

# The T.O.S. Village News

(The Theosophical Order of Service)

27 June 2015

## Coming Events

- \* **Taizé Meditation** - 3 July 15 @ 6pm  
Liberal Catholic Church, Lacey St Perth.
- \* **Movie - "Awake: The Life of Yoganada"** at Cinema Paradiso on Sunday 5 July 15. **Movie Time 3pm, Coffee 2pm @ Dome - Buy Ticket First**
- \* **Mt Helena Weekend Retreat on Meditation Modes** - 18 & 19 July 15.
- \* **Tuesday Night Talk & Supper** - 21 July 15 6:30pm  
- a talk on Fracking by Tony Mountjoy from the Conservation Council of WA

## The Meeting Place



**Tony Mountjoy**  
Conservation Council of WA

## Welcome to the Village

The TOS continues to build friendships with like-minded organizations. The Rockingham Circle of Friends has recently made two generous donations of \$100. We will donate this \$200 to the Conservation Council of WA, which is providing the next Speaker for our Tuesday night supper talk. Tony Mountjoy will discuss the important topic of Fracking. Please join us on 21 July 15 at 6:30 pm.

The TOS secretary Bheena Sewnarain is also a facilitator with the "Alternatives to Violence Project" (AVP). Like the TOS, AVP is an international organization that stretches across the World, but unlike the TOS, AVP is well established in Nepal. The local Nepalese AVP members are active at the grassroots offering assistance and relieving distress of those unfortunate people effected by the recent massive earthquakes. We have donated \$250 to Nepal through the channels of the AVP. We are re-assured that every dollar will reach Nepal and be put to good use. There is a report at the end of this newsletter

Gailene conducted a very successful Yoga Day, which by good fortune coincided with World Yoga Day. She was ably assisted by Bheena and George. It was a wonderfully relaxing day, as photos at the end of the newsletter demonstrate.

The TOS stall raised \$177. The raffle raised \$60 and was won by Sue Wells.

We hope to see you at this weekend's coffee and chat followed by movie - Awake. The movie has a limited distribution, so please buy your ticket before joining us at the Dome for coffee.

### ♥ Best wishes

Rhonda Phillips,  
TOS Chairperson

[tosperth@gmail.com](mailto:tosperth@gmail.com)

Fracking is a controversial type of gas drilling, targeting gas in deep shale and tight sandstone rock formations, which are fractured, or 'fracked' at very high pressures using water, chemicals and sand.

This presentation examines the potential environmental consequences of developing a fracking industry in WA and what it means for communities, agriculture, nature and our water, food and climate. Threats to our food and drinking water supplies, jobs from other industries, such as farmers, wineries and tourism operators, will also be addressed. The presentation will also address the issues of economic benefit and jobs, and offer one alternative vision for the future of WA.

As usual, the TOS will host their delicious \$8 supper prior to the talk. The Supper commences at 6:30 pm, followed by the meeting at 7:30 pm. Check out the raffle basket and other fund raising items for sale.

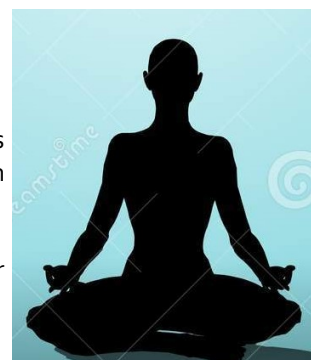
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### Mount Helena Meditation Retreat Weekend

The Mount Helena TS Committee is holding a Meditation weekend on 18 & 19 July 2015.

This weekend is open to members and non-members and the program is attached.

If you wish to attend, please register with the TS library volunteers.



## TOS MEMBERSHIP FORM

I \_\_\_\_\_ (first name) \_\_\_\_\_ (Surname)  
wish to join the Theosophical Order of Service – Western Australian Incorporated.

My address: \_\_\_\_\_

My email: \_\_\_\_\_@\_\_\_\_\_

My Phone number: \_\_\_\_\_

Annual Membership Fee: \$5.00

Cheque to: "The Theosophical Order of Service"  
Mail to: TOS, C/- 21 Glendower St, Perth, 6000

Or

EFT \$5.00 in to the TOS Bendigo Bank  
BSB: 633-000 Account: 116559105  
Reference: Your full name

And send an email to [tosperth@gmail.com](mailto:tosperth@gmail.com) advising of the deposit including your name, address and phone number.

### Yoga Day Presenters



Gailene



Bheena

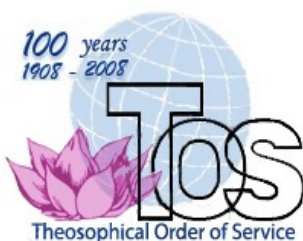


George

### The Link of Hearts Healing Meditation

Anne Bower is coordinating a team of Meditators who will provide long distance healing to people on our TOS healing list. The person's name will remain on the list for one month and during that time the team will regularly send healing energy.

Contact Anne on [tosperth@gmail.com](mailto:tosperth@gmail.com) or 0408 784 443



### The Theosophical Order of Service - WA Inc.

We are a humanitarian service group who work to help others, near and far, and in the process transform ourselves.

Postal Address : C/- 21 Glendower Street, Perth WA 6000

Email: [tosperth@gmail.com](mailto:tosperth@gmail.com) Phone: 08 9250 1375

New members are welcome, however it is not necessary to be a member to attend our functions.

**You are welcome.**

# THEOSOPHICAL SOCIETY IN PERTH

invites you to participate in a....

## Weekend Retreat "Meditation Modes"

DATE: JULY 18 & 19, 2015  
VENUE: Mount Helena Retreat - see map on rear.  
COST: Members \$95 Non-Members \$125  
- includes all meals (vegetarian) and one nights accommodation.  
NOTE: Please bring torch, sheets, blankets, pillow case, towel, toiletries, etc. & yoga mat or towel if yoga is on the program.  
The retreat has a **NO PETS** policy.

### SATURDAY 18th

### Program

### Facilitated by

am 10.00 – 10.30	Arrival, Check-In, Accommodation Allocation and Morning tea
10.30 – 11.30	Brahma Kumaris
11.30 – 12.30	Musical Guided Meditation
12.30 – 1.00	
pm 1.00 – 2.30	LUNCH
2.30 – 4.00	Artistic Meditation
4.00 – 4.30	AFTERNOON TEA
4.30 – 5.30	Peace, Illumination & Absent Healing Meditation
5.30	Free Time
6.30 – 7.30	DINNER
7.30	QUIZ NIGHT

### SUNDAY 19th

am 7.30 – 8.00	Morning Attunement
8.00 – 9.30	BREAKFAST
9.30 – 10.30	Geoffrey Hodson Meditation
10.30 – 11.00	MORNING TEA
11.00 – 12.00	Buddhist Meditation
pm 12.00 – 2.00	LUNCH & CLEANUP
2.00 – 3.00	Walking Meditation
3.00 – 3.30	AFTERNOON TEA
3.30	Cleanup and depart

### REGISTRATION FORM "Meditation Modes"

Closing date for registration: Tuesday July 14

RECEIPT No:.....

NOTE: See map on rear for directions to the retreat centre.

Members may attend as day visitors at no charge, but all teas are \$5.00 each.

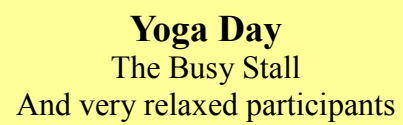
Non-Members Charges as day visitors at \$30/day paid in advance, which includes all teas.

Any meals required are extra and need to be booked and paid in advance at \$15/meal.

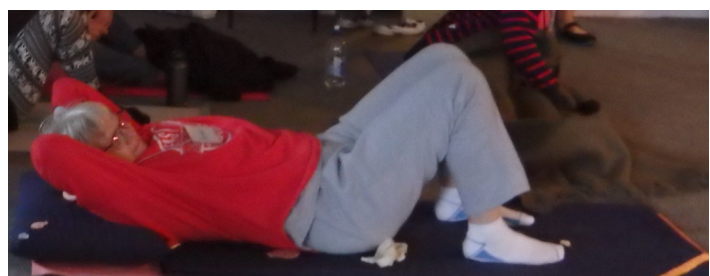
NAME	ADDRESS	PHONE	PAYMENT (full amount encl.)

Male ☐ Female ☐ Non-Member ☐ Disability ☐ (please specify)

Cheques to:- Theosophical Society in Perth Please send to:- Theosophical Library, 21 Glendower St. Perth 6000



**The Gold Star winner  
for the  
most relaxed person.**







## Friends Peace Teams in Asia West Pacific

**On April 25th the first devastating earthquake hit Nepal.** Friends Peace Teams in Asia West Pacific had a team in Kathmandu conducting workshops at the time. It was quickly apparent that our mission in Nepal would shift. Because of our long-standing relationships with people in the affected areas, we were able to spring into action immediately. Subhash, our in-country partner, gathered information on what relief was being given by the Nepali government and foreign NGOs and, with the help of a discernment team within FPT-AWP, determined there were people being missed by the support networks in place. He identified some remote and marginalized communities to focus our efforts.

At the present time, we have not yet reached the 90 day mark after the quake. It can take about 90 days for the initial shock of a natural disaster such as this to run its course. People affected by these earthquakes are still working to put their lives back together.

**Here is a brief summary from Subhash's reports of some of the relief that has been distributed, largely thanks to generous donations by our friends and supporters:**

### **5 May 2015**

3450 KG of rice was distributed to about 370 families. The largest proportion of rice was given to the hard hit communities- Kami Sarki Gaun, Jyamire, Kalinjor and Majhi Gaun (fishermen's village). 5 sacks of rice were distributed to 5 families with physically disabled members. A further 73 special relief packages were given to mothers with small babies less than 10 months and pregnant women.

One package for 'Mothers with Small Babies' included: 1 kg of dry coconut, 1 kg of peanuts, about 1.5 kg of Mishree (helps to produce milk), 1.5 kg of daal/lentil, 1 set of baby cloth, 1 piece of outfit/cloth for mother, 1 petticoat, 1 litre of cooking oil, half kg of Jwano (Carom/thyme seed- helps to produce milk), a piece of sleeping mat and rice.

One package for 'Pregnant Women Relief Package' included: 1 kg of dry coconut, 1 kg of peanuts, about 1.5 kg of Mishree (sugar candy- helps for instant energy), 1.5 kg of daal/lentil, 1 piece of outfit/cloth for mother, 1 petticoat, 1 litre of cooking oil and rice.

35 sets of kitchen utensil were given to 35 families. These families' utensils are buried in the collapsed houses and were irretrievable. Our local contacts identified the families in advanced and we purchased the utensils to be supplied. A set of utensils included 1 rice/dal (lentil) cooking dish, 1 curry cooking dish, and three food plates.



**11 May 2015**

In this trip, we offered support for 22 women. When the money we carried ran out we returned back to Kathmandu on the eve of 7th May with full of satisfaction. We will go to the next place very soon. This relief package included: 1 kg dry coconut, 1 kg peanuts, 1 kg Mung dahl, 1 kg Musuri dahl, 1 kg Mishree, 2 litres of cooking oil, Jwano, a mosquito net, 2 detergent soaps, and 1 bathing soap.

**25 May 2015**

During the last 5 days, six volunteers of our team distributed immediate relief package to 372 families in four different villages of Ramechhap district. The package included 372 pieces of tarpaulin tent for immediate shelter plus 4890 kg rice (about 13.3 kg per family), and special nutritious package for 25 pregnant and women with new born babies.

**2 June 2015**

Last week, we distributed 75 bundles (900 pieces) of zinc sheet for temporary shelter to 75 families in 3 communities of Sindhupalchok district.



Our focus has progressed from supplying basic needs like food and clothing to working on shelter. Several of our members who have travelled in Nepal have expressed concern that the monsoon season typically begins in June and many people still do not have adequate shelter. We know that as the 3 month monsoon season progresses this will create a more and more difficult situation for those living in tents and under tarps.

It is our hope that once people move on from the initial recovery period, we will be able to begin to offer support workshops to assist those affected by loss.

To read more detailed reports be sure to check our website which we update frequently thanks to Subhash's generous and detailed reports.

<http://fnt-awp.org/index.php?q=content-activities-nepal>

You can follow us on Facebook at <https://www.facebook.com/fptawp>