

DECEMBER 2010

# 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 January
WEDNESDAY	11.00am-2.30pm	Yvonne Warren	Meditation/Development
	7.30pm-9pm	Jo Burgess	Meditation/Development
THURSDAY			Readings in Recess
FRIDAY	7.30 pm - 9.00 pm	Carmel Colquhoun	Meditation/Development
SATURDAY 18th December	6.00 pm start	Everyone welcome	Christmas Party With Santa
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,

Another Christmas period is upon us, with parties, presents and family reunions

A special time to look around and appreciate the gifts we have received during this past year; to remember friends and family who have passed over, and to reaffirm our links with those we love and care for.

As always, our year will wind up with our Christmas Party, and Circles will go into recess. Details and dates are further in this newsletter, make sure you acquaint yourself with just what is happening, when.

I wish to personally thank you all for the work done over this last twelve months, the smooth running of the Circles: those members who set up Church and take responsibility for cuppas etc. To Robyn who keeps our Church so clean, to Marcia who ensures our cupboards are always filled to mention just a few. Your contributions do not go unnoticed, add our wonderful speakers and those who chair, and mediums who read at the services.

Thanks also to Debbie and her band of Thursday readers, some doing this work for years. Debbie has also made herself responsible for the raffles, if you haven't got your ticket in our Christmas raffle, do it next time you are in.

On a personal note, I extend to each and every one my wishes for a Happy Christmas period, followed by a prosperous New year. A New year full of hope and anticipation, we never know just what is around the corner.

So here's to a happy, harmonious 2011,

Carmel Colquhoun

**AN IRISH FRIENDSHIP WISH**

May there always be work for your hands to do;  
May your purse always hold a coin or two;  
May the sun always shine on your windowpane;  
May a rainbow be certain to follow each rain;  
May the hand of a friend always be near you;  
**May God fill your heart with gladness to cheer you.**

"Among gratitude's benefits, as discovered by Professor Emmons and his colleagues, are these: better health, fewer physical problems, higher level of positive feelings, greater happiness, satisfaction with life, overall optimism, lower levels of depression, a belief we are all connected, and many more. It really does pay to be grateful  
Plain and simple, giving thanks, counting our blessings is good for us!



PROGRAMME FOR DECEMBER 2010

<u>Date</u>	<u>Speaker</u>	<u>Chairperson</u>
<u>5th December</u>		
3pm	Sonja Bullnow	Carmel John
7pm	Anona Newcombe	Yvonne Gibson
<u>12th December</u>		
3pm	Melissa Crozier	Susan Davy
7pm	Terry Tomlin	Yvonne Gibson

18th December

Our Christmas Party for members and friends 6pm  
Bring along finger food to share, and a wrapped gift to the value of \$5 to swap.  
If you are bringing along children, please bring along a named gift for Santa to give. Also include their name on the noticeboard,

19th December

3pm	Bayden Willmot	Marcia Parkes
7pm	Marcia Parkes & others	

26th December      BOXING DAY      NO SERVICE TO BE HELD

2nd January

3pm	Carmel Colquhoun	Robyn Akins
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NO 7PM SERVICE ON THIS DAY.

We receive such support from our speakers, and this is evident again this month.

Sonia Bullnow works as an Alchemical Hypnotherapist, listing Empowerment Facilitator

Anona Newcombe will be with us for first time. Welcome Anona

Melissa Crosier will speak on spiritual healing

Terry Tomlin a long time friend will share his views on spirituality

Baden Wilmot will speak on Druidism

Marcia and others will speak of the happenings here through 2010.

I trust I have these details right, but as always, I apologise in advance for any errors that have crept into the newsletter.

As always, I am sure these speakers will be warmly welcomed. There are so many different fields of study and interest, opening up to us, so we must keep our hearts and eyes open, and be aware that global warming is not the only change in the wind.

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Accept your path, with its many twists and turns.

The adventure is in the journey, not the arriving.

Be open to growth, The hard seeds of misfortune blossom into the flowers of courage and compassion      from little book of Acceptance Therapy

## Thanksgiving

In two days the USA will celebrate its annual Thanksgiving holiday. For most Americans it's an important celebration, and the prelude to the December holiday season.

### John Cali

Thanksgiving, as the name indicates, is about giving thanks for all the blessings we have in our lives. Leaders, political and religious, urge us to be grateful for the good we enjoy, usually things such as our health, homes, families, friends, jobs, etc.

I'm all in favor of being grateful for our blessings. Too often we forget about the good and focus only on the "bad" stuff. So Thanksgiving is a great reminder that we all have much to be thankful for, no matter what our circumstances.

But this year I'd like to shift the focus of Thanksgiving a bit to what I consider the greatest blessing of all.

Have you ever thought about being thankful, at Thanksgiving or any time of year, for **you**?

Do you take time to be grateful for who you are, for the gift you are to yourselves and to others? Do you take time to truly appreciate and love yourselves?

I know I don't always.

Here's Chief Joseph.

### Chief Joseph

Friends, this is one of the biggest "flaws" we see in humans. It's not really a flaw, certainly not a fatal flaw. But it is a **huge** block to living the life of your dreams.

If you do not truly and deeply love yourselves you will never find it easy to love and appreciate others. You will find it difficult to love and appreciate any aspect of your lives.

You may have moments of happiness, even bliss. But you will not find lasting happiness until you get your priorities straight.

What is your top and first priority? **You!** Period!

We know your society does not promote putting yourselves first. After all that's selfish. But selfish is good!

Until you tend to yourselves first you cannot do or be what you'd like to for others. Want to be of service to others? Then be of service to yourselves **first**.

We know many of you are uncomfortable with being loving and kind to yourselves. So we have a few suggestions to help you remove that block and move into a happier more fulfilling life.

Every morning when you first awaken spend a few seconds in front of a mirror.

Look deeply into your own eyes and say "I love you, (your name)."

That may feel uncomfortable and even phony to you at first. But continue doing it every day. Soon it will feel normal and natural.

You will feel the warmth and wonder of your love and appreciation for yourselves.

It takes only a few seconds a day. But the rewards you reap will be huge. You will literally transform your lives with this simple exercise. You will learn to deeply love and appreciate **you** -- the divine beings you all are. You will learn to deeply love and appreciate all others, all that is.

You are God. It's time to start seeing yourselves through the eyes of God, through your own eyes. Then you will know the true meaning of Thanksgiving.

=====  
"Thanksgiving is based on the premise that living a life of appreciation and gratefulness leads to having more to be thankful for. We have the ability to create blessings in our lives through the power of our minds and the choices we make." Sir John Templeton ~

.....  
Love is the answer, tolerance is the answer, understanding and acceptance of differences is the answer.

Peace is the way but Love is the catalyst and fuel to achieve that state of Being

### **BITS AND PIECES**

*Well this is the last newsletter for 2010, and it has certainly been a full on year for our family. It is a great idea having a fresh start every single year, the Chinese know just how to do it, altho their new year is later, other nationalities also have their own customs to make the new start.*

*Christmas is a time of sharing and giving, and for most of us, altho busy, it can be such a time of joy. Then we can take a deep breath, and sally forth into a brand new year, with new hopes, and possibilities. A fresh slate. Yes, we may be carrying some of our problems forward, but hopefully, we may now tackle them with fresh energy and perspective.*

*18th December at 6.00pm our Christmas party will be held. Please bring along finger food to share, and a wrapped gift to the value of \$5 for the secret Santa sack. Make it a gift you would enjoy to receive!*

*If you are bringing children along, please list their names on the notice on the board, and remember to wrap a gift for Santa to pass on to them. As always bags of lollies will be distributed, and Santa will be along.*

*Sadly Carmel & Bill John are unable to come this year, they will be sadly missed.*

*A number of "new" workshops are in the programme, things change all the time, and I must admit, I now believe in a number of things that I once dismissed as "rubbish." New authors are presenting new material, and a lot of people are wondering about 2012, and global warming. Can't just sit pat, we need to be open to new ideas, even those that seem "odd" when we first come across them.*

*No one person has the monopoly on truth.*

*Thursday night Circle is to close from 2nd December,*

*After a number of years, Ivo feels it is time to move on. As you are aware he is on the Church committee, so he's not going far! Thank you Ivo.*

*Sorry to hear of the passing of Gail Matthew's brother, in Brisbane. Gail moved up there to be near him.*

*What is a grandparent? This was an email sent to me. Once again thanks to the sender.*

*If you are not a grandparent you will still love this. If you are it shows how precious the babies are and what we mean to them.*

### **WHAT IS A GRANDPARENT?**

*(Taken from papers written by a class of 8-year-olds)*

**Grandparents are a lady and a man who have no little children of their own.**

**They like other people's.**

**A grandfather is a man, & a grandmother is a lady!**

**Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the shops and give us money.**

**When they take us for walks, they slow down past things like pretty leaves and caterpillars.**

**They show us and talk to us about the colours of the flowers and also why we shouldn't step on 'cracks.'**

**They don't say, 'Hurry up.'**

**Usually grandmothers are fat but not too fat to tie your shoes.**

**They wear glasses and funny underwear.**

**They can take their teeth and gums out.**

**Grandparents don't have to be smart.**

**They have to answer questions like 'Why isn't God married?' and 'How come dogs chase cats?'**

**When they read to us, they don't skip. They don't mind if we ask for the same story over again.**

**Everybody should try to have a grandmother, especially if you don't have television because they are the only grownups who like to spend time with us.**

**They know we should have snack time before bed time, and they say prayers with us and kiss us even when we've acted bad.**

**A 6 year old boy was asked where his grandma lived, "oh" he said, "she lives at the airport, and when we want her, we just go get her, then when we're done having her visit, we take her back to the airport."**

**Grandpa is the smartest man on earth. He teaches me good things, but I don't get to see him enough to get as smart as him.**

**Let other grandparents, almost grandparents, or heck, let everyone know just how much grandparents mean to their "kids"**

.....

### **Education....**

**A man is stopped by the police at midnight and asked where he's going.**

**"I'm on the way to listen to a lecture about the effects of alcohol and drug abuse on the human body."**

**The policeman asks, "Really? And who's going to give a lecture at this time of night?"**

**"My wife", comes the reply**

A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and shaved perfectly, even though he is legally blind, moved to a nursing home today.

His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

As he manoeuvred his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window.

I love it,' he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

Mr. Jones, you haven't seen the room; just wait.'

'That doesn't have anything to do with it,' he replied.

Happiness is something you decide on ahead of time.

Whether I like my room or not doesn't depend on how the furniture is arranged ... it's how I arrange my mind. I already decided to love it.

'It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away..

Just for this time in my life.

Old age is like a bank account. You withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories!

Thank you for your part in filling my Memory Bank. I am still depositing.

'Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

Have a nice day, unless you already have other plans.

**Dear Lord**

***So far today I am doing alright,  
I have not gossiped, lost my temper,  
Been greedy, grumpy, nasty, selfish, or Self indulgent.  
I have not whined, complained, cursed, or eaten any chocolate.  
I have charged nothing on my credit card.  
But I will be getting out of bed in a minute  
And I think I will really need your help then.***

***This prayer submitted by Pat Eyre***

Please read this carefully, I have been given the closure times for Circles.

Monday	7.30pm	recess from 20th December 2010	restarting 10th January 2011
Tuesday	10.30am	recess from 21st December 2010	restarting 4th January 2011
Wednesday	10.30am	recess from 15th December 2-10	restarting 19th January, 2011
	7.30pm	recess from 15th December 2010	restarting 12th January 2011

**NOTE. THURSDAY EVENING CIRCLE WILL NO LONGER BE HELD.**  
Thursday Readings are in recess till 3rd. February 2011  
Friday 7.30pm recess from 10th December 2010 restarting 15th January 2011

*A number of workshops are planned for 2011*

22nd January Rose Mayhew plans to hold a "novice" afternoon All welcome

*Starting at 1.30pm Gold coin donation.*

Susy Plummer plans to hold a Workshop in the new year. Date to be finalised

*This is to be an Angel and Spirit Guide Art one day workshop Cost approx \$85 all inclusive, finish with a laminated full colour portrait, this will be in February, 6 people. Only.*

Dave Everitt plans to hold an 8 hour workshop, complete with manual..Life's Easy Course.

*Investment \$90, check noticeboard and January newsletter for final date and details.*

*Is there a subject you would like to recommend for a workshop , or perhaps you can recommend a speaker? If so, please contact President Carmel or Robyn Akins and we may be able to organise it. Input from everyone gives us a wider variety, and allows us to look at new things as well as old favourites.*

*Sadly, our acting secretary Katrina Bart has resigned, due to pressure of work, involving travel. Many thanks Katrina for taking on the position, I am sure I speak for all when I wish you well in your new endeavours.*

*Katrina is holding a 7 week course on Developing your intuition and clairvoyance. \$375 in Feb.*

*This course will not be held at Church, so contact her direct at email: Katrina@katrina-jane.com*

*See Katrina's advert on back of newsletter for phone number.*

*Perhaps YOU would like to stand in as acting secretary for what remains of the current year.*

*I personally think it is the best job of all, apart from newsletter editor.*

*Last month I thanked the Thursday readers, and LEFT OUT Debbie who organises each Thursday, and keeps it purring along. I am so sorry Deb. Every month, as soon as newsletters are printed I remember something or someone I overlooked, it was your turn last month.*

**Well hopefully I haven't left anything or anybody out this month, but be assured that not one of you is left out when I wish you and yours a happy, healthy and possibly merry Christmas time with those you care for, as you prepare for the best year ever. Alva**

**Only great minds can read this**

**This is weird, but interesting!**

**If you can read this, you have a strange mind too.**

**Can you read this? Only 55 people out of 100 can.**

**I don't believe that I could actually understand what I was reading. The phonetic power of the human mind, according to a research at Cambridge University, it doesn't matter in what order the letters in a word are, the only important thing is that the first and last letter be in the right place. The rest can be a total mess and you can still read it without a problem.**

**This is because the human mind does not read every letter by itself, but the word as a whole. Amazing huh? Yeah and I always get the spelling wrong as ignorant**

*(I think this will send Marcia crazier, as she can't stand even a little spelling mistake.)*

**"What is the definition of procrastination?"**

**It means: I can feel within my Energy sensor that this action is not in perfect alignment at this time." --- Abraham <http://www.abraham-hicks.com>**

## 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.

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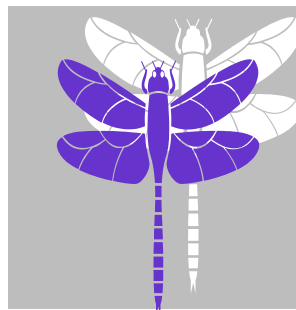
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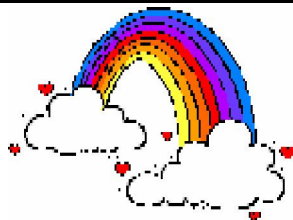
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