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*Society of Healing Touch of Alberta Newsletter*  
*Issue 21, January 2022*

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**“TOUCHING BASE” - “JUST DO THE WORK”**  
**Welcome to your SHTPA Newsletter for January 2022**

**HAPPY ★ NEW ★ YEAR**

**Wishing you**  
**a Happy and Healthy New Year in 2022!**

## **The Power Of Setting New Year “Intentions”**

*At the beginning of the New Year we start with positive intentions, sincere words, new goals. Hold on to those intentions. As time passes our dedication and patience dissolves and all those wishes, ideas, hopes and intentions can start to fade.*

*Ancient civilizations believed that naming something could breathe it into existence. That said, your words have the power to make true your wishes, through the energy that you have put into your intentions, and further into real, concrete form.*

*When you name your intentions you are telling the universe that the time is now and the universe will fulfill those intentions. Ensure your intentions are ‘your true desires’ for when you have uttered your words (your intentions) and they manifest, it means you truly asked for them at some point in time. Therefore, make them intentions of love, hope, strength, generosity, positivity. They are an exchange with the Universe.*

## MESSAGE from Verna, Director of Special Events and Grants

Hello Members! Wow, it's 2022! Welcome the New Year! Yes, I welcome the New Year. It's been an age old tradition to celebrate the beginning of a New Year. It all began in 46 B.C. when the emperor Caesar instituted January 1 as the first day of the year, partly to honour the month's namesake: Janus, the Roman god of beginnings, whose two faces allowed him to look back into the past and forward into the future.



So we celebrate in many different traditions the New beginning of a new year. Through the years, I've noticed that Healers take on their own traditions to bring in the year. It's never too late to start your own ritual that is unique to you!

Over the years I usually set aside time after Christmas and 2<sup>nd</sup> week in January to reflecting on areas of my life by reading my journals and day timer. What was good, what did I set aside, what worked, what's left over. By using the areas of Physical, Emotional, Mental and Spiritual gives me a starting point for reflection. Balance is what's important to me. What's in balance, what feels out of balance, what needs balance. It's all there.

Some days you eat salad and go to Yoga. Some days you eat cake and refuse to put on your pants. It's called BALANCE.

So whatever your ritual, reflection or resolution – remember it's not about creating stress. It's what's right for YOU!

We have never been given the gift of time like we have NOW!

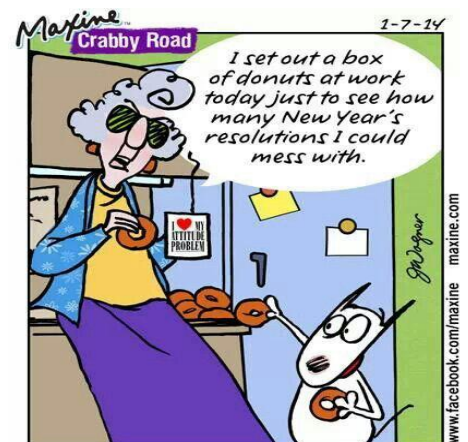
You Matter, We Matter together as Healers, we will continue to pour out love and joy into our world! It's the right thing to do!

Be Well, Be Healthy, BE!

Hugs and well wishes,

HAPPY NEW YEAR and MANY, MANY BLESSINGS

Verna



# FUNDRAISER for SHTPA BURSARY PROGRAM



SHTPA Tees for a fundraiser for the Society Bursary Program.

**\$25.00 each (payable by check or e-transfer from our website)**

Colors: Onyx, Charcoal, Amethyst, Dusk, Indigo, Olive Green, Sky, Red Jasper, Denim, Dawn, Lapis

I have the following in stock: 1 Large, Dusk ( blue)  
2 Medium Denim, Charcoal

The large fit me and the small are about a size 5/6.

I will take orders and when there are 12 or more purchased then I can put in a ORDER.  
They are ladies TEES! This is the style. You can call me at: 403 601 0529.

## ***SALE ENDS FEBRUARY 2022***





OUR VISION  
Advance Healing Touch Worldwide

OUR MISSION  
Support Healing Touch research, service  
& education through grant opportunities

## SCHOLARSHIPS

### – Healing Touch World Wide Foundation

Did you know that there are scholarships available to support you through your Healing Touch education?

The Healing Touch Worldwide Foundation is offering scholarships to help those who are interested in advancing their Healing Touch education, but may not have the financial means.

Scholarships are awarded four times a year. **Next application due date FEB 1, 2022!**

**For details and online application go to:**  
[www.htwfoundation.org/scholarship-program](http://www.htwfoundation.org/scholarship-program)

Questions? email [htwfoundation@aol.com](mailto:htwfoundation@aol.com)

**Healing Touch Worldwide Foundation has scholarships** for HTP students, HTAnimals students as well as grants for Research in Energy Medicine using HT techniques. If you know anyone looking for information on these grants please direct them to the website: [www.htwfoundation.org](http://www.htwfoundation.org) follow the links.

Verna now sits as a board member and they do make a difference.

Contact Verna at 403-601-0529.

## OPEN FORUM with Verna



Verna Besselink is inviting you to a scheduled Zoom meeting.

### OPEN FORUM

**Thursday January 27, 2022**



### “Crystals and Your Practice”

Come join me in discovering the energy of crystals and practical ways in using them for healing yourself, others or family! There are so many, so let me take the guess work out of the most common ones used and add a few more. I'm open for questions and sharing all our wisdom and knowledge!

**Verna Besselink is inviting you to a scheduled Zoom meeting.**

**Topic: My Meeting**

**Time: Jan 27, 2022 08:30 PM Edmonton**

**Join Zoom Meeting**

**<https://us02web.zoom.us/j/84304560662?pwd=b2xiM1ZzQ2lleUVMNGR2NHp6NUMxZz09>**

**Meeting ID: 843 0456 0662**

**Passcode: 875823**

**One tap mobile**

## MEDITATION with Cristiana



Resuming Wednesday, January 4<sup>th</sup> at 8:00 PM

Cristiana Manole is inviting you to a scheduled Zoom meeting.

Topic: Free Guided Meditation for Healing

Time: This is a recurring meeting Meet anytime

Here is the link with number and passcode for the Wednesday meditations.

Join Zoom Meeting

<https://us04web.zoom.us/j/4794303282?pwd=VDZ5bUtKYzc2QUUs2eStEcjBaYVZBQT09>

Meeting ID: 479 430 3282

Passcode: LOVE

## MEMBERSHIP



**Membership Renewal Reminder:**

*Annual Membership Application Renewal Due January 25, 2022.*

Membership Application Fees for 2022:

- \$30 – Regular member (Min. L1 Healing Touch Program)
- \$45 – Directory member (L5 or Certified Practitioner) includes website biography
- \$50 – Associate member (no Healing Touch courses required, no voting privileges)

Where to send your fees?

Please make your cheques payable to Society of Healing Touch Program Alberta (SHTPA) and mail to Linda M Martin, Site 110 Box 4 RR#3, Sundre, AB T0M 1X0 or E-transfer amount to [financeshtpa@gmail.com](mailto:financeshtpa@gmail.com).

Where to send your updated application form?

Please scan the completed application form and email them to Carley Caruso at [carleycaruso8118@gmail.com](mailto:carleycaruso8118@gmail.com) or any questions you may have.

Our membership total at the end of 2021 was 55 and our goal is to continue growing as a Society. New members are always welcome!

***“SHTPA thanks you for your continued Support”***



# HEALING TOUCH CLASSES - per regulations from our Provincial Officer of Health

- Level 1** – TBD – Sundre, AB – Instructor Verna Besselink  
Contact: Linda M Martin at: [lmartinweeam@hotmail.com](mailto:lmartinweeam@hotmail.com) or 403 636 0114
- Level 1** – February 5-6, 2022 – Calgary, AB – Instructor Verna Besselink – In person  
Contact: Linda M Martin at: [lmartinweeam@hotmail.com](mailto:lmartinweeam@hotmail.com) or 403 636 0114
- Level 1** – Jan 22–23, 2022 - London, ON - Instructor: Cindy Palajac  
Contact: Cindy Palajac at: [cpalajac@rogers.com](mailto:cpalajac@rogers.com) or 519-630-6758
- Level 1** – Jan 29-30, 2022 - Calgary, AB - Instructor: Betty Minifie  
Contact: [Betty Minifie](mailto:Betty Minifie) at: [therapeuticbalancing@gmail.com](mailto:therapeuticbalancing@gmail.com) or 403-474-7399
- Level 1** – March 26 - 27, 2022 - London, ON - Instructor: Cindy Palajac  
Contact: Cindy Palajac at: [cpalajac@rogers.com](mailto:cpalajac@rogers.com) or 519-630-6758
- Level 2** – Mar 5–6, 2022 - Calgary, AB - Instructor: Betty Minifie  
Contact: [Betty Minifie](mailto:Betty Minifie) at: [therapeuticbalancing@gmail.com](mailto:therapeuticbalancing@gmail.com) or 403-474-7399
- Level 2** – Oct 22-23, 2022 - Calgary, AB - Instructor: Betty Minifie  
Contact: [Betty Minifie](mailto:Betty Minifie) at: [therapeuticbalancing@gmail.com](mailto:therapeuticbalancing@gmail.com) or 403-474-7399
- Level 3** – Feb 19 – 20, 2022 - **ONLINE** - London, ON - Instructor: Cindy Palajac  
Contact: Cindy Palajac at: [cpalajac@rogers.com](mailto:cpalajac@rogers.com) or 519-630-6758
- Level 3** – June 4-5, 2022 - Calgary, AB - Instructor: Betty Minifie  
Contact: [Betty Minifie](mailto:Betty Minifie) at: [therapeuticbalancing@gmail.com](mailto:therapeuticbalancing@gmail.com) or 403-474-7399
- Level 3** – Nov 26-27, 2022 - Calgary, AB - Instructor: Betty Minifie  
Contact: [Betty Minifie](mailto:Betty Minifie) at: [therapeuticbalancing@gmail.com](mailto:therapeuticbalancing@gmail.com) or 403-474-7399
- Level 4** – May 26-29, 2022 – Val Marie, SK - Instructor: Betty Minifie  
Contact: [Betty Minifie](mailto:Betty Minifie) at: [therapeuticbalancing@gmail.com](mailto:therapeuticbalancing@gmail.com) or 403-474-7399
- Level 5** – Nov 10-13, 2022 – Calgary, AB - Instructor: Betty Minifie  
Contact: [Betty Minifie](mailto:Betty Minifie) at: [therapeuticbalancing@gmail.com](mailto:therapeuticbalancing@gmail.com) or 403-474-7399

## BURSARIES

**REMINDER** that the SHTPA provides bursaries for Levels 2 to 6 for Healing Touch Program as well as Levels 1 to 6 for Instructor training.

Bursaries are \$100.00 per year. Please feel free to investigate more information on our website under bursaries.

<https://www.societyofhealingtouchprogramalberta.ca/upcoming-classes.html>



**Angelica Rozsa,  
SHTPA Treasurer**

***“Helping Healing Touch students  
continue with their education in the Healing Touch Program.”***



## **Healing Touch for Animals:**

Level 1 – Apr 1-3, 2022, Edmonton, AB, Canada

<https://www.healingtouchforanimals.com/product-p/11-edmontonab-4.2022.htm>

**The Early Registration Tuition Price  
ends on March 6, 2022.**

## **WORKSHOPS**

### **FOR HEALERS**

**Contact: Cristiana if interested**

**Instructor Jeannette Nienaber**

Contact: [Cristiana Manole](mailto:Cristiana.Manole) at: [luciancris@aim.com](mailto:luciancris@aim.com) or 403-542-1992

## **Cindy Palajac On-line Classes -**

### ***Pendulum Tips Jan. 12th***

How to use the pendulum more effectively to ask questions, clear brain fog and clear energy in your home.

7-8:30 pm EST

\$25

***Develop Your Intuition***-Do you want to trust and not doubt messages you receive? Learn how to tap into your intuition on a more regular basis and trust your knowing.

Jan. 19th

7-8:30 pm EST

\$25

***Taste of Energy Healing***- Learn the basics of Self Care for more optimal health.

Feb. 2, 9, 16, 23

7-8:30 pm EST

\$77

Contact: Cindy Palajac at: [cpalajac@rogers.com](mailto:cpalajac@rogers.com) or 519-630-6758





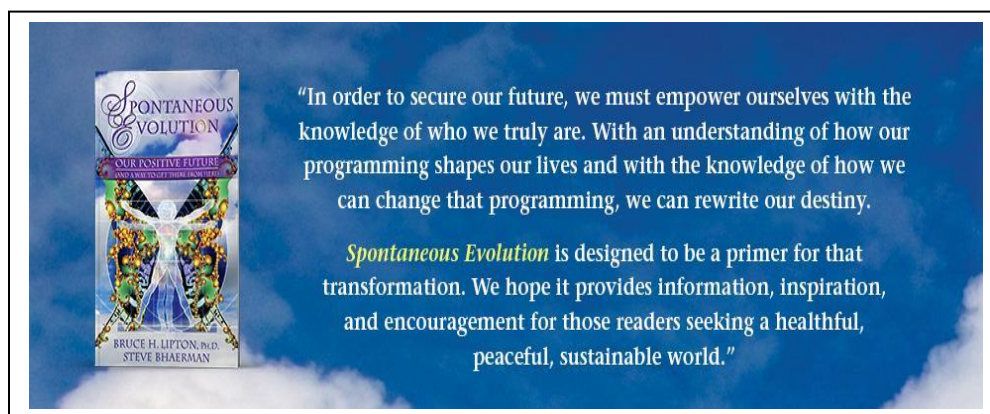
# BOOKS to READ

Pick of the month

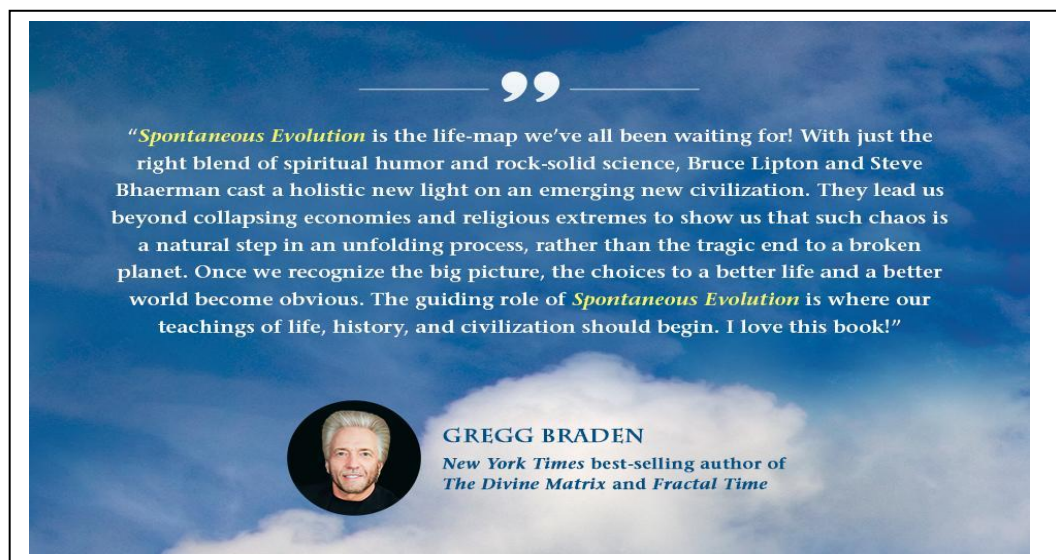


## From Healing Touch Program – Recommended Reading/Bookstore Page

*NOTE: 2022 is here. Our world sure has changed. Looking for something uplifting to read I found this book on the recommended reading list and felt it was a good book to inspire us for a brighter outlook. As the publisher says:*



AMAZON Books says: We've all heard stories of people who've experienced seemingly miraculous recoveries from illness, but can the same thing happen for our world? According to pioneering biologist Bruce H. Lipton, it's not only possible, it's already occurring. In *Spontaneous Evolution*, this world-renowned expert in the emerging science of epigenetics reveals how our changing understanding of biology will help us navigate this turbulent period in our planet's history and how each of us can participate in this global shift. In collaboration with political philosopher Steve Bhaerman, Dr. Lipton invites readers to reconsider: •the "unquestionable" pillars of biology, including random evolution, survival of the fittest, and the role of DNA; •the relationship between mind and matter; •how our beliefs about nature and human nature shape our politics, culture, and individual lives; and •how each of us can become planetary "stem cells" supporting the health and growth of our world. By questioning the old beliefs that got us to where we are today and keep us stuck in the status quo, we can trigger the spontaneous evolution of our species that will usher in a brighter future.

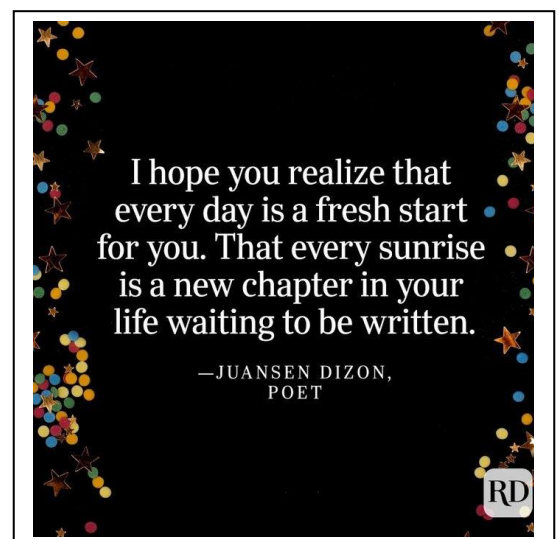


# NEW YEAR JOKES (from Readers Digest website:

- 1) Where can you go to practice math on New Year's Eve?  
Times Square
- 2) What is a New Year's Resolution?  
Something that goes in one year and out the other.
- 3) What do snowmen like to do on New Year's Eve?  
Chill out.
- 4) Why do you need a jeweller on New Year's Eve?  
To ring in the New Year.
- 5) What did the little champagne bottle call his father?  
Pop!
- 6) Where can you find comedians on New Year's Eve?  
Waiting for the punch line.
- 7) What do you call always wanting a date for New Year's Eve?  
Social Security.
- 8) An iPhone and a firework were arrested on New Year's Eve. One was charged and the other was let off.
- 9) Why should you stand on just your left foot during the New Year's Eve countdown? So you start the New Year on the right foot.
- 10) Why was 6 afraid of 9 on New Year's Eve? Because 9, 8, 7....



**Knock knock.  
Who's there?  
Abby.  
Abby who?  
Abby New  
Year.**



# SHTPA Board Contact Information:

## Current Board of Directors

Current Board Members:	Name	Email	Phone
President - <b>INTERIM</b>	Angelica Rozsa	<a href="mailto:angelica.rozsa@gmail.com">angelica.rozsa@gmail.com</a>	403-969-0515
VP/Director of Education/Outreach	Cristiana Manole	<a href="mailto:luciancris@aim.com">luciancris@aim.com</a>	403-542-1992
Director of Membership	Carley Caruso	<a href="mailto:carleycaruso8118@gmail.com">carleycaruso8118@gmail.com</a>	403-308 0362
Treasurer	Angelica Rozsa	<a href="mailto:angelica.rozsa@gmail.com">angelica.rozsa@gmail.com</a>	403-969-0515
Secretary - <b>INTERIM</b>	Verna Besselink	<a href="mailto:vernashealingtouch@gmail.com">vernashealingtouch@gmail.com</a>	403-601-0529
<b>Committees:</b>			
Chair of Special Events and Grants	Verna Besselink	<a href="mailto:vernashealingtouch@gmail.com">vernashealingtouch@gmail.com</a>	403-601-0529
<b>Director:</b>	Linda M. Martin	<a href="mailto:lmartinweeam@hotmail.com">lmartinweeam@hotmail.com</a>	403 636 0114

## SUBMISSIONS FOR “YOUR” NEWSLETTER



Please send submissions to your monthly newsletter to Valerie Hepburn, SHTPA Newsletter at [vhepburn@telus.net](mailto:vhepburn@telus.net). Submissions received prior to the 28th of each month will be included in the following months newsletter.

Till next month, Stay Safe and “Just Do The Work”. – *Your SHTPA Board*

***We encourage all members to make submissions to “your” newsletter – do you have a book for the book of the month that you would like to include in the February 2022 newsletter.***



## SOCIETY OF HEALING TOUCH PROGRAM ALBERTA

Website: <https://www.societyofhealingtouchprogramalberta.ca>

### **Membership Application:** *(Renewable Annually in January)* Date: \_\_\_\_\_

- Make cheques Payable to Society of Healing Touch Program Alberta (SHTPA) mail to:  
Linda M Martin, Site 110 Box 4 RR#3, Sundre, AB TOM 1X0 or
- Scan application to: [carleycaruso8118@gmail.com](mailto:carleycaruso8118@gmail.com) and E-transfer amount to: [financeshtpa@gmail.com](mailto:financeshtpa@gmail.com)

☐ Regular Membership \$30 (minimum Level 1 Healing Touch Program) - Level 1 HTP students are free from their class date to January the next year.

☐ Directory Membership \$45 (Level 5 or Certified Practitioner) includes website biography

☐ Associate Membership \$50 (no Healing Touch courses required, no voting privileges)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

Email: \_\_\_\_\_

Phone: h \_\_\_\_\_ w \_\_\_\_\_ c \_\_\_\_\_

Any member is allowed to see another members contact information upon request in compliance with Society Bylaws.

Healing Touch Program Level completed: \_\_\_\_\_

**Membership Directory:** Permission to have your membership information published on the website.

Signature: \_\_\_\_\_

**Photo Release:** Permission to publish photos on website or in newsletter.

Signature: \_\_\_\_\_

### **Areas of Interest:**

Volunteer \_\_\_\_\_ SHTPA Events \_\_\_\_\_ Courses \_\_\_\_\_ Board Member \_\_\_\_\_

Board Director \_\_\_\_\_ Team Leader \_\_\_\_\_ Youth/Teens \_\_\_\_\_ Children \_\_\_\_\_

Hospice/Palliative \_\_\_\_\_ Addictions \_\_\_\_\_ Mentoring HTP Students \_\_\_\_\_

PTSD/First Responders \_\_\_\_\_ Women's Shelters \_\_\_\_\_ Stand Down (military) \_\_\_\_\_

Rehabilitation \_\_\_\_\_ Refugees \_\_\_\_\_ Accidents \_\_\_\_\_ Disaster Services \_\_\_\_\_

Outreach \_\_\_\_\_ National or International \_\_\_\_\_ Other \_\_\_\_\_

# Membership Benefits

- Website directory listing for HTCP
- Listing of practice groups
- Course information
- Membership renewal
- Instructor biography
- Future online Newsletter
- Mentor biography
- Voting privileges
- Discounts at partners

## Networking and Mentoring

- Social gatherings
- Mentoring for students
- Monthly coffee house - conversations on HT

## Education

- HTP class schedule
- Practice groups
- Bursary to help with financing HTP Level 2 and up
- Lending library
- Workshops ie. Creating abundance, How to talk about Healing Touch, Self-care, Essential oils, herbs, and HT for animals

## Service Projects for the Future

- Disaster recovery PTSD
- Stand Downs (military)
- Hospice/palliative
- Rehabilitation
- LIFT
- Mental health

**For more information on discounts from your favourite businesses, visit the website below:**

**<https://www.societyofhealingtouchprogramalberta.ca>**

**“ The Society of Healing Touch Program Alberta promotes Healing Touch Program through Leadership, Education, Information, and Community Projects by bringing Healing Touch Program into our communities and providing educational and personal growth opportunities for those in Healing Touch Program. The SHTPA contributes to founder Janet Mentgen's dream of Healing Touch in every home, school, and hospital by "Just doing the work".”**