



(Soulfood programme)

MUSIC: Allahouma Prayer – chanted by Ellie Mzehm

HIDDEN WORD: O SON OF SPIRIT! My claim on thee is great, it cannot be forgotten. My grace to thee is plenteous, it cannot be veiled. My love has made in thee its home, it cannot be concealed. My light is manifest to thee, it cannot be obscured. (Baha'u'llah, Baha'i Writings)

READING: As a mortal you are limited, but as a child of God you are unlimited ... Life should be chiefly love and service. Without that ideal, the intelligence that God has given you is not reaching out toward its goal. When in love and service you forget the little self, you will feel the big Self of Spirit. (Hinduism)

READING: Never become angry with one another. Let your eyes be directed toward the kingdom of truth and not toward the world of creation. Love the creatures for the sake of God and not for themselves. You will never become angry or impatient if you love them for the sake of God. Humanity is not perfect. There are imperfections in every human being, and you will always become unhappy if you look toward the people themselves. But if you look toward God, you will love them and be kind to them, for the world of God is the world of perfection and complete mercy. Therefore, do not look at the shortcomings of anybody; see with the sight of forgiveness. The imperfect eye

beholds imperfections. The eye that covers faults looks toward the Creator of souls.
(Abdu'l-Baha, Baha'i Writings)

READING: **Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.** (Taoism)

READING: **All mankind are the servants of the glorious God, our Creator. He has created all. Assuredly He must have loved them equally; otherwise, He would not have created them. He protects all. Assuredly He loves His creatures; otherwise, He would not protect them. He provides for all, proving His love for all without distinction or preference. He manifests His perfect goodness and loving-kindness toward all. He does not punish us for our sins and shortcomings, and we are all immersed in the ocean of His infinite mercy. Inasmuch as God is clement and loving to His children, lenient and merciful toward our shortcomings, why should we be unkind and unforgiving toward each other? As He loves humanity without distinction or preference, why should we not love all? Can we conceive of a plan and policy superior to the divine purpose? Manifestly, we cannot. Therefore, we must strive to do the will of the glorious Lord and emulate His policy of loving all mankind.**
(Abdu'l-Baha, Baha'i Writings)

MUSIC: "Whither can a Lover go" (Whither can a Lover go · Grant Hindin Miller)

READING: **Whosoever does not love, does not know God, for God is love.** (Christianity)

READING: **The advent of the prophets and the revelation of the Holy Books is intended to create love between souls and friendship between the inhabitants of the earth. Real love is impossible unless one turn his face towards God and be attracted to His Beauty.** (Abdu'l-Baha, Baha'i Writings)

HIDDEN WORD: **All that is in heaven and earth I have ordained for thee, except the human heart which I have made the habitation of My beauty and glory.** (Baha'u'llah, Baha'i Writings)

READING: **Love is unlimited, boundless, infinite! Material things are limited, circumscribed, finite. You cannot adequately express infinite love by limited means. The perfect love needs an unselfish instrument, absolutely freed from fetters of every kind. The love of family is limited; the tie of blood relationship is not the strongest bond. Frequently members of the same family disagree, and even hate each other. Patriotic love is finite; the love of one's country causing hatred of all others, is not perfect love! Compatriots also are not free from quarrels amongst themselves. The love of race is limited; there is some union here, but that is insufficient. Love must be free from boundaries! To love our own race may mean hatred of all others, and even people of the same race often dislike each other. Political love also is much bound up with hatred of one party for another; this love is very limited and uncertain. The love of community of interest in service is likewise fluctuating; frequently competitions arise, which lead to jealousy, and at length hatred replaces love.**

All these ties of love are imperfect. It is clear that limited material ties are insufficient to adequately express the universal love. The great unselfish love for humanity is bounded by none of these imperfect, semi-selfish bonds; this is the one perfect love, possible to all mankind, and can only be achieved by the power of the Divine Spirit. No worldly power can accomplish the universal love. Let all be united in this Divine power of love! Let all strive to grow in the light of the Sun of Truth, and reflecting this luminous love on all men, may their hearts become so united that they may dwell evermore in the radiance of the limitless love. (Abdu'l-Baha, Baha'i Writings)

READING: **Grandfather, Sacred One, Teach us love, compassion, and honour that we may heal the earth and heal each other.** (Canadian Native American)

READING: **A coward is incapable of exhibiting love; it is the prerogative of the brave.** (Gandhi)

READING: **The man who foolishly does me wrong, I will return to him the protection of my most ungrudging love.** (Buddhism)

READING: **Know thou that in every age and Dispensation all divine ordinances are changed and transformed according to the requirements of the time except the Law of Love which, like a fountain, always flows and is never overtaken by change.** (Abdu'l-Baha, Baha'i Writings)

MUSIC: "Loving Thee" (Nabil M.)

READING: **If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing. Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends.** (Christianity)

READING: **If unselfish love does not extend over the whole of mankind, if it is confined within one group – a given family, tribe, nation, race, religious denomination, political party, trade union, caste, social class or any part of humanity – such an in-group altruism tends to generate an out-group antagonism.** (Sorokin, sociologist and author of 'The Ways and Power of Love')

READING: **Of old it hath been revealed: "Love of one's country is an element of the Faith of God. " The Tongue of Grandeur hath, however, in the day of His manifestation proclaimed: "It is not his to boast who loveth his country, but it is his who loveth the world." Through the power released by these exalted words He hath lent a fresh impulse, and set a new direction, to the birds of men's hearts, and hath obliterated every trace of restriction and limitation from God's holy Book.** (Baha'u'llah, Baha'i Writings)

READING: **Speak thou no word of politics; thy task concerneth the life of the soul, for this verily leadeth to man's joy in the world of God. Except to speak well of them, make thou no mention of the earth's kings, and the worldly governments thereof.** (Abdu'l-Baha, Baha'i Writings)

READING: **Pay ye no heed to aversion and rejection, to disdain, hostility, injustice: act ye in the opposite way. Be sincerely kind, not in appearance only.... Do some good to every person whose path (you) cross, and be of some benefit to him...In this way the light of divine guidance will shine forth, and the blessings of God will cradle all mankind. For love is light, no matter in what abode it dwelleth, and hate is darkness, no matter where it may make its nest.** (Abdu'l-Baha, Baha'i Writings)

MUSIC: "Unity Prayer" (The Cocker Brothers)

