

Inspiration

A guide for the mystical journey

**The Challenge
of Easter**

Flower A. Newhouse

**Easter
Retreat**

Meet Laurel and Rafael Rivera

Meet Chase and Sean Burke

Christ Keynotes

Winter/Spring 2005
Volume 2, Issue 1
www.questhaven.org



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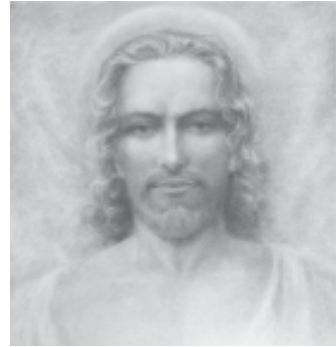
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Inspiration Magazine is a quarterly publication of The Christward Ministry at Questhaven Retreat.
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Suggested donation is \$10 per year,
 \$15 for international.

Many thanks to Stephen and Phyllis Isaac, Gwen Hulbert (editing), Evelyn Alemanni (editing, layout, cover photo), and all our contributing authors. If you have articles, poems, or photos for future issues, email them to office@questhaven.org.



Dear Friends and Spiritual Family,

As I walk the grounds after the freshly fallen rain, I notice how the clear air seems to reach on forever. Perhaps it is still resounding from the wondrous energy that filled our sphere this past Christmas. Wasn't it glorious? With our Christmas Eve candle lighting service and dance dedicated to the inner preparations that take place before the coming of the Lord at midnight, we certainly had a heightened experience here on the ministry's grounds.

For those of us who were able to make it out to our midnight service on that holy night, we were treated with an altar bathed in blue light. We prayed with great humility as we could sense the holy and magnificent power in what was to come—the procession of our Lord Christ.

As Flower has taught us, He brings the great blessing of the Solar Logos as well as His own frequencies of the Christ Spirit.

What a charging we receive as we tune in to this wondrous annual event! This is an important yearly rejuvenation for our soul's spiritual journey. Particularly as Easter approaches, we need to take our newly rededicated spirit as well as our gifts to Christ forward into the coming year.

Every day we make a conscious choice to do this. By right decisions, regardless of our free will, we fuel the living energies of the Christ Spirit to flow within us and through our world. Lent challenges us to "Follow His Footsteps" in the example of our Lord to this end. That is why it will be our Easter theme. So let us all pick up our steps and follow our Christed Lord this Easter season.

Christ brought many different messages this Christmas as we tuned in to His procession. The one I received was "Hold Fast in My Awakening." This one has new meaning to me each day as we are challenged to hold to the course of the awakening Christ within us. It also speaks true to our ministry as Dr. Stephen Isaac recently appointed me as the new Director of The Christward Ministry. It is a time for Questhaven to hold fast to the course upon which Flower A. Newhouse founded this ministry as well as being open to the awakening energies of Christ here and now.

How grateful we are for the service that Dr. Stephen Isaac has given and continues to give for the ministry. His steadfast life-long support of Flower and his leadership of The Christward Ministry after her passing will always be treasured. His high character and devoted discipleship for Christ still supports this work and guides us. The staff we have here, as well, have been gifts from heaven. They have put more time and love into this ministry than many of you could imagine. It is all given in devoted service to our Lord. We are deeply grateful.

I have also come to realize more than ever how this ministry is solely sustained by the countless hours of time and wonderful donations and gifts which all of you have offered. With each selfless act given, God's Light shines from you. And so it is that Divine Light shines through this ministry. How blessed Danielle and I feel to be a part of this work. We both pledge ourselves to our Lord Christ and the Higher Ones whose work this ministry truly is.

I think the Christ's message that Flower brought through in 1990 (her last recorded message) brings a powerful message for us now. Christ said, "See with the eyes of love and feel with the heart attuned to reality."

As Danielle and I prepare to move onto the grounds, we do so with Holy Expectancy and deep love for our Lord. May His Light forever guide us and regenerate all our beings in His name.

God's blessings to each of you,

Rev. Blake Isaac

The Challenge of Easter

By Rev. Flower A. Newhouse

(Reprinted from "The Inspirational Letter," April 1939)



Rev. Flower A. Newhouse,
founder of
Questhaven Retreat,
(photo from 1979).

The advent of Easter approaches! It is a day most replete with inner challenges to the spirit of man. Adepts usually take their mastership initiations away from the eyes of the world. But the Lord Jesus preferred to take the most arduous tests of the resurrection and ascension before men even though this increased the difficulty of the initiation a thousand-fold. Since Christhood is the pattern and the purpose of life, the Lord Christ preferred that men witness openly the steps that must be taken in overcoming.

Although we are not expected to suffer martyrdom to the degree our Exemplar met it, it is necessary that we face the perils, losses, and mistakes as well as the monotonous details of the routine of our lives with the calm, deliberate courage of the Wayshower. From the cross He attained an outer mastery and victory that has stood unparalleled since His ascension. Is this not a signal and promise to us that we should not seek to escape hardships but rather that we should wrestle with the problems they hold until we have conquered them and turned the commonplace into a domain of enduring significance and beauty?

As the age-old drama is presented on Easter morning, let us be somewhere upon a solitary hill feeling that as the sun rises upon the joy of Christ's resurrection, we are joined to Him in His victory through our own ascension over self.

There are persons who find it possible to retain a high level of consciousness from Thanksgiving to Easter, but dwell "below sea level" during the uncelebrated seasons of the calendar. Those who have this tendency would find it helpful to pledge themselves on Easter morning to live *more spiritually aware* from Easter to Christmas than they have ever attempted to do heretofore. It is a brave and notable promise. These persons should train themselves to repeat each morning, "This is the day the Lord hath made (has given

me in which to succeed); I will rejoice and be exceeding glad” that from these new hours I may receive so much good. After one’s reflection of the day and prior to settling down to sleep at night, this statement should be faithfully repeated: “I have fought a good fight; I have finished my course (of this day); I have *kept the faith*.”

Just how much effort and devotion have we given, honoring the Christ? After years of unceasing service, the disciple Peter was crucified head downward. Stephen was stoned to death, and Paul was beheaded. These men gave their lives rather than renounce the One who had given them eternal hope. Yet, to follow the Christ worthily necessitates all the attention, unselfishness, daring, and faith we possess. Seemingly slow, dull days are our Gethsemane, for they are the real testing ground of our inner morale.

As we regard the deeper consecration of our lives, we pray: “May this be done that in all our works, begun, continued, and ended in Thee, we may glorify Thy Holy Name.”



Christ Keynotes

Our beloved Lord Christ gives us a keynote on Christmas Eve. Here are some keynotes brought through during the 2004 Christmas Retreat by devoted souls:

“Receive my Light with joy and gladness resounding in your heart, enduring forever.”

“Your focus is love.”

“My time has come for the awakening of the world.”

“Open your gates to me.”

“Increase the Light for your deeper awareness.”

“Make manifest my love.”

From one of our youth:

“Listen to us, we’ll listen to you.”

The Face of the Living Christ

By Rev. Hal A. Lingerman

Imagine a mighty sunburst,
A celebration shining through the galaxies—
Releasing energies of blazing Light,
Born among the orbits of a central Sun.
Expanding pure like holy fire,
The power of celestial Love
Is streaming into Earth.

Like a radiant sunburst,
The countenance of the living Christ,
Spreads vibrations throughout earthly cells and faces,
Permeating all particles and places,
Filling dark, forgotten spaces,
Healing human hearts to wholeness,
Anchoring and inspiring Earth
To birth the gift of the Creator's redeeming Love.

When our love for God finds complete immersion,
We will become transparent to the patient Presence:
We will invite Love's clear infinities
To shine completely through us.
Divinity's timeless, unintruding nearness
Offers its standing invitation to full initiation—
A choice that turns the teardrops of our sorrows
Into glistening streams of joy.

We will see the radiant face of Christ—
Behold Him luminous in Light and crowned in cosmic glory,
Looking at us now through eyes of every life we meet and welcome.
When our hearts connect and blend in harmonies of caring,
We will feel Love's reach and unconditional embrace:
Circulating in the currents of his healing power,
We all receive new strength along our planetary journey.
Every act of human kindness adds its frequencies of light—
Contributes to the shining splendor of the heavens
And completes the circuitry of Love's release,
Until we *become* the peace of the living Lord we seek.

Meet Chase and Sean Burke

by Felice Reynolds

In this issue of *Inspiration Magazine* we had intended to spotlight one of our younger generation participants at Questhaven. However, instead of just one, we're decided to introduce two teenagers who have been active here, for it is hard to think about one of these young men without including the other.



Chase and Sean Burke are 15-year-old identical (mirror image) twins who were born on July 29, 1989. They are the sons of Laurie and Bret Burke, and have an older sister, Kelsea, who is in her first year of an academy for the musical and dramatic arts. Chase and Sean currently are sophomores at El Camino High School in Oceanside, California. For many years they have been attending Questhaven's Sunday school program and have enjoyed the Children's Camp in the summer.

Both boys are active on their school's speech team and in the drama program. In the past they have danced competitively. They have a website that they work on together—making cartoons. Both enjoy politics: Sean more from the historical perspective, Chase from the contemporary standpoint. Sean has many interests he might like to pursue in the future: comedy, architecture, engineering, law—perhaps even be a politician someday! Chase loves science, but feels his future lies in comedy. He is inspired by many of the comedians of today. However, he definitely wants to succeed in school because then all of his options are open. He also feels good about himself when he knows he has done his best, and that is reflected in his grades.

From the time they started coming regularly to Questhaven around the age of three, the boys have been able to sit quietly in church and have shown reverence and respect beyond their years. They have grown into wonderful role models for the younger boys coming up behind them. Both Chase and Sean have developed leadership skills and are always willing to participate in church activities or presentations when asked. We are blessed to have them in our Questhaven family and look forward to see what contributions they will make to the world as they continue down their path of life over the coming years!

Meet Laurel and Rafael Rivera

by Rev. Susan Cary

The meeting of Laurel and Rafael (who also goes by Ralph) makes an unforgettable story. Each did much spiritual exploration in their early years. Each had been through a broken marriage. Both had children. Their union merged two spiritual seekers who continued their search together. It also united two families, Laurel's with four children, Rafael's with five.

Their meeting took place when both families were residents of a housing project in New Jersey. A summer camp for project youngsters provided the meeting ground for their children. With youthful enthusiasm, these offspring plotted to get their parents together.

Laurel joined in the adventure, inviting Rafael and brood for Sunday dinner. She chose a menu of spaghetti knowing its universal appeal to children. The Riveras not only accepted, but also appeared in their Sunday best with proper manners. When Rafael and Laurel gazed at one another they knew they had a destiny together. However, six months passed before they could be alone, and a year before they could marry.

There were kinks in the whole process of uniting two families. Both Laurel and Rafael came from traditions taking a dim view of separation and remarriage. It was a Greek Orthodox priest who reassured Rafael that it was not a sin to remarry. Finding a minister to perform the service was tricky but a kindly Methodist minister agreed.

Before the marriage, Ralph called both families together and announced that henceforth all were to be *one* family. No stepsister nor stepbrother, no stepparents. All agreed to this. Though gathering two adults and nine children under one roof was a logistical challenge, Laurel's managerial skills were equal to the task.

Both Laurel and Rafael had strong spiritual leanings in their early years. Laurel was an only child in an Irish Catholic family. Her parents practiced their faith in an easygoing fashion, allowing her to explore on her own. While taking instruction and following through with making her first communion, she attended public school. At twelve years of age, when she decided that she would study the Bible on her own, her parents gave her one with pictures. She also fashioned an altar in her bedroom with figurines of angels and saints.

When she became a teenager, her parents expected her to attend a Catholic high school, but allowed her to choose which one it would be. The change from public to parochial school was difficult for a teen but it gave her good preparation. She hadn't gone to church on any regular basis and didn't know "how things worked."

A kindly nun reached out to her, slipping little books of prayers and other helps onto Laurel's desk. She came to an understanding of the ritual of the mass and its mystical meaning. Realizing that she could not become a priest, Laurel eased her mind by joining the school choir instead.

After high school, marriage and children, she explored her church's faith more deeply. Though she found much that was unacceptable, she did discover meaning in Thomas Merton's *Seven Storey Mountain*. Studying the writings of Evelyn Underhill and the saints added to this. After examining the work of Teilhard de Chardin, she was projected into a different space which spurred her to make a difficult but necessary decision—to end her marriage. It would be four years during which she explored the Greek Orthodox message before she married Rafael to begin together a whole new spiritual venture.

Rafael began life as part of a large family in Puerto Rico, moving to New Jersey at age 18. His father tried many religions whereas his mother was a devout Catholic with a great heart and generous spirit. She never turned away a hungry person and often prepared meals that extended miraculously to accommodate unexpected, needy arrivals.

After Rafael's wife deserted the family, he managed to raise the children while working full time. A strong urge to keep his young ones together led him to read the Bible to them nightly. Feeling closer to Christ, he called upon our Lord to be the father of his children, the Holy Mother (Master Mary) to be their mother. His faith sustained him.

Following their marriage and for many years, Laurel and Rafael earnestly pursued several wisdom and other esoteric teachings. After the children were grown and gone, Laurel and Rafael decided to move to California. Seeking a spiritual family, they searched the Self Realization Fellowship and the Rosicrucians, later discovering the Christward Ministry here at Questhaven.

They had a revelation when they pulled up to the retreat gate. Sighting that pink wrought iron fleur-de-lis struck a chord with them. For them it symbolized wisdom, love and power coming from the heart. They walked the grounds and came to a Sunday service. Upon hearing the choir, they decided they had found their spiritual home. They committed themselves and have since served the Ministry with whole-hearted dedication. Laurel sings in the choir, coordinates retreats and sometimes prepares meals for the Holy Quest weekends. Rafael assists with these preparations. Every other week they open their home for classes studying the Christward teachings. Ralph also greets worshippers as they enter church on Sundays. Together these two disciples exemplify their high devotion to Christ with inspired living.

Symbols as Aids for Lent

Rev. Susan Cary

In our Lenten efforts, we may find help and inspiration from symbols. An enduring symbol of the Christian faith is the cross. Many of us wear this as a token and reminder of our dedication to Christ and the Christ Cause.

Lent is a time to deepen that dedication and commitment. A practical aid for this is to make the *sign of the cross* each morning as we begin our day. We can make the cross upon ourselves or in the atmosphere of our home, workplace or some area which needs its benefits.

Making the sign of the cross creates a living cross of white or gold light in the atmosphere, purifying that area. Nothing can come near it without being cleansed of vice or malice. It is a sign of allegiance to Christ. We rededicate ourselves to Him when we make it and are held to that commitment.

Moving from left to right when making the cross:

1. Protects us from disturbing frequencies in the atmosphere.
2. Brings us to more logical consciousness.
3. Centers us to remember our Lord.
4. Stops negative thoughts, keeps us from saying critical, negative things.
5. Lasts longer than crossing from right to left.

Moving from right to left:

1. Can make us more sensitive to our surroundings.
2. Helps us to be more aware of the inner, higher worlds.
3. Does a quick clearing of consciousness but doesn't last long.

When making sign of the cross, it is important to use a powerful invocation. Concentrate on these words as you say them: *God, the eternal Divine Presence, God in the Lord Christ, God in the Holy Comforter.*

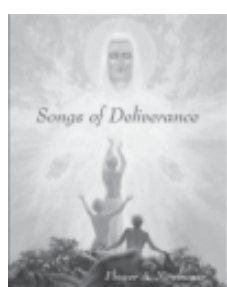
Masters who have guided this work have stressed the importance of learning to create a living, flaming cross in the atmosphere of our homes. To make these crosses with high spiritual intention takes practice. Use them to charge an aura, a state of consciousness, or to gather new presence.

When alone, practice making the sign over and above your head to your right. The cross should be eight to twelve inches in height. To prepare, remind yourself of the God currents that give permanence* to this form they enfold. When you are deeply, fully consecrated, draw the first bar, starting at the top and moving downward, saying, *May the living, white Light of the Christ ensoul and charge this cross with flaming intensities.* Then bring your hand up to where the crossbar begins. Next, cross from left to right if you want and need the cross to permanently* protect you and dispel all evil and discord from you.

Through your soul effort, keep your consciousness related to very high spiritual powers. These are only accessible through soul activity when your will is in keeping with your God Indwelling and attuned to your Adonai, the seat of spiritual will.

There are many other traditional Christian symbols that may help Lenten practices. There are also individual and personal symbols which you might find in the course of everyday living. A rock, a piece of bark of a particular shape, a flower or leaf that catches your attention can provide a powerful and helpful direction for you. If your attention is caught by some object seen on a walk, pay attention to what it's trying to tell you. Your Guardian Angel may be providing this surprising and helpful object as an insight to help you achieve your Lenten goals. Record these symbolic promptings in your spiritual journal and use them as keynotes in your meditations. Acting upon such cues can enable the goal you seek. May your earnest preparations find you ready for the high event of Easter.

*This work needs to be repeated daily. Only the work of a Master is truly permanent.



New Edition of *Songs of Deliverance*

The new edition of *Songs of Deliverance* is available now. This new hard-cover edition has been redesigned for easy reading and includes cover art by Jonathan Wiltshire. Order your copy today. Price is \$14.



Questhaven Open House on April 23

Our annual open house will be on Saturday, April 23 from 10 a.m. to 4 p.m. What a great time to introduce your friends to our beautiful retreat! Wildflowers will be blooming, and trails will be groomed for your enjoyment. Perhaps the labyrinth will be finished! We'll also serve a lunch in Friendship House, but please make a reservation with the office. The cost is \$12.



Easter Retreat 2005

By Laurel Rivera

“Easter reveals to us the greatest achievement that man may attain.”

Following the glorious winter rains, at Easter Tide the hills and dales of Questhaven Retreat will be lush with the wildflowers and greenery of spring. We enter the Lenten period this year on Wednesday, February 9, and for the following 40 days attune ourselves in preparation for the powerful Light Rays which will bless the earth on Easter morning.

“Following in His Footsteps” is the theme of the 2005 six-week Lenten Meditation Series. Lent provides us with a special opportunity to unfold our inner self through self-giving and discipline. It is a time to contemplate the greatness of the Lord, and examine and strive to emulate the steps He took to reach His attainment.

The Easter Retreat weekend begins with a Communion Service on Friday evening March 25. This beautiful service shows, through music, narration and sacred dance, the inner side of Easter. To those who knowingly prepare themselves, the act of communion itself becomes an open path to Divine Power, bringing the Christ Within closer to our outer awareness.

Holy Saturday provides us with time for nature walks and silent moments of reflection. We come together in the church midday for group meditation. There is also time for us to gather and share our thoughts on the Easter experience and Christ’s resurrection.

As we make our pre-dawn climb up Inspiration Point on Easter morning, our hearts open to the power and grace of the Angelic choirs. As the sun rises over the hills to the east, the Solar Logos rays forth his restorative blessing and we affirm: “Christ is Risen. He is Risen indeed!”

The Retreat concludes with a talk by Rev. Jonathan Wilshire titled *“Behold the Light that Never Sets—Climbing to Easter’s Summit”* at the Sunday service.

Let us cherish the opportunity before us and prepare well to “climb Easter’s summit.”

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Ministry Moments

By Rev. Blake Isaac

NEW DIRECTOR: In November 2004, Dr. Stephen Isaac appointed the Reverend Blake Isaac as the new Director of the Christward Ministry. We extend our heartfelt thanks to Dr. Stephen Isaac for heading the church and retreat so ably after succeeding the Reverend Flower A. Newhouse in that position. To Blake, may God's deepest blessings be upon you as you lead the ministry into the future.

RESIDENCY UPDATE: In late February, Blake and Danielle Isaac will be moving into their completed residence. So many individuals have given their support and help to make this a reality. They wish to thank everyone for their prayers and love through this process. They feel very blessed to have the opportunity of living on the grounds.

GARDENING TUESDAYS: Every Tuesday, Evelyn Alemanni works with volunteers to spruce up the grounds here at Questhaven. If you have the time and interest to give in this way, please come and share with us. We meet at 1 p.m. at the office. In case of rain, we'll meet on Thursdays.

CHRISTMAS RETREAT: There was a special feeling in the chapel as the congregation lit their candles on Christmas Eve to honor the Christ. Special thanks to Reverend Elizabeth Wood for coordinating this retreat and all those who participated in this worship.

NEW YEAR'S EVE CELEBRATION: Many individuals gathered at the Friendship House on New Year's Eve to usher in 2005. Good fellowship and fun was had by all, as we sang, laughed, and ate together. The Ministry's angel DVDs were shown and the Masters' pictures were displayed in Chapelito (the original chapel used by Flower on the grounds) to remind us of all the higher support there is for us as we prepare for another year of growth. The church was open for a midnight meditation as we greeted the New Year.

LABYRINTH UPDATE: Work has begun and continues on the labyrinth site near the Academy building. Trees have been planted and the ground has been slightly reshaped. Tentative plans are to have a blessing of the site in late February as well as an open house on the project in March. Special thanks to Lucy Wold for overseeing this venture.

SPEAKERS' MEETING: The regular speakers and ministers gathered in November to discuss the order of the Sunday service. Highlights include having talk discussion groups, speaker training sessions, and more involvement from the congregation during the service. More information will follow later.

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Winter/Spring 2005

2005 Winter/Spring Program
Sunday Services begin at 10:45 a.m.

FEBRUARY

- February 6 *The High Summons of Lent* Rev. Susan Cary
February 13 *Season of Renewal* Ben Wisckol
February 20 *Purification in His Footsteps* Rev. Alexandra Alba
February 27 *The Disciple's Lamp—Creativity as the
Capacity to Question Assumptions* Rev. Jonathan Wiltshire

MARCH

- March 6 *The Way of the Christ is Love* Rev. Elizabeth Wood
March 13 *Hold Steadfast to Your Course with
Deepening Faith* Rev. Phyllis Isaac
March 20 *A Call from the Summit* Rev. Susan Cary

EASTER RETREAT, March 25, 26, 27

- Friday, 7:30 p.m. Communion Service
Saturday, A day of preparation for Easter
Sunday, 10:45 a.m. *Behold the Light that Never Sets—
Climbing to Easter's Summit* Rev. Jonathan Wiltshire

APRIL

- April 3 *Questions and Answers* Rev. Blake Isaac & Rev. Elizabeth Wood
April 10 *Planting the Seeds of Faith* Evelyn Alemanni
April 17 *Our Gifts to Our Lord Renewed* Rev. Blake Isaac
April 24 *Lessons We Can Learn From the Saints* Rev. Elizabeth Wood

Ongoing Activities—All are Invited

Please call the office for further information—760-744-1500.

The Way Within meditation class will continue meeting at noon in the Academy on the first and third Wednesday of each month. The emphasis is on improving our skills and group participation, and is led by Rev. Phyllis Isaac.

Meditations on Wednesday evenings in Chapelito at 7:30 p.m. Led by Jean Michalewicz.

Pranic Healing Clinics: The first Sunday of each month in the Academy Building from 12:30 p.m. to 2:30 p.m. Led by Mary Clark, Ph.D.

Servers in Action: Second Saturday of each month at 9 a.m.

Holy Horticulture: Every Tuesday 1 - 4 p.m. Meet at the office. Bring gloves and clippers.

Study Groups—Classes Studying The Christward Ministry Teachings

Monday: (every) at 10:30 a.m. to 12:30 p.m. Vista

Monday: (2nd and 4th) at 7:30 p.m. Oceanside

Tuesday: (2nd and 4th) at 7:30 p.m. San Marcos

Thursday:(1st and 3rd) at 1:30 p.m. Questhaven—Academy Building

Special Announcements

Lenten Classes: Our theme for the Lenten series is: *Following in His Footsteps*, beginning Ash Wednesday, February 9th at 7:30 p.m. in the Church of the Holy Quest and will meet each Wednesday in preparation for Easter.

The Holy Quest III: January 21-23. Topics include *Meditation and Prayer, Inner Worlds and Inner Perception, The Masters*, and *Angels of Nature*, presented by Rev. Elizabeth Wood, Rev. Susan Cary, Rev. Phyllis Isaac, and Rev. Jonathan Wiltshire.

The Holy Quest I: February 11-13. Topics include *Christian Mysticism, Our Sevenfold Bodies, Christian Discipleship, Angels Who Guide Our Lives*, presented by Rev. Susan Cary, Rev. Phyllis Isaac, Rev. Jonathan Wiltshire, and Rev. Elizabeth Wood.

The Holy Quest II: April 15-17.

Labrynth Open House is tentatively planned for Saturday, March 12th. Check with the office to confirm the time and date.

Questhaven Open House: Saturday, April 23rd. 10 a.m. to 4 p.m.

Planning Ahead:

The Holy Quest IV: May 20-22

Vernal Art Festival: June 25-26

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Winter/Spring 2005

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