

APRIL 2011

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 John	Meditation/Healing
	Committee Meeting	**7pm**	11th April
WEDNESDAY	11.00am-2.30pm	Yvonne Warren	Meditation/Development
	7.30pm-9pm	Jo Burgess	Meditation/Development
THURSDAY	8.30am-1pm		Readings
FRIDAY	10.30 am-12noon 7.30 pm - 9.00 pm	Marcia Parkes Carmel Colquhoun	Meditation/Development
Saturday 9th Saturday 16th	9am to 5pm 10am to 5pm	Gudrun Sjalaner Shirley Darby	Reconnective energy day Colour w/shop
SUNDAY	3.00 pm & 7.00 pm	Various	Services All welcome

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*
4. *The proven facts of communication between departed human spirits and mortals*
5. *Personal responsibility.*
6. *Compensation and retribution hereafter for all good and evil deeds done here*
7. *A path of Eternal Progress open to every human soul who wills to tread it by the path of eternal good.*

Dear Friends,



What confronting times we are living in. The electronic age brings the immediacy of the recent Japanese disaster right into our living rooms, and we are aware of the despair, the overwhelming feeling of loss and grief, and then heartened by the volunteers, from many countries, local people caring for neighbours, and strangers. The Japanese team left their salvage work at Christchurch to travel home to assist in a more personal disaster.

Meanwhile Christchurch continues having numerous shocks, every day.

Nearer home floods continue to surprise us, in areas where they have not been experienced before. Remember Toowoomba, at the top of mountain range, it was an early shock. Now NSW south coast and Victoria are awash.

From these, and other problems rearing their heads at the moment, the only positive outcome is the enormous outpouring of support, both financial and physical. assistance to help clean out mud and debris, and help house those unlucky enough to be affected.

We must stay aware of the needs of others at a time like this, not tire of watching it all unfold on our TV. and turn it off.

These are life altering events, and we must be abreast of them, and assist in way we can.

As autumn arrives, with that wonderful full moon, our weather will start to cool down, and the days shorten. Our Church programme continues to be busy, we have two very different workshops this month, bringing healing and knowledge. When a workshop is planned concerning a subject we really have no knowledge of, it is a wonderful opportunity to spread our wings and embrace new fields. A quote from Dalai Llama.....

“People take different roads seeking fulfilment and happiness. Just because they’re not on your road doesn’t mean they have gotten lost.”

Till next month

Carmel Colquhoun

ANNUAL SUBS ARE DUE. PLEASE PLACE YOUR DUES IN AN ENVELOPE WITH YOUR NAME, AND HAND TO YOUR CIRCLE LEADER OR PLACE IN THE SAFE. \$10 PER ANNUM \$5 TO CONCESSION CARD HOLDERS YOUR RECEIPT WILL BE SENT TO YOU

Whatever you are giving your attention to is already vibrating. And when you give your attention to it, if you maintain your focus for as little as 17 seconds, you begin to include its vibration, whatever it is, in your vibration. When you see something you want, and you give it your attention, and you say yes to it, you are including whatever its vibration is in your vibration. When you see something you do not want, and you shout no at it, you are including whatever its vibration is in your vibration. In this vibrational world, which is everything, you are far more vibrational beings than you are verbal beings. You are communicating with everyone far more on a vibrational basis, than you are on a verbal basis.

--- Abraham

Excerpted from the workshop in Portland, on Sunday, July 11th, 1999 # 5

PROGRAMME FOR APRIL 2011

<u>Date</u>	<u>Speaker</u>	<u>Chairperson</u>
<u>3rd April</u> 3pm 7pm	Jenny Bush Monika Kwong	Robyn Akins Yvonne Gibson
<u>9th April</u>	<u>Workshop with Gudrun Sjalander</u> Reconnective Energy	
<u>10th April</u> 3pm 7pm	Sonja Bolnow Baden Wilmott	Ivo Van Emmerik Marcia Parkes
<u>16th April</u>	Healing with colour Workshop with Shirley Darby 10am to 5 pm \$55 bring lunch	
<u>17th April</u> 3pm 7pm	Lucy Best Michael Wheeler	Jo Burgess Charles Freeman
<u>24th April</u> 3pm	Terry Tomlin	Carmel Colquhoun
No 7pm Service tonight. Easter Sunday		
<u>1st May</u> 3pm 7PM	Tuesday Group Marcia Parkes	Carmel John Charles Freeman

Once again a varied list of speakers; if you think the same people are chairing all the time, why not put YOUR name forward. Planning the programme is not always plain sailing and any help that you can give with speakers or offers to chair would be greatly appreciated. Robyn Akin is the lady to see.

Most of our speakers this month are old friends and I am delighted to see the Tuesday group take the platform. As our largest Circle, they have many and varied talents, and I believe they were the first group that stepped forward to be on the platform together. This has proven a fruitful idea, as the majority of the Circles now take a turn together.

Our workshops this month are with Gudrun Sjalander & Shirley Darby.

If you need details please contact Robyn at 49574252 or check noticeboard.

This weekend 26th March I am looking forward to the drawing workshop with Susy Plummer. Will tell you all about it next newsletter.

Shirley is now well enough to resume compiling personal astrology charts
Monika Kwong (she will be with us 3rd. April) is planning a series of workshops at her home. This a great idea, as so much work is involved in carrying her goods to the Church, (can't believe we haven't though of doing it this way before.) Having created an original bracelet and earrings for myself, I can promise you a happy relaxed time with Monica such fun and inexpensive.

Must thank Robyn for the time and effort she puts in organising our programme. It is a time consuming job, and Robyn is always on the lookout for speakers of interest. Thank you Rob.

.....
Do one thing no one else can do, be the best "Me" that you can be.

PASS THE BISCUITS

When I was a kid, my mom liked to make breakfast food for dinner every now and then. And I remember one night in particular when she had made breakfast after a long, hard day at work. On that evening so long ago, my mom placed a plate of eggs, sausage, and extremely burned biscuits in front of my dad. I remember waiting to see if anyone noticed! Yet all my dad did was reach for his biscuit, smile at my mom and ask me how my day was at school.

I don't remember what I told him that night, but I do remember hearing my mom apologize to my dad for burning the biscuits. And I'll never forget what he said: "Honey, I love burned biscuits."

Later that night, I went to kiss Daddy good night and I asked him if he really liked his biscuits burned. He wrapped me in his arms and said, "Your momma put in a long hard day at work today and she's real tired. And besides... a burnt biscuit never hurt anyone!"

You know, life is full of imperfect things... and imperfect people. I'm not the best at hardly anything, and I forget birthdays and anniversaries just like everyone else. What I've learned over the years is that learning to accept each others faults and choosing to celebrate each others differences, is one of the most important keys to creating a healthy, growing, and lasting relationship.

So...please pass me a biscuit. And yes, the burned one will do just fine!

And please pass this along to someone who has enriched your life

Life is too short to wake up with regrets... Love the people who treat you right and forget about the ones who don't.

.....

FW: Eternal question explained.

Finally - - An answer I can Understand.

An American tourist asks an Irishman:

"Why do Scuba divers always fall backwards off their boats?"

To which the Irishman replies:

"If they fell forwards they'd still be in the boat."

ENJOY LIFE NOW - IT HAS AN EXPIRATION DATE!

If you are feeling old, refer back to these humorous thought on aging.....

When it comes to staying young, a mind lift beats a face lift any day. .Marty Bucella cartoonist

Life isn't about surviving the storm, it's about dancing in the rain. Anon

Age is an issue of mind over matter. If you don't mind, it doesn't matter. Mark Twain

Middle age is when your age starts to show around your middle Bob Hope

This was found on the front page of the Coonamble Times

• (An email said)

Walking can add minutes to your life. This enables you, at 85 years old, to spend an additional 5 months in a nursing home

I like long walks, especially when taken by people that annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing.....

I joined a health club last year, spent about \$400

Haven't lost a pound. apparently you have to go there.

Every time I hear the dirty word 'exercise' I wash my mouth out with chocolate.

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years,..... just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I am going to stick to it.

"Every time I start to thinking too much about how I look, I just find a

Happy Hour and by the time I leave I look just fine.

Grief

A little over five years ago my sister Christine's husband Dick died at a relatively young age, after a ten-year struggle with a devastating disease.

John Cali

Dick and Christine were happily married for 26 years. Dick, a warm, caring man, was a beloved family member. He was like a brother to me. As you'd expect, everyone was sad and there was the usual grieving. But even at the funeral, instead of focusing on Dick's illness and death, we talked about his life, the wonderful memories over so many years, all the happiness he and Christine had found together.

Christine was certainly missing him, as we all were. But she dealt with his death in a positive way. She allowed herself to feel the sadness, but didn't get so devastated and immersed in grief she couldn't function. And, in fact, she moved through the heavy grieving time relatively fast.

A friend of Christine's told her there was something wrong with her because she was doing so well. The friend thought she should have been in an extended period of deep grief. Christine told her that was nonsense. I agreed with Christine.

That reminded me of two cousins of ours whose sons had died young. Both of them grieved, literally, for years. They never regained their balance. Both died miserable deaths when they were only middle-aged.

What is an "appropriate" period of grief? Is grief itself ever appropriate?

Here's Chief Joseph.

Chief Joseph

Any negative emotion, including grief, always means you are looking at things differently from your higher selves or souls. Always.

We acknowledge and accept the "way of the world," if you will, is to grieve, to be sad and upset when someone you love dies. We're sensitive to your feelings here, and are not telling you to deny or suppress those feelings, whether they're negative or positive.

Your feelings serve you well, for they portray accurately your thoughts, your predominant thoughts and beliefs.

However, we wish to briefly discuss here today this thing you call death, and which most of you dread. You dread it because you don't fully understand what it really is. Nor do you understand exactly what happens after death.

Death comes to you all. You cannot avoid it. So you might as well make peace with it.

When you're grieving for a loved one who has died, you often say you've "lost" them. You have not lost them. You never lose those you love. The love is eternal. But so too is your loved one, as are you. In death your loved ones are closer to you than in life. They are right there beside you. They want to communicate with you, to let you know they are still there, loving you. Communication with them is no more difficult than talking with them when they were physically right there with you.

But you have to be open to it. For most of you that means changing your perceptions of life and death.

As you all know, there is a part of you -- the larger part of you -- who lives eternally in the realms of spirit. Or "heaven" if you prefer. These are the realms from which we speak to you through John.

You use various names for this part of you: soul, higher self, Godself, etc. All are fine. We prefer "soul" or "higher self." Whatever name you use, that part of you is eternal. It never dies -- only your physical bodies die.

When you leave your bodies you return to your soul once again. And it is always a joyous "reunion," if you will, regardless of the circumstances of your death.

When a loved one dies he or she not only is reunited with his/her soul, but is also reunited with that part of you -- your soul -- who has never left the realms of spirit. Again, it's a joyful reunion. Although, in truth, they have been together forever.

And, of course, when you pass through the veil you call death, you will be fully with your loved ones again. You will no longer be in the illusion of the separation you call physical reality.

If you understand death in the ways we've talked about here today, you will not grieve for your loved ones.

You will rejoice for them. Death is not the end of you, only a new beginning.

So, to answer John's question (which he meant rhetorically), "Is grief itself ever appropriate?" -- we would say it is not appropriate. Not ever.

And certainly long periods of grieving are doubly inappropriate.

They are also, as John pointed out, debilitating and even devastating to your physical bodies.

Rejoice in life. Rejoice in death. Your loved ones are always there. You can communicate with them just as we communicate with you, and you with us. After all, we're about as "dead" as you can get.

All is well. www.greatwesternpublishing.org

God determines who walks into your life....it's up to you to decide who you let walk away, who you let stay, and who you refuse to let go.

I RECEIVED THIS BY EMAIL AND FELT MOVED TO SHARE IT.....Alva

Sent: Thu, 17 March, 2011 9:13:12 PM

Subject: Sendai - Japan.....Forwarded by a friend.

"Hello My Lovely Family and Friends,

First I want to thank you so very much for your concern for me. I am very touched. I also wish to apologize for a generic message to you all. But it seems the best way at the moment to get my message to you.

Things here in Sendai have been rather surreal. But I am very blessed to have wonderful friends who are helping me a lot. Since my shack is even more worthy of that name, I am now staying at a friend's home. We share supplies like water, food and a kerosene heater. We sleep lined up in one room, eat by candlelight, share stories. It is warm, friendly, and beautiful.

During the day we help each other clean up the mess in our homes. People sit in their cars, looking at news on their navigation screens, or line up to get drinking water when a source is open. If someone has water running in their home, they put out a sign so people can come to fill up their jugs and buckets.

Utterly amazingly where I am there has been no looting, no pushing in lines. People leave their front doors open, as it is safer when an earthquake strikes. People keep saying, "Oh, this is how it used to be in the old days when everyone helped one another."

Quakes keep coming. Last night they struck about every 15 minutes. Sirens are constant and helicopters pass overhead often.

We got water for a few hours in our homes last night, and now it is for half a day.

Electricity came on this afternoon. Gas has not yet come on.

But all of this is by area. Some people have these things, others do not. No one has washed for several days. We feel grubby, but there are so much more important concerns than that for us now. I love this peeling away of non-essentials. Living fully on the level of instinct, of intuition, of caring, of what is needed for survival, not just of me, but of the entire group.

There are strange parallel universes happening. Houses a mess in some places, yet then a house with futons or laundry out drying in the sun.

People lining up for water and food, and yet a few people out walking their dogs. All happening at the same time.

Other unexpected touches of beauty are first, the silence at night. No cars. No one out on the streets. And the heavens at night are scattered with stars. I usually can see about two, but now the whole sky is filled.

The mountains of Sendai are solid and with the crisp air we can see them silhouetted against the sky magnificently.

And the Japanese themselves are so wonderful. I come back to my shack to check on it each day, now to send this e-mail since the electricity is on, and I find food and water left in my entranceway. I have no idea from whom, but it is there. Old men in green hats go from door to door checking to see if everyone is OK. People talk to complete strangers asking if they need help. I see no signs of fear. Resignation, yes, but fear or panic, no.

They tell us we can expect aftershocks, and even other major quakes, for another month or more. And we are getting constant tremors, rolls, shaking, rumbling. I am blessed in that I live in a part of Sendai that is a bit elevated, a bit more solid than other parts. So, so far this area is better off than others. Last night my friend's husband came in from the country, bringing food and water.

Somehow at this time I realize from direct experience that there is indeed an enormous Cosmic evolutionary step that is occurring all over the world right at this moment. And somehow as I experience the events happening now in Japan, I can feel my heart opening very wide. My brother asked me if I felt so small because of all that is happening. I don't. Rather, I feel as part of something happening that much larger than myself.

This wave of birthing (worldwide) is hard, and yet magnificent."

Thank you again for your care and Love of me,

With Love in return, to you all, Anne

BITS AND PIECES

This month's newsletter has had a mind of its own, it has changed constantly, page by page, I hope it is not too disjointed.

Thanks for the kind words about last month's copy, trust you will enjoy this one too.

Have received a lot of emails, and have included those I thought fitted in. Wondered about the letter from Japan, but it seemed to be a picture of that tragedy that we could understand and appreciate.

As always, lots happening at Swan Street, hope I haven't left out anything vital.

A couple of weeks ago, we went to see Lisa Williams, (medium with show on Foxtel) She was at the Civic, and the theatre was full. She came across as a very capable medium, giving information and help to many people in the audience. Certainly much proof of survival.

Then for good measure, three of us went to see Ezio de Angelis at the Muree Golf Club. The night started well, I won \$86 on the poker machines, then we went into the auditorium, took our seats and the show started. I had seen Ezio before, and he was on the TV show "the One".. With him was Michele, also from "The One", apparently they work as a couple.

For those that aren't aware, Ezio is based on the central coast, and is very respected and popular.

Well the point I am getting to is that out of the blue I got a reading, first ever, and it was lengthy and spot on.

A second person in our party was told information about his family too.

Another totally pleasing night. I would like to see Ezio and Michelle have an evening at our Church.

Over the two and half hours Ezio read for many people, giving much proof of survival.

Our mediums in training, with Rose Mayhew or "novices" are to have another demonstration afternoon 7th May at 1pm entry a gold coin.

A similar afternoon would be popular for others, outside that group, to try overheads. Kay Adams held such an afternoon an age ago. A number of people have spoken to me about it, what do you think?

Shirley Darby's workshop was a great success, as always, and she is planning another on "Healing with Colour" Having done that workshop some time ago, I can highly recommend it.

Remember too Shirley has resumed doing astrology charts, now she is feeling well.

Marcia is on holiday in Tasmania, I hope she is well away from floods. Every state seems to have had a disaster, recently. I am planning to repack my emergency box. Feel that if Toowoomba, on the top of a mountain range can flood, we should be ready. Have already copies of important papers, torch, radio, batteries, bandages and first aid kit. Intend to get serious about it before the Tsunami comes.

One frightening email I received pictured a man's hand badly burned. It warned that should your mobile phone ring while being recharged, you MUST turn the point off and disconnect it before you answer. it.. Believe me the burns were terrible.

Well that's about all I can remember, till it's printed. So I'll sign off for now, thanks for the emails etc.

Will conclude with some bits that don't fit in anywhere in particular, Alva

Stand up to be seen,

Speak up to be heard,

Shut up to be appreciated

**If something you read here does not ring true to you then by all means disregard it
0 and go on to what does.**

For one person's truth is not always another's.

**What is given today can very well change tomorrow -- in fact in the next instant --
as ALL THINGS are in constant change**

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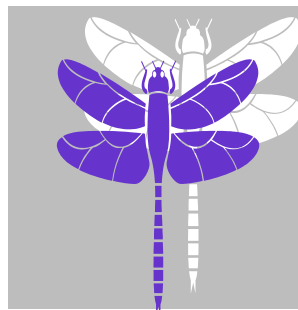
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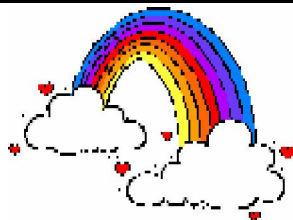
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