



The Antioch Community Voice

A newsletter published by the Catholic Apostolic Church of Antioch

Spring 2014

The Most Reverend Daniel Barcenas Arellano, Mexico



Padre Daniel became Bishop Daniel in November, 2013. He is pictured here with those who helped with the ceremony, which was led by +Mark Elliott Newman, Presiding Bishop of CCOA, USA.



+Linda & +Daniel

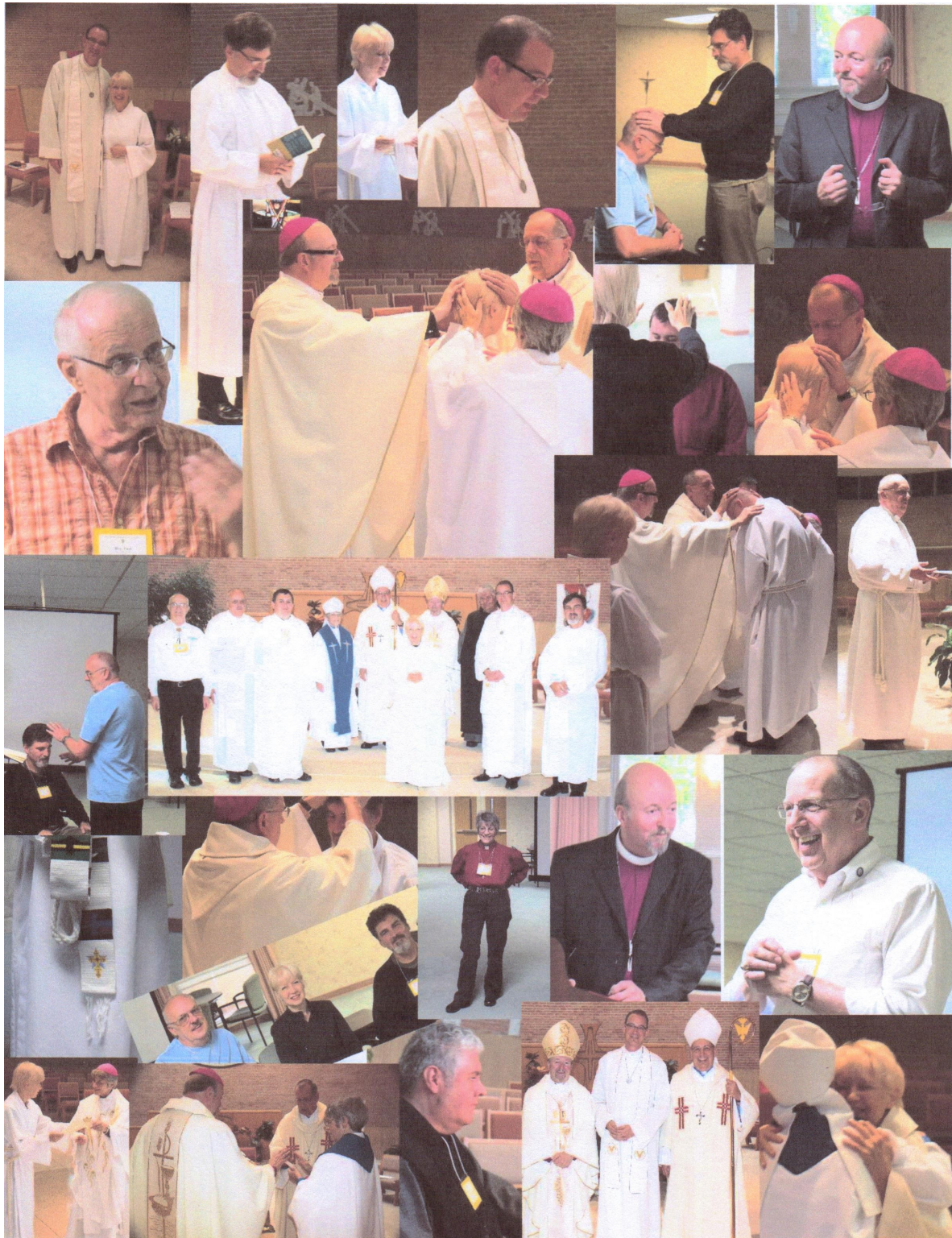


+Daniel and +Mark



+Daniel blessing
+Mark & +Linda

Convocation, 2013



Sophia Divinity School: A History ©

Part 4

+Linda Rounds-Nichols

With its beginning in 1958, Sophia Divinity School has had a long history. In the last issue, we saw that in 1999 there was a curriculum change, with the seminary becoming more academic. Between 1999 and 2005, when +++Meri retired, there were only two major changes. In 2002, a requirement that seminarians would participate in two on-site practicum workshops was instituted. In 2004, with the accessibility of the Internet, and at seminarians' request, an email group for seminarians was created, with the expectation that seminarians would participate in this group.

In 2005, +++Richard Gundrey became the Presiding Bishop for the church and Rector of the seminary. He served until his retirement in 2009. During his tenure as Rector, the seminary program continued as it had been, except the fee for challenge courses became \$75 in 2008. Also, beginning in 2009, new seminarians were required to submit a formal Spiritual Development Plan, rather than following an informal plan, as had been the case.

In April, 2009, +Mark Elliott Newman was selected to serve as Presiding Bishop for the church and thus became Rector for the seminary. In reviewing the seminary program, expectations and requirements, it was noted that not all were followed consistently. This changed in 2009, with the long-standing expectations and requirements honored.

The program now allows 16 weeks per course, and seminarians now enrolling have twelve years to complete the program. The academic development and spiritual development continue to be essential to the program, and Sophia Divinity School serves as perhaps the longest standing, continuous independent catholic seminary.

Sophia Divinity School continues to be open to all, without regard to race, gender, marital status or sexual orientation, in order to have open orders for all who are qualified.



Inquires are always welcome.
+Linda Rounds-Nichols, Dean,
coasophia@yahoo.com.

God's Wonderful World

Ron Catherson



This year my wife and I celebrated our 25th wedding anniversary by taking a cruise in the Mediterranean Sea which started and ended in Spain and included stops in France, Italy, Greece, and Turkey. Each of the stops provided opportunities to see other cultures and lands. When asked to pick one place that stood out, I could not; all the stops were wonderful in their own way.

With that said, when forced to pick one photo out of 760 that said a lot to me about the early Christians and their churches, the above one came to mind. It is Pisa with the famous leaning tower. The building in the forefront is the Baptistery where the non-baptized would go for their instruction, etc. Once a person was baptized he or she could enter the Church (center building) for Eucharist. My wife and I did enter the church, but photographs were not allowed. The inside is beautiful with huge paintings and decorations all over the walls and ceilings. The famous leaning tower (far right) is the Bell Tower which is still functional today with wonderful soundings bells. Notice the size of the people against the Baptistery and the Church. This gives you an idea of the size of these buildings. When one enters the walled in area (yes, there is a huge stone wall all around the city) you cannot help notice these buildings; they are the center of attention. It is easy to see the significance the early Christians gave to their worship. Also, there is only one Church; you don't see churches of different denominations on each corner. Mass is held in this Church today. While my wife and I were there, Mass was just finishing and if we had time we could have gone to the next Mass later that afternoon. Alas, we had to return to the bus to return to the ship in time for departure.

Pictures bring back memories, but cannot do these places justice. It was something to be there, to sense the past times of people gathering for worship, to imagine living there, and to just be, for a moment, in another time. If you ever have the opportunity, please go.

We Are All Children of the Divine!

Inspirations ~ Ron Catherson

There have been several experiences or events that have happened in my life that have inspired me. To pick one is a hard task. When I was in college, married for the first time, and my first son was a few months old (he just turned 42 yesterday – so it has been a while ago) our apartment caught fire. I was in class and came home to find my wife sorting our things. Most was ok, smoke damage, but some things not. I asked, “Where is Kenny?” He was at the neighbors; our Muslim neighbors. Not only did they take care of my son, but they fed us dinner that night. They wanted us to stay the night in their apartment, but our bedroom was saved from damage so we went home. They were the only neighbors (we lived in a two story complex with several apartments) that came to help. We did not know them; never spoke more than a passing “hi” when we met in the hall. They lived their religion. They were most “Christian” to us during that time. Later, much later, I now understand ecumenical very well. All are God’s children and all have the opportunity to show God’s love to others, even of different faith traditions. This of course helped me, and will always continue to help me, respect all traditions of faith.

Human Divine Connections – Barry Eastham

What binds those of us from different religions? We are all human. We are all children of God. We serve God, albeit in different ways, but the details shouldn’t be a point that we desire to thrust upon others at the peril of their lives. We strive to see the complete picture of God, but since we cannot walk around the perimeter, we construct our vision based on the information we have at hand, from where we stand. In some ways, this does have us creating God in our image, and not the reverse. Each of the major faiths share common truths, and our perception of the divine will show that the common truths rise to the top. There are many paths to the top of the mountain, and these constitute the differences.

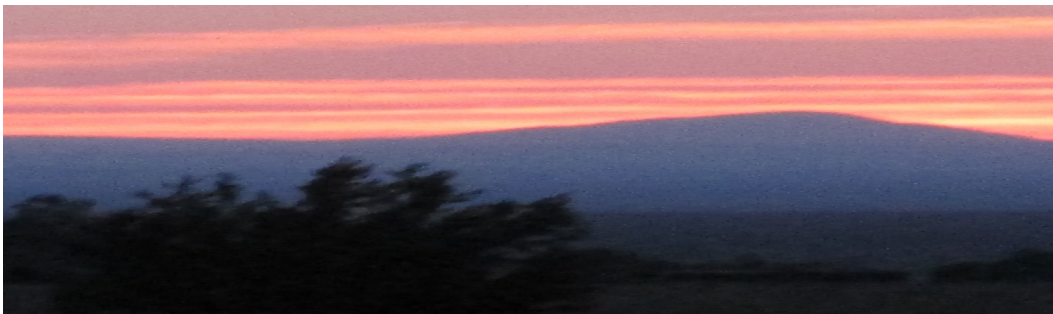


Photo ©, Linda Rounds-Nichols, 2013

Journaling to the Center of Your Soul, part 1

+Linda Rounds-Nichols

People often turn to both seminarians and clergy when they feel the need for some pastoral care. They trust that we will listen, care, offer compassion and that we will help them. In order to care for others, we need to care for ourselves, so we have spiritual directors, and church leaders, and others, to whom we turn for our own pastoral care.

Talking to others, being heard and understood is important. However, sometimes we need to do things ourselves to get deeper within, to deal with situations, to discover and deal with feelings. Journaling can help.

Journal keeping can be healing. Art can also be healing, so combining the two practices is becoming common. In fact, "Art has been shown to unlock areas of the subconscious, offering a way to evaluate and release even deeply buried hurts. Just as beneficial is the use of art as a coping mechanism." (Soneff, 6)

Journaling can help us center ourselves, look at and manage situations. Journaling gives us a safe place to investigate and deal with feelings, and with life. "Without feeling, living becomes one long bland journey to nowhere Take feeling away, and we take life away." (Chittister, 50)

Journaling involves words, comments, stories, photos, sketches, collages, paintings, and can be very simple or quite complex. Journaling can grant a catharsis of feelings. It may be descriptive; it may be reflective, and it may or may not be completely factual!

Journaling, whether strictly written, strictly art, or a combination can be very personal, never intended to be shared. On the other hand, it can also be public, as can be seen on some art journaling blogs, with pages shared daily.

This spread is a sample of a work in progress. The additions unit where, with the help of my husband Phil, who is ordained in an inter-faith ministry, I have held worship services, spirituality groups, 12 Step Bible Study, and so on for eleven and a half years just closed.

In order to review and document the years, and in order to deal with the situation and my feelings, I'm making use of art journaling. We'll have more on how to use journaling in the next newsletter.



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References: Joan D. Chittister, Heart of Flesh, 1998. Sharon Soneff. Art Journals & Creative Healing, 2008.

Light Came Again, part 4

Rebecca Taylor

Editor's note: This is part four of a four part series. Becky was very happy that her work was shared in our newsletter, so I know she would want the final section to be published. We do so posthumously, as Becky was killed in an accident on December 13, 2013.



For some of the changed animals, feeling superior became a desire. This is something they learned. For some, this is what they used their feelings for. Changed animals knew that eventually they would perish. This was a difference and it made them feel connected to all other living things. Some would make decisions to feel superior because they did not want to know that they would eventually perish and they preferred to feel superior to the other animals and plants. These changed animals continued to have thoughts about perishing. They did not prefer these thoughts and made decisions to deny these thoughts. Some of their decisions lead them to be destructive to all other animals and plants. Some of their decisions lead them to extend their destruction to the lands and to the waters and to the air. Still they thought about perishing. In this way they were not connected to other changed animals, not to the other animals, not to the pants, and not to the lands, water, elements or air. For these changed animals, the desire to exclude thoughts about perishing lead them to exclude themselves from all things. Through their decisions, these changed animals had themselves become bad burdens to the rest of organic things and also to the elements. Over time, many of the other animals developed fixed knowledge about this. The odor of these changed animals meant perishing to the unchanged animals and so they avoided the changed animals like they avoided other bad burdens. (continued)

Light Came Again, pt. 4, continued.....

Not all changed animals behaved in this way. When these individuals looked into the waters they saw themselves but they were not drawn to their own images. They were more likely to go and find another to share the interesting reflections with. Soon their interest would wane and the reflection might be used only occasionally as they would note how their appearance changed over time or if they had been injured. These individuals tended to have other things in common. When there was food matter available. They would often watch to see that no one was excluded from taking in. If there was danger present they were likely to protect others in their group even at the risk of their own safety. This did not mean that they wished to perish. It meant that they didn't wish others to perish. Mothers were the individuals to most often behave in this way. Nearly all the large animals were raised by mothers whether they were changed animals or not. Each had occasion to experience decisions and assist others. What each learned from the experiences would vary according to the decisions they made and the desires they developed. Many learned that others like them did not wish to perish either.

A decision to assist others to avoid perishing was stronger in these individuals than the need to avoid thoughts of their own perishing. In this way they were connected to all the changed animals. This was their decision and desire.

These individuals experienced something as the result of assisting others. It was not something that the other animals experienced. (continued)

Light Comes Again, pt. 4, continued....

It made them know they were alive. This was unique among the changed animals but not to the same degree in each. This was a new way in which the changed animals were connected to all things. They now knew love. Their desires caused them to experience feeling beyond body sensations. Love caused them to experience something beyond feelings. They now knew peace. Those who knew peace were not concerned about thoughts of death. In this way, they were connected to all things, and to themselves. Those who were connected to themselves were able to know something more. Peace was not of their bodies; peace was not of their surroundings. Peace came from being connected. Peace came from giving. Peace came from accepting thoughts of perishing instead of avoiding them. Peace came from protecting life not taking it. These individuals came to extend their decisions for protection to all things. They knew they were connected to all things and then sought to express this awareness in their lives. This was their chosen way of answering the thoughts of death and to live more fully.

All these things were happening along the streams as their waters slowly wandered through the lands between Saint Mtn. and the sea. Living with awareness and living fully became the way of most of the changed animals around the streams. The day and night cycles came and went and the moon cycles came and went. The sun cycles came and went and the waters of the streams brought burdens and took their burdens onward. (continued)

Light Comes Again, pt. 4, continued....

The waters came and went through the changed animals, and the other animals and the plants. The waters came in the streams; the waters sometimes came from the sky above, and sometimes from and through the lands beneath. Some followed the waters farther from Saint Mtn. in order not to be too numerous in any one place. This was a way of protecting the land, the waters, and the other living things as well.

As the waters reached the sea they were heavy and traveled slowly. They had taken on many burdens both bad and good. The sea took in all the waters and all the burdens they took in. Some of the burdens were shared among the waters of the sea and some were

not. None was excluded. The waters took in all they contacted and the sea took in all the waters coming to it. Therefore the sea was large. The name of the sea was called Love.

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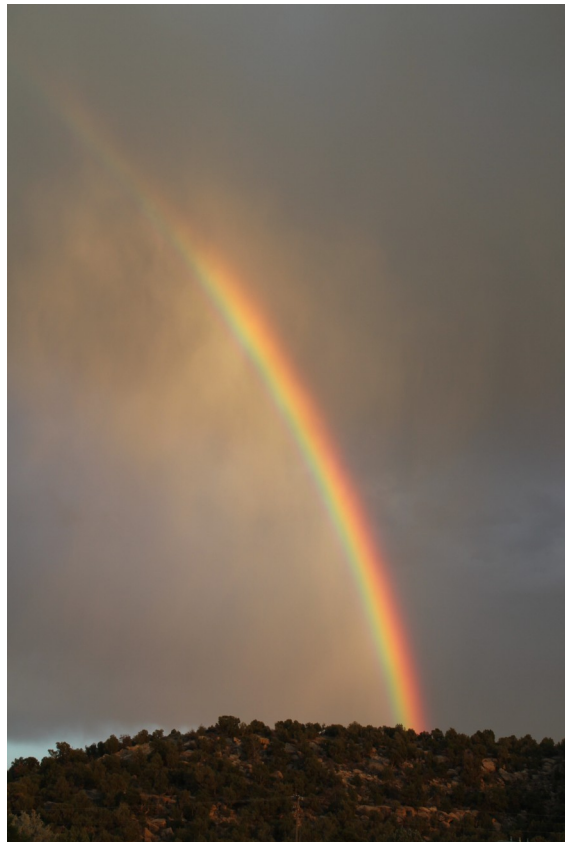


Photo ©, Linda Rounds-Nichols, 2013

## *PLAN NOW FOR*

### **Convocation, 2014**

*The CCOA convocation is a gathering of  
CCOA clergy, CCOA Union clergy, and  
Sophia Divinity School seminarians,  
along with their respective spouses-partners.*

*Convocation, 2014 is scheduled for  
October 23-27.*

**More information will be available soon  
on the CCOA and seminarian email lists!**

*CCOA clergy—Don't miss anything! If you are not on the  
email list, contact +Mark or +Linda to be added.*

## **MAY ORDINATION**



Mary Altalo is to be ordained to  
the priesthood in May, 2014.

Mary lives in South Carolina, and  
has been studying through Sophia  
Divinity School, CCOA, since Oc-  
tober, 2010.

She will appreciate your prayers as  
she prepares for her ordination.



+Mark Elliott Newman,  
CCOA Presiding Bishop  
© photo by Phil Nichols

***“May YHWH bless you and keep you!  
May YHWH's face shine upon you, and be gracious to you!  
May YHWH look kindly upon you, and give you peace!”***

*Numbers 6:24-26  
The Inclusive Bible*

**The Catholic Apostolic Church of Antioch  
is an independent jurisdiction within the sacramental tradition.**

website: [www.churchofantioch.org](http://www.churchofantioch.org)

*This newsletter is brought to you by the CCOA Communications Program, +Linda Rounds-Nichols, editor. We thank  
those who submitted materials for this issue, and invite all CCOA clergy and seminarians to submit materials for the  
next issue. Send your items to [lindaroundsnichols@yahoo.com](mailto:lindaroundsnichols@yahoo.com). Thanks!*