

Soul Purpose

APRIL 2005

NEWSLETTER



Evie Christine Masango Frost 9/1/05 8lb11oz

Life has a way of taking us by surprise. For as long as I can remember I have held the yearning to have a family. At the grand age of 37 I had begun to let go of that dream, maybe I wouldn't have children of my own, maybe I needed to accept that possibility and move on.

On January 9th this year Evie arrived in the world to challenge all those ideas. Our circumstances are not those of the ideal picture I held for so many years and yet they are perfect.

Evie is a beautiful little soul, it feels as though she and I have been together always. Motherhood fits like a comfortable sweater, with the odd itchy label of course. The most astounding thing for me has been accepting the tremendous love expressed to and for us both. How dear Evie is to my family and friends and what a precious gift a child is. Every minute of the day the miracle of birth is occurring, an expression of the ordinary nature of the extraordinary.

I am ever grateful that the Universe has wisdom beyond our plans and ideas.

Sally Frost

New for 2005 - Reconnection Days

At the core of the teaching embodied in Turning Point and other Soul Purpose courses is the recognition that we are connected to each other on a spiritual level.

This truth often finds expression in the ease and safety with which we are able to join together and communicate with integrity, courage and joy.

However we don't necessarily want to do another course or join a service team to experience this with fellow TP graduates.

In order to provide alternative opportunities for re-connection Soul Purpose is planning a number of days on a variety of themes but all with the aim to create a safe place in which to share feelings, ideas, experiences and good company.

These Reconnection Days will run monthly on the first Sunday

Time: 10am-4pm Cost: £25 refreshments included

No need to book in advance. Please call or email the office for a map and travel information.

June 5th Aspects Of Meditation - Sue Thomas

Sue is an experienced and intuitive teacher and healer. This day explores different types of meditation and may include a walking meditation or guided meditation.

Venue: The Letchworth Centre For Healthy Living, Rosehill Hospital, Hitchin Road, Letchworth, Herts., SG6 3NA

July 3rd Where Are You Now? - Ann Measures

Anne is a skilful and intuitive therapist with many years experience. This day is an opportunity to think, feel and express in a safe environment.

Venue: Debden Park Arts and Community Centre, Willingale Road, IG10 2BQ

August 7th Puppetry Of The Persona - Sally Frost

Explore aspects of your personality by making and working with puppets. A hands-on workshop using a variety of craft materials, comfortable "messy" clothing advisable.

Venue: The Letchworth Centre For Healthy Living, Rosehill Hospital, Hitchin Road, Letchworth, Herts., SG6 3NA

Hello from the New Editorial Team
By Gill & Richard Kebble



A few of you already know that this issue heralds the arrival of a new editorial partnership for the Soul Purpose Newsletter so we thought it would be nice to write an introduction for those of you readers who don't know us.

We are both relatively new members amongst the many Soul Purpose advocates, compared to some of you out there, but here is a brief history of how and why we came to agree to be editors of this newsletter when we were first asked before Christmas.

Gill did Turning Point in September 2002 after the death of her mother and nephew within six weeks of each other in 2001 and it had an immediate and profound effect on her life, helping her to turn chronic depression into happiness and leaving her with new found hope for a better future. She knew instinctively at the end of the course that she wanted to continue the association with the organisation and it's teachings that had such a huge impact on her life, so immediately volunteered to help on Service Team.

Richard came to Turning Point in March 2003 having lost direction following the death of his first wife after 30 years marriage. The experience was profound to say the least and enabled him to look forward rather than remain locked in the past. The Universe conspired that this would be Gill's first Service Team and our paths crossed.

We met, realised almost immediately that we were soul mates, and so life took yet another direction and into a fairy tale journey, beyond anything that either of us might ever have dreamed of. We would love to tell you the whole amazing tale but that would take up the whole newsletter, so to cut a long story short, we fell in love, had a whirlwind romance and got married on December 21st 2003, all within nine months of meeting. We subsequently moved into our dream house in February 2004.

One of our main interests continues to be helping out on Service Teams and taking other Soul Purpose courses together which has enhanced our relationship and also helps us to grow together (even through some difficult times in the last year) learning some vital life lessons with each other along the way. Other Soul Purpose courses we have done are; *Point of Choice*, *Nature of Service*, *Mysteries of Life & Death* and we are both excited about doing **Point of Mastery** later this year.

Our conviction is that the benefits of experiencing the Turning Point course, which so often results in helping people to make their own lives work better and provides the tools to break themselves free of limiting past conditioning and beliefs, should continue to be disseminated to everyone. One of the ways in which we can help to do this is via this newsletter. And so here we are, looking forward to being involved in this newsletter and hoping all you readers out there will send us lots of new items to include!

Some of the ideas we have for this publication will only work with the input from the readers so please let us have your views on content and suggestions for items to include. One idea we have is for a letters page and maybe this will happen—only you can influence that!

Whatever your point of view please let us know. Contact us at editors@soulpurpose.org.uk or snail mail to Burston View, Lower Road, Hardwick, Aylesbury, HP22 4DZ or phone Gill on 07932 189266.

Reflections on the Soul Purpose New Year Retreat Weekend – 28 to 30 January at The Friars, Aylesford

On Thursday evening I was seriously asking myself, 'Why am I doing this, why am I going away on this weekend . . . It's the wrong time, I have loads to do, I am in the middle of decorating, I am in the process of preparing some workshops, I have painting commission waiting to be completed, I'm feeling totally cream crackered . . . blaa blaa blaa, blaa di blaa!!' . . . as the million and one reasons why not to go, streamed through my brain, there was a sudden stillness, and realisation, that they were the very reasons why it was just perfect timing for me to go away on a Soul Purpose Retreat. I need to stop, to reconnect with my Self and with other like - minded Souls.

How right my inner Self had been when it had booked a place – perfect timing. How pleased I am that I didn't allow my Mind to overrule a deep and wise intuitive knowing.

The weekend was just perfect in every way. The people, the place, the company, the fun and laughter, the flowers and colours, the music, the activities, the healing etc. . . . but more important than anything we 'Do', it is the simple act of learning to just 'BE' with each other, that is of such vital importance. An art and a gift, that in our 'busyness' many of us have forgotten. A precious time to 'Be' with others, letting go of the pressures to 'Do' anything. A real challenge for me – and I know others will recognise their membership to the Eternal Doers Club . . . so what a wonderful opportunity these weekends are.

I know Margaret and Dave work very hard to ensure that the weekend runs smoothly, and we have everything we need, and for that I am very grateful, but once there, we have a blank canvas for a weekend, nothing planned, nothing compulsory, just a real sense of ownership as we collectively put in our bids for things we would like to happen and then watch as we allow the weekend to unfold and evolve organically.

This is not to diminish the value of the activities and processes of the weekend. They were inspiring and healing on a very deep level. The use of the Medicine Cards as a vehicle for profound Inner Work, insights and revelations, on the Saturday, I feel, was truly amazing and moving for everyone in the group. Meanwhile the quiz reached depths or do I mean heights, that no other quiz has reached.

Over the years of involvement with TP / Soul Purpose, I have been privileged to meet many lovely people, but within the context of the Course, there is little time to chill out with chums, and really spend quality time with each other. These weekends provide a wonderful opportunity for just that. Time to talk, share dreams and feelings. Time to really share on a Soul level, an opportunity to be 'real' and truly who we are. Time to relax, feed the ducks, share a joke, or just be silly, if that is what gives you joy! For me, these two weekends have provided a punctuation point, a time to pause; in the busy, but wonderful life I lead. They have been most affirming, giving me time to set myself more enthusiastically back on my Path. These weekends are invaluable, precious jewels.

It is the courage, love, support and commitment of those weekenders that makes this possible. The level of trust, support and ability to share is a direct reflection of the quality of the Teaching and the Courses that we all initially experienced in the Turning Point, and beyond. It is through Graham, who has held the vision and kept the flame alight, through the other Teachers and the Organisation, that we can meet, often after years of not seeing each other, and instantly feel part of the Family of Soul Purpose. I most certainly don't feel part of a 'Cult', but I do very much feel part of a loving family.

This is an extra ordinary gift, and I haven't experienced it, at this level and depth within any other groups.

It has been a simply wonderful experience, revitalising, energising and healing. I feel I have made deeper connections with old friends, and made real connections with new friends. I hope I have risked letting people into seeing more deeply who I am. Risking being ME more and more brings just wonderful bounteous delights. Thank you to all who shared the weekend, for all the various contributions, for all the hugs and laughter . . . thank you for walking this part of my path with me.

Thank you for leaving your footprints in my heart, where they will remain, until our pathways cross some other time.

I also include a poem, which I wrote some time ago (2001) but says, that despite any distance, friends are only a breath, a thought away. . breathe in and we are connected.

Connection

The distance between two friends
is no distance at all
A smile, a memory, a breath.
Breathe deep and long, breathing in
the connection with Self, with Spirit
With each other.



Two hearts, two souls
Joined in time and space.
Breath in your essence
Filling nostrils, filling hearts
with magic and smiles
Breathe in your touch
Feel your breath upon my cheek
Soft fingertips along my neck.
Breathe in your presence,
Breathe me in, feel me close
Breathing in the sweet fragrance of the lily
The distance between two friends
is no distance at all.
The distance between friends
Is merely a breath



By Sue Thomas

Editor: Thanks for that Sue and now on the same subject a contribution from Deborah Williams

If you were following carefully last September, the Soul Purpose newsletter presented a neat bit of marketing: a rave review of the Summer retreat and an invitation to another in January. After a difficult few months, I was already thinking about a retreat and this seemed like a low hassle way of achieving that, with the added bonus of dropping into the “Turning Point Crowd”.

So it was that on a dark night in January, I was trudging around the M25 to what I thought would be a rural idyll in Kent for a weekend of rest and contemplation. There was no rural idyll: my first view was of a vast and ghostly paper mill lit up across the other side of a field (Dave Gibbs said it was a paper mill and he knows about these things) and the railway line seemed to be running perilously close. But the ancient site of The Friars has its own special feel and with the wonderful Margaret Jarrett there with a huge welcome, it was easy to fall into a comfortable, functioning retreat.

Many of our group of 18 brought flowers, candles, books and other goodies to transform a functional meeting room into a gorgeous place, and we met together on Friday evening to talk about our expectations for the weekend. A menu of offerings (healing, massage, body mapping – no, I didn’t know what that was either, flower arranging, feng shui etc.) was posted up by those who felt able, and we seemed to be in business.

Something unexpected happened on Saturday. We met to meditate after breakfast (early risers got to do this twice) and a reflection on this prompted Sue Thomas to offer us all native American medicine cards. With profound and beautiful facilitation by Anne Measures, we were all able to hear and reflect on their meaning. This was much more significant than I might have supposed having been disappointed to find I had chosen a grouse, surely the silliest of birds? (Not so it seems: its dance symbolises birth and re-birth.) This exercise lasted the whole day and provided a great opportunity to reflect on the experience of being together and gain individual insights into our own lives.

Generally I'm not a fan of quizzes, but Gill and Richard Kebble had devised a corker for Saturday evening. Four teams competed for a box of chocolates by answering such questions as: "What everyday item is 14 ½ inches by 11 ½ inches?" I might have made up those dimensions by the way, but the answer, prompted by Dave who knows about these things, was a tabloid newspaper. Happily, I was on the same team as Dave with Anne, Vella's and Lesley and despite being given a handicap because of our perceived Dave strength, we won. Having already scoffed every snack on offer, Lesley and I felt able to be generous with the chocs so all of the teams got to share them.

Sunday morning provided the opportunity to indulge in the things we fancied. Freda Lacey had already been on a marathon shop to the garden centre and trailed though the mud to collect "green stuff", so several of us spent a couple of hours producing arrangements which, though I say so myself, could rival the WI's. There was a fair bit of experimentation (by others, I stayed traditional) and eventually Paul Brocklehurst was goaded to get in touch with his feminine side to produce a minimalist Japanese-style Spring arrangement. This was a lovely relaxing way to spend the morning (thank you Freda, I had a great time). Meanwhile, others were healing, reading, exploring, chatting.....

After lunch and a spot of body mapping (I still can't explain, you'll have to ask Freda), we resumed our circle to close the weekend. It seems that this was a quite different experience from the Summer retreat, appropriate to the time of year and to the group that we were. Perhaps the outcome for participants was similar though in that we felt tranquil and refreshed. And I was delighted to find that, although I do not stay in regular touch with the "Turning Point Crowd", it was so easy to fit into such a comfortable and welcoming environment.

But we were troubled to hear that Susan Denny had been unwell since the previous evening and on Dr Tim's advice, was going to stay on for another night. Many of you will know that she was admitted to hospital as an emergency later that week and has undergone surgery for bowel cancer. So, as you have asked Sue, we continue to hold you in our thoughts and to send you love and healing.



Graham Browne's Seminar in January at Chiswick Pier

"Authentic spirituality challenges our very reality and is full of life"

I arrived back in London with the family on Friday 21st January after a wonderful Holiday in Sydney with my Aussie family. On the following Wednesday, 26th January, Australia Day, a good number of us braved the winter chill and came together for a memorable evening on "the river" at Chiswick. Suzanne Williams hosted the evening and generated a warmth and welcome which facilitated a memorable personal sharing from everyone there. It was like a gathering of old friends for me as we spoke of the concerns that were uppermost in our lives. A central theme which affected us all was the devastation to the people and lives of so many reeling from the effects of the Tsunami in South-East Asia. The venue, kindly made available to us through another "old friend" Nigel Hawker, was, for this evening, the Conference Room of the Lifeboat Rescue Services, which seemed very related in its way to our evening. Some of the Lifeboat Rescue Patrol were next door to us awaiting the possibility of some callout on the river.

We spoke of relationships, life and death, loss of loved ones and, above all, we opened up to each other and shared a vulnerability which left us all going away that night with something – a contact with each other. This is what the community of Turning Point is all about for me – a sense of sharing, a sense of feeling less alone and a connection to something bigger than our own preoccupations. I came away with a picture of each person there around that table which I still hold with me now. I feel connected to you all and I have a memory of what we each said and felt that night. The title certainly provoked discussion and questions, although it was our heartfelt contact with each other that that whole evening was about. Thanks again Suzie for holding the space so capably and being so clearly yourself.

Graham's Master of Psychotherapy Research

I am currently undertaking a research project into the effectiveness of the purpose behind the Turning Point Course as part of a Masters Degree in Psychotherapy through De Montfort University and the Centre for Counselling and Psychotherapy Education in Maida Vale. For this April Turning Point, I am inviting all the Course Participants to participate in an interview and questionnaire before and after taking the course. The response has been very good so far and the additional interaction is likely to enrich the experience of the Course Participants. It is certainly enriching my experience as a co-researcher. I look forward to what this research demonstrates and I will provide some feedback about the results for a future Newsletter. If anyone would like to talk to me further about this, I would be very pleased to hear from you. Please email me at graham@soulpurpose.org.uk.

Point of Choice

Have you experienced the Turning Point course? If so you will by now having been living the experience for some time and “feeling the feelings” to some degree.

There have been no doubt been times, since your time on TP, when you have asked yourself “Why did I do it?” or “There must be more to it than this”, or even “I could do with some more of that!”

Maybe now is the time to further your experience and knowledge of yourself, and what makes you tick. Has it ever occurred to you that all the things that happen in your life are there because you choose for them to happen? Have you ever wondered why you react to a given situation in the way that you do?

Well perhaps you might like to consider the next course in the trilogy which is the “Point of Choice”. This course delves more closely into your personality and gives you a greater insight into your own “being”.

The course is happening this year in July and we would urge you not to miss the opportunity to participate in what will be an unique experience.

The cost of the course is £425 reduced to £375 if full payment is received one month prior to the commencement. Dates are 15th to 17th and 22nd to 24th July, both Graham and Mark are teaching this one, and Gill and Richard Kebble are administrating the course. It promises to be an amazing experience for us all and we would love to see you there. More information can be found on our web site at <http://www.soulpurpose.org.uk/ocour-point-choice.html>

By the way we are open to offers for Service Team members for this course. If you are interested please drop us an email at editors@soulpurpose.org.uk

Point of Mastery The End Of The Trilogy Is Nigh

For those of you who have been waiting patiently, Point of Mastery, the third in our trilogy of courses will run in October. In order to take this course you must have completed Turning Point and Point of Choice, so if you haven't yet done Point of Choice then sign up now for July (see the calendar for dates). Point of Mastery is a residential course and will take place at Fawley Court, Henley on Thames. The cost of the course is £650 reduced to £600 if deposit paid by 30th April. Balance to be paid in full by 12th September. Please contact the office for further information or if you wish to put yourself forward for the Service Team.

And from the Bards of Turning Point 220

Class of 220

By Asha Sahni & Martyn Tolcher

First impressions - why are we here?

My oh my, these folk are queer...

Second thoughts, third thoughts, minds a racing,
Let's take it all in, this challenge we're facing.

Breaking the ice these folk could be nice...

Give them a chance - variety IS life's spice.

Hearts yearning for answers, insight, self-knowledge,
If life is for learning this really is college.

We're in this together, we all have intent.

Grab this chance with both hands, time and money well spent.

It's fun, it's disturbing, a hard thing to handle,

Being true to ourselves, flame to our candle.

Defences come down, there are chinks in our armour,

Cracks start to show - it could be good karma.

Tears start to well, good humour is shown,

We feel for each other, we are not on our own.

The Turning Point Journey

By Mark Reeves

Whether we have taken Turning Point recently or some time ago we will inevitably experience the constant challenge of living life from this more conscious perspective on a day to day basis, particularly when things are difficult. To keep this alive in our life requires huge commitment and faith. The cycle of the 'ups and downs' continues and at times we lose sight of the bigger picture. We have glimpsed another possibility and our expectations have risen, but our day to day circumstances may be much the same. How many of us have at some point thought that life was actually easier before the course. But we cannot go back, even if that was possible because something has been touched and awakened within us.

Turning Point is about remembering who we are. In that respect what we offer is very different from 'self improvement'. We are not offering a way to 'get better at doing life'. What Turning Point offers is a stripping away, to reveal our core, the shedding of what is familiar in terms of our survival and security. But it is through taking this step of letting go that we rediscover something that is priceless and beyond words, the reconnection with our authentic self.

We are then faced with the constant challenge of opening up and closing down as we learn to develop a sense of increasing trust and safety with others. Perhaps weeks or months go by in unconsciousness and familiar struggle before we again come back to our centre, our candle flame within. This is the place of embracing pain, joy, life, death, hope, despair and knowing that none of it is who we really are.

Family Picnic

As usual we will be celebrating the change of seasons with the Soul Purpose Family Picnic. Pack the hamper, bring your family and friends and join us for a day of good food, fine wines and great company in the tranquil setting of Trent Park. This will be the fifth year our picnic in the park has taken place and it promises to be just as much fun as ever. The date—Saturday June 4th. The time – noon onwards. The location – ***Trent Park, Cockfosters, (entrance just north of the Tube Station off the A111, accessible from junction 24 of the M25). Free parking.*** Children's farm. Duck pond. What more could you want? Go on, put it in your diary today.

Turning Point 221

Are you interested in being on the service team for the next turning point?

We have a new venue just outside Loughton- just off the M25 at J26 - a brand new community centre - warm, clean, modern, light, a vast improvement on the Warwick Day Centre. Maybe you haven't been on a service team for a while, and would like to get back in touch or maybe you are yet to be part of a service team.

The dates are weekends of April 15th and 22nd, May 4th in the evening, and May 14th is the guest session. If you can make it and would like to join us please contact Lesley Kempster – Administrator on 01376 329012 or Alex Frangeskou – Logistics

Nature of Service

Nature of Service is intended to provide a glimpse of the first steps on the pathway of being in service, which is an expression of Love in action. This course also serves as the training for participation in Service Teams for our courses.

This year's course takes place on 6th & 7th August in the beautiful surroundings of Canterbury. We are using a new venue – check out their website on www.manorbarn.org.uk. A wonderful setting for a very special course.

Call the office now to register your interest.

Jerry O'Dowd 1934-2004

We wish to acknowledge the life of Jerry O'Dowd who died suddenly on September 3rd 2004. Our heartfelt wishes go to his wife, family and friends in their loss.

Jerry was a remarkable man, with the courage to challenge what the world expected him to be. From the boxing ring to healing circle, he brought his unique generosity of Spirit and a wonderful down-to-earth humour.

His physical presence is greatly missed by those who knew and loved him.

“If that vital spark that we find in a grain of wheat can pass unchanged through countless deaths and resurrections, will the spirit of man be unable to pass from this body to another?”

William Jennings Bryan

This newsletter was published by
Soul Purpose Ltd, 72 Church Street, Coggeshall, Colchester, CO6 1TY
Registered in England No 04926896

Visit us on the web at www.SoulPurpose.org.uk

For further information about our forthcoming activities

e-mail us at info@SoulPurpose.org.uk

or telephone 08702 405591

To e-mail individual Directors use the format

firstname@SoulPurpose.org.uk

(e.g. Sally@SoulPurpose.org.uk)

If you would like to contribute articles for forthcoming newsletters
please forward them to Burston View, Lower Road, Hardwick, Aylesbury, HP22 4DZ
or e-mail us at editors@SoulPurpose.org.uk