



# Port Alberni Nuggets

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## Baha'i Quote of the Month



## Baha'i Stories:

### Departed souls

*“A woman, full of sorrow and despair, came to ‘Abdu’l-Baha’: “I pray you remove my doubt, and give me consolation, I have lost my beloved husband.”The Master answered her:*

*“If you have a bed of lilies-of-the-valley that you love and tenderly care for, they cannot see you, nor can they understand your care, nevertheless, because of that tender care, they flourish. So it is with your husband. You cannot see him, but his loving influence surrounds you, cares for you, watches over you. They, who have passed into the Divine Garden, pray for us there, as we pray for them here.” ~ Lady Blomfield, The Chosen Highway, page 215.*

## News and Events:

### News from our twin community of Jaipur, India

*A glimpse of so many children's classes and activities.*



### Bahá'í World News Service

#### Addis Ababa: Addressing the disproportionate impact of climate crisis on women



*BIC ADDIS ABABA — A recent forum held by the Addis Ababa Office of the Bahá'í International Community (BIC) explored the disproportionate impact of the climate crisis on women, emphasizing the principle of equality of women and men as essential to addressing climate change.*

*“Climate change is largely acknowledged as an amplifier of existing socio-economic inequities, including gender inequalities,” said Atieno Mboya, professor of International Environment Law and Gender at Emory University and member of the Bahá'í community.*

*“While legislative and legal processes are critical in promoting gender equality, the bigger issue is one of ontology and how we see ourselves as human beings,” said Dr. Mboya, as she explained that environmental degradation is an outcome of a purely materialistic approach to life without considering social, moral, and spiritual implications.*

*“How do we see ourselves as human beings? What is our reality? Are we just material, self-interested beings?” asks Dr. Mboya.*

*“We have a spiritual reality, a soul that has no gender. Operating in the world from this standpoint can enable us to adopt new values, new social norms, and new institutional arrangements that promote gender equality and harmony with nature,” she said, referring to the Bahá’í teachings on the advancement of civilization.*

*In this light, participants examined how climate-related issues, such as disruptions to food security caused by changes in rainfall patterns and migration brought about by environmental degradation, tend to affect women more than men.*

*Dr. Mboya explained how, for instance, the migration of men from rural areas in order to support their families places greater labor demands on women.*

*“This means that there is increased pressure on women’s time,” she said. “There is reduced time for childcare and food preparation. Girls’ schooling can also be interrupted when they help their mothers.”*

*Even when migration is not a factor, climate change still has a greater impact on women than on men because of gender inequities, such as reduced work opportunities for women defined by their economic status and societal norms.*

*Despite these struggles, women in Africa are at the forefront of climate action, participants noted.*

*“We’re doing so much. We’re not waiting... for somebody to come and save us,” said Musonda Mumba, Director for the Rome Centre for Sustainable Development of the United Nations Development Programme.*

*Dr. Mumba spoke about a new network of women environmentalists in the Sahel region, Mali, and Southern Africa, which coordinates grassroots climate action across these regions. This initiative, she said, is an example of the countless actions taken by women in Africa to mitigate environmental challenges.*

*In further comments, Dr. Mboya emphasized that climate change issues need to be addressed by new approaches and patterns of community life “capable of unlocking human capacity for promoting social progress.” She added that this calls for humility on our part as human beings when we interact with nature, if we are to mitigate environmental degradation.*

*This forum took place as part of a series of discussions being held by the Addis Ababa Office in the lead-up to the 2022 United Nations Climate Change Conference, known as COP27, and is part of the BIC’s contribution to the discourses on climate change and the equality of women and men.*

**Baha’i Inspired Economics Website**

*This website has added more than 160 new materials, bringing the total material to more than 500, ready to be downloaded.*

*During the last Baha'i month, the website was visited by 232 people from 51 countries.*

## Sharing:

### **Robert McIlvride's (Toronto) sharing:**

*Last year, after learning of the residential school's tragedy and how it came about through the policies of the Canadian government, I sought to find out more about how this came about and what we, as Baha'is, we can do to help heal these deep wounds.*

*A book I found most instructive is "The Reconciliation Manifesto: Recovering the Land, Rebuilding the Economy," by Arthur Manuel and Grand Chief Ronald Derrickson. One reviewer said, "He makes it plain that there's no reconciliation until we replace the stinking, unstable mythologies that still support the Canadian state with something more noble and true."*

*Is that a cry for the Message of Baha'u'llah? What could be more noble and true? Our Local Assembly wrote to the National Assembly to find out what concrete steps can we Baha'is take to help with the healing process. Their response was to befriend First Nations people. Before we even received that reply, this passage from the Writings popped out at me during a Ruhi session:*

***"They that are endued with sincerity and faithfulness should associate with all the peoples and kindreds of the earth with joy and radiance, inasmuch as consorting with people hath promoted and will continue to promote unity and concord, which in turn are conducive to the maintenance of order in the world and to the regeneration of nations."*** - Tablets of Baha'u'llah, The second Taraz.

*To me, it suggests that we first must be sincere and trust in God. Then we need to associate, to build bonds of true friendship. As we consort with people, we build unity. That unity will help maintain order in the world, and (here's the real kicker) will be conducive to the regeneration of nations. Think of that--the regeneration of nations. For us to help regenerate the First Nations and the Canadian nation, the steps are clear. These are the ways of spiritual growth and service to our Faith. The suggestions have been given to us by the Universal House of Justice. Now it is left to us to practice them.*

### **More sharing:**

***"Observe My commandments, for the love of My beauty."***

***"Happy is the man who hath recognized Thee, and discovered the sweetness of Thy fragrance, and set himself towards Thy kingdom, and tasted of the things that have been perfected therein by Thy grace and favor."*** -Bahá'u'lláh, *Prayers and Meditations by Bahá'u'lláh*, p. 54

***"The Great Being saith: Regard man as a mine rich in gems of inestimable value. Education can, alone, cause it to reveal its treasures, and enable mankind to benefit therefrom."*** ~Baha'u'llah, *Gleanings from the Writings of Baha'u'llah*, p. 260

*Lesley's sharing:*

“...those souls whose inner being is lit by the love of God are even as spreading rays of light, and they shine out like stars of holiness in a pure and crystalline sky. For true love, real love, is the love for God, and this is sanctified beyond the notions and imaginings of men. We must find a way of spreading love among the sons of humanity.

Love is unlimited, boundless, infinite! Material things are limited, circumscribed, finite. You cannot adequately express infinite love by limited means.

The perfect love needs an unselfish instrument, absolutely freed from fetters of every kind. . .

The great unselfish love for humanity is bounded by none of these imperfect, semi-selfish bonds; this is the one perfect love, possible to all mankind, and can only be achieved by the power of the Divine Spirit. No worldly power can accomplish the universal love.

Let all be united in this Divine power of love! Let all strive to grow in the light of the Sun of Truth, and reflecting this luminous love on all men, may their hearts become so united that they may dwell evermore in the radiance of the limitless love." -Abdu'l-Baha

With love, everything is possible. This is our starting point. With this “Divine power of love” we can carry out our service to our beloved Cause with purity of motive and sincere intention. A simpler way of saying it is:

"Love is our essential reality and our purpose on earth. To be consciously aware of it, to experience love in ourselves and others, is the meaning of life. . . " -Marianne Williamson

*Poem of the month*

**Death is Nothing at All**

Death is nothing at all.  
I have only slipped away to the next room.  
I am I and you are you.  
Whatever we were to each other,  
That, we still are.

Call me by my old familiar name.  
Speak to me in the easy way  
which you always used.  
Put no difference into your tone.  
Wear no forced air of solemnity or sorrow.

Laugh as we always laughed  
at the little jokes we enjoyed together.  
Play, smile, think of me. Pray for me.  
Let my name be ever the household word  
that it always was.  
Let it be spoken without effect.  
Without the trace of a shadow on it.

Life means all that it ever meant.  
It is the same that it ever was.  
There is absolute unbroken continuity.  
Why should I be out of mind  
because I am out of sight?

I am but waiting for you.  
For an interval.  
Somewhere. Very near.  
Just around the corner.

All is well.

Henry Scott Holland

# News and Nuggets from our First Nations and other communities



## Province announces new funds for language and culture revitalization



Minister of Indigenous Relations and Reconciliation Murray Rankin

### **Victoria, BC**

*In a lead up to National Indigenous Peoples Day, the province is supporting First Nations language and culture revitalization through nearly \$35 million in new funding towards the First Peoples' Cultural Council (FPCC) and the First Peoples Cultural Foundation (FPCF).*

*The funding will support FPCC and FPCF with their programming to document, safeguard, and rebuild Indigenous cultural systems to share with future generations, said Lorna Wánosts'a7 Williams, First Peoples' Cultural Foundation board chair.*

*“Languages, arts, cultures and heritage are the lifeblood of our communities and integral to our well-being – individually and collectively,” she said in a release.*

*Colonial practices and policy have had “devastating outcomes” for Indigenous communities, said Minister of Indigenous Relations and Reconciliation Murray Rankin.*

*The residential school system effectively tried to “extinguish Indigenous language, culture and heritage,” he said.*

*“The need to address the revitalization and normalization of Indigenous languages and knowledge systems is urgent, especially given the pandemic and climate change-related events that disproportionately affected Indigenous communities,” Rankin added.*

*The United Nations General Assembly has declared 2022 to 2032 the International Decade of Indigenous Languages in a bid to emphasize the critical state of Aboriginal dialects across the world.*

*British Columbia accounts for about 60 per cent of the First Nations languages in Canada. There are currently 34 Indigenous languages within the province. Of those, three per cent of the reported First Nations population are fluent speakers, according to the 2018 report on the status of B.C. First Nations languages.*

*Deb Masso leads weekly language classes and works as a language digital archivist for Tla-o-qui-aht First Nation.*

*As a young girl, Masso said her parents never spoke Nuu-chah-nulth to her. Sometimes, she said, they would quietly speak it to each other in another room.*

*It was a behaviour learned in residential school, she said.*

*Although she didn't recognize its value at the time, Masso was exposed to Nuu-chah-nulth by her grandfather, who regularly spoke it to her until he passed when she was 17 years old.*

*It took more than 20 years before it re-entered her life. She gets emotional just thinking about it. For Masso, the Nuu-chah-nulth language has given her a "whole sense of fulfilment" in who she is.*

*"Our language is rooted in the land," she said. "It's rooted in the animals, in the sky and in the universe – that's why it is so respectful. Our people come from that. Our ancestors lived [like] that."*

*Tla-o-qui-aht First Nation Education Manager Iris Frank said that it only took four generations to "dilute" the Tla-o-qui-aht dialect of Nuu-chah-nulth to 98 per cent English.*

*"And it's going to take five to six generations to bring it back," she said. "Language is not a program. It shouldn't be something that we need to apply for funding for every year."*

*Frank said she can count on one hand the number of fluent speakers that remain within Tla-o-qui-aht.*

*This stark reality does not dissuade the nation's revitalization efforts.*

*"We have great mountains that we have to climb," said Masso. "We're still climbing them. But we are having more success. Every single day, we open up an ear, we open up a mind, we open up a heart. We're keeping at it – it's so important to the future of who we are as a nation."*

*As part of this funding, the Ministry of Advanced Education and Skills Training is providing \$2.6 million to FPCC's Youth Empowered Speakers (YES) program.*

*The program offers First Nations students who are studying education and early childhood education one-on-one mentoring in their Indigenous language, with funding to support their post-secondary studies.*

*"Investing in future generations of language learners not only benefits today's First Nations youth by providing them with a comprehensive skill set for life in the workforce, but it also nurtures the development of language-immersion skills through relationships across generations that last a lifetime," said Anne Kang, Minister of Advanced Education and Skills Training, in a release.*

*The number of young learners is increasing. In 2018, there were 13,997 new learners – 78 per cent of which were under 25 years old, according to the status of B.C. First Nations languages report.*

*Throughout 2020 and 2021, FPCC provided over \$20.4 in grants, supported more than 4,150 language-immersion opportunities, documented 182 cultural practices and involved 940 people in arts projects.*

*Recognizing Indigenous language addresses calls to action from the Truth and Reconciliation Commission of Canada, the National Inquiry into Mission and Murdered Indigenous Women and Girls Call for Justice, United Nations Declaration on the Right of Indigenous Peoples, and B.C.'s Declaration on the Rights of Indigenous Peoples' Act.*

*At 63 years old, Masso said fluency is her goal. "And I know I'm reaching there," she said.*

*Language revitalization is more than documenting old recordings, Masso said.*

*It's providing resources to "ensure there are fluent speakers in the future," she said.*

*"We're trying to get back this language that is foreign to many of our people," Masso said. "We're not giving up. Little by little, I see our people getting there."*

## *From the editor's desk:*

### **Suggestions for Community Service**

*Whether in the Local Spiritual Assembly, Nineteen Day Feast, committee meetings, Junior Youth gatherings, reflection meetings, deepening classes, participation in Ruhi books or doing a soul-searching reflection on how to become a better Baha'i, our thoughts at some point will focus on the role that service to humanity can play in our lives. Heartfelt consultation, discussion, and reflection sometimes realize that most of us want to do something but do not know where to start.*

*This observation encouraged me to write these few lines and make a list of possibilities of service open to us.*

*As Baha'is, we often struggle to balance our time among our spiritual growth efforts, family life, work, commitments in the Baha'i community, and core activities and teaching. And no thanks to technological advancement with so many gadgets enabling us to multitask more often, we have been transformed from human beings to human doings. Added to that is also the rampant spread of materialism that is consuming our spiritual growth and draining our energy. How can we have time for one more thing—one more social action, one more commitment? Though providing a service may sound like one more thing to fit into our already busy lives, it does not necessarily need to become a big project. Any look, gesture, word or action that helps others is an act of service.*

*The concept of service is nothing new to the people of all religions, and as Baha'is, we have a wealth of Writings on this subject, and we have read how Abdu'l-Baha exemplified service throughout His life.*

***"For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many."***— Mark 10:45.

***"And do not forget to do good to one another."***— Quran 2:238.

***"That one indeed is a man who, today, dedicateth himself to the service of the entire human race."***

— *Baha'u'llah*

***"The best way to find yourself is to lose yourself in the service of others."***— Mahatma Gandhi

***"Service to humanity is service to God."***— *Abdu'l-Baha*



*So perhaps it is a good idea to revisit this concept and, with the help of the list below, look at the possibilities of service open to us. Maybe we can get involved with some service that fulfills our commitment and connects us to the broader community. Our actions may also create more opportunities for enhancing the conversation and introducing Baha'u'llah's message in the best light possible.*

*The list below may help us to find a service matching our talents and our passions:*

- ***Doing one's job the best way possible*** is not only excellent service but an act of worship. We are blessed to know that doing our job to the best of our abilities is like saying prayers.
- ***A kind gesture, a kind word, a kind act.*** A smile can sometimes convey more than many words. It does not cost anything and yet is a fantastic way of creating a loving atmosphere.
- ***Random acts of kindness,***g. paying for someone's coffee, paying for someone in front of you in line, giving your place in line for someone in a rush, presenting a stranger with a bouquet of flowers, or mowing the neighbor's lawn. Your imagination is the limit.
- ***Paying for the education of poor children.*** Baha'u'llah has instructed us to educate the children and has stated that for those who do help to educate a child, it is as if they have educated His children.
- ***Paying for the medicine.*** The cost of medicine is increasing, and at the same time, the rate of poverty is rising, which leaves millions of sick people who cannot pay for their medicine. This is an opportunity to help the poor.
- ***Visiting in senior facilities.*** Not many realize how lonely some of the old people are. Some have lost their family members or children, or families neglect to visit them. A short visit makes a significant difference in the quality of their lives.
- ***Visiting the sick in hospitals.*** Experiencing pain and being confined to a hospital bed often leads to frustration and discouraging thoughts. A visit is a great diversion and helps to uplift their souls and aids in their healing.
- ***Volunteering to serve residents in group homes.*** Having had the opportunity to work in a group home for people with disabilities, I have learned that it is not just a kind act, but rather it is an acknowledgment of acceptance that helps them in their integration into society.
- ***Driving people to appointments.*** When people are sick, they are overwhelmed by their difficulties and their attempts to look after themselves. They may, therefore, be unable to drive themselves safely. Driving them to appointments keeps them safe and makes them feel cared for, which helps the healing process.
- ***Shopping for your neighbors in need.*** Every person will go through some problems such as sickness or an accident. Being there in their time of need and helping with some of the chores will make them feel appreciated and loved.
- ***Cleaning homes of people who cannot do it themselves.*** This reminds me of stories of Abdul-Baha who did that and cared for the sick.

- ***Volunteering in women's centers.*** *These centers provide help and support to the victims of domestic violence and other issues, and there may be volunteer opportunities to assist in that work.*
- ***Volunteering for the Red Cross/ Red Crescent.*** *This organization provides a variety of services, one of which is collecting blood, and for that, they need volunteers to donate blood and also to care for those donating.*
- ***Volunteering in treatment facilities and similar organizations.*** *These centers are very specialized, and training may be needed to help out, but there is always a need for caring helpers in this field.*
- ***Cleaning roads and highways or cleaning garbage in your neighborhood or on trails.*** *Many religious and other organizations have adopted this activity, but there is always a need to clean up our environment.*
- ***Teaching: Dance / Music / Painting / any other forms of the arts.*** *These activities create passion in life. To be able to teach these arts is like opening the door to a new life.*
- ***Coaching sports.*** *Like teaching art, a sport is a passionate endeavour. It is also is a bridge which can bring people together.*
- ***Picking fruits.*** *In many places, there is a lot of fruit, and people do not have the time or the energy to pick it so it goes to waste even though there are hungry people. One can feed the poor by picking it and donating it to food banks or other charitable organizations.*
- ***Calling or visiting those in need or offering companionship to lonely people.*** *Tragedy strikes all of us, and when that happens, a visit or a simple phone call can make a difference for those who are feeling sad. Loneliness can cause depression, and visiting or calling may interrupt this process.*
- ***Connecting with Baha'is outside of meetings.*** *Our relationship with other Baha'i friends may be limited just to our meetings. Being in touch with other Baha'is outside of the meetings, either in their homes or out in the community, creates a closeness of hearts.*
- ***Offering services to literacy agencies.*** *Every town or city has an organization that provides educational services to newcomers to the country and those who require tutoring in reading, writing and computer literacy. They rely heavily on volunteers.*
- ***Volunteering at homeless shelters and halfway houses.*** *The number of homeless people is on the rise. Besides providing shelter, other needs need to be met, and every little contribution helps.*
- ***Manning school crossings.*** *By helping in this way, children and their parents will feel safe.*
- ***Teaching yoga / Tai Chi / martial arts/ any other exercise classes.*** *This is another way of helping with coaching sports.*

- **Self-help classes.** *Dealing with our personal and emotional issues is very important for our spiritual development. Teaching these classes empowers others to have a sense of control of their lives.*
- **Teaching product-making classes like soap or candle-making.** *In some underdeveloped countries, these skills are the only way people can find a livelihood. In the absence of banks from which to borrow money or government institutions to help, this knowledge provides skills and empowers the poor.*
- **Teaching gardening, farming classes.** *Gardening is a therapeutic activity. Abdul'-Baha loved it. It creates a sense of achievement, and the added benefit can be fresh and organic food that enhances our health.*
- **Teaching woodwork classes.** *This skill can change lives by empowering people to build and repair for themselves.*
- **Providing jewelry making classes, beadwork, home decoration, food preserving classes.** *All these enrich people's lives.*
- **Providing driving lessons.** *Being able to drive encourages independence and self-reliance for many people. For those who cannot afford the cost of driving lessons, this service is a great gift.*
- **Providing foreign language lessons.** *For immigrants, learning the language of the new country is not a luxury but a necessity.*
- **Teaching house repairs, appliance repairs, and car repairs.** *Acquiring these skills can help individuals save a great amount of money.*
- **Teaching computer classes.** *Computers are the gateway to knowledge in this age. Many people do not know how to use this miracle of technology, and without it, they can feel quite lost. What a bounty to open up this new world to them!*
- **Helping refugees and newcomers and Volunteering with the welcome wagon or other like-minded organizations.** *When people come to a new country or new city, they need some orientation. The newcomers much appreciate any help in this regard.*
- **Teaching adult education.** *Not every adult is educated. It is not easy for adults who were unable to get an education in their childhood. To succeed in getting an education when they are adults, they need help and encouragement.*
- **Picking up medicine, food, cooking, cutting the grass or doing landscaping for the sick.** *Again these are other ways we can care for those who are sick or unable to do these works for themselves, which creates an opportunity for providing a service.*
- **Translating written materials or interpreting.** *Most newcomers in the country will take time to learn the language, and if they are older, it may take them much longer, so they have to rely on people to translate for them.*

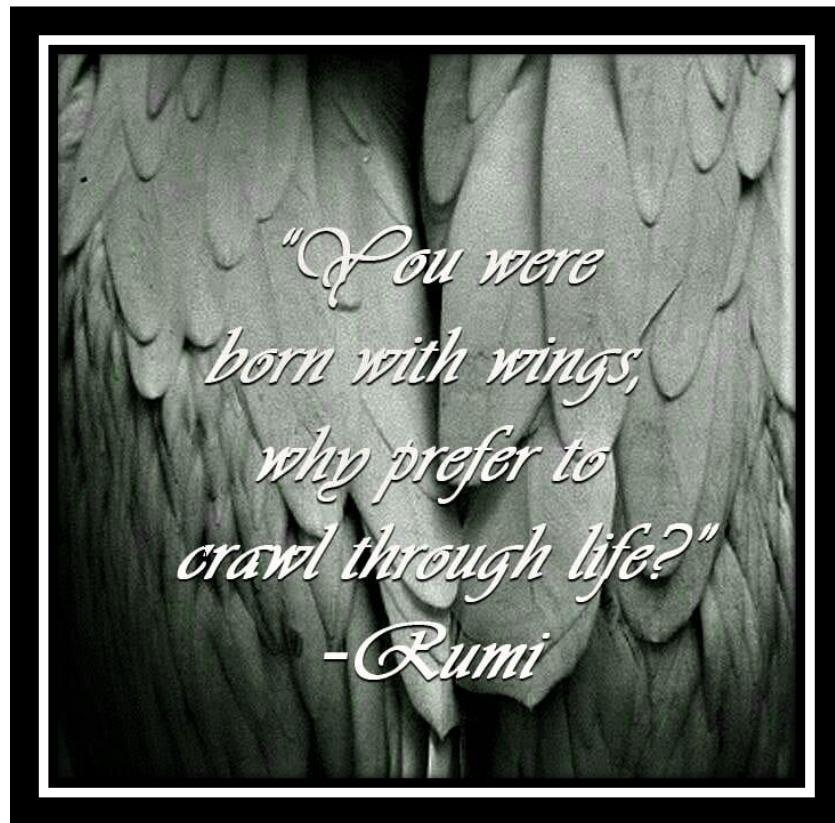
- **Babysitting** for those who cannot afford to babysit and yet desperately need a break at times is liberating for those parents so that they have a little time with each other and can charge their batteries for facing the constant challenges of their lives.
- **Doing taxes.** Doing income tax is challenging and confusing for most of us, but for those new to it, it is almost impossible. Many can't afford to pay someone to do it. Doing taxes is one of those gifts that not many can give to others, making it very special.
- **Giving financial advice.** Sound advice on finances can change the direction of one's life. Not many know to manage finances properly. Some people have learned this skill and can impart it to those who are badly in need of it.
- **Offering to counsel those who need it.** It is a blessing to help someone struggling in life with mental, emotional or physical challenges. It is highly rewarding.
- **Providing medical services.** This, like counselling, is a specialized field, but it does not mean that ordinary people like you and me cannot volunteer to provide first-aid, for example, if we have the training.
- **Providing legal services.** Though legal aid is a very affordable service, there are many who do not know how to access it. We can be the liaison to connect the two parties.
- **Doing the makeup or making the costumes for plays.** This is a unique service with its own rewards.
- **Volunteering in community gardens.** There is always work in these gardens to help people without land grow their own vegetables. Young people are always welcome to offer their manual services.
- **Connecting with volunteer organizations for possibilities.** In every town or city, there are wide varieties of organizations that are trying to provide service to people. They rely on volunteers to help them. By connecting and consulting with these organizations and agencies, we can find many opportunities for service in the community that we live in.
- **Volunteering with food programs in schools.** Many schools have a food programme that aims to ensure no student goes to class hungry. They depend on the donations of stores and the services of volunteers to run them.
- **Providing accommodation for the sick and needy.** Most of the sick people in the rural areas must travel to bigger cities to get treatment and stay in hotels and motels. Besides being expensive, these accommodations are not welcoming and do not provide an ideal environment for getting healthy. Opening our homes and hearts to help the sick was Abdul'-Baha's way and His wish for us to emulate.
- **Remember in your prayers** and support those who are going through a difficult time. Even if we don't have time to offer a service to our communities, we can always rely on the power of prayers that can have more beneficial effects than our physical efforts.

*These are a few suggestions to help, but as we know, there are countless ways that we can serve, and you can explore many other ways to serve your fellow human beings.*

*As you embark on your quest to serve humanity, a few words of caution: Please make sure, while offering your services, that you respect the boundaries of agencies, individuals, and families. Also, focus on why you're there rather than the motives of others. Some people volunteer in organizations for self-recognition or out of boredom and don't really capture the essence of serving others with selfless intention. Be aware of this in any voluntary situation so that it doesn't discourage you or negatively influence you.*

*If you approach the opportunity to serve others with a radiant countenance and the pure motivation of kindness and love, you'll find that the gifts you give will come back to you a thousand folds.*

### *Famous quotes:*



### *Upcoming Events:*

**Next feast, Mashiyat/Will, September 27, 2022**

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