

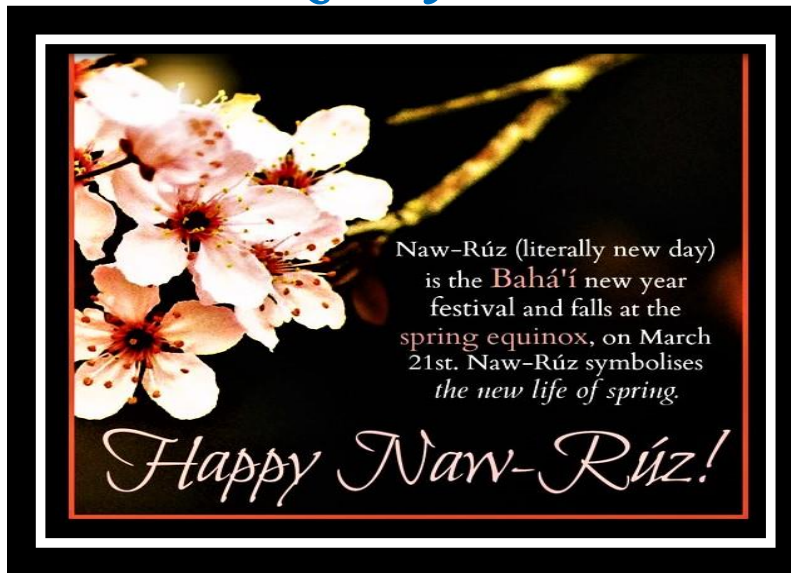


# Port Alberni Nuggets

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## Baha'i Quote of the Month



## Baha'i Stories:

### **Hand of the Cause Mr. Samandarí and the orange**

*In his memoirs, Hand of the Cause Mr. Samandarí recounted attaining the presence of Bahá'u'lláh. "On one of those days, I was standing in the tent, facing the Blessed Beauty, but I could not hear Him well.*

*Some of the other friends were also standing and He asked them to be seated. I decided that the small storeroom of the tent was the best and nearest place to the seat of the Blessed Beauty. So I managed to move quickly from the back of the tent into that small room. I was there alone, and from that place—while standing there—I could see His blessed face and hear His words clearly.*

*"The meeting ended with oranges served to those present. Bahá'u'lláh rose from His seat. I came out quickly from my place in the storeroom and reached the door of the tent as He was going out. My arms were folded across my chest in reverence, like a statue. As His Most Pure Being passed out*

of the tent, His blessed eyes fell upon this worthless gnat, standing by the door. He addressed me in His sweet voice, "Marhaba!" Showing His utmost kindness, He presented me with the orange that was in His hand. He then proceeded to the Mansion.

"Some of the youth who were present saw that the orange in the hand of the Blessed Beauty had been given to me. So they ran after me in an effort to take it away from me. I ran round and round the Mansion; and as they ran after me I ate the orange and finished it before they caught me. I gobbled it all down and was not generous to any of them!" I

In his older years, even into his nineties, Tarázu'lláh Samandari travelled extensively to serve the Faith. Friends much younger had a hard time keeping up with his pace and they marveled at his strength and endurance. "Where do you get your energy?", they would ask the Hand of the Cause. "From the orange of Bahá'u'lláh!", was his delightful reply.

## News and Events:

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

The usual activities of JY groups, children's classes, prayer meetings, and devotionals continue with great zeal and their numbers and frequencies. A video about the Baha'i Faith highlighting the message of oneness was shown on 'Parliament TV' under the Ministry of Information and Broadcasting, Government of India.



## Policies alone not sufficient to address racial prejudice



***BIC BRUSSELS*** — A new statement by the Brussels Office of the Bahá'í International Community (BIC) explores one of the most pressing questions facing Europe today—how to overcome racial and other forms of prejudice.

*The statement, titled “Reflections on the implementation of action plans against racism: Fostering social cohesion at the grassroots,” coincided with last week’s European Union (EU) conference that was held in Stockholm, Sweden, on the implementation of member states’ action plans against racism. These plans follow the adoption of the EU Anti-Racism Action Plan 2020-2025 announced shortly after the 2020 demonstrations across the United States and worldwide calling for racial justice.*

*The BIC statement highlights that the adoption of national action plans by EU member states acknowledging the need to address prejudice is a positive step. However, the statement notes that “deep-seated prejudices cannot be unrooted from the hearts and minds of individuals—much less from the structures that underpin society and the institutions that serve it—through anti-racism legislation alone.”*

*Elaborating on this, Rachel Bayani of the Brussels Office emphasizes that addressing inequality and racism in the increasingly diverse cities and villages of Europe requires a careful examination of the dynamics of community life at the local level.*

*“Achieving harmony at the grassroots is vital to overcoming racism at all levels of society,” she says. “If people merely aspire to live side-by-side without striving for unity and cohesion, then harmful attitudes will persist.”*

*The BIC statement draws on insights from experiences in Bahá'í community-building activities throughout Europe, noting that when people from diverse backgrounds work together in initiatives that contribute to the material and spiritual progress of their neighborhoods, they encounter*

*perspectives different from their own, build close bonds of friendship, and become more conscious of the discrimination faced by their neighbors.*

*The BIC statement also refers to new possibilities that could emerge for addressing racial prejudice if national and European institutions were to view the populations they serve “as endowed with capacity and as protagonists of change.” Through this lens, local populations would be seen as a source of strength for a community. This untapped potential, suggests the BIC, could be realized through the creation of consultative spaces where officials and residents can work together to address community needs and contribute to policymaking.*

## Poem of the month

### **Nawruz- A Spiritual Spring Time**

**Nawruz! Nawruz! Joyous Nawruz!  
Even nature proclaims such wondrous news!**

**She glitters in a green gown,  
Roses on her hair like a queen's crown.  
All flowers in blossom , all trees in bloom,  
A fragrance divine , a heavenly perfume.  
Spring is written all over her face,  
Her countenance radiant, such purity and grace.**

**Nawruz! Nawruz! Joyous Nawruz!  
Even nature proclaims such wondrous news!**

**She sings in joy and dances in tune,  
As her face glows like the beautiful moon.  
New life has been breathed into the world  
The banner of the Lord on her peaks unfurled  
A vibrant energy through her being flows,  
As before her Lord her heart bows.  
A New Day has dawned , A New Sun shines,  
All around are His resplendent signs.  
She invites us to see with our very own eyes,  
And to His Call hearken and arise.**

**Tahera**

## From the pages of history

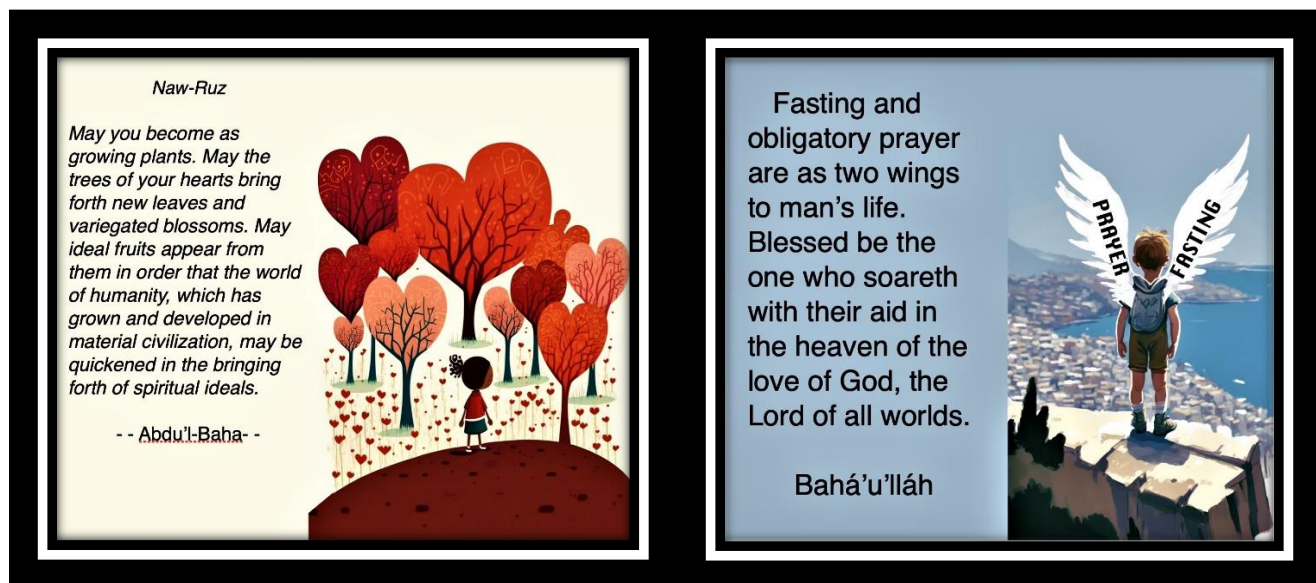
**The Bab's son**

Some years later the Bab was united in wedlock with the sister of Mirza Siyyid Hasan and Mirza Abu'l-Qasim. The child which resulted from this union, He named Ahmad. He died in the year 1259 AD, the year preceding the declaration of the Faith by the Bab. The Father did not lament his loss. He consecrated his death by words such as these:

**"O God, my God! Would that a thousand Ishmaels were given Me, this Abraham of Thine, that I might have offered them, each and all, as a loving sacrifice unto Thee. O my Beloved, my heart's Desire! The sacrifice of this Ahmad whom Thy servant Ali-Muhammad hath offered up on the altar of Thy love can never suffice to quench the flame of longing in His heart. Not until He immolates His own heart at Thy feet, not until His whole body falls a victim to the cruelest tyranny in Thy path, not until His breast is made a target for countless darts for Thy sake, will the tumult of His soul be stilled. O my God, my only Desire! Grant that the sacrifice of My son, My only son, may be acceptable unto Thee. Grant that it be a prelude to the sacrifice of My own, My entire self, in the path of Thy good pleasure. Endue with Thy grace My life-blood which I yearn to shed in Thy path. Cause it to water and nourish the seed of Thy Faith. Endow it with Thy celestial potency, that this infant seed of God may soon germinate in the hearts of men, that it may thrive and prosper, that it may grow to become a mighty tree, beneath the shadow of which all the peoples and kindreds of the earth may gather. Answer Thou My prayer, O God, and fulfil My most cherished desire. Thou art, verily, the Almighty, the All-Bountiful."** -THE DAWN-BREAKERS & NABIL'S NARRATIVE

## Sharing

### *Doug Wilson's work and sharing:*



### *Badi's sharing:*

*I am very pleased to inform you that after 3 years of struggles and challenges, such as the pandemic, finally the work has started in Jaipur, India to build the multi-purpose room for my dream of building a home for the elders, "Nazz Rest Home," based on the Baha'i ideals of full integration of the elderly into the community. This room will be a first step and symbol for future works. May His assistance be with us to fulfill this dream. Prayers are appreciated.*



## News and Nuggets from Other Religions and Communities



### Large Offshore Area Moves closer to Protection with Federal MOU



#### **Vancouver, BC**

*After years of negotiating the shared governance of a vast offshore area west of Vancouver Island, today the federal government and four First Nations groups announced a major step towards protecting the unique deep-sea territory.*

*A memorandum of understanding has been reached between Fisheries and Oceans Canada, the Nuu-chah-nulth Tribal Council, the Pacheedaht, Quatsino First Nation and the Council of the Haida Nation to preserve what is now known as Tang.gwan — ḥačxw iqak — Tsigis Marine Protected Area. The name of the proposed MPA encompasses Haida, Nuu-chah-nulth and Quatsino, meaning “deep ocean”, “very deep waters off of our shores” and “monster of the deep” in the respective languages.*

*Comprising an ocean area four times the size of Vancouver Island, the proposed MPA is located approximately 150 kilometres offshore, spanning little-known deep-sea territory. The stipulations of the draft agreement are now set to be published on Canada Gazette Part 1 on Feb. 18, allowing 30 days for*

public input before the parties move towards a binding agreement to manage the 133,019 square-kilometre area.

*“We are utterly committed to reconciliation,” said Canada’s Fisheries Minister Joyce Murray at the announcement of the proposed MPA on Feb. 7.*

*“It looks like a simple agreement, but there’s a lot of years of fighting, wordsmithing,” said Cloy-e-iis, Judith Sayers, president of the Nuu-chah-nulth Tribal Council at the event, which was held at the Vancouver Convention Centre on the traditional territory of the Musqueam, Squamish and Tsleil-Waututh Nations.*

*Protection began in 2017, when it was identified by DFO as an offshore Pacific area of interest. Five years of discussion with the First Nation’s followed, resulting in a pending agreement that entails a shared governance of the area, said Murray.*

*“Yes, it does involve co-governance, absolutely,” she said.*

*This means a management board is planned to oversee the area, with representation from the First Nations involved and the federal government that “seeks to operate on a consensus decision-making basis”, according to a press release from Fisheries and Oceans Canada.*

*“There will be many discussions on how we will work together in co-management and the Indigenous leadership that this Tang.gwan — ḥačxw iqak — Tsigis will be managed through,” said Murray.*

*Once identified as an offshore area of interest in 2017, bottom trawling fishing was banned in the area. If it becomes an MPA, further restrictions would be enforced under Canada’s Oceans Act, prohibiting activities like deep-sea mining, oil and gas drilling and dumping.*

*“The thing that we’re all confident will occur is that by conserving the sea bed floor from some of the activities that disrupt it, we’ll actually have a greater abundance and diversity of fish from protected areas that will spill over into areas where fishing is permitted,” explained the fisheries minister.*

*The announcement took place at IMPAC5, an international congress on marine protected areas. Two days earlier at the congress the federal government, 15 First Nations and the province announced an action plan for the Northern Shelf Bioregion, a network of offshore territory extending from the top of Vancouver Island to Alaska. This plan guides efforts to preserve ocean and marine wildlife in the area, another step towards protecting more of Canada’s ocean.*

*The federal government is working towards a pledge to protect 25 per cent of Canada’s oceans by 2025, then 30 per cent by 2030. If passed, Tang.gwan — ḥačxw iqak — Tsigis would be the largest MPA in Canadian waters, comprising 0.88 per cent of the ocean area claimed under federal jurisdiction.*

*“Here in Canada we’ve gone from safeguarding less than one per cent of Canada’s oceans to conserving over 14 per cent,” said Murray of the progress made so far. “These protected areas are giving the ocean and marine life a chance to rebuild and that is to the benefit of everyone.”*

*In recent years the feds have undertaken expeditions to the large offshore area, sending a Canadian Coast Guard vessel to document and study the little-known region. What has been found so far are an undersea range of at least 46 mountains, called sea mounts. The area also has fissures in the earth’s crust that release warm water, hydrothermal vents that support a diversity of surrounding marine life*

unique to the deep-sea region. The proposed Tang.gwan — ḥačxw iqak — Tsigis MPA covers over 70 per cent of Canada's underwater mountains.

Murray noted that the MPA could help to mitigate the effects of the human-caused changes in the earth's climate.

*“The more biomass and diversity we have in the oceans, the more the oceans can do the job that they've always done, of being a sink for carbon that's been eroded in the last decade,” she said. “We need to restore oceans as well as protect them so that they can perform their function of absorbing greenhouse gas emissions.*

## *From the editor's desk:*

### **Delayed Gratification a Path to the Next World**

*Life has gradually taught me the benefits and the joy of delaying my gratification. Why put off enjoying the immediate rewards for my efforts? Allow me to explain.*

*Delayed gratification didn't come naturally to me. I had to learn it by trial and error. Suppose you're not familiar with the concept. In that case, delayed gratification refers to the ability to put off something mildly fun or pleasurable now and gain something even more fun, pleasurable, or rewarding later. For example, you could relax and watch TV the night before an exam. You could practice delayed gratification and study for the exam—waiting to relax only after the exam is over. Some say the discipline of delayed gratification creates real success in life:*

**The ability to discipline yourself to delay gratification in the short term to enjoy greater rewards in the long term, is the indispensable prerequisite for success. – Brian Tracy**

*Everyone wants to enjoy the rewards of their efforts, and there is nothing wrong with that. When we want instant gratification, the problem arises, rewarding ourselves right after half of the work is done and often before the job is finished. In extreme cases, one rewards oneself even before the work begins!*

*This kind of instant gratification indicates a lack of self-discipline and self-control, an absence of purpose in one's life and the inability to set goals and see them through. It also sets up a self-defeating pattern: if we reward ourselves before finishing a task, we train ourselves not to complete it.*

*Those who practice delayed gratification demonstrate a clear life purpose and the need to accomplish worthwhile goals. Delayed gratification means accepting the awareness of life's journey as a long one and planning it.*

*So, as I was thinking about how much I enjoy my quality time after doing everything on my to-do list for the day, I had an "a-ha!" moment: I realized that our lives, with all their complications, present us with a massive exercise in delayed gratification.*

*Our comfort and progress in the next world depend on sacrificing many human desires. To progress spiritually, we must value our own will less than the will of our Creator. That way, we can enjoy our journey, fully aware that we've delayed receiving the rewards of this physical world for the next one.*

*This process, in my estimation, represents the greatest delayed gratification one can imagine.*

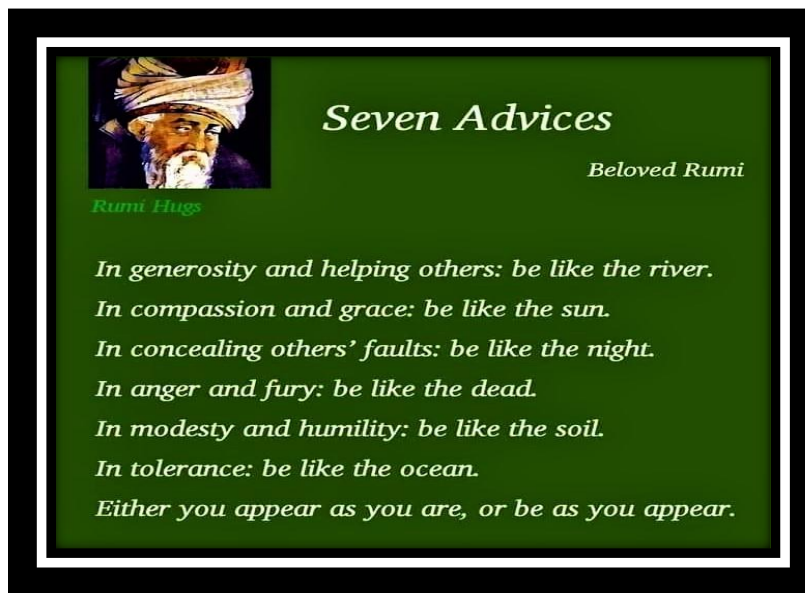
*The Baha'i teachings remind us about our purpose for preparing for the next world:*



**“Therefore in this world, he must prepare himself for life beyond. That which he needs in the world of the Kingdom must be obtained here. Just as he prepared himself in the world of the matrix by acquiring forces necessary in this sphere of existence, so likewise the indispensable forces of the divine existence must be potentially attained in this world.” – Abdu'l-Baha**

*In this material world, we spend our lives doing things, hoping for the rewards they will generate. We sacrifice mental and physical energy to earn money so that we can acquire the things we need and want—but some of us spend it without much thought for the future. Only a small percentage of people save money to accumulate until they can exchange it for the things they desire the most. In the same way, no reward or gratification is more magnificent than entering the next world with a clear conscience, knowing that we have exerted our spiritual energies to the service of humanity and spiritual growth.*

### *Famous quotes:*



*Seven Advices*

*Beloved Rumi*

*Rumi Hugs*

*In generosity and helping others: be like the river.*

*In compassion and grace: be like the sun.*

*In concealing others' faults: be like the night.*

*In anger and fury: be like the dead.*

*In modesty and humility: be like the soil.*

*In tolerance: be like the ocean.*

*Either you appear as you are, or be as you appear.*

### *Upcoming Events:*

**Naw-Ruz, March 21**

**Next feast, Jalal/Glory, April 9**

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