

You're The One Newsletter

HAPPY & HOPEFUL!

Issue 13 Vol 12 December 2018

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Karen Recommends



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What's New With Karen

Welcome to December 2018; aah, the beautiful time of summer, holidays & seasonal celebrations is with us. What a perfect time to reflect on the true meaning of Christmas - *a renewal of love, peace, hope & joy*. During November, I was inspired by the breaking news of Renae Laurence (Bali Nine member, & model prisoner)'s early release back to Australia from her Indonesian Jail Cell. Especially, though, it was the impassioned plea of an Australian Bishop on behalf of the remaining Bali Nine Members that highlighted to me the importance of giving hope especially to the hopeless. My message for December is that we, too, can bring and be messengers of hope to all in our worlds. Hope is an incredibly powerful trans-formative tool! Imagine what a beautiful Christmas gift if we can bring hope into a world that so needs it! Never Lose Hope! Bring the Spirit of Hope to yourself, your loved ones, and all you interact with this Christmas Season, especially to those who may be feeling 'hope-less' with the power of encouragement. Love Karen xxx May you and your family be blessed this Christmas.

Mojo Tip: Bishop Tim Harris: A Bringer of Hope!



Catholic Townsville Bishop, Tim Harris & Advocate of Hope & Mercy

The 12th step on your mindful Mojo Mindset for 2018 is to never lose hope! People with Mojo are hope-keepers, hope-sharers, and hope messengers! These Mojo-esque Role Models use the power of hope burning like a shining light, bringing illumination into their own and others lives. Having endured life's challenges, people with Mojo decide to focus on the power of positive thoughts of hope in the present and into the future. They know that hope is sustenance to the spirit, like bread is to the body and they inspire others with that message. When I think of an inspirational Role Model of hope, Bishop Tim Harris, of the Townsville Parish, is my man at present. Rather than extol his virtues, I'd rather let his words do the talking & see if you, too, are inspired by his message (this one on his mercy plea for the remaining five of the Bali Nine members still serving out their sentences in the 'terrible' conditions of Indonesian prisons). Excerpts from a recent newspaper article detailed herewith: A Queensland Bishop has demanded it was

time to bring home the remaining Bali Nine, convicted after smuggling drugs in 2005 and still languishing behind bars in Indonesia. *"Surely our government and the Indonesian government could get together and talk about the possibility of getting those Australians home,"* Townsville Bishop Tim Harris, who has a deep pastoral connection with the Bali Nine, said. *"What are we trying to prove here? It's clear now to Australians that if they go to another country and deal in drugs they are going to get into serious trouble."* Bishop Harris visited Scott Rush and Michael Czugai in Bali's Kerobokan prison in 2008 and saw the squalid conditions suffered by the young Aussie prisoners. The pair went to school in Brisbane's Corinda-Graceville Catholic parish where Bishop Harris was the parish priest. Bishop Harris knew their families, has supported them through prayer vigils and advocated on their behalf, especially when Rush was on death row. The deportation back to Australia of Renae Lawrence this week after 14 years in Indonesian prisons means the Bali Nine is now down to five - but those who remain behind bars may never taste freedom again. *"Bring these fellows home. You just hope and pray that the Indonesian government would consider that,"* Bishop Harris said. *"I think they've learnt their lesson - I'm sure Scott has, I'm sure Michael has - and to be near family and friends back in their own culture and familiar territory."* This month, I inspire you to be a way shower of hope in your world - bring back the spirit of hope into our own lives, and those of others who may need a helping hand, or encourage them by way of giving them a second chance. Hope has the power to transform people out of depression and anxiety and can have a placebo effect on healing the body from ailments! We get to dictate the terms and take ownership of whether we live with hope, or whether we doubt and fear what lies ahead. Surround yourself with hope and watch how you inspire those in your world! Love Karen xxx

Life Coach Tool: 22 Ways: Bless Others With Hope!



'Pearls of Hope'

We all can bring hope and encouragement to others especially at Christmas time. Here are 22 suggestions below:

1. *Greet Strangers with Merry Christmas*
2. *Take Treats to A Nursing Home or to Someone Stuck at Home or Ill*
3. *Make a Few Packages for the Homeless*
4. *Give A Gift to Your Mailman/Hairdresser In Appreciation*
5. *Don't Worry About the Gift You Are Giving*
6. *Get Creative with Thoughtful Gifts Which May Not Cost Money*
7. *Spend Quality Time Together Face to Face*
8. *Listen and Pay Attention to People Going Through Difficult Times*
9. *Seek Out Those Who Are Spending Christmas Alone*
10. *Spread Positive Messages of Hope Online at Christmas*
11. *Avoid Comparison & Be Grateful for your Own Christmas*

12. Give Thanks & Count Your Blessings & Achievements of Past Year
13. Share Memories & Remind People They are Important to You
14. Write to Those Who Affected Your Life in a Positive Way
15. Start a New Family Tradition - Even a Walk in Park Together
16. Take Moments To Simply Relax & Savour Quiet Time Out of Rush
17. Help Others to Relax - & Do Something On a Busy Person's Do List
18. Read To Expand Your Mind & Gain A Fresh New Perspective
19. Remember Past Christmases - Relish in the Good Ones
20. Pray for Others - Especially Those Less Fortunate in the World
21. Watch or Read Spiritual Stories About Meaning of Christmas
22. Use Your Imagination & Bless Others with Kindness During the Year

Christmas is a perfect time to find ways to live with hope in your spirit and spread hope. Jennifer Heeren loves to write and wants to live in such a way that people are encouraged by her writing and her attitude. She loves to write devotional articles and stories that bring people hope and encouragement. Her cup is always at least half-full, even when circumstances aren't ideal. She regularly contributes to Crosswalk.com. She lives near Atlanta, Georgia with her husband. Her suggestions on 22 ways I have condensed above. May you too bring the spirit of hope and encouragement to others in your world! Be Blessed in the Process Yourself. Love Karen x

Be Inspired Article: 10 Questions with Caterina Cassar!



Who is the real Caterina?

I am married and live with my husband of 2 years in Oak Park. I have a dog called Tristan who is now 11 years old. I work part time doing Accounts Receivables - it's nice to be surrounded by beautiful fresh flowers daily in the Floristry Industry. In my spare time I love going to the gym to keep myself physically and mentally healthy and love the women there. I have always loved learning and continue to. I have studied Makeup, Reiki, Yoga, Dance and Singing lessons. I have completed quite a few self development courses where I take time out and reflect on me where I have been and where I am going. I was quite unwell early last year & was very run down. I wasn't able to go to work. This made me take a hard look at how I live my life. I resigned from my job too last year. I now work part-time, 4 days a week. I ensure that I always make time to look after myself 1st, do what I enjoy and that I am giving to me. This then makes sure that I can give to others. I also do Volunteering a couple of hours a week, where i visit a lovely older lady. Now I have successfully completed 2 challenges in the gym and I am healthier and fitter than what I have ever been.

Which five words best describe you?

Passionate. Patient. Curious. Focused. Humorous.

What was your first job and what path have you taken since then?

My 1st part time job (still at school/age 12) I started working part time in a bakery. My 1st full time job was with State Bank Victoria. I've always worked in Finance Industry and now work as Accounts Receivables in the Floristry Industry. It's taught me how to be financially savvy. I enjoy doing budgets and investing in shares for myself. I have also done other things on the side like Nutrimetics and Make Up, Reiki certificate, Yoga training, & Dancing.

What's your proudest achievement?

At 25 years when I was taking singing lessons and then the teacher held a concert for all of us (I got to sing 'The Rose' in front of 300 people.)

What's been your best decision?

To buy a property Bayside - I love the lifestyle and being by the beach. My husband I are looking to live there again real soon.

Who inspires you?

People who look on the bright side and people who are always looking to learn and grow.

What are you passionate about?

Continuously growing and developing as a person. Being the best version of myself that I can be. I am also passionate about being authentic and truthful to myself and others.

What's the best lesson you've learnt?

That I can achieve whatever I truly desire. This came to me when I a few years ago I walked across hot fire coals. It's amazing what we can achieve when our mind/thinking isn't in the way.

Which person, living or dead, would you most like to meet?

I would love to meet Jennifer Lopez. I have always loved singing and dancing. As a young child I always dreamt of becoming a performer. I find her inspirational at what she has achieved.

What dream do you still want to fulfil?

I would love to have my own business in the area of Empowering Women/Health Coach & making sure we all feel worthy.

What are you reading?

Louise Hay 'How to Heal Your Life' - I picked this book up for the 1st time in 2000.

Daily Hint: Daily Reminder to Choose HOPE every day for 31days!

Thank you! Your Daily Hint this month is to start affirming hope in your life and spreading these seeds out to others each day. Start the day meditating on a renewal of hope in the spirit, listen to podcasts, read daily devotions, and make it a habit by practising by repetition everything that will bring you into alignment with the vibration of Hope! Make a difference to your own life, bless yourself with this

wonderful gift, and overflow this blessing out to all you come into contact with. Choose Hope! Live Hope! May this new way of Living Bring you Peace, Love, Joy, Hope, Happiness and Health!

I am so looking forward to more of your feedback, suggestions, or what you would like to see in this newsletter! I am delighted to introduce you to Caterina. Caterina has a lovely relaxed presence & is a fabulous encourager of others. Her life journey is so incredibly powerful and inspiring, showing us all that as we navigate sometimes through the difficult times, there will be better days ahead. Be inspired by Caterina and how she is a beautiful example of a woman who has made dramatic changes in her life. May we too, be inspired by her story of resilience and hope. Love Karen xxx

'May your Choices Reflect Your Hopes and Not Your Fears.'

Nelson Mandela

Yours sincerely,

karen vella

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**LOVE
FROM
KAREN:**

Thinking of you at this Magical Time of Year. May you find ways to spread hope! Show the people you care about with this Love-Hope-Help-Hug! Please send on to your friends, family, loved ones, and colleagues from yours truly.



If you'd like to make contact, please contact myself at karen@youretheone.com.au;

Offer Expires: 31 December 2018

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