

"What can you do for yourself that will benefit the wider community today?"

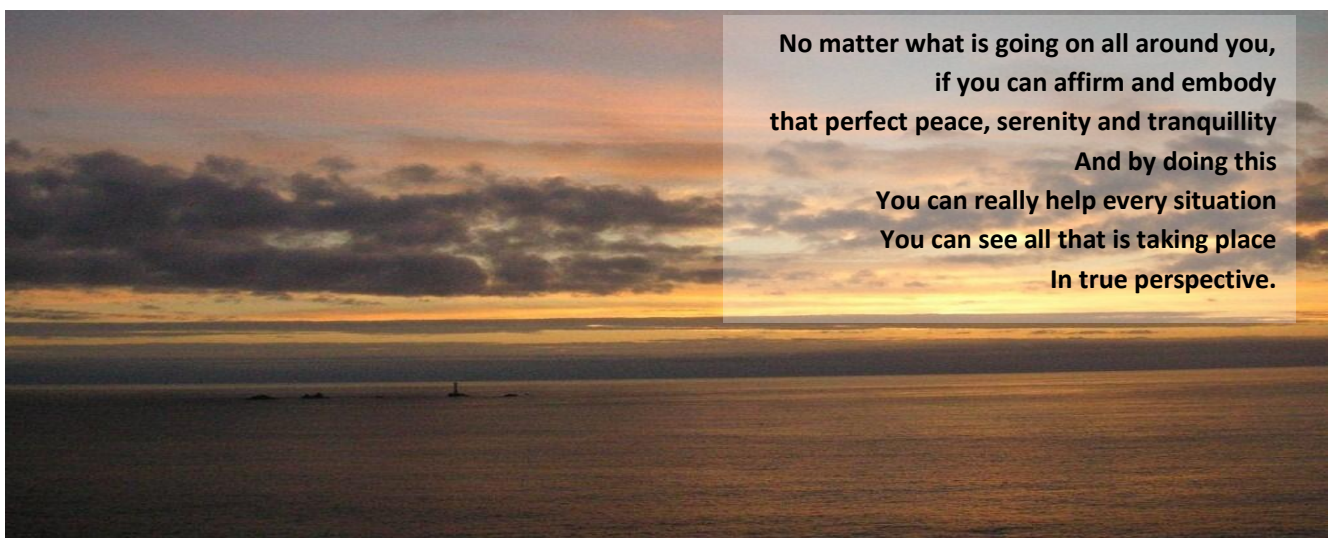
The focus for November. The most important thing, before starting to think about helping others, is to remember that we need to love, honour, and nurture ourselves in the first place. Explore what makes your heart sing, and you will be in a better position to love and inspire others. That means looking at the gifts that we as individuals have been given. This may be as simple as making a cup of tea with love, or as complex as managing a major community project. It's all valid, all worthwhile, and together makes up the whole. Never underestimate what you have to offer. Everyone has something to share, starting with a smile! Here are a few suggestions.

- Start within yourself first, and work on developing a positive and grateful mindset. To bring to yourself your heart's desires, use the Laws of Attraction which state "Like attracts Like". Put out positive loving energy as best you can, and it will return to you. There is plenty of information in the form of books and DVDs to help and inspire you. Rhonda Byrne's "The Secret" could give you some ideas.
- Do you enjoy gardening? To fill up your garden and veg patch with beautiful produce organise plant and seed swaps with your friends and neighbours. Your garden benefits and so does the community's.
- Do you love arts and crafts? Share your skills and enthusiasm. How about forming a small group and meeting regularly over a cup of tea, or even a glass of wine! If you knit, share the joy of making items that can be used in disaster areas. This is a win-win situation. You have fun and companionship and may learn new skills, and the group has a feel good feeling knowing their work is helping others. Or, make a patchwork quilt together, and you will develop a feeling of togetherness that transcends the task.
- Would you like your ironing done? Trade jobs! Perhaps you like cooking or baking, but can't stand ironing. If so then swap jobs with friends.

One person's joy may be another's despair. The list could be endless!

A sense of belonging and community is of great value to us all. This can so easily be undervalued and lost in our modern world. Be brave and take one small step to reach out to local people. You never know ... it could be the doorway to exciting new friends and experiences. **Lindsey Price** (core team member)

Ba Miller (core team) has sent the following quotation from Eileen Caddy's Meditations....



Actions that Matter



At last, humanity does indeed appear to be waking up to the fact that we simply have to change our society and the way we relate to everything in our lives. Take heart, my friends: we are rousing to action at the eleventh hour! No, I've not been turned crazy by the last few years' relentless knocking-my-head-against-a-brick-wall syndrome. I've actually realised that the previously hidden 'Parallel Community' of alternatives, spiritual, eco and mystical people out there are in fact turning the tide to get us all to create a new reality.

At this most appropriate time of Hallowe'en (Samhuinn in the Celtic calendar), a time when the Ancestors are closest to this world of their descendents, they would not be turning in their graves but rejoicing in the fact that we are beginning to take them and their handed-down traditions and advice seriously. The wisdom of certain ancient prophecy, indigenous traditions and shamanic practice comes to the fore to remind us that we are here to create a new paradigm of human life on this planet – and we've got precious little time to implement the changes. But change does happen and we will now be a conscious part of it.

So don't just sit there – do something! Take inspiration from these current initiatives (and forgive me but if you haven't got a computer, find someone who has and will share these with you. If nothing else, that's your positive action contributing to the whole):

- **Watch** – in the UK or on iplayer BBC2 Fridays 7pm: "The Big Silence": a reality TV show (urgh! I hear you scream but hang in there...) where the Abbot of Worth Abbey, a Benedictine Order in Sussex, takes a group of ordinary people and offers them an experience of silence. Fascinating and very real, culminating in practical values for everyday life. www.worthabbey.net
- **Link In** – to Patricia Cota-Robles' initiative on November 11 (11:11:11) for a Global Link Up to change common consciousness. <http://www.newrealitytransmission.com/> Big Peace mission – we can do it, be in it, do it now!
- **Log On** – to another Peace Event. As they say, "every little helps" and all these things contribute to a new unique global awareness. <http://compassion.org/group/one-peace-live> On November 6/7, an opportunity to attune our heartfelt wishes to the grace of divine spiritual leaders to assist us in our endeavours.

Have fun!

Lynn Forrest (core team member) (www.lynnforrest.org)

Kernowkopia

"This year the PC is going to have a stand at Kernowkopia, Cornwall's own spiritual, mind and body event. This is to be held at the Sands Resort, Watergate Road, Porth, Newquay, TR7 3LX. It begins on Friday November 26 at 1pm, and runs for three days, opening at 10am on Saturday 27 and Sunday 28. It closes each day at about 6pm. The stand will have representatives of the PC Core Group present at all times, and will be spreading the word about PC by giving out information, gathering new contacts and e-mail addresses for this newsletter. We will also of course be delighted to meet you, answer your questions as best we can, and listen to your views. If you are planning to attend, do please make yourself known to us. We look forward very much to meeting up with you, and welcome any ideas or suggestions you may have regarding the PC. We are all very much aware that we need to ensure that the PC core group reflects on all our members' views."

Adam Price, Core Team

Some thoughts to ponder ...

PC member Dr **Jane Mackay** has sent in a wonderful quotation from Nabokov about the soul, from a 1940 lecture he gave in America. Jane lectures in the world's great literature (<http://www.literature-live.net/>).

"Human life is but a first instalment of the serial soul, and one's individual secret is not lost in the process of earthly dissolution, but becomes something more than an optimistic conjecture, and even more than a matter of religious faith, when we remember that only commonsense rules immortality out. A creative writer... cannot help feeling that in rejecting the world of the matter-of-fact, in his taking sides with the irrational, the illogical, the inexplicable and the fundamentally good, he is performing something similar in a rudimentary way to what the spirit may be expected to perform when the time comes, on a vaster and more satisfactory scale."

PC Member **Michael** has written the following on the interactive website ...

"It seems to me that there is some special attention being focused on Planet Earth at this time in its evolution. 6.8 billion souls have arrived; immense contrasts confront us to consider or discard; immense pain and immense joy surface through global communication never thought possible even when I was a child. Each of us makes choices, either to watch what comes to us and view as if it's just a TV screen, or simply to take up our spiritual warriorship and act with the consciousness of who we truly are. And because these are the preparation years for great change, we will experience pain and discomfort to test us and how committed we each are to the greatest enterprise humanity has ever had to face, at least in this civilisation. Never doubt!"

Core Team member **Nathascha** wrote ...

"By holding thoughts that resonate with what we would like to see, we will change from the inside out, creating the world we hold in our conscious awareness. The trick is not to get depressed or put down by 'what currently is'. Many people are. For me, I keep my thoughts and heart towards that what gives joy - albeit a great challenge in these times. But by gathering people around yourself who are likeminded interested we can stand our ground. Parallel Community is one of those places where we can find brothers and sisters who will back each other up in creating the 'new'. Focussing together, changing together, changing the future ... bring it on, I say."

Dowsing workshop

Ba Miller, under the auspices of John Moss (Director of the British Society of Dowsters), is holding a one-day dowsing workshop for beginners at Treviscoe on Saturday November 20th. There will be a maximum of 12 places, and there are a few places left. Please contact Ba on 01736 740401 for details, or to enrol on the course. An advanced course is planned for next year, on a date yet to be decided.

Next newsletter

All contributions from PC members for the next newsletter, which should appear around the beginning of December, would be very gratefully received. Please send your thoughts, comments, feedback, articles, ideas, poems, photos, etc , by Friday November 26 at the very latest, to Frances at watts@penare.ndo.co.uk , or to the PC address below.

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