

# Victory Is Mine

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## Victory Is Mine (2x's)

Victory today is mine

I told darkness to get thee behind

Victory today is mine.

## Peace is mine (2x's)

Peace today is mine

Walking in peace today

I told trouble to get thee behind

Peace today is mine.

## Happiness is mine (2x's)

Happiness today is mine

I told anger to get thee behind

Happiness today is mine.

## Joy is mine (2x's)

Joy today is mine.

I told fear to get thee behind

Joy today is mine.

## Victory is mine (2x's)

Victory today is mine.

I hold the light, right here in my heart

Victory today is mine. (2'xs)

**Writer(s):** Greg Nelson , Phill Mchugh

**Scripture Reference(s):** 1 John 5:4

***“ For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith. (NKJ)***

***Victory is Mine** is a very powerful Gospel Hymn. It is often lead by the soloist and has many interpretations. Here's an instrumental to sing along with while you are reading the words!*

<http://www.youtube.com/watch?v=XlLcQ4IXfw>

Megan Segers has a wonderful version with a full choir arrangement:

<http://www.youtube.com/watch?v=9NngP3uCVOs>

Dorothy Norwood is well known for expressing great Joy with her version.

<http://www.youtube.com/watch?v=h938-0I7v-o>

***No matter how it's done, sing it like you mean it!***

# *the* *Eight Limbs of Yoga*

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## **I YAMA – Attitudes to cultivate towards others**

1. *Ahimsa – Non violence; not causing pain to any living being including ourselves.*
2. *Satya – Truthfulness; mindful communication through speech, writings, gesture and actions.*
3. *Asteya – Non stealing; the ability to resist a desire for that which does not belong to us.*
4. *Brahmacharya – Conservation of energy; including moderation in sexual relationships, for the pursuit of spiritual goals.*
5. *Aparigraha – Non greed; the ability to accept only what is appropriate.*

## **II NIYAMA – Attitudes to cultivate towards ourselves**

1. *Saucha – Purity; cultivating cleanliness of body and mind; keeping even our surroundings clean.*
2. *Santosha – Contentment; the ability to be comfortable with what we do and do not have.*
3. *Tapas – Consciously accepting mental and physical pain as purification and an opportunity to learn.*
4. *Svadhyaya – Self study; study of spiritual teachings and their applications to our lives.*
5. *Ishvara Pranidhanan – Self surrender; allowing ourselves to be guided by the Truth.*

**III ASANA – The practice of physical postures with awareness, balancing effort and comfort, revitalizing the body.**

**IV PRANAYAMA – The practice of breathing techniques leading to the enhancement of subtle energy flow, energizing body and mind.**

**V PRATYAHARA – Education of the senses and the ability to withdraw them to achieve spiritual goals.**

**VI DHARANA – Concentration; the beginning stages of learning to focus the mind.**

**VII DHAYANA – Meditation; the steady continuous flow of attention towards an object, such as the breath, a mantra or a sacred image.**

**VIII SAMADHI – Absorption; the complete union of the meditator with the object of meditation. The experience of Oneness with all creation.**

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ओम् ॥ सह नाववतु । सह नौ भुनक्तु ।  
सह वीर्यं करवावहै ।  
तेजस्वि नावधीतमस्तु । मा विद्विषावहै ॥  
ओं शान्तिः शान्तिः शान्तिः ॥

OM. SAHA NĀVAVATU, SAHA NAU BHUNAKTU,  
SAHA VĪRYAM KARAVĀVAHAI.  
TEJASVI NĀVADHITAM ASTU, MĀ VIDVIṢĀVAHAI.  
OM ŚĀNTIḤ, ŚĀNTIḤ, ŚĀNTIḤ.

May He protect us both in togetherness.

May He nourish us both in togetherness.

May we both work in togetherness with great energy –  
physically, mentally and spiritually, individually and universally,  
psychologically, economically, nationally and internationally.  
May our study be vigorous, and may our meetings be effective  
to strengthen our togetherness in all respects.

And may we not hate each other, destroying our togetherness!

OM Peace, Peace, Peace –  
physically, mentally and spiritually,  
in the past, in the present and in the future.

*Peace Invocation from the Upanishads.  
Translation by Shri Brahmananda Sarasvati*

I believe that God intended us to be one people on earth, in unity and communion with each other, and with God. I am here to discuss that unity, the division between people, and what can be done about that division.

The top two of the ten commandments are to love God above all else and love each other as you love yourself. If we love each other, EVERYTHING will fall into place. If we live in love, we can change the world! So why don't we give love and give it freely? Perhaps we are all afraid on some level.

In this room, we are all seminary students and staff bent on making the world a better place. And even we have our biases and fears (although we may not even be conscious of them). It ain't easy being human!

If we look deep within ourselves, that fear may come from a lack of trust in God and in each other. When we DO trust in God, put our faith in God, our life and love flows. We can achieve inner peace and we can connect with other people. We can put our fears and our weaknesses behind us.

As humans we have many strengths: a great capacity to love, for hope, faith, kindness, generosity, and compassion. Our world today needs an abundance of all these things.

There is so much division throughout the world - whether for power, out of ignorance and fear, many reasons to stay separate, many reasons people judge others - Religion, class, gender, nationality, the color of our skin. But God didn't create us this way. God created us to be in unity, to support and love one another, to cast these superficial perceptions aside.

We *are* all one, God is in us and around us, connecting us all. We are one fabric, one family. Whatever hurts one of us, hurts us all. A rend in the fabric mars the fabric as a whole. A screen with a hole in it isn't much use, though the rest of it be intact! In 1Corinthians, Paul says "we are one body, .....many parts" We are called to reach out to our greater world family, our world body.

This is not breaking news. In Pope Francis' message this past January 6th, he said "many think differently, feel differently, seeking God or meeting God in different ways. .... there is only one certainty that we have for all: we are all children of God" .....Amen, Pope Francis! Another spiritual master, Swami Satchidananda believed that we are all one in Spirit, as have many others. But then there are those who foment division, who fan the fires of ignorance and fear. Who emphasize "otherness" as a negative.

Yes, it is humans, not God, who have split themselves up by culture, creed, gender and so on. We are infantile creatures in so many ways, living in a superficial way, not going deeper, not accessing our reserves of generosity and love, caving to our weaknesses, rather than growing to our strengths.

In order to leave negativity behind and access those strengths and love, we need to connect with God in whatever way works for us: maybe praying, meditating, sitting near a stream in the

woods. Wherever your "church" is. We can ask for guidance, strength and vision to use that love, to act out of love. Then, we need to listen. Listen for that small still voice inside. We may hear a call to reach out, to speak a word, to act, to smile. If we all did so could we have a world freer and open, with love permeating everything? Well, it is something worth striving for.

In both the old and new testaments there is a call to charity, to love others as oneself. A call to action. Yes, it is sometimes hard for people to find the courage within themselves to do so, to break with our negative programming. Do our hearts feel too small to reach out? I recall when I had my first child, my heart felt as though it grew, it was a different type of love than I had experienced before. Perhaps it is the same with allowing oneself to reach out to others, person to person. Our hearts and capacity to love may grow in a new way.

We all inhabit this same reality, and are here to support one another, to reach out to one another, to lift each other up, to teach each other. Every day is a new opportunity for change and to interact with others lovingly and heed that small voice within. As we enter in to this new year, take time to listen to that small voice. As time goes on, perhaps that small voice will get louder and your response might be more definite and trusting.

We may feel inadequate, not up to the task, but we can be perfect vehicles for God, regardless of our past, our doubts or our fears and inhibitions. Can we answer our call to action and love? Each of us has a role to play. It is said, to those to whom much is given, much is expected. In other words, those who have power are morally and ethically obliged to stand up for those who don't. Own that power! We all have it within us!

There is so much suffering, so much injustice, here and abroad. We cannot live as one human family until that has come to an end. The task may seem daunting, but we need to hold on to hope. As Mother Theresa said - "Bring love into your home for this is where our love for each other must start" So you can start small, start in your own home and community, and like a stone thrown into a pond, a ripple effect will begin, and even distant shores can be affected by the vibration of that first act. Love...each.... other, that is the key.

I feel we are on the cusp of change. A change that I want to help bring about in my own small way. There is no room for despair, no room for hopelessness. We can ask, from our hearts, for peace in the world, an end to suffering and injustice. But to make those changes occur we must follow the golden rule - love one another, let our hearts be vehicles for love, allow our hearts to be changed. If we can be empty vessels for God's love to flow through, we can leave our fears, our anxieties behind and shine forth. In the Christian faith, lent began this past Wednesday - not just a time of fasting and sacrifice - it can also be a time of positive change, of doing.

We are all here in this program because we have responded to a calling. Whether it be a large or small part, I hope that following my calling will lead to helping the world become united, brothers and sisters living in peace and love. Wont you join me? Remember, God has no other hands than ours.

Refrain:

Gather Round, All You People- c. 2-10-2016 Katherine Congdon Caldwell

Refrain:

Gather round, all you people of God  
Make your hearts as one  
Share your love with all that you meet  
We are one family.

Verse 1

We are all children of God.  
We are all one.  
Don't focus on our differences  
Focus on our commonality

Verse 2

Leave your prejudice at the door  
Open up your hearts and minds  
Take your neighbor's hand  
And show your love for them

Bridge:

Let's put an end to war and hatred  
Turn away from fear and negativity  
We can create something new  
And move into the light as one

Verse 3

My invitation to you:  
Release what holds you back  
Join the human race my friend  
And spread your love around