



The T.O.S. Village News

(The Theosophical Order of Service)

30 January 2015

Coming Events

- * **Friday Taizé Meditation** - 6 Feb 15 @ 6pm
Liberal Catholic Church, Lacey St Perth.
- * **Friday Taizé Meditation** - 6 Mar 15 @ 6pm
Liberal Catholic Church, Lacey St Perth.
- * **Easter Retreat** - 'Consciousness after Death?'
presented by Pedro Oliveria 5 & 6 Apr 15.

We will send an email prior to the event giving details.

Welcome to the Village

We are standing at the beginning of a new year peering through the mists of our coming journey into the unknown. It is as if we are in a small boat carried along by a strong current, we can't turn back, but we can steer. If we take the tiller, we stop being the victim and become the hero of our own lives. We can hold a vision of our future and steer towards that place.

I was given a fabulous book for Christmas. This book will help me steer my way through 2015. Bishop Desmond Tutu and his daughter, Rev Mpho Tutu have written a powerful book—"The Book of Forgiving".

When Nelson Mandela came to power in South Africa, the world held its breath in fear. Would South Africa tear itself apart in a blood bath? Desmond Tutu was appointed the Chair of the Truth and Reconciliation Commission. Desmond Tutu learned a lot about forgiveness during this time and he and his daughter have written a very practical book.

He says we can not change the past, but we can take steps, which will help us forgive. It is not an easy journey, but a liberating one. We move from being a powerless victim of a situation to the hero of our life. Our lack of forgiveness does not harm the perpetrator, it harms us. Forgiveness is a gift we give ourselves.

We are all complicated and flawed people. We need to forgive others (in some cases, forgive an organisation), we need to seek forgiveness for what we have done, and hardest step of all, we need to forgive ourselves. It is time to put down our burden.

The burden of NOT forgiving is powerfully illuminated by repeating exercises through the book. In the first exercise, we carry a small stone in our non dominant hand for 6 hours. By the end of 6 hours, the stone has clearly shown how the lack of forgiveness wounds us.

He articulates 4 steps on the pathway to forgiveness.

1. We tell our story,
2. We name the hurt,
3. We grant forgiveness, and
4. We renew or release the relationship.

Granting forgiveness does not mean the perpetrator does not face justice. We all face the consequences of our actions. It does not mean we forget what has happened.

Often when we seek self forgiveness for our own actions and we don't know what to do. Bishop Tutu says - if we feel guilty we can make amends through actions. For example; we have broken something or stolen something or abused somebody, we seek forgiveness through our actions by repaying the debt and / or apologising.

However, if we feel ashamed, then we feel a profound sense of unworthiness and there is something wrong with me. Unexpressed shame can lead to isolation, depression and suicide. An example of this is an addiction. He suggests the way to self forgiveness is to 'voice our shame'. For example; the reformed drug addict visits school and speaks their shame to school children and teaches them the danger of drugs. The process allows the ex addict to move from victim to hero as they help guide the next generation.

The book has many examples of people forgiving the most horrendous crimes. These amazing, strong people grant forgiveness because they have compassion for the perpetrators lack of humanity. They know that anger and the need for revenge must stop now. Their ability to forgive frees them from bitterness and allows them to move on and lead a happy, fulfilling life.

May your journey into 2015 be blessed with forgiveness. May this year bring you to a place of contentment and joy. Let us all strive to be kinder and more compassionate humans.

♥ Best wishes

Rhonda Phillips,
TOS Chairperson

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TOS MEMBERSHIP FORM

I _____ (first name) _____ (Surname)
wish to join the Theosophical Order of Service – Western Australian Incorporated.

My address: _____

My email: _____@_____

My Phone number: _____

Annual Membership Fee: \$5.00

Cheque to: "The Theosophical Order of Service"
Mail to: TOS, C/- 21 Glendower St, Perth, 6000

Or

EFT \$5.00 in to the TOS Bendigo Bank
BSB: 633-000 Account: 116559105
Reference: Your full name

And send an email to tosperth@gmail.com advising of the deposit including your name, address and phone number.

TOS has two email addresses:

tosperth@gmail.com - for administration, and

tosperth@yahoo.com.au - for the TOS Newsletter.

Ebola decimates the Great Ape Populations

The World Wildlife Foundation reports that the ongoing Ebola Epidemic is having a devastating impact on the Great Ape population in Africa. This epidemic is largely unreported. The outbreaks of Ebola have caused large-scale die-offs of great apes, decimating populations of endangered and critically endangered species, and will take generations to recover.

As with humans, mortality from Ebola is extremely high, estimated at 95 per cent for gorillas and 77 per cent for chimpanzees. Conservationists have called for greater resources to be put towards developing a vaccine to help save these animals from extinction.

The Link of Hearts Healing Meditation

Anne Bower is coordinating a team of Meditators who will provide long distance healing to people on our TOS healing list. The person's name will remain on the list for one month and during that time the team will regularly send healing energy.

Contact Anne on tosperth@gmail.com or 0408 784 443



The Theosophical Order of Service - WA Inc.

We are a humanitarian service group who work to help others, near and far, and in the process transform ourselves.

Postal Address : C/- 21 Glendower Street, Perth WA 6000

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New members are welcome, however it is not necessary to be a member to attend our functions.

You are welcome.