

SEX ON A SATURDAY

Well, it looks as though we've managed to grab your attention with this provocative headline, but it's much more than just that. In response to numerous requests from course participants past and present, we are pleased to announce a new one-day workshop entitled

SEXUALITY MEETS SENSUALITY

Under Graham's leadership, the workshop will explore the whole gamut of human sexuality and relationships. But it's much more than just talk, with practical sessions and homework. Even the lunch has a sexy theme!

Sue Thomas will administrate the workshop, adding her artistic flair and attention to detail. All in all, it promises to be a day to remember. Don't miss this unique opportunity to obtain answers to those questions you've always wanted to ask. Everybody is welcome. Bring a friend, bring a partner, bring your spouse!

The Sexuality Meets Sensuality workshop will take place on Saturday 1st March from 10.00am to 7.00pm. See enclosed flier for full details and enrolment form.

In This Issue

Welcome to the January Newsletter, which heralds a new and exciting year for us all. We hope you had an enjoyable Christmas and New Year.

As you can see above, we're starting 2003 with a new workshop, which we hope will be a great success. Graham considers the nature of being alive in his regular feature on Page 2, as well as responding to some of the messages received after the last newsletter. Page 3 is devoted to reports from the autumn courses. On Page 4, we look forward to the forthcoming Refresher Sessions and the first two Turning Points of 2003, including our first course in Brighton. On Page 5 we just had to make space for a poem from a recent Turning Point participant, written during the course. We're waiting with baited breath for part 2 to ascertain the outcome! Freda Lacey kindly offered to share a piece of prose too. Finally, Bits 'n' Pieces is relegated to the back page, with, as its name implies, all the stuff which didn't seem to fit anywhere else!

As always, we welcome your feedback, so drop us a line or e-mail the editorial team at UTNews@hotmail.com

2003

Issue 1

January

Life's Little Miracles

For me, 2002 has been all about the birth of our son, Oscar Samson. This morning I lay beside Oscar looking at him sleeping. I was struck by the "little" miracle of his presence in my life. I was then struck by what a miracle it is to be alive – to be in life. Through every fibre of my being, this extraordinary privilege of what it is to be alive permeated my awareness.



I am aware of other "little ones" who have stepped into life this year or recently. I am also aware of others who would like to give life to a little one and who, for one reason or another are unable to do so. There are others who have elected not to continue with the life of a little one in their midst. Others are pursuing the challenges of fertility treatment and the like to make possible that opportunity for another life.

This consideration suggests to me also, as happened for me recently, the loss of life that is close and precious to us.

The nature of being alive is such a vast question whatever way we look at it. It is something to treasure; it is something we often take for granted; it is something we sometimes resent and feel despairing about.

Turning Point is about deepening awareness of the privilege of life and all its ramifications and the commitment to supporting our connection with each other in remembering what it really means to be alive, to be part of each other in a manifest or an unmanifest form. Let us keep that awareness in our hearts and live with each other accordingly in a spirit of peace and understanding.

Good to Hear From You

Thank you to everybody who telephoned and e-mailed us in response to the last newsletter. It was lovely to hear from so many of you. We are now busy following up many of your suggestions. New venues are being explored for Courses, Refresher Sessions and Intro Talks, with immediate benefits. The perfect course venue still eludes us, but somebody must know where it is. Please keep the suggestions flowing.

Several Course Administrators have thrown their hats into the ring, but we still have a couple of vacancies. Please let us know as soon as possible if you would like to Administrate a Turning Point or one of the other courses this year. Similarly, if you would like to join a Service Team, make the Administrator's job easier by making the first contact yourself rather than waiting to be asked.

I am hopeful that we may have resolved our equipment storage dilemma and that we will be relocating shortly. This was a worry before Christmas and it was a great relief to be offered a suitable alternative.

Finally, we will be working towards an e-mail version of the newsletter later this year to coincide with the launch of our website.

Turning Point 214

TP214 was another example of the power of Turning Point and the strength of the teamwork that exists between Teachers and Service Team. Graham, Mark and Sue taught the course together, with Sally Frost as Administrator and Margaret Jarrett as Logistics Co-Coordinator. The Service Team comprised a blend of experienced and new members, including two probationers from the Nature of Service course the previous weekend!

Each course is unique and presents its own challenges and this one was no exception, but the calm professionalism displayed by all ensured that fond memories of TP214 will be held by everybody fortunate enough to have experienced it.

Turning Point 215 - Freda Lacey

Well folks, TP 215, last one for 2002 has just completed and if I say so myself it was another fantastic course of self re-discovery. It was so for all of us, course participants and service team alike. With the unswerving dedication of Margaret Jarrett as Logistics and a brilliant service team I succeeded ably in my first ever admin role.

Highlights from this course: Mark Reeves asking why he couldn't have organic artichoke hearts from the Czech Republic for his daily bread and a hilarious incident of our man Graham tipping his head back during a quiet process and waking himself up with a rather loud snore, reducing the service team and yours truly to fits of giggles!

This course was peppered with lots of laughter, particularly on the service team and of course, lots of tears. All in all a very releasing course!

I look forward to the next Turning Point in March.

Nature of Service - Sara Ashlea

As Administrator for the last Nature of Service, I have to say that for me personally, this has to be my favourite course. I really want to share my strong but gentle experience. I believe the course and its utmost beauty far transcends service as the commercial world understands it, and becomes big in a way that never ceases to send goosies all over my body!

The honesty, integrity, warmth and sharing moves greater than a personal service! So much so that we didn't know whose tears and laughter were whose. It felt as though there was a bigger energy working through the course, which began from the start, and I felt gobsmacked and honoured by the whole experience.

Many people have declined the opportunity to participate in this course, as they do not wish to be on a Service Team. To those of you I say ... the Nature of Service course itself reaches far beyond limiting the experience of the course to a Service Team on its own and once again, as in Turning Point, provides tools to life.

And, for the record, the hours are shorter and it is only one weekend.

From my heart to yours. Sara.

(See Dates for your Diary for details of the first Nature of Service of 2003—Ed)

Point of Choice

We're keeping news of last October's Point of Choice course for a special feature in the next edition, in readiness for the 2003 course which takes place in June. Contact the office for further details.

Turning Point Refresher Sessions

Refresher Sessions are a great way to strengthen and consolidate the Turning Point experience in your life. The overall theme of the sessions is about seeing ourselves as the creative cause of our life and looking at the various lessons that we generate for ourselves in our growth.

On the Turning Point you took a step in courage and trust, seeing the possibility of a more expanded experience of life where we are an intrinsic part of each other. The Refresher Sessions are an opportunity to reinforce that step, and keep it alive. Their purpose is to provide a framework to revisit some of the basic principles of Turning Point and to offer ongoing support to deal with the current issues we may be facing in our life, in a safe and supportive environment. They are an ideal opportunity to reawaken and revitalise the experience, both for those who have taken TP recently or some time ago.

The programme consists of five sessions, run over consecutive Wednesday evenings. This is the second series of sessions we have run in a new and exciting venture and we look forward to you joining us and sharing this journey. The sessions represent excellent value at just £20 per evening, including refreshments, so the cost of the full course of 5 sessions is £100.

The sessions will take place at the St Vincent's Centre, Carlisle Place, London SW1, adjacent to Victoria Station, on the following Wednesday evenings from 7.00pm – 10.30pm

5th February 12th February 19th February 26th February 5th March

Advance booking is essential, so please contact the office immediately for further details and an enrolment form.

Turning Point 216 - Sally Frost

Adminstrating a Turning Point is immeasurably rewarding and every time I do so I learn ever more about myself and other people. Following a great experience on the September 2002 course I have offered to administrate the first Turning Point workshop of 2003, which will take place at The Warwick Day Centre in Enfield, starting on Friday 21st March.

All offers for Service Team will be gratefully received, or indeed applications for a re-take, so get on the phone (01376 561268) or e-mail me at sallykate33@hotmail.com to commit yourself to a wonderful journey.

I look forward to hearing from you and wish you all a New Year full of learning and love.

Turning Point 217 in Brighton

Momentum is building down south, following the two highly successful Intro Talks in Brighton in October, which were attended by around thirty people. Building on this enthusiasm, we are very excited to be organising our first Turning Point in the City of Brighton and Hove, starting on Friday 2nd May. There is already a big holistic focus in Brighton with a broad interest in personal development of all kinds, and it feels like there is a 'readiness', a hunger even, for something that goes to a deeper, more profound level.

Diana Richards is the Administrator and already there is a service team beginning to form. We welcome your involvement in this project, and we especially value your support at the introductory talks which are listed below.

Tuesday 21st January Tuesday 4th February Tuesday 18th February

The talks take place at Flat 2, 24 Powis Square, Brighton (near town centre and Dyke Road) and start at 7.30pm. We hope you will be able to join us.

A Plea From The Heart

(Written by a participant on a recent Turning Point course)

*I am a wreck, a self confessed mess
My future at the moment, is anyone's guess
In my mind every day, there reigns confusion
If only my happiness wasn't an illusion
I'm bitter and twisted, my thoughts all askew
My vision's becoming distorted, blocking my view
I pretend to be sane, with my marbles intact
But I'm afraid my faculties are very sadly lacked.*

*Everyone else seems perfectly okay
Am I the only poor sod who's lost their way?
If only I could tell why all this is so
Then the remedy maybe I would know
Do you think it's my parents who are to blame
Or perhaps it's my genes that should be in the frame?
Whatever the cause, I will find out
What makes me behave like a demented old trout.*

*In the Turning Point team I hold very great store
They must harass me daily until my heart is truly sore
For if they fail to unearth my inner candle
And my tiny flame they are unable to re-kindle
My desperate soul, which has been very sorely swindled
May land me in a home for the seriously bewildered!*

Existence by Freda Lacey (written 28th September 1991)

What is life but a series of moments, lengthening into sequences, drawn into days and months and years of happenings? I will always have my life to remember, but will life remember me? Will my passage here through this short time, have meaning to anyone or any being – will it have exceptional meaning to me?

I go on for days, just existing and dream of things I'd like to do and places I long to be. To see the wide plains of Africa and hear the sounds of the openness playing music to my ears, the drums of a time eaten now by progress, to see the dance of a native islander, naked in glory, proud to be free of man's ideals and logic, to sail upon the wild seas and feel the wind whipping my face to shapes of destiny, to run ahead of the flocks of birds nesting on a river bank, to climb a mountain, but not conquer it, and yet not let it conquer me, just let me be, for some small moments, a part of it, to feel the earth sift through my fingers and in my nails, upon my skin and know that I have a deep affinity with this soil and will fertilize and give back what I have become, to look at every new colour and know that sometime in my life, it clothed me and moved with me and for my needs, to listen to every sound and know that at one time, I have breathed it and sung it and felt it quiver with every sinew and muscle even when still, lying underneath a shady tree, knowing that life, mine and its, mingled in short solitude, to know all there is to know about beauty, as light filtering through dark funnels, to softly glide through a river and look to each shore as a new path, to feel the stomping power of beasts as powerful as the rushing waterfalls, gushing from the top of a mountain pass, to thread through virgin snow and know it shelters in this time and place the growth of new shoots which sprout in moments of sheer beauty on ledges of greatness, to help in the making of a child and know that you can nourish it to full growth and life, and bear it gladly and bring it forth to breathe and continue on in growth knowing that it now holds it's own destiny in course and that now, another plays on life's field and marks its own way.

My question, thought, hope and fervent wish, that just as life marks me with scars and soft, gentle touches, so too, may I touch life, wherever, whenever, to bring as much meaning of joy where I be.

Bits 'n' Pieces

Are you one, or more than one? In other words, do we currently send more than one copy of the newsletter to your household? If we do, and you would like to continue receiving multiple copies, that's fine. If on the other hand, you could manage with just one copy, please let us know. Better still, if you would prefer to receive your newsletter by e-mail (looking just as beautiful as the original) and you didn't respond to the article in the last issue (shame on you!), please let us know. We're committed to saving the world's valuable resources, not to mention our postage bill and every penny helps.

In the September newsletter we asked you for ideas about how we could use the back page. From the responses received, it appears that the consensus favoured a Sound Bites section to share simple thoughts, one-liners, quotes, anything which touched you and might do the same for others. Think of this page as your fridge door. Please let us have your contributions. If the words aren't your own, please remember to quote the source as well.

Nicky Rose sent the following quotes from Laurens van der Post's book "*A Walk with a White Bushman*"

Wherever you have camped, you've left something of yourself behind. Besides, a camp expresses something also in the human mind. It's one of the most evocative images of all the institutions we create; not arrivals but more stages of life.

It is so easy to let other people decide and dream for you.

Jung : *We are all embarked in social welfare and we let all the people dream for us.*

Margaret Jarrett contributed the following, from her fridge magnet collection.

Think highly of yourself, for the world takes you at your own estimate.
Anon

*Never doubt that a small group of thoughtful, committed citizens can change the world...
Indeed, it is the only thing that ever has.*
Margaret Mead

There is nothing in a caterpillar that tells you it's going to be a butterfly.
Buckminster Fuller.

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Phone / Fax 020 8504 3545 or 07966 243023
E-mail universaltraining@ukgateway.net**

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