

THEOSOPHICAL SOCIETY

New Plymouth Branch



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Website: <https://theosophy.nz/centres/new-plymouth> Facebook: www.facebook.com/TheosophyNP/

President: Benjamin Upton, Ph 027-517 6739; tsnewplymouth@gmail.com
Vice President/ Treas.: Jim Scrivener, Ph 021-2511 011 or 06-758 3511; jimscrivener56@gmail.com
Committee: Norah Lambie, Nina Vink, Peter Vink, Glen Willard, Donna Willard-Moore, Kayla Upton

PROGRAMME September – October, 2020 **revision 1**

Venues & Time - Public and Members' & friends' meetings will be held where noted, starting at 7.30pm unless shown otherwise. Members & friends' meetings begin with a Healing Group ceremony for the first 10 minutes.

If you're thinking of bringing a friend to a members & friends meeting, as a courtesy to the hosts, please phone Peter or Nina Vink on 758 8174 to let them know beforehand. Ideally we invite people to members & friends meetings after they have been to at least a couple of public meetings and show interest. If your friend hasn't made it to a public meeting and is still interested, then hand them first some of the pamphlets and the 'green book' as an introduction, so they will have some idea of what we're about. Ring or email Jim Scrivener (see details above), for extra copies of pamphlets etc.

Due to COVID-19, Alert Level 2 being imposed, there will be no TSNP gatherings until we reach Level 1 again. Please stay up to date with the situation at covid19.govt.nz. In the meantime check out our facebook.com/TheosophyNP/ to check out videos of past talks and upcoming live streams.
Only if we reach Alert Level 1 by 17th September and remain in it, will the following meetings occur:

September

Saturday 26	<u>"Ways You can Help Yourself on your Spiritual Journey"</u> A Central Regional Event in New Plymouth	Public
	<p>As mentioned in the last newsletter, New Plymouth Branch is organising a weekend event consisting of a series of presentations with meals, and we'd like as much attendance and volunteering from our branch as possible. We look forward to hosting 7 speakers visiting from other TS branches in our central region (Hawke's Bay, Whanganui, Palmerston North and Wellington) plus a number of their members. This is a great chance to meet some people from other branches if you are not normally able to travel to national conventions or regional events out of town.</p> <p>Even if you might not be able to attend the event in its entirety, any support will be appreciated. There will be opportunities to help with billeting, driving people to and from the airport or bus station, providing a vegetarian dish for a pot luck dinner, meal preparation generally (e.g. heating up and setting out food on the table) clearing up after meals, washing up, morning and afternoon teas, cleaning the venue afterwards, and generally making members of the public and TS members visiting from other branches feel welcome. Please email Ben and Jim at tsnewplymouth@gmail.com if you are interested in helping with this event.</p> <p>Registration fee for the weekend is \$25 for members and \$35 for public.</p> <p>A detailed programme of the event and how to register will follow separately.</p> <p>Time & venue: arrival from 10am, event starting 11am to 8.30pm at the Staffroom of Highlands Intermediate School, 260A Coronation Avenue, New Plymouth</p>	
Sunday 27	Central Regional Event in New Plymouth continued	Public
	<p>Time & venue: arrival 8.45am, event starting 9am to 1.30pm at the same venue</p>	

October

Wednesday 7

Pot luck dinner followed by AGM**Members
& friends**

Bring a vegetarian dish or dessert for a shared pot luck dinner for 6.00pm, and attend the AGM at 7.30pm.

Annual General Meeting agenda

- Present/ Apologies
- Minutes of last AGM 16/10/19 & Matters Arising
- President's Report, Treasurer's Report, Social Media Report, Stream equipment update, Library Report
- Election of Officers
- Delegate to Convention
- General Business

Please do come to the Pot luck and AGM – and for those who have been a member for more than two years (which is most of you), consider being available to stand for committee, or if you are a new member consider being co-opted. Many of you will already be on committees - this is one is not particularly onerous – only about 5 meetings a year, most of which are devoted to working out forthcoming programmes and generally having your say.

If you are on the committee but are unable to attend the AGM, could you email the president and advise if you are available to stand for the committee again.

Time & Venue: 6pm at Peter & Nina Vink's house, 218 Mangorei Rd, New Plymouth

Wednesday 21

Sound and its use in Healing a presentation by Jim Scrivener**Public**

A brief overview of the use of sound for healing, past and present. Some theosophical references. How sound affects matter. What are we aiming to heal? Some applications in use - music therapy, chanting, vocal toning, solfeggio tuning forks, Tibetan singing bowls.

Time & venue: 7.30pm at the Disability Information Centre, 28 Young St, NP

Other events outside our branch – keep an eye on the Theosophy NZ website <https://theosophy.nz/> for upcoming events you might be able to attend.

Also keep an eye on neighbouring branch activities via the pages at <https://theosophy.nz/centres> (e.g. Whanganui, Hamilton, Palmerston North, Napier, Wellington) - if there is a talk or event you'd like to attend, see if others here are interested in getting a car-load together. If you can let me know well ahead of time there may be a chance of applying for regional funding to help with travel costs, e.g. petrol. Note that it can't be retrospective.

Other resources on the web – Theosophy World

<https://www.theosophy.world/>

Have a look at a wealth of articles publications, ebooks, video and audio archives, all searchable and perfect to help you research something.

Facebook Streaming

Our facebook live streams are available to the public so you don't need to log into facebook to view them. Simply go to facebook.com/TheosophyNP/ at the advertised time and the video will be right there. If you need help please call Ben on 027 517 6739 and we will make sure you can get to the stream.

New Plymouth Branch Library of over 700 books is now in shelves sorted & catalogued by author at the

vice president's place. Work is under way to classify them by subject to make it easier to use. To visit, please phone or text Jim on 021-2511 011 (or email jimscrivener56@gmail.com) to arrange a time.

New Plymouth Branch Programme/Newsletter

We publish this usually every 1-2 months with the programme. If you have a short article, quotation etc. either your own thoughts or others' that is theosophically related, or generally helpful, please email it in to Ben at tsnewplymouth@gmail.com While inclusion is not guaranteed we will do our best depending on content and space.

Membership subscriptions reminder

Subscription invoices for Sept2019-Aug2020 were due on 20 September, 2019. A reminder that we have to lapse members when they are a full 2 years in arrears, so please check if you've had a reminder, or if you have any questions, email the treasurer Jim (jimscrivener56@gmail.com) or phone on 021-2511 011. Even if you can't make it to meetings, bear in mind the subscriptions are at a similar level to those for National Section members who are not affiliated to any branch, but still receive the magazine and all the other advantages of membership. Subs for the current year Sep2020-Aug2021 were issued in early August 2020, at the same rates and are due by 20th September.



OTHER EVENTS...

Sunday Evening 7pm Online Meditation 9 Aug to 20 Dec 2020

See details: <https://theosophy.nz/events/sunday-evening-7pm-online-meditation>

Theosophical Immersion Weekend, 3/ 4 October, at National Section in Auckland

See details: <https://theosophy.nz/events/theosophical-immersion-weekend>

If you haven't been to one of these, they are very worthwhile. Accommodation is limited, so apply early.

Convention 2021, 7-12 January 2021, at Wellington. "Awakening Compassion ~ Deepening the Connection"

See details: <https://theosophy.nz/events/convention-2021>



**"The mind is its own place, and in itself
Can make a heaven of Hell, a hell of Heaven."**

John Milton



The Attainment of Spiritual Awareness

... let me describe some helpful procedures in successful meditation which is found to have its own rules. Amongst them are the following:

Day by day *regularity* so that steady progress may be made. *Privacy* to ensure complete freedom from interruption and possible shock if intruded upon whilst deeply abstracted in thought. *Relaxation* of body, every nerve and muscle of which needs to be at rest. *Reduced rate of breathing*, avoiding advanced *pranayama* until an accredited teacher is found: straight spine, preferably erect: closed eyes so that external sights may not obscure inward vision, and affirmation of *self-dissociation* from body, emotion and mind.

These preliminaries achieved, the whole thought needs to be focussed upon the divine Self which one is, with due pauses using perhaps such affirmations as: 'I am the Spiritual Self immortal, imperishable – eternal – radiant with spiritual light – I am that eternal Self of Light, that Self am I'.

Eventually such thought processes cease, the mind becoming stilled as if it were dissolved in its Source. This mental stillness should not be disturbed, for from within it a Self-declaration and realization of divinity and unity occur.

Such is at least one way in which the Oneness of all Life may be known.

*An extract reprinted from the book by Geoffrey Hodson: "Sharing the Light" volume 1,
at the end of chapter 2, The Attainment of Spiritual Awareness*