



Life *equipping* *News*

Volume 4. Issue 4. 2014

We reflect our thoughts, feelings,
intentions through our behaviour.
Most often it is not a true image of
who we are or what we believe!

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

Our desire is that the articles will inspire, encourage and equip you on life's journey.

We all have one life to live and the choices we make today will impact all our tomorrows.

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

We would like to acknowledge Pam Visscher as copy editor.

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Cover Photo - LIFE Images
Cape Town - South Africa



Candy Daniels
Director

LIFE International Representatives

Jodie Chambers
Australia

Danolene Johanessen
South Africa

Amritha Perera
United Arab Emirates

together making a difference

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www.lifeinternational.com.au
info@lifeinternational.com.au
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The act of LOVE

Why is it easy to love some and not others? Why is it that we most often get frustrated with those we love, yet put up with them? Two questions I would like to address in hope that we can reflect on the choices we make in the act of loving someone.

Firstly, let me say that love is an action that should only be shared with living matter. We can't say we love a rock, the ocean, food etc for these things are not able to reciprocate the act of love you offer. We should only love an entity that is alive.

We often fail to see that we use the word love instead of like or appreciate towards 'things'. Yes, by all means if you choose to love a rock then that is your choice, BUT you will be disappointed and experience loneliness, lack of affection.... when you realise your expectations that you place on this rock will never be reciprocated. Things we hear, see, touch, smell or taste can give us pleasure but they cannot give us love unless they are living beings.

On the other hand, if you get pleasure from someone you love, it touches your mind, body and spirit, and most often you will feel compelled to act

kindly towards the one who has touched your heart. Your heart is the centre of your being. It encompasses you, your needs, wants and desires. We have been inbuilt to live in love and through love and how we act out this love is what we experience.

If today you are reading this and you feel that your love tank is empty or you have a void within your heart, take a moment to consider the following -

Living - is the one you love living and active in your life. Do they know you exist?

Our - when you engage use words that are inclusive. Ask the question what are our expectations rather than what are your expectations. There is only one letter missing between the words your and our - it is the Y.

Vote - you have chosen to love this person. This means you trust, respect and are dedicated to ensuring that you will act out of love towards them for their good.

Engage - you must participate and become involved in their life.

To love, we must be in relationship and this is what we have been created for - to be in a relationship with God and each other.

Candy Daniels

Transforming Lives

On Saturday the 26th July 2014, excitement arose in the atmosphere of Ceres; a small farm town outside of Cape Town in South Africa. Four hundred very disadvantaged children from this intense poverty stricken area came together to receive their very own and first school winter uniform from us. In summer and winter, whether it storms or the sun is shining, these kids go to school with no school shoes or school uniform. These kids often attend school with a short sleeve top and shorts even when it snows. You can just imagine yourself, how it must feel walking for 10 to 14kms to school, with icy cold weather on your face and whole body. We couldn't believe it, until we experienced and saw it with our own eyes. It drove my 6 year old daughter to tears as she witnessed it. Even at her age she was moved to take off her jacket and give it to her Dad to give to one of the children at the school. So, we took it as a challenge and call from God to help these kids. Not just clothing them from top to toe but with the necessary resources to be able to attend school as comfortable as possible.

On the 1st May 2014, the process started. At this time we didn't know it was going to be such a huge project, but we decided not to be deterred, but to keep our eyes fixed on the mark, helping these kids. We pulled together a sewing project in less than a week. We employed 4 unemployed women to sew all the tracksuits, t-shirts and beanies for us. We manufactured over 400 beanies from waste material. A clothing factory in Cape Town wanted to throw the waste fleece in the bin. When I heard about it at the time, I knew that we would be able to use this material for the project. We managed to cut it in such a way that it generated an amazing number of beanies.

This taught us that what one considers waste or trash another can see the value and potential and use it to turn it into something of value.

People and companies started contributing and investing towards this Ceres project of clothing children top to toe as they saw the value in these children.

As we look back at the journey we took from the 1st May 2014 to the actual day, the 26th July 2014, we see how it has transformed our lives and view point. It was life changing. It shaped our hearts into a deep knowing that anything is truly possible if only you believe. That when your heart is set on the right thing that you will achieve that which your heart is set on.

Four hundred children were given hope and a deep sense of understanding that God does listen. When no one was there when they prayed, God was, and that He made it possible for them to be warm. These are just a percentage of children in South Africa, besides the world, that are in need of basic necessities to be able to attend school. In the midst of all the pain and suffering they face against the odds, they are in school every day and they have a love for life that some of us who are affluent or comfortable can only dream about.

Our motto is "To reach one school at a time and serve them the best we can" – Why don't you today help us reach one school at a time and shape a generation of children into powerful and amazing adults.

Danolene Johanessen



Perception

This is my journey as a woman in her late 40s trying to be healthy and perhaps thin. Do any of you think you are not too fat but just rather chubby? Maybe it is just me. I keep on telling my husband I am not fat but that he is looking at me through 'fat lenses' - as a way of getting away from the truth. So I embark on this 'diet' of healthy eating and lose a kilo or two and voila! I feel like a million as I hold my head up high. After I stepped on the scale I know that the chocolate cake I turned down was for a good cause.

I am telling you this because I needed to find a dress for an evening event and was desperately trying to find something that made me feel good. So, all was well until I went into a fitting cubicle to fit a dress. The look in the mirror changed everything in a second. All my new found confidence came crashing down. Why? It has to do with perception. Because I could see how much I still need to lose and not how much I have already lost. Interestingly my newly acquired concept of being chubby changed to obese, fat, hopeless and impossible. Isn't that funny?

Well then, how do I live with my imperfections and my chubbiness without feeling hopeless? I'll never be Twiggy but I am also not sure I want to be Twiggy. It would be nice to go into the shop and fit into a small size for once, whether I have a big bone structure or not.

That aside - isn't it funny how it only took one look in the mirror to derail all the good work I have done, and all in under 10 minutes. Let me put this into context of our everyday lives.

As life goes, the relationship I have been working on for so long which looks like it is cruising, or the dream I just started living, can be disrupted in seconds. When I say disrupted, I mean I can be overwhelmed by a fight I just had with a loved one, or my 'dream' job is not working out and I am retrenched or this and that.... the list goes on. Disruption can be anything that upsets my organised perfect world. My body goes into hyper-active drive and I feel hot and cold at the same time, whilst my thoughts are conjuring up these catastrophic images of what can go wrong and how I can end up and the humiliation etc etc etc . I lose my peace, my perfect world lies in pieces around my feet and I sob my tears of disappointment and failure. Has that ever happened to you?

What I like is God knows what just happened and even though I wish it didn't it did and I have to somehow accept it. Isaiah 49:1 says "Look, I have inscribed your name on my palms; your walls are constantly before me". My name is tattooed in the palm of Jesus' hands. How awesome is that? What a comfort? So I can pick myself up, dust off the catastrophe and journey on, because I am not alone, I am being understood and I am loved. I am starting to eat healthy again, just so you know.

Anna Marie Steyn

LIFE talks - image

I have been counting down to spring in Melbourne, Australia. I don't care too much for winter, although I like sitting in front of the wood fire, seeing snow on mountain tops, cuddling up with hot chocolate, blankets... ok, so these are things I appreciate about winter. But I enjoy the warmer weather much more. My ideal temperature would be anything between 21°C to 27°C.

This year I spent a month of winter with my family on a holiday in Cape Town, South Africa. I was told the winter there is not like Melbourne as it is warmer. I soon realised that the weather in Cape Town was much like Melbourne, in that one can experience all four seasons in one day to some extent. We certainly didn't have a summer day at any point but there were beautiful sun drenched days (almost 21°C).

I have been to Cape Town before and it has always been during summer. This was my first time in winter and it was going to be a new experience. What was interesting was all the images in my head that I kept drawing upon were of summer as that had been my past experience. I couldn't picture cold weather in a place filled with the beauty of summer.

We had many beautiful days of sun and cool air. Then one week in the middle of the holiday we had a week of cold weather. The beautiful mountains were covered in snow. Guess what! My perspective and the images in my head began to change. I saw another picture, gained a new perspective and understood that cold is cold no matter where in the world you may be and it all comes down

to how many layers you are wearing to stay comfortable, maintaining one's own ideal temperature. As you may have gathered already, my ideal is varied. It's not a set temperature but a range.

We are like this as people. We have a set point of view based on the images that our brain has captured. It keeps reminding us of our past. It has no concept of a different view unless it has experienced it. Yet, our thoughts can alter the image in our brain when we have hope.

Hope is like a ray of sunshine. It changes perspective as it reflects not just the image that is seen but the ideal that is. Have you ever seen a rainbow whilst there is a downpour of rain or during a storm? The rainbow is only visible, dependent on two things -

- The light beam that is produced by the sun which creates a reflection. This gives us hope that the storm, regardless of the damage it may cause or is likely to cause, will pass eventually. Now the repercussions of the storm may last for days, weeks or even years. What really changes and gives us hope in the storm is based on who we position ourselves with and who we take refuge in.
- We must position ourselves to see a rainbow. A rainbow is never visible from all angles. This is because the rainbow is directly on the opposite end of the sun. It's like trying to take photo into the sun or light. What you will get is a dark image. However, if you took a photo on a angle or with the light to your back, you will get a much clearer view and capture the true image, in all its splendour.

Did you know that you have been created in the image of God? Wow, just imagine that for a moment. Can you conceive it or perceive it. The reason I believe we fail to see ourselves as image bearers of God is this. We are not positioning ourselves at the right angle or in God's truth. Like I said earlier, our brain only captures the images of our past. It is not able to have hindsight of the future. Jesus is the only one who can offer us hope; taking all the shame, guilt and fear that causes imperfections in the reflection that we see of ourselves. Jesus (Son of God) is the light beam in our life. The light beam gives us an understanding and hope that the storm will pass and rebuilding and recovery can be achieved.

We often fail to realise or comprehend that we are not broken, but that we are damaged image bearers because of the storms we go through in life. Storms are possible regardless of the season. Anyone can experience a storm. It does not discriminate based on your faith, wealth, title, size etc

To have hope in a storm we need understanding that the storm will pass. Most importantly though, we need to be prepared with the correct attire or seek assistance if we are not prepared for the weather conditions that could change. Today, consider what you have packed in your case for the journey of life.

Candy Daniels

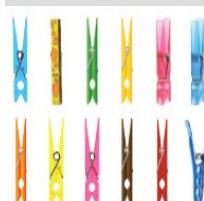


LIVING LIFE KIT



Confidence

Knowing your capabilities in holding your emotions & capacity of your faith.



Courage

Displaying your ability & durability with assurance of who you are.



Passion

The ability to colour your world & not just see black & white in your story.



Determination

Having strategies & the right tools for the challenges & your stick ability in any situation.



Commitment

Having ownership in order to know when to hold on & when to let go.

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REFLECTIONS

We usually see a reflection of ourselves when we look in a mirror. Sometimes we may catch a glimpse of ourselves as we walk past a window. Reflections are an image of the real thing and don't reflect our true nature. When we look at our reflections we place our perspective of ourselves on the image that is reflected. If we like what we see, then we can have self-confidence. If we don't like what we see – too fat, too thin, too weak etc. – then our self-confidence can be low. The image we see is actually a representation of our own perspective.

Developmentally, we discover who we are through seeing ourselves reflected in others, mainly our parents and extended family members. When we are reflected in a positive way, the image we see of ourselves is positive, allowing us to grow and thrive. However, if we are reflected negatively, we can take on a negative image of ourselves and fail to reach our full potential. The image that we have of ourselves is what we reflect out to the world. The better our self-image, the better our reflection. The better our reflection, the better our perspective on life, ourselves, our life and others.

In essence, we spend a lot of energy looking at our reflection, or rather, *for* our reflection. If we expand our energy looking for our true nature through television, magazines and other media, we can get a distorted view. We may never be a top model, the next singing star, or The STIG. However, we can excel at being who we were created to be. This may sound all very poetic, and perhaps nothing that you haven't heard before so let me explain how we can lose sight of our true nature.

When you smile at babies, they smile back. Also, if a baby smiles at you, you smile back. Research shows that if a baby smiles and is

not reflected, the baby can become anxious, stop smiling and may even turn their head away. They can grow up feeling unsafe or unsure of who they are as they are not having their emotions reflected, or their emotions are minimised and unnoticed. This can lead to a person looking to others to tell them who they are, projecting a negative perspective of themselves onto others. They may be seen as the class clown. However, what they are asking is "Am I funny?" "Do you like me?" The loud and extraverted may actually be trying to have love and acceptance reflected back. Young people say they feel more relaxed and can socialise better if they have been drinking. What they are saying is that without alcohol my reflection is not acceptable.

The concept of reflection becomes more complex when we come from an adoption, abusive, broken relationships or dysfunctional environment. Our reflection can be distorted by an event, effectively dirtying the reflection. If we are not reflected well, we feel a need to change or alter our true nature to find acceptance in our social group, community, or even the world in general.

In the Bible it says we are created in the image of God (Gen1:26 & 27) and that Christ is the visible image of God (Col 1:15). When we look to Christ to discover our image then we can be who we were created to be. He knows who we *really* are!! Looking to others, television or media can leave us with a distorted perspective, a faulty reflection and a poor image of ourselves

To discover your true nature and find yourself reflected in the best light, you may need to answer the question "Who is Jesus?"

Do you view Jesus through an image the world has projected, or through an image God has made visible?

Jodie Chambers

HOW OUR LANGUAGE RELATES TO OUR THOUGHTS.

Have you ever considered the possibility that the words we speak, and our posture, could represent our emotions and thought processes? It can further be an indication or sign of the level of hope or despair that we are holding deep within our hearts. Some language to consider (words and body language need to say the same thing) -

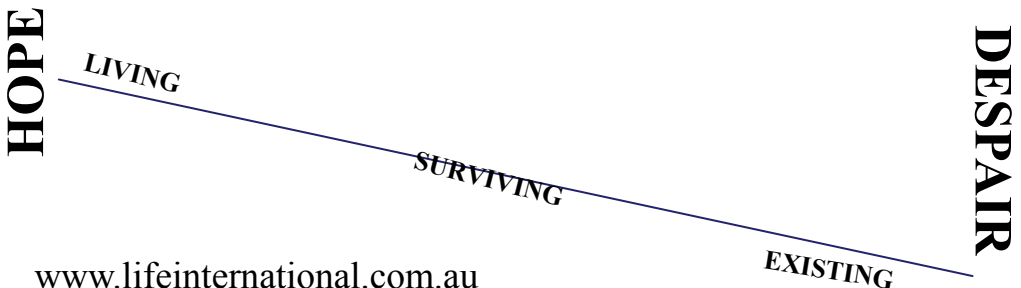
- ☐ I can... (words) and looking at you, is usually a indication that the person is in good spirits and is able to make a decision about what they want to achieve.
- ☐ I will try... (words) and looking away or down, is a usual indication that hope is fading and they are beginning to question how a task may be achieved. Resilience is becoming less.
- ☐ I can't... (words) and looking down, is a indication that they are more focused on what they believe they can't achieve and it's even too hard to possibly try.

Keep in mind that if you are asking someone to do something they really don't want to do, you will likely get an 'I can't' response along with at least one reason why. This most likely means the person just doesn't want to.

The scale below is a indication that we can fluctuate between hope and despair from time to time. The middle point represents the 'I will try' point and the person usually has doubt or uncertainty. This person is possibly starting to feel insecure. The danger lies when we keep slipping down and are struggling to get back up.

When you are slipping it doesn't take much to lose your grip. I encourage you to listen with your eyes and ears to the language spoken by those around you. Show you care and ask questions if you are in doubt about how they are. Those who are slipping down the slide may seem like they have it all together or may even isolate themselves because they don't want to burden you with their 'problems'. At the point of despair, most believe that they are invisible or no one cares. They have lost hope in believing that they have options or choices to make.

Take a moment to smile or say hello, you might show you care and save a life. Don't take your life or another person's life or how they live for granted. No one knows the pain that is within the heart of someone experiencing loneliness. Be an agent of hope!



In Celebration of Life - Elisabeth Elliot

Elisabeth Elliot is one of the most influential Christian women of our time. For a half century, her best selling books, timeless teachings, and courageous faith have influenced believers and seekers of Jesus Christ throughout the world. She uses her experiences as a daughter, wife, mother, widow and missionary to bring the message of Christ to countless women and men around the world.



Elisabeth, born December 21, 1926, is a Christian author and speaker. She studied Classical Greek believing that it was the best tool to help her with the calling of ultimately translating the New Testament into an unknown language. A student, Elisabeth found herself falling in love with Jim Elliot, the life of the party and the soul of many prayer meetings held on campus. Jim was frequently credited with saying, "Wherever you are, be all there; live to the

hilt every situation you believe to be the will of God." This is how he lived, and how he died. After declaring his love for Elisabeth, Jim believed God was calling him to go to the international mission field in Ecuador as a bachelor.

Though they were divided by the Andes Mountains for five years, Elisabeth accepted Jim's marriage proposal and the condition attached to it: to learn the Ecuadorian Quichua language before they got married. Jim Elliot and Elisabeth Howard went individually to Ecuador to work with the Quichua Indians. They married in 1953 in the city of Quito, Ecuador. In 1955 their daughter Valerie was born.

Jim was drawn to the challenge of reaching a savage group of Indians amongst whom no white man had ever set foot and lived, known then as the Aucas (and now as the Waorani). Realising he could never accomplish this monumental task alone, Jim surrounded himself with four men who shared his vision. For months they poured over maps of the Ecuadorian jungle. This dream was not pursued on a whim. It was carried out in direct response to what the men believed to be the will of God for them in that place at that time. When all of their meticulously engineered efforts ended in all five men's deaths in January of 1956, this was not the end of the story. It was merely the beginning. Out of their deaths came everlasting life for the Waorani people, through Elisabeth's willingness to take her three-year-old daughter, Valerie, with her to live among the very people who had speared her husband to death.

For five years, Elisabeth and Valerie (along with Nate Saint's sister, Rachel) slept in hammocks, cooked over open fires, read by candle and lantern light, bathed in the river, and dissected the Auca language. Later Elisabeth returned to her homeland. In 1969, Elisabeth married Addison Leitch, who died in 1973. In the mid 70s she served

as one of the stylistic consultants for the committee of the New International Version of the Bible (NIV). A hall mark in the success of Elisabeth is asking this foundational question: Is this God's will for me, right now, in this place? Even after tragically losing her husband, she trusted God's faithfulness unfailingly over the years, and has used her story to minister to thousands.

In 1977, she married Lars Gren, a Hospital Chaplain. The Grens later worked and travelled together. Elisabeth ministered amongst three indigenous groups in Ecuador before helping listeners and readers find joy in the ordinary affairs of life, cooking meals and cleaning toilets on her globally syndicated radio program 'Gateway to Joy'. She called it *living sacramentally*, and her rock-solid principles shaped many lives. She almost always opened the program with the phrase, "'You are loved with an everlasting love,' that's what the Bible says and underneath are the everlasting arms." This is your friend, Elisabeth Elliot ..."

At present Elisabeth is 87 years old and lives with her husband Lars in Boston. As Elisabeth so often reminded her listeners, "Every situation no matter how dark and distressing if given to Jesus, can become your gateway to joy. It was true then and is still true today. What matters to *you* matters infinitely more to *him*."

*Information compiled by
Amritha Perera*



SEMINARS/WORKSHOPS

RESILIENCE

Imparting HOPE - gain strength, understand capacity, establish endurance; physically, emotionally & spiritually.

ENRICH

Igniting PASSION - imagine greater, achieve goals, unleash your creative genes by gaining awareness & balancing to live and love your life.

DESIGN & DEVELOPMENT

Inspiring LIFE - release tension, revive lost dreams, restore confidence by unlocking your potential.

DESIGN & DEVELOPMENT

These events are interactive, exploring fun and healthy ways to create change through experiences that challenge our thinking, feelings and behaviour.

Looking forward, equipping & empowering you on your journey!

For further details or to book into our upcoming seminar visit us at

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