



# *Life* *equipping* *News*

Volume 4. Summer. 2015

**There is no greater sense of  
peace and freedom than to be  
securely planted.  
Knowing all that you need to  
grow and thrive  
is supplied within the environment in  
which you live!**

Imparting HOPE

Igniting PASSION

Inspiring LIFE

# WELCOME....

The LIFE newsletter is produced quarterly. We hope it inspires you to pursue a life that is free and driven by purpose and passion equips you to reach your full potential on your life's journey.

We would love to hear from you. Feel free to share your stories with us. All personal details will be kept confidential.

**Today choose to live and love,  
your LIFE!**

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*together making a difference*

to

**Equip Individuals  
Inspire Families  
Strengthen Communities**

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# PERSPECTIVE

I believe 2015 is the year of extraordinary perspective. It is the year to live, grow and thrive.

Thus far 2015 has been a time of dreaming, goal setting and strategic planning to see a dream turn into a vision. When we begin a new year or a new day for that matter, we never know what new and exciting adventures await us nor the challenges that we may face.

Yet the angle on which the light is shining can change a challenge into an adventure or an adventure into a challenge. So, take a moment and think about where you are situated. How good is the light that is shining on your life?

Do you have any hope or is there just a glimmer of hope? Are you walking in darkness or in candlelight? According to scientists, no true plant can grow in total darkness unless you consider fungi to be a plant.

We believe you have the potential to live, grow and thrive because our perspective is that we know God loves you, believes in you and His dreams for you are greater than your dreams for yourself. If you take a moment to listen to Him, He will give you direction filled with hope and purpose.

The year for us began with Royal Kids in South Africa distributing school shoes, uniforms and supplies to 250 school children. The annual school shoe run is planned for the 27th of April 2015. If you would like further information or would like to be part of this annual event that impacts the lives of children, families and the community in Cape Town, please don't hesitate to contact us. We appreciate your support be it through prayer, time, financial assistance or hands on assistance.

One of our key goals this year is to partner with schools, contributing to their welfare and wellbeing frameworks by conducting preventative programs. We will further be conducting various seminars and workshops in the year to equip, inspire and strengthen you to discover and live your dreams. Stay updated on our events through our facebook page [www.facebook.com/lifeaustralia](http://www.facebook.com/lifeaustralia)

We know that every person has gifts, skills and talents, furthermore every person has dreams and a purpose. Some are living it some are yet to discover it. Is it time to shine the light on your dreams? Is it the year to live, grow and thrive with passion?

Candy Daniels

# Being Patient in the Pain

Life can throw many challenges at us. Some are easy to deal with, some are not so. Some we can change by altering things we do and some are out of our control.

So what do we do when a situation arises that is painful and prolonged. Pain can come in many forms, such as emotional; e.g. grief, if we lose someone or something we love or care about, or we lose a job and the security that came with it.

There is also physical pain that can come with an injury or illness or the pain as we watch someone we care about suffer.

In my life I have experienced many different types of pain and I have known many people who have suffered. The first question I had to ask was “Why do some people go through painful situations yet are able to stay positive? And secondly “Why do some people seem to get stronger?”

One of the first things I noticed is:

- ♥ They do not deny they have a challenge, a problem or illness; they just don't dwell on the circumstance or situation.
- ♥ For those who know the Lord, they draw their strength from Him by reading His word and taking hold of His promises for their situation.
- ♥ They are not afraid to call on others for help and prayer when things get tough. They know that strength comes when others pray, especially in those times when they are feeling too weak, overwhelmed or are just not sure how to pray.
- ♥ They have learnt to choose to wait and patiently trust.
- ♥ They have also learnt to choose to be thankful for the good things they have, no matter how seemingly small or insignificant they may seem.

Maybe you're in a challenging situation now; you're feeling the pain of loss or have been touched by illness. Never give up, there is always hope and hope's name is Jesus.

Karen Bekker

**It's your pain and you can do what you want to with it. We would like to encourage you to consider the following questions as to how your pain could be controlling your life, rather than how you can manage your pain.**

**Perspective** - how do you see the pain?

**Attention** - how much attention are you giving the pain?

**Inability** - how much power are you giving the pain?

**Notice** - how can the pain stop you from achieving your dreams?



## In Celebration of Life

Gertrude Chambers (Biddy) 1884 - 1966

Gertrude Hobbs was an ordinary woman who had a desire to serve God. Due to illness she dropped out of school, but pursued to become an expert stenographer. In 1908, she was on a ship bound for America, and she was getting to know a man who intrigued her – he was Oswald Chambers, a young Baptist Minister. When the voyage ended, they parted company, but began to write to each other and eventually they married in 1910.

Oswald's affectionate nickname for her was 'Biddy', which was a play on the words Beloved Disciple or B.D., which was transformed into Biddy. Together they founded the Bible Training school at Clapham, London. Biddy welcomed many missionaries and visitors to her home, which was always open to those who needed rest and recuperation. She was to continue with this ministry for most of her life.

When World War I broke out, Oswald sailed with the troops to Zeitoun, Egypt as a Chaplain. A few months later Biddy and their 2 ½ year old daughter Kathleen joined him. He reached thousands of soldiers on the very brink of the Valley of the Shadow of Death with the good news of Jesus Christ.

In 1916, Biddy received this note from her husband *“When I consider how completely and nobly you have foregone all quiet civilised influences that other women have and have*

*been living a literal hand-to-mouth existence all transfigured by your great love for me and Him, I must bow my head in dedication and say God bless you!”*

One year after receiving that treasured note, her husband went to be with the Lord at the age of 43. She remained in Egypt and continued the ministry. After the troops left Cairo, Biddy returned to England with 4 year old, Kathleen. She began transcribing her notes - taken during her husband's lectures throughout their married life. She signed the preface: “B.C.” rather than Gertrude Chambers. Biddy produced some thirty volumes of Oswald Chambers' teachings over the course of her life, but never took credit for the work or signed her name. Oswald Chambers' name always went on the cover.

"My Utmost for His Highest" was first published in 1927, and has remained continually in print ever since. It has been translated in to 39 languages. Thousands of people have been blessed and challenged as they have regularly read this daily devotional. Biddy went to be with the Lord in 1966, knowing that she had fulfilled the ministry which God has entrusted to her.

***“Narrow all your interests until your mind, heart, and body are focused on Jesus Christ.”***  
- Oswald Chambers, *My Utmost for His Highest*.

Amritha Perera

## LIFE talks - life lessons

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In our last edition I shared with you that I was going through the life lesson of patience. My current life lesson is understanding the importance of timing.

This dream of LIFE began many years ago as a tiny seed within my heart. For years I didn't know what I was meant to do with it. I would look at it and day dream of how one day it would .....

One day I realised that just by being in my heart it wasn't going to grow. I had to plant that seed of LIFE through faith in the soil where I was placed. My part was to nurture the dream and keep it safe from the environment that could kill the seed. I knew I would have those who would come along, who would encourage, challenge, question...

At times I had those who came and sat with me patiently with excitement, waiting and watching for it to sprout. At other times it was needing to safe guard the seed and eventually the sprout from weeds that were trying to squash it from developing. As you know, when you're given a seed all you can see is just that a seed. You have to wait to find out what it is going to produce.



In my dream I knew that it would one day be a large tree, with branches that spread wide as the root system, with one root that went deep in the ground looking for it's life source of water and nourishment.

I must say when you're trying to grow a tree that you believe has the potential to

be tall and strong, it's not just weeds that get in the way but the weather and other creepy crawlies just appear in various forms. I am sure some just come to investigate the new sprout in the garden, while others are just curious to see how long it would take before it withered. Please keep in mind that these are all natural conditions that equips and strengthens the seed /dream as long as you keep watch and tend to it in faith with hope of what you believe it has the potential to become.

I am glad to say that the tree (still a small seedling) has lasted and in the past few years it has been gaining strength. It has produced what appears to be a steady deep root and its trunk has taken shape. I look forward to seeing the branches form and the tree take shape in its entirety. I have also learned that timing is everything. A seed needs time to connect to its life source before it can grow in strength and stature. The height of the tree is often an indicator of the depth of the root system, just as the with of the branches are an indicator of the width of the root system.



Watching a dream unfold is breathtaking. At times it takes my breath away with excitement as I see it take shape and other times as I stop to consider the cost. The cost is often the time and energy it takes to guard the vision. If you are holding on to a dream, plant it in the right soil and let it grow into a vision. A vision has the potential to give you joy, while unleashing purpose and passion within yours and others hearts.

Candy Daniels

# AGENT OF CHANGE

For the last few weeks I have been overwhelmed by the life or characteristics of the lioness. I have been reading a book "Lioness arising - wake up and change your world".

The author Lisa Bevere speaks of the characteristics of a lioness and how it is time for the daughters of God to arise and open up their mouths, to release the roar of the Lord in our communities and our society. It is time to wake the lioness inside every girl and woman. I say it's time to wake up the dreams and passions of every girl and boy, man and woman.

When I look at the state of our communities and see children growing up with no sense of dignity or self respect. There are girls and boys walking the streets of our communities with no sense of motivation or ambition to become something in life. Our children are in need of protection and love and nurturing. Who are their teachers and where are they? It shocked me to have learned that young girls from the age of 9 years old fall pregnant. A child in my eyes conceiving a child. What do they know about raising a child or creating a legacy. This has stirred me to become a voice for every young girl not just in my country but in countries where young girls are being sold into slavery or human trafficking.

It is time that we wake up to action so that we can become change agents, to bring life and hope to the lives and worlds of young girls and boys. We

that came through tough times have a responsibility to touch the life of another. Your story wasn't designed to make you look good but it was designed to shape the life of another.

Don't let the fear of the unknown, the fear of failure and insecurities stand in the way. It is time for us to make a difference. I have decided to be counted as one to be a voice for our children, to say no to human trafficking and no to teenage pregnancies.

Our stories can reach girls and boys in destitute circumstances and can equip them to arise and to wake up the sleeping giants of hopes and dreams. It is time to see that we have a part to play, regardless of its size in shaping the world, the community our family in which we live.

Would you like to be counted as a change agent?

Danolene Johanessen

If you are wondering if you have what it takes to be a person who can make a difference and be an **agent** of change, here is a short list to consider

Available - time is a great gift

Gentle - be thoughtful & considerate

Experience - what can you contribute

Nice - be friendly and kind

Tender-hearted - be compassionate

Keep in mind that you can learn along the way as long you are available and willing. How do you plan on being a agent of change?

# Unique

We talk of uniqueness as each persons gift and talent that contributes to our world but what does it feel like to be unique?

For some it is the last thing they want to be. What they want is to be the same, to fit in, to get along, to feel part of a group. Being unique doesn't feel good, in fact they feel rejected. In some instances, whole groups are rejected by communities and society. Acceptance and belonging are needed to help people feel they can contribute.

When we feel we belong and fit in somewhere we can then begin to contribute to that to which we belong . If I feel I belong and fit in with people who enjoy talking about sport, then I will relax and contribute to the conversation. If I'm sitting amongst fashion designers I may not feel I fit in so I do not contribute to the conversation. Over time I may disengage and start thinking of ways to exit the group. I may feel rejected and think I need to change in order to fit in and begin to feel I belong.

As we grow and mature 'fitting in' becomes a way of understanding ourselves and the community we live in. However, it is not the environment that determines our fit, it is our choices. We choose to fit in at the expense of our true nature or we choose to stay true to our nature. This choice can become the point of stress and confusion when the need to belong overwhelms the emotions. If I am a sports person associating with academics I may deny my need to be physical in order to fit in and belong to the academic group. My nature is to be active yet I am trying to be still.

An article I read explained it something like this:

We are born with an empty filter of what is acceptable or not. Lets call it a backpack. As we grow we pick up stones of emotions and place them in this pack. Some are big boulders and some are little pebbles. We show our 'findings' to the people who are important to us.

A stone story may look like this. "Does playing football make me acceptable to you?" The spoken or unspoken response is "Yes, and I cheer loudly when you kick goals." The child now chooses to put a pebble, rock, or Boulder in their pack. A pebble may be "I am accepted" A rock may be "I am accepted when I kick goals" And a boulder may be "I am unaccepted because I don't kick goals."

As we grow, these stones shape our life. They may be encouragements to climb our mountains or they may be weights causing us injury or stopping us from moving at all. It is when these things hinder our progress that we need to look inside our backpacks at the stones we have placed there.

Acceptance starts with you, self acceptance. If you don't accept yourself, then you believe you are unacceptable. When you accept yourself, belonging becomes easier and from belonging comes the natural flow of contribution. When we contribute we reinforce the belief of belonging and feel accepted.

In some cases others have placed rocks and boulders in our pack that we are unaware of. The feeling of 'unacceptable' was given to us when the environment we were born into was insecure, unpredictable or hostile in some way. We may have been adopted, fostered and placed into a blended family. We can begin to believe we are unable to affect our environment in positive ways, leaving a feeling of hopelessness or apathy. We may also believe things are out of our control.

The first step to acceptance comes when you are able to acknowledge your uniqueness is acceptable. God is not asking us to fit in, He is asking us to stand out. To stand out with confidence we need to discover, from God, who He created us to be.

Psalm 139:1-4 & 14 says

O LORD, you have searched me and known me! You know when I sit down and when I rise up;

you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O LORD, you know it altogether...

...I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. Perhaps the next time you find yourself in a group talking fashion design instead of football you can celebrate your ill fit and relax knowing that God says you are fearfully and wonderfully made...to like football.

Jodie Chambers

## ***Your Own Diversity!***

You are **UNIQUE**. Be confident about this and discover your **PURPOSE**.

You are **VALUED**. Be hopeful about this, it will reveal your **PASSION**.

You are **IRREPLACEABLE**. Be sure about this, it will enable you to receive **LOVE**.

**Once you can accept who you are you will be fearless, fruitful and free!**

“TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND.”  
— LEO BUSCAGLIA

Are you listening?



Of late I have had many conversations with people who feel like they don't have a place to express their views/

feelings or often feel lost or invisible around others. Whilst there are many reasons why this occurs, I wonder if the busyness of life, not being present and struggling to listen to each other accounts for some of this. When you meet with someone and have those conversations where someone really listens and engages, the depth of conversation, the care and respect felt is conspicuous and heart-warming.

Stephen Covey succinctly says most people don't listen with an intent to understand but with the intent to reply. Friendships, partnership, marriages and teams could be so much richer if the art of real/active listening was practised. Practising active listening seems painful and laborious at first. It seems to be something unnatural to many of us and practising not only the art of being silent but also practising listening feels foreign at first but like any skills over time becomes part of who we are and enriching to those around us and aids in conflict resolution.

Listening can be categorised in different forms for different purposes such as: Informational Listening - listening to Learn, Critical Listening - listening to Evaluate and Analyse, Active/Empathetic Listening - listening to Understand Feeling and Emotion.

The process in active listening is:

- ⇒ Encourage
  - Conveys interest
- ⇒ Clarify
  - Gets more information and explanations
  - Stops misinterpretation
  - Seek the message behind the words
- ⇒ Restate
  - Shows listening
  - Checks meaning and interpretation
- ⇒ Reflect
  - Shows empathy
- ⇒ Summarise
  - Reviews progress
- ⇒ Validate
  - Acknowledges values of other person
- ⇒ Build
  - Continues and enriches the conversation
  - Aids the conflict resolution
- ⇒ Reflecting
  - Convey your observations

Awareness of non-verbal communication is very powerful. Communication is made of approximately 80% non-verbal. Many break it down even further to say that 7% is verbal, 38% is tone and 55% non-verbal.

This includes:

- ⇒ Tone of voice
- ⇒ Emotional pitch
- ⇒ Touching – touch tells a lot about what someone is feeling and convey a thousand words
- ⇒ Facial expression – can show interest, disagreement etc
- ⇒ Posture – indicates whether someone is tuned in
- ⇒ Nods, grunts etc – conveys attention
- ⇒ Body movements – i.e. rolling eyes shows lack of agreement, boredom etc.

Barriers to listening can be our own response and reactions to others or what there are saying - such filters may be our beliefs, interests, attitudes, values, expectations, current mood, past and future images, prejudices, memories, past experiences and assumptions. Self awareness and later reflection can provide insight into what these barriers are and how they manifest.

“One of the most sincere forms of respect is actually listening to what another has to say.”

Bryant H. McGill  
8 Jan 2014 6:33 am

LOS ANGELES TIMES

**PEANUTS CLASSICS** By Charles M. Schulz



Trudy Buchannan

# LIVING Life

## SEMINARS/WORKSHOPS

All seminars/workshops are interactive, exploring fun and healthy ways to create change through experiences that challenge our thinking, feelings and behaviour that often impact us physically, emotionally & spiritually.

### POPULAR TOPICS

- RESILIENCE** - knowing & understanding individual capacity*
- ENDURANCE** - knowing & understanding behaviour as language*
- BOUNDARIES** - the essentials for everyday living*
- RESPECT** - the art of conflict resolution*
- STOP** - recognising the signs & speaking up against abuse*
- IMAGE** - understanding all that you are meant to be*
- COVENANT** - keys to the connection*

seminar (one hour interactive presentation) / workshop (tailored to suite your needs)



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