

This November 2011 Good News letter is packed with the following goodies...

- **Wisdom unearthed –Ubuntu - A person is a person through other persons**
- **Women of Africa gathering – Come join me in the spirit of Ubuntu**
- **Impossible, Possible, Probable, Is - Stop talking or dreaming about it and finally DO IT!**
- **Cross Pollination – A Swiss night out**
- **Clairvoyant and Medium Live Shows with Marietta Theunissen**
- **Recommended reading for your growth - Born on the Continent – Ubuntu by Getrude Matshe**

Wisdom Unearthed

Ubuntu - A person is a person through other persons.

- I am what I am because of who we all are.

- Interconnectedness, dignity, respect, harmony, compassion, generosity, reconciliation, humaneness, community...

Desmond Tutu offers this. A person with Ubuntu is open and available to others, affirming of others, does not feel threatened that others are able and good, based from a proper self-assurance that comes from knowing that he or she belongs in a greater whole and is diminished when others are humiliated or diminished, when others are tortured or oppressed. You can't exist as a human being in isolation. We think of ourselves far too frequently as just individuals, separated from one another, whereas you are connected, and what you do affects the whole World. When you do well, it spreads out and it is for the whole of humanity.
[http://en.wikipedia.org/wiki/Ubuntu_\(philosophy\)](http://en.wikipedia.org/wiki/Ubuntu_(philosophy))

When I read this week about Ubuntu, I immediately I thought of Marianne Williamson's and Nelson Mandela's sentiments in the following (NB shortened version)

"Who am I to be brilliant? Who am I not to be? Your playing small does not serve the world. As we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

I ask myself and ask you...

- How am I presently being an influence to others?
- How are others being an influence to me?
- How specifically can we all put Ubuntu into practice and benefit mutually from that?
- What could be possible in our lives should we consistently engage in the spirit of Ubuntu?

Women of Africa gathering – come join me in the spirit of Ubuntu

I am guest speaker at a Women of Africa gathering event on Saturday 26th. Ladies of all nationalities are welcome and I would love you to join me in the spirit of Ubuntu at this event. A great place to connect, recharge, have fun and be inspired. Contact me for details.

Huge thanks to the following

Without these people I could not have had the fabulous week I enjoyed in New York and the terrific result of completing the New York Marathon – feeling fit and strong in body, mind and soul.

Lynda Wharton – acupuncturist and naturopath www.lyndawharton.com

Janine Seymour – healer and facilitator www.janineseymour.com

Mark Guy – running coach and personal trainer markguy@xtra.co.nz

Matt Wenham – physio www.northcrossphysio.co.nz 0274 591 194

Impossible, Possible, Probable, Is - A challenge for you to finally DO IT in 2012

In 2012, are you up for a challenge to do something you have talked or dreamed about, but have never done?

Knowing that a year ago I had no money, no marathon or even running history behind me, kids to take care of on my own etc, but also with a huge desire to keep fit, challenge myself, step up to bigger possibilities. expand myself professionally....New York became possible because I chose to see it that way. The impossible became possible, probable and reality. Let me share with you how to do that and apply it to your dreams.

If you would like to meet a new challenge in 2012 - could be crossing Tongiriro or walking the Milford Track, running or walking a distance you have never done before, planning a trip you have dreamed about for years, visiting an orphanage in Africa, fundraising for a cause that calls you....or WHATEVER, I would love to coach you so your dream BECOMES POSSIBLE, PROBABLE and IS. Email me at janelle@janellefletcher.com or ring me on 09 479 4951 021 756 280

Cross Pollination – A Swiss Night out – Nov 20th

My friend and fellow runner Pia did great in New York and is just topping up her fundraising efforts with a great Swiss night out with proceeds going to our charity CatWalk Spinal Cord Injury Trust. It's an evening of Swiss food and entertainment. Come join us next Sunday night. [Details here](#) and call me for tickets on 09 479 4951 or 021 756 280 or email me at janelle@janellefletcher.com

Can't attend? You can still donate online at www.fundraiseonline.co.nz/PiaWittwer or www.fundraiseonline.co.nz/JanelleFletcher

Clairvoyant and Medium Live Show Enjoy an exciting and uplifting live show as Marietta Theunissen, international clairvoyant and medium reveals information, insights, messages from loved ones and hope from the spirit world. Shows Fri night (18th Nov) and Sat morning (19th Nov) in Auckland. Ring Marietta on 021 0633 469 or go to www.otherworldstomorrow.com

Recommended Reading for your growth Born on the Continent – Ubuntu by Getrude Matshe

Remembering and reawakening recently to my childhood passion and desire to help children in African orphanages, I am not surprised to have been lead through a series of recent meetings with people, activities, invites and connections that have synchronistically lead me to this book and to things South African.

Getrude Matshe is an inspirational speaker and a well-known African storyteller, poet, artist and published author. She is the founder and CEO of the Africa Alive Education Foundation, an organization that supports HIV orphans in Zimbabwe. She formed Walk on the Wild Side Tours – a symbiotic tourism company that takes tourists to Zimbabwe to work with HIV orphans and the communities that support them which you can read more about at www.getrudeinspires.com Here's the blurb on the back of Getrude's book that sums her up.

At the age of 13 she had already started running, running a household, running a restaurant, running a dressmaking business, running a hair-braiding salon, running an all woman's theatre group, just running and running and running. Getrude Ruwadzano Munyaradzi Matshe, is this vibrant bundle of African energy, a human dynamo whose drive, zest and passion for life inspires everyone she meets. Married and a mother of three children, Getrude is an African story teller, a motivational speaker, poet, an artist, author and an entrepreneur and a founding director of three successful companies in New Zealand. Her ability to manifest her dreams into reality can only be described as the way of the Wizard Merlin for she has the Midas touch and everything she touches turns to gold.

Go well and grow well in November!

Janelle

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