

Relaxation Centre of Queensland

A place for all ages to recharge, make friends & feel uplifted!

Surprise! Surprise!

New closure date: 24th December 2024

Here we are again with a mini newsletter shorter than any since we began our newsletters in 1974. You must be thinking, "Why another one so soon after the October-December programme?"

In the last issue I advised we would close our lovely Relaxation Centre at the end of April 2025. However, much has occurred for me over recent weeks and I've reluctantly made the huge decision to end the presentation of our courses at



4.00pm Christmas Eve - Tuesday 24th December 2024.

We will use the month of January 2025 to clear the building of any remaining bookshop stock, plants, furniture, and equipment, etc., and close the Relaxation Centre. Yes, it will be a massive job.

Many receiving this final communication have been on our mailing list for numerous years and some I know have been linked with the Centre since the 1970s.

What a long and meaningful journey it has been, and such an incredible privilege for me to guide the Relaxation Centre over the last 51 years.

We are working hard to get a book published before Christmas about my life and my journey in guiding the Relaxation Centre. It is full of stories about our Fortitude Valley and Alderley homes, as well as the Centre's far-reaching influence around Australia and overseas.

If you are interested in obtaining a copy of this book, please email the Relaxation Centre or myself so we can keep you in touch about its progress. We don't know what the production cost will be yet, but we hope to offer it at the lowest possible price.

Words can never express the depth of my appreciation to all the speakers, the volunteers and, of course, the thousands of you who have come through our doors to participate in and embrace our remarkable and in-depth programmes. We regularly hear how our courses have assisted many thousands of people over the Centre's years.

Thank you also for your lovely cards and letters throughout our time together, and for the many beautiful messages of appreciation we have received recently.

Yes, Thank You, Thank You, Thank You. My warmest wishes for the future and my love always.

If you wish to contact me in the future my email address is lionfife18@gmail.com

Lionel Fifield

Lionel Fifield - Coordinator

From our earliest newsletters we included:

The world is in a mess, whatever can I do? God said in his wisdom, "Just build a better you."

Relaxation Centre of Queensland Limited (by guarantee) - Est. 1974

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Come and get some wonderful bargains for Christmas!



Bookshop Special Discounts

**Now Saturday 9th November to
Tuesday 24th December 2024**

Yes, we said in our last newsletter that a 30% discount will apply to all items in the bookshop from Tuesday 3rd December; however, now because of the earlier closure of the Centre we have brought the discount date forward to **Saturday 9th November**.

Pre-Loved Book Sale

**Saturday 9th November
11.00am - 3.00pm**

Remember our **special sale** of **pre-loved** and many of our **library books**.

\$1 each or five for \$3 ~ cash only.

Furniture & Equipment Plants & Sundry Items Clearance

It's a big job! We will start clearing the building's furniture and effects as from Tuesday 17th December up until Christmas Eve, and again from Thursday 2nd January.

If you are interested in acquiring anything from the Centre please come in and tell us, or email admin@relaxationcentreqld.org. We hope to have our phones managed on Saturdays in January so please call then if you need to.

Welcome to our FAREWELL PARTY

**Saturday 28th December 2024
11.00am - 3.30pm**

All those who love the Relaxation Centre are welcome to come to a **relaxed celebration and farewell party for the Centre**. We may well be in a state of chaos, but it will be a great opportunity to meet up with other friends of the Centre. We expect there will be some short talks happening from around 1.30pm onwards.

Tea and coffee will be provided. We'll rely on those of you attending our farewell event to bring snacks or lunch to share for 12.00pm. The shared lunches we've hosted over the years have always been a beautiful experience. **Just come along.**

Clean-Up Day

**Now Saturday 18th January 2025
10.00am - 3.30pm**

These **Clean-up** days can be both fun and incredibly invaluable. After a year of courses and activities it makes such a difference to give our lovely home a good cleanup, especially now we are closing and vacating the premises.

Clean-up day will now be held on **Saturday 18th January 2025**.

If you have a favourite cleaning implement please bring it and share it, along with your skills. We will have lots of cleaning cloths and supplies available.

It's also great to bring some food to share for those of you who would like to make lunch a part of the day. It would be good if you could call us before Christmas, or email after then to say you'll be with us. **Come for however long you can.**



RUFUS: Hello to all my lovely friends and fans of my regular messages over the years.

It's been a tail-wagging gift to be able to share my words of wisdom from my observations of you human beings who believe that you are smarter than us hounds.

Fortunately, our sense of smell and hearing, our ability to observe and our intuitive gifts allow us to love unconditionally.

I know that the Relaxation Centre has been so helpful in assisting many of you to find greater peace and meaning, and to become more loving and kinder.

Thank you for your many recent messages to Lionel and the Relaxation Centre team, including how helpful my messages have been to you.

I am sad to say goodbye but it's good practice to let go, wag my tail, and look to where I can give my love each day. Remember every human being yearns to feel loved and appreciated.



My love always, Rufus.

Relaxation Centre of Queensland Limited

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