



One thing that has never changed is the cuteness of baby animals, [click here](#)



An early settler's homestead



Myall High News

Live, laugh and learn

In last month's Metaphysics session, in which we explored the Chinese Wisdom Traditions, I found myself being fascinated in more ways than I could begin to describe. Yet what struck me most was the truth expressed in the ancient *I Ching*, or *Book of Changes*: **"Nothing stays the same except change itself."**

The observation that *"all things in the world are in ceaseless flux, moving through phases of growth, peak, decline and renewal,"* and that *"the wise person reads that flux at any moment in time and moves with it rather than against it,"* seems to me to express a profound, hard-won wisdom—one that many of us only come to appreciate in our later years.

Living in an age marked by rapid and quite destabilising change, I find it remarkable that this insight was articulated in a text that is some 3,000 years old. Change is neither inherently good nor bad but almost always unsettles us. While we understand this well in today's world, it is clear that thoughtful people in ancient times also recognised not only the inevitability of change but the futility of resisting it. They understood that struggling against what cannot be altered serves only to diminish our peace of mind.

It seems to me that the pace of change has accelerated dramatically over the centuries and with it the stresses experienced by humanity. As if the constant changes in the world around us were not enough, we must also contend with the changes taking place within ourselves. As we grow older, we inevitably leave behind the years when everything seemed possible and the world appeared to be our oyster. We come to recognise that our bodies no longer respond as they once did, our memories and minds may not be as dependable as they were thirty or forty years ago and the world itself no longer operates with the reassuring predictability we once took for granted. Some of us find this difficult to accept, yet the way we respond to these changes largely determines our state of mind. Those who resist the inevitable soon discover that it is a battle that cannot be won. Acceptance however, should not be mistaken for surrender. Rather, it is the wisdom to acknowledge reality without allowing it to rob us of purpose, dignity or joy. By accepting what we cannot change, we free ourselves to focus our energy on living as fully and meaningfully as we can within the circumstances we are given.

Perhaps the greatest wisdom offered by the *I Ching* is not simply that change is inevitable but

that peace comes from learning to move with it rather than against it. Three thousand years later that ancient insight may be more relevant than ever.

To explore the many wisdoms expressed in the 'I Ching', [click here](#).

WHAT'S HAPPENING IN U3A?

- The Friday Presentation of June 3rd, given by Andrew Gow on the topic of **Avoiding Scams and Frauds**, was not only very informative but exceptionally pertinent in the context of the rapid and challenging changes with which we have to contend today. If you couldn't make it to the presentation, I urge you to watch the video, the link to which you can find in the brown side-panel. It shows how AI changes today's landscape and whilst I can't even begin to understand its potential use for both good and bad, I do understand that tomorrow's world will look very different to the world in which we've lived thus far.
- Lee, our faithful long-term yoga teacher, has decided to extend the break she recently commenced. We wish her a wonderful and relaxing time! We are delighted to report that Janet, our previous evening yoga teacher has kindly agreed to take Lee's place for the duration of her absence. Welcome back Janet!!
- You are invited to join local storyteller and historian John 'Stinker Clarke' for a ferry cruise on Sept 4th, learning about the maritime history of Port Stephens and the Myall Coast. More info has gone out in a recent email to members.
- Our Writers Group is as busy as ever and invites members to yet another workshop, which is to take place on Tuesday, August 18th from 2 - 4 pm at the Uniting Church Hall. This Writing Workshop will be facilitated by *Dr Rozz Albon who invites participants to examine several children's picture books as a means of identifying exceptional intelligence in four year old children. Participants will look at the stories' problems and work out solutions embedded within each story. At conclusion it is hoped a shared story will be developed/considered.

This workshop is limited to 24 people and includes afternoon tea. Please text Lee Clayton on 0411883264.

*Dr Rozz Albon is a Retired Chair of Education at HCT, UAE as well as an Education Psychologist and Consultant.

TECH TIPS:

Even though it feels like I'm harping on about the same thing month after month, as more information on the many scams that are currently in circulation become available and given that scams are becoming increasingly sophisticated, it's important to keep up to date. Thus I've added a couple links for you so you can explore the most recently reported scams.

* **Regional Australia Bank** warns us about **Fake Purchase Alerts**: Scammers are sending fake emails and text messages claiming you've made a purchase or payment that you didn't authorise. The message typically includes a phone number and urges you to call immediately to cancel the transaction or request a refund. To learn how to protect yourself, [click here](#).

If you wish to rewatch the video Andrew Gow showed in his excellent Friday Presentation of June 3rd that truly demonstrates the sophistication of today's scams, be sure to [click here](#).

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