

FEBRUARY 2012

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**	14TH FEBRUARY
WEDNESDAY	11.00am-2.30pm	Yvonne Warren	Meditation/Development
	7.30pm-9pm	Jo Burgess	Meditation/Development
THURSDAY	8.30am-1pm	Entry through side door	Readings Resuming 2nd February
FRIDAY	7.30 pm - 9.00 pm	Carmel Colquhoun	Meditation/Development
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,

Our Circles are again in full swing, and plans for this year's programme are now in hand.



Further retreats are planned , following on the success of last year's. Watch for details.

On the notice board, check out the details of the two workshops already organised.. Please register your interest on the sheets provided so numbers of those interested is known.

Members have been enquiring as to the date of the Dedication Service, this date will be in our next programme. Should you wish to be included in this service, please let me know. A certificate will be issued as a record and keepsake.

We were not able to have the repairs and painting completed at Church over the break, but it is now to take place in March. Details will be given to facilitators a little nearer to the date.

Thanks to Debbie Bartlett who has been responsible for the smooth running of Thursday Reading days since Gwynne passed over. Debbie is no longer well enough to help on Thursdays. Job well done Debbie, thank you for us all. Thanks too for organising those fund raising raffles, Debbie.

As always, I remind you a trouble shared is a little lighter so if you are in need of comfort, or assistance, please let others know. We are all in this wonderful boat called Earth together. Extend, or take hold of a "helping hand". This is the Spirit that makes our world go round. See you in Church,

*Carmel Colquhoun
President*

***It's Not What You Gather, But What You Scatter
That Tells What Kind Of Life You Have Lived!***

Enjoy Life - It Has An Expiration Date

PROGRAMME FOR FEBRUARY 2012

<u>Date</u>	<u>Speaker</u>	<u>Chairperson</u>
<u>5th February</u> 3pm 7pm	Spider Ward Jo Burgess	Ivo Van Emmerik Charlie Freeman
<u>12th February</u> 3pm 7pm	Baden Willmott Shantari	Krystyna Johnson Yvonne Gibson
<u>19th February</u> 3pm 7pm	Dave Everitt Charles Freeman	Carmel Colquhoun Marcia Parkes
<u>26th February</u> 3pm 7pm	Rev Mark Penkala Sue Rose	Ivo Van Emmerik Charles Freeman
<u>4th March</u> 3pm 7pm	Terry Tomlin Spider Ward	Jo Burgess Yvonne Gibson

**Spider Ward in a well known , medium clairvoyant visiting for first time.
We look forward to her visit.**

Jo Burgess Circle leader, will share the story of her young friend who has survived leukaemia. Very heartening and lovely story.

Baden will tell us of the 11th Druids conference

Shantari returns to speak on advanced spiritual development, and Darren will accompany her, and do the readings. Always enlightening.

**Dave Everitt always popular. Works with energies, kinesiology, and others
Dave is a long time friend of this Church, and always welcome.**

Charles Freeman, long time member with much to share

Rev Mark Penkala is well known to us. Spiritualist medium, travelling overseas regularly, but based in Newcastle.

**SueRose returns, this time to share other aspects of her work. SueRose works as an artist and shaman, maker of drums, and has donated those amazing art works of "Spiritual figures" at present in the Church, to be raffled.
Bring along your drum if you are lucky enough to have one.**

As always, this list is correct as I type it, but due to circumstances, speakers may become unavailable. There will always be a service, and always a speaker, and sometimes those alternative, stand in speakers are the ones we needed to hear.

Bits and Pieces

From a website with only good news.....

MYSTIC, Connecticut: Tell Jim Henry it's too late to keep learning and he'll let you in on a true story.

"It's a big, big, big, big lie," Mr Henry says. "It's never too late to learn."

Mr Henry's story begins when his father pulled him out of third grade so he could help support his family. He never learnt to read, hiding his illiteracy for the better part of a century.

Then in his mid-90s, having retired as a lobsterman, he set out to continue his education. He took reading lessons and practised writing. Not only is he reading and writing now, but he published a book in November at age 98 called *In a Fisherman's Language*.

"I'm so happy, I catch myself crying," he says. "It's the difference between night and day for me. It's like I'm born again."

His reading teacher, Mark Hogan, from Literacy Volunteers of Eastern Connecticut, also helped edit the book. "I think he's got another book in him," he says. "He's got so much to offer people."

Mr Henry had a book signing at his assisted-living facility in Mystic, Connecticut, on December 18, and has been asked by a primary school to visit. After the holidays he will, he says, and adds that his next goal is to "help young people. I never want them to suffer from illiteracy like I did."

The book comprises 29 stories, including harrowing tales about losing a cousin in a drowning accident and Mr Henry surviving a perfect storm: his boat rode a 27-metre wave.

His favourite story is a letter he sent to his nephew, after his nephew encouraged him to learn to write.

Marlisa McLaughlin says her grandfather is "the 2011 icon of someone who never gives up. He's truly remarkable. There's a lot of hardship in his stories."

She is getting requests from around the world for the book and has hired an agent.

"I hope many people and employers hear about him," says Sara Rix from the organisation American Association of Retired Persons. "It shows that people are never too old to learn."

.....

When God made the world, He chose to put animals in it, and decided to give each whatever it wanted. All the animals formed a long line before His throne, and the cat quietly went to the end of the line. To the elephant and the bear He gave strength, to the rabbit and the deer, swiftness; to the owl, the ability to see at night, to the birds and the butterflies, great beauty; to the fox, cunning; to the monkey, intelligence; to the dog, loyalty; to the lion, courage; to the otter, playfulness. And all these were things the animals begged of God.

At last he came to the end of the line, and there sat the little cat, waiting patiently.

"What will YOU have?" God asked the cat.

The cat shrugged modestly. "Oh, whatever scraps you have left over. I don't mind."

"But I'm God. I have everything left over."

"Then I'll have a little of everything, please" said the Cat.

And God gave a great shout of laughter at the cleverness of this small animal. And gave the cat everything she asked for, adding grace and elegance, and only for her, a gentle purr that would always attract humans and ensure her a warm and comfortable home.



Two Glasses of Wine

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 glasses of wine...

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full.

They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls.

He then asked the students again if the jar was full.

They agreed it was.

The professor next picked up a box of sand and poured it into the jar.

Of course, the sand filled up everything else

He asked once more if the jar was full.

The students responded with a unanimous 'yes.'

The professor then produced two glasses of wine from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

'Now,' said the professor, as the laughter subsided, 'I want you to recognize that this jar represents your life.

The golf balls are the important things; your family, your children, your health, your friends, and your favourite passions; things that if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house, and your car.

The sand is everything else; the small stuff.

If you put the sand into the jar first, he continued, there is no room for the pebbles or the golf balls.

The same goes for life: If you spend all your time and energy on the small Stuff.

Pay attention to the things that are critical to your happiness.

Play with your children. Take time to get medical checkups. Take your partner out to dinner. Play another 18 holes. There will always be time to clean the house and fix the disposal. Take care of the golf balls first; the Things that really matter. Set your priorities.

The rest is just sand.'

One of the students raised her hand and inquired what the wine represented.

The professor smiled. 'I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of glasses of wine with a friend.'

Oh, My,

We're rich! Silver In The Hair

Gold In The Teeth

Crystals In The Kidneys

Sugar In The Blood

Lead In The Rear

Iron In The Arteries

And an Inexhaustible Supply Of

Natural Gas.

I Never Thought we would

accumulate Such Wealth!

.....

Forgetter Be Forgotten?

My forgetter's getting better,

But my rememberer is broke

To you that may seem funny

But, to me, that is no joke

For when I'm 'here' I'm wondering

If I really should be 'there'

And, when I try to think it through,

I haven't got a prayer!

Oft times I walk into a room,

Say 'what am I here for?'

I wrack my brain, but all in vain!

A zero, is my score.

At times I put something away

Where it is safe, but, Gee!

The person it is safest from

Is, generally, me!

When shopping I may see someone,

Say 'Hi' and have a chat,

Then, when the person walks away

I ask myself, 'who the hell was

that?

Yes, my forgetter's getting better

While my rememberer is broke,

And it's driving me plumb crazy

And that isn't any joke.

AN IRISH FRIENDSHIP WISH

Good Luck!! I hope it works..

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.

Since our last newsletter, all Circles have resumed, and Thursday reading days to restart 2nd. February. Debbie Bartlett has been overseeing these days, since Gwynne passed over, and is now standing down. Thank you Debbie for the sterling job you have done so well. Gwynne was a hard act to follow.

On a personal note, I must tell you of the wonderful Birthday I have just celebrated. Last Saturday evening, our daughters invited us to dinner at the local bowling club to celebrate. As we were arriving, I said to Laurie that the service would be slow, as there was a function on. He said "yes we know, it is your function" They then led me into a room where 80 of the people I love and care for stood up and said "Happy Birthday." WOW.... It is a fantastic feeling to be with so many people that you love, and love you. I get goosepimples just thinking about it. Unbelievable and I had no idea at all! A major highlight in my life!!!!

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I have been asked to include in the speakers list a little about the speakers and their topic. This is not always possible, and altho I think it is a great idea, I do do the best I can with the information available. Also promised speakers do not always arrive!

Thanks as always to those sending me emails and articles for inclusion, after all, this newsletter belongs to all. Shirley Darby has sent me an article for next month. We do so enjoy her thoughts Shirley has a notice on the board with details of her next Astrology workshop, It is to be held 21st April, 10am to 5pm. \$55 limited numbers. Bring lunch. Do check board. Also a Workshop is planned by SueRose, to be held 31st March-1st April. All details on notice-board also. Number limited to 15. Cost incl. a pack of Doreen Virtue's Oracle cards. To many details for now, check noticeboard, SueRose 0249324851 . SueRose will be speaker 26th February.

.....
A holy man was having a conversation **with God one day and said,**
' God , I would like to know what Heaven and Hell are like.'
God led the holy man to two doors.
He opened one of the doors and the holy man looked in.
In the middle of the room was a large round table. In the middle of the table was a large pot of stew, which smelled delicious and made the holy man's mouth water.
The people sitting around the table were thin and sickly. They appeared to be famished.
They were holding spoons with very long handles, that were strapped to their arms and each found it possible to reach into the pot of stew and take a spoonful.
But because the handle was longer than their arms, they could not get the spoons back into their mouths.
The holy man shuddered at the sight of their misery and suffering.
God said, 'You have seen Hell.'

They went to the next room and opened the door. It was exactly the same as the first one. There was the large round table with the large pot of stew which made the holy man's mouth water. The people were equipped with the same long-handled spoons, but here the people were well nourished and plump, laughing and talking. The holy man said, 'I don't understand.'
It is simple,' said God . 'It requires but one skill.
You see they have learned to feed each **other, while the greedy think only of themselves.'**
Another email gem. .thank you! to the sender.

.....
From the Newcastle Herald, (so it must be true)
A new study has found that men who hug scored above average of the happiness scale. Test conducted with Sydney University measured the link between health & happiness of almost 60,000 Aussies. Men who hug were generally more socially interactive than those that don't.
"Touch has a very important influence on both physical and mental wellbeing" was finding
Who needed a survey of 60,000 to know that, all women are born knowing that!

This article was forwarded to me by Jo Burgess. It is quite lengthy , but clearly sets out ideas we can all consider .

In fact, most of us at some time would have come across some, if indeed not all before. Perhaps it would be good for us to recall these steps.

Thank you Jo ! I know it is small print, but do take the time to read it.

.....
“As Maria Robinson once said, “Nobody can go back and start a new beginning, but anyone can start today and make a new ending.” Nothing could be closer to the truth. But before you can begin this process of transformation you have to stop doing the things that have been holding you back.

Here are some ideas to get you started:

- Stop spending time with the wrong people.** – Life is too short to spend time with people who suck the happiness out of you. If someone wants you in their life, they’ll make room for you. You shouldn’t have to fight for a spot. Never, ever insist yourself to someone who continuously overlooks your worth. And remember, it’s not the people that stand by your side when you’re at your best, but the ones who stand beside you when you’re at your worst that are your true friends.
- Stop running from your problems.** – Face them head on. No, it won’t be easy. There is no person in the world capable of flawlessly handling every punch thrown at them. We aren’t supposed to be able to instantly solve problems. That’s not how we’re made. In fact, we’re made to get upset, sad, hurt, stumble and fall. Because that’s the whole purpose of living – to face problems, learn, adapt, and solve them over the course of time. This is what ultimately molds us into the person we become.
- Stop lying to yourself.** – You can lie to anyone else in the world, but you can’t lie to yourself. Our lives improve only when we take chances, and the first and most difficult chance we can take is to be honest with ourselves. *Read The Road Less Traveled.*
- Stop putting your own needs on the back burner.** – The most painful thing is losing yourself in the process of loving someone too much, and forgetting that you are special too. Yes, help others; but help yourself too. If there was ever a moment to follow your passion and do something that matters to you, that moment is now.
- Stop trying to be someone you’re not.** – One of the greatest challenges in life is being yourself in a world that’s trying to make you like everyone else. Someone will always be prettier, someone will always be smarter, someone will always be younger, but they will never be you. Don’t change so people will like you. Be yourself and the right people will love the real you.
- Stop trying to hold onto the past.** – You can’t start the next chapter of your life if you keep re-reading your last one.
- Stop being scared to make a mistake.** – Doing something and getting it wrong is at least ten times more productive than doing nothing. Every success has a trail of failures behind it, and every failure is leading towards success. You end up regretting the things you did NOT do far more than the things you did.
- Stop berating yourself for old mistakes.** – We may love the wrong person and cry about the wrong things, but no matter how things go wrong, one thing is for sure, mistakes help us find the person and things that are right for us. We all make mistakes, have struggles, and even regret things in our past. But you are not your mistakes, you are not your struggles, and you are here NOW with the power to shape your day and your future. Every single thing that has ever happened in your life is preparing you for a moment that is yet to come.
- Stop trying to buy happiness.** – Many of the things we desire are expensive. But the truth is, the things that really satisfy us are totally free – love, laughter and working on our passions.
- Stop exclusively looking to others for happiness.** – If you’re not happy with who you are on the inside, you won’t be happy in a long-term relationship with anyone else either. You have to create stability in your own life first before you can share it with someone else. *Read Stumbling on Happiness.*
- Stop being idle.** – Don’t think too much or you’ll create a problem that wasn’t even there in the first place. Evaluate situations and take decisive action. You cannot change what you refuse to confront. Making progress involves risk. Period! You can’t make it to second base with your foot on first.
- Stop thinking you’re not ready.** – Nobody ever feels 100% ready when an opportunity arises. Because most great opportunities in life force us to grow beyond our comfort zones, which means we won’t feel totally comfortable at first.
- Stop getting involved in relationships for the wrong reasons.** – Relationships must be chosen wisely. It’s better to be alone than to be in bad company. There’s no need to rush. If something is meant to be, it will happen – in the right time, with the right person, and for the best reason. Fall in love when you’re ready, not when you’re lonely.
- Stop rejecting new relationships just because old ones didn’t work.** – In life you’ll realize that there is a purpose for everyone you meet. Some will test you, some will use you and some will teach you. But most importantly, some will bring out the best in you.
- Stop trying to compete against everyone else.** – Don’t worry about what others doing better than you. Concentrate on beating your own records every day. Success is a battle between YOU and YOURSELF only.
- Stop being jealous of others.** – Jealousy is the art of counting someone else’s blessings instead of your own. Ask yourself this: “What’s something I have that everyone wants?”
- Stop complaining and feeling sorry for yourself.** – Life’s curveballs are thrown for a reason – to shift your path in a direction that is meant for you. You may not see or understand everything the moment it happens, and it may be tough. But reflect back on those negative curveballs thrown at you in the past. You’ll often see that eventually they led you to a better place, person, state of mind, or situation. So smile! Let everyone know that today you are a lot stronger than you were yesterday, and you will be.
- Stop holding grudges.** – Don’t live your life with hate in your heart. You will end up hurting yourself more than the people you hate. Forgiveness is not saying, “What you did to me is okay.” It is saying, “I’m not going to let what you did to me ruin my happiness forever.” Forgiveness is the answer... let go, find peace, liberate yourself! And remember, forgiveness is not just for other people, it’s for you too. If you must, forgive yourself, move on and try to do better next time.
- Stop letting others bring you down to their level.** – Refuse to lower your standards to accommodate those who refuse to raise theirs.
- Stop wasting time explaining yourself to others.** – Your friends don’t need it and your enemies won’t believe it anyway. Just do what you know in your heart is right.
- Stop doing the same things over and over without taking a break.** – The time to take a deep breath is when you don’t have time for it. If you keep doing what you’re doing, you’ll keep getting what you’re getting. Sometimes you need to distance yourself to see things clearly.
- Stop overlooking the beauty of small moments.** – Enjoy the little things, because one day you may look back and discover they were the big things. The best portion of your life will be the small, nameless moments you spend smiling with someone who matters to you.
- Stop trying to make things perfect.** – The real world doesn’t reward perfectionists, it rewards people who get things done. *Read Getting Things Done.*
- Stop following the path of least resistance.** – Life is not easy, especially when you plan on achieving something worthwhile. Don’t take the easy way out. Do something extraordinary.
- Stop acting like everything is fine if it isn’t.** – It’s okay to fall apart for a little while. You don’t always have to pretend to be strong, and there is no need to constantly prove that everything is going well. You shouldn’t be concerned with what other people are thinking either – cry if you need to – it’s healthy to shed your tears. The sooner you do, the sooner you will be able to smile again.
- Stop blaming others for your troubles.** – The extent to which you can achieve your dreams depends on the extent to which you take responsibility for your life. When you blame others for what you’re going through, you deny responsibility – you give others power over that part of your life.
- Stop trying to be everything to everyone.** – Doing so is impossible, and trying will only burn you out. But making one person smile CAN change the world. Maybe not the whole world, but their world. So narrow your focus.
- Stop worrying so much.** – Worry will not strip tomorrow of its burdens, it will strip today of its joy. One way to check if something is worth mulling over is to ask yourself this question: “Will this matter in one year’s time? Three years? Five years?” If not, then it’s not worth worrying about.
- Stop focusing on what you don’t want to happen.** – Focus on what you do want to happen. Positive thinking is at the forefront of every great success story. If you awake every morning with the thought that something wonderful will happen in your life today, and you pay close attention, you’ll often find that you’re right.
- Stop being ungrateful.** – No matter how good or bad you have it, wake up each day thankful for your life. Someone somewhere else is desperately fighting for theirs. Instead of thinking about what you’re missing, try thinking about what you have that everyone else is missing.

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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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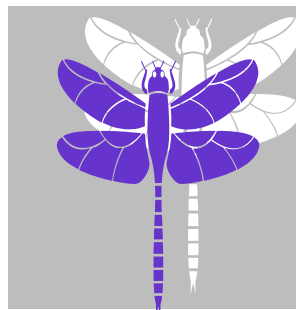
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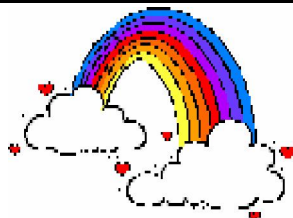
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