

Contemplation for the Fourth Sunday of St John's Tide: 18 July 2021

The Gospel Reading is *John 3: 22-36*

The Sphere Around the Body

Our earth has a sphere around its body: the atmosphere.

When we look up and see many different kinds of cloud formations moving through it, even at different speeds and directions, we sense how it has structure and 'breathes'.

This sphere is the source of the life-sustaining oxygen for all beings on earth.

All draw from it, humans, animals, plants, even minerals and soil.

Every breath we humans draw in, enlivens and refreshes; every breath we release gives something back of our innermost being, sharing it with all others.

Every thought, feeling, emotion, action is accompanied by breathing in and out.

We are individual and yet *one*. Affecting each other. Influencing each other. Every moment.

When the baby is born, it becomes an earthly being by drawing in its first breath. In that moment a spirit being joins and shares in the breath of the earth.

This little physical body has a tangible sphere around its body, too. Through sleeping and waking this sphere is drawn in, building muscle, bone, inner organs; building the instrument out of resources from the past life before birth.

When the child grows into a youth, individual memories ignite a feeling of unique Self, while at the same time a sense of expectation arises for what is coming from the future.

Now responsibility can emerge, the gift to be grasped in each present moment.

Now the adult can breathe between past and future, awake for freedom and true choice; alert for the opportunity of personal influence for change and direction. For the benefit of all. Homeopathically, with each breath we exhale.

John the Baptist carries 'the Father Spirit around his body', a sphere of magnitude like the atmosphere. He is a real living being, born and died. His sphere embraces our human history 'from Adam on'. As a visionary, he connects us with the future purpose of humanity's journey on earth. He is still a living soul-spirit, a companion ever present, ready to ignite responsibility, stimulate comprehension, support our searching.

When a human being dies and breathes out the last breath, this breath carries the wholeness of the individuals' life on earth with it, every single detail. It is our gift.

The individual soul enters life after death with this sphere around its spirit-body.

Simultaneously it is a birth into a new world with structure, alive and 'breathing'.

John is the messenger: focus your thinking, expand your feeling, be present in your doing.

There is a greater sphere which embraces us all, the One who embraces us all, individually.

by Rev. Reingard Knausenberger



Distance Practice of Religious Life

To support **those who wish to participate in our religious life from afar during this challenging time**, please feel encouraged to practice in this way at the time of our service.

1. **Light a candle at the time we begin.**
2. **Come into silence.** (Feel the fellowship: united with those at the altar celebrating, those who have died, any others you want to embrace into your heart space).
3. **Then read and contemplate the Gospel for the week.**
4. **Read the Creed.**
5. **Pray the Lord's Prayer.**
6. **End with silence.**