

A Summer Retreat – Tina Little-Cole

Did you see this advert in the newsletter?

Soul Purpose Retreat Weekend 30th July to 1st August at the Friars, Aylesford..

I thought... retreat or a re-treat either way it sounded promising. Add to this the opportunity to spent quality time with friends old and new and here was the perfect recipe for a great weekend. So I signed up.

Good weather was promised and setting off in the sunshine on Friday afternoon I was feeling really light and looking forward to a weekend away. 'The Friars', was billed as an ancient religious house set in the heart of Kent dating back to the 13th Century, a place of peace and tranquillity, and a popular centre of pilgrimage.



Peace and tranquillity sounded good and after braving three and a half hours on the M25 I really needed some. Happily, 'The Friars' did not let us down. Tucked away off a small road you enter past lovely old buildings onto extensive well groomed grounds. A large pond with its own resident bird/duck populations is central to the site which is almost like a small village. There were beautiful walks and many spots that offered opportunities for quiet reflection.

It was, of course, Margaret Jarrett's idea to have a relaxing weekend and her energy that successfully drew myself and 18 others, her vision was to bring people together in a space where they could just have the time to share, to talk and be. Thus we gathered on Friday evening with various horror stories of travel frustrations but very soon relaxed. After a very substantial dinner we joined in various crazy board games which many of us had never heard of but these seemed to whet the appetite of competition for bigger things to come! There was certainly great hilarity and whoops of delight when any unfortunate individual was losing!!!!!!

Each day began before breakfast with a wonderful group meditation including an 'I am' meditation on the Sunday morning which is a special favourite of mine. After breakfast on Saturday members of the group offered what skills they were happy to share and a 'table of possibilities' was drawn up creating a real cornucopia of options for us to pick and choose as we liked.



We could have one to one 'therapy' or to just take time to be together; to catch up on old times and reaffirm friendships. So the day slowly unfolded itself and time seemed to linger in the dappled shade of the huge old trees as people moved from one choice to another.

One highlight of the weekend was the rather raucous quiz organised by Gill and Richard Kebble on Saturday evening where three teams competed for the much coveted prize, (a box of sugar flumps!) There was, of course, much arguing and barracking of the poor question mistress, Gill, who did well to maintain any sense of calm in the mayhem that ensued (which included numerous interruptions and displays of 'little folk jigs' from a well known local pixie type!)

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Whilst throughout the proceedings there was a constant stream of imbibers to the bar area desperate to kick start tired brains into solving clues as intellectually demanding as:-
'What colour is Chinese Red'? Answer – Red!

On Sunday after breakfast we gathered for a walk to a Neolithic Burial ground (or some such thing!) led by the intrepid Dave, (a five star bloke who knows his onions and map reading stuff all of which is double Dutch to me!) So I, like many others, was happy to wander along behind like a sheep and admire the views of the Kent countryside as we made our way steadily to the top of the hill.

Throughout the weekend the food was exceptionally good with three courses for lunch and dinner including a 'Desperate Dan' turkey pie and amazing desserts. The accommodation was comfortable and the location was perfect. After lunch we finished with a poetry session led by Tina Cole – a lovely calming way to end a perfect weekend. AND a little bird has told me that there may be another opportunity to do this again early in 2005 so if you have read this and thoughtI wish ... then do more than wishing next time when the opportunity arises!

Check out the back page

We all had a great time and our thanks go to Margaret (again) for holding onto a great idea and making it manifest. With our love: Alex – Anna – Dave – Di Di – Evelyn – Gill – Greg – Jane – Margaret – Michael – Paul – Richard – Sally – Stephen – Susan – Sue – Suzanne – Tim – Tina.

Wild Geese Mary Oliver

**You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert, repenting.
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting
over and over announcing your place
in the family of things**

The Family Picnic – Sara Ashlea

Wowee what a day!! I guess my personal challenge was, "Wot no sun!?" You know the feeling you wanna get there but the weather is not inviting. Well, I'm sure glad I did, I had such fun. Every time it rained we thanked Margaret Jarrett for the brilliant use of her tarpaulin, coloured bright blue, the rain became my childlike friend, as we just lifted it over us like I did when I was a child, making tents with chairs and sheets, it touched me so that I found myself giggling as once I did. But even better, when we came to the end of our day, packing everything up, a few people walked past us smiling and said, "We thought we'd found a giant blue snail!"

I had a fab day, great food, great company and a great laugh; but most I learned that day the rain was not my enemy but my childlike friend. Look forward to seeing you all next year.



Love & kindness **Sara Ashlea x**

“The Impact Of A Butterfly’s Wing”

On Friday **September 24th** Graham Browne will be giving a talk for the Enfield Centre For Natural Health titled:

“The Impact Of A Butterfly’s Wing - the power and connectedness of our energy in the world, for ourselves and others”

This is one of the regular monthly Open Evenings on Natural Health topics run at Jubilee Hall, 2 Parsonage Lane, Enfield by ECNH Ltd

Admission is £3 (concessions £1-50). For more details contact Tim Ridge (Tim@SoulPurpose.org.uk)

Soul Purpose wishes to expand the Introductory Talks for Turning Point - if you are interested in getting one organised in your area, then please ring the office.



Turning Point 220

Our next Turning Point starts in November and is Administrated by Freda Lacey.

Friday 19th - Sunday 21st November
Friday 26th - Sunday 28th November
Saturday 11th December

Warwick Day Centre, Chase Farm Hospital, The Ridgeway, Enfield, EN2 8JL

The cost is £395, reduced to £345 if paid in full by October 19th
A £75 deposit with booking form secures a place on the course.

If you are interested in being part of the Service Team for this course please contact Freda at:
Freda@SoulPurpose.org.uk

Mysteries of Life & Death October 8th-10th

Throughout the ages, the nature of death has been one of the major concerns of philosophy, art, literature, dance and religion. This should not surprise us; if there is any experience we must all face eventually, it is the experience of dying. To most of us, the death experience seems frightening, the cessation of all that is familiar and an entry into the ultimate unknown.

But there is a second and closely related concern. Almost all of us, at some time in our life, ask the question: what is my life really about? What is the real point of it all? Is there some meaning or purpose or plan to my life beyond my daily goals and responsibilities? If so, how could I ever discover or know it?

The purpose of this course is to provide an opportunity for each individual participant to explore these issues very deeply and personally. It provides an opportunity to discover or rediscover our own life purpose – both in a general sense of experiencing intensely within ourselves the deeper meaning and purpose of all life, and in the specific sense of becoming more clear about why we as individuals are on this planet, what we as individuals have to learn, and what we can achieve and contribute, using our own unique talents and abilities.

This will be accomplished through a series of carefully constructed group processes and guided meditations designed to get us in close touch with these issues on a direct, personal level. The outcome of the course is to feel lighter, more open to the joyful, spontaneous flow of life, more committed to living your life one hundred percent. Having faced and moved through issues of death and life purpose, you will be free to live with a new power, vitality and intensity of purpose.

To find out more, join us at an **Introductory Evening** at Enfield Civic Centre, Silver Street, Enfield
On **Tuesday 14th September 7.30pm**

The course will take place at the **Warwick Day Centre, Chase Farm Hospital, The Ridgeway, Enfield**
On **Friday 8th October 7.30pm – 11.30pm**
Saturday 9th October 9.30am – 11.00pm
Sunday 10th October 9.30am – 8.00pm
Friday 15th October 7.30pm – midnight

The cost is £275, reduced to £225 if paid in full by 14th September.
A non-returnable deposit of £75 will secure your place.

Point Of Mastery 2005

Your opportunity to complete the Soul Purpose, to re-experience this wonderful course or maybe to take part in the Service Team.

Point of Mastery builds upon the maturity of the concepts presented in Point of Choice and delivers the practices and understanding to master our life experiences at every level. Point of Mastery operates at the most subtle levels, the unseen, unmanifest vibrations that keep us attached to people, things and repeating lifelong patterns. By breaking free from these attachments we open ourselves to fulfilment and abundance.

Using visualisation and imagery Point of Mastery goes to the source of our spiritual and material nature to manifest our dreams in reality. The meditation practices are rooted in an understanding of the archetypal forces of creation always available to us for support. Group and individual projects provide a practical dimension to the course, bringing our intentions into action. This also enables us to explore the nature of organisation and our part in it. Point of Mastery is a residential course, creating a community, which adds a further dimension to our growth and development.

Dates: **October 11th**
 October 20th – 23rd residential weekend
 November 1st, 8th and 15th follow-up sessions
 participants are expected to attend all sessions

We are currently looking for a beautiful, nurturing venue for Point of Mastery.
As soon as we find it, course costs will be confirmed.
Of course if you know of the perfect place, let us know!

Does this feel like a step you want to take?

Then register your intention with the office and we will keep you informed .

Administrator Training

Administering a course entails so much more than the "up front" role. It is a powerful transpersonal experience, holding the vision and energy of a course and the teaching. It challenges our small self, the Ego, in so many unexpected ways and invites us to take profound steps in personal growth. The process can be exciting, rewarding and deeply fulfilling. Many people who have taken this step report valuable benefits and insights in their day-to-day lives and work.

As part of the ongoing development of our courses, Soul Purpose wish to provide quality training opportunities for anyone considering taking the role of Administrator or Logistics Coordinator for a course in the future.

Could that be that you? If yes, then March brings you the chance to step into a greater understanding of this powerful expression of Service.

The training consists of three days over three weeks.

March 7th, 14th and 21st

Cost £200

Further details available from the office

Soul Purpose– A Spiritual Pathway – Sally Frost

It is over a year since Soul Purpose Ltd was created officially and nine intrepid souls signed themselves up as Directors: Guy Bolam, Graham Browne, Susan Denny, Sally Frost, David Gibbs, Margaret Jarrett, Freda Lacey, Mark Reeves and Tim Ridge.

During that year we have all faced many challenges to our patience, finances, time-management, and essential commitment to the vision of the company.

Progress has at times been frustratingly slow as we struggled with finding the balance running a company along spiritual guidelines. Only too aware of the need to “get things done” we have at times lost sight of the unique spirit of this venture and the importance of “being”. However we also acknowledge the solidity of foundations we have laid together this year too. The creation of the website, streamlining and coordination of office administration and paperwork, upgraded course manuals, credit card payment facilities and improved equipment for use on courses have all been achieved and continue to be developed.

Chiefly however has been the development of a place of safety and trust within the board, a greater alignment to our Purpose and with that improved confidence in the organisation among the people that make it all possible, yourselves and new contacts.

A weekend away together recently provided us with an opportunity for some soul searching. We were looking for attunement; were we all in alignment with the same Purpose, the same venture? At heart we are; our challenge, as in all life, is to respect the individuality of each other whilst recognising the fundamental connection we share. It is an exciting, scary, challenging, fulfilling, frustrating and expanding journey that we have embarked upon together. One of the fundamental qualities of the philosophy of Soul Purpose is the recognition of life as a Spiritual pathway. We seek to offer opportunities for exploration of that pathway, unique to each person. We acknowledge and respect the tremendous love and support that carries us in this venture and see the small part we play in a bigger picture of which you are equal players.

The Directors were disappointed to have to make the decision to postpone the residential Turning Point planned for this September. However despite much interest and a dedicated and enthusiastic service team only one person had enrolled before our cut-off date for viability. It is unfortunate that we still struggle with a perception that booking a place on a course may be left to the last minute. This is certainly something we aim to change and appreciate any support you can offer in making that happen. A new date has been booked for the Residential experience, something we are still very excited about. Check the calendar included with this newsletter.

Of course, ineffective marketing also played its part in the demise of this Turning Point and in the small numbers on courses in general. Our website is gradually expanding our network and with fine-tuning of tags for search engines we look forward to this developing further. At long last the new TP leaflet has arrived. Samples of the two designs will be sent to you by post if we have your address. We have endeavoured to produce a high quality, striking, thought provoking and informative publication. Let us know what you think. We are excited to see how many more people we can reach with this tool in our hands. Further copies are available at introductory evenings, seminars, and guest sessions and on request from the office. A4 posters will also be available soon as PDF files on our website for you to print off for your own use.

During this year we have seen some changes in the structure of the board of Directors. Susan Denny has decided to step down although she is still very much involved in supporting the company and the courses. We would like to take this opportunity to thank Susan for her hard work and commitment without which we would not be where we are today. The office has moved to Coggeshall where it is run by myself. Other board members continue to devote much of their time to the running of the company in a myriad of ways.

Finally I will sign off with a thank you to all of you, for your continuing love, support, energy and friendship. We look forward to a successful year ahead.

Sally Frost – on behalf of the Directors of Soul Purpose Ltd

New Year Retreat Weekend - January 28th-30th

Following the success of our Summer retreat and requests for another opportunity to relax and re-connect another weekend has been planned for 28th – 30th January at The Friars, Aylesford. The content of the weekend will again depend on those who come along, you can make of it whatever you need it to be. Coming at the end of a month that often starts full of promises to ourselves this weekend is a chance to reflect and recharge after the busy festive season. Book yourself a place as a Christmas present by 1st December and pay only £85 (cost otherwise £100). A deposit of £25 secures your booking. Places are limited, so get in early. All welcome.

*All enquiries and bookings to Margaret Jarrett 020 8301 5601
or e-mail to Margaret@SoulPurpose.org.uk*

"PERSONAL POWER, Claim it, it's all yours!"

This book is aimed at enabling oneself to "re-arrange" one's way of thinking, to take responsibility for oneself and **not** to be dictated to by others who "think they know what's best for them". A book written and published by Preston Glass a fellow Turning Pointer. Price £8.99

For a copy or further information contact Prestonglass@aol.com or 01582 750634

(Soul Purpose Ltd does not necessarily subscribe to author's ideas or content of this publication)

New Course Venues

Although the Warwick Day Centre has served us very well for courses and storage of equipment, and will continue to do so, we are looking at different venues for future courses in other areas. Many places get booked up well in advance so we have to plan well in advance. Do you know of any venues suitable for running a course that you could recommend? Do you know of venues we have used in the past that could still work? If so let us know.

Contact the office with details on info@SoulPurpose.org.uk or 08702 405591

Booking Your Place on a Course

Booking forms can be downloaded from our website or requested from the office. A booking form and £75 deposit secures your place on a course. Payments can be made by card over the phone or cheques by post. Cash payments can be made at Introductory Evenings, Seminars and Guest Sessions.

We now offer discounts for early booking of all courses. You can save as much as £50 simply by booking and paying for your course at least one month before the start date.

**This newsletter was published by
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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 the above address
or e-mail us at newsletter@SoulPurpose.org.uk**

Dates For Your Diary

Turning Point 220

19th to 21st , 26th to 28th November
11th December follow-up session
Warwick Day Centre, Chase Farm Hospital
The Ridgeway, Enfield, EN2 8JL
Cost £395

Evening Seminar

Wednesday 26th January - 7.30pm
Venue to be confirmed

Retreat Weekend

28th to 30th January
The Friars, Aylesford, ME20 7BX
Cost £100

Turning Point 221

11th to 13th , 18th to 20th February
4th and 5th March follow-up sessions
Warwick Day Centre, Chase Farm Hospital
The Ridgeway, Enfield, EN2 8JL
Cost £395

Administrator Training

7th 14th and 21st March
Venue and cost to be confirmed

Nature of Service

16th and 17th April
Warwick Day Centre, Chase Farm Hospital
The Ridgeway, Enfield, EN2 8JL
Cost £150

Evening Seminar

Wednesday 20th April - 7.30pm
Venue to be confirmed

Turning Point 222

Residential Course
23rd to 27th May
10th and 11th June follow-up sessions
Leiston Abbey, Suffolk, IP16 4TB
Cost £650

Turning Point 223

17th to 19th and 24th to 26th June
8th and 9th July follow-up sessions
Warwick Day Centre, Chase Farm Hospital
The Ridgeway, Enfield, EN2 8JL
Cost £395

Family Picnic

4th June
Trent Park, Cockfosters

Point of Choice

15th to 17th and 22nd to 24th July
Cost £425
Venue to be confirmed

Seminar Evening

Tuesday 2nd August 7.30pm
Venue to be confirmed

Turning Point 224

9th to 11th and 16th to 18th September
30th September and 1st October
follow-up sessions
Cost £395
Venue to be confirmed

Point of Mastery

11th October 20th to 23rd October
1st, 8th and 15th November
Venue to be confirmed

Turning Point 225

11th to 13th and 18th to 20th November
and 1st and 2nd December
Cost £395
Venue to be confirmed

Turning Point Introductory Talks

First Wednesday of each month - 7.30pm
Enfield Civic Centre, Silver Street, Enfield,
EN1 3ES

**Discounts available for early
payment on all courses**