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### **Merry Christmas & a Joyous New Year**

Hello Everyone!

Well, what a year this has been. It seems like no time at all since last Christmas, and yet here it is again. I do believe it has crept up on a number of people, me included! Life has just become so busy for so many, that the time to stop and smell the roses seems to be non-existent, or very limited. So I think it is time for us all to think about how we can better enjoy life with less stress and more time.....More time to serve the needs of that inner being, that spiritual part of the being that we so often neglect, because life as a whole just gets in the way of the quiet inner reflection time that we all do need for the nurture of the self.....The interesting thing I have found, is that when one does take the time to nurture the self, there always seems to be an abundance of time and energy to serve those around us. Interesting that.....

So my wish for you all this festive season is, that through all the hustle and bustle promise to give to yourself 15 – 30mins a day so you can take the time to regenerate the spirit within. Either through quiet time in the garden, meditation, a luxurious bath, a massage or a quiet contemplative walk. Promise yourself that you will do something for you daily. You will be so surprised how much more uplifted you feel and how much more you achieve through your day. My wish for you is that you experience abundant health and upliftment with an abundance of time to do all those things that you wish to do.....For this is after all, a magical time of year for family and sharing.

I would like to take this opportunity to thank everyone who has supported us this year, from each one who has helped with the set up, and Warwick for our wonderful flowers each month, Judi for looking after the tape library & for handling all of our raffles plus our thanks to those who have so generously donated to them. Each month of raffle money raised adds greatly to the churches savings for the future. To Gwen & John for our cuppas and afternoon tea each service, the readers, speakers & healers that have given of their time and wisdom. Bec & Phil for the library. Debbie who always seems to bring the right music for the day and for all she does behind the scenes and of course to all of you who attend. It is just a blessing for me to see how we have grown and the joy that each one receives from the sharing of each and everyone in attendance. Thankyou all.

Take care ☺

Love & Blessings  
Mandy





**Love is the one treasure that multiplies by division. It is the one gift that grows bigger the more you take from it. It is the one business in which it pays to be an absolute spendthrift. You can give it away, throw it away, empty your pockets, shake the basket, turn the glass upside down, and tomorrow you will have more than ever."**

**Author Unknown  
But Greatly Appreciated!**

### **The Turtles**

A turtle family decided to go on a picnic. Turtles, being naturally slow about things, took seven years to prepare for their outing. Finally the turtle family left home looking for a suitable place.

During the second year of their journey they found a place ideal for them at last! For about six months they cleaned the area, unpacked the picnic basket, and completed the arrangements. Then they discovered they had forgotten the salt. A picnic without salt would be a disaster, they all agreed. After a lengthy discussion, the youngest turtle was chosen to retrieve the salt from home.

Although he was the fastest of the slow moving turtles, the little turtle

whined, cried, and wobbled in his shell. He agreed to go on one condition: that no one would eat until he returned. The family consented and the little turtle left. Three years passed and the little turtle had not returned. Five years... six years... then on the seventh year of his absence, the oldest turtle could no longer contain his hunger. He announced that he was going to eat and began to unwrap a sandwich. At that point the little turtle suddenly popped out from behind a tree shouting, 'See! I knew you wouldn't wait. Now I am not going to go get the salt.'

[Some of us waste our time waiting for people to live up to our expectations. We are so concerned about what others are doing that we don't do anything ourselves.]

Sent from Marisa in Bangkok



**Wag-A-Lot Animal Care**  
Ring Debbie on: 0413 657 244

or email: [info@wagalot.com.au](mailto:info@wagalot.com.au) Website: [www.wagalot.com.au](http://www.wagalot.com.au)  
It's a home away from home for your beloved 4 legged friend ☺

**This is so beautiful and a lovely lesson for us .....**

## **Welcome Mistakes**

My grandmother was born in a small West Texas farming town on August 26, 1929, two months and three days before Black Tuesday, the Stock Market crash that started the Great Depression. As the youngest daughter of sharecroppers, who earned their living by picking cotton, she knew the meaning of barely getting by. Times were tough and she learned to never waste anything.

Her Uncle Jess was a compassionate man who always treated her with kindness. Each time she would visit him, she always left with the same feeling: I am special. After all, she was the only person who was allowed to drink from his special pink drinking glass. One day, she took the pink glass out to the water cooler, a special room that stored and cooled the water generated from the windmill. Out in the water cooler, she dropped the glass. Looking down at the hundreds of glass fragments, she began to cry. She had been entrusted with this special glass and now it was broken.

Her crying was interrupted when she heard Uncle Jess call out, "Ruby Nell, I was thinking. I'm tired of that silly old pink glass. Would you please break it for me?" She ran back to him calling out, with the enthusiasm that only a six-year-old can summon, "I did it, Uncle Jess! I did it!"

The way we choose to respond when others make mistakes can cause them to feel ashamed or can allow them to remember our kindness and share our stories with future generations. We choose our legacy that gets passed down to others.

*I expect to pass through this life but once.  
Therefore, if there be any kindness I can show,  
or any good thing I can do for another human being,  
let me do it now, for I shall not pass this way again.  
~William Penn*



We each hold our world in our hands let us handle it with great love & care.

*Wishing you all a most wonderful festive season and I look forward to sharing*



*2009 with you all.....Love & Blessings*

*Mandy*

## What's on Around Tamworth In the New Year 2009

**Wed Jan 14<sup>th</sup> – Sat Jan 24<sup>th</sup> Tamworth Country Music Psychic Fair.** This year we will be at: Shop T08 City Plaza Peel Street (Near Peel Street Entrance) from 9am - 6pm daily. We will have a number of National & International Readers available, with Psychometry, Clairvoyance, Ribbons, Numerology, Past Lives, Palmistry, Tarot, & Mediumship. Aura Photos & Profiles, plus we will have Healers available. Readings from \$30.00 *Readers for this years Festival* are: May Hobbs, Mike Starman, Dawn Collins, Judi Clark, Phil Reading, Gwen Duxfield, Janita Ying, Gemma Doring, Mandy Coles. & Craig Oliver on the Aura Camera. Call in and see us or give us a call and book your appointment in advance. Ph: 0402 348 597

**From Feb 09 Each Mon at 10.30am & Wednesday at 1pm there will be a Relaxation Meditation at: 360 Fitness Club Belmore St, Tamworth** for Club members this is part of your membership. **For visitors each class is \$12.00 for further information call 6762 3639**

**20<sup>th</sup> – 22<sup>nd</sup> March Dolphin Meditation Weekend Nelson Bay** This will be a most wonderful weekend with a special activating meditation on board a boat cruising the bay watching the Dolphins having them connect with us as we work with the energy of this weekend. We will complete the evening with an onboard Dinner, cruising under the stars. Full details available Jan 09. To Book phone: 02 67 627 162 or Email: [info@mandycoles.com.au](mailto:info@mandycoles.com.au)

### Meditation Groups Relaxation & Healing

**Monday** Evenings 7.30pm-9pm with Mandy Ph: 67 627 162

**Tuesday** Evenings 7pm fortnightly with Phil Reading Ph: 0418 658 338

### Spiritual & Mediumship Skills Development Groups

**Tuesday & Wednesday** Evenings 7.30pm - 9.30pm with Mandy Ph: 67 627 162

#### Healing

**Helen Allen** – Polarity. Massage Ph: 0411 163 117

**Janita Ying** - Spiritual Healing, Chakra Balancing, Acupressure Massage. Ph: 6762 0933

**Judi Clark** - Spiritual Healer, Reiki Ph: 6765 9718

**Mandy Coles** - Spiritual Healing, Reiki, Merlin Trinity Ph: 67 627 162

**Monday Evening** Healing Group 7pm – 8.30pm with Phil Reading Ph: 0418 658 338

**Craig Oliver** – EFT – Emotional Freedom Technique Ph: 0412 013 523

#### Readings

**Gwen Duxfield** – Tarot & Clairvoyance Ph: 6762 1093

**Janita Ying** - Spiritual Readings Ph: 6762 0933

**Judi Clark** – Spiritual Readings Ph: 6765 9718

**Mandy Coles** - Clairvoyant / Medium Ph: 67 627 162

#### Workshops

**Mandy Coles** - Ph: 67 627 162 [www.mandycoles.com.au](http://www.mandycoles.com.au) go to What's On

Your email for further information: [info@tamworthspiritualistchurch.com.au](mailto:info@tamworthspiritualistchurch.com.au) Or log onto your site:

[www.tamworthspiritualistchurch.com.au](http://www.tamworthspiritualistchurch.com.au)