

FDP HERALD

Fellowship of the Order of Dionysis and Paul Newsletter



THE MONTH OF MAY

The month of May is dedicated to Our Blessed Lady. The custom of dedicating the month of May to the Blessed Virgin arose at the end of the 13th century. The burgeoning forth of life in the Month of May and the celebration of Mary as Queen of May, emphasizes Mary as the Spiritual Mother of all life. The feasts of May Day, the first day of May, and Our Lady Mary Queen of May, celebrated on the 8th of May, emphasise the nature and rhythm of the season.

Pre-Christian May Day celebrations include the festival of Flora, which was held around the first of May in honour of Floralia, the Roman goddess of flowers, and the Gaelic festival of Beltane, which was held at the end of April to mark the first sign of Summer.

With the Christianization of Europe, non-Christian celebrations lost some of their identity and May Day celebrations became more of a secular occasion. The most well-known traditions in the celebration of May are the crowning of a May Queen, and dancing around a Maypole, customs that were common throughout Europe.

The Holy Celtic Church celebrates May Day, firstly, to honour Mary as the spiritual mother of all life, secondly, to thank God for His blessings and for the beauty in His creation; and to acknowledge that by His command all life is made manifest, loved and sustained by Him. Thirdly, to mark and acknowledge the Sun's midway point as it journeys from the Spring Equinox to the Summer Solstice and the change in the mode of light which the earth receives from the Sun.

MARK 4: 35 – 40

“He said to them, ‘Let us cross to the other side.’ Now when they had left the multitude, they took Him along in the boat as He was. And other little boats were also with Him. And a great windstorm arose, and the waves beat into the boat, so that it was already filling.

But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, ‘Teacher, do You not care that we are perishing?’ Then He arose and rebuked the wind, and said to the sea, ‘Peace, be still.’ And the wind ceased and there was a great calm. But He said to them, ‘Why are you so fearful? How is it that you have no faith?’”

An Old Man once Said

“To everything in nature there is a cycle given. In the year there is spring, summer, autumn and winter. For humanity there is infancy, youth, maturity and old-age. For each nation there is the birth and development of its identity, the expansion of territory for its expression, the growth of its arts and sciences and eventually decadence.

This is natural and exactly as it should be. Recognising this cyclic process operating even within oneself, the spiritual aspirant perceives at the beginning of the work there must be contemplation and study of the teaching. This matures as it is ground into one's life. Eventually that which is sown bears fruit in the realisation and personal expression of truth, culminating in ones entering into the silence.”

“knowledge of the Divine you will not find in the stomach.”



CIRCADIAN RHYTHM

The word 'circadian' derives from the Latin words *circa* and *dies*, meaning around and day. Thus, the circadian cycle is approximately 24 hours long and a great deal of the natural world is governed by it. In human terms, there are several key biochemical processes and activities including physical, mental and behavioural patterns based upon this cycle.

Many of these processes respond primarily to light and darkness but can also be affected by other influences. The main biological mechanism that controls the circadian rhythms is located in the hypothalamus, which is situated in the brain (see Fig. 3, Endocrinal Glands).

The Sun, which clearly governs the flow of our vital energy, plays a central role in the circadian cycle. Thus, along with many other creatures that rise with the Sun, we are most active in the morning. As the day progresses through the afternoon, we gradually become less active, until in the evening, with the setting of the Sun or shortly after, we naturally drift into sleep.

This daily cycle is also reflected on a larger scale in the procession of the seasons where a great outpouring of energy and activity occurs in the natural world during spring and summer, gradually declining into rest during autumn and entering a dormant period akin to sleep during winter.

The energy of the Sun also powers ocean currents and the circulation of the atmosphere. It is the major controlling influence of the Earth's climate and of the human condition. For instance, the lack of sunlight can affect the circadian rhythms disrupting sleep patterns, blood pressure and hormonal activity, thus affecting emotional tides and our ability to act rationally.

This can particularly affect those who live at latitudes above 37 degrees north or below 37 degrees south of the equator, where for six months of the year (autumn & winter) exposure to sunlight is much reduced causing health problems for many people. Seasonal affective disorder (SAD) is one such condition that is directly associated with sunlight deprivation.

In conjunction with the sun, the gravitational impact of the Moon influences the fluidic elements of the Earth – the oceans and seas – causing them to rise and fall twice daily as the Earth turns upon its axis, and has a corresponding influence upon the fluids of our body, especially the blood and lymph.

From a human perspective, this influence is most noticeable at key times in the cycle of the seasons such as the equinoxes and solstices, and during the Moon's 28 day circuit of the Earth, concerning which a great deal of folklore testifies.

Variations in the ionisation of the atmosphere caused by magnetic disturbances such as those produced by the cyclic ebb and flow of solar flares and sunspot activity are now understood to have a direct influence on the metabolism of the body. This phenomenon is also observable on a regional or local level where positive ions at the leading edge of a weather system make us irritable, whilst negative ions, in abundance at the end of a storm, induce a sense of relief and well-being.

There are also certain types of winds, such as the Sirocco in Italy or the Autan in France, that bring with them high levels of positive ions. These winds are well known for their disruptive effect on the health and social behaviour of people.

THE CIRENCESTER WORD SQUARE

In 1868 there was found at Cirencester a small piece of wall plaster from a Roman building. The wall had been painted a dull red, and scratched upon it in neat capital letters was the following word square:

R O T A S
 O P E R A
 T E N E T
 A R E P O
 S A T O R

This can be read line by line horizontally from the top; or vertically from the top left-hand-corner; or horizontally from the bottom right-hand-corner taking each line right to left, or vertically from the same point. In all cases the same sentence is read:

ROTAS OPERA TENET AREPO SATOR

Although the meaning is not absolutely clear, the generally accepted translation is “The sower Arepo guides the wheels of the plough carefully,”

This is based upon the assumption that AREPO is based upon a Celtic word for a wheeled plough. In 1926, Felix Grosser suggested that the letters of the square can be used to write the words ‘Pater Noster’ twice in the form of a cross. This leaves two unused A’s and two O’s – the Latin equivalents of the Greek letters Alpha and Omega that were used as a symbol of Christ, echoing the words in the Revelation of St John; ‘I am the Alpha and Omega, the beginning and the end, saith the Lord...’

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      A   P   O
      |   |   |
      P   A   T   E   R   N   O   S   T   E   R
      |   |   |
      O   S   T   E   R   A
    
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Destiny

It is not for thy soul
 To stand forever in Nature’s Garden,
 Enamoured by the scents
 and perfumes of her flowers
 and tasting every moment
 of her sweet and bitter fruits;
 Or to lose thyself in trance
 to Nature’s song,
 For someday, when thy heart is still
 Thou shalt, this place leave.

Joseph



Audio of Daily Office
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LEVANT - DEFINITION

The word Levant derives from the Latin word *levare*, meaning ‘lift, raise’ (rising sun). The term *Levant*, appeared in English in the late 15th century, borrowed from the French word *levant* meaning ‘rising’, referring to the rising of the sun in the east. From a European perspective, it originally meant the East in general.

The Levant is a geographical term referring to a large area of the eastern Mediterranean. In its narrowest sense it applies to Palestine & Syria. However, in its broadest sense, it describes an area bounded by Turkey in the North, the Mediterranean Sea in the west, and the north Arabian Desert and Mesopotamia in the east. The Sinai Peninsula (Asian Egypt) is sometimes included.

THE ROSE GARDEN

Church Lane, Glastonbury
 BA6 9JQ

‘MEET THE AUTHOR’
 Sat. May 27 11.00 - 17.30

Come and join us in The Rose Garden, a wonderful new bookshop in the heart of Glastonbury.

Our ‘Meet the Author’ day features Allan Armstrong, and his new publication *Spiritualise Your Life – What Every Christian should Know*. For more details see:

<http://imagier.co.uk/product/spiritualise-your-life-by-allan-armstrong/>

Allan will be in residence throughout the day and available to answer questions about his new book.

Contributions for this newsletter to:
allan@imagier.co.uk