

Lunch Meeting

Bulletin

Tuesday 9th December 2008

Ten Commandments for Peace of Mind!!!

From our very own Bishop of Redbox, Colin Spencer

1. Do Not Interfere In Others' Business Unless Asked.

Most of us create our own problems by interfering too often in others' affairs. We do so because somehow we have convinced ourselves that our way is the best way, our logic is the perfect logic and those who do not conform to our thinking must be criticized and steered to the right direction, our direction. This thinking denies the existence of individuality and consequently the existence of God.

God has created each one of us in a unique way. No two human beings can think or act in exactly the same way. All men or women act the way they do because God within them prompts them that way. There is God to look after everything. Why are you bothered? Mind your own business and you will keep Your peace.

2. Forgive And Forget.

This is the most powerful aid to peace of mind. We often develop ill feelings inside our heart for the person who insults us or harms us. We nurture grievances. This in turn results in loss of sleep, development of stomach ulcers, and high blood pressure. This insult or injury was done once, but nourishing of grievance goes on forever by constantly remembering it. Get over this bad habit. Believe in the justice of God and the doctrine of Karma. Let Him judge the act of the one who insulted you. Life is too short to waste in such trifles. Forgive, Forget, and march on. Love flourishes in giving and forgiving.

3. Do Not Crave For Recognition.

This world is full of selfish people. They seldom praise anybody without selfish motives. They may praise you today because you are in power, but no sooner than you are powerless, they will forget your achievement and will start finding faults in you. Why do you wish to kill yourself in striving for their recognition? Their recognition is not worth the aggravation. Do your duties ethically and sincerely and leave the rest to God.

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December 2008

Past Members only:

Ann Gibson, 17th, Les Marton 22nd
Jan Marton, 24th, Robyn Rose 27th
Kevin Elsbury, 25th. (Well, he isn't really a member, but we like to treat him like one)



Wedding Anniversaries

Glenys and Colin Spencer, 31st.

Past Members:

Joan and Brian Bergin 16th
Marie and Vic Dye 1st
Jan and Les Marton, 22nd

Rotary Grace

For good food, good fellowship and the opportunity of service through Rotary, we give thanks.

The Rotary Club of Mitcham needs you!

Helping Hands

The Rotary Club is looking for volunteer shop attendants to help assist in the continued running of our local op-shop.

Why not come and spend a few hours in our fun and happy environment and help support our community and have fun too!



Please call John Atkinson on **9873 3322** for more details!



PAUL HARRIS FELLOWS

Presented by the Rotary Club of Mitcham

1979 Geoffrey Prior	1999 Chris & Ian McColl
1980 Dr John Munro	1999 John Varley
1983 Bruce McLaughlin	2000 John Cook
1986 Maxwell Bloom †	2000 Jean & Ray † Rose
1988 William Wood†	2000 Brian Bergin†
1988 Alan Fraser	2001 Christine Ryan
1989 Tony Gibson	2001 Bill Mudford
1989 David Gawler	2001 John Atkinson
1991 Dr Peter Brown	2002 Wayne Lucas
1991 Robert McDowell	2002 Denis Bunn †
1991 Bruce Wainwright	2002 Michael Edney†
1993 Ronald Slattery	2002 Peter McPhee
1994 Vic Dye	2003 Dawn & Graham Whiteside
1995 Fr Kevin Dillon	2003 Keith Nunn
1995 Kenneth Rose	2004 Brendan Tunstall
1997 David Murray	2004 Colin Spencer
1998 Ian Young	2005 Fred Wiffrie
1998 Ron Frederick	2006 Les Marton

PAUL HARRIS FELLOW SAPPHIRE AWARD

2002 Bruce Wainwright

2004 Tony Gibson

2004 John Atkinson

2007 Brian Bergin (Dec)

2007 Bill Mudford

2007 Colin Spencer

FOUR AVENUES OF SERVICE AWARD

2000 John Atkinson

AUSTRALIAN ROTARY HEALTH RESEARCH FUND COMPANIONS

1994 Roy Knudson † 1996 Dr Peter Brown 1999 David Murray

Officers for 2008/9

BOARD

President:	David Ayliffe
Past Pres:	Sharon Partridge
Pres. Elect:	David Murray
Vice Pres :	David Murray
Secretary:	Philip Daw
Treasurer and Fundraising:	Wayne Lucas

PORTFOLIOS

Membership	David Ayliffe
New Generations	Sharon Partridge
Communication/Marketing, Public Relations and Photography:	Eva Anderson
International and on to Conference:	David Ayliffe
Vocational Service:	Ivan Munoz
Fellowship:	Fred Wiffrie
Attendance:	Fred Wiffrie
Foundation:	Ron Frederick
Bulletin and Program:	Wayne Lucas, Philip Daw and Colin Spencer
Sergeant and Community Service:	David Murray



The President's Ponderings.

All Power to the Bishop

Well, there's no doubt about it Colin Spencer (the Bishop) has really given us something to think about with the 10 Commandments for Peace of Mind. I've found myself listening to some fairly intensive radio interviews on the ABC in the last couple of days and they mirror the challenge that Colin has featured in this Bulletin.

It certainly never hurts us to take time out to think a little deeply about our lives, how we live them and perhaps how we can do things better.

Again, to me, that's part of what Rotary is all about. Consider the following:

Letter from a thankful Rotarian

I live in the Midwest where people really value people. We depend on each other to do the right thing... to make the difference in the world we live in.

With Rotary, I have been given the chance to impact people from around the world... provided clean, safe water for a child to drink, saved a child from polio, gave shelter to a family who lost everything in a weather catastrophe. I've clothed, fed and taught children of all ages... and given their families reason to hope.

There is no way I could have accomplished this on my own. Only with the caring and determination of others, like myself, and with an organization whose sole purpose is to make this a better world for all, could I have done so much.

My part was, indeed, small but all parts gathered together made a world of difference.

Thank you Rotary, for allowing me to participate in changing our world.

Sandy Hayes, Clarksville RC – 31117, Sellersburg, Indiana (6580)

~ Our Rotary "Beethoven's Birthday" Christmas Breakfast Bash ~

David

7.00am for 7.30am start. \$20 per person.

Tuesday 16th December. Our last Rotary meeting for 2008.
One More Café, 112 Surrey Road Blackburn.

David Ayliffe.
President, 08/09

(The Cafe is part of One Church - formerly Blackburn Church of Christ).

BRING A FRIEND OR TWO TOO!

Advance Australia Fair

*Australians all let us rejoice, for we are young and free
We've golden soil and wealth for toil, our home is girt by sea
Our land abounds in nature's gifts, of beauty rich and rare
In history's page let every stage, advance Australia fair
In joyful strains, then let us sing
Advance Australia fair*

This Week ...

Tuesday 9th December 2008

President David Ayliffe

Secretary: Philip Daw

Treasurer: Wayne Lucas

Desk : Colin Spencer

Continued.... Ten Commandments for Peace of Mind!!!

4. Do Not Be Jealous.

We all have experienced how jealousy can disturb our peace of mind. You know that you work harder than your colleagues in the office, but sometimes they get promotions; you do not. You started a business several years ago, but you are not as successful as your neighbour whose business is only one year old. There are several examples like these in everyday life. Should you be jealous? No. Remember everybody's life is shaped by his or her previous Karma, which has now become his destiny. If you are destined to be rich, nothing in the world can stop you. If you are not so destined, no one can help you either. Nothing will be gained by blaming others for your misfortune.

Jealousy will not get you anywhere; it will only take away your peace of mind.

5. Change Yourself According To The Environment.

If you try to change the environment single-handedly, the chances are you will fail. Instead, change yourself to suit your environment. As you do this, even the environment, which has been unfriendly to you, will mysteriously change and seem congenial and harmonious.

6. Endure What Cannot Be Cured.

This is the best way to turn a disadvantage into an advantage. Every day we face numerous inconveniences, ailments, irritations, and accidents that are beyond our control. If we cannot control them or change them, we must learn to put up with these things. We must learn to endure them cheerfully thinking, "God wills it so, so be it." God's plan is beyond our comprehension. Believe in it and you will gain in terms of patience, inner strength and will power.

7. Do Not Bite Off More Than You Can Chew.

This maxim needs to be remembered constantly. We often tend to take more responsibilities than we are capable of carrying out. This is done to satisfy our ego. Know your limitations. Why take on additional loads that may create more worries? You cannot gain peace of mind by expanding your external activities. Reduce your material engagements and spend time in prayer, introspection and meditation. This will reduce those thoughts in your mind that make you restless. Uncluttered mind will produce greater peace of mind.

8. Meditate Regularly.

Meditation calms the mind and gets rid of disturbing thoughts. This is the highest state of peace of mind. Try and experience it yourself. If you meditate

A Very Happy Christmas to all the cheerful souls who represent us at all levels of Government in Australia.



earnestly for half an hour everyday, your mind will tend to become peaceful during the remaining twenty-three and half-hours. Your mind will not be easily disturbed as it was before. You would benefit by gradually increasing the period of daily meditation. You may think that this will interfere with your daily work. On the contrary, this will increase your efficiency and you will be able to produce better results in less time.

9. Never Leave The Mind Vacant.

An empty mind is the devil's workshop. All evil actions start in the vacant mind. Keep your mind occupied in something positive, something worthwhile. Actively follow a hobby. Do something that holds your interest. You must decide what you value more: money or peace of mind. Your hobby, like social work or temple work, may not always earn you more money, but you will have a sense of fulfilment and achievement. Even when you are resting physically, occupy yourself in healthy reading or mental chanting of God's name.

10. Do Not Procrastinate And Never Regret.

Do not waste time in protracted wondering "Should I or shouldn't I?"

Days, weeks, months, and years may be wasted in that futile mental debating. You can never plan enough because you can never anticipate all future happenings. Always remember, God has His own plan, too for you. Value your time and do the things that need to be done. It does not matter if you fail the first time. You can learn from your mistakes and succeed the next time. Sitting back and worrying will lead to nothing. Learn from your mistakes, but do not brood over the past. DO NOT REGRET. Whatever happened was destined to happen only that way. Take it as the Will of God. You do not have the power to alter the course of God's Will. Why cry over spilt milk?

Rotary Clubs and Membership

Rotary is a worldwide organisation of business and professional people that provides humanitarian service, encourages high ethical standards in all vocations and helps build goodwill and peace in the world. Approximately 1.2 million Rotarians belong to more than 32000 Rotary Clubs located in over 200 countries.

Clubs may differ from each other in demographic terms, meeting times and venues, but all have the same aims of making the world a better place, locally and internationally, while at the same time strengthening established friendships and creating new ones.

One of 51 clubs in Rotary District 9810, the Rotary Club of Mitcham has served its local community, and participated in many international projects since its charter in 1979. In these busy days, it is not so easy for young business and professional people to set aside a little bit of time to participate in Rotary functions. Those who do, are rewarded beyond belief. Support for Camp Quality - Kids living with Cancer, the International Polio Plus worldwide Polio eradication program, International Student Exchange, Rotary Youth Leadership Awards and many other fantastic opportunities exist. Giving immense satisfaction to all who are involved.



... of the things we think, say or do.

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

The Objects of Rotary

To encourage and foster the idea of service as a basis of worthy enterprise and in particular:

- first** The development of acquaintance as an opportunity for service.
- second** High ethical standards in business and professions, the recognition of the worthiness of all useful occupations and the dignifying by each Rotarian of this occupation as an opportunity to serve society.
- third** The application of the ideal of service by every Rotarian's personal, business and community life.
- fourth** The advancement of international understanding, goodwill and peace, through the world fellowship of business and professional men and women united in the ideal of service.

Description of Rotary

Rotary is an organisation of Business and Professional persons, united world wide who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in all the world.

www.d9810.rotary.org.au

Diary Dates

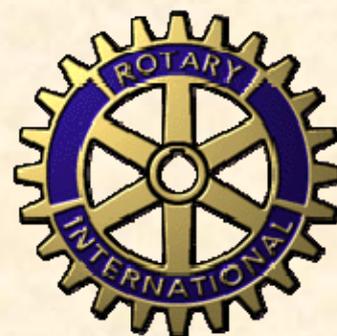
December 2008

Tuesday 9th Meeting at the Mitcham RSL 12:30 for 1:00 pm
Board meeting at 11am

Tuesday 16th (Beethoven's Birthday) Christmas Breakfast Meeting at One More Café, 112 Surrey Road, Blackburn 7:15 am for 7:30 am

THIS WILL BE THE LAST MEETING FOR THE YEAR. HAVE A MERRY CHRISTMAS, AND A HAPPY NEW YEAR. SEE YOU FOR THE PRESIDENT'S BARBECUE AT 12:00 PM ON JANUARY 13th 2009. That's right! It is the second Tuesday in January. To be held at the Redbox Vineyard 2 Ness Lane Kangaroo Ground, 3097. Melways: 271 E8

All funds applied to Rotary Community Projects in Whitehorse



After another successful event, make sure you join us at
the next market on Sunday, December 14th 2008

8.00 am to 1.00 pm at:

The Whitehorse Civic Centre 279 Whitehorse Rd
Nunawading. Enquiries 0438 550068

The Last One for 2008! Be There!

www.rotarymitcham.com