



CELEBRATION

ARTICLE WRITTEN BY BRIDGET MELLING-WILLIAMS

Who doesn't love a celebration? The anticipation, the connection, the joy and gratitude that it all brings and encompasses. All the good things all intertwined and culminating in an outward display of festivities. Bring it on!

As we approach the end of the year the celebrations are often multiplied and amplified. All the special moments, the occasions, the blessings, the relationships, the wins, the losses, the learnings and the journeys.

In our own microcosm that is CCK there are a myriad of celebrations happening all the time. In this past week alone we have had births, celebrations of life, Year 12 graduations, University graduations, new jobs, overseas departures, new homes to move into, first steps, first words, bench press records, pathology results, bucket list ticks, new jobs, great adjustments, visitors, and sporting accomplishments. An endless list of things worth celebrating.

It's easy to celebrate the big outward stuff, the things that people see, and receiving congratulations is validating and makes the wins more real, more tangible. But there are significant accomplishments that might go unnoticed by others and still be deserving of us patting ourselves on the back. I would encourage you to honour every facet of life, from the mundane to the miraculous. True celebration begins within and radiates outward, embracing all that life offers.

As Elizabeth Gilbert, author of *Eat, Pray, Love* says so eloquently, "You were given life; it is your duty (and also your entitlement as a human being) to find something beautiful within life, no matter how slight."

In these moments we are celebrating our resilience, our courage and our trust in ourselves and the greater universe around us.

Let us find beauty in every moment, no matter how ordinary it may seem. Life doesn't always present itself in grand gestures or monumental victories; often, it is in the quiet, uncelebrated moments where our truest triumphs lie. Taking a deep breath amidst chaos, finding calm in a storm, or simply showing up for another day - these are victories worth honouring.

As we move forward, let's create space not just for the jubilant celebrations but also for the subtle ones. Light a candle for the effort you put into your goals, raise a glass to the lessons learned from challenges, and take a moment to appreciate how far you've come. Every step on this journey is worthy of acknowledgment, no matter how small it may seem.

When we celebrate, we breathe life into gratitude and amplify the energy of positivity. It's a gift we give not just to ourselves but to those around us. Celebration has a ripple effect—it inspires, uplifts, and connects us. So whether it's the ringing of a bell for a major achievement or a quiet smile for a personal milestone, let's commit to finding joy in all of it.

Here's to the beauty of celebration, in all its forms and all its moments. Let's embrace the big and the small, the loud and the quiet, the seen and the unseen. After all, life itself is the greatest celebration of all.

Love,

Bridget



Want a regular Coast Chiropractic Kawana fix?

Follow us on Facebook and Instagram and enjoy regular posts and keep yourself up to date with a varied mix of posts from inspiration, motivation, education and funny pictures.



The 33 Principles Series

Every month we are featuring one of the 33 Principles of Chiropractic that were published by Ralph W. Stephenson D.C. in 1927 in a book called “The Chiropractic Textbook”. Even today these principles are central to chiropractic. Whilst some of the language is a bit old the principles remain solid. Consider the principle of this month and discuss it with us when you visit the practice.



Here's to a greater understanding of life and health.

Chiropractic Principle #24

The Limits of Adaptation.

Innate Intelligence adapts forces and matter for the body as long as it can do so without breaking a Universal law, or Innate Intelligence is limited by the limitations of matter.

In Other Words...

Your body's Intelligence, expressed through your nervous system, can “work around” a physical or chemical obstruction to still accomplish the task at hand, as long as it stays within the Universal laws of science and nature.

For Instance...

Electricity is created when electrons move from one atom to the next; this scientific Intelligence allows currents to flow through a wire. If the wire is corroded, a structural limitation of matter now exists. It would be against Universal law for electricity to flow unimpeded through the corrosion.

As Applied To You...

Constriction of your pupils is your body's Intelligence, working through your nerves, to adapt your eyes to light. If a cranial bone is misaligned, placing pressure upon those nerves, a structural limitation of matter now exists. It would be against Universal law for Intelligence to be unimpeded; your pupils will not receive the proper instructions, until the bone is realigned by your chiropractor.

-Ralph W Stephenson D C 1927



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JACKIE'S RECIPE OF THE MONTH

Pulled Lamb and Hummus Board

Perfect party food to share!

Recipe from

<https://www.caligirlcooking.com/hummus-board-pulled-lamb/>

Ingredients:

- 1 lamb shoulder
- 4 garlic cloves, peeled
- 1 1/2 tablespoons fresh chopped rosemary
- 1 teaspoon dried oregano
- 1/2 teaspoon dried mint
- 1 teaspoon salt, plus more to taste
- 1/2 teaspoon pepper, plus more to taste

All other ingredients:

- Hummus – make or buy (will need 2 large containers)
- Pomegranate arils – available in most supermarkets
- Fresh rosemary
- Sliced cucumbers
- Pita bread, cut into wedges warmed
- Other veggies such as carrot, celery if desired

**Method:**

1. Slow roast a shoulder of lamb in either your slow cooker for 7 hours on low or, in the oven at 200 for half an hour and then 140 for 4 hours
2. Cook lamb either in slow cooker or in oven.
3. When cooked place in clean baking dish, reserving the lamb's juices. Using two forks, shred the lamb until no big chunks remain.
4. Drizzle on just enough of the reserved juices so that the lamb is nice and moist. Season with additional salt and pepper to taste and set aside.
5. To assemble, scoop hummus onto the centre of a large cutting board or serving platter, swirling to create a sort of a well in the middle.
6. Add pulled lamb to the well in the centre. Top with pomegranate arils and fresh rosemary.
7. Surround the hummus with sliced cucumbers, pita bread and any other vegetables you've decided to use and serve!

**shazs.shares**

It's not what you do between Christmas and New year that will make a difference.
It's what you do between New year and Christmas, that will.



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Our People



Troy Glindeman

Congratulations Troy!

Winner of the IAMA "Inclusive all Abilities Martial Arts – Advanced Student of 2024"

Our People Speak

*Thanks for Visiting Us.
Please share your experience.*

SCAN ME



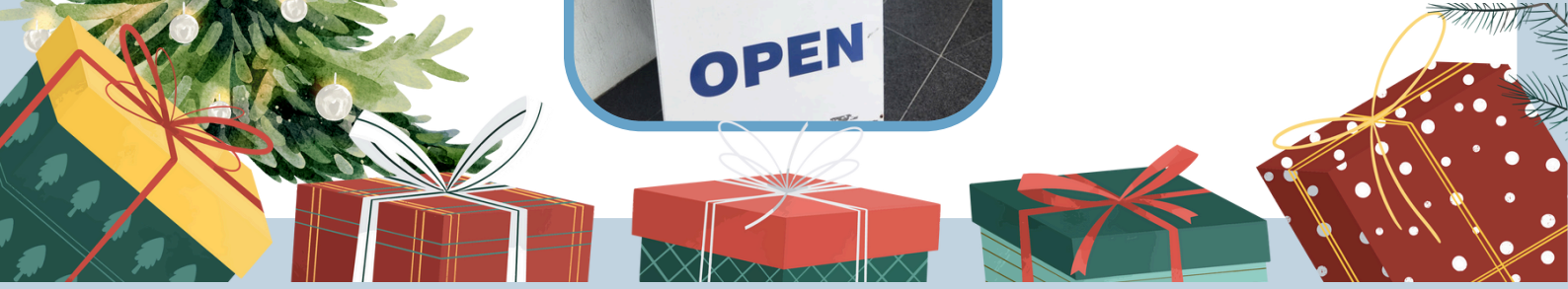
SCAN ME

SCAN ME

SCAN ME



Your review helps us improve and continue delivering excellent service and products.



Is there a **Teacher** you know that would like to get adjusted over the holidays?

As a **THANK YOU** for all our Teachers and what they do for our children, we have a special offer.

Feel free to take a flyer and give it to your Teachers at school. The holidays are a great time to get your body and nervous system checked.

An Initial Consultation includes a Chiropractic Examination, Thermal scans, Posture photos, Heart Rate Variability and X-Rays if required for \$80.



CCK | 2024 CHRISTMAS CHARITY DRIVE



**connect
kids**

PLEASE HELP US MAKE A DIFFERNECE!

Help Connect Kids this Christmas in supporting Sunshine Coast's youth and families. Their mission is to break the cycle of disadvantage through mentorship, education, and job support.

With 18% of children in Australia living in poverty, they're dedicated to fostering potential and brightening futures, powered by community volunteers and your generous donations. Let's uplift our children together!

SOME GIFT IDEAS

- Fun activity passes or, \$s towards, (Aussie World, Sea Life, Australia Zoo, Ten Pin Bowling etc)
- Fun activity passes (Australia Zoo, Sea Life, Ten Pin Bowling)
- Small toys or board games
- Colouring pencils or books

Ages 6-18yrs old, but donations for younger siblings, parents & guardians are also gratefully accepted

**PLEASE HAVE
DONATIONS TO US BY
TUESDAY 17TH DECEMBER**

