LIGHTWORKS

December 1998 Issue 127

The Healing Power of Humor

Laughing Our Troubles Away

Ruth Hamilton, a nationally-known expert in the field of health and humor, says laughing a lot can heal you.

With all the discoveries and research that has taken place in recent years, we know today that laughter is, indeed, "the best medicine." But, just how far does that go? How, exactly, does laughter work in the healing process? And, just how important is it?

While there are answers that science can't give us just yet, Ruth Hamilton of Durham, an expert in the field of health and humor who is devoting her life to healing through laughter, will be here Dec. 3 to bring us up-to-date—in an interactive presentation—on what is known today about the physical benefits of laughter and humor. In addition to a scientific exploration of humor and the four humor archetypes—the clown, jester, wit and fool, Ms. Hamiltion, whose work is chronicled in the book *Biology of Hope* by Norman Cousins, will lead us in humor visualizations that have an amazing power to diminish stress and promote general good health.

Executive Director of Carolina Health and Humor Association (Ha Ha) since 1986, Ms. Hamiltion directs the famous *Laugh Mobile* Program which works with cancer patients at Duke University Medical Center. Her work has been featured in *Prevention* Magazine, on National Public Radio and the NBC Nightly News.

Carolina Ha Ha, a non-profit service organization, is dedicated to the use of humor as a healing technique in health care, a sustaining force in the business world and a means of life enhancement at home.

Lightworks newsletter is published monthly (except July) by the Raleigh, North Carolina Chapter of Spiritual Frontiers Fellowship International, P.O. Box 12773, Raleigh, NC 27605-2773.

Ruth Hamilton

Thursday, Dec. 3

Meditation - 6:30 p.m.

Lecture - 7:15 p.m.

Lecture and Meditation Information

Lectures and meditations are held on the first Thursday of every month at the Unitarian Universalist Fellowship on 3313 Wade Avenue, Raleigh, NC. There is an $5 suggested love offering.

Meditations begin at 6:30 p.m. To respect the special energy created during meditations, we ask for your consideration in arriving on time.

Lectures begin at 7:15 p.m. following the meditation. We look forward to seeing you on Thursdays!

Community Services

Crystal Energy W/E Workshop

January 9th &10th. Instructed by Marie Anderson-Whitehurst, ACSW, CCSW. Personally trained and certified by Melody, a foremost authority on gems and minerals. Learn how to heal emotional wounds, laying of the stones, elixirs and more! For further information and registration call, Sandra Polanco 785-1277

Labyrinth at Duke Chapel

Jan. 31 from 1:30pm to 4:30pm. Led by Rev. Gennette Stokes. Volunteers are needed. Walk-through on your own from 4:30 pm to 7 pm. For more information, please call Terry Yuschok at 403-8227.

Win A Free Astrology Reading!

Our Angel in December is Dee Jackson, a spiritual counselor from Raleigh, who will give away a free Astrology Reading to the lucky winner at the Dec. 3 meeting. Dee, involved in spiritual pursuits for more than 20 years, practices a form of counseling she calls *Spiritual Magick*. She also offers Chakra work, Ki Flow, Gemstone work, Reiki, Runes readings and Tarot readings, as well as teaching meditation. She is available by appointment at (919) 250-9948.

Reiki Classes, Open House

Open house on first & third Wednesday evenings, 8:40 PM. Anyone welcome. Free. Mary Mooney, 3412 Brentwood Road, Raleigh. (919) 876-1283

Lightworks

Circulation 589

December 1998
Issue 127

Editor: Kemp Ward
Printer: Gregory's Press Productions

JOHN-ROGER ON SUNDAYS

Support your movement of spiritual inner awareness. Attend Movement of Spiritual Inner Awareness (MSIA) videotaped John-Roger seminars Sunday afternoons at 5 PM with sharing, meditation/spiritual exercises and a pot luck dinner. Call (919) 938-0761 for directions. MSIA was founded by John-Roger and teaches Soul Transcendence, which is becoming aware of oneself as a Soul and as one with God. MSIA has no formal membership, dues, rules, or regulations and the real "movement of spiritual inner awareness" takes place within each person. (www.msia.org.)

Michael French

919/870-5555
michael.french@juno.com

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Joyce Whaley

Monthly Column

SFF Spiritual Coach

By Dr. Kathi Ann Middendorf
Spiritually Based Personal and Profession Coach

Dear Spirit Coach,
A friend and I were discussing finding our life's work and she had the following question: "If I come up with my dream job, how can I find it?" ---Abbie

Dear Abbie,

Her dream job will be a reflection of who she is. It will be a culmination of experiences that she has had to this point in time. So, if I were coaching her directly, I would ask what she loved to do as a child, what she loves to do now, who she likes to spend time with, what her vision for the world is, how she sees her personal mission fulfilling this vision, and what steps she is willing to take to find her dream job. The answer to finding her dream job will not be found in any of the above questions specifically, but will emerge from the mental and spiritual work of fully answering each of the questions.

Her job will be found in places where she would love to be--so where are those places? Her job would be with people she loves to be around--so, who are those people? Her job would be doing a work that does not feel like work--so what does she do that so engages her heart, mind and spirit that time stands still, that there is such a single focus of her attention that the work becomes her entire world for that moment.

My answer to her would be that she will find her ideal work in the outer world only after she has explored her inner world to find what she truly loves and who she truly is. Then, this clarity of vision, combined with her intention, attention and action will create an attraction between her and the job so that they will be drawn together in a most natural manner. This process also requires that she be out in the flow of life--not sitting at home waiting for the Universe to bring the job to her. We are called CO-CREATORS with God for a very good reason!

Dr. Kathi Ann Middendorf
Spiritually Based Personal and Profession Coach
(919) 785-3232 dr_kathi@msn.com

Advertising in *Lightworks*

Ads (camera ready)

Business Card (3.5"x 2")	$15
Vertical Card (2"x 3.5")	$20
1/4-Page Ad (2.5"x3.75")	$25
1/3-Page Ad (3.25"x 7.5")	$35
1/2-Page Ad (5"x 7.5")	$50
Full Page Ad (7.5"x 10")	$100

For information on other sizes and inserts, please call Kim Kasdorf at 833-4188

Announcements
Up to 50 words $15
Up to 100 words $20
(plus design or rekeying charge, if applicable)

Design or Rekeying Charge
$35/hr.

Deadline for next issue is Dec. 3

Send your camera-ready ad or announcement and payment to **Lightworks**, ***1803 Chapel Hill Rd., Durham, NC 27707.***

If your ad or announcement is not camera-ready, please send it on computer disk or by E-mail to kemp.ward@mindspring.com. *There will be a small charge for rekeying or design. Make checks payable to* **Spiritual Frontiers Fellowship.**

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for deep peace, healing, higher guidance.
- **PAST LIFE REGRESSION**
- **ALCHEMY HYPNOTHERAPY**
- **FENG SHUI**

DANCING THE PRAYER OF JESUS

In a season focused on light, the Aramaic Lord's Prayer Dance cycle, led by Zamyat Kirby, is a deep attunement to the Christ-Light. This celebratory ritual of the world-revered prayer of Jesus, shared in his native language, is a revolutionary experience of creation-centered, body-based spiritual reality. Zamyat Kirby is a core member of the Mentor Teachers Guild for the Dances of Universal Peace and she leads this Prayer cycle with the permission and full blessing of its originator, Neil Douglas-Klotz. Saturday, Dec. 5, 7:30 pm, Unity Center Of Peace, 8800 Seawell School Road, Chapel Hill, $7 suggested. No prior experience is needed. All are welcomed. For more information, call Zamyat at 919-383-9072

CELEBRATION OF JOY, DEC. 31

Each moment of our lives can be an entering into Spirit. Plan now to enter the New Year in the Spirit of Community with a unique experience of Body and Heart, a true alternative celebration. Delight in the Dances of Universal Peace, drumming, free dancing, tea and bagels. New this year -- experience the ancient initiation/meditation of walking the Labyrinth! Come early. Stay late. Be blessed. 8:30 pm, Thursday, December 31, Duke School for Children Early School Gymnasium, Durham, $15 suggested donation, an alcohol-free event. For more information, call 919/361-2383.

Open House Reiki

2nd & 4th Weds. 7:30 pm. FREE. No experience necessary. Central Raleigh. Call for directions. Classes and appointments available. Vickie Penninger (919) 828-0876 James Tucker (919) 834-6676

Feng Shui

Amazing changes in health, wisdom, cash flow and relationships are not only possible but likely with the use of this ancient Chinese art of placement. It's NOT what you have or what it cost, but where it is placed and used. Simple / powerful / wonderful! Residential and commercial visits. Hourly rates. Suzanne Lewis Brown (919) 781-8181.

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Office and Bookstore

524 East Whitaker Mill Road, Raleigh, NC 27608
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Dial-A-Prayer 832-1020.
Office/Bookstore Hours:
10 am-4 pm Monday-Thursday
11:00 am Sunday Service
524 East Whitaker Mill Road in Raleigh, between Glenwood Ave. and Wake Forest Road. *Nursery, Childrens Church. All denominations welcome.*

Men's Meeting

An inquiry into what it means to be an adult man and other questions related to our lives. 2nd Thursday of the month, 7:30-9:30 pm at 6200 Coldwater Court, Raleigh. Contact Martin Brossman 919.608.8157 *brossman@mindspring.com* for more info. Bring a favorite beverage or snack. The commitment of this meeting is to support the Men's Center of Raleigh and Wake County as well as to support relationships with ourselves and others.

Please Donate Something to the SFF Silent Auction Fund Raiser

Our annual SFF Silent Auction, which is always vital to the organization's fiscal health, will be held immediately before the Dec. 3 meeting and during the break.

And, as usual, we need donations of items and services. We depend on members to donate items and services. And, we depend on those attending the December meeting to make a purchase. What we bring into the SFF treasury in December goes a long way toward making sure we can continue to meet on a regular basis.

Please search your closets and cabinets for what you no longer use and don't want to keep. If you have special talents, please donate a service that can be auctioned off.

This is the way we raise much of the money needed to pay our regular expenses during the year. The "love offering" at the door does not begin to cover the cost of putting on monthly meeting, renting the meeting room, paying the speakers and their expenses and putting out the newsletter.

Your donations are tax deductible, and you will receive a receipt for your records. When you shop, you get your choice of bargain after bargain, as most items and services go for much less than their true value. The top bidder pays for the item or service and takes it home after the meeting.

In the past, we've sold rattan furniture, lamps, ornate Indian dresses, jewelry, posters and "like new" books. This is also a good way to advertise yourself by creating gift certificates for your services from massage to psychic readings, homecooked meals to homemade beer.

If you are donating more than one item or service, please fill out a separate sheet for each one.

Suzanne Brown's fax and phone number are one and the same so you can fax in these forms if you are donating services without cards or gift certificates. etc.

Please donate an item for our auction. And, please come to the December meeting—for the program, for the fellowship and to help SFF.

Thank you very much.

SFF Silent Auction
December 3 meeting

Your name _____

Phone # _____

Address _____

Zip _____

Item or service(s) donated:

Description:

Estimated retail value:

I understand that I must provide any gift certificates, business cards, etc. and will send or deliver the items by Nov. 29 to:

Suzanne Lewis Brown
3045 Sylvania Drive
(in Meredith Woods
near Rex Hospital)
Raleigh, NC 27607
(919) 781-8181
suzanne_lb @ juno. com

Board Members

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Our Mission

At Spiritual Frontiers Fellowship Raleigh, our mission is to enhance the spiritual, mystical and metaphysical awareness and consciousness of our community by sponsoring programs that facilitate personal growth and development and a holistic approach to health and living.

Upcoming Events

JAN. 7: Morreene Temple Richmond
Astrological events in the coming year (predictions)

FEB. 4: Diane Brandon
Heart Centeredness

Lecture / Workshop Tapes

With permission from our speakers, we make audio tapes of Thursday night lectures and weekend workshops. If you would like a tape, please fill out an order form at the donation desk on Thursday nights. We need your advance payment to cover our costs of duplication.

Lightworks Subscriptions

Subscriptions to Lightworks are free, although we gratefully accept donations. After deducting advertising revenues, it costs about $9.27 a year to send you Lightworks. If you enjoy receiving Lightworks, please consider sending a donation to help us cover publishing and mailing expenses.

If you are moving or wish to discontinue your subscription to Lightworks, please write to us or call Kim Kasdorf at 833-4188.

Spiritual Frontiers Fellowship International
Raleigh Area Chapter
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