

# **APRIL 2018**NEWCASTLE SPIRITUALIST CHURCH INC

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DAY	TIME	FACILITATOR	DESCRIPTION
MONDAY	7.30 pm-9.00 pm	Marcia Parkes	Meditation/ Development
TUESDAY	10.30 am—Noon	Carmel & Bill John	Meditation/ Healing
	Committee Meeting	7pm	10th April
	Bendy Yoga	Jim Geddes	6.00pm Except 2nd Tues of month
WEDNESDAY	10am —12.30pm	Yvonne Warren & Joanne	Meditation/ Development
	7.30pm-9.00pm	Janelle Anderson	Meditation/ Development
FRIDAY	7.30 pm - 9.00 pm	Jenny Havebond	Meditation/ Development
SATURDAY	1st Saturday of Month	Coffee Club Commencing	1.30 –400pm 7th April 2018
	4th Saturday of Month	Reading Day Commencing	8.30am—1.00pm 28th April 2018
SUNDAY	Weekly Services 3.00 pm & 7.00pm	Various Mediums & Speakers	Each Sunday

# Greetings all, members and friends

So here we are after going into our fourth month of the year with a sense of renewal & revitalisation after our Easter sojourn or some of us could be counting calories.

In March myself and a few members attended a Thank You Morning Tea at the John Hunter Children's Hospital Kids Club for donations given by the church and others last year. It was a great morning of celebration as the Kids Club were celebrating their 25th Anniversary. What a great milestone in it's charity work. It was a very informative morning telling us of the new equipment purchased and how it is being utilised this was followed by a tour of the NICU unit where we were shown the new cameras over the babies cribs so that parents can now access vision of their precious children from home keeping their minds at rest after we were shown with some restriction of the Children's Unit & Fairy Garden.

Remember that any craft, play dough, etc., cannot be re-used due to cross contamination. It is great to see all the monies we raise is going to a very good cause right here in Newcastle for our own. Thanks Everyone.

Just a small reminder that we are now in April and Our Membership Fees are Due in by 30th June 2018. If you have joined our Church from January your fees are not due till June next year.

This month we also remember all those who have given their lives in protecting this wonderful country of ours on Anzac Day.....Lest We Forget.....

Charles Freeman - President

# Our philosophy is based on seven principles (with liberty of interpretation)

- 1. The Fatherhood of God
- 2. The Brotherhood of Man.
- 3. The immortality of the soul and its personal characteristics;
- The proven facts of communication between departed human spirits and mortals.
- 5. Personal Responsibility
- Compensation and retribution hereafter for all good and evil deeds done on earth.
- 7. A path of Eternal Progress open to every human soul who wills to tread it by the path of eternal good.

#### **PROGRAMME FOR APRIL 2018**

<u>Date</u> <u>Speakers</u> <u>Chairperson</u>

1st April

3pmRosie KennedyJanelle Anderson7pmEvening ServiceCharles Freeman

8th April

3pmDavid SumnerJenny Havebond7pmEvening ServiceCharles Freeman

15th April

3pmSusan GlynnAnona Unicomb7pmEvening ServiceCharles Freeman

22nd April

3pm Sue Rose Jenny Havebond 7pm Evening Service Charles Freeman

29th April

3pm Cecile Trapman Janelle Anderson 7pm Evening Service Charles Freeman

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#### This Month We Welcome Back to our Platform:

Rosie Kennedy— Medium/Teacher/Healer trained in UK now living here in Newcastle.

David Sumner— Holistic Psychotherapist using hypnotherapy, energy healing, relaxation meditation and other techniques.

Susan Glynn— Certified Healing Codes Coach/Practioner

Sue Rose — Angel Intuitive, Psychic Medium, Shaman, Artist

Cecile Trapman— Central Coast based Medium/Healer

Our Evening Services may not have a visiting speaker but we still have a full service containing Healing and Readings.



# Coffee Club Report

Thank you to one and all who attended Anthony Lang's talk at our last Coffee Club. Tony was a very interesting speaker and bought to our group a very interesting topic. He shared his experiences starting as a child of eight years and many conversations with a wide audience of people inside and outside of his congregation. He held the group with his topics and many nodded in agreement because we already knew and had experiences of our own and welcomed Tony as we do with all visitors to our coffee club. A few new people popped in to hear Tony and perhaps get to see what we are about. A very relaxed afternoon with lots of love and friendliness to share. A very pleasant afternoon. We welcomed all the new visitors as we do often to share with us the gifting of knowledge, food, friendliness, joy and just relaxation and the knowledge that our donation for the afternoon helps our kids at John Hunter Hospital. We are truly blessed to have such a wonderful sanctuary to be able to meet once a month and build a beautiful energy within the group of friends. We missed some of our regulars of course. The members thanked Tony for his donation of his latest book to our library signed by Tony "The Ness Fireside Book of God Ghost Ghouls and other True Stories".

Our Next Coffee Club is on the first SATURDAY 7th April at 1.30pm Please keep in mind the Morning markets are on at Civic Park so please give yourself a little extra time to find a park.

Topic will be on SPIRIT. Share your interpretation of Spirit, how spirit came into your life, what spirit means to you and how do we share spirit. Spirit and soul are they the same? Looking forwards to seeing you all. Have a lovely Easter, keep safe and enjoy.

-Krys Johnson- facilitator

#### The Power of the Universe

Immediately we look towards the Highest and Eternal, surrendering ourselves to the guidance of the All-Wise Infinite, all the Power of the Universe is behind us, pushing us forward to our highest good. We then realise that there is no power that can thwart us, no force that can oppose us successfully, because we have behind us the Power that is behind the Universe. We realise also that the Power of the Infinite is Love, that It is impelling us forward to higher and more glorious things.

Such knowledge casts out all fear, for what can we fear when we realise that all the Power that is behind the Universe is on our side; yea, rather, that all the Power there is, the Only Power is with us at all times?

Henry Thomas Hamblin

## \*\*Workshops on Spiritual Energy Use with Albert Kohl

Saturday, 7th April at 9.00am—12 noon Cost: \$30.00

Albert Kohl will once again be sharing with us his knowledge & teaching us the various aspects of Energy at these workshops which will be held on the 1st Saturday of each month. You may wish to commit to all but it is not a requirement.

## \*\*Psychic Art Workshop with Sue Rose

Sunday 22nd of April 2018 from 9..00am—1.00pm Cost: 50.00

Sue is once again giving us an opportunity to tap into the realm of our artistic talents. You will get a great surprise to find that you have more talent than you think. Fun morning for all.

Bring along a flat board to clip work to and lunch. All other equipment provided by Sue

#### 



Attention Members your Annual Fees are due to be paid by 30th June, 2018.

The exception is our new members who have joined from January this year your fees carry over till June 2019.

Please assist by placing your monies in an envelope, putting your name on outside and give to facilitator of group or church service. Along with any changes of address /phone/email.

Please let us know if you are not receiving your newsletter.

"This is the beginning of a new day you have been given this day to use as you will you can waste it or use it for good.

What you do today is important because you are exchanging a day of your life for it.

When tomorrow comes, this day will be gone forever. In its place is something that you have left behind. Let it be something good."



# Nature's Flowers of Life Flower Essences with Geor Elixirs For Emotional Well-Being



#### Frangipani Flower Essence Remedy

#### **Thought Of The Week**

Laughter is the sun that drives winter from the human face.

Good day to you fellow travellers. Lets all fill our lives with laughter and uplift the energies of our world as ONE. As we accept one another's differences and hold hands in love we bring peace, harmony and joy to the world.

Today I'd like to share with your the properties of the Frangipani flower which are blooming profusely and gorgeously here in in my home town at the moment. I've not seen them looking so wonderful for a long time. We've been experiencing a very long, dry summer season but they seem to be happy regardless.

These lovely long lasting, waxy flowers have an exquisite perfume. Frangipani flowers are exotic tropical flowers and are native to areas of the Pacific Islands, Caribbean, South America and Mexico – as well as here where I live in this sub-tropical climate.

I came across the following rather interesting cultural usages of these gorgeous flowers on the internet which I'd like to share with you. (http://www.tropicalflowers-and-plants.com/plumeriahistory. html)

- \* In India they were known as temple trees by Buddhists, resembling immortality because of the way a branch can easily be snapped off to re-grow and flower.
- \* Aztec Indians used it for medical purposes
- \* Caribbean's use the leaves as a wrap to heal bruises
- \* Hindus offered the flowers to their gods
- \* Some other cultures such as Bengali, the white flowers were associated with funerals or death
- \* These flowers may be found in graveyards in the Philippines or Indonesia, because of the belief that this plant would shelter ghosts.
- \* In Hawaii it is the symbol of eternal life-forms; also used as a Lei flower.
- \* In Feng Shui the flower is related with love
- \* Polynesian women wear the flower in their hair to represent relationship status.

The following are the healing properties that were given to me when preparing the essence

This essence was prepared with a clear quartz crystal to enhance its healing properties.

#### **Properties**

- \* Confidence in choosing new goals and directions
- \* Balanced head and heart decision-making

This essence is made with both white and pink Frangipani flowers. It assists with the branching off into new directions in your life with a positive outlook of beautiful things to come. Several features of the Frangipani tree reflect the Doctrine of Signatures. The purity of the brilliant white flower with the bright yellow of its centre are a reflection of the clarity and purity of a higher purpose which may be achieved whilst focusing on new goals. Pink represents Love. Yellow represents the intellect. Yellow is also found at the heart of the pink flower, showing how this flower has the ability to assist with bringing balanced head and heart decision-making. For more details go to <a href="http://flowersforhealing.com/Frangipani.html">http://flowersforhealing.com/Frangipani.html</a>

Many Thanks to Solara for sharing not only her knowledge but her humour with us—Solara's contact is on the back page with advertisement.

#### **Book Review**

"Little Book of Healing Comfort" by White Eagle,

Paperback, 96 pages.

White Eagle publishing Trust.

Over the years, trust has produced several of these super little hard-backed books filled with the sayings of White Eagle.

They are ideal for the church rostrum, a bedside table or in the pocket for a moment's quiet reflection. This one is especially for th sick and those who look after them.

How different is worldly wisdom from white Eagle! Illness, he reminds us, hard though it be, is actually a manifestation of growth, even initiation.

Even death, he adds, though regarded by the world as a tragedy, is actually the ultimate healer. For when the sick pass, they are cleansed and purified of all the pain, suffering and anguish of earthly life.

They are free! The angel comes to draw the bolts of the prison house and the spirit goes forth...

There is no great learning required here. Just live, love and have faith, he says. Believe, aspire and do good. It is as simple as that. Then all is beauty.

Surely, here is a volume to shed new light on a very common and almost inevitable experience.

A farmer went out one day and bought a brand new stud rooster for his chicken coop. The new rooster struts over to the old rooster and say, 'OK old fart, time for you to retire." The old rooster replies, 'Come on, surely you cannot handle all of these chickens. Look what it has done to me. Can't you just let me have the two old hens over in the corner?' The young rooster says, 'Beat it. You are washed up and I am taking over.' The old rooster says, 'I tell you what, young stud. I will race you around the farmhouse. Whoever wins gets the exclusive domain over the entire chicken coop.' The young rooster laughs. You know you don't stand a chance, old man. So, just to be fair, I will give you a head start.' The old rooster takes off running. About 15 seconds later, the young rooster takes off running after him. They round the front porch if the farmhouse and the young rooster has closed the gap he is only about two metres behind the old rooster and gaining fast. The farmer, meanwhile, is sitting in his usual spot on the front porch when he see the roosters running by. The Old rooster is squawking and running hard as he can. The farmer grabs his shotgun and - BOOM - he blows the young rooster to bits. He sadly shakes his head and says "Dam it, that's the third gay rooster I bought this month.—Moral: Don't mess with the older generation. Age, Skill and Wisdom always overcomes youth and arrogance.

#### **Church classifieds**

When a vacancy occurs, you may advertise your product or service on this page for six months for a free will offering of \$50.00. The Newcastle Spiritualist Church Inc does not endorse any Mediums, Healers, or Products Advertised.

Contact: Secretary—email: admin@newcastlespiritualistchurch.com for availability and details.



### **RECIPE CORNER**

#### **Creamy Pumpkin Soup**

1 onion (chopped finely)

500gms pumpkin (peeled and chopped)

- 1 packet Cream of Chicken Soup
- ½ cup cream
- 2 Tablespoons butter
- 3 cups of water
- ½ teaspoon nutmeg

Fry onion in butter until soft. Add pumpkin, cover and sauté for 5 minutes. Add soup mix and water. Simmer until pumpkin is tender approximately 15 minutes. Cool then puree. Stir in cream and nutmeg. Reheat without boiling. Serve hot sprinkled with chopped parsley.

#### Jelly Slice

- 1 packet Scotch Finger Biscuits
- 1 tin condensed milk
- 4 teaspoons gelatine
- 2 cups of boiling water
- 125gms butter
- 2 Tablespoons lemon juice
- 2 packets raspberry jelly

Crush biscuits, melt butter and mix together until combined. Spread biscuit mixture over base of slice container.

Mix 2 teaspoons of the gelatine with 2/3 cup warm water. Add gelatine mixture to condensed milk and lemon juice. Beat with electric mixer until combined. Pour mixture over biscuit base and place in refrigerator until set.

Mix dry jelly crystals with 2 teaspoons gelatine. Add jelly crystals and gelatine mixture to 2 cups of boiling water mix to dissolve. Stand jelly in refrigerator until just starting to set, then pour over biscuit and cream mixture. Place back in fridge to set.

#### Handy Hint.

To clean oven shelves. Soak for 1 hour in Nappy San dissolved in hot water. Shelves will come out nice and shiny and easy to clean

Nature's Flowers of Life<sup>TM</sup>
Flower Essence Remedies
and **Sound Therapy Healing** 



#### SOLARA ZWANEVELD

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Renewing your Passion & Life Purpose



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#### Four Letter Words

A young couple got married and went on a cruise for their honeymoon. When they got back home the bride immediately called her mum, who lived three hours away.

"Well, darling," said her Mum, "How was your honeymoon?"

"It was wonderful, and so romantic. We had a great time," said the bride, but as soon as we got home he stared using really horrible language. Words I have never heard before. Really horrible four-letter words! You've got to come get me ...PLEASE." Then the bride began to sob over the phone. "Please, mum come get me!" begged the bride.

"But honey what did he say, what 4-letter words, you have to tell me what's troubling you." said her mum.

Still sobbing the bride said to her mother..... Words like....DUST, IRON, COOK, WASH!

