

On the Spiritual Side

jarthur@buckscountyherald.com

Caroline Oakes: Mind and Spirit

Discovering 'divine therapy' for our anger triggers

Can prayer and meditation really help us control our tempers?

Scientific studies are confirming that prayer and meditation do, over time, dismantle "the false-self system," which is usually the culprit when we've lost our temper.

According to Thomas Keating, Trappist monk and founder of the popular Centering Prayer movement, the false-self system is what makes us as self-centered as we are. It is all the defenses we developed during childhood to protect ourselves in order to bring us a sense of self-esteem, security, affection,

power and control.

When our false-self needs are threatened — someone cuts us off in traffic (esteem), our spouse is dismissive (affection), our teenager defies our authority (control), our boss doesn't recognize the weekend hours we put in for that big project (security, or again, esteem) — we lose our temper and (overly) react in ways sometimes entirely out of proportion to whatever provoked our outburst.

But according to recent scientific studies, the practice of just 20 minutes a day of contemplative prayer

or meditation can release the hold those early childhood triggers have on us. The result: Our angry outbursts begin to wane.

In this way, meditation can be seen as a therapeutic method for healing.

"What is needed to address this problem of the false self and the human condition is a reorientation, a change in the direction in which happiness is sought," Keating said. "This change may be experienced through the process of divine therapy known as Centering Prayer.

Keating's Centering Prayer

method, taught throughout the world by members of the Contemplative Outreach movement, is a meditative contemplative prayer method that is very close to mindfulness meditation, but has a specific orientation to a sense of the Divine.

Rather than returning to the breath whenever a distracting thought or feeling arises, in Centering Prayer, practitioners are instructed to return to a sacred word that "best supports your sincere intention to be in the presence of the Divine."

Thomas Keating believes a regular practice of contemplative prayer can over time bring us to the "truly human state" to which we were intended.

"For human beings, the most daunting challenge is to become fully human," he said. "For to become fully human is to become fully divine."

Caroline Oakes, a Bucks County resident, has a master's degree in Ascetical Theology. Follow her on Twitter @carolineoakes. oakes.caroline@gmail.com

Teens perform to benefit children

Keep the Faith, Our Lady of Guadalupe's teen Christian rock band, holds a benefit concert at 7 p.m. Friday, Feb. 14, in the chapel at Our Lady of Guadalupe in Buckingham.

The teens will perform a variety of contemporary Christian music and other contemporary music. All proceeds will be donated to smArt (Neighborhood Notes), which provides music and art programs to at-risk children in Bucks County, and Children's Hospital of Philadelphia's Child Life department to support teens with cancer and other life-threatening illnesses.

Tickets are \$10 at the door and in advance at the OLG Parish Office at 5175 Cold Spring Creamery Road, Doylestown.

For information, contact Lisa Simon at Lisa.simon@comcast.net



Keep the Faith is Our Lady of Guadalupe's teen Christian rock band

Doylestown Presbyterian hosts Valentine's Day dinner dance fundraiser

Doylestown Presbyterian Church invites the community to its friend-raising, fun-raising, Forward Together! HEARTSapalooza Dinner Dance and Auction Fundraiser on Friday, Feb. 14.

The event will be held at the Bucks Club, 2600 York Road (Route 263) in Jamison.

Enjoy an evening of dining, dancing and getting to know your

Doylestown neighbors while helping raise funds for the DPC Capital Campaign.

Live and silent auction items include: Shore House; Behind the Scenes Tour at the Museum of Natural History in New York City; wine baskets; dinner for eight in historic Pennsylvania farmhouse; live performance by the world-famous DPC Combread and Chili Cook-off Band for an occasion at

your home; delicious French dinner prepared in your home; Downtown Abbey gift basket including two tickets to the costume exhibit at Winterthur; Raymer's Seasons of Chocolates; Floribunda's Seasons of Flowers; tickets to the Eagles; tickets to the Phillies; dinner with a jazz ensemble; brick-oven pizza supper; Daniel Garber print; and more.

The evening begins with cock-

tails and socializing at 6:30 p.m., followed by a dinner of filet and salmon at 7:30 p.m. Live music will be provided by the eight-piece band, Midnight Hour. Dress is Red tie optional. The cost is \$130 per person.

Forward Together! is raising funds to continue to pay off the debt incurred during the church's renovation project.

For information, contact the church office at 215-348-3531 or dpc@downtwpnc.org.



GORDON NIEBURG

Blessing the river

The Rev. Michael Ruk of St. Philip's Episcopal Church in New Hope reads passages from Isaiah and the Gospel of Mark during the blessing of the Delaware River. Attending the ceremony are Linda Cane, Tim Philpot, Jane King and Paul Hess. Ruk said blessing water, including rivers, is an ancient custom, connecting the Feast of the Baptism of Christ to the natural world and the need to honor and protect natural resources. The Christmas season closes with the Feast of the Baptism of Christ.

Worship Directory

SALEM UNITED CHURCH OF CHRIST
Sunday, February 9, 2014
The Rev. Dr. Tyson Frey, Sr., Pastor
 9:30 am Worship / Sunday School
 10:30 am Fellowship and Refreshments
 Nursery Service Available
 Faith@5 - Engaging Contemporary Worship Saturday at 5 pm
 186 E. Court St., Doylestown • www.DoylestownSalemUCC.org
 215.348.9860
GOD'S LOVE EXPERIENCED AND EXPRESSED

 To advertise here,
 contact Felicia
 at 215-794-1097

Christian Science
Worship & Sunday School
 29 N Church St,
 Doylestown 18901
csdoylestown.org
 215-348-2150
 Sun. Service/Sun. School - 10:30am
 Wed. Testimony Meeting - 7:30pm
CHILD CARE PROVIDED

HAPPENINGS

Evensong commemoration held

Saint Andrew's Church, York and Main streets, Lambertville, N.J., hosts Evensong, commemorating "the Presentation of our Lord in the Temple," also known and celebrated as Candlemas, at 4 p.m. Sunday, Feb. 9.

It will feature works by Vaughan Williams, William Byrd, M.T. Keavane, Herbert Howells, Robert Lehman and Johannes Eccard.

The congregation is invited to join in chanting the psalm and singing hymns.

For information, contact 609-397-2425 or

standrews@snip.net, or visit standrewslambertville.org.

Valentine Dinner Concert set

Karens Place a coffee shop at Doylestown Mennonite Church, 590 N. Broad St., Doylestown, hosts a Valentine Dinner Concert at 6 p.m. Feb. 15.

The cost is \$25 per person for a dinner of rosemary chicken breast prepared by Jessica Lee Catering at 6:30 p.m., followed by a concert by Jeremy and Kim Sorensen.

Reservations are required; for reservations and to purchase tickets, call 215-345-6377 or e-mail info@karensplace.org.

Temple offers two programs

Temple Judea of Bucks County, 38 Rogers Road, Furlong, hosts a Lunch and Learn at the synagogue with Rabbi Mitchell Delcay at 11:45 a.m. Feb. 11.

He will speak about Israel. A catered lunch can be ordered for \$10.

Playtime for Tots and Caregivers is scheduled for 10:45 to 11:30 a.m. Feb. 7, 21 and 28, when there will be playtime for infants ages 6 to 18 months with a caregiver.

Afterward, participants are welcome to join in the synagogue's Early Learning Shabbat Sing with Rabbi Delcay.

Investment Advice & Portfolio Management

THERE'S NO BETTER TIME THAN RIGHT NOW

FOR AN ANNUAL PORTFOLIO REVIEW.

Leadership • Discipline • Integrity • Efficiency

Academy Wealth Advisers

Bob Welch, Principal
 Rick Welch, Principal & Investment Officer

215.603.2976

WWW.ACADEMYWEALTHADVISERS.COM