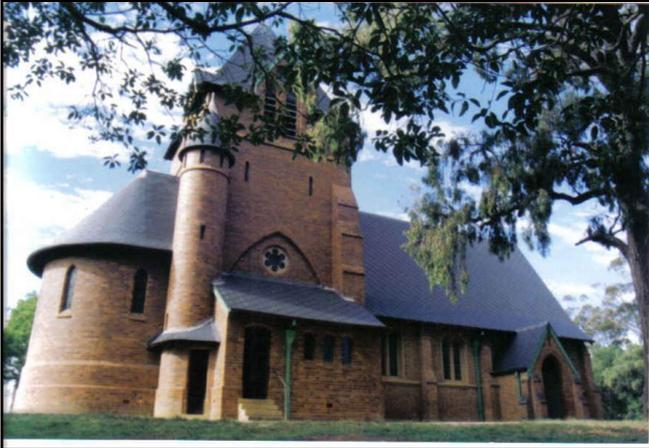


THE MENANGLE NEWS

VOL 21 NO 2

FEBRUARY 2011

St James – *the light on the hill*



Enquiries: Ph. 4633 8594

SUNDAY Church Services

8.30am: Traditional Service
10am: Family Service and Sunday School
7pm: Evening Service

Kids Club: 4:30pm Fridays
Youth Group: 6:30pm Fridays

What's On at St James

BELL RINGING PRACTICE

Wednesday evenings from 7 to 8 PM
New members welcome.

St James Anglican Church now has its own web site check it out and learn about the history of the church and other interesting stuff, including a link to the Menangle News.

<http://www.menangle.anglican.asn.au>

Contributions welcome:

email: bpeacock@virginbroadband.com.au
or charlesksmj@bigpond.com
or leave written articles at 10 Station St

You can also elect to receive a copy of the Menangle News by email.

St. Patrick's Church

Mass: 1st Sunday of each Month at 6pm.



Birthdays

2nd James McFarlane
2nd Emelise Bond
4th Natalie Worthington
7th Lisa Redmond
13th Graham Bell
15th Emily Rose
21st Judy Lynch
22nd Glen Peretin
22nd Glynnis Bell
22nd Mark Campbell
22nd Cathy Bulger



Anniversary

5th Steve & Kerri Rochaix
27th Jason and Laura Burt.
28th Graham and Dorothy Noyes

Are you disappointed that your birthday or anniversary is missing from this list?

Act now – send an email to
bpeacock@virginbroadband.com.au

Or leave a note in my letterbox at 10 Station St.

RAINBOW REFLECTIONS

The best advice I have heard concerning New Year Resolutions came in a message “Here’s to a Brilliant New Year!”

Graham Cooke, the author, makes the point that we often focus on what is **wrong** with our lives and set about trying to overcome what is wrong e.g. “I’m going to lose all this weight; I’m going to stop being anxious; I’m going to stop being angry.” He suggests that we take our goals out of the negative and, through a series of steps, upgrade to a positive vision of ourselves.

So: I’m going to lose all this weight, becomes: I’m going to enjoy getting fit and getting healthy.
I’m going to stop being anxious, becomes: I’m going to enjoy being more trusting, carefree and happy.”

I’m going to stop being angry, becomes: I’m going to practice being more loving.

As I reflected on my reasonably healthy, but a bit boring eating habits, I decided to upgrade to a “colour focus”, which lends itself nicely to a rainbow reflection! Many of the healthiest natural foods are brilliantly coloured. Just imagine eating a rainbow diet – that sounds like fun to me! Read the article “God’s Pharmacy” for some amazing information.

The other area of upgrade I have decided on is also about good health, but this time having a healthy mind. Like many of us in this generation I settle for mental laziness – being **entertained** by TV shows, romantic Christian novels, movies etc. Even though my choices are within what I consider wholesome boundaries, the fantasy of entertainment actually dulls my mind and makes reality harder to deal with.

Perhaps that’s why we have so much discontent in this beautiful country of ours!

So my upgrade is to deliberately choose wholesome but mentally challenging reading, viewing and projects.

Graham Cooke goes on to say that there are three more steps to the process:

As Christians we believe the old lazy, self-centred nature is dead, and we have been born again with a new Christ-like nature. Be alive to your new self in God, and don’t allow other people to resurrect the old nature in you.

Don’t try to become the new person, accept that in Christ you already are. As you focus on Jesus, His peace, joy and love will emerge in every situation. Finally, enjoy the journey, not living in your circumstances, but abiding in Christ.

To sign up for “Brilliant News” go to <http://www.brilliantbookhouse.com>

God's Pharmacy!

A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.

A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.

A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of sperm as well to overcome male sterility.

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.

Olives assist the health and function of the ovaries
Oranges, Grapefruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes.

A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

Blessings and love,

Sue



Nancy has watched our national day blossom

FOR Nancy Cottle (pictured) there's no place like Australia.

The 78-year-old from Durham Green Retirement Village in Menangle has travelled the world but loves to be home every year on January 26 to celebrate our national day.

She said she had seen the way people celebrated Australia Day change over the years.

"During the war it was very low key but following the bicentenary when Bob Hawke was prime minister he brought in that we should all celebrate Australia Day on the day," she said. "Since then there's been a lot recognition for what Australia Day is all about.

"It gave suburbs and villages the chance to celebrate with street parades and ceremonies.

"In previous years I have walked in parades and been on floats with the Quota Club.

"These days I'm very happy to celebrate here at the village with our special breakfast.

"It's great fun, we even have a thong throwing competition."

Check out the Menangle website:
<http://www.menangle.com.au>
 and keep up to date with
 Menangle Community Association news.

From the Cumberland Courier newspapers.

Menangle industrial park back on the radar

BY BEN PIKE

WOLLONDILLY Mayor Michael Banasik has joined with the Menangle Action Group in condemning a move by the State Government to review plans for a 240ha industrial park on Moreton Park Rd in Menangle.

Wollondilly Council rejected the proposal in August last year because of a lack of both traffic management and State Government information on future plans for the surrounding area.

But in a letter received by the council on Thursday, Planning Minister Tony Kelly has bowed to developer demands for the Joint Regional Planning Panel to be the "relevant planning authority for this planning proposal."

The minister added that he wanted "to facilitate the urgent resolution of this matter."

The JRPP is a government-dominated panel that reviews and approves large scale developments.

The move by Mr Kelly's department means Wollondilly Council would not make the final decision - potentially sidelining community concerns about compromising Menangle's rural heritage. There has been no date set for the JRPP meeting.

The development would bring an estimated 4000 jobs into the area with a business park featuring light to general industrial use land.

Mayor Michael Banasik said the council will fight it "tooth and nail."

"The council does not want a Port Botany in Wollondilly," he said.

"We just don't understand why the minister makes this matter urgent. Menangle is our only heritage protected town in the Macarthur region. I'm sure residents will not support this at all."

Menangle Action Group member Kate Terry said there was no supporting infrastructure for the development and the group wants to preserve the historic town's rural pedigree for future generations.

"We are very alarmed by the apparent urgency which has been expressed by Tony Kelly," she said.

"We believe this area has a vital role in agriculture, environment, education, tourism and recreation."

Developer Ernest Dupere said yesterday the proposal he submitted to the State Government was the same as what was rejected by the council.

"In Wollondilly there's is a growing gap between available jobs and the population," he said.

"Wollondilly needs to provide more local employment because out of any shire in the state they've got one of the highest numbers of people who travel out of the area for work."

Editor's note: it might be that people prefer to travel out of the area for work rather than live where there are industrial complexes, factories, etc.!

