

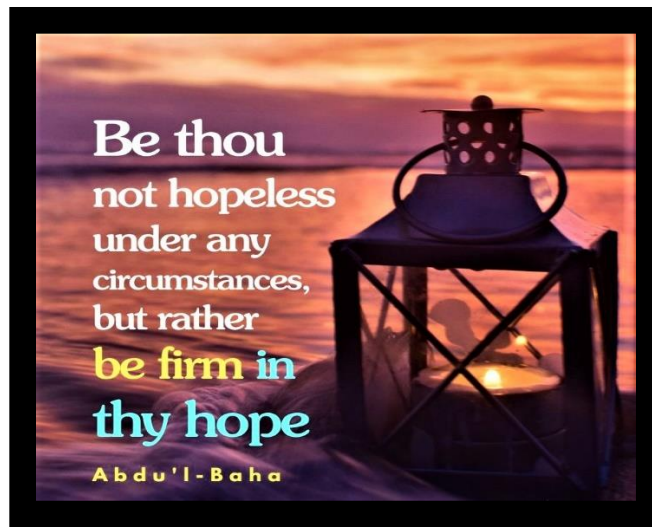


# Port Alberni Nuggets

Volume 2, Issue No.8

Kama/Perfection, 179, B.Æ

## Baha'i Quote of the Month



## Baha'i Stories:

### Materialism

*Earlier that day 'Abdu'l-Bahá talked about the material progress of the world. He said that some countries had reached the apex of material progress. Physically, they were like healthy bodies, but unfortunately they were empty of spirit. He noted that a spiritless body was a dead one until it acquired spiritual capacity. Then He said: "The people of America have a great capacity for the acquisition of spiritual qualities but they are immersed in material affairs. They are like machines which move uncontrollably; they move but are devoid of spirit. They will attain perfection when the spirit of divine civilization is breathed into them. -Earl Redman, 'Abdu'l-Bahá in Their Midst, p. 215*

## News and Events:

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

*All the Baha'i activities are moving ahead full force. There was a conference in the capital Delhi and representatives from Jaipur attended. Children's classes and junior youth groups are held in many*

areas. Devotional meetings are an integral part of community life. There is no surprise that Baha'i ladies are at the forefront of all activities.



## Bahá'í World News Service

### 44 Iranian Bahá'ís arrested, arraigned, or jailed



*BIC NEW YORK — The Iranian government's systematic campaign to persecute the Bahá'í religious minority accelerated again this past week with the arrest, court hearing or imprisonment of at least 18 more Bahá'í citizens across the country, bringing the **June total** to 44 people. Hundreds of others, meanwhile, also await summonses to court or to prison.*



*The Bahá'í International Community believes the increasing pace of arrests and imprisonments in recent weeks constitutes a worrying new development in the persecution and shows that the authorities are increasingly implementing their plans to jail or otherwise harass the Bahá'í community.*

*The past week saw the new arrests of three women in Shiraz, including two in their early twenties, and a 41-year-old mother of two, all of whom remain in detention without charge in the detention center of the Shiraz Intelligence Office.*

*One of the young women had previously sought entry to university in 2019 after passing Iran's national entrance exams. The authorities told her that she had an "incomplete file"—a common experience among Bahá'ís who apply and are denied entrance to university. Bahá'ís have been denied access to higher education in Iran since the 1983 Cultural Revolution.*

*Seven other Bahá'ís, all of whom had previously been arrested and released on bail, were also summoned to court hearings last week and await the outcomes.*

*In Bandar-e-Lengeh, in southern Iran, officials forced the closure of a Bahá'í-owned workshop and denied business licenses to two other optical businesses, depriving these families of their livelihoods and further strangling the economic opportunity of members of the community.*

*In Sanandaj, and several other small cities in that region of western Iran, members of the Bahá'í community have been under constant surveillance, harassment and have been threatened because of their beliefs.*

*"The Bahá'ís in Iran hardly make it through a single week without suffering new arrests, summonses to prison and other forms of persecution by the Iranian government," said Bani Dugal, Principal Representative of the Bahá'í International Community to the United Nations. "We are sounding the alarm: the Bahá'ís in Iran are suffering the worst coordinated attack we have seen in many years."*

*The latest developments follow the issuing of jail and exile sentences against 26 Bahá'ís in Shiraz last month on charges of assembly and collusion "for the purpose of causing intellectual and ideological insecurity in Muslim society." The Bahá'ís had, in fact, been gathering across Shiraz as part of their efforts to address local community needs and to assess the severity of the region's water crisis. A number of young children will be separated from their parents as a result of these sentences.*

*Two years ago, also in Shiraz, 40 other Bahá'ís were summoned before a revolutionary court where an official threatened to 'uproot' the community from the city.*

*Journalist and human rights activist, Maziar Bahari, recipient of the 2020 Elie Wiesel Award and the 2009 Oxfam Novib/PEN Award for Freedom of Expression, and who has made [several films](#) about the Bahá'ís in Iran, said that the ongoing arrests showed that the Iranian government was trying to "bury" the Bahá'í community in the country.*

*"The Iranian authorities jail you if they want the world to forget about you and to make you lose hope for the future," Bahari said. "Thousands of Bahá'ís in Iran have been jailed over the past 40 years, which testifies to Iran's ambition to bury the Bahá'ís, and now it seems this situation is getting worse. I hope the international community can press the Iranian government to relent."*

*Newly reported actions taken against the Bahá'ís this month include:*

- On 28 June 2022, Mrs. Jila Sharafi Nasrabadi, a Bahá'í resident of Shiraz, was arrested by security forces, who searched her home and confiscated numerous items, and was taken to the detention center of the Shiraz Intelligence Office. Mrs. Nasrabadi, aged 41, is married and has two children.
- On 26 June 2022, Ms. Shaghayegh Khanezarrin, and Ms. Negar Ighani, both in their early 20s, were arrested in Shiraz. The charges against these two individuals are unknown and they remain in detention at the Shiraz Intelligence Office.
- On 20 June 2022, Mr. Moin Misaghi, Mr. Mehran Mosalla Nejad, and Ms. Negareh Ghaderi and Ms. Hayedeh Foroutan were summoned to appear in court in Shiraz.
- On 19 June 2022, Mr. Said Abedi, Mr. Vahid Dana, and Mr. Salehi, first name unknown, were summoned to appear in court in Shiraz.
- On 18 June 2022, Mr. Fardin Naddafian, from Tehran, was transferred to Evin Prison to serve his sentence. Additional information is available regarding this case.
- On 17 June 2022, Ms. Haideh Ram was transferred to Adilabad Prison in Shiraz to serve her sentence. Five other Bahá'ís, Mr. Borhan Esmaili, Ms. Maryam Bashir, Ms. Faranak Sheikhi, Ms. Minou Bashir, and Ms. Dorna Ismaili, who had previously been sentenced to a total of more than 64 years in prison in a joint case with Ms. Ram, were also summoned to serve their sentences. Additional information is available regarding these cases.
- On 15 June 2022, Ms. Samin Ehsani, a specialist in child education, was arrested and transferred to Evin Prison to serve her sentence. Additional information is available regarding this case.

The Bahá'ís, Iran's largest non-Muslim religious minority, have been [persecuted in Iran](#) since the 1979 Islamic Revolution. A [secret memorandum](#) approved by Iran's Supreme Leader in 1991 calls for the "progress and development" of the Bahá'í community to be blocked by barring them from university, disrupting their ability to earn livelihoods, and through other discriminatory means.

## Sharing:

### **Laurand's sharing:**

The following words are **my** understanding of what the world's people need for a healthy way of living today.

Today there are many people who have spent many years in universities learning to care for people who have become sick. They received a Doctorate in many different avenues for treating the sick. There are many reasons why people choose this as a profession. Finding the root cause of maladies is the reason many take this route. Many work in this profession for a while and then do something else because they are not satisfied with what they can accomplish as Doctors. Many have become discouraged. Is it that they are **not** taught what **causes** diseases? Is it that big pharma has a tight control and are more interested in making a profit by keeping people using their pills etc. rather

*than finding the root cause of diseases? Is it that the medical profession has not yet learned how to prevent sickness? Is the media influenced by the meat and dairy industries? We are encouraged to follow the advice of competent Doctors, but are **all** current doctors really competent? They have learned how to help people live with their maladies. They have learned how to remove infected body parts. They have learned how to prescribe the right meds to alleviate the malaise. I've been told that they get very little if any, training in nutrition during their many years of training! Terry Fox ran across a large part of Canada with only one leg to raise funds and find a cure for cancer! Where did all those funds go? Was his effort successful? An old adage claims that **we are what we eat!** Today there are more and more free-thinking doctors who have discovered that nutrition is the key to good health and do not put all the blame on hereditary genes for maladies. I will name just a few of these doctors, Dr. Neal Barnard, Dr. Michael Greger, Dr. Caldwell B. Esselstein, Dr. Doug McDougall. These doctors and many others have scientifically identified (whole food, plant-based, no oil diet) as the key to good health. (These doctors can be found on youtube.) Cancers, heart disease, type 2 diabetes and many other maladies appear to be the direct result of malnutrition. An imbalance in the makeup of the human body is the cause of the majority of sicknesses! The Baha'i writings clearly identify that it is an imbalance in the body which is the cause of sickness and that it is directly due to what we eat.*

***The Baha'i Faith teaches us that in the future, healing will be by ailments, fruits and vegetables. Today is the future of yesteryear.***

*Years ago, The Bab, Baha'u-llah and Abdu'l-Baha wrote and spoke the following words!.*

### **HEALING BY MATERIAL MEANS**

**“Yesterday at table we spoke of curative treatment and spiritual healing, which consists in treating maladies through the spiritual powers.**

**For instance, there is a decrease in one of the constituent ingredients of the body of man, and in another there is an increase; so the proportion of the equilibrium is disturbed, and disease occurs. For example, one ingredient must be one thousand grams in weight, and another five grams, in order that the equilibrium be maintained. The part which is one thousand grams diminishes to seven hundred grams, and that which is five grams augments until the measure of the equilibrium is disturbed; then disease occurs. When by remedies and treatments the equilibrium is reestablished, the disease is banished. So if the sugar constituent increases, the health is impaired; and when the doctor forbids sweet and starchy foods, the sugar constituent diminishes, the equilibrium is reestablished, and the disease is driven off. Now the readjustment of these constituents of the human body is obtained by two means—either by medicines or by aliments; and when the constitution has recovered its equilibrium, disease is banished. All the elements that are combined in man exist also in vegetables; therefore, if one of the constituents which compose the body of man diminishes, and he partakes of foods in which there is much of that diminished constituent, then the equilibrium will be established, and a cure will be obtained. So long as the aim is the readjustment of the constituents of the body, it can be effected either by medicine or by food.**

The majority of the diseases which overtake man also overtake the animal, but the animal is not cured by drugs. In the mountains, as in the wilderness, the animal's physician is the power of taste and smell. The sick animal smells the plants that grow in the wilderness; he eats those that are sweet and fragrant to his smell and taste, and is cured. The cause of his healing is this. When the sugar ingredient has become diminished in his constitution, he begins to long for sweet things; therefore, he eats an herb with a sweet taste, for nature urges and guides him; its smell and taste please him, and he eats it. The sugar ingredient in his nature will be increased, and health will be restored. It is, therefore, evident that it is possible to cure by foods, aliments and fruits; but as today the science of medicine is imperfect, this fact is not yet fully grasped. When the science of medicine reaches perfection, treatment will be given by foods, aliments, fragrant fruits and vegetables, and by various waters, hot and cold in temperature.

This discourse is brief; but, if God wills, at another time, when the occasion is suitable, this question will be more fully explained.” -*Abdul'-Baha*

### *Leasley's sharing:*

*I have been studying *The Promulgation of Universal Peace*”, a compilation of Abdu'l-Baha's talks in North America, for some time now. It is astounding to me how He was able to “read” his audience so well and He knew exactly what topic should be addressed. At times, He presented the principles of our Faith and illustrated the need for those principles with examples, which we would be wise to study because the Universal House of Justice now tells us that “the Baha'i community will increasingly be called upon to explicate the principles it advocates, and to demonstrate their applicability to the issues facing humanity.” (30 December 2021).*

*At times, Abdu'l-Baha directed His remarks quite pointedly, for example, when he addressed a Jewish audience at their synagogue and asked them to investigate religion and the Founder of the religions to determine whether they have advanced the world of humanity, and, having indicated the criteria upon which to judge the Prophets, he described the influence of both Abraham and Moses in some detail but then included both Jesus and Muhammad and asked His audience to determine if they were Prophets, according to the criteria. Through acceptance of all the Prophets of God, he explained, hatred and warfare would disappear and there would be peace in the world.*

*Abdu'l-Baha's words and His sentiments affected His audiences profoundly and we can learn the conversations in Book 2 that are often word-for-word from His talks and therefore influence others with His wisdom. How perceptive we must be to know what to say, to follow His example! How courageous in our approach yet loving and kind! How reliant we must be on Baha'u'llah to guide us!*



## Poem of the month

Do not love half lovers  
Do not entertain half friends  
Do not indulge in works of the half talented  
Do not live half a life and do not die a half death

.....  
Do not accept half a solution  
Do not believe half truths  
Do not dream half a dream  
Do not fantasize about half hopes

.....  
Half a life is a life you didn't live,  
A word you have not said  
A smile you postponed  
A love you have not had  
A friendship you did not know

.....  
You are a whole that exists  
to live a life not half a life

Khalil Gibran

## News and Nuggets from our First Nations and other Communities



### **Aunt fights institutional barriers to get proper care for niece**



Rosa Ross, right, was recently admitted to the West Coast General Hospital with breathing problems, a stay that required constant advocacy from her aunt, Gloria Ross. (Eric Plummer photo)

### **Port Alberni, BC**

*Island Health says it works to involve patients in decisions regarding their care, but a Tseshaht member recently had to fight through institutional barriers while her niece stayed at the West Coast General Hospital.*

*Rosa Ross, who has suffered from asthma since infancy, went to the Port Alberni hospital on June 3 with breathing problems. She was brought by Gloria Ross, Rosa's aunt who also serves as her home care provider.*

*When they arrived at West Coast General at 6 a.m. that morning, Gloria said the doors to the emergency department were locked due to construction. After finding their way into the facility, they waited four hours to be seen, coming away with a new inhaler for Rosa.*

*But the 44-year-old's breathing problems persisted, and Gloria brought Rosa back to the hospital at approximately 5 p.m. that day, where Rosa remained over the weekend. Gloria was informed that a change in Rosa's medication was needed, but the aunt remained concerned for her niece, who has a speech impediment that can make it difficult for other people to understand her. What made matters worse was the limited visiting hours of just 3-5 p.m. each day.*

*"I wanted extra visiting hours for Rosa because of her special needs and requirements," said Gloria. "That never happened."*

*Rosa was concerned she would suffer another breathing attack after being let out too early.*

*Fortunately, Gloria pushed to ensure her niece would not be misunderstood. She brought concerns to Island Health's Patient Care Quality Office, which handles complaints regarding treatment in a hospital.*

*"We are always concerned when the care received does not meet a patient's expectation and we take all complaints seriously," said Island Health in an email to Ha-Shilth-Sa. "Our Patient Care Quality Office is following up with this patient and their family."*

*"It looks like they're going to create a care plan now for my niece," said Gloria. "It didn't have to escalate that far, if they had talked to the family before to talk about her special needs."*

*The hospital stay was extended to Thursday June 16, after Gloria managed to connect with Dr. Sam Williams, the West Coast General's chief of staff.*

*"She kept her a couple more days in the hospital," said Gloria, adding that a care plan is being made for her niece. "They're going to do her profile, and if she does go into emergency or into the hospital, then they have this information down that they'll communicate with the family and her care workers."*

*But Rosa's departure from the West Coast General wasn't easy, as security was used to dissuade her from returning to the hospital room.*

*"She thought that she still needed to be in the hospital. She was going to go back to her room and there was a security guard," said Gloria. "Rosa's got a fear of people in uniform. She's had incidents with the police. They didn't seem to have any mental health awareness."*



*For Gloria this experience has been a struggle to navigate through a health care system with little opportunity for personal communication, a challenge considering her need to get others to understand the nature of Rosa's condition.*

*It reminded Gloria of her time as a student at the Alberni Indian Residential School. Gloria spent half a year at the institution in 1960 after her family's house burned down when she was seven.*

*"I've seen institutional care," she recalled. "We were homeless, so my parents made a decision. They didn't have very many options. Housing was even more limited then than it is now."*

*Rosa now awaits to be seen by a respiratory specialist in Nanaimo she has been referred to.*

*"I'm hopeful it's going to make some changes for Rosa, by taking part in this system," said Gloria.*

## *From the editor's desk:*

### **Religious Prejudice: A Personal Journey from East to West**

*The world at the moment faces many difficulties, and the foundations of our civilization have been threatened. One of those challenges is religious prejudice. But during a recent trip to a town in India, I witnessed something inspiring: people from different faiths coming together in unity. This reminded me that fostering the understanding that all religions are one and come from the same divine source is key to solving the challenges of this world.*

*I traveled to India to get away from the consumerism of Christmas. Once there, one of the churches in town invited me to celebrate Christmas with them. I really like the idea of commemorating religious occasions with followers of any religion since it creates unity.*

*My dedication to eliminating racial prejudice comes, in part, from my own experience. I was born in Iran to a family that was all Muslims — except for my father, who was a Baha'i. My family exposed me to all the Islamic ceremonies and events, and my father tried to connect me to the Baha'i teachings. The sentiments of my Islamic environment influenced me. For example, I wanted badly to participate in the anniversary of the martyrdom of the third Imam of Shi'a Islam and beat my chest to mourn his death, even though it happened centuries ago.*

*But when I chose to become a member of the Baha'i Faith, I became a target. I experienced a rude awakening at a tender age — my family members, my cousins, and even my grandma saw me as an inferior being. I heard many negative comments made about the followers of other religions but never about Moses or Jesus. Jesus' name is mentioned more than 51 times in Qur'an. That is because Jesus and Moses have been given the same station as Mohammad as one of the Prophets of God, sent by God to guide humanity.*

***Say (O Muslims): We believe in Allah and that which is revealed unto us and that which was revealed unto Abraham, and Ishmael, and Isaac, and Jacob, and the tribes, and that which Moses and Jesus received, and that which the prophets received from their Lord. We make no distinction between any of them, and unto Him we have surrendered. -The Qur'an, Sura 2 – The Heifer***

*This is no different from what the Baha'i Writings teach:*

***It is clear and evident to thee that all the Prophets are the Temples of the Cause of God, Who have appeared clothed in diverse attire. If thou wilt observe with discriminating eyes, thou wilt behold***

***Them all abiding in the same tabernacle, soaring in the same heaven, seated upon the same throne, uttering the same speech, and proclaiming the same Faith. Such is the unity of those Essences of Being, those Luminaries of infinite and immeasurable splendor! – Baha’u’llah, Gleanings from the Writings of Baha’u’llah.***

*Later in life, in the 1980s, I moved to Canada. I had all these ideas about meeting people with whom I could talk and even disagree. That was my second — and perhaps worse — a rude awakening. To my shock, I witnessed a lack of knowledge and prejudice towards Muslims in particular and other minorities in general. As a Baha’i, I faced some persecution by some of the Muslims in Canada — and now people also called me “Muslim” and told me to go back where I had come from.*

*I could not believe Westerners were so unaware of the truth about Islam. Most interpreted the actions of some Muslims as Islamic laws. In a peace walk and on other occasions, I tried to remind my fellow peace lovers about the role religious prejudice plays in creating wars and the importance of fighting them. After all, silence on prejudice is equal to supporting it and enabling it.*

*To me, the problem of religious prejudice is addressed by a concept that is emphasized in the Baha’i teachings: the individual independent investigation of truth. I’ve seen firsthand how searching for truth for oneself — rather than following what others say — changes hearts and ends prejudice.*

*Abdu’l Baha wrote:*

***...every individual member of humankind is exhorted and commanded to set aside superstitious beliefs, traditions and blind imitation of ancestral forms in religion and investigate reality for himself. Inasmuch as the fundamental reality is one, all religions and nations of the world will become one through investigation of reality. – Abdu’l Baha, The Promulgation of Universal Peace.***

*With that in mind, the Christmas observance in India turned out to be very special.*

*The church also invited local dignitaries and other representatives from federal and local governments alongside all the leaders and representatives of all the religions in town. They even requested that a religious leader who belonged to no religion be present.*

*Everyone talked about the message of love that Jesus preached and reminded us how that message is still relevant and needed.*

*One of the speakers who represented a mosque in town surprised me by addressing followers of his own religion and quoting from the Quran:*

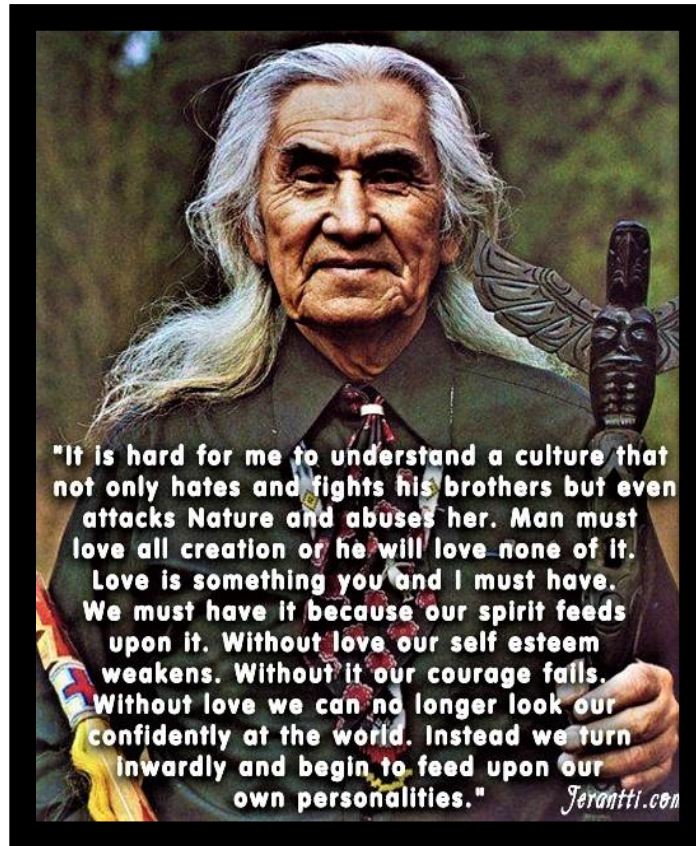
***“Those messengers – some of them We caused to exceed others. Among them were those to whom Allah spoke, and He raised some of them in degree. And We gave Jesus, the Son of Mary, clear proofs, and We supported him with the Pure Spirit.” – Qur’an 2:253.***

*This speaker further addressed his fellow Muslims and said that you are not a true Muslim if do not believe in Jesus and give Him the reverence befitting His station.*

*I was touched by this gesture of fighting prejudice from within — a Muslim speaker reminding other Muslims in what light they have to see Jesus.*

*It is imperative that we hold on to basic truths such as the oneness of God and the oneness of the source of all religions is one, and, most important of all, the oneness of mankind. As a way of offsetting the harm of religious prejudice, let’s investigate the truth about other faiths. There is so much common ground in all religions — much more than any differences.*

## Famous quotes:



## Upcoming Events:

**Next feast, Asma/Names, August 20, 2022**

Contact us at: [bshams@telus.net](mailto:bshams@telus.net)