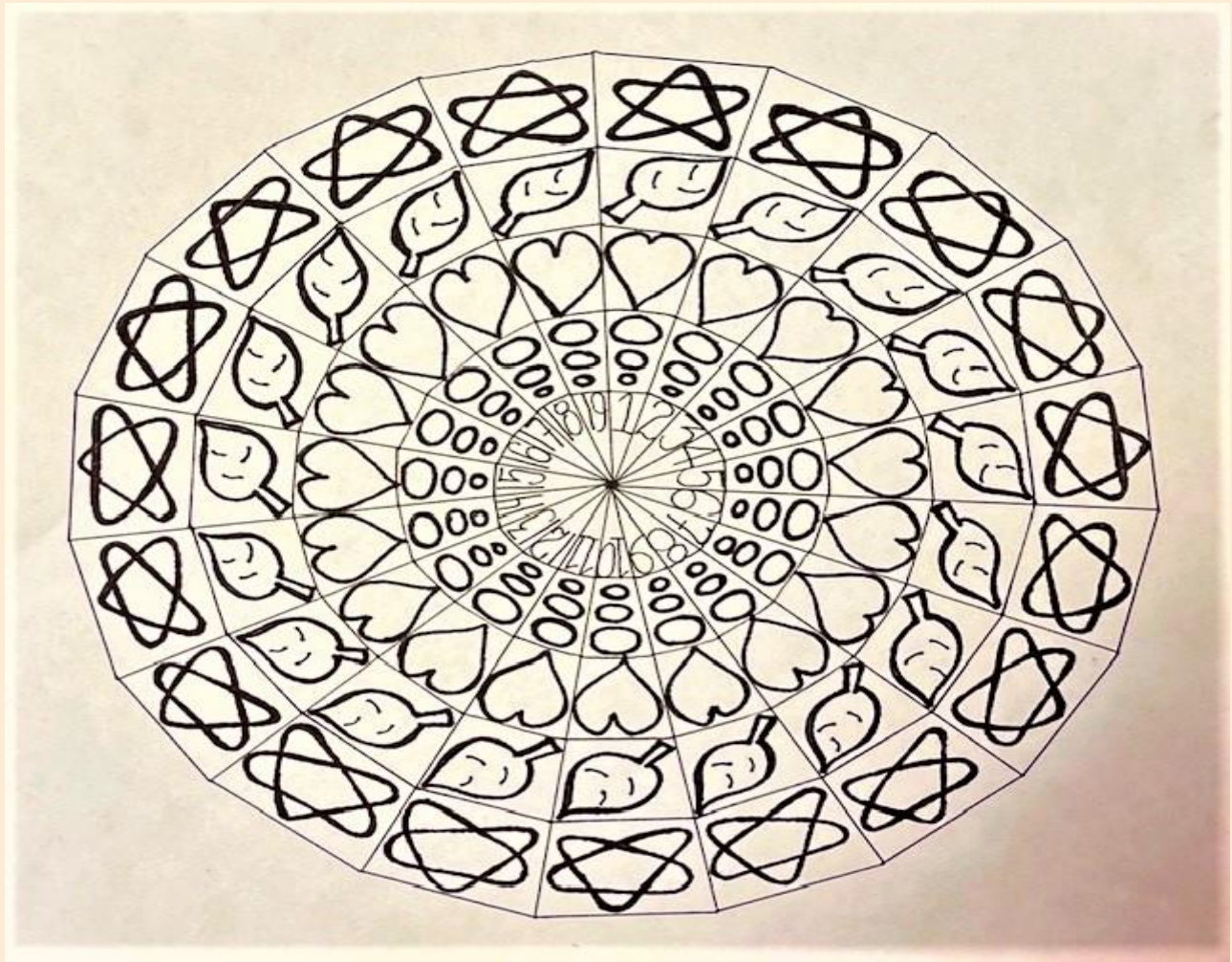
The numerous activities of children's classes, junior youth groups and devotional gatherings continue to be held almost daily.



Despite the various obstacles in re-envisioning the future of work, participants noted that the generosity and cooperation shown by many people, especially young people, in their personal and professional lives in response to COVID recovery efforts has provided new insights into human nature and a hopeful outlook.

Sharing:

Anne's sharing: Designed by Anne, it is good for coloring during the fast.



Lesley's sharing:

"There is no act of worship more pleasing unto God than benefiting others, even if it is only by creating joy in their hearts." -The Bab

Reflecting on this Writing, it seems like bringing joy to someone can be a simple thing. Sometimes it can be a smile as someone passes and that person, in the depths of gloom, feels that someone has acknowledged them, or maybe a short conversation in a grocery store. We all want to reach out to others and feel like we belong. And sometimes, a conversation while waiting in line can change the

thoughts or feelings of another and uplift them to new heights. All because, of course, we turn to God and enlist the help of His chosen angels.

Badi's sharing:

My website "Baha'i Inspired Economics" (www.badishams.net) has been operating since 2018 and needed a facelift and minor improvements. Thanks go out to a young Baha'i lady from the Republic of Congo who volunteered to help as a service to our Faith and spent many hours making it more user-friendly. With more than 400 resources of videos, books and articles, this website is both in Spanish and English. As before, the website is ready to welcome anyone interested in the spiritual or the Baha'i concept of economics.

Poem of the month

Poem by Tahera



Love and peace



How many blasts will deafen our ears,
Before we realize ,
That love and peace have a sound so swe
And in war it's only a revengeful beat.

How much smoke will obstruct our eyes,
Before we realize ,
That love and peace give us a vision
And eyes blinded with war can't envision.

How many horrid screams will dry up our throats,
Before we realize,
That songs of progress sung in love and peace ,
In war , are just sorrowful mourns.

How many limbs will cease to move ,
Before we realize ,
That love and peace motivate worthy deeds ,
And in war , it's only hatred and greed.

How many gallons of blood will we shed
Before we realize ,
That love can turn a foe to a friend ,
And in war even brothers hunger for each other's end.

How much hunger will we bear ,
Before we realize ,
That prosperity which thrives in love and peace ,
In war , just withers away.

How many souls will wing their flight ,
Before we realize ,
The ecstasy of a soul in love and peace ,
And its agony in warring plight.

How many more wars will torment the human race ?
When will wars be finally wiped off earth's beautiful face ?
How many more wars will we fight
Before it's too late to even realize.

- Tahera

News and Nuggets from our First Nations Community



Pole's name references first woman



Port Alberni, BC

As its eyes look east toward the rising sun this autumn, the carver behind a totem pole recently raised by the Somass River is stressing the piece's importance of honouring women.

"The pole stands for our women," said Tim Paul, who unveiled the project on Sept. 18 at Port Alberni's waterfront, "most importantly is language, the cultural teaching."

*The Hesquiaht carver named the pole *naasnaas?aqsa* (pronounced 'naas naas ukxa'), referencing the first woman. Paul recalls a story told by his aunt Alice Paul in 1989, when another totem pole he carved was raised in the Canadian Museum of History's Grand Hall in Ottawa.*

*"This is where she referred to the beginning, the first woman, *naasnaas?aqsa*, because women are our knowledge keepers," he recalled. "That's where that name comes from. But definitely the pole is honouring our ladies."*

What began as a windfallen cedar found in the forest of Huu-ay-aht territory eventually became the 37-foot piece that now stands over Port Alberni's Victoria Quay.

The project was initiated by the First Nations Education Foundation in 2018 to mark the United Nations International Year of Indigenous Languages in 2019. When the pole was unveiled the education foundation noted that almost three quarters of the 60 or so Indigenous languages that are still spoken in Canada are at risk of being lost within a generation. Thirty-four of these Aboriginal languages exist in British Columbia.

“If these languages become extinct, Indigenous nations risk losing their cultural identities forever,” stated the education foundation.

ñaasñaaspaqsa stands on the site of Noopts’ikapis, a historical Tsehshaht village where people once lived by the Somass River. On a patch near a former helicopter pad, the pole is accessible to the public at the edge of San Group Property, where the company operates a sawmill.

As has been in the case with his other totem poles, maintenance will be required as the elements take their toll on the piece, said Paul.

“It will have to be touched up, as years, the weather and everything else gets a hold of it,” said Paul. “It will be up to the young people, the local tribes.”

The pole has so far attracted considerable interest over its first days of standing. Hundreds showed up for the unveiling on Sept. 18, and a Sept. 30 walk organized by the Tsehshaht First Nation for Orange Short Day, or the National Day for Truth and Reconciliation, is scheduled to stop at ñaasñaaspaqsa.

“It’s alive now and we can talk to it,” explained Paul. “It’s really up to the young people now to approach that with all of the history, all of the names and all of the songs that are attached to it – that they lay out to making change, making a good life and good path for themselves.”

From the editor's desk:

Practical Economic Suggestions for Everyday Use (Last Part)

Based on the Baha’i Writings, the suggestions below may hopefully help you bring about this fundamental change in your character and everyday economic actions. There are 53 suggestions, but we discuss 9 on this blog.

46. *Spend an equal amount of energy in becoming detached from material possessions as you spend getting them, recognizing that they are a test and remembering what Baha’u’llah said:*

“Thou dost wish for gold, and I desire thy freedom from it. Thou thinkest thyself rich in its possession, and I recognize thy wealth in thy sanctity therefrom. By My life! This is My Knowledge, and that is thy fancy; how can My way accord with thine?”-The Hidden Words, Arabic no.56

It is like spiritual detoxification. There is nothing inherently wrong with being rich as long as we are fully aware of its benefits and dangers. Baha’u’llah has allowed us to have all the luxuries we desire, as long as we are detached from them.

47. *Remind yourself of your spiritual destination while pursuing financial goals, since materialism can slowly take over your spiritual life. Without constant reminders of our spiritual destiny, materialism can destroy our spiritual well-being. We have to have the “big picture” in our view all the time so that we are not lost.*

48. *Live the Bahá’i Life.* In a sense, it is a simple statement to live the Bahá’i life, but it requires an understanding of ourselves and our purpose in life. **It is easier said than done.**

49. **Be considerate to those who rent from you.** Be sensitive to their situation. If they are in trouble, be flexible with their rent payments. Let them miss a payment or part of a payment. Besides the spiritual satisfaction that you feel, you also gain a tenant who cares for you and your property and will use it as if it's theirs. It even makes economic sense since you will probably lessen the cost of repairs.

50. **Develop virtues** that are common to all religions and are the foundation for any system's success. At present, acquiring the virtues seems idealistic, but we have to remember that as we move closer to an ever-advancing civilization, acquiring these virtues will be commonplace. They may not seem as if they have anything to do with economics, but they help us to gain spiritual and human qualities which help us to create a better society. Here is the list of virtues identified by The Virtues Project:

Assertiveness, Caring, Cleanliness, Compassion, Confidence, Consideration, Courage, Creativity, Detachment, Determination, Enthusiasm, Excellence, Faithfulness, Flexibility, Forgiveness, Friendliness, Generosity, gentleness, Helpfulness, Honesty, Honour, Humility, Idealism, Joyfulness, Justice, Kindness, Love, Loyalty, Mercy, Moderation, Modesty, Obedience, Orderliness, Patience, Peacefulness, Prayerfulness, Purposefulness, Reliability, Respect, Responsibility, Reverence, Self-discipline, Service, Steadfastness, Tact, Thankfulness, Tolerance, Trust, Trustworthiness, Truthfulness, Unity

51. **Deal with your insistent self or ego;** otherwise, it can undo any success or progress if it is not recognized as a serious threat to our good efforts. History is full of examples of how egos created destruction throughout the ages. As human beings, our life in this world and our progress in the next world depend on the decisions we make. Some say we make our own heaven and hell here on earth as a result of the choices we make. It is sad if we do not make the right decision and give our higher nature the upper hand. Because we are bombarded by advertisements and consumerism, nurturing our higher nature is very difficult, and that is why we need to tune ourselves spiritually to make the right choice so that we get the rewards and benefits of that choice. We know that reading the Writings has been encouraged in our Faith, and when we read the Holy Writings and meditate on them, our souls are uplifted, and that affects our decision making. Our souls are tuned by reading the Writings and bringing ourselves to account each day. It is like a spiritual balance sheet so that we can perceive the good and the bad in our ways. **This is such an important factor in our lives, and we need to take the opportunity to deal with it adequately.**

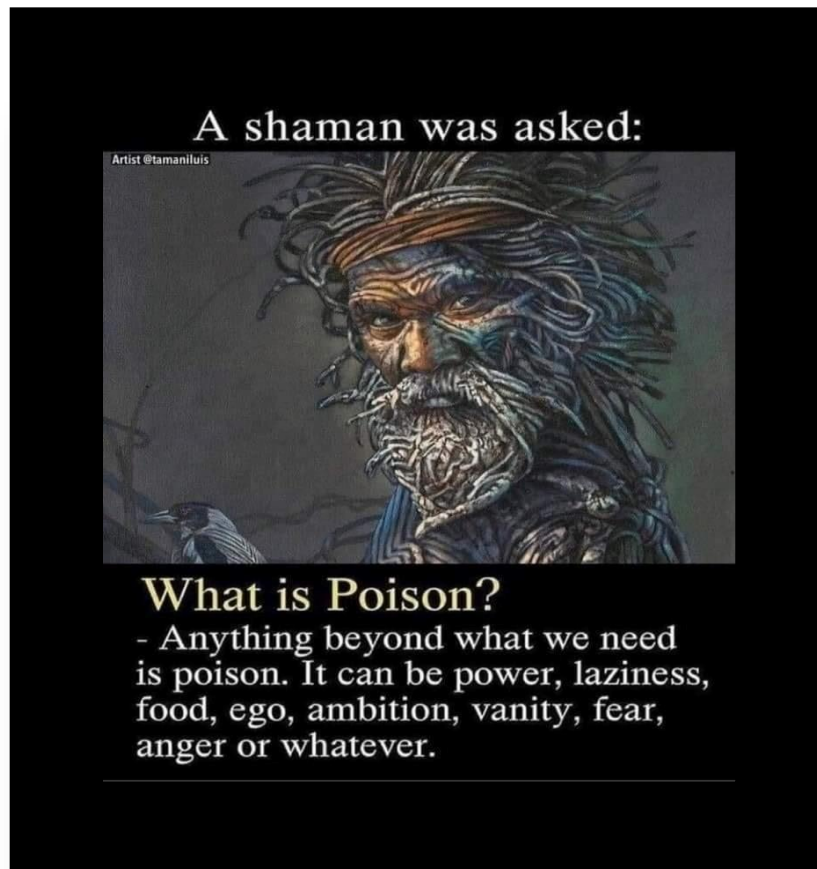
52. **Recognize and nurture the four aspects of your being:**

1. **a) Spiritual**
2. **b) Physical**
3. **c) Emotional**
4. **d) Intellectual**

Most people ignore one aspect for the sake of others, but we need all aspects to have balance in our lives. This sounds like one of those self-help mantras, but awareness of all aspects of our being is essential to realistic self-knowledge, which is the first step towards knowing God.

53. *Be more vocal in a loving way about what we think about the changes that are needed for the improvement of the economic life of individuals and the society in which we live; in short, without being militant or aggressive, express our ideas and vision. We all have a say in all matters, and we can be the catalysts of positive change. We do not want to be political or militant, but we cannot forget that our job is providing vision and direction to wayward humanity. It is like having the healing medicine and not giving it to the sick.*

Famous quotes:



Upcoming Events:

Naw-Ruz March 21, 2022

Next feast Jalal/Glory, April 9, 2022

Contact us at: bshams@telus.net