VOORWOORD — DIRECTOR — G.H.J. KRUGER

June 2016 was indeed “n month of many events! It started off with the commemoration of the 50th year of existence of the Aurora Centre. During the AGM this event was duly celebrated with an action packed meeting which included a “video” of the past 50 years, the approval of a new constitution, a guest speaker of note (Mrs. Louina Le Roux, National Coordinator of SANCA), long service awards to management board members and staff, cake, candles, and to top it all, attendance of the meeting by a previous director and his wife (Mr. Jurie Wessels and Rosa) and a social worker and her husband (Mrs. Santie Pruis and Andre).

A few days later a fundraising event took place at The Willows where we were given hints on the finer art of painting frames. It was a busy morning with lots of fun, especially the ice breaker during which we were requested to make fools of ourselves! A sincere word of thanks to all our sponsors and participants for supporting this illustrious fundraising event.

Later in the month it was the commemoration of the International Day against Drug Abuse and Illicit Trafficking (26 June) and the SANCA Week: 20 – 25 June focusing on the slogan “Kick one habit for a week”. Awareness was raised on the difficulty to kick habits like drinking coffee, eating sugar and the use of social media. The danger of over the counter medication was also emphasised. The social media were buzzing with messages. For more information on the campaign visit http://auroracentre.blogspot.co.za/

All of the above activities had to be organised by staff that have full programmes, but nevertheless gave their time, skills and dedication to make every event a huge success!

All that remains to be said is:
Thank you!
Leboha!
Dankie!

AURORA MAKES SOBER LOOK GOOD

Thoughts on SOBRIETY

I’m not telling you it is going to be easy, I’m telling you it’s going to be worth it.

There’s not a drug on Earth that can make life meaningful.

Sarah Kane

PLEASE SHARE YOUR THOUGHTS ON SOBRIETY WITH US
MINDFULNESS by Beth Mackay

If you are rushing into the next moment, what happens to the one that you are in? Life is so busy and rushed, from the moment you get up until the moment you lay your head down at night. Then even, your mind will most probably be in a million places thinking of everything that has to be done the next day. So let’s pause here for a minute and ask the question again: If you are rushing into the next moment, what happens to the one that you are in?

According to Kobat-Zinn (2003) mindfulness can be defined as the awareness that emerges through paying attention on purpose, in the present moment, non-judgmentally. It’s about knowing what is on your mind. According to James Baraz mindfulness is simply being aware of what is happening right now, without wishing it were different.

Originally an ancient Buddhist meditation technique, in recent years mindfulness has evolved into a range of secular therapies and courses, most of them focusing on being aware of the present moment and simply noticing feelings and thoughts as they come and go. The recent popularity of mindfulness is generally considered to have been initiated by Dr Jon Kabat-Zinn. In 1979, Jon Kabat-Zinn recruited chronically ill patients not responding well to traditional treatments to participate in his newly formed eight-week stress-reduction program, which we now call Mindfulness-Based Stress Reduction (MBSR). Since then, substantial research has been done demonstrating how mindfulness-based interventions improve mental and physical health, comparably so to other psychological interventions.

According to Viktor Frankl, “Between stimulus and response there’s a space, in that space lies our power to choose our response, in our response lies our growth and our freedom.” In other words there is always a moment of choice where we decide how we are going to react to stress and pain on our lives. However for most of us we are unaware of this space as we get caught up in habitual patterns of reacting to life. The MBSR program helps the patient become aware of these habitual reactions and helps them relate to themselves in a new way to interrupt this cycle and create more choices in their lives.

Mindfulness is observing your life as it is happening and accepting the current situation without judgment or struggle. It is about allowing your feelings to exist (instead of trying to suppress them) without letting them drive your actions. It is about noticing your thoughts as they arise without the need to buy into them – as you cannot always believe what you are thinking. I am not my thoughts, as thoughts are not facts. Mindfulness is the shift from the constant ‘doing mode’ to the “being mode” – where you stop trying to fix everything.

Brain imaging techniques are revealing that this ancient practice can profoundly change the way different regions of the brain communicate with each other permanently. It seems through mindfulness practice our more primal responses to stress seem to be superseded by more thoughtful ones. With the amount of research being done on the positive effects of this practice it seems that ten minutes of mindfulness could soon become an accepted, stress-busting part of our daily health regimen, being just as important as going to the gym or brushing our teeth.

Mindfulness gives you time. Time give you choices. Choices, skillfully made, leads to freedom. You don’t have to be swept away by your feelings. You can respond with wisdom and kindness rather than habit and reactivity (Bhante Henepola Gunaratana).
NOBODY SAID THAT IT WOULD BE EASY -
BUT NOBODY SAID THAT IT WOULD BE THIS HARD............
(A group from Elmari van der Walt — compiled by Yvonne Thiebaut)

I woke up with these two lines in my head this morning — two lines from a Cheryl Crow song and the only two lines I remember. At first it might stroke you as pessimistic …. perhaps it is, but in reality it applies to our life then and in the future — SOBRIETY.

But — back to basics — let's keep things simple. We had 21 days to delve deep and find our true selves again — well, a great part of our true selves in most cases. So ….. I present from group C.

**SOBRIETY**

To us it means freedom. Freedom from this self-imposed drug prison. We can now enjoy our lives honestly — and we can be proud that we took the first step to recovery. Slowly we are learning again how to love ourselves — our sober selves.

Sobriety means the importance of boundaries, to say what we mean and mean what we say. To make sure we are safe from people and places that in the past only caused us hurt. Sobriety means finding balance, igniting that inner-spark we have neglected for so long — we are ready to live life to the fullest — with our families, with our children, with our TRUE FRIENDS.

We do this while continuously remember, reminding ourselves, to hold on to WHO we are! Being addicted DOES NOT DEFINE US!!! 21 days is not a quick fix. There is a long, wonderful journey ahead of us and for us to be able to cling to our sobriety step-by-step; day-by-day; even sometimes minute-by-minute.

And why not? We can once again feel On Top OF The world, be healthy, have energy, work on loving and become fully aware of how we are growing stronger every day. We are regaining confidence and embracing this beautiful, hard thing that is life.

Being human is incredibly hard and not something that can be mastered in one lifetime (Terry Prachet). Saying this does not mean all is lost — after all, we only have one human life time. We need to hold on to our beliefs, turn to our spirituality, our religion, our God — and forever keep the flame of our hope alive.

We must know that even after the storm is over to readjust our sails and keep our dreams alive — Never Stop Sailing! Sobriety means holding on to the power of our thoughts, steering it continuously to the good — being okay and dealing with the bad and working through it rationally.

We'll be saving money. Hooha! We will be safe, knowing that we are in control of our behavior — and if all else fail, we know that we have the love and support we need — it is there for us — we need only to ask!

Sobriety — it is a journey and very possible if we hold on to that which makes us feel alive naturally!

**SOBRIETY — CHOOSE IT — BECAUSE YOU DO MATTER**
CONGRATULATIONS!!!!!

Geluk met julle groot viering.
Marietha Johnson

Baie geluk met julle 50ste jaar van bestaan. Mag daar nog baie jare van seën vir julle wees met julle harde werk. Dit is terdeë ‘n uitnemende prestasie. Dawie van Niekerk

Vir elkeen wat by Aurora Sentrum gewerk het, is die naam suster Eunice Vivier bekend — ons versoek aan haar vir ‘n boodskap het haar op ‘n reis gevat met staaltjies waarmee ons ’n boek kan skryf. Sy is ‘n legende en het beslis bygedra tot Aurora Sentrum se 50ste bestaansjaar wat ons met dankbaarheid vier. Sonder merkwaardige personeel en oor-vloedige onverdiende genade sou Aurora Sentrum nie die diens kon lever nie — BAIE DANKIE aan elkeen.

May we take this opportunity to congratulate you and best wishes for a highly successful and productive AGM. SANCA Durban

Geluk met 50 jaar!
Marianne Kruger

Erkenning aan Courant vir die foto. Van links na regs: Dr. Paulina van Zyl; mnre Kobus Swanepoel en Jan Noeth en mev. Marianna van Dyk

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LEAD BY EXAMPLE - DON’T DO DRUGS!!!!!
BAIE Dankie aan almal wat bygedra het om die funksie moontlik te maak

- Die gasvrouens vir hulle moeite asook die gaste.
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Geskenkbewyse en geskenke

- Naval Hill Spar (4 geskenkbewyse)
- Ilza en Deonette van Salon Shekay (4 geskenkbewyse)
- Jacolene van Beauty Exchange (1 geskenkbewys)
- Jannie van Voortrekker Apteek (5 geskenkbewyse)
- Leslie (Anique geskenkpakkies)
- Wilhelm Klopper van Kloppers (4 geskenke)
- Maria van Signo (Geskenkpak)
- Elize Kruis van Crafts Step by Step (3 geskenkbewyse)
- Gideon Smith - Meditas Slaghuis (geskenkpak)

DANKIE VIR ALMAL SE ONDERSTEUNING!!!