

Newsletter



Picnic in the Park

"Rain" they said, "possibly prolonged and heavy." At first light, we believed them. It was, undoubtedly, a lousy start to the day. Undaunted however, we set off for Trent Park and the sky brightened. By the time we arrived, the sun was shining and the ground was dry. Perfect weather for a picnic. After a slow start, numbers swelled, as friends old and new arrived to join the party. Some travelled light, content to visit the café for a sandwich and a coffee; others arrived laden with food and drink, blankets, chairs, games etc. "A-list" celebs included the new "It Boy" Oscar Browne, who seemed to relish the opportunity to cuddle so many new faces. Kids, young and old, played football, boules, frisbee, or simply relaxed in the sun. The weather held, although to be fair, the clouds didn't stand a chance against the hot air emanating from a gaggle of Turning Pointers having a good time! As the afternoon drew to a close, some said their goodbyes, others seemed content to stay. It's rumoured that the last group had to be forcibly ejected from the park at closing time!

It was, without doubt, an overwhelming success. An opportunity for Turning Pointers, their family and friends, to get together, relax and have a good time, in the tranquil surroundings of Trent Park. A big thank you to everybody who helped to make it such fun. If you missed it, start rehearsing your excuses, as you may be asked! Will there be another picnic? Of course there will! Watch this space for details of the date early next summer.

In This Issue

Welcome to the September Newsletter, which, as you can see, is bigger and, we hope, better than the recent issues. We've moved Graham onto Page 2 to make way for news of our fabulous Picnic above. Reports of recent courses are on Page 3 and, with so much in the pipeline, forthcoming activity takes up Pages 4 and 5. This is your newsletter, so we are encouraging you to put pen to paper for Personal Experiences on Page 6. The remaining pages are devoted to Bits'n'Pieces, giving you an insight into our plans for the future of Universal Training and other news items.

We welcome your feedback about the format and content of the Newsletter and we have set up a new e-mail address for the editorial team at UTNews@hotmail.com

We hope you enjoy reading this newsletter. If not, please tell us why!

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“See It When You Believe It”

It's such a familiar statement, this one.... or is it?

At first glimpse, I hear “I'll believe it when I see it” as a kind of sceptical statement full of doubt and disbelief. However, turn it on its ear and a whole world emerges.

It's the substance of the Point Of Choice coming up at the end of October and the Point of Mastery in November.

It's “putting the cart before the horse”. That is to say that to hold the vision of the world we want moves us forward to manifesting that vision. Rather than holding with present reality and saying “we can't do this because...”, (with all our reasons for not moving out of our place of inertia!), it is a bold and adventurous step to hold and live the reality we envision, we dream about, we want and allow that reality to come about, to manifest before our very eyes.

“Life is either a daring adventure or nothing” in the oft-quoted words of Helen Keller and, yet, it's easy to “argue for our limitations”. This is not advocating a naïve and childish “wish” that Santa will bring me what I want. Rather, it is the recognition, the deep-seated belief, that the only thing standing between me and what I want are the beliefs that are stopping me having it.

We grow up, and I certainly did in Sydney, with the notion that you work hard, you save up and one day your dreams will come true. Well, do they? What we are left with is more of the same we've always had. In other words, we hold a certain reality about the way things are and that's what we are left with. On this basis, nothing ever really changes! Oh yes, there are some moments when we feel better momentarily about short term or even long term success but is it really any different? I suggest a resounding “no”.

So the real courage in life is to live the reality we want and ask for the support of others to champion and challenge that reality – “to tell the truth unflinchingly”. This moves mountains and makes the impossible possible.

I “know” it is possible to live our lives personally and in this global village from a place of love, goodwill and harmony rather than a place of mistrust, suspicion and destruction and it starts here inside of me. That is the eternal question, or one of them, to see that our world is in our hands – literally. We can have what we've got or we can have something else and to shift from that place of inertia or stuckness is in our hands, not in anybody else's. It's not about some “baddie” out there who's threatening us or something which is fixed and immutable. It is truly within us.

This is a difficult one to hold onto, either at the personal, everyday level or at the global level. However, it is with the support of others we love and trust that we can hold this place. I am working with this one in myself right now in relation to the business of running the courses and I have been for a number of years, as many of you will know. However, I am not giving up as I know it is possible, even though I have held a strongly entrenched reality somewhere inside that I can't have that. I am enjoying the support and truth telling of this current situation with a group of friends who want the same thing and I can feel it emerging. Of course I doubt, both myself and others, as part of that journey; however, I am aware that it is “just on the other side of that curtain”. Previously, it has felt distant by several layers of concrete bunkers. I've not been ready before; either too frightened or too incredulous that I could realise my dreams. However, I give myself credit for movement and shifting that place inside myself and thank everyone who is loving me and challenging me and playing a part in that reality. We can do it together and with each other make miracles happen!

Turning Point 213

The lead-up to my first course administration of a Turning Point was hellish; the actual course itself – heaven!! So how do I sum up the experience in a short paragraph? Up until a couple of weeks beforehand service team members were thin on the ground and then it suddenly all came together to become a “dream team”. The team ran on rails, it was superb. We even ordered brilliant weather – blue skies and sunshine for the whole course! CCPE is a lovely venue – cool breezes through the course room and a seat by the canal for lunch. Memorable moments? ... Sue’s first teaching experience managed like a pro – fifteen participants who each in their own way seemed to gain new insights in exciting ways – and an especially beautiful moment at the guest session to be remembered by all there for a long time. Each time, I’m amazed at the transformations that occur in just two weekends – shining eyes and open faces. It makes it so worthwhile.

Helen Roome

Turning Point 214

As we go to press, Turning Point 214 is in full swing in Enfield. Sally Frost is Administrating the course, with Margaret Jarrett as her Logistics Coordinator. A full report on this course will be contained in the next newsletter.

Nature of Service

I was plunged in at the deep end by being asked to do logistics for NOS 34. It was a challenge as I'm not over fond of responsibility, so I took a deep breath and ran with it. It's very hard to be asking people to do what might seem menial things, making a cup of tea or running an errand, when you could just as easily and quickly do it yourself, and perhaps that was my task; to make it possible for the Service Team to serve, and to be comfortable accepting that service. Whether I succeeded is their experience, but they sure made it easy for me.

NOS 34 was special in the way that all courses are. At the beginning a group of folk assembled at the Warwick Day Centre, with their preconceptions of what they thought service was about, and of what they were prepared to do; they left having taken a further brave step, learned a little more about themselves and the rest of the group, and most importantly, how **they** were invaluable in assisting, understanding and supporting the progress that was made.

The two most special things for me were Mark's teaching - it's a revelation at the best of times, but to maintain that level of sensitivity, integrity and power through the vagaries of flu symptoms, including the progressive loss of his voice, was a wonder. (See separate article on How To Be a Teacher's Parrot!). And the gradual connection from a Friday night meeting of Course Participants and Service Team, most of whom I didn't know, to the final Sunday farewell to old friends. Oh, and the breakfast was cool too.

Pippa Gwilliam

*Loneliness is perpetuated by 'doing'
'Doing' keeps people away
'Being' draws people to me
Being genuine, open about my feelings
Just being myself*

Sue Allen

Turning Point 215

Hey everyone! Picture the scene. Guy Fawkes is finished, Halloween is done. Want more excitement in your life? If so, please come and join me on the Service Team for TP215 in Enfield in November. As I launch myself into Administratorship, I'd really like a steady team beneath me. Please sign up for this unique experience, especially if you've been hiding in the woodwork for a while! Call Freda Lacey on 01753 539812 or the office. Many thanks.

Brighton Intro Talks - 3rd & 9th October

The Turning Point introductory talks in Brighton are coming up on Thursday 3rd and Wednesday 9th October at 7.30pm. If you would like to come and join us on either of these nights we would very much value your involvement. If you would like to be part of the service team for the evening then contact the Universal Training office and leave a message for Mark Reeves. We are very excited about this venture and look forward to meeting with those of you who join us.

Turning Point Refresher Sessions

**A launching platform for going forward in our life.
5 Weekly Morning Sessions Starting October 16th 10.00am - 1.00pm
CCPE, Beauchamp Lodge, 2 Warwick Crescent, London W2 6NE**

The refresher sessions are for people who have completed Turning Point either recently or in the past. They are recommended as the most effective way of integrating the Turning Point course into your life. They also serve as a powerful way of reawakening the TP experience if you took your course some time ago.

The purpose of the sessions is to provide powerful ongoing support to implement the TP teachings into our day-to-day life, to strengthen and consolidate the experience. All the central elements and themes of TP are re-explored in a safe and supportive environment.

Themes covered include:-

Working with Intentions - Really going for your dreams

Meditation - Strengthening our ongoing practise

Openness and Sharing - A safe place to release our feelings

Reactive Behaviour - How we can continue to set ourselves free

It's Your Choice!

Have you taken the Point of Choice? Then this is your invitation to join this exciting course as a member of the service team.

Graham and Mark will be teaching it together and have asked me to be the Administrator. Greg Smith and Richard Cowdy have come on board and we're in the process of recruiting more people to join us.

Feel like it? I can promise you two wonderful weekends at the Warwick Day Centre – 25th to 27th October and 1st to 3rd November. If you haven't yet been a member of the service team for Point of Choice, you'll find it's an especially rewarding course for us.

Naturally, you're there primarily to support the course participants, but there's a lot of involvement in the processes for the service team. Ask anyone who's been on the team and they'll tell you it's great fun – and a real boost to your own personal growth.

If you feel the spirit moves you, please contact me on 01249 464237 or e-mail me at colin.heard2@virgin.net

Colin Heard

Point of Mastery

Point of Mastery is taking place in November this year in Suffolk. The exact dates are as follows:-

Preliminary Day - Tuesday 5th November - 10.00am - 5.00pm
Follow up Sessions - Tuesday 26th November - 10.00am - 5.00pm
Tuesday 3rd December - 10.00am - 5.00pm

Venue for these dates will be in the Buckhurst Hill area

Course Dates - Thursday 14th November 7.00pm onwards
Friday 15th November
Saturday 16th November
Sunday 17th November - finishing in the evening

Cost of the course is £495 including full board. If you wish to stay the Sunday evening, there will be an extra charge of £16-18 for bed and breakfast.

Your Administrator is Sue Allen (Tel 01473 622974) who is supported by Peter Lorenzo as Logistics (Tel 01728 861192) - what a team!! If you would like to hear more about the venue etc, please give them a ring.

If you have been considering enrolling, now is your chance - phone the office on 020 8504 3545.

If you would like to be on the Service Team, please contact Sue or Peter for full information.

Turning Point Retakes

This is a call to those of you who've been toying with the idea of retaking Turning Point. Having just finished a retake, it's been an amazing journey of rediscovery and focusing on next steps. I've recommitted myself to my life. Don't hesitate just because you've done it before, take this opportunity and give yourself a new Turning Point experience.

Freda Lacey.

Plans for 2003

Whilst you are reading this newsletter, plans are afoot for our course programme for 2003, Turning Point's 20th anniversary year in the UK. The Turning Point will run throughout the year as usual and we hope to include at least one new venue. The annual cycle of Nature of Service and Point of Choice will continue. Mysteries of Life and Death will return later in the year, following the huge success of this course last autumn. Being Leadership in Service also returns after an absence of several years. There will be more opportunities for Turning Point Refresher Sessions and Meditations, encompassing daytime, evening and weekend dates. A new programme of social events and anniversary celebrations will be introduced, starting with another Family Picnic in the summer. All in all, 2003 promises to be a busy and exciting year for everybody.

Course Administrators Wanted

If you would like to administrate any of the courses next year, now is the time to throw your hat into the ring. Provisional dates and venues are being pencilled in now, so ring Graham immediately for full details. We hope to have all courses confirmed before the next newsletter, so don't delay, ring today!

A Pilgrim's Progress by Sally Frost

On July 22nd this year I set off to walk 764 kilometres along the Camino de Santiago from St. Jean Pied-de-Port to Santiago de Compostela. I didn't really know why I felt drawn to this ancient pilgrimage route except to take time away from the familiar, to leave my "comfort zone" give my mind a rest and my body some exercise. I had just five weeks from making the decision to make preparations, which I had some resistance to. If it hadn't been for the dynamism of my good friend Anne Measures, who I planned to travel with, I may not have got out of this country! So, lightweight rucksack and very basic kit, I left home on the 22nd for an adventure.

I didn't know much about the "Camino" before I went except that it led pilgrims to the cathedral in Santiago where the relics of St. James are believed to lie. There are many myths and legends surrounding the pilgrimage, too many to mention here. We didn't even need a map because the route is marked with yellow arrows or scallop shells. Even up mountain tracks yellow arrows could be found painted on rocks or trees. I found myself often wondering just who put them all there.

Our first day walking was a trial. We took the high route into the Pyrenees from St. Jean Pied-de-Port, 27km climbing to 1430m. We wanted to see the view. Lesson one on the Camino; it is not necessary for me to always take the most difficult route! Eleven and a half hours later, completely exhausted we arrived in Roncesvalles. The road seemed to climb forever, it was cold, drizzling and the cloud cover was so complete that we saw nothing of the spectacular views from the Pyrenees. I do believe the Universe was having a little joke, Ha! Ha!

Fortunately this was the hardest part of the walking over but I was surprised by how challenging the terrain was at times and I had to push myself beyond my limitations. After a few days my rucksack felt a part of me and my body felt stronger and more alive than it had for a long time. Walking became like a meditation. Daily I had to trust that I would find a bed, a meal and the strength to keep walking. After a few days together Anne and I went our separate ways and I walked on alone. Having to speak an unfamiliar language added to the vulnerability I felt.

I walked 529km over 31 days, travelled 180km by bus, and 55km by taxi and had 4 days rest while ill. What did I find? Many friends, some beautiful places, precious memories, a strong fit body and a reconnection to myself, to my courage and to what I want for my life. There were some painful and joyful realisations along the way. Small, quiet lessons that leave me changed in subtle but very deep ways. It feels as though seeds have been sown. Now it is time for me to wait for their emergence. Buen Camino!

Stepping Out by Sue Allen

I am living my dream, I have taught some sessions on my first Turning Point and by the time you read this, I will have had a second crack at teaching. It feels scary to be 'up front' putting myself on the line wondering what each group of people will bring to the course and to me. At the same time, I can feel myself getting in touch with my power - always a challenge for me(!) and realising that it is not me speaking but knowing that I am being over lighted and spoken through. Many times on the last course when I said something, I felt it was Graham or Mark's voice coming out - such a feeling of oneness.

The training sessions are invaluable to me, not only am I learning teaching skills and 'the script' which will eventually be replaced more and more by my own words whilst still retaining the essence of the course, but we the teachers are moulding into a close team with lots of sharing and a sense of being one, which I would not have believed possible before I took my Turning Point.

I am feeling really excited about the future and where the universe might take Universal Training - we can't do this without the support of the Service Team to whom I am truly grateful for all the time and energy they expend to ensure the courses run smoothly. Seeing this from the teaching side, it truly feels as though you are a team of angels gently passing amongst us all to ensure everyone has their needs met, including the teachers.

Thank you to all of you for being part of me.

Happy Birthday to us...

Next year sees the 20th anniversary of the first Turning Point course in the United Kingdom. To mark the occasion, we are organising an Anniversary Party at a London venue. The exact format of the event is still under consideration, so watch this space for details of this, and other anniversary celebrations, or phone us with your suggestions.

All change at HQ

Sue Allen has decided to step down from the role of Office Manager to focus on teaching, so Freda Lacey will now take on the administrative functions previously performed by Sue. The office number remains the same and Freda can also be contacted on 01753 539812.

Nice People to do Business With

As we formulate our plans for the future development of Universal Training, it becomes increasingly clear that we will need to draw upon the services of people from numerous different trades and professions to help us to realise our vision. Many of these occupations will be represented amongst the family of Turning Point, but so often we are unaware of this until after the event. Would you like to undertake work for us? Do you have expertise in graphic design, printing or publishing, web design, marketing or communications, media or PR, film, video or TV production, photography, recording, business finance or commercial fundraising? Are you a budding artist or cartoonist? Are there other services you may be able to offer? If you would like to be involved, please get in touch now. Send a brief summary of your skills and experience, either by post or e-mail. Please do not assume that we know about you already. Don't miss out on this unique opportunity to be part of our future.

Coming Soon to a Venue Near You

We are always on the lookout for new venues for courses. All course participants will understand the sort of facility we require, but to assist us in our quest, we have produced the following thumbnail sketch of the perfect venue. A secluded location, preferably within or just outside the M25, with public transport links and car parking. The venue must offer a hall of no less than 125m², a kitchen and a minimum of three other rooms. Secure storage would be an advantage. If you know of such a venue, which could be made available for whole weekends at an affordable rate, please let us know.

Appeal for Storage

We have just been informed that the lock-up garage, which has been our equipment store for so long, is to be demolished in the near future. The garage is attached to the Carlton House Surgery and has been made available to us, at no cost, by Tim Ridge and his partners. So where do we go next? We need to find an alternative solution, preferably in the Enfield area. Do you know anybody with a spare room we could use? If you think you might be able to help, please give us a call.

New Technology

Several people have asked whether it would be possible for us to issue the newsletter by e-mail, rather than on paper. We appreciate that this will not be appropriate for everybody, however it would cut down on our use of paper as well as the time and expense of duplicating and distributing the newsletter. We are exploring the possibility of issuing the newsletter as an Adobe Acrobat (.pdf) file, which can be opened and/or printed by anybody with e-mail access. The finished article would look exactly the same as the paper version. The final decision rests with you, our readers, so if you would be interested in receiving future editions electronically, please e-mail us now to let us know. Our new e-mail address for matters regarding the newsletter and articles for publication is UTNews@hotmail.com

What's On in Enfield

Our friends at the Enfield Centre for Natural Health have sent us details of their Autumn programme, which includes the following activities:-

Meditation Course

An evening meditation course on Thursdays 10th and 17th October. Mark Reeves will be the teacher and the course takes place at the Warwick Day Centre. The cost is £35. For further details ring 020 8364 4062.

Aromatherapy and Massage Workshop

A one day workshop with Chris Gooch on Saturday 12th October at the Newbury Unit, Bury Street, Edmonton. Cost £40. For further details, ring Chris on 020 8363 2126.

Open Evenings

Reflexology by Sarah Lower – Wednesday 30th October
New Colour Healing by Lilian Verner-Bonds – Friday 29th November
Both at Jubilee Hall, 2 Parsonage Lane, Enfield. Admission £3.

For further details of these and other activities ring 020 8364 4062.

And Finally...

As you know, we always reserve a space here for, how can we put it, the Teacher Relocation update. On this occasion however, the jungle drums from deepest Sussex report a distinct lack of activity in this regard, which begs the question, what would you like to see here instead?

Please send your suggestions to our new e-mail address UTNews@hotmail.com or call the usual number.

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**For further details of the courses and activities in this newsletter
see the insert or contact us at the above address.**

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