

## Appendix 32: Post on Community of Christ Church Mobile Alabama Facebook page

Please note that Smith Claims this is not him.

 Community of Christ Church Mobile Alabama - Follow  
February 14 · 🌐

Soar to New Heights  
13 February 2025

By Ben Smith

The Spirit of the One you follow is the spirit of love and peace. That Spirit seeks to abide in the hearts of those who would embrace its call and live its message.  
Doctrine and Covenants 161:7  
["Pursuit of Peace," Jul/Aug 2021 Herald, pp. 24–25]

Pilgrims descend,  
spiraling inwards, a journey triggering confluence of hopeful hearts both full and empty,  
awaiting, anticipating. Disciples return to learn and discern where the Spirit calls.

Slow down they said, slow down.  
Thoughts and perspectives,  
sometimes selective, perhaps subjective, our thoughts confront the other.  
Our brother, our sister, informed by our desire to proclaim.  
For, against, our aim to persuade, using words to pervade our mind's eye to the body.

Sacred noise of voice,  
Our choice to change our speeches like rain on brass dome, love flows, yet the pain of  
movement when chained with God to some like nails on chalkboard, and to others the perfect  
chord.

Slow down they said, slow down.  
But how can we slow down when there are people crying, children dying and governments  
prying?  
How, when with ample fear we shed tear after tear, our hearts sear for hope, for change, and  
compassion to come near.

Hands go up, hands stay down,  
We drown in pomp and ceremony, yet find comfort in the familiar. Chair turned bridge builder  
tasked not to bewilder but to unravel rubric and rule.  
Decisions, revision, voted and disposed, we listen to each other, to God.  
Blessed, we slow down.

Discernment and prayer,  
as we prepare to share the peace of Christ to our worlds, we stand together.  
Like birds of a feather we soar with the Spirit to new heights of oneness.  
When we slow, like third cry of rooster's crow, God lets us know we are one.  
Slow down God said, slow down.

Now, spiraling outward,  
cascading into the heart of humanity, building unity in diversity with a community that deserves  
God's grace.  
So today we stand. When we slow to understand, we walk hand in hand in a journey to peace.

PRAYER PHRASE

"We love because God first loved us" (1 John 4:19).

SPIRITUAL PRACTICE

Sea of Light

Quiet and center yourself. Ask for God's healing and guidance as you enter this time of prayerful  
presence. Close your eyes, breathing deeply and calmly. Imagine you are floating in a beautiful  
sea of light that rises and falls with each cycle of your breath. The golden light of this sea buoys  
you up, so you float effortlessly. Waves of light carry and wash over you, bringing wholeness  
and peace. Rest in the sea of God's love; then offer a prayer of gratitude. [#CommunityofChrist](#)



## Appendix 33: Other posts on Community of Christ Church Mobile Alabama FB page



Community of Christ Church Mobile Alabama - Follow

February 27, 2022 · 🌐

Daily Bread Blog  
Joyful Anticipation

Saturday, 26 February 2022 – Ben Smith of Melbourne, Victoria, Australia

They shall come and sing aloud on the height of Zion,  
and they shall be radiant over the goodness of the LORD...

their life shall become like a watered garden,  
and they shall never languish again.

Then shall the young women rejoice in the dance,  
and the young men and the old shall be merry.

I will turn their mourning into joy,

I will comfort them, and give them gladness for sorrow. —Jeremiah 31:12–13

The musician and his cellist knew exactly what was about to happen. It seemed they had a little secret they were bursting to share with the crowd. It made them so obviously joyful to then let down their walls and share their expression with the audience. It was as if the hope of a new day was revealed. As tears welled in my eyes, I experienced what it was like to wake again with joyful anticipation to what lies ahead. Goosebumps appeared on my arms as I was engulfed in the delight of their talent and synergy.

This joyful anticipation is something I want to experience every day. Like writing on my face, I want people to see that I am so joyful about life that a secret little smile appears that I don't even know about. When I share with them the blessings I've received, when I compliment them on their cooking or their latest haircut, this feeling of joyful anticipation will be out there for all to see. It seems that all one has to do to be a part of it is to share oneself in the purest way possible.

There is so much to look forward to this year: birthdays, weddings, baptisms, celebrations of anniversaries, and much more. At the same time, we will no doubt experience sorrow, loss, and grief, as these are inevitable in the circle of life. These emotions and experiences will cause us to think about life and God, and maybe even motion us toward conversations about the future of Christianity in today's world. How can we be relevant today? How is God working with us? Are we listening to God at all?

I have hope. Hope that this year will bring new opportunities to experience the Divine in ways I could not have imagined. Hope that the ministries of the church will reach more people. Hope that we might work together with greater fervor in creating communities of love and generosity. Hope that I have the courage to apologize to those I have hurt, to thank those who have given me blessings, and to forgive those who might have hurt me. Hope that I have the strength and perseverance to pursue my dreams like never before.

What do you hope for? What are your dreams? Write them down; tell someone about them; then live them out and make them real! With joyful anticipation, wake again to the light of a new day rising.

Prayer Phrase

I am God's beloved.

Spiritual Practice

Time with God

Sit quietly and let your breathing become calm and deep. Ask God's Spirit to rest on you. See or sense the Spirit anointing you in the form of light, a dove, wind, color, or other images that might come. Ask to become aware of God's love. Listen to the ways in which God wants to flow from your heart as living water. Give thanks that your name is "beloved."





### Guide Us into Truth

June 12, 2022

By Ben Smith of Mt. Eliza, Victoria, Australia

I still have many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth.

John 16:12–13

Being a newish parent, though I probably knew all along, there is a listening and learning process that accompanies the role of Dad. It seems that every day, a new skill or character test is unveiled in my life, many of them surprising! Whether it's something I learn about myself, relationships, communities, or simply a reflection on life itself—truth is revealed in countless ways.

In Doctrine and Covenants 165:3c, we read: “[we] do not fully understand many interrelated processes of human creation...” So much of our existence and knowledge is yet to be understood, and we’re reminded here that it is through God and our relationship with the Spirit where we will discover what it means to be humans and spiritual beings.

Our thirst for knowledge and experience, combined with our impatience and lust for immediacy, frustrates our ability to walk with God knowing we do not have all the answers. I wonder what it would be like to live a life knowing all there is to know about fatherhood from day one.

The pride in witnessing a first word, the emotion of receiving an intentional cuddle without request, the joy of dancing aimlessly around the loungeroom getting dizzy for fun—if all those things were simply stored in our being, what would life be like? I imagine that a life with all the answers would be dull and automatic, with no room left for agency and mystery for which we gain so much.

When Jesus says he has more to say, so much more than the listener can bear, I kind of get it. I get that God is saying, “Slow down, you don’t need it all right now.” That is the call for each of us—to be patient, to listen, to trust that God will guide us into truth through the presence of the Spirit in our lives.

#### PRAYER PHRASE

May our words and actions reflect your love.

#### SPIRITUAL PRACTICE

Pursue Peace on Earth

Read and reflect on Doctrine and Covenants 161:2a. Reflect on how you can “see violence but proclaim peace...feel conflict, yet extend the hand of reconciliation...encounter broken spirits and find pathways for healing.” What does the peace of Christ mean to you? Begin by prayerfully listening to your longing for peace. Prayerfully open yourself to God’s yearning for peace and the divine vision of shalom. What act of justice or peacemaking does God invite you to pursue this day? Dwell on these words of pursuit: see, proclaim, feel, extend, encounter, find.





## Breathe in Grace

15 October 2024

By Ben Smith of Tootgarook, Victoria, Australia

And now, O Lord, what do I wait for? My hope is in you. Deliver me from all my transgressions.

Psalm 39:7–8a

Damp air,

Coolness of the morning brings freshness and renewal. Sitting under these almighty centurions, I breathe. I listen.

Drip, drip, drip. Drips by the millions as the sky kisses the earth with blessed water, nourishing soil and soul. Bird song in the silence. The conductor places chirps in verse and chorus to fill the cathedral with a deep focus. In the silence, so much noise.

How often do we think silence is boring and empty, yet when we go there, we experience anything but absence of sound?

A new sound. I turn. Mother and foal, glancing in fear, look up to observe me, the observer. Both of us are captured with awe, one in concern and one in wonder. Heads nodding, they depart; my spirit says thank you for your presence, their hearts racing, mine filling.

Underfoot the brown carpet is matted with root and soil, connected with ancestral twine, bridging generational gaps to embrace past and present. How much is happening there to provide the world with nourishment and opportunity? Endless support, yet so often we tread thoughtlessly.

Columns of heart, clad with iron-like bark, their vulnerability on display with the softest of leaves up high, out of reach. Like us their hearts and veins are buried deep within the protective cocoon, relying on years of external mask to shield them from outside danger.

But somehow they let us in. Their presence moves me. Sitting beneath their careless grace fills me as I breathe in their peace. How can the world not be changed if we capture this feeling and share it with others?

Most striking about these trees is their purpose. To fill the world with a home, oxygen, material, heat, shade, beauty—all for no return. The ultimate gift of life. Are we not the same? If we were to turn ourselves to the service of the world, could others sit and breathe in our peace?

### PRAYER PHRASE

"You will be enriched in every way for your great generosity" (2 Corinthians 9:11).

### SPIRITUAL PRACTICE

#### Overflowing Generosity

Spend five minutes thinking deeply about how God has shared abundantly with you in very specific ways. Where do you see God's abundant generosity in your life? Say a prayer of thanksgiving for these blessings. Now, reminded of these blessings, think about how you can bless others. In what ways can God's abundant generosity overflow from you to others? What specific blessing will you share with another this day?



