

AUGUST 2015

# Newcastle Spiritualist Church Inc



3 Swan Street  
Off Darby Street via Queen Street

P.O. Box 2251, Dangar 2309  
Phone 02 4926 3402



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**	11th August
WEDNESDAY	11am-2.30pm	Yvonne Warren & Joanne	Meditation/Development
THURSDAY	Readings \$25	Side entry, down drive	8.30-1pm
FRIDAY	7.30 pm - 9.00 pm	Jenny Havebond	Meditation/Development
SUNDAY	3.00 pm & 7.00 pm	Various	Services. All welcome
SATURDAY	2-4pm COFFEE CLUB 15th August Bendy Yoga with Jim	Spiritual Pathway  8.30am.	\$6  \$5 members, \$10 others.

## 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,*

*Due to the lateness of this newsletter, our President Charles is in Samoa, and so writing this month's letter falls to me. Here goes.*

*Your newsletter is later this month as we had a short break on Norfolk Island, our favourite holiday spot, and this was somewhat longer than planned, so that explains that!*

*Since our last letter, we have had the passing of two of our long time members, Ilse Kohl and Lawrence Soane.*

*Marcus Soane, Lawrence's brother advised me of his passing.*

*Ilse, is well known to most of our members as an original member at Swan Street, together with Albert, who was an original Trustee for the property.*

*Ilse served for many years as a Reader each Thursday, until her illness intervened. A number of members attended her Service.*

*Our Tocal Retreat was a great success, that is the only report I've been given, but it comes from more than one source, so I guess it is right. All*

*Assunta's planning paid off, great time had by all.*

*Thanks to all the volunteers and facilitators, things are rolling along well, here at Swan Street. Sadly Jo Burgess has decided to close Wednesday evening Circle, but our programme is still pretty full.*

*This winter has brought a number of germs, viruses and miseries, for want of a better word, and so many families have been laid low. Seems impossible to shake off, so lets hope the Sun puts an end to it all, and the world seems a healthier place, shortly.*

*Was going to put a picture of Charles in a grass skirt, but it was technically beyond me, (no surprise there.)*

*Heartfelt thanks to those member who keep this wonderful place, and Circles going, and remember in your prayers and Meditations those not so well, and in need of support,*

*Alva*

### Learning and the Brain

Learning is the key to survival, learn everyday step by step little by little. Keep gaining ground everyday learn some days more then others and keep going, the reason for your survival is twofold with brain capacity gained or connections made. So it is possible that the brain can find new routes when the old ones can't be accessed anymore for some reason.

Ivo

## **PROGRAMME FOR AUGUST 2015**

<b>DATE</b>	<b>SPEAKERS</b>	<b>CHAIR</b>	<b>CHAIR</b>
<u>2nd August</u>			
3pm	Leonie Brown	Chair`	Anona Unicomb
7pm	Peter Madden	Chair	Ivo Van Emmerick
<u>9th August</u>			
3pm	Jenny Havebond	Chair	Assunta Martinelli
7pm	Rosie Connor	Chair	Anona Unicomb
<u>16th August</u>			
3pm	Cathy Fuller	Chair	Marcia Parkes
7pm	Kerri Heffernan	Chair	Marcia Parkes
<u>23rd August</u>			
3pm	Susan Glynn	Chair	Ivo Van Emmerick
7pm	Charles Freeman	Chair	Marcia Parkes
<u>30th August</u>			
3pm	Rose Mayhew	Chair	Carmel John
7pm	Kamal Dua	Chair	Charles Freeman

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As always, we have a great variety of Speakers this month and a great mix of Members and Visitors.

As the month is well underway I will start with 16th August.....

Cathy Fuller is a visiting medium from Sydney and we are looking forward to her visit.

Kerri Heffernan is one of our newer members, keen Coffee Club attendee

Susan Glyn is always popular. Susan speaks of her work with Energy

Charles of course is our President, and can be found each Sunday evening Service

Medium Rose Mayhew returns. Rose has been a member for many years, completed her Spiritual training in U.K. Always a popular speaker.

Kamal Dua another of our newer members with a vast knowledge of things Spiritual.

There is always openings for Speakers and Chairpersons. Consider if you can contribute in this way, and speak to committee members if you wish to. Help is available. Should you decide to chair a meeting, you will be guided by sheet prepared for all chairpersons' assistance. Our strength and success lies ONLY in our members, so contribute.

As always, I apologise for any mistakes, they are mine, and I trust I have not offended anyone this month, Love for now,

*Alva*

When the caterpillar rests snugly in his cocoon, there is no thought to how, when, what or why; it does what it is designed to do and what it instinctively knows is best without worry or concern. The Universe encourages you to be like the butterfly. If you allow yourself to go with the flow, something beautiful will always emerge. ~ Creator



Within you is a spark, a piece of the Divine placed there before your arrival to aid you in your journey on your Earth-plane existence. As you travel, there will be others that attempt to douse, shove it aside or smother it with unkind words or actions. It is up to you whether you allow this or not. Remember that any amount of love, large or small, will keep it shining brightly. ~ Creator  
From website of Creators and Healers.

### **An Irish Miracle**

**Murphy drops some buttered toast on the kitchen floor and it lands butter-side-up. He looks down in astonishment, for he knows that it's a law of nature of the universe that buttered toast always falls butter-down.**

**So he rushes round to the presbytery to fetch Father Flanagan.**

**He tells the priest that a miracle has occurred in his kitchen.**

**But he won't say what it is, so he asks Fr. Flanagan to come and see it with his own eyes.**

**He leads Fr. Flanagan into the kitchen and asks him what he sees on the floor.**

**"Well," says the priest, "it's pretty obvious. Someone has dropped some buttered toast on the floor and then, for some reason, they flipped it over so that the butter was on top."**

**"No, Father, I dropped it and it landed like that!" exclaimed Murphy**

**"Oh my Lord," says Fr. Flanagan, "dropped toast never falls with the butter side up. It's a miracle**

**Wait... it's not for me to say it's a miracle. I'll have to report this matter to the Bishop and he'll have to deal with it. He'll send some people round; to interview you, take photos, etc.."**  
**A thorough investigation is conducted, not only by the archdiocese but by scientists sent over from the Curia in Rome. No expense is spared.**

**There is great excitement in the town as everyone knows that a miracle will bring in much needed tourism revenue.**

**Then, after 8 long weeks and with great fanfare, the Bishop announces the final ruling.**

**"It is certain that some kind of an extraordinary event took place in Murphy's kitchen, quite outside the natural laws of the universe. "Yet the Holy See must be very cautious before ruling a miracle. All other explanations must be ruled out.**

**Unfortunately, in this case, it has been declared 'No Miracle' because they think that Murphy may have buttered the toast on the wrong side!"**

*NSC Coffee Club Vintage Tea's new date has been confirmed.*

*It will be held at Tomago House on Saturday 17th October. This date is the third Saturday in October and is our normal coffee club day.*

*New Flyer will be on the board soon.*

*Anyone who wishes to attend cost is \$20 for a delightful afternoon*

## Here is the coffee club report from last Saturday.

HA! HA! HO! HO! HEE! What a jolly, happy afternoon had by all. We had a new visitor and we believe he enjoyed it as much as we did. Everyone researched the session well, starting with our gratitude prayer for allowing us to attend and asking for some liberties for our crude jokes which by the way were very funny. A couple gave us the health benefits of laughter and I would like to share some of these with our members:

### **From the Mayo Clinic**

#### **Stress relief from laughter**

A good sense of humour can't cure all ailments, but data are mounting about the positive things laughter can do.

#### **Short-term benefits**

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.

Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response and increases your heart rate and blood pressure. The result? A good, relaxed feeling.

Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which help reduce some of the physical symptoms of stress.

#### **Long-term effects**

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long haul. Laughter may:

Improve your immune system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts actually release neuropeptides that help fight stress and potentially more-serious illnesses.

**Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers. Laughter may also break the pain-spasm cycle common to some muscle disorders.

Increase personal satisfaction. Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.

**Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and make you feel happier.

Improve your sense of humour

**Are you afraid you have an underdeveloped — or non-existent — funny bone?** No problem. Humor can be learned. In fact, developing or refining your sense of humours may be easier than you think.

Put humour on your horizon. Find a few simple items, such as photos or comic strips that make you chuckle. Then hang them up at home or in your office. Keep funny movies or comedy albums on hand for when you need an added humour boost.

**Laugh and the world laughs with you.** Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good.

**Share a laugh.** Make it a habit to spend time with friends who make you laugh. And then return the favour by sharing funny stories or jokes with those around you.

**Knock-knock.** Browse through your local bookstore or library's selection of joke books and get a few rib ticklers in your repertoire that you can share with friends.

Know what isn't funny. Don't laugh at the expense of others. Some forms of humour aren't appropriate. Use your best judgment to discern a good joke from a bad, or hurtful, one.

#### **Laughter is the best medicine**

#### **Thanks to Kerrie and Google, we tried Laughter Yoga.**

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work.

Continuing on some joke telling and funny stories and then we tried some laughing yoga. Forming a circle, we gave it a good try not that we were very experienced but we were very silly and very funny and we had such a workout it felt better than going to the gym and working out. As well as feeling elated and I am sure our serotonin levels were slightly increased. Thank you for the wonderful company that was enjoyed by all. We are very, very blessed.

**\*Next topic for the COFFEE CLUB is OUR SPIRITUAL JOURNEY.** What initiated our spiritual journey. When did we realise we were on the spiritual path and how are we expanding our spirituality from this journey. This will be a personal topic of discussion and sharing for all attending. See you next month Saturday 15/08/2015 at 2pm. Keep on laughing...

A guy goes to the supermarket and notices a very attractive woman waving at him. She says, 'Hello.' He's rather taken aback because he can't place where he knows her from. So he asks, 'Do you know me?' To which she replies, 'I think you're the father of one of my kids.' Now his mind travels back to the only time he has ever been unfaithful to his wife. So he asks, 'Are you the stripper from the bachelor party that I made love to on the pool table, with all my buddies watching, ?'" She looks into his eyes and says calmly, "no, I am your son's teacher."

### **When God sends you help, don't ask questions.**

She hurried to the pharmacy to get medication, got back to her car and found that she had locked her keys inside

The woman found an old rusty coat hanger left on the ground.

She looked at it and said, "I don't know how to use this.

She bowed her head and asked God to send her some HELP.

Within 5 minutes a beat-up old motorcycle pulled up, driven by a bearded man who was wearing an old biker skull rag.

He got off of his cycle and asked if he could help.

She said: "Yes, my daughter is sick. I've locked my keys in my car.

I must get home. Please, can you use this hanger to unlock my car?"

He said, "Sure." He walked over to the car, and in less than a minute the car was open.

She hugged the man and through tears said, "Thank You God , for sending me a very nice man."

The man heard her little prayer and replied, "Lady, I am NOT a nice man.

I just got out of prison yesterday. I was in prison for car theft."

The woman hugged the man again, sobbing, "Oh, thank you, God You even sent me a Professional!"

## **Feminine & Masculine Empowerment**

Humanity is now stepping into the energies of being the I Am wisdom of the Feminine Divine in honour of the Masculine Divine; as well as the I Am wisdom of the Masculine Divine being in honour of the Feminine Divine.

On an individual basis many of us have been working towards honouring and bringing balance to our personal inner masculine and feminine. The outcome of this has given lead to the huge step forwards with gay marriage being embraced in the U.S. and elsewhere. These decisions have implications that go far beyond what appears on the surface.

Slowly but surely humanity is releasing many past manipulated beliefs that have held us captive and kept us from recognising our own Mastery and power within.

The following flower essence remedy combination essences were created to assist with embracing your personal empowerment.

Feminine Empowerment is for the upliftment and empowerment of women, representing the Goddess within; and connecting with your own personal inner truth.

Masculine Empowerment is for the upliftment and personal empowerment for men; and finding your inner voice & guidance.

Feminine energies flow and spiral, expanding and contracting as the tides move across the planet while masculine energies are meant to give structure.

You have both of these aspects within and it is important to create a balance between the two in order for you to be fully true to your inner voice and guidance. Balanced feminine energies are compassionate, gentle and loving, supported by the creative strength of your inner masculine energies.

Both these mixes are especially supportive for those whose life experiences have led them to feel self-worth diminishment or lack of confidence in their world, to assist them to find their personal inner truth. They were created with specific selections of flower essences and supported with various gemstones to enhance their healing qualities.

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## REINCARNATION AND ASTROLOGY



From the blog of Shirley Darby.

Reincarnation is the belief that we return to this School of Earth many times in order to perfect our Soul. Each lifetime we take on a different set of lessons with different members of our Soul group in order to learn or understand something that we did not know.

I have witnessed mediums over the last 30 years giving proof of the survival of our loved ones. Most of these loved ones are members of our own Soul Group who change roles with us each lifetime in order to help us learn tolerance, kindness and acceptance.

In a wonderful book Journey of Souls by Michael Newton he explains that we are all members of a Soul Group of about 20 who are all trying to grow to perfection. It is rather like a company of actors who take on different roles in different plays each time they visit a new town. The groups consist of close relatives and close friends. If your soul needs to learn a particular lesson one of your soul group will volunteer to be the 'goodie' or 'baddie' in your life so that you can overcome your problems and improve your Soul.

When we first arrive on 'the other side' we go through a process of reviewing the past life and deciding on what we still need to learn in order to make our Soul as perfect as we can.

In order to do this we need to take on another body, another set of parents, and another set of characteristics that will help us to do the job we returned to do.

This is where Astrology comes in. You will need a body that has some similarity to your parents. You will need a character that can cope with the things you have come to learn. You also need to be able to enter the world at the exact minute that will set off your Astrological Clock. If you have not been a kind or good parent in past lives and you need to learn this ability you will often find that members of your Soul Group will volunteer to be bad parents to you so that you can see never to do it again. If you have allowed yourself to be 'pushed around' in past lives there will be symbols in your Astrological Chart showing this tendency. There will be other symbols in your Astrological Chart that will give you the 'clue' as to how to overcome your problems this time.

Your Astrological Chart will also show you what you have come to learn and as the Planets move over the years your Progressed Astrology Chart can show you if you are on track with what you came to do and will show you the Planets that are lining up to help you with your task.

In an Astrological Chart the task you have come to do is shown by the position of the North and South Nodes of the Moon. The wound that you carry is shown by a new Planet Chiron. He returns when you are 50 so hopefully you have recognised that wound and overcome it.

Your character will be shown by your Sun sign, your emotions by your Moon sign, how you talk and what you talk about by your Mercury, How you show yourself as a woman is by Venus, where your energy and drive are placed is Mars, Jupiter is where you get your greatest satisfaction. Uranus is where you want to be 'different'. Neptune shows your intuition and spiritual nature and Pluto shows your power.

All these signs and the placement of these signs on your Astrological Chart will show the things you have come to do and the abilities you have to do them.

So you will find that Spiritualism, Reincarnation and Astrology all work together (as well as Numerology) in order to show you the way to go.

Thank you Shirley for your wonderful articles.

Shirley is considering conducting an Astrology Course later in the year, keep your eye out if you are interested in learning from this knowledgeable Lady.

## 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.

Contact Alva on 49284656 or email [alvad@bigpond.com.au](mailto:alvad@bigpond.com.au) for availability and details.

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