THE CIRCLE OF LIFE AND THE CONNECTEDNESS OF EXISTENCE
“Your heart knows the way — run in that direction.”

. . . Rumi

(a 13th century poet, Islamic scholar, theologian and Sufi mystic)
WHAT ARE WE GOING TO DO?

It’s hard to know what to do these days. And not knowing what to do can lead to frustration—or even worse: to doing nothing!

I remember a time during the Vietnam War when a group of us were at a loss as to what to do. At the time, Bernard Lonergan, a Canadian intellectual, was giving a talk at the University of San Francisco. I asked him to meet with us after his talk, and he agreed to do so.

Bill Leininger, Clare Morris and I sat down with Lonergan and began to vent our frustration at not being able to get anywhere in our struggles for peace, for the farmworkers, against the Vietnam War, and for change in the Catholic church.

Lonergan listened patiently as we described our frustration and our struggles. But he let us talk and said nothing. Only at the end, when we stopped talking, did he say something, but it was not what we were hoping to hear. He said just one thing: “WELL, YOU’RE ALIVE. KEEP GOING.”

That was it. He didn’t point out any direction for us to take or any specific things we needed to do. Nothing.

Lonergan’s talk at USF had just one theme: that the future would be determined by those who are fully alive. That was it. And it was only long after he had left us that his words “You’re alive. Keep going” began to make sense to me.
And they have a special impact now, when many of us are at a loss as to what to do in the Trump era. Lonergan’s message was: *Don’t give up. Keep going!*

We cannot be sure that we are doing “the right things.” But we can be sure that we are trying to act on behalf of Life—and on behalf of a hopeful future.

---

**THE REMNANT**  
*by Clare Morris*

Species extinction happens  
I wonder about us

Have we risked the why  
we have come alive to live?  
our human destiny  
our gift to Life itself  
out place in the Web of Being

I wonder  
Are there enough who  
know they do not know,  
who seek the Pearl until  
the last breath?

Who are the few who  
choose the treasure  
of generosity  
having nothing more  
than needed?

The Hebrews called them  
Anawim  
the Remnant  
I wonder  
about us.
PASSING ON THE SPIRIT

By affirming life and keeping going, we do something important that we are often unaware of: we pass on a spirit and a hope to others.

Page Smith, as an historian, enlightened me about the importance of passing on the spirit. And how it is such an important part of our lives and of history.

Page’s favorite story in American history concerned the spirit being passed on from person to person over 100 years: from Abraham Lincoln in the 1860’s to Rosa Parks in the 1960’s.

Lincoln had a good friend whom he called “good old double-d’d Addams”. When Lincoln died, Addams told his daughter Jane that one of the greatest persons in history had passed away. So Jane Addams grew up with the spirit of Lincoln being passed on to her from her father.

When Jane was in Europe as a young woman and saw some desperate people fighting over rotten vegetables, she determined to help poor immigrants in the United States. For this reason she founded Hull House in Chicago in 1889, the first of many Settlement Houses for immigrants.
When Myles Horton was a college student, he went to visit Jane Addams. He was greatly impressed by what she was doing, and some years later he founded Highlander Folk School in Tennessee, where he hoped to bring blacks and whites of the South together.

Years later, just after attending a session at Highlander, Rosa Parks refused to step to the back of the bus, and she credited Myles Horton for helping give her the courage to do so.

So, over a hundred years of US history, from the Emancipation proclamation of 1863 to the Civil Rights movement of the 1960’s, we can trace a spirit being passed on from Lincoln to Addams to Jane Addams to Myles Horton to Rosa Parks.
**We Are All Involved in Passing on the Spirit**

Page Smith’s story is not just about Abraham Lincoln and Jane Addams and Myles Horton and Rosa Parks. It is about all of us.

Every one of us has been influenced by others and has been influencing others. Every one of us has received and has been passing on a spirit.

So when Bernard Lonergan said to us “You’re Alive—keep going!”—his simple message included that we had received the spirit of Life, and that by keeping going, we would be able to pass that spirit on to others.

Sometimes we don’t fully realize who has passed the spirit on to us, and we can never know exactly when we might be passing the spirit on to others, but it is happening, and it is one of the most important parts of our lives and of history.

---

*Bernard Lonergan*
Many years ago I met Myles Horton and Lewis Sinclair in Managua, Nicaragua.

We were protesting the US-backed Contras who were trying to overthrow the newly established government of Nicaragua.

Myles was old and not very steady on his feet. But he was delightful, and was full of stories. I remember his story about what leadership is. Myles said that once, when he was supposed to give a talk at a University, he arrived late and didn’t know where to go. He saw a group of people going down a large corridor and tried to catch up with them. He finally did catch up, and they led him into a large hall where, sure enough, there was a table at the front with his name on it as one of the speakers. So, Myles concluded: “If you want to be a leader, you need to find some people who know where they are going, and then you need to try to catch up with them. And just when they nearly arrive at where they are going, you get up in front of them and start talking!”

We spent a few days with Myles and Lewis, and as Myles looked at the poverty in Nicaragua, he kept saying that he wished he could do something for the poor there, as he had done for many poor people in Tennessee. But soon after we all returned to the United States, Myles died.

I went to Myles’ memorial service at Highlander Center in Tennessee. Rosa Parks was there. And afterwards I kept mulling
over what Myles had said about wanting to do something for the poor of central America. Although I couldn’t think of a way to do anything about it, I couldn’t get it out of my mind.

I sort of muttered Myles’ wish to different people, not thinking that anything would come of it. But when I mentioned it to Phil McManus, he responded that he thought we might be able to get some money to help the poor of central America. Phil did get the money, and we contacted Latin American leaders of the poor in five countries, brought them here to the United States to visit Highlander Center, Martin Luther King Center, and people who were working with the poor of the world.

We had thousands of dollars to send back with each of the Latin Americans to help the poor in their countries. So after his death, Myles’ spirit (which had been influenced by Lincoln’s spirit) kept working on me and on Phil and on a number of other people.

*Passing on the Spirit for better housing with IF and Habitat for Humanity Guatemala in 2007.*
THE HOUSING MOVEMENT IN BRAZIL

One of the leaders of the poor who came here from Brazil was Father Antonio Marchione, who was known as Ticao. I went to Brazil to visit Ticao and was amazed at what he and his friends were doing for poor families there.

There was a little-known law in Brazil that government land that was not being used for a long period of time could legally be occupied by citizens for them to live on. Ticao and his friends would secretly train up to one thousand people—poor families—who agreed to occupy government land. The training was kept strictly secret and lasted about one year, after which the families moved secretly during the night onto a piece of unoccupied government land. The large numbers were important, because if it were only a few families, the government could clear them out.

Ticao and others would then negotiate with the government, knowing that they had the law on their side. Other groups that had acquired land in the same way would bring food for the newly arrived people! Thus very poor people were able to acquire land and begin to build very rudimentary dwellings, and their courage and spirit could influence the next thousand people who would prepare to occupy land.

The spirit kept being passed on.
PASSING ON THE SPIRIT IN MEXICO

We recently received a report from Pietro Ameglio in Mexico whom IF has funded for many years. He has trained many young people in nonviolent action. His report documents the power of his passing on the spirit over the years:

“A huge student movement exploded at the National Autonomous University in Mexico City last September, provoked by an armed attack on students on campus, which was meant to destabilize the university. In response, tens of thousands of students filled the streets demanding “No more violence at the universities!” . . . A number of the young people who have worked with us for years were among the student leaders of the protests…

On September 5, a mega-march was held within the central campus of the National Autonomous University of Mexico (UNAM), in which around 30,000 people participated, among them students, academics, workers and parents. The movement was carried out in an organized and peaceful manner, the contingents departed from the Faculty of Political and Social Sciences and traveled to the esplanade of the Rectory in University City. In the same cause, students from other universities such as the National Polytechnic Institute (IPN) and the Autonomous Metropolitan University (UAM) accompanied the university students.
It was important for me to observe how simple efforts over years could all of a sudden flourish and have such a strong influence on a national mobilization as big and important as the recent student movement. It is a bit like the Gospel. One plants seeds without knowing when the fruit will be harvested or by whom.”

**Even after Death**

And the spirit keeps being passed on, even after death.

I have on my wall the photos of a number of people who passed the spirit on to me. They are dead now, but when I look at their photos, they still inspire me.

Some years ago, I wrote a book called “Passing on the Spirit,” in which I described a number of men who were my mentors. Every once in a while, I pick up the book, and just looking at the people there gives me new hope.

**Whom do we celebrate?**

In the press and on television, we see mainly “celebrities” - actresses, politicians, sports heroes and criminals. The hidden message is that the important people in this world are the celebrities. They are the ones who are newsworthy. They are the ones we look up to.

Years ago, I had a good friend, Bill Hamlet, who was a police inspector in San Francisco. Bill had learned a lot about celebrities and “important” people. He told me that when he was a young cop
and met somebody important, he used to feel very small. But after
he had given lie detector tests for almost twenty years, this changed
radically. “I’ve given lie detector tests to all sorts of important
people,” he told me: “politicians, religious leaders, judges,
celebrities. And now when I am introduced to someone important,
I reach out my hand and wonder if I am shaking the hand of some
sort of crook!”

So celebrities are not what the media make them out to be. The
people who really ought to be celebrated are very different. They are
the ones who pass on a spirit of hope and love to others. We need
to surround ourselves with our own “celebrities”- with the images of
those who nourish us and keep us going.

So even during dark times, the spirit keeps being passed on,
through us and all around us. To be aware of this as we live our
lives, can fill us with ongoing hope.

Note: If you would like a copy
of Bill Cane’s book “Passing on the
Spirit,” just send $5 to IF for
handling and mailing, and we will
send you a copy of the book.
POSSIBILITIES
by Marilyn Robertson

A teacher sits down at the feet of her students. 
Singing is heard in an abandoned village.

Food is brought to the prisoner on a white plate. 
A soldier rests beside a pool of water lilies.

An abyss becomes a table. 
The loaf and the fish re-create their famous miracle.

The white-haired hero reads a poem. 
The grieving mother prays for her son’s killer.

One person does not seek revenge. 
The next day, another person does the same.
LET INTEGRITIES BRING NEW POSSIBILITIES TO YOU, TO YOUR FAMILY, FRIENDS AND COMMUNITY.

Your tax-deductible donation includes a one-year Integrities subscription and IF membership.

Please send Integrities to:

Subscriber Name and Mailing Address
(please print clearly)       This is for myself       This is a gift*       (please check one)

First Name       Last Name

Address

City       State       Zip

Phone Number       Email

I would like to give a gift subscription. Enclosed is $15 (or more) donation. Please write the following message on my gift card:

_______________________________________________________________________

_______________________________________________________________________

Yes Please send me the email version of Integrities. (Please be sure your email account is not blocked and that you have printed your email address legibly.)

Yes Please send me the printed version of Integrities

Yes Please send me both the Email and Printed version of Integrities.

Feel free to duplicate this page for as many subscriptions as you need.

Please tear out this page and mail with check made payable to
IF • 160 Sunflower Lane • Watsonville, CA 95076 • Thank you!