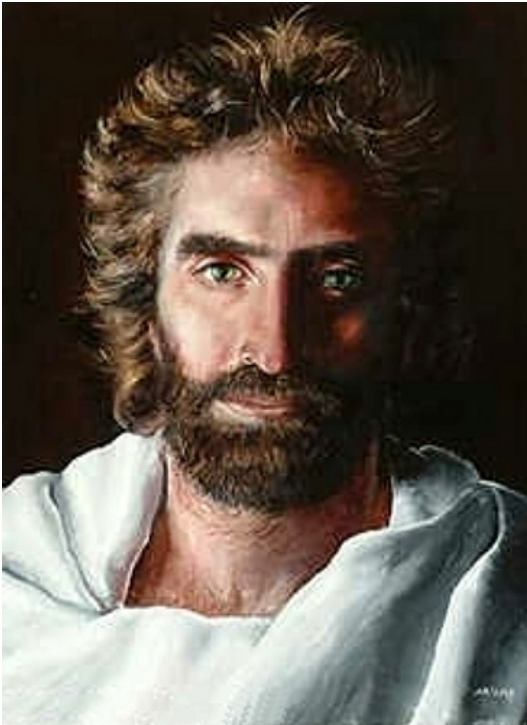


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Established 1996

DECEMBER 2011



PRINCE OF PEACE

(Please remember the reason for the season)

Quotes of the month:

For God so loved the world, that He gave his only begotten son, that whosoever believeth in Him should not perish, but have everlasting life.

John 3:16

Number not thyself among the multitude of the disorderly.

Ecclesiastics 7:17

Do to others whatever you would like them to do to you. This is the essence of all that is taught in the Law and the Prophets.

Matthew 7:12

(Could not our lives be better and more fulfilled if we really did just follow the Golden Rule. I mean actually followed it in every thought and action)

Don't ever complain about getting old, it's a privilege denied to many.

Joe, 93 year young hospice patient

Evil is like a shadow: it has no real substance of its own; it is simply a lack of light. You cannot cause a shadow to disappear by trying to fight it, stamp on it, by railing against it, or any other form of emotional or physical

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resistance. In order to cause a shadow to disappear, you must shine light on it.

Shakti Gawain

INVICTUS

Out of the night that covers me,
black as the pit from pole to pole,
I thank whatever gods may be,
for my unconquerable soul.

In the fell clutch of circumstance,
I have not winced nor cried aloud.
Under the bludgeonings of chance,
My head is bloody, but unbowed.

Beyond this place of wrath and
tears, looms but the horror of the
shade, and yet the menace of the
years finds, and shall find, me
unafraid.

It matters not how strait the gate,
How charged with punishments
the scroll.

***I am the master of my fate:
I am the captain of my soul.***

William Ernest Henley

NEWS NOTES

Next **MEDITATION** sessions are cancelled until further notice due to lack of attendance. This is really a shame. Meditation, prayer, and qigong exercises are what are best for your mental and physical life. For those couple of students who have been attending, we can continue the sessions at my house on Sunday mornings. Just let me know.

Holiday schedule:

Closed: Saturday, December 24th; Sunday, December 25th; Monday, December 26th; Saturday, December 31st; Sunday, January 1st.

Rumors are true:

Yes, we might have to relocate the school. Landlord is selling the building. I'll keep everyone posted.

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An ounce of hydrogen peroxide is worth a pound of cure

Hydrogen peroxide is trusted by every hospital and emergency room in the country for its remarkable ability to kill deadly germs like E. coli. In fact, it has attracted so much interest from doctors, that over 6,000 articles about it have appeared in scientific publications around the world.

Here are some uses for hydrogen peroxide that you may not have thought of:

Treat athlete's foot,
Soothe sore throats,
Help heal boils and skin infections,
Whiten teeth without spending a fortune,
Destroy harmful dental bacteria and heal gingivitis,
Help heal cold sores and canker sores,
Clear up foot and nail fungus,
Relieve the sting and pain of insect bites,

Enable minor wounds, cuts, and scrapes to heal faster,
Refresh and tone skin, help clear up age spots,
Kills germs on kitchen and bathroom counters,
Sterilize dishes, cups, and kitchen utensils,
Disinfect and deodorize coffee makers, tea pots, blenders, and food processors,
Sanitize wood cutting boards,
Get rid of harmful bacteria on fruits, vegetables, and meats,
Eliminate nastiness from toilet bowls, bath tubs, showers, and shower curtains,
Sterilize and purify toothbrushes and dentures,
Remove wine, ink, and blood stains from clothing.

For the entire article, go to www.jamesdirect.com.

Source: America's 1st Freedom, October 2011

A woman tells her priest,
Father, I have a problem. My two female parrots only say,

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Hi, cutie. Wanna have some fun.

Don't worry, says the priest. I have two male parrots who only pray, read the Bible, and say the rosary. We'll put them in the same cage and your parrots are sure to stop saying that horrid phrase. The next day the woman takes her parrots to the priest's home. The male parrots are inside their cage, praying and holding rosary beads.

When the woman places the female parrots in the cage, they cry out, Hi, cuties.

Wanna have some fun.

One male parrot says to the other; put away the beads, Frank. Our prayers have been answered.

Source: Reader's Digest, September 2011

Fall/Winter diet, Traditional Chinese Medicine:

As it gets colder, these foods will help get the internal organs yanged up: black bean soup, celery, nutmeg, ocean perch, parsley, pine nuts, raspberry, shitake mushrooms, turnips, walnuts. Avoid: dairy, which may add mucus/phlegm; meat, which may weaken the spleen; and sweeteners, which may weaken the spleen and contribute to dampness.

GIFT CERTIFICATES AVAILABLE

Don't want to deal with malls and crowds, give the gift that lasts a lifetime. Help your friends and loved ones experience the benefits of training in tai chi or kung-fu. Gift certificates are also available for our entire line of Shao-lin clothing. Discounts are available for current students who purchase certificates for someone else.

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See me for how to get yours today.

TESTING RESULTS:

Children kung-fu:

Alexandra, Balson, Xavier Balson, Jon David Adkins, Austin Hiner, M.E. Hargett, Issy Chapin, Cameron Byrd, Tammir Hinnawi, Natalee Walczak, Samantha Poore, and Brandon Poore, White Sash; Hunter Chapin, Alexandra Balson, Jon David Adkins, Xavier Balson, Jacobs Michaels, Austin Hiner, Seth Carter, and M.E. Hargett, 1st Degree White Sash; Lea Cowin, Isabella Ott, Ian Healey, Jake Sullivan, Ben Sullivan, Hunter Chapin, Alexandra Balson, Jon David Adkins, Xavier Balson, and Issy Chapin, Yellow Sash; Zach Holly, Alex Holly, Isabella Ott, Lea Cowin, Ian Healey, Hunter Chapin, Jon David Adkins, Alexandra Balson, and Xavier Balson, 1st Degree Yellow Sash; Tam Nguyen, Tyler Yarksy, Natalie Cowin, Zach Holly, Alex Holly, and Lea Cowin, Orange Sash; Eliana Mayle, Tam Nguyen, Natalie Cowin, Tyler Yarsky, Zach Holly, and Alex Holly, 1st Degree Orange Sash; Charlie Jagusch and Tam Nguyen, Green Sash.

Adult kung-fu:

Evan Filion and Eddie Saliba, 1st Degree White Sash; Evan Filion, Yellow Sash; Jenna Albright, 1st Degree Yellow Sash; Mauricio Rocha, 1st Degree Orange Sash; Brian Le, Blue Sash.

Tai Chi Chuan:

Tom Fabek, Sections I and II of Yang Style Long Form.

Rest in peace my dear friends:

*Sensei Robert Callahan,
Joe Franck.*

*Want some good news, go to
www.happynews.com*

***** BE KINDER THAN
NECESSARY *****

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