

News & Views



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**THE JEWISH ASSOCIATION OF SPIRITUAL
HEALERS** (non denominational)

**A HEALING ORGANISATION FOR PEOPLE OF ALL
FAITHS**

Registered Charity No. 275081

**FOUNDER MEMBER OF THE BRITISH ALLIANCE OF
HEALING ASSOCIATIONS**

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Chairman's Report

Welcome to the Autumn edition of News and Views where I wish you all a very Happy, Healthy and Prosperous 5783. As I am writing this report just a couple of days before the funeral of our late Queen Elizabeth 11, who served our country for over seventy years, I on behalf of the Jewish Association of Spiritual Healers send our condolences to our new King Charles 111, all the royal family and wish them all long, healthy and happy lives. I recently attended a funeral where the following poems, chosen by her daughters, were read and think to be appropriate at this time.

Come with me by Rhonda Braswell

God saw you getting tired
And a cure was not to be
So he put his arms around you
And whispered "Come with Me".

With tearful eyes we watched you suffer
And saw you fade away,
Although we loved you dearly
We could not make you stay.

A golden heart stopped beating,
Hard working hands at rest,
God broke our hearts to prove
He only takes the best.

It's lonesome here without you,
We miss you more each day,
Life doesn't seem the same
Since you've gone away.

When days are sad and lonely
And everything goes wrong,
We seem to hear you whisper
“Cheer up and carry on.”

Each time we see your picture,
You seem to smile and say
“Don't cry, I'm in God's keeping
We'll meet again some day.”

You never said “I'm leaving”,
You never said goodbye,
You were gone before we knew it,
And only God knew why.

In life we loved you dearly,
In death we love you still,
In our hearts you hold a place,
That no one could ever fill.

It broke our hearts to lose you,
But you didn't go alone
For part of us went with you,
The day God took you home.

Weep not for me

Weep not for me though I am gone
Into the gentle night
Grieve if you will, but not for long
Upon my soul's sweet flight
I am at peace, my soul's at rest
There is no need for tears.
For with your love I was so blessed
For all those many years.
There is no pain, I suffer not,
The fear now is all gone.
Put now these things out of your thoughts
In your memory I live on.
Remember not my fight for breath,
Remember not the strife,
Please do not dwell on my death,
But celebrate my life.

Some Dream interpretations from the internet

Badger: To dream of a badger is a sign of luck after battles with hardship.

Squirrel: Denotes that pleasant friends will soon visit you and business will be favourable.

Beavers: Seeing beavers implies that you will obtain comfortable circumstances with steady slow progress.

Stable: Dreaming of a stable is a sign of good fortune and peaceful surroundings.

Saddle: Generally foretells good news and surprise visitors.

Stag: Shows that you will have true and honest friends.

Deer: Denotes good and strong friendships and a quiet and peaceful life.

Rabbits: Usually predicts favourable terms and conditions to improve your situation.

Lambs: Running around in a field show signs of good friendships and happiness.

Goats: Seeing goats in a field for a farmer signifies good weather and a good yield from crops.

Cows: Cows show signs of patience and contentment with hopes of your hearts desires.

Hens: Dreaming of hens shows happy family reunions especially where children are involved.

Turkeys: Show profitable gains in business.

Canaries: Denote unexpected pleasures and high class honours.

Sparrow: Shows that you will be surrounded with love and comfort.

Pheasants: Promotes good and lasting friendships.

Pigeons: Hearing Pigeons cooing shows signs of domestic peace.

Bees: Signify pleasant and profitable engagements.

Butterflies: Some indication of prosperity and fair attainments.

Goldfish: Seeing goldfish denotes many successful and pleasant adventures.

Salmon: Represents a sign of good luck and pleasant duties fulfilling your time.

Herring: Initial struggle with life leading to later success.

Lawns: Walking on well kept lawns signifies happiness and prosperity.

*OUR ANNUAL
GENERAL
MEETING WILL
BE HELD*

*SUNDAY 23RD
OCTOBER 2022*

*VIA a Zoom meetings connection at
2-30 pm.*

*Connection details will be advised
approximately a week beforehand
and we look forward to seeing you
there.*

Israeli Titbits

Sheba Medial Centre, Israel's largest medical centre and a top-10 ranked world's best hospital for the last 4 years, announced a new collaborative deal with Thomas Jefferson University to promote neuroscience research and clinical treatment at the two institutions. The deal calls for constructing a cutting-edge neuroscience centre on Sheba's campus in Israel with doors planned to open in late 2024.

Israel has the world's most affordable internet in the world and is ranked number one globally for Digital Quality of Life, an overall measure of internet quality, price, infrastructure and security, "based on a study of more than 7.2 billion people by Surfshark", a Dutch virtual private network and private search tool provider.

Researchers at Tel Aviv University in Israel are working towards the world's first one-time injection for HIV patients by developing a technique to genetically engineer white blood cells that evolve inside the body and secrete antibodies that fight the virus.

Israeli food tech start-up ChickP says it has cracked the code on a high foaming creamy milk replacement for dairy-free cappuccino using milk made from chickpea ingredients. Chickpea's protein is very suitable for consumers that wish to have a non-allergenic and highly nutritious drink, containing all nine essential amino acids, with a rich texture.

A report in The Lancet, the world's most respected medical journal, on a nasal spray developed by Israeli-founded SaNOtize, concluded that its nitric oxide spray NONS used 6 times daily for 7 days was efficacious in accelerating the reduction of SARS-Covid RNA from the nasal cavity. The

spray reduced viral load by approximately 94% within 24 hours if used within 3 days of a positive Covid test, and up to 99% within 4 days in participants at higher risk of disease progression.

Trigo the Israeli seamless shopping start-up has launched a checkout-free store in the Netherlands as a joint venture with Aldi. The Tel-Aviv based company founded in 2018 uses AI technology and ceiling-mounted cameras to track every item a shopper selects or replaces on the shelf. Customers scan a QR code on entry to the store and the purchase amount is automatically deducted as they leave.

Ichilov Hospital, Tel Aviv Sourasky Medical Centre, is Israel's largest acute care facility, has a world class 1500 bed public academic medical centre, treats 400,000 and hosts 1.8M patient visits per year. A vast new emergency room has just been formally opened by PM Lapid and President Herzog and is the most technologically advanced. Patients register on arrival using a facial recognition system, check their vital signs themselves and are guided between departments by a robot. During their time in ER a smart phone app provides them with real time updates.

A life-changing app is helping deaf people to flee rocket attacks, speak to retail workers, enjoy television for the first time. Sign Now is the only service to offer real time sign language interpretation for deaf people on their smartphone for free. A deaf person who wants, for example, to order food from a shop, would simply open the app, request a video call with a sign language interpreter and connects within seconds. The deaf person would sign to the interpreter who would then speak aloud to the shop, thereby bridging the communications gap. Various companies use the app and currently pay for its services.

Sign Now has been helping deaf refugees flee the war in Ukraine and settle in Israel using both Russian and Hebrew.

Paramedics from Magen David Adom will start using ultrasound to improve their emergency treatments for cardiac arrest. It will provide a clearer picture of heart function than an ECG and rapidly locate veins for administering fluids and lifesaving drugs. The ultrasound can also detect a heartbeat even when there is no palpable pulse. It will be available in MDA's mobile intensive care unit ambulances.

Liquid nitrogen is being used to power the world's first air conditioner without electricity using the revolutionary Kensho unit which has been developed and patented in Israel. The first models are to be piloted at 6 restaurants in Tel Aviv and the company behind the invention, Green Kinoko, plan to market the product in 2023.

PepsiCo is ordering a large number of eco-friendly shopping pallets from Israeli bioplastic producer UBO. PepsiCo aim to reduce virgin plastic use in its packaging by 50%. UBO makes durable plastics from 100% unsorted household waste that cannot be recycled and uses it in applications across multiple industries. Items that can be produced include trays, hangers, shopping carts, furniture, auto part, pipes and bins.

Mobile water treatment plants that can fit on the back of a truck are being deployed across towns and villages in India. India generates over 72 million litres of sewage a day but barely one third is treated, much of the rest ending up in rivers and lakes, creating health hazards. Huliote, an Israeli manufacturer of advanced pipe systems, developed the ClearBlack, an efficient sewage treatment system re-using almost 100% of the water being treated. "It can be

used in any site or location, just plug in and play, the bad water pumps in and the good water comes out". The ClearBack supplies enough water (100,000 litres) for the daily needs of 800 people and costs no more than \$0.15 a day to operate. It is unmanned, operates automatically, and is remotely controlled.

Night-vision technology used by soldiers on the front lines is being adapted to help treat hospital patients in Israel. In an operating theatre it will allow surgeons to see the flow of blood through a patient's heart as never before for example, it will alert problems with diabetic problems, will alarm if intensive care patients stop breathing by constantly monitoring their CO2 output. Sheba Medical Centre in Tel Hashomer recently signed a landmark agreement with Opal, a subsidiary of defence electronics company Elbit, to develop its advanced thermal imaging technologies specifically for medical use. Thermal cameras will literally allow physicians to see the unseen, going beyond the practical limitations of x-rays, ultrasound and MRI scans. They will detect physiological processes based on changes in energy and heat in the body and be able to formulate increasingly accurate medical diagnoses.

Cloth nappies could be making a comeback. Tel-Aviv based startup Pika has developed a small washing machine that it leases to parents with a monthly supply of special detergent pods. The machine doubles as a nappy bin and can clean up to 10 soiled nappies in 2 hours.

A driver monitoring system developed by Cipia, an Israeli startup that holds over 70 patents in computer vision AI, has been built into cars that are on the road today. Using AI and computer vision the system constantly watches for driver direction of gaze, eyelid activity, rate and duration of

blinking, dilation of pupils and much more. It watches for phone usage, seatbelt use, smoking, and road focus. Three manufacturers have already incorporated the technology into cars currently in production, and two more have signed up. 25 current car models are using the system.

Harry Luck

POM POM

Dear faithful friend, we miss you so,
Those loving eyes no longer glow,
No wet black nose and wagging tail,
A welcome that would never fail.

No-one could have a better pal.
More constant, tolerant and loyal,
Who made the best of bad and good,
And understood my every mood.

A busy road, a moonless night,
In seconds you were gone from sight,
Cruel blow of fate, this way to bless.
A dog who gave such happiness.

Dear Lord, if man could only know
The qualities, animals to us show,
Then maybe since the world began,
We'd have a brotherhood of man.

Yetta Powell from her book "Reflections and Rhymes"

"Doc, I can't stop singing The Green, Green Grass of Home."

"That sounds like Tom Jones Syndrome."

"Is it common?"

"Well, It's Not Unusual."

SPOTTING THE SIGNS OF DRUG ABUSE

In addition to well-known, socially acceptable drugs such as nicotine and alcohol, dozens of other substances are used recreationally for their mind or mood-altering properties. They include both medical drugs such as tranquilisers and sleeping pills, over-the-counter glues and other solvent-based products, and so-called street drugs such as cannabis and cocaine. Not all uses come to harm or experience dependency, but there are real risks and, in a small minority of cases, they can be grave. This table outlines the potential effects and signs of use of some common drugs.

DEPRESSANTS

Barbiturates: Taken orally as sleeping pills, capsules or liquids; sometimes injected. Effects and dangers(E&D); Reduced tension and anxiety, slowed heart rate and breathing, lethargy. Overdose can lead to coma, brain damage or even death. Risk of HIV and other infections if injected with shared needles. Signs of use(SOU): Slurred speech, drowsiness, lack of interest. Person may stagger or appear disorientated.

Benzodiazepines: Usually swallowed as tranquilliser pills or capsules such as diazepam, nitrazepam and temazepam. E&D: Relaxation, reduced anxiety, slowed physical and mental functioning, depression. Blunted perception of pleasure and pain. Tolerance can lead to need for increased dosage. SOU: Drowsiness, poor concentration, increased aggression. Normal inhibitions are reduced or disappear.

Solvents: Inhaled as vapours from glues, lighter fuels and cleaning fluids.

E&D: Euphoria, giddiness, confusion, loss of appetite. Outbreaks of bad temper. Overdose is easy and can lead to organ damage or death from asphyxiation or heart failure. SOU: Changed behaviour and personality. Dilated or constricted pupils, bloodshot eyes, swelling around eyes, nasal discharge. Breath and clothes frequently smell of solvent fumes.

Stimulants: Amphetamines: Swallowed as tablets (including 'ecstasy') ; occasionally inhaled as powder or injected in solution.

E&D: Quickened pulse, nervous exhaustion, insomnia, depression, dizziness, palpitations, paranoia. Risk of infection if injected with shared needles. Ecstasy occasionally causes sudden death.

SOU: Hyperactivity, dilated pupils, staring or prominent eyes, bad breath, mouth ulcers, flushed skin.

Cocaine: Inhaled or injected as cocaine hydrochloride powder; smoked as 'crack'.

E&D: Euphoria, enhanced self-confidence, racing pulse, loss of appetite, agitation, anxiety, depression. Dependence, damaged nasal passages, risk of infection if needles shared. Overdose may cause seizure or heart failure.

SOU: Nasal discharge, weight loss, behaviour or personality change.

PAIN RELIEVERS:

Opiates: Smoked, inhaled or injected as heroin; injected or swallowed as methadone, codeine or other narcotic drugs.

E&D: Euphoria, lethargy, stupor, unconsciousness, shallow breathing, loss of self-control. Diminished reaction to pain and anxiety; feelings of contentment. Dependence frequently develops, risk of HIV and other infections if needles shared.

SOU: Constricted 'pupils, speech slow and slurred. Inhalation causes nasal rawness or redness, injection leaves needle marks.

DRUGS THAT ALTER PERCEPTION:

Cannabis:Smoked or swallowed as dried leaf, resin or oil.

E&D: Euphoria, relaxation, giddiness, mood swings, dry mouth, hunger, loss of coordination and sense of time, drowsiness. Panic, confusion and paranoia with large doses.

SOU: Talkativeness, mood swings, bloodshot eyes. Increased appetite.

LSD (Lysergic acid diethylamide): Swallowed in various forms. panic, depression, tolerance. Flashbacks and psychological problems

E&D: Hallucinations, disturbed sensation, muscle rigidity, paranoia, from 'bad trips' are possible.

SOU: Unpredictable or violent behaviour, dilated pupils.

The Healing Power of Gemstones & Crystals

Gemstones and Crystals are treasured for their beauty, rarity and durability and are considered to have healing properties. The stone may be held, worn, carried or placed in ones environment.

Here are some of them:

AQUAMARINE (from aqua marina --- Latin for 'sea water'. Coloured bluey green , or green or blue).

It was the eighth foundation stone in the wall of the New Jerusalem. It was used to guard against injury during battle.

Known as the 'Serene One' and said to calm nerves and reduce fluid retention. It enhances clarity of mind and creative self expression and tolerance. Useful in the treatment of eyesight problems, swollen glands, liver trouble and toothache.

LAPIS LAZULI from the Arabic 'lazaward' = azure.

Revered as a royal stone in ancient Egypt. In Jewish History, it was probably the 'sapphire on the high priests' breast plate.

It is said to promote friendship and goodwill and enhance wisdom, inner vision and mental clarity. Known as the stone of truth and integrity it can help to overcome depression and enhance feelings of sincerity and self acceptance and success in friendships.

It is used in disorders of the throat, bone marrow, thymus and the immune system and can help to relieve insomnia and dizziness.

SAPPHIRE rich, deep blue. It is said to be the 'stone of kings' worn to protect them against harm and used in the breast plate of the ancient high priest. Sapphire is said to help free one of unwanted thoughts, bringing joy and peace of mind making one more receptive to beauty and intuition. It has been used in the treatment of blood disorders, combating excessive bleeding and strengthening the walls of veins, the relief of insomnia and nervousness.

TURQUOISE pale blue, greenish blue or pale green opaque.

North American Indians valued it as a protective stone and a bestower of goodness and bringer of rain. It is considered by many to be a master healer, helping in the absorption of nutrients, strengthening the entire anatomy and stimulating tissue regeneration. It is particularly good for the throat and lungs and because of its high copper content is a conductor of healing and good for rheumatism and arthritis. It is believed to enhance creative expression, peace of mind, communication, friendship and loyalty.

When you've seen beyond yourself, then you may find
peace of mind is waiting there.

George Harrison

*Never bend your head. Always hold it high. Look the world
straight in the eye*

Helen Keller

For many years of trouble
With my back and then my bladder
You couldn't find a person that was feeling any
Sadder.

From doctors and to osteopaths
I would regularly travel
Then off to the urologist
For my problem to unravel

Health shops to herbalist I was looking for a cure,
Homeopaths and acupuncture
would cure me I was sure.
Then I saw an advert And my spirits hit the ceiling

I would go to Glebe Rd Hall
And get some hands on healing.
Some times I went to heal my bladder
And some times for my back.

The healers there were oh so kind
So I kept on going back.
One day while given healing
And feeling most relaxed
And as Jo's hands scanned over me
My mind sent God a fax
I said, "Give Jo more energy
To flow from her to me ".

When I told Jo what I'd done
She said "YOU!! Could a healer be!!"
Why she said it I don't know??
But training I was given
God must have had a plan for me
To be a healer now I'm driven.

Shirley Stockman

Arthritis

It is said that eight million people in the U.K have arthritis. Some people consider that it is part of the ageing process, but some kinds of this disease affect people of all ages and children also. It is the single biggest cause of physical disability in the U.K and causes much discomfort, pain, stiffness and fatigue. There are differing opinions on causes including climate, diet, damage to a joint leading to inflammation, etc., and as yet no known cure. However some help is available. Apart from prescribed drugs and also a natural plant ---Devils Claw, and now Glucosamine with Chondroitin,

I would like to mention a book which has been very helpful to many sufferers; "Curing Arthritis the Drug Free Way" by Margaret Hills - published by Sheldon Press.

The author advocates a way of eliminating the pain and suffering of arthritis mainly by correcting one's diet. Margaret Hills was a nurse and suffered from both rheumatoid arthritis at first and later developed osteo -arthritis. She deteriorated to the extent of having to wear a surgical collar and was told by her doctors that she would eventually be confined to a wheelchair. With a family of eight children, she refused to accept this grim prospect and determined to find a way to help

herself out of her suffering. In the book she writes how she eliminated all the nightshade family from her diet (potatoes, aubergine, tomatoes, peppers etc.) as well as all citrus fruits except for lemons. Furthermore she drank cider vinegar in water three times a day to eliminate the uric acid from her body (1 tablespoon in a glass of water with honey added if required). She recommends Epsom salt baths and suggests not sitting still for more than half an hour at a time, but getting up and moving around and then sitting down again.

My dear friend Carol Cobb is a living proof that this advice by Margaret Hills works. Ten years ago, Carol developed a severe form of arthritis. She was in agony, unable to turn over in bed, to walk or go up and down stairs without agonising pain. I found this book as if ‘out of the blue’ --- serendipity? --- and gave it to her.

Carol followed the dietary advice religiously, and within a year all her pain had gone.

Since then she has walked and exercised every day and feels fine. She now is able to occasionally have potatoes and tomatoes, but stops eating them if she gets any warning ‘twinges’.

So I would say that there is a wealth of good information within Margaret Hills book and is well worth reading if you or anyone you know has arthritis.

Yetta Powell.

The Word.

Spiritual should be used to describe our Fellowship --.

Reasons ---.

When I was in Hungary and in France and in other countries and people saw me “laying on hands” or at least trying to help with healing a friends ‘pains’ they asked if I

was a Spiritual or Faith Healer?

The answer being Spiritual, they seemed pleased as they felt it took healing into higher realms and did not make people feel they had to have faith. Also without the word spiritual before healer or healing one could be anything, such as a quack osteopath etc., known in past times as a Bone Setter. Also there is Herbal healing and Water healing and Crystal healing etc.. The people who spoke to me were from Japan, France, Hungary, Germany and practice all different religions.

Anonymous

Sweet Caroline

Life has never been this good because, life is good although it has its ups and downs, if everything stayed the same you would be bored out of your minds, Life is ever interesting and there is so much for you to learn, the more you learn, the more you are able to understand us in the higher realms.

Understanding about life itself is important. People come and people go but the world goes round forever.

NB. The song going around my mind was “Sweet Caroline” by Neil Diamond before the message came.

Reprinted with kind permission from “Guidance from the World of Spirit” by Sheila Doffman Goldsmith.

At times our own light goes out and it is rekindled by a spark from another person. Each of us has a cause to think deep gratitude of those who have lighted the flame within us.

Albert Schweitzer

Social and Personal

Congratulations to the following members who passed their panels from students to full healer membership in September: Lorraine Pipolo, Debbie Reynolds, Louisa Campbell, Sylvester Boyles, Rajan Bose, Ryan McIntosh, John Merritt.

DICKORY DOCK

Time is ticking for all on planet Earth, time never stands still, one minute here, the next there or vice versa. It takes an open mind to understand and accept the reason for your being on the Earth Plane at any time in your incarnation because it is a learning process.

We in the Spirit World all made mistakes on Mother Earth but as each incarnation comes and goes we have had the opportunity to continue our learning as do you. Be happy with the life of learning that you all have, enjoy every day to the best of your ability, do your best to help others along the way even if it is only one person because if each person helped one person you would all grow to a more fruitful life when the time is right. We here and you there must continue to learn the reason for our being.

You see, life goes around and comes around continually until we understand the reason for our being. Sometimes life is harsh and sometimes it is great so we must continue to learn to cope with anything as it comes to us. All life is special, all people are special and all forms of life are special. So make the most of your life there as we have to be where we are now. Our Maker blesses us all on our

difficult journeys. We are all blessed.

"I am who I am"

NB. The song going around my mind was ``Hickory Dickory Dock the Mouse Ran up the Clock" before the message.

Reprinted with kind permission from "Guidance from the World of Spirit" by Sheila Doffman Goldsmith.

Patience

We are not born with patience

A baby cannot wait for food

For milk, for changing, for cuddles

You can't say 'be patient' to a baby

He wants it now

He wants his needs met now

And a toddler has no patience either

If he wants your attention

Or a toy that attracts him

He wants it now

Or he may scream and have tantrums

You can't tell him to be patient.

But when we get to school

We are forced to begin to learn patience

There are others to be considered

And you have to take your turn

It's not easy and we become frustrated

And maybe a little resentful and angry.

Later, with life experience we may learn
The true meaning of patience
Which is surrender and courage, caring and love
for others and ourselves
And serenity and gentleness and humility
And faith and trust that all will be well
And there is a time for everything.
*Reprinted with kind permission from Yetta Powell from her book
"Reflections and Rhymes"*

Five great lessons ... An enlightened perspective

THE NAME OF THE GAME

During my second month of Ethics and Morality, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions, until I read the last one: "What is the first name of the woman who cleans the school?" Surely, this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50s, but how would I know her name?

I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade.

"Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They deserve your attention and care, even if all you do is smile and say hello."

I've never forgotten that lesson. Her name was Dorothy.

THE KINDNESS OF STRANGERS

One night, at 11:30 p.m., an older African American woman was standing on the side of an Alabama highway trying to endure a lashing rainstorm. Her car had broken down and she desperately needed a ride. Soaking wet, she decided to flag down the next car. A young white man stopped to help her, generally unheard of in those conflict-filled 1960s. The man took her to safety, helped her get assistance, and put her into a taxicab. She seemed to be in a big hurry, but wrote down his address and thanked him.

Seven days went by and a knock came on the man's door. To his surprise, a giant console colour TV was delivered to his home. A special note was attached. It read: "Thank you so much for assisting me on the highway the other night. The rain drenched not only my clothes, but also my spirits. Then you came along.

Because of you, I was able to make it to my husband's bedside before he passed away. God bless you for helping me and unselfishly serving others."

Sincerely, Mrs. Nat King Cole

REMEMBER THOSE WHO SERVE

In the days when an ice cream sundae cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him.

"How much is an ice cream sundae?" he asked.

"Fifty cents," replied the waitress.

The little boy pulled his hand out of his pocket and studied the coins in it.

"Well, how much is a plain dish of ice cream?" he enquired. By now, more people were waiting for a table and the waitress was growing impatient. "Thirty-five cents," she brusquely replied.

The little boy again counted his coins. "I'll have the plain ice cream," he said.

The waitress brought the ice cream, put the bill on the table, and walked away. The boy finished the ice cream, paid the cashier and left.

When the waitress came back, she began to cry as she wiped down the table.

There, placed neatly beside the empty dish, were two nickels and five pennies.

You see, he couldn't have the sundae because he had to have enough left to leave her a tip.

THE OBSTACLE IN OUR PATH

In ancient times, a king had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the king's wealthiest merchants and courtiers came by and simply walked around it. Many loudly blamed the king for not keeping the roads clear, but none did anything about getting the stone out of the way.

Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and pulling he finally succeeded. After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had

been. The purse contained many gold coins and a note from the king indicating that the gold was for the person who removed the boulder from the roadway.

The peasant learned what many of us never understand: Every obstacle presents an opportunity to improve our condition.

A SELFLESS ACT

Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her five-year old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness.

The doctor explained the situation to her little brother and asked the little boy if he would be willing to give his blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying, "Yes, I'll do it if it will save her."

As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the colour returning to her cheeks. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away?"

Being young, the little boy had misunderstood the doctor - he thought he was going to have to give his sister all of his blood in order to save her. You see, after all, understanding and attitude are everything

From the internet.

A New Year --a letter from Leslie Williams

I got to thinking, as I wrote to you, how like the year ahead this clean piece of paper was. Untouched and smooth. Clean and ready to accept whatever came along.

What matters a few errors,

Blot them out and carry on

A little mistake, not to worry

Simply erase them.

At the end, a flourish of a name

And all is well.

But the year past was like that,

And all those before

Each one fresh and new,

And ended up stained and torn.

Forgetting our errors is human,

Believing each year is new is hopeful,

But we do know that year in and year out

We gather our stains and mistakes,

Until we can hardly recognise
the old from the bright shiny child inside.

But deep down I am assured

By my God within,

I am whole and new.

Recognise the truth then,

It is not possible to remain so

Squeaky clean.

Be human.

Learn from mistakes and errors,

Don't expect to blot them out.

When the next year dawns I will be

At my window.

Ready to take on the New Year

Be myself and learn, for that is why

I am here.

May Your God be with you.

VENUES WHERE J.A.S.H. HEALERS CAN BE FOUND

BUCKHURST HILL

CONTACT RITA 020 8257 9325

BUSHEY

BUSHEY COUNTRY CLUB

HIGH STREET BUSHEY WD23 1TT

MONDAY 7 PM TO 9 PM (8-30 last client)

CONTACT EWAN 07966 268419

PINNER

PINNER VILLAGE HEALING CENTRE

PINNER VILLAGE HALL, CHAPEL LANE,

PINNER, HA5 1AA (REAR OF CAR PARK)

THURSDAY 2 -00 PM TO 4-00 PM

CONTACT STEVE 020 8866 9332

SOUTHGATE

CONTACT FRANCINE 07956 261738

STANMORE

STANMORE HEALING CENTRE, GLEBE HALL,

GLEBE ROAD, STANMORE HA7 4EL

WEDNESDAY 7 PM TO 9 PM -

CONTACT STEVE 020 8866 9332