



Hamilton Lodge of the Theosophical Society

Dear members and friends

May 2005

Here's the rundown of our programme for May. Very briefly.

Programme – May 2005

8th : Music as therapy
Loretta

Shared vegetarian meal at
6.00pm. All welcome.

15th : Intuition and the
psychic mind
Charles

22 : Rassouli: mystical artist
Sonia

29th : The Jesus mystery
John

Meetings start at 7.30pm, 73
Anglesea Street

Gold coin donation
All welcome

One ought, every day at least, to hear a little song, read a good poem, see a fine picture, and, if it were possible, to speak a few reasonable words.

~ Johann Wolfgang von Goethe

8th – Music as therapy, *Loretta Pennington*

Loretta will introduce us to music and voice therapy; a powerful method of using the voice as a therapeutic mode of healing, through chanting, mantras, breathing exercises, and more.

Loretta is a qualified voice and singing teacher, who teaches with an emphasis on fun. So don't be shy, come along and learn how to lighten the load in your life, by using your voice.

We will have a shared vegetarian meal at 6.00pm, to relax and loosen up, with the meeting starting at 7.30pm. Everyone is welcome.

15th – Intuition and the psychic mind, *Charles*

This evening will be a discussion on intuition and the psychic mind. Charles will also give us the chance to conduct an experiment on tuning into other thoughts or objects, to prove that we are capable of far more than we may be aware. A fun and educational evening.

22nd – Rassouli, *Sonia*

Rassouli is an Iranian-born artist who now resides in the US. His art has been largely influenced by his early childhood years of history, poetry, classical art, and mysticism. Rassouli's art is visionary, and he expresses a part of our inner life that we're all familiar with, but find so hard to express.

Join us for a visual meditation into a collection of Rassouli's works over the last few decades, choreographed to some of my most-favourite music. A mystical, visual meditation to lose yourself in.

29th – The Jesus mystery? *John*

John Pennington will present us with different theories from a variety of historical texts, some controversial, some ancient, about the life of the man known to us as Jesus. Uncover the real Jesus. This is an informal talk, and there will also be room for questions and discussion.

May 2005

The running of the branch seems to have landed on the shoulders of a few members, so if you're able to help in any way, please let us know. It could be that we're unaware of the talent and abilities among all of you, and that you've been waiting in the wings for the opportunity, but have never been asked.

If you have any passions, areas of expertise, or even just a willingness to explore something further as part of a group, please let either Charles or myself know. You don't have to be a public speaker, extrovert, or expert. The lodge is all about learning from each other, and sharing the contribution. It is not possible for us to approach each and every one of you individually, but please think about what you might be able to offer. We are happy to co-facilitate with you. Many of our members belong to groups outside of theosophy, and we would love to hear about these, and what makes them tick.

To this effect, I be taking leave of absence as President because of changing priorities. Tony

(our Librarian and Treasurer) and Fiona (committee member) will be exploring far off lands for two months from mid-May, and Charles, our Vice President, will be captain of the ship from the end of May. If you have a couple of hours a month to help us, please get in touch, we really need the extra effort right now.

Here's our current wishlist:

- Someone with a trailer to help us cart away the rubbish by the back door, after our renovations and cleanup
- Someone with carpentry skills to help build a disability ramp (we're happy to contribute something for your time). We have the necessary plans.
- A temporary treasurer / librarian, for two months.

Go well.

Sonia, Tony, Fiona, Vicki, David, Charles

Sender: 73 Anglesea Street, Hamilton

I slept and dreamt that
life was joy.
I awoke and saw that life
was service.
I acted and behold,
service was joy.

~ Rabindranath Tagore