BETHEL COMMUNITY CENTRE INC.

REFLECTIONS DURING OUR SEASON OF LOVE

DECEMBER 2025

MAY LOVE'S GIFT OF PEACE FILL YOUR LIFE THIS CHRISTMAS

joy to the world

Hello to each & all as we connect across the spaces of this incredible country & beyond. May these weeks be for you a time of gentleness & kindness for yourself & then for those with whom you are sharing life.

This is a good time for us to remind ourselves of the reality that **'I AM LOVE'** and therefore I am a GIFT simply by BEING ME! I believe this puts the whole experience of Christmas into perspective enabling us to simplify our efforts in celebrating our love for each other.

During the last retreat, a friend of mine who was supporting us with love energies sent me the following which delighted me: "The planet is full of people trying to 'change the world ' but are doing so only at the level of symptom, not source. This kind of force creates counterforce and we end up with gridlock rather than greatness. Greatness comes from within. It is the courage to change oneself…….(now listen to the next bit Julie!)

If we are motivated by love, if love is what moves us, then everything we touch and everywhere we go and everyone we meet will be made better because of what we have **become as a loving person.** Love is the silent power that inspires, heals, uplifts, encourages and improves everything. And because love is a radiation within the interconnected energy of the universe, we make an impact (on the world) wherever we are, no matter what we are doing.

To love any single piece of life is to love ALL LIFE for everything is interconnected." (Taken from *'The Map of Consciousness Explained* by David Hawkins) Thanks Sue for sharing this with us!

I hear this as Love reminding us that we are not alone as we walk our journey of life filled with our joys & sorrows. Maybe this is a good time for each of us to stop & bring this season of love into a time of enrichment for ourselves & all around us & sometimes to stop & ask ourselves 'How important is this situation & bring it down to size.'

Recently I became aware that I was feeling anxious & Love said "Go underneath this feeling of anxiety & dive into my ocean of love within you & all will be well". I am delighted to tell you that this brought me back home to my own heart & led me into a new action rather be stuck in 'anxiety'. Try it!

We have had another wonderful year as Love walked with us through another six retreats when our beautiful guests came in their hurting and returned home healed & healing ready to continue to discover more of who they have always been – LOVE- & ready to embrace new ways of living in the energies of love.

It has been special too, to have our guests returning (some after twenty years) to release anything calling for attention & at the same time to deepen their relationship with Love. We are all so blest as we dance with life empowered by love – leaving our heart-print!

LEAVE YOUR HEART-PRINT

You may not have your name in 'lights'- however, as we **live LOVE** – we light up the lives of those we touch in our everyday. Your kind word for another can literally save a life!

'Our Team' – a very special thank you to each & all who have contributed in your own unique way enabling our retreats to continue for yet another year. We are aware of the **'Companions'** who gift in their special way. However, we have a beautiful group of generous people who are part of the fabric of our retreats happening. So I include Bill & Chris who bring in the **boxes** of all we need for the retreat & for our meals to be carried from the caterers. Thank you!

Then there are those who support us **financially** because the payment we request does not cover a lot of our retreat expenses. In addition to this many of our guests leave a **donation** to **'pay it forward'** so that we can continue to be a gift to our world. **Remember as one person heals so too does our world heal. We are each contributing to a brighter today & tomorrow for all! Thanks to each & all!**

OUR WISH FOR EACH & ALL IS THAT THIS SEASON OF LOVE – CELEBRATING CHRISTMAS- BE FILLED WITH DEEP PEACE- HAPPINESS & NEW HOPE AS WE CONNECT IN LOVE ACROSS THE SPACES.

Julie (For our Team)

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Patience visited me and it reminded me that good things take time to come to fruition and grow slowly with stability.

Peace visited me & it reminded me that I may remain calm through the storms of life regardless of the chaos surrounding me.

Hope visited me & it reminded me that better times lay ahead & it will always be there to guide & uplift me.

Humility visited me & it reminded me that I may achieve it not by trying to shrink myself & make myself less but by focussing on gifting my world as I uplift those around me.

Kindness visited me & it reminded me to be more gentle, forgiving, and compassionate towards myself & those surrounding me.

Confidence visited me & it reminded me to not conceal or suppress my gifts and talents in order to make others feel more comfortable – but to embrace & celebrate what makes me ME

Focus visited me and it reminded me that other people's insecurities & judgements about me are not my problem & I can redirect my attention from others back to me.

Freedom visited me & it reminded me that no one has control over my mindset thoughts & well being …except me

And **Love** visited me & it reminded me that I need not search for it in others because love is my very life-force pulsating within me! ***(Tahlia Hunter)***

…Thank you Colleen for sharing this.

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Love Changes Everything

Recalling the Song

(Taken from "Beyond the Twelve Steps- Roadmap to a New Life" Lyn Grrabhorn)

'Haven't you ever felt a kind of knowing within, which understands why you are here? We each have that deep knowingness, our inner being pressing for us to wake up & start the reprogramming, pressing us to begin this precious journey back to our True Self, the journey back to LOVE, the journey back to who I am!

No, we don't jump from first grade to graduate school in one session. The thrills on this journey come in stages as our subconscious begins to take in new 'orders' & we gradually allow our Inner Being to take over the controls from our 'hurting self'. Goodness knows it has been waiting long enough to do just that.

Along the way you may bump into circumstances that seem to be at total odds with this new path, things like a 'bad' situation turning even worse for a while. That's OK. Relax and allow it all to unfold. Stay out of the 'how to's!

You are going into an old self-created darkness. As you learn to assume full responsibility for that darkness, lights will start to go on all over the place, and you'll see things very, very differently. You're whole perspective on life - your life – will change, whether you're looking at a blade of grass or a company proposal. Just allow the bumps. And know that they are temporary.

It's all a matter of accepting, accepting the power of the subconscious, which is part of our Inner-Being to manifest desirable experiences in our life. The walls of resistance do melt away. Now comes the real fun as you watch manifestation unfold in your life in ways, you could never, ever begin to dream.

Be gentle with yourself as you journey into the unknown. Know that you are safe. Know that there is help all around you. Follow your heart & know that you know. If you want it your new life will unfold.

The more open you are – the more those magnificent little awakenings will come which you will find delicious beyond words. Yes! You will start to remember 'who you are' – a little here a little there, like an ancient song, long forgotten.

Listen for it. Go within and see how much you can remember. Perhaps you don't remember the whole melody, yet somehow you'd know if it were to come back to you, you'd weep at the remembrance of how dear the strains were to you in another time.

The process of remembering this song is our journey, a trip Love is ready to help us with, once we put out the call & ask. We can be in the midst of anything, with the world apparently crumbling at our feet, and say 'help me- teach me love'. Help will come. New ways to reprogramme old thinking, new ideas, new situations. Help will come!

We are here to bring back into our awareness the understanding that we & our source (Love) are ONE and that by claiming Love's unlimited power, we can reverse that old programming. Be open. Let it unfold & try it on for size. It will happen if you want it to. These next steps into life are what you – yourself have called forth.'

(These words are so encouraging as we learn to live our days healed & healing)

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JOURNEY BACK TO WHO I AM

PRESENCE and PRESENTS

In this Season of Love it can be so life-enriching to focus our attention on **presence** rather than just **presents.** This can make all the difference in the ways in which we can keep stress levels as we celebrate this special time. (I share what Colleen has sent to us!! ***.... Thanks Colleen!***

Presence doesn't make a grand entrance. It doesn't need the spotlight. It doesn't always come with answers or certainty.

But presence stays. It listens. It breathes within you in the silence. It says "I don't know what to say, but I am not going anywhere."

The truth is that we don't remember all the words that someone said when we were struggling. But we always remember who was there. Who sat beside us. Who made space for our feelings. Who didn't try to fix us or rush through it.

That is the **gift of presence**! It's not loud but it echoes. It's not everything, but it means everything.

True presence has boundaries. It's rooted. Steady. Clear. It says "I'm here with you- not instead of you."

You can hold space without losing yourself in someone else's storm. You can show up without having any or all of the answers. You can offer compassion without taking it all on.

Real presence honours both people in the moment: the one who is struggling and the one who is showing up. *(Author unknown)*

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A Blessing for Presence

May you awaken to the mystery of being here and enter the quiet immensity of your own presence.

May you receive great encouragement when new frontiers beckon

May you respond to the call of your gift May you have joy & peace in the temple of your senses.

May you respond to the call of your gift and find courage to follow it's path.

May warmth of heart keep your presence aflame and anxiety never linger around you.

May your outer dignity mirror your inner dignity of soul.

May you take time to celebrate the quiet miracles that seek no attention.

May you be consoled in the secret symmetry of your soul

May you experience each day as a sacred gift woven around your sense of wonder.

(John O'Donohue)

*May we each celebrate the Gift of **Presence to each other** during this Season of Love!*

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"Dear Love what would you have me know about Ageing?"

My Lotus Flower to age is to taste the apple with the skin on, to feel it all, the sweetness & the breaking. To be of age is to hold the pearl of all life in your palm for just a moment before the tide snatches it back.

You are in relationship with ageing from the moment you are first conceived. Your society started counting you in terms of weeks, months and then years way back then… but baby what they could not do was count the life in your years.

Ageing is an action which is always in direct symbiosis with the act of living. Just like the muscles that relate to each other through flexing & relaxing, so too do living things have to relate to the process of ageing. One cannot fully respect or appreciate the dance of life without waltzing upon the carpet of time we call ageing. Your life is but one song played upon the great LP player of this earth at this exact point in time. Your song is played just once. These musical notes and these lyrics will never be played in this exact composition again.

You are taught by your modern, fast paced culture that ageing is a burden to yourself & to others. But what if it were a gateway.. a portal… taking you to see something that many are not privileged to see…. And what if this deterioration of eyesight was to allow the deeper possibility of Insight?

What if this portal was to take you to visit the art gallery of your life and drink in the deepest stories of your life art work and that of others? What if ageing allowed you the gift of slowing down to stop & see all the beauty, all the colour, all the texture, all the nuances you missed when you were young and racing through the gallery of life?

What if ageing allowed you to visit these memories like a time traveller, filled with gratitude for all you have been through?

What if the slow dance of ageing were the reward for all the time you spent missing steps… when you were so busy worrying what everyone else would think? What if the real quality of life IS ageing in the moments we get too slow like this?

What if ageing is the turning key of life…. And has little to do with numbers and relinquishing that we think we will miss…. and everything to do with tasting the life in your years I

nstead of gulping and swallowing?

Slow cooked was always better than fast food. Ageing is the true flavour of a life lived with all the spices and flavours and colours and textured…Chew….. sweet one…taste, enjoy!

...*Thanks* Kari

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"Grandma used to say:
"It's not the back that hurts you but the weight of worry you carry.
It's not the eyes that hurt you – but the injustice of what you have to see.
It's not the head that hurts – it's the thoughts inside.
It's not the neck that hurts, but what you don't express or what you say in anger.

It's not our stomach that hurts – it's what your soul doesn't digest.
It's not the liver that hurts you, it's the anger you carry that hurts you.
It's not your heart that is hurting you, but the absence of love
and know that LOVE is the most powerful medicine of all."

(Semua Orange)

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….and Love said:

Beloved one, I just want you to know just what you mean to me – how beautiful & perfect you are & how cherished you are. I give you the **gift of your life in this sacred moment** that you might receive that awareness that you are loved unconditionally – that you might **feel** in the depths of your heart that you were created in perfection & joy.

I hold you & wrap you in my tender love in a place of peace-of safety & continual assurance that all you need I will continue to provide. You are the most exquisite & glorious expression of me & I celebrate your life – I celebrate your every moment. We are one heartbeat. Celebrate your reality with JOY!

Nothing you have ever done- nothing that the mind creates- nothing can make me any less. No matter what plays out in your mind – you are supported- you are loved- you are held tenderly. You are celebrated within my heartbeat every moment of your life.

It's important that you comprehend this and allow my loving consciously. The mind will try to separate you from me & lead you to look for love in the wrong places that will always disappoint. The mind will try to control you through it's voice of anxiety & fear. In those times come home to me within your heart & feel the reassurance of my loving.

As you return your consciousness to your reality – that you are love & we are one- the mind will slip into your true purpose & you will return to your essence – love. This is what you have chosen to accomplish. To claim this dream & bring it to life – the explosion of love that we are! This is now your Life-song as you awaken your world & leave your heart-print in the lives of those you touch every day.

You wonder about the current state of humanity – I say to you – the way you live in your true identity within my passionate heart – this power & presence is fuelling a new creation among you – where ALL will come to live in this new consciousness. It is happening already. Look & listen & you will recognize this.

So my beloved one – rejoice as you continue to rediscover more of all you are. Your heart is the fuel that will power the experience of sharing in a new creation that is my pulsating presence among you. I gift you a future full of HOPE! There is no room for anxiety and fear.

So live in our one heartbeat & know that you are a vital part of the solution that most are seeing as a 'problem'. A new day is dawning! A new awareness is giving birth to new life among you where all will live in harmony & peace- caring for my earth & sharing in her resources.

Thank you my Love! Thank You!!

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GRATITUDE

Gratitude enhances happiness & well-being,
improves mental & physical health,
strengthens relationships & builds resilience.
By focussing on the good,
gratitude helps to reduce stress, manage adversity,
and foster a more positive optimistic outlook –
even in challenging times.

THE ENERGY OF GRATITUDE IS INFECTIOUS SO TOO IS THE ENERGY OF LOVE SO…….

LETS INFECT OUR WORLD AS WE CELEBRATE THIS SEASON OF LOVE

Walk In Beauty

Life isn't a straight line – it's a sacred spiral. You return to familiar places, feelings & patterns-but never as the same version of yourself.

Each loop brings more depth, more clarity, more strength. Setbacks aren't failures, they're invitations. Hey ask you to pause, to look inward, to reconnect with the truth beneath the noise.

The moments that break you open are not here to destroy you – they're here to shape you. Every detour is a redirection towards alignment. Every delay is a deeper preparation. And every challenge is a disguised teacher, waiting to show you- your resilience, your voice, your light.

You're not here to walk a flawless path. You are here to feel, to stumble, to question, to awaken. To shed the masks, to outgrow the old, to unlearn the noise & return to what's real.

The mess is part of the masterpiece. The chaos is part of the becoming. Don't waste time wishing it all made sense – live it! Let it move you & expand you.

Because the beauty isn't in perfect steps – it's in the honest ones. In the way your soul chooses to rise again and again and again, even after the world tried to bury it.

That's where your power lives. That's where your path finds you. Keep walking even when the road curves. Even when you loop back to lessons you thought you'd finished. You're not behind- you are becoming and everything you're going through now is carving the strength you'll need later.

The spiral isn't failure- it's evolution.

The return isn't regression- it's deeper remembrance

Let the path shape you! Let it bring you back HOME!

.....Coach Mantas

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Some Ways to Transform Your Life

Draw energy from the beauty that surrounds you & the beauty within you.
When you do so this energy reception will become a source of strength and sustenance for you.

Attempt to remove all enemies form your thoughts.
This same intelligence that flows through you, flows through all human beings. When you know that you are-reconnected to all, you cannot fathom striking out at others

Relax about the future and let it go.
Instead make an active commitment to enjoy THIS day a little more. It's very difficult to accomplish anything when you are stressed about the outcome

Be Still & Know, these four words will help you get past striving & help you getting to know the bliss o

BEING HERE NOW.

Shed Fault-finding Tendencies.
Know that you are the creator of your life & that a loving presence is within you.
Your ability to be self-reliant will overcome your habit of assigning blame.

Remember that you are NOT your country, your race, your religion.
YOU ARE AN ETERNAL SPIRIT. Seeing yourself as a spiritual being without labels is a way to transform your world and reach a sacred place for all humanity.

Know that what you think expands.
Therefore THINK LOVE- BE LOVE – SPEAK LOVE.

Think globally & act locally. Each of us is a vital part of this global village.
People who look different- who speak a different language, who have different beliefs are part of ME…part of US**.**
I am part of us all in the NOW-HERE…together.

…. Wayne Dyer

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Appreciate the Senses

Listen to the roar, of the silence of endless time.
Listen to the heartbeat, hear the inevitable rhyme.
Listen to the emptiness, that feeds the gentle soul.
Listen to the surrender, as this day naturally unfolds.

Watch the water sparkle, as it rests in gentle peace
Watch the clouds fly higher, as they float in full release
Watch the birds as they flutter, they know where they must fly
Watch the silent faces of sweet nature, as they gently pass you by.

Taste the taste of freedom, the gift that nature brings
Taste the emptiness of thinking, that allows the heart to sing.
Taste whatever is in this moment, that fills your heart with bliss
Taste the earth beneath your feet, as you bow reverently to kiss.

….Thanks Ishka

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Trauma Tears and Transformation

Give me some simple, natural, time of peace
The last two days I've been totally squeezed
It's not worth telling, what has caused the damage I feel
Only to relate my current state is very real.
But ….Through daring to share and communicate,
It opens the door, for us to quietly relate….

Relate through our hearts, trust that someone does care,
That's the gift I believe happens, when we dare to share.

In brief, I was on the phone for 5 hrs non stop
I was exhausted, frazzled and ready to dr.
The manager I was speaking to, told me not to cry,
I told him not to say this, was he willing to try….

Try to understand the value of tears
If they need to be shed, it can save so many years…
Years of suppressed emotion, ultimately leads to sickness and pain
I suggested he remember this and not say it again.

Yes, tears can cause another, to feel uncomfortable for a while
But the damage to the one suppressing them, goes on for mile after mile.
So Love guides me to be here now, watch the wind in the trees,
All that fresh trauma is behind me, here in this moment, I am free as I please.

.....Thank you Ishka

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Ged's Story……..

In the lead up to the week with Julie and the lovely ladies at the Healing Life's Hurts retreat, I wondered if a life time of hurt could be healed. After all, a friend of mine had recommended me to the program and he had found it a solution to his problems, so why not me?

I had hope, I am a recovered alcoholic and drug addict, but they weren't my problems, they were symptoms of the real issue that laid buried beneath the hardened armour i had built to protect myself from a life time of unprocessed emotion, repressed pain and an inner child calling for help.

Over the week, I was able to muster just enough courage, honesty and open mindedness to start healing my most painful memory, my parents. My mother was absent most of my life because of her own pain and my father was an emotionally and physically violent human and which, being the eldest child, I copped the brunt of his abuse.

At some stage I had the realisation that as bad a parenting job I thought they had done, they did actually do the best they could do with the life skills they had been given. I also acknowledged that my inner child was hurt, not only had my parents turned their back on young me but adult me had turned his back. I learned that both of my parents were spiritually sick and were suffering from their own life's hurts, my expectations of these people were too high, they simply weren't the people I needed or wanted them to be.
I wrote my story and took myself out of the scenario, the outcome would've been the same if someone else lived in my place. I understood then that my problem wasn't about me, it was about them.

I found the foundation for forgiveness, it was a decision and the decision was entirely mine and in forgiving others I found that I could start forgiving myself. Forgiveness set me free, it wasn't for them it was for me.

I left the week feeling as though I had been released from a prison I didn't know I was in. I knew the past could never be altered or changed but could be overcome. I continued doing the things I learned that week. I wrote weekly letters to my parents, not sending them because I didn't know where they lived.

Most days I would write morning texts and send them to myself. I started praying that my mother would come back into my life so I could tell her I forgave her and I understood the pain she must've went through.

A few months later on my 43rd birthday I was on my knees praying and my phone rang, it was an unknown number. I answered and a women started singing happy birthday. It was my mother.

After 9 years of not hearing her voice, she rang because something told her that I needed her, my letters, my prayers and texts were going somewhere after all.

I have since started building a relationship with her.

After 14 years of not seeing her we were able to reunite and she got to meet her 8 year old granddaughter for the first time. My daughter Emily & I now call her every Sunday night and talk. I text my mum every day now and a piece of me that was missing for many years is now healing.

Healing life's hurts has helped me move forward. There has been a ripple effect from my own journey and I am now helping other people find ***HOPE through ACTION.***

Most of all, the greatest thing I have received is the unconditional love of my daughter, which I am now able to express to her as I didn't know how to because of my own life's hurts. The past can't be changed or altered but it can be overcome with LOVE.

……Thanks Ged

Let's Welcome 2026

With Love - Hope – Excitement – Gratitude – Joy – Peace

A New Year is birthing & as with all birthing there are challenges & opportunities. How brilliant it is when we embrace our challenges as opportunities as we discover new ways to Dance with Life empowered by **love!**

What gifting is awaiting me/us as we embrace the **power of our now moment.** As we sit within the consciousness we remember that this is all we have this **now!** How energizing it is as we thereby let go of the past & allow the future to unfold in the present moment.

It's Time to enter the **adventure** of each new day as we make the **choice** to listen & live **under the noise** of distraction that is thrust at us by our media & technology. We ae aware enough to know that our news feed is directed at having us live in fear. Sure we know that there are things we need to be very careful about & most times we give ourselves the credit for being adult in our choices to protect ourselves.

Maybe, as this new year begins we can live consciously in the reality that my country- my race – my beliefs – are simply mine - & I give you the same gift of allowing you to be who you are with your own identity of country – race – beliefs. As we live this reality we will be gifting each other with respect for our differences & celebrate our own uniqueness.

We can literally enrich each other & our nation by making the decision whenever we are bombarded by those energies trying to separate & set us against each other. We can do this by simply refusing to add fuel to this hate energy & **consciously send love energy** to the situation we are witnessing. In doing this we are creating an harmonious world for ourselves & for our children.

Maybe we can consciously live as **peace-makers** by setting intention each morning: eg

I am living with love energies today
Feel & express gratitude for the little things I often take for granted -as often as I can through my day.
Choose a mantra to be singing in my heart today..” I live with love & Hope today”
In times of challenge:” I claim the miracle that will solve this situation”

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Let us swing open all the doors and windows
Of our hearts on their rusty hinges
So we may know to open in love.
Let us see the light in each other & honour it
So may we lift one another on our shoulders
And carry each other along.
Let Love empower us
So that we may pay attention to it's powerful voice
And give ourselves with both hands.

(Dawna Markova)

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We Welcome the 'Power of a New Moment'

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Revive Your Spirit

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Healing Life's Hurts Retreats 2026

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20-26 June
8-14 August
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28 November-4 December

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in and through us.

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