

UBUNTU COMMUNITY NEWSLETTER

CHURCH OF UBUNTU & UBUNTU WELLNESS CLINIC

"The earth has its music
for those who will listen."

—George Santayana

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Introduction

LETTER FROM THE EDITOR - JESSICA MOUNTFORD

Within our monthly newsletters, we hope to offer our community members and clients further insight into our world at the Church and Clinic. Through sharing up to date and current information it will keep you in the loop, also providing more of a community feel.

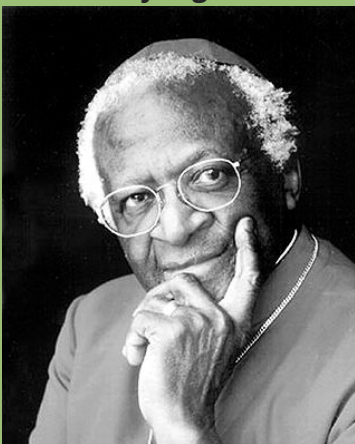
This will also benefit our members that are not on Social Media and prefer something more tangible to read in hard copy form, whom only access email, those unable to meet us in Newcastle personally in clinic or who have only ever had contact via the phone speaking to our Reception staff or Dispatch department or Consultants briefly.

We feel that this will be a safe space to raise certain highlights that have occurred during the month and will also announce new events. We hope you enjoy the light reading.

Belinda Doonar - My Story

"A person with ubuntu is open and available to others, affirming of others, does not feel threatened that others are able and good, for he or she has a proper self-assurance that comes from knowing that he or she belongs in a greater whole and is diminished when others are humiliated or diminished, when others are tortured or oppressed, or treated as if they were less than who they are".

Desmond Tutu, No Future without forgiveness.



Belinda Doonar -Women for Hemp, is currently working on writing a book and we have had the amazing opportunity to provide you all with a sneak peek to share with you this honest and heartfelt book in progress.

From out of the darkness: Light

When we talk about weight loss what do we really mean? If we're honest it sounds like a world of pain. The trick is to have some fun with it, I reckon.

My most recent weight loss journey started a little over 18 months ago with the introduction of Hemp seeds to my diet, definitely a trumpets and bells situation (due to hemp seeds being illegal for human consumption) and an enjoyable one for sure. I did not know what to expect when I started adding a teaspoon of the seeds to a breakfast smoothy, usually, with my favourite fruits banana, mangoes and strawberries and I was surprised when I started feeling the healing effects of them in my everyday activities.

Bloated, was the first thing I thought of and with some education around the function of the seeds and the importance of them being consumed regularly to aid in detoxification I realised that I'd have a little way to go before I felt good in my own skin. Don't be put off by the negative spin - the story gets better.

My experience consisted of a range of benefits with absolutely no unbearable adverse effects you might find on a VLCD of which I had tried on a number of occasions with short-term weight loss and a rebound weight gain as the purpose of a VLCD isn't necessarily long-term weight loss but a clinical and measured weight loss system developed by pharmacists and doctors, with all good intentions to assist individuals achieve a rapid weight loss. Initially, this diet generally packaged as a single serve meal replacement, was developed as a medically prescribed powdered diet to assist obese patients to lose weight rapidly before gastrointestinal surgery. It shrinks the liver, therefore, improving the odds a patients liver would be preserved during surgery.

Finding this out helped me understand why it didn't work for me. It was a medical aid, not a long-term, energetic or naturally nutritious food source like hemp seeds are. Additionally, it had no effect on improving the way my body was functioning and needless to say, just didn't work. Not for me perhaps and I'd go as far as suggesting not for anyone wanting a lifelong solution to well-being, awesome nutrition and a healthy weight loss schedule that cleanses the endocannabinoid system enabling it to function more effectively to keep the weight off and boost energy amongst other things.

More recently, I decided it was time to add in whole plant cannabis oil enveloped by the preserved terpenes, flavonoids and phytocannabinoids made simply but effectively and delivered by a small clinic in Newcastle NSW. Ubuntu Wellness Centre had provided what some might consider miracles for people around the country before I knew they existed and they were helping a number of families I knew well through the cannabis community in Queensland and interstate.

My reasons for starting on the "good oil" were specific at the time and related to a health issue I had suffered earlier in the year. Unfortunate for me, I'd suffered an extreme grief reaction after the deaths of 5 family members in 2015/2016 all of whom I loved and cared for deeply. You'd have thought after 25 years nursing I would have been prepared for the grief and disbelief I went through and due to my independent and practical nature, I dealt with it until fate stepped in.

At the time I was going through a relationship breakdown, one which, despite my best efforts, fell into the abyss of indifference and impatience for what I was going through leading me to a dark place of process and licit drugs dished out by psychiatrists who had no idea what was going on but thought it normal to forcefully medicate me against my will. This is a story best told alongside the realities of the lack of individual choice forced upon those lured into a revolving door of licit drugs and ill health presented by the Addiction and Mental Health Services in Queensland and nationwide under the auspice of the war on drugs. It's truly mesmerising what came about after I managed to escape their clutches running to the warmth and support waiting for me within the Ubuntu community.

*"In all cases, when you
treat
disease as an eminent
physician, you must
quiet your sheen
and
fix your intention,
you must be free
of wants and desires,
and you must
first develop a heart
full of great
compassion and
empathy.
You must pledge your
desire to rescue all
sentient beings
indiscriminately from
their suffering."*

**- Sun Si Miao,
Quian Fin Yao Fang**

Translated
by Sabine Wilms



Belinda Doonar - My Story cont.

Now I know there are many people who find comfort in the mental health system but when the beds are boards and the furniture old and uncomfortable I could never imagine a holistic embracing restful or soulful journey to recovery being possible. But hey, who's complaining right? When this girl was confronted with the atrocities of being on the other side of the coin, no longer a nurse but a patient, she learned a number of things.

Firstly, Addiction and Mental Health Services are under funded, staffed with burnt out beings and the drugs they prescribe increase appetite, cravings for alcohol and nicotine and present uncomfortable and sometimes fatal adverse side effects apparently acceptable to those who prescribe them. What's worse, is if you tell the nurses and doctors that you are worried about these things they close their ears and use brutal force enlisting the assistance of security guards who do their bidding, tackling and taking out those who refuse to swallow their jagged little pills and if need be, restraining people while nurses inject them with the very poison you'd want to avoid.

Secondly, counselling services of varied and supportive nature were unavailable with budgets designed to chemically restrain even the brightest minds and flaming souls. WTF does a girl do with that then? Keep her head down and say nothing? As soon as I was delivered to the ward something snapped and I realised that I was in hell, my own personal hell. One where I was abandoned by the love in my life and felt that I had to act a certain way if I was to ever leave. For 10 days I was not allowed to leave the locked premises while watching people who had barely survived a suicide attempt come and go as they pleased and while people who were obviously distressed could ask for leave independent and free to roam around for a set period of time in the community that surrounded the fortress.

Lastly, the thing that bothered me the most was the invisible cloak of secrecy around my health care. I was involuntarily subject to the "care and concern" of anyone who wanted to comment on my state of health and the tests and procedures carried out were only to establish what level of licit drug to be administered. It's a sick state of affairs and one I feel I have every right to comment on publicly as I had been on the other side a number of times taking advice from friends and family members of people I was caring for as a nurse. At times, I felt destined to deliver a message of hope and concern to these poor patients, instead met with negatively impacting statements of behaviour their family and friends thought they had the right to share with a complete stranger who had immense powers of authority over the individual.

If you are going to help someone overcome emotional turmoil they can no longer independently work through then for dogs sake, don't add to it by presenting information that makes no sense to the situation. Relationships can be toxic and fattening given enough airtime and if you have the best interest of your loved ones at heart, FFS don't provide strangers the intimate and private information they are looking for to put your loved ones in a box. Hold them, tell them you care and that you will listen, wipe away their tears and show them a brighter future. It's not rocket science and requires no research or funding.

Now, that wasn't an attack on the current system but a personal account of my health journey. 12 months on I've relinquished a failed relationship, travelled the east coast of Australia with some amazing women tapping 3 states along the way and settled in Newcastle, the epicentre of cannabis and hemp in NSW. I love this place and if there was holistic therapy available to the belles and guys of this great place outside of where I am currently residing then I'd like to see it. Holistic medicine, love, laughter and acceptance is what I have been presented and to the humans I work with and reside with, all glory to you! Love this place and all the people in it.

Moving forward seems normal and in a world of red tape meant to bring down the human spirit and crush dreams, I've found a sanctuary. Be yourself, have fun, reflect the flame in others and appreciate every moment as heart medicine. Adore the human standing in front of you and anticipate energetic exchanges that make your spirit soar and create space that attracts what you reflect. Medicine and weight loss will walk into your life and it will leave, good and bad the trick is knowing the difference. Intuitively we can all relate to these words leaping off the page and dancing with us through life. Mechanically, we can drive it, energetically we thrive on it.

So, may the force of the human spirit be with you as it is with me. I've claimed it as mine with benefits that would blow the most peaceful mind.

Forever grateful and living in the moment.

*"Human kind has
not woven the web
of life.*

*We are but one
thread within it.*

*What ever we do to
the thread we do to*

our selves.

All things

are bound together.

All things Connect."

- Chief Seattle



Healing Days at the Clinic

Our team at the Church of Ubuntu have been talking for a while now about offering a healing day once a month to our community within the Newcastle Clinic in NSW. Offering many alternate modalities with just the cost of a donation. This will cover of the services provided on the day



This vision is becoming a reality with our first day being held on the 19th December 2017. There will be four time slots available on the day and will be offered first to our clients. We understand full well that we all deserve to be pampered, especially when our lives are as busier than ever in today's society. We believe self-care is paramount in working towards a state of well-being.

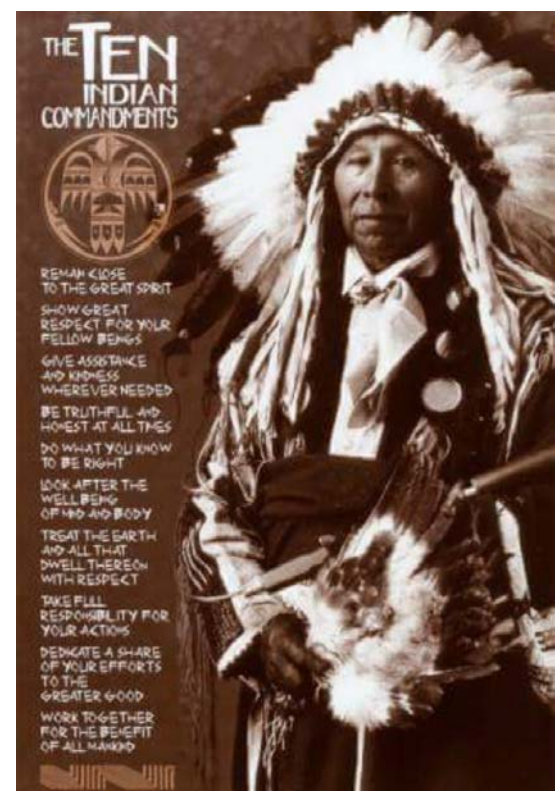
Further information will hopefully be shared with you soon regarding dates and times to offer you, our community. So please stay tuned for future updates in issues to come.

A Few Words from a Client

During the month of September, we heard from a 95-year-old lady. This lady told us that she had recently learned how to operate a computer as well as the internet just so that she could find us here at the Church of Ubuntu. It was definitely an inspiring story for us here. It also provided us with the knowledge that we really are having more of an impact on others in so many other ways than we could have anticipated. It really is so rewarding to be apart of this movement. :-)

**Visit our Online
Shop for
Your supply of
Hemp Seeds**

<https://www.churchofubuntu.org/shop/>



"In all cases, when you treat disease as an eminent physician, you must quiet your sheen and fix your intention, you must be free of wants and desires, and you must first develop a heart full of great compassion and empathy. You must pledge your desire to rescue all sentient beings indiscriminately from their suffering."

**- Sun Si Miao,
Quian Fin Yao Fang**

Translated
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Community News



Canna Nanna's Education & Awareness Tour

Cannabis Medicine Information
Patient Testimonials
Demonstrations
Advocacy/activism workshop
Hemp food information & demonstrations
How to apply for Cannabis in your State

Cannabis = Gateway to Good Health
#muscannananna #grantedgrass #notprohibition



CANNA NANNAS'

An amazing group of Nannas' who are touring and educating residents within Australia on the health benefits that coincide with cannabis as food and also learn 'how to grow your own tomatoes'. Keep up to date with regular postings on their Facebook page and in this section of our newsletters to find out when the next appearance will be.

Kick Start Your Health

Sister Karen will be holding a kickstart program your health

The basis of the program is hemp seeds. Please ensure you have hemp seeds and request your health recipes with your next order.

Recipes can be sent by email on request.

ZOOM SUPPORT MEETINGS

- Existing Clients Only
Details on Our Website's Calender.

These meetings are an opportunity to share experiences in a supportive safe environment.

Christmas and New Year Break

It is that time of year where we are approaching the Christmas and New Year period and we would like to let you know the dates when we will not be in the office.

We break during:

Friday the 22 December 2017 - Wednesday 3rd January 2018

Urgent matters will be attended to as we will have a skeleton staff on call during the holiday period.

*'Whenever you
doubt your self-worth,
remember the lotus flower.*

*Even though
it plunges to life from
beneath the mud,
It does not allow the
dirt that surrounds
it to affect its growth
or beauty.'*

- Suzy Kassem



We would love to hear what you
would like to see in
next months issue.

Forward any suggestions to:

cofunewsletter@gmail.com



Self Care Tips

From Sister Karen's Desk

1- Add an extra 5 mins to your shower time to give yourself some Self-Love. Purchase a dry body brush from health food shop. Dry brushing before a shower gets rid of toxins from the surface of your skin and assist with circulation and detoxification through the lymphatic system. Starting with the feet and working your way to your heart, then from the tips of your fingers to your heart. Both sides of the body, 4 strokes on each part of the body front and back are sufficient. While in the shower focus on every part of your body with gratitude. After shower lovingly apply organic virgin coconut oil to every part of your body. Then you're ready for your day or night, notice how good you feel and carry that feeling with you where you go. Natural coconut oil has a built-in sunscreen so wearing it daily is great for your skin and will build a nice glow all year round and has no nasty petrochemicals and carcinogens. The best way to stop and reverse the effects of the disease in the body is to reduce that amount of toxins you put in and on your body. Your health is your biggest asset and every day you have the choice to choose health or sickness, depending on what you put in and on your body. It is really that simple.

2- Do what you love and do it often. If we do not take time out to do what floats your boat then we will walk around feeling disheartened and discontent. Make a list of 3 -5 things that make your heart sing, and take a minute or more to do these things next time you're feeling down, or make a plan to do one or all of them a least 3 times a week.

3- Take time out to sit in nature. This is another natural pick me up you can do anywhere, anytime. Nature doesn't confuse things with the mind like humans do. The sun and moon know when to rise and fall, the trees know how to grow, and the rivers know how to flow, so it makes sense to me that being present with nature will help you get there too. Look at the world in awe with childlike innocent perception and you might just see there is love, miracles, rainbows, and earth angels everywhere.

P.S. You are never too old to have Nanna naps, pajamas days, colouring in, dance like no-one is watching, sing like no one is listening.

Your health is your biggest asset, we need to claim it if we want to get out of here alive...

We were gifted from creation food that is designed to nourish and nurture this magnificent body as well as everything we need to not only survive on this earth but thrive on this earth. We each have a choice now on how we want to live. And taking your health back into your own hands is the best way to prevent disease, in my opinion.



*"Life holds so many
simple blessings,
Each day bringing
its own
individual wonder".*

- John McLoud

If you know of a loved one that may benefit from our support programs to get their health back in check, please direct them to straight to the Intake Form located on the home page of our website and we will endeavour to contact them approximately 2 weeks of submission of the Intake. We will then send an email with some dates and times for them to choose when to have the consultation.

This session generally takes around half an hour to an hour for the guidelines to be relayed.

<https://www.churchofubuntu.org/>

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Spot Light: DoTERRA Essential Oils

DoTERRA Citrus Bliss *Invigorating Blend*

Wild Orange Peel, Lemon Peel, Grapefruit Peel, Mandarin Peel, Bergamot Peel, Tangerine Peel, Clementine Peel essential oils and Vanilla Bean Absolute.

Primary Benefits

Cleanses and purifies the air
Helps reduce stress and uplifts mood
Positively affects mood with energizing and refreshing properties,



Wholesale: \$20.50

Recipe of the Month

Aloe Vera Juice Concentrate

Aloe Vera is widely known to soothe your skin after sunburn, however, I found through some investigation that it was also historically considered to be sacred to the Egyptians. It was believed that it brought immortality when ingested. Their loved ones who had died were embalmed in Aloe Vera as it brought them closer to the gods. Cleopatra also used it as part of her beauty regime to keep her the skin looking youthful. There are even recipes to create hair treatments to moisturize and protect your hair during any season on the world wide web.

Slice the prickly edges of two or three medium to large Aloe Vera leaves, rinse any yellow sap that oozes out as this can cause tummy upset. Scoop the clear flesh from the leaves with a spoon after slicing the green skin away from the gel. Put the flesh into a blender and add a teaspoon of maple syrup to taste, a small squeeze of lemon juice or add 1-2 drops of DoTERRA Essential oil, Citrus Bliss. Lastly, add a couple of tablespoons of pure water and blend until smooth. Keep refrigerated up to a week. First thing in the morning add a tablespoon of the concentrate to your hemp seed smoothies or water. Now you can drink and enjoy the fruits of immortality just like the ancient Egyptians.



A Thank You Note

We would like to take this opportunity to thank you all for your ongoing support throughout the last few year to date. It has been certainly been a challenging one for us all here at Ubuntu. However we could not do what we do without you and your courageous and inspiring life stories, we feel humbled by this and also think this is the key to provide the drive to support you all further. So thank you and please know how valued you are to us all at the Church of Ubuntu and Ubuntu Wellness Clinic.

"If there is light in the soul there will be beauty in the person, If there is beauty in the person there will be beauty in the house, If there is beauty in the house there will be order in the nation, If there is order in the nation there will be peace in the world"

- Chinese Proverb



Monthly Meditation - Gratitude

Before sleep, every night thinking about those that you love most, now envision each individual face and say thank you three times. Think about all the things in your life for which you are grateful for and again, repeat thank you, thank you, thank you. Continue to focus on these words and images until you feel a sense of peace or relief in your body.

Continually visualizing and or feeling a connection with a loved one or something that is important to you while repeating thank you by the power of 3 will help you build, achieve and maintain an "attitude of gratitude."

If you go to sleep with worries or stress you are likely to wake up with it.

If you go to sleep with an "attitude of gratitude" you're more likely to wake up with a smile on your dial.

Let gratitude also be your first point of focus as you wake, then you are more likely to adopt an attitude of gratitude to get you through the day.

This meditation can be done anywhere, anytime. Take notice of how you are feeling before starting, honor and accept what you're feeling, and then continue with this process until you feel inspired and empowered again. The more you try this practice the easier it will get and you will be able to lift your own spirit where ever you are.

When you find peace within it will automatically overflow into every area of your life.

Ubuntu

Practice this, the easier it will get and you will be able to lift your own spirit where ever you are.

Bright Blessings
Karen Burge

