

## WILL YOU HELP?

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We have a store and a free kitchen from which we supply - for a small donation if the recipient can afford it - clothing, bedding and other survival type items, depending on what is in stock

If you have any such items to spare, we would very gratefully receive and distribute them on your behalf

From our kitchen we supply whatever food is available to those who are poor and hungry Will you give us some food for these people in need? Bread, butter or margerine, sandwich fillings, tinned or packet soups, milk, coffee, tea, cookies, jams, marmalades, or anything else you feel you can spare. Anything you donate will be put to excellent use and truly appreciated

in return, is there anything YOU need?

If so, tell us and we will try to find it for you

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If at this point you feel you know enough, and would like to give to us, or to give to others through us, please turn to the back page for our telephone number and address. If on the other hand you would like to know a little more, please read on

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difficult world, a world MADE harsh and difficult by those same conflicts, that same CHRIST and SATAN in each of us

We cannot at this point reach as far as LOVING the evil in ourselves that is SATAN, but we can take the first step. We can acknowledge the fact that the evil is there in us, manifesting in the dislikes that we feel for one another, the lusts of the flesh that can lead to self indulgence in eating, drinking, sex and drugs, the failures to give help where help is required, the demands for self instead of the giving of self, and the fear we know, fear of retribution for what we feel we have done wrong

We cannot at this point ACCEPT the evil within ourselves that is SATAN, but we can take the first step. We can accept the fact that the evil is in US, rather than justifying it away by saying that it's not our fault, or by blaming other people, circumstances, organisations, institutions, rules and regulations, environment, government or the weather

And once we HAVE acknowledged that SATAN IS IN US, each individual one of us, and that it's not simply other people who are evil, then we can go further Instead of hating, rejecting and being ashamed of the evil in ourselves, we can begin to accept and under stand it — our manifestation of CHRIST'S love for SATAN — and that is the key to changing it As long as we KNOW this, we cannot stray far from the path Sometimes there is a need to prove it. We test our knowledge of the Universal Law, blaming, criticising, or demanding. And in return we are blamed, criticised and demanded from – naturally!

That SHOULD be enough We should have our proof But sometimes, some little demon of perversity or masochism drives us on, to prove against all the evidence, that we CAN be selfish, blameful, baulky and self absorbed, and still be happy and fulfilled We can't, as we very soon discover All that happens is that we end up miserable and frustrated

If we're wise and life orientated, at this point we set ourselves firmly back on the path of loving and giving and contact with GOD If we're stupid and death orientated, we carry on, poor victims of circumstance, poor victims of 'them' who won't give us what we want, poor victims of 'them' who don't understand us, make no allowances for us, are cruel to us, take us for granted and had better watch out or WE'LL show them!

In this state, we're out of contact with ourselves and everything else, we're out of control of ourselves and everything else, we're no good to ourselves or anything else. In this state, our only true reality is our own misery. We're right back where we started, slaves to our negative selves. For those who become part of the Church, there are advanced courses, telepathy sessions, progresses, discussion groups, etc, all of which are concerned with contact and communication, the realisation and development of the self, the solving of problems, and the changing of the self one doesn't much love to the self one can love. This last is important, because if we cannot love ourselves, then we cannot love anyone else. And this is not self-love of the 'give to me, I want, I need, I deserve' variety, but self-love of the 'I have sympathy, understanding and other good things to give, and I have the confidence and ability to give them where they are required' variety.

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This is the briefest possible resumé of what The Process is about and what Processeans are setting out to do If you still want to know more, there is literature available for sale at the local Chapter, and of course all the activities previously mentioned, which you are warmly welcome to attend That's it for now Thank you for staying with us this far And if you feel we can give to YOU, fine! If you feel you can give to US, you're equally welcome, we'll be happy to learn from your knowledge and experience, and, there is always lots of physical work to be done too if you're willing and able!

**Contact our Contacts Officer** 

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## THE PROCESS CHURCH OF THE FINAL JUDGEMENT

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