



# NEWSLETTER

June 2019



Dear Friends and Movers,

Down here in Australia we are in Winter - warmer than usual but still cold which makes me want to hibernate rather than move. But moving is good! Our bodies need it and I am rarely tempted to miss my 15 minutes in the morning of getting going with a CM meditation or two. I have just finished teaching a class in which we were talking about getting into a routine of doing some CM each day. This makes it so much easier to get to know the meditation well enough to begin to combine exercise, meaning and worship more easily.

Soon we will have the meditations on a platform so that people will be able to download them onto their devices. Many people don't have access to DVD players so it should make CM more accessible

The CM in Canberra praying for elections and the ICDF Dance and Culture Tour in India that were advertised in the last newsletter went well. Reports is below together with news from some of the CM teachers..

*Mary Jones*

**Praying for the Australian Elections**



After learning the movements to The Lord's Prayer and Psalms 67 and 24 at Canberra's House of Prayer we travelled to different locations in Australia's capital, Canberra, to pray for the upcoming elections. We also used flags and different shapes we made with elastics. It was a moving experience to move out our prayers looking over the city and then in front of Parliament House. We finished the second day's

excursion with The Lord's Prayer on top of Parliament House under the flag pole and on top of both chambers of Parliament. Part of the significance of this was that there has been discussion in the House of eliminating the saying of The Lord's Prayer at the beginning of the day's business which has been the practice since the Federal Parliament was established in 1901.



## ICDF Dance and Culture Tour, Kanyakamri, India

The Tour was an exciting time with dancers coming from all continents - Asia, Africa, Australia and New Zealand, Europe, North and South America.



Three CM teachers were there - Mary Jones, Sharon Ereaux and Debbie Bright were involved in the Seminar and teaching workshops. There was an amazing variety of workshops ranging from Bollywood and classical Indian dance to dancing with hoola hoops and Prayer Watch. CaraMayan was well catered for with 2 workshops and a whole day of training taught by Mary Jones. The workshops took the Culture Tour theme and taught *Joy from Living the Walk* DVD which was then presented at one of the morning worship sessions. The training session covered a number of meditations and the Selah Sequence.

Photo above: Dressed in Saris at the evening banquet - Mary Jones and Sharon Ereaux on left.



## Singapore - Mary Jones

On the way back from India I stopped in Singapore to see Judy Lam (in blue, right, middle row), the Coordinator of CDF Singapore, and to give a workshop at Barker St. Methodist. There were around 30 there, most of whom had not done CaraMayan before. We learnt the Warm-up and Psalm 23 The Lord is my Shepherd.

I was very tired after India so it was wonderful being able to spend the first day there relaxing in comfort. On the day after the workshop Judy took me to see some of the sights before I left for the journey home..



Singapore workshop participants



## Debbie Bright - Hamilton, New Zealand

I began teaching weekly CaraMayan classes in November 2018 on a Tuesday afternoon with mostly older women.

They are loving and requesting the quiet, so we have 10-15 minutes at beginning of class for silent prayer/meditation using CaraMayan tracks. Almost none of the women have danced before and have no previous understanding of posture or safe body movement.

Hot favourites are Psalm 23 and The Lord's Prayer; they have asked for these 2 to be done every time. They (even the trained dancer) say they wish to become so automatic with the

movements that they can focus more on the words and prayer. The overall sense of peace is very powerful and all say this is what they love about the time. They appreciate being able to have one hour per week when they can be quiet experiencing simple movements and powerful words. One who already had back problems tells me she is now feeling a positive difference.



### Jessica Guthrie - Chicago, USA

My only news at the moment is that I will be starting classes this USA summer...I'm so excited! Since I completed the course, my full-time job has gotten very hectic. But I am finally in the process of nailing down a time and place to teach a regular, weekly class.

## Coming up

SYDNEY CLASSES - Mary Jones - August 9,16, 30  
- Sept/October series "Preparing for the Feast of Tabernacles" -  
Psalm 84 [maryjones@aol.com](mailto:maryjones@aol.com)  
- Sharon Ereaux - July classes - [sharon.ereaux@gmail.com](mailto:sharon.ereaux@gmail.com)  
CHICAGO CLASSES - Jessica Guthrie [romvandjess@yahoo.com](mailto:romvandjess@yahoo.com)  
HAMILTON CLASSES - Debbie Bright Tuesdays 1pm [debbieabright@gmail.com](mailto:debbieabright@gmail.com)

[View this email in your browser](#)

**DID YOU KNOW?** We have people who have bought CaraMayan DVDs come from over 20 countries and from every continent.

**WE WOULD LIKE TO SHARE YOUR STORIES** - what do you like about CaraMayan? How did you find out about it? How do you use it? Please send in to [caramayan@gmail.com](mailto:caramayan@gmail.com) so we can include them in future newsletters.

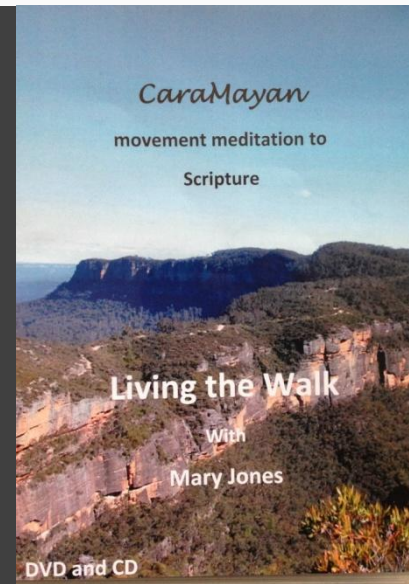
## PRODUCT RECALL

The latest DVD, *Living the Walk*, has a faulty DVD. Please send the DVD disc back (not the cover or the music CD) to 11 Amaroo Cres., Mosman 2088, and you will receive a replacement.

There are now 6 titles

- THE EARTH IS THE LORD'S
- QUIET WATERS
- MOVING WITH THE PSALMS
- EXERCISE SESSION
- LIVING THE WALK

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