

## ***Book Table / Lending Library***

As we welcome in the New Year it is exciting to explore new ways of looking at the world around us. Bruce Lipton's insightful book, "Biology of Belief" provides yet more evidence for the power of our thoughts on our health and wellbeing. The book is described as,

"a groundbreaking work in the field of new biology, and it will forever change how you think about thinking. Through the research of Dr. Lipton and other leading-edge scientists, stunning new discoveries have been made about the interaction between your mind and body and the processes by which cells receive information. It shows that genes and DNA do not control our biology, that instead DNA is controlled by signals from outside the cell, including the energetic messages emanating from our thoughts. Using simple language, illustrations, humour, and everyday examples, he demonstrates how the new science of Epigenetics is revolutionizing our understanding of the link between mind and matter and the profound effects it has on our personal lives and the collective life of our species."

Enjoy this book as you welcome in 2013! Happy New Year!  
Rev. Joanna Drewry  
Library and Book Table

## ***Affirmation of the Month***

I enter this New Year knowing that I am fully immersed in the essence of Spirit. I affirm that all my energies are in alignment with the inner love and joy that are the truth of who I am. I walk in peace. And so it is.

***Please note:*** From time to time we will take pictures or videos of people at services or events to put on our Website or Facebook. Please let us know if you do not want to be included in this.

## ***Positive Living Centre of Victoria***

### **Centre News for January 2013**

#### ***Kim's Korner***

This is the third year that I have presented this prayer by Ernest Holmes in our January bulletin, his words capture the essence of the prayer each one of us carry in our hearts. If you have read this prayer before, I invite you to hear it in a new way, and allow its wisdom to open your heart and set the tone for 2013.

#### **Lighting our way to Peace by Dr. Ernest Holmes**

I recognize the eternal and universal presence of Spirit. It is the absolute cause of everything that exists, all in all. I consciously unify with Spirit, recognizing that my life is an expression of Divine Life. I am one with the human family. We think with one Mind, beat with one Heart, feel with one Spirit, and are the allness of one soul, individually expressed and uniquely imprinted.

I recognize that the Universe is made of abundant loving energy. There is nothing in the world but God's love. I am at peace with myself and with all other people. I know that peace fills the hearts of every man and every woman, everywhere. The truth about individuals involved in conflicts is that they are the love of God. They, as I, now recognize the sacredness of all life. In my own affairs, the reasons for conflict and arguments are gone. I now act in loving ways, aware of the essence of who I am and knowing this essence cannot be altered by anyone. I am a loving peaceful spirit, I forgive all who may have injured me. And I forgive myself for those I have wronged.

Our home planet Earth, is a living, evolving, sustaining world of peace. The world treats its precious inhabitants harmoniously and with love. Through correct use, which I declare as a reality now, there is a limitless supply of land, food, water, and shelter for all its citizens. I give thanks for this realization of truth for myself, my human family and Earth. I now go forth gently and gracefully, fully aware that it is through Your Divine Presence that we are able to live one with the other, fully embracing all forms of expression. Knowing that You have created me in Your image and have empowered me to co-create with You, I understand the power of my thought. I bless and release this prayer into the Universe, surrendering it to the activity of Law and the all sustaining power of Love.

Bless each one of you in 2013.  
Submitted in love, Rev. Kim

### ***President's Remarks***

I can't believe another year has gone by already!! The New Year always brings thoughts of change and growth. Our Annual General Meeting is coming up in February and with it we will lose some Board members and gain new ones. I will be stepping down as President at that time. I have been President for the last two years, and it has been a great honour as well as a wonderful experience for me. But now it is time for someone else to take the helm. The new Board will have a planning meeting in March, so please think about any suggestions you might have regarding events, workshops, classes, etc. And please plan to attend the AGM.

Wishing you all the very best for the New Year!

Love,  
Cathy Fletcher  
President

## ***Announcements & Events***

### ***Our Sponsored Children in the Philippines***

We received Christmas cards and letters from the children last month. Dexter's latest challenging class is that of public speaking. He shares about being nervous and emitting "ehs" and "ahs"! He wishes us a joyous Christmas and says he loves us all. Grace mentions her engineering physics exam as being a challenge (no kidding!) and includes explanations of their cultural celebrations. She also wishes us God's love at Christmas. We have sent Christmas cards signed by some of our members, along with beautiful letters written by Michelle Marier -- Thanks Michelle!

### ***Tithing Sunday:*** January 6<sup>th</sup>

The PLC encourages individuals to tithe, and also tithes as an organization. This Sunday is when we invite the recipients of our yearly tithes to come and speak about their organizations. This year's recipients are: The International Association for Transformation, The Tsawout Snepeneks Cultural Society, The Single Parent Resource Centre & The Mustard Seed.

### ***African Aids Angel Workshop*** January 16<sup>th</sup>

Our first session of making Angels will be on Wednesday, January 16<sup>th</sup> at 2:00 at Pat Alfke's house, 3636 Revelstoke Place. 250-721-3666. There is a sign-up sheet downstairs. If you have a glue gun, please bring it.

### ***Meditation Workshop:*** details to be announced.

Jim and Christina Scott will be hosting this workshop, and plan to start it near the end of January or in February.