

JCPF NEWSLETTER for DECEMBER 2018

KEY POINTS OF NEWS ARE -:

- Pam's CHAKRA MEDITATION DAYTIME DEVELOPMENT COURSE. – 9 WEEK COURSE starting 25th January FRIDAY MORNINGS 10.30 a.m. -1.00 p.m. at 250, Chichester Road, North End, Portsmouth PO2 0AU. Call 02392693169 or text 07989534673 or email Pam.ashenden@ntlworld.com
- Pam's CHAKRA ADVANCED MEDITATION DAYTIME DEVELOPMENT COURSE. – 10 WEEK COURSE starting 17th January THURSDAY MORNINGS 10.30 a.m. -1.00 p.m. at 250, Chichester Road, North End, Portsmouth PO2 0AU. (pupils who have done the CMC course). Call 02392693169 or text 07989534673 or email Pam.ashenden@ntlworld.com
- Tony's INSTRUMENT OF SPIRIT DEVELOPMENT COURSE -6 WEEK COURSE starting THURSDAY EVENINGS 7.30 – 10.00 p.m. Cosham Community Centre. (pupils who have done the DYPS and EYPS courses). Call 07989534673 or email tonyahome@ntlworld.com
- JCPF POP-IN HEALING CLINICS:
 - Every Monday Buckland Centre, Malins road, North End, 10.30 a.m. to 12.45 p.m. AND at 4.00 p.m. to 7.00 p.m. (bar Bank Hols.) No appointments necessary! Healing is FREE – donations, whatever you can afford, are appreciated. For more info, go to www.jcpf.co.uk or if you wish to discuss your needs call or text Malcolm, the clinic principal, on 07756-852918
 - EVERY MONDAY Portchester WEEKLY POP-IN HEALING CLINIC at the Portchester Hub, New Parade, 2, 38 West St, Portchester PO16 9UY. Open 1.00 -3.00 p.m. No appointments necessary! Healing is FREE –donations, whatever you can afford, are appreciated. For more info, go to www.jcpf.co.uk or if you wish to discuss your needs call or text Wendy, the clinic principal, on 07586-887181
 - EVERY WEDNESDAY Fareham WEEKLY POP-IN HEALING CLINIC at the Northwest Fareham Community Centre, Henry Cort Drive, Fareham PO15 6TL. Open 4.00 -7.00 p.m. No appointments necessary! Healing is FREE –donations, whatever you can afford, are appreciated. For more info, go to www.jcpf.co.uk or if you wish to discuss your needs call or text Malcolm, the clinic principal, on 07756-852918.
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Love & Light Tony A..... for the JCPF General Secretary

WEBSITES: www.jcpf.co.uk / www.holistichealthuk.co.uk

P.s. IF YOU ARE RECEIVING THIS NEWSLETTER AS A FORWARDED POST AND WOULD LIKE TO RECEIVE NEWS OF OUR EVENTS BY EMAIL DIRECT -LET US HAVE YOUR EMAIL ADDRESS TODAY PLEASE!



Body

Mind Spirit
Health

With Warmest Regards,

Tony A.....
Tony Ashenden. President JCPF

p.s. IF YOU ARE RECEIVING THIS EMAIL AND DON'T WISH TO HAVE ANY FURTHER MAIL FROM THE JCPF CHARITY PLEASE ACCEPT OUR APOLOGIES AND REPLY TO THIS EMAIL 'NO THANKS' AND YOUR CONTACT DETAILS WILL BE REMOVED FROM OUR FILES.

President: Mr A. A. Ashenden. General Secretary: Mr M Pallant. Treasurer: Letitia Ivatt. Trustees: Mr M Pallant. Mr S Lashley, Mr A Ashenden

www.jcpf.co.uk & www.holistichealthuk.co.uk