

“Quasars reveal the early universe moved slower than it does now | CNN”

Scientists have peered into the early days of the universe, when it was about 1 billion years old, and discovered that things moved in slow motion compared with now.

The finding supports [Albert Einstein's general theory of relativity](#), which suggests that the distant universe moved much more slowly in the past.

Given the vastness of the universe, studying its earliest days is like looking back in time. [Faint light from the oldest galaxies](#) is still traveling across the universe to reach Earth, so the farthest reaches of the universe visible to scientists is light from the past.

[Click here to read the full article.](#)

Link contributed by Gene Savoy, Jr.

“Scientists find key evidence for existence of nanohertz gravitational waves”



A group of Chinese scientists has recently found key evidence for the existence of nanohertz gravitational waves, marking a new era in nanohertz gravitational wave research. The research was based on pulsar timing observations carried out with the Five-hundred-meter Aperture Spherical radio Telescope (FAST).

[Click here to read the full article.](#)

Cosolargy Newsletter November

2023



COSOLARGY INTERNATIONAL
THE SACRED TEACHINGS OF LIGHT

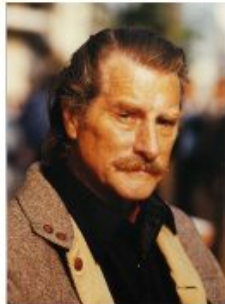
COSOLARGY NEWSLETTER NOVEMBER 2023

Hello Gene,

Welcome to our monthly bulletin with information of interest to friends of Cosolargy International. In this issue, we bring you up to date with current and future events and provide a little background on our founder, the late Gene Savoy Sr, and his explorations into solar cultures, along with some uplifting words of inspiration.

If you are curious about the solar techniques and activities of our Community, contact us by using the Contact Form on the [Cosolargy International website](#). It will be forwarded to the appropriate representative for your area.

In these trying times, if you would like to have a prayer said for you or others, click the Prayer Request button at the end of this newsletter.



The Origins of Cosolargy

Quotes from Gene Savoy, Sr.

"The Man [Gene Savoy, Sr.] bent down to take the boy into his arms. And Jamil+ extended his glorified hand to touch his father. And he wiped away his tears with a kiss. Then he stood up and looked deep into the older man's eyes, and The Light+ flashed again. And he spoke to the inner ear of The Man's Eternal Soul+, saying: "Weep not, father, for I shall not pass until the allotted time. If you would mourn, mourn for those poor, suffering souls here. For I say unto you that the mountain

shall fall again in the space of time, long after the memory of what has occurred here has faded from their minds. Nothing shall remain of this city, save the covered remains of the dead and their habitations.

"And men in the four quarters of the world shall weep for these souls, unaware that the dead will be witness to that which is destined for the whole world. And you shall see in time to come that this shall be the beginning of sorrows spoken of by former Prophets inspired by God the Father+. The human family has turned from God+ and trusted in worldly ways, spurred on by the physical sciences that deny that man is the bearer of the human spirit. Some would have the children of God+ believe that man has no purpose, that his identity and self-hood is destroyed with the loss of the physical body. Such philosophy has caused the negation of human feeling, and nature shall respond in like manner."

From *Jamil: Child of Light*

From the COSOLARGY Blog

Subscribers to the Cosolargy.org website receive this monthly newsletter.

[Click here to read or download this issue.](#)

Services for the Week of November 18, 2023



Saturday, November 18, 2023

10:00 AM COMMUNION

Chapel of The Holy Child

RRF Gene Savoy, Jr.

Lector: Rev. Noriko Roy

Cantor: Rev. Greg Kninedinst

Reader: Sonya Savoy

6:00 PM Pannuches

Chapel of The Holy Child

RRF Gene Savoy, Jr.

RF Ted Staver

Sunday, November 19, 2023

SUNRISE DIVINE SERVICE

Church of the New Epiphany

Leave: 5:45

Gate: 6:20

Service Starts: 6:37

Sunrise: 6:52

RRF Gene Savoy, Jr.

Concelebrants:

RF Robert Petrovich

Rev. Bruce Kanzelmeyer

Assistant: RM Barbara Whitney

OPEN-AIR COMMUNION

Church of The Americas Rev. Shane Grady

Church of The New Covenant Claudia Grady

Wednesday, November 22, 2023

12:00 NOON COMMUNION

Chapel of The Holy Child,

RRF Gene Savoy, Jr.

Friday, November 24, 2023
9:00 AM PRAYER & FELLOWSHIP
Chapel of the Roses
RC Amanda Buchanan

Once You Start on the Path of Spiritual Development, Stay on It



“Now that thou hast taken these names upon thee of good, modest, true; of emfrwn, sumfrwn, uperfrwn; take heed lest at any times by doing anything that is contrary, thou be but improperly so called, and lose thy right to these appellations. Or if thou do, return unto them again with all possible speed. And remember, that the word emfrwn notes unto thee an intent and intelligent consideration of every object that presents itself unto thee, without distraction. And the word emfrwn a ready and contented acceptation of whatsoever by the appointment of the common nature, happens unto thee. And the word sumfrwn, a super-extension, or a transcendent, and outreaching disposition of thy mind, whereby it passeth by all bodily pains and pleasures, honour and credit, death and whatsoever is of the same nature, as matters of absolute indifference, and in no wise to be stood upon by a wise man. These then if inviolably thou shalt observe, and shalt not be ambitious to be so called by others, both thou thyself shalt become a new man, and thou shalt begin a new life.” ~Marcus Aurelius

Emphrōn, Symphrōn, Hyperphrōn

Aurelius is making a little wordplay here with the last three adjectives in Greek which are emphrōn, symphrōn, and hyperphrōn. This is the translation in more modern English of that sentence.

“If you ever get to call yourself good, moral, honest, conscientious, amenable, and dignified, never exchange them for other labels or lose them. He is warning people that once they achieve such an honorable description, they take care not to lose it or violate it.

This doesn't apply only to those attributes listed by Aurelius, but to all improvements made as part of your spiritual growth path and techniques, including the

development of humility, and love for all.

Return to Them Again

Here, Aurelius is saying that if we should stray from the path of truth, justice, humility, and love, rather than quitting in frustration, we must make every attempt to get back on the path. While we shouldn't brush it off as meaningless, we should also not give up too readily when we stray. For the vast majority of people, the path of spiritual development is often two steps forward, one step back, rather than a steady path forward. Partly, this is because the forces of darkness try so hard to pull us away from the Path of Light.

Intent and Intelligent Consideration

Here, Aurelius is telling us that one thing we can do to help prevent us from straying off The Path is to think out each thing before we do it carefully. Ask ourselves if it is what a peaceful, loving person of humility should do. If not, don't do it. Some modern Christians would say, "Ask what would Jesus Do?" That would be good advice if they actually knew what Jesus would do, but they have made it clear that many of them have no idea what Jesus would do, only what their favorite preacher would do, and those preachers are rarely true representatives of the teachings of Jesus. By now we should all know that the true path to God and salvation is through humility and love, as well as Solar techniques, so by simply asking ourselves if the thing we are about to do or say meets those criteria, we should be heading in the right direction. Eventually, most of us develop our intuition well enough that it helps keep us from straying.

Pain, Pleasure, Death, and Indifference

Aurelius says that pain, pleasure, death, and indifference are "in no wise to be stood upon by a wise man." So he is advising us to avoid doing anything that brings pain or death to others and to avoid being indifferent to the pains and difficulties

of others, even strangers. Pleasures may seem out of place here, but there are different kinds of pleasures, and Aurelius is warning us not to take pleasure in things that are mostly physical in nature, such as overeating and sexual indulgences. It is not so much that such things are bad in themselves, but that we tend to get attached to physical pleasures and then they easily distract us away from the spiritual. The ancient spiritual teachers warned that becoming attached to physical things tends to slow down, if not stop, our spiritual progress. And it provides openings for the dark beings to attack and manipulate us. So as Marcus warns, do not be ambitious, and become a new man or woman.

The image used to illustrate this post shows Marcus Aurelius granting clemency to prisoners rather than having them put to death, so he practiced what he preached.

“Quantum Light Experiment Proves Photosynthesis Starts with a Single Photon”

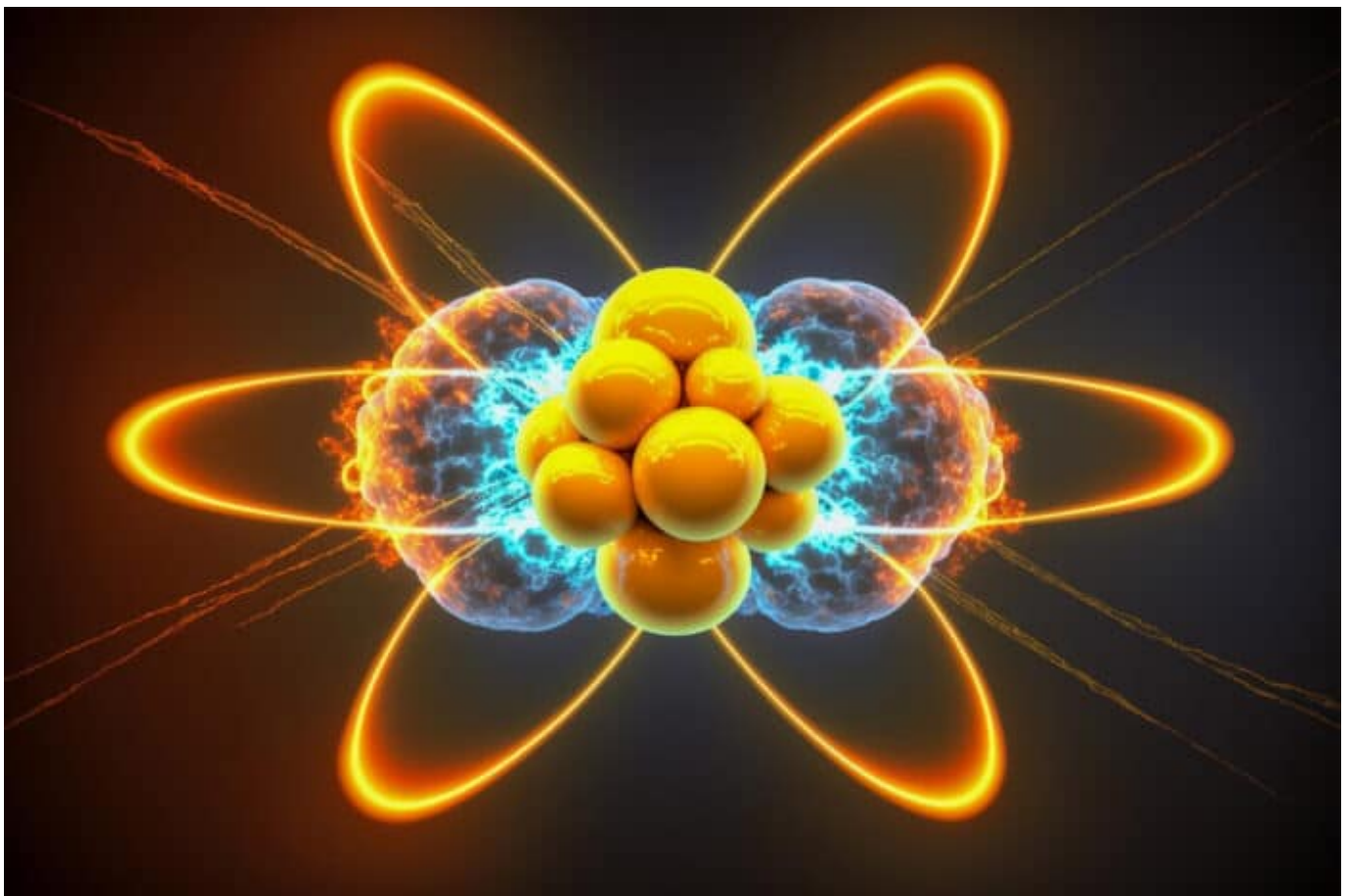


The process that powers much of life on Earth, [photosynthesis](#), is so finely tuned that just one photon is enough to kick it off.

Scientists have long suspected that photosynthesis must be sensitive to individual photons, or particles of light, because despite the way it dominates our days, the sun's light is surprisingly sparse at the level of individual plant cells. But only now, with the help of quantum physics, have researchers [been able to watch a single packet of light begin the process](#) in an experiment described on June 14 in the journal *Nature*.

[Click here to read the full article.](#)

“A new type of atomic nucleus discovered”



Researchers have successfully produced a previously unknown atomic nucleus with 85 protons and 105 neutrons. In an experiment performed in the Accelerator Laboratory of the [University of Jyväskylä, Finland](#), the researchers produced 190-Astatine, the lightest isotope of astatine.

Astatine is a fast-decaying, hence is a [rare element](#). The new isotope was created by fusing ^{84}Sr beam particles with silver

target atoms. Using the detectors from the RITU recoil separator, the isotope was found among the products.

[Click here to read the full article.](#)

“Decades-long bet on consciousness ends – and it’s philosopher 1, neuroscientist 0”



From Nature: "A 25-year science wager has come to an end. In 1998, neuroscientist Christof Koch bet philosopher David Chalmers that the mechanism by which the brain's neurons produce consciousness would be discovered by 2023. Both scientists agreed publicly on June 23, at the annual meeting of the Association for the Scientific Study of Consciousness (ASSC) in New York City, that it is still an ongoing quest, and declared Chalmers the winner."

[Click here to read the full article.](#)

Services for the Week of November 11, 2023



Saturday, November 11, 2023

10:00 AM COMMUNION

Chapel of The Holy Child

RRF Gene Savoy, Jr.

Lector: Rev. Francine Petrovich

Cantor: Rev. Mike McIntyre

Reader: Dea. Stephan Fuelling

Sunday, November 12, 2023

SUNRISE DIVINE SERVICE

Cathedral of the Americas

Note: Daylight Saving Time ended this morning

Leave: 5:30

Gate: 6:15

Service Starts: 6:30

Sunrise: 6:45

RRF Gene Savoy, Jr.
Concelebrants:
RF Robert Petrovich
Rev. Bruce Kanzelmeyer
Assistant: RM Barbara Whitney

OPEN-AIR COMMUNION

Church of The End Times *RF. Ted Staver*

Church of The Christian Churches *Rev. Mike McIntyre*

Wednesday, November 15, 2023

12:00 NOON COMMUNION

Chapel of The Holy Child,

Rev Shinobu Fuelling

Friday, November 17, 2023

9:00 AM PRAYER & FELLOWSHIP

Chapel of the Roses

Rev. Noriko Roy

OCTOBER 2023: Intercession & Memorial Services



OCTOBER 2023

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The People of Ukraine
Kiyomi Sonoda †
Umeko Kuraoka †

7

The People of Ukraine
Kiyomi Sonoda †
Umeko Kuraoka †
Taylor Martin †
Brody Mrkvicka
Amanda Black
Nickolett Montanez and her family

11

The People of Ukraine
Prayer for Peace in Eastern Europe
The People of Israel and Palestine
Prayer for Peace in the Middle East

14

The People of Ukraine
Prayer for Peace in Eastern Europe
The People of Israel and Palestine
Prayer for Peace in the Middle East

18

The People of Ukraine
Prayer for Peace in Eastern Europe
The People of Israel and Palestine
Prayer for Peace in the Middle East

Gary Silverman †

Darla Waterman

21

The People of Ukraine
Prayer for Peace in Eastern Europe
The People of Israel and Palestine
Prayer for Peace in the Middle East

Darla Waterman

25

The People of Ukraine
Prayer for Peace in Eastern Europe
The People of Israel and Palestine
Prayer for Peace in the Middle East

Brenda Foster †

Teru Sonoda †

Cody Rollins

28

The People of Ukraine
Prayer for Peace in Eastern Europe
The People of Israel and Palestine
Prayer for Peace in the Middle East

Brenda Foster †

Ryuichi Saitou

Cody Rollins

† indicates Memorial Prayer