



Port Alberni Nuggets

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Baha'i Quote of the Month



Baha'i Stories:

Bahá'u'lláh's simplicity

One day when Bahá'u'lláh visited a few of the bábís, however, they were embarrassed. They owned no chair for Him to sit upon, no table at which to serve Him tea—not one piece of furniture. But as Bahá'u'lláh looked about the room He said, ““Its emptiness pleases Me. In My estimation it is preferable to many a spacious palace, inasmuch as the beloved of God are occupied in it with the remembrance of the Incomparable Friend....””

Bahá'u'lláh Himself lived simply, keeping very few material possessions. For a time in Baghdad He owned only one shirt, which was washed and dried daily. The money not spent on Himself or His family

Bahá'u'lláh used for others—for the poor, the orphans, and the disabled. He gave little gifts of coins to the children. No one was forgotten. -The Story of Bahá'u'lláh by Druzelle Cederquist

News and Events:

News from our twin community of Jaipur, India

Thirteen conferences have been organized. These are the list of dates and places.

1. 25th May, Sindhi Colony. 2. 27th May, Shivdaspura. 3. 29th May, Jagatpura. 4. 1st June, Jagatpura. 5. 3rd June, Sri Ram ki Nangal. 6. 4th June, Sitapura. 7. 5th June, Jagatpura. 8. 8th June, Sanganer. 9. 10th June, Sanganer. 10. 12th June, Jagatpura. 11. 15th June, Seemliya. 12. 18th June, Vatika. 13. 20th June, Sanganer.

During one of the conferences, 4 individuals declared their Faith.

Baha'i youth committee organized the commemoration of the ascension of Baha'u'llah.



Bahá'í World News Service

“We are all one family”: Religious leaders highlight moral education as foundation for peace



HAIFA, Israel — The 12th Annual Conference of the Council of Religious Leaders in Israel was hosted recently at the Bahá'í World Centre, bringing together some 115 participants, including leaders of diverse faith communities, the Minister of the Interior, the Mayor of Haifa, other government officials, and journalists.

Discussions at the gathering highlighted the important role of education in promoting social harmony, nurturing moral principles, and developing the ability to engage in constructive dialogue.

The President of Israel, Isaac Herzog, addressed the gathering in a video message, highlighting shared values among religions and emphasizing the importance of unity in diversity. "Unity is not uniformity and it is not meant to blur the differences between us, on the contrary, differences of tradition and culture are what make us so special."

In her opening remarks, Ariane Sabet, Deputy Secretary-General of the Bahá'í International Community in Haifa, stated: "Religion's unique power in affirming humanity's nobility, refining its character, providing meaning and motivation for creating a sustainable and prosperous civilization, cannot be overstated."

She added: "May this conference serve as an invitation to all of us, as representatives of faiths and leaders in society, to discharge the responsibility for humankind to unite as members of one single human family."

Ayelet Shaked, Interior Minister, expressed her appreciation for the gathering, stating: "The conference is an excellent opportunity for respect and reciprocity, especially for joint action to combat violence."

Haifa Mayor, Einat Kalisch-Rotem, spoke about efforts in the city of Haifa to promote social harmony. "Here in Haifa, we do not believe in merely coexisting, but rather living together as one community, all of us."

Another attendee, Sheikh Nader Heib, Chairman of the Association of Muslim clerics, stated: "We must learn how to reconnect...with warmth and [establish] a new view"

There was consensus among the religious leaders that further collaboration among them at schools and other social spaces would demonstrate their unity and dedication to peace, especially to young people.

Rabbi Simha Weiss, member of the Council of the Israeli Chief rabbinate, echoed this sentiment, saying that the diversity of the staff serving at the Bahá'í World Centre offers a glimpse of a hopeful future. "[They] show us that living together is possible."

He added: "We are all one family... and this is what we have to teach the young people of today."

Sharing:

Anne's sharing:

I am listening to "Drawing Nigh to Baha'u'llah" by Adib Taherzadeh. It's a series of 12 talks, about an hour each, given at the Baha'i summer school in Alaska in 1984. This is such a marvellous series and I am learning so much! He is a wonderful speaker and makes great analogies so the deep concepts are easily understood. I really recommend these talks to everyone!!

Badi's sharing:

We have a silent teacher in our community that has been teaching the Faith for the past 6 years, and that is The Baha'i Inspired Economics" website.



Whenever I talk about the website, I talk about numbers that are not visual. I thought about sharing the last Baha'i month's flags of countries this teacher has hosted. Last Baha'i month, we had visitors from 39 countries. What a gift the internet is as a fantastic tool for teaching.

Poem of the month

Poem by Tahera (India)

MAKE ME

Make me a candle,
That sheds golden light.
Even in darkness
It shines brilliant and bright.



Make me a rose,
That spreads fragrance sweet.
Even with thorns
It smiles and greets.

Make me a star,
That twinkles in the night.
Even when the sky is dark
It spreads hope and light .

Make me a tree,
That gives fruit and shade.
Even when there are storms
It stands tall , never dismayed.

Bestow me a heart,
In which joy abounds,
Which is humble and grateful
And with Thy blessings surround.

Tahera



News and Nuggets from our First Nations and other Communities

The essence of Sikhism is service. Sharing with you one example.



Dharma Delivers Aid



Europe is seeing the largest refugee crisis since World War II, and over the past weeks, our organizations have worked together to provide aid to the heart of Ukraine, where it's most needed. Just this week, a 16 Ton shipment of fresh and canned food, or about 100,000 meals was delivered by our team to the Western Ukrainian City of Lviv, with its very large refugee population and a logistics distribution network that supplies much of the country.

"The Ukrainian people need all the help that is available," said Siri Sant Kaur, CEO of 3HO Europe. "I've visited Lviv several times now, and their logistics network is often unable to plan even two days in advance because supplies get used so quickly. The most urgent need now is non-perishable food and medicine, even for common ailments that come from a low vitamin diet and weeks in bunkers. While we have delivered some food now, we are grateful that the Sikh American Veterans Alliance is readying a shipment of medicine from the US."

Our planning team initially thought that we were bringing aid to Ukrainian refugee logistics operations, but after the first visit, we realized that a number of Kundalini Yogis were working in Lviv's Civilian Defense and Aid NGOs. Denys Drachden, who before the war was the COO of Mitsubishi Motors in Ukraine but now manages aid sourcing in Lviv, wrote after our team's initial visit that we had inspired him to re-engage with his practice of Subagh Kriya. "I started Kundalini Yoga four or five years ago. I just felt that this is the thing that keeps me alive. After we met here with Simran in Lviv (Note: Simran Singh, the SSSC's Global Affairs Advisor), I realized that I needed to re-start my Kriyas until Ukraine's victory. The team delivering 16 Tons of support now is proof that it works. In my experience, the Kriya starts to work after day 3, and this time I received significant cash contributions into our Aid accounts."

"We initially envisioned that our Sangat would deliver aid to the Ukrainian people," said Sahaj Singh, the Siri Singh Sahib Corporation's President during his visit to Lviv. "We soon understood that it was our sangat delivering aid to our sangat, which was an emotional realization. We are now planning near-weekly shipments of non-perishable food and hope to send 15-20 Tons per week. Even that isn't nearly enough, but it is something tangible we can do together during this horrible refugee crisis. As a worldwide community, we must think and act globally, together."

In addition to food logistics, sangat sevadars have been driving a 3HO Europe van between the Ukrainian border, Warsaw, and Berlin to help circumnavigate human trafficking networks as refugees enter Western Europe, and to bring supplies back to the border area. "In the Syrian refugee crisis, we saw mostly military-age men enter Europe. In this war, it is women and children, and so human trafficking networks are incredibly active, which is heartbreaking" said Simran Singh, the SSSC's Global Affairs Advisor. "Something as simple as giving people a 10-hour ride from stretched Poland to a portion of Europa that still has capacity, can be a priceless contribution."

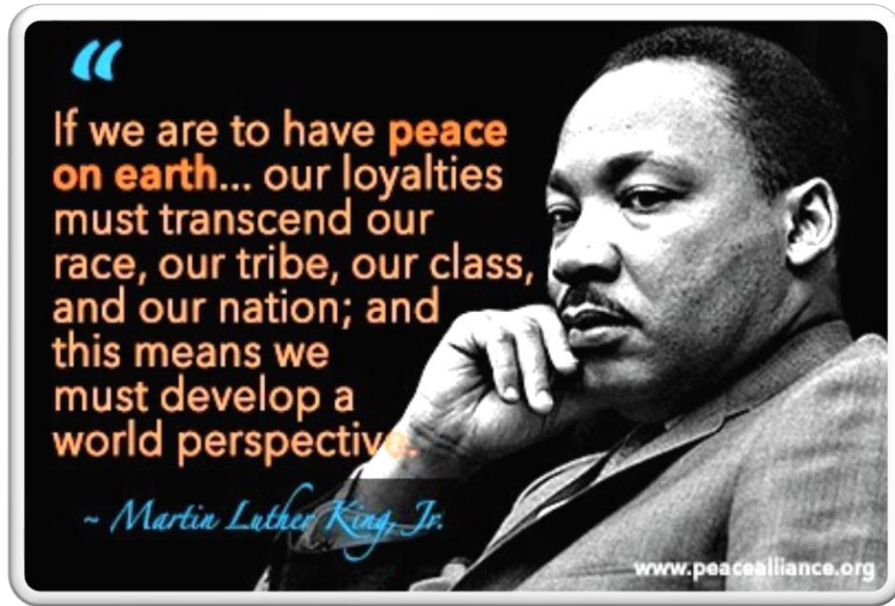
We would like to thank the many sevadars who have made our work possible, with special thanks to 3HO Europe, 3HO Germany, Raj Khalsa Gurdwara in Virginia, Sikh Dharma International, the Malaysia Sangat, the Sikh American Veterans Alliance, and so many. We are strongest as a global sangat, living our values of service and support.

From the editor's desk:

Counsels by His Holiness Bahá'u'lláh in - Tablet of Medicine/ Tablet to the Physician

1. *Do not eat except when you are hungry.*
2. *Do not drink after you have retired to sleep.*
3. *Exercise is good when the stomach is empty; it strengthens the muscles.*
4. *When the stomach is full, exercise is very bad.*
5. *Do not neglect (medical) treatment when it is necessary but leave it off when the body is in good condition.*
6. *Do not take nourishment except when digestion is completed.*
7. *Do not swallow until you have thoroughly masticated (your food).*
8. *Treat disease first of all through the diet and refrain from medicines*
9. *If you find what you need (for healing) in a single herb, do not use compound medicines.*
10. *Leave off medicine when the health is good and use it in case of necessity.*
11. *If two opposites are put on the table do not mix them, be content with one of them.*
12. *Begin first with liquid food before partaking of solid food.*
13. *The taking of food before what you have (already eaten) is digested, is dangerous--avoid this.*
14. *When you begin to eat, begin with My Name Al Abhá, and finish with the Name of God, the Possessor of the Throne and the earth.*
15. *When you have eaten, walk a little so that the food may settle.*
16. *What is difficult to masticate is forbidden by the Wise.*
17. *A little food in the morning is like a light to the body.*
18. *Leave all harmful habits, they cause unhappiness in the world.*
19. *Search for the cause of disease. This saying is the end of this speech.*
20. *Be content in all conditions, by this the person is preserved from a bad condition and from lassitude.*
21. *Shun grief and sorrow, they cause the greatest misery.*
22. *Jealousy eats the body and anger burns the liver. Refrain from these two as you would avoid a lion.*
23. *To cleanse the body is essential, but only in temperate seasons (should it be done frequently).*
24. *He who over-eats, his illness becomes more severe. We have arranged for each thing a cause and We have Bestowed upon it an effect.*
25. *The humors of the body should not be excessive and their quantity depends upon the condition of the body. One sixth of each sixth part in its normal condition (is the right proportion).*

Famous quotes:



Upcoming Events:

Next feast, Rahmat/ Mercy, June 24, 2022

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