

FEBRUARY 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**	8th February
WEDNESDAY	11.00am-2.30pm	Yvonne Warren	Meditation/Development
	7.30pm-9pm	Jo Burgess	Meditation/Development
THURSDAY	Resume February 3rd	8.30am	Readings
FRIDAY	10.30 am-12noon 7.30 pm - 9.00 pm	Marcia Parkes Carmel Colquhoun	Meditation/Development
CHECK	INSIDE FOR	DATES CIRCLES	RESUME
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



The New Year is off and running, and this month all our Circles resume, together with a Circle on Friday mornings, with Marcia Parkes. As you know, the Thursday evening Circle has gone into recess.

All our Circle facilitators are volunteers, and we owe them a debt of gratitude, because if they weren't prepared to do this work, our Church could not exist as it is. It takes a lot of commitment to progress on our paths through Spiritualism, and assistance and advice from those who have traveled before are priceless, and necessary for most of us.

Popular Thursday readings resume 3rd. February, donation \$25. Again this group forms an integral part of our Church, and is the introduction to many who wish to know more of Spiritualism.

Various workshops are listed in this newsletter, be sure to check them out. So many interesting things are coming to the fore. If the current ones do not enthuse you, I urge you to keep watching because they constantly change.

As always, our prayers and good wishes go out to all experiencing health problems, or the passing of loved ones.

The current floods are a reminder of the force of Mother Nature, and that we are all connected.. The outpouring of assistance and loving concern are amazing everyone, with story after story showing that strangers do care about others and will offer a helping hand up. A heartening response to those in trouble

Donations of \$500 to the Queensland Flood fund, and Father Chris Riley's Kids on the Street Charity have been sent, a small token that WE care.

As always a busy programme has been planned, and we look forward to seeing you, in our Church,

Carmel Colquhoun

ARE YOU READING A COMPLIMENTARY NEWSLETTER?

FOR \$10 PER ANNUM (\$5 WITH CONCESSION CARD), YOU COULD BECOME A MEMBER OF OUR CHURCH, AND HAVE A COPY POSTED TO YOU DIRECT, EACH MONTH.

CHURCH MEMBERSHIP ALSO ENTITLES YOU TO USE OF OUR EXTENSIVE LIBRARY AND YOU WOULD BE ADVISED OF UPCOMING WORKSHOPS AND FUNCTIONS. INTERESTED?

PROGRAMME FOR FEBRUARY 2011

<u>Date</u>	<u>Speaker</u>	<u>Chairperson</u>
<u>6th February</u> 3pm 7pm	Lucy Best Veronica Pasfield	Marcia Parkes Charles Freeman
<u>11th February</u>	Meditation with Marcia Quinton	
<u>13th February</u> 3pm 7pm	Wednesday Meditation Group Monday Meditation Group	Jo Burgess Marcia Parkes
<u>19th February</u>	Astrology workshop with Shirley Darby	
<u>20th February</u> 3pm 7pm	Rev. Meg Faber Rev. Meg Faber	Robyn Akins Charles Freeman
<u>26th February</u>	Life was meant to be easy. W/shop Dave Everitt	
<u>27th February</u> 3pm 7pm	Suzie ..Ghost whisperer Jenny Colman	Marcia Parkes Charles Freeman

Again an interesting group of speakers this month.

Lucy Best is a well known medium, travelling from Sydney for our service. Welcome.

Veronica Pasfield -Breathwork practitioner, Radical Forgiveness Coach will introduce a model of "self" that allows you to see "self" in a tangible and relate-able way.

Meditation with Marcia Quinton limited number, \$25. Contact Carmel Colquhoun if you are interested in booking. Her number 49684494

Both the Wednesday and Monday group are taking a service, and this is a great opportunity for people new to Spiritualism to learn how these groups present our beliefs, and for those members not confident enough to take the platform to see how others have found the confidence, through their weekly circle. Well done!

Astrology workshop with Shirley Darby is fantastic value. Shirley is recognised as leading astrologer in our area, now moved up from Central Coast. She has trained many, now practicing astrology professionally, as well as those interested in their personal chart. All details on sheet available at Church. Shirley's number 49557433

Rev. Meg Faber has been taking services at Swan Street for a number of years. Meg has opened a Church at Forster, still makes time to visit us regularly.

Dave Everett is a well known practitioner, regular visitor, and his all day workshop 9am-4pm Manual supplied Investment \$90 or \$70 under 16. Is another great value Day, at a reduced rate for our members. Payment please to Marcia before 20th Feb..

Suzie, known as "the Ghostwhisper" will join us for the first time. Welcome Suzie

Jenny Cotman a member, is an experienced medium, providing proof of survival.

Have you tried the Heavenletter Cosmic Generator yet? What Heavenletter comes up for you today? It's kind of like I Ching! If you haven't tried this yet, click: www.heavenletters.org/gods-cosmic-loveletters-universe.html

* What message was yours today? *

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The Journal of Your Life

December 19, 2010

=====

God said:

The world has taught you safety above all. Where did the idea of safety come from?

It came from the idea of fear. Dismiss fear, and you won't be craving safety.

You will be craving to live life to its fullest.

I do not tell you to be foolhardy. I do not tell you to be without common sense, but, ah, My children, what you see as common sense and what I see as common sense may be two different denominators.

I say to live to the hilt. I say to taste experience in life and move on. There is always more adventure ahead. What happened yesterday happened yesterday. There is more to savor today.

Get out of the fear mode. Get out of what if when what if is fearful.

Get into the what if when what if is exhilarating.

Life is meant to be exhilarating. Let life be awesome, not fearsome.

It is not necessary to attain life as others may. Attain life according to you.

If you don't want to climb mountains, you don't have to climb mountains.

If someone likes to explore caves, that doesn't mean you have to explore caves.

Find that which you like to do. I also might add, how do you know you don't like climbing a mountain until you're tried it once? On the other hand, you don't have to try anything.

You don't need to go bungee-jumping to prove that you can. Maybe you don't need to try it.

Maybe it's not for you. Maybe another kind of adventure is for you.

Maybe reading a book is for you. Or planting a garden. Or whistling while you work.

You are not counting adventures in life. There is no check-list, you understand.

When there is not fear, there is not bravery. There is simply living life.

Living life for you may be speaking to someone first, may be learning to dance, to sing, to play the piano. Your life is for you to choose and not to prove anything. You don't have to prove courage.

You don't have to be afraid not to do something that everyone is doing. You have your own life, and it is for you to discover what is your intrinsic joy. You are seeking joy, beloveds, not points.

In your pursuit of joy, you emit joy. It is that simple. As much as possible, do that which gives you joy. And that which you must do and may not want to do, make that joy-filled as well.

There is a lot to be said for an idea in your mind, the angle you come from, what you tell yourself.

Give yourself some good news, new advice, new awareness of the joy that even sweeping a floor can give. Do you get My drift?

When you come to feel that life is the same old thing, turn on a new radio station with new songs you never heard before.

It is your mind that makes you tired. It is your mind that gives you fear.

The mind can do anything it wants unless you pull on its reins or give your mind a go-ahead.

Choose the direction your mind is to go in.

You are powerfully affected by random thoughts of your mind.

Read a new book. Or cut out the pages of the old one when they hold you back.

Blank pages are good. Fill them in.

Ultimately, you are writing the journal of your life. It is what you say it is.

Have good things to say about it. Even be glad for disappointment, for disappointment pushes you along.

Above all, be glad for the grace in your life. Be glad for every morsel. Be glad.

*

In these times when the whole world needs nourishing, Heavenletters is already proven to stir the hearts and souls of people of all ages all around the world and from all walks

**L I F E I S G O D ' S G I F T T O Y O U
HOW YOU LIVE IT IS YOUR GIFT TO GOD, YOURSELF AND LOVED ONES**

So think as if your every thought were to be etched in fire upon the sky for all and everything to see.

For so, in truth, it is.

So speak as if the entire world were but a single ear intent on hearing what you say.

And so, in truth, it is.

So do as if your every deed were to recoil upon your heads.

And so, in truth it does.

So wish as if God himself had need of you. His life to live.

And so, in truth, he does."

~Mikhail Naimy

This body is not me. I am not limited by this body. I am life without boundaries.

I have never been born, and I have never died.

Look at the ocean and the sky filled with stars, manifestations from my wondrous mind.

Since before time, I have been free. Birth and death are only doors through which we pass, sacred thresholds on our journey. Birth and death are a game of hide- and seek.

So laugh with me, hold my hand, let us say good-bye, say good-bye, to meet again soon.

We meet today. We will meet again tomorrow.

We will meet at the source every moment. We meet each other in all forms of life.

thich Nhat Hanh

Bits and Pieces

Well 2011 is starting with a BANG.

Interesting group of speakers coming forward, and great workshops on the way.

We should appreciate those holding workshops at the Church, allowing us to learn and grow, and be aware, we are being given a "special rate" by a number of these practitioners.

Had an interesting time last Saturday as a group of "novice mediums" were brave enough to read overheads for those present. Thanks to Rose. The development side of our Church is very important: over recent years, a number of our long standing mediums have retired, or passed over. Circles are so important, not only for the friendship but providing a "safe" place for development. It is hoped as these novices learn, they will share with others

I remember, yes the old girl is reminiscing, attending one Saturday when Kay Adams held an afternoon, to encourage us to try overheads. Sadly it was only once, as I remember it.

We need to provide practice and support in a safe environment, perhaps you have ideas how this can best be done.

As you read this, Peter Galbraith is moving to Sydney, where he will work for at least 12 months. The good news is he is keeping his home here, (no he is not going to travel to Sydney and back every day), but he will come up weekends.

We wish you well in your new venture Peter, you have worked and studied very hard, glad to see your plans fall into place.

We are without a secretary at the moment, perhaps YOU could fill in till AGM?

As the floods continue even today, in many of our towns and cities, so many people needing a helping hand. Money will help, but the task is unbelievable. Although I saw it on TV, I still found it hard to comprehend, and the loss of life..so sad. I thought of Gail, recently move back to Queensland, and Jason, our elusive friend who lives outside of Brisbane. Jason rang to arrange a visit to Newcastle, but since that day we haven't been able to get in touch. Jason, should you be reading this, I do send it every month, please ring again, and bring us up to date. PS I still have a staff for you.

As always, the opinions are mine, no one else to blame. Thanks for the emails, send me anything you would like in OUR newsletter bye for now Alva

1st grade school teacher had twenty-six students in her class. She presented each child in her classroom the 1st half of a well-known proverb and asked them to come up with the remainder of the proverb. It's hard to believe these were actually done by first graders. Their insight may surprise you. While reading, keep in mind that these are first-graders, 6-year-olds, because the last one is a classic!

1. Don't change horses until they stop running.
2. Strike while the bug is close.
3. It's always darkest before Daylight Saving Time.
4. Never underestimate the power of termites.
5. You can lead a horse to water but How?
6. Don't bite the hand that looks dirty.
7. No news is impossible
8. A miss is as good as a Mr.
9. You can't teach an old dog new Math
10. If you lie down with dogs, you'll stink in the morning.
11. Love all, trust Me.
12. The pen is mightier than the pigs..
13. An idle mind is the best way to relax.
14. Where there's smoke there's pollution.
15. Happy the bride who gets all the presents.
16. A penny saved is not much.
17. Two's company, three's the Musketeers.
18. Don't put off till tomorrow what you put on to go to bed.
19. Laugh and the whole world laughs with you, cry and You have to blow your nose.
20. There are none so blind as Stevie Wonder.
21. Children should be seen and not spanked or grounded.
22. If at first you don't succeed get new batteries.
- 23 You get out of something only what you see in the picture on the box
- 24

Skinny Dipping

An elderly man in Florida had owned a large farm for several years.

He had a large pond in the back.

It was properly shaped for swimming, so he fixed it up nice with picnic tables, horseshoe courts, and some orange, and lime trees.

One evening the old farmer decided to go down to the pond, as he hadn't been there for a while, and look it over.

He grabbed a five-gallon bucket to bring back some fruit.

As he neared the pond, he heard voices shouting and laughing with glee.

As he came closer, he saw it was a bunch of young women skinny-dipping in his pond.

He made the women aware of his presence and they all went to the deep end.

One of the women shouted to him, 'we're not coming out until you leave!'

The old man frowned, 'I didn't come down here to watch you ladies swim naked or make you get out of the pond naked..'

Holding the bucket up he said, 'I'm here to feed the alligator.

Some old men sure can think fast!

When you make choices, if you see them as mistakes you may try to justify them . . . make excuses. But there are no 'mistakes' only lessons learned and that is what life is all about . . . learning from choices made, either by ourselves or by others. For as you learn you grow.

*A lecturer when explaining stress management to an audience,
He raised a glass of water and asked How heavy is this glass of water?
Answers called out ranged from 20g to 500g.
The lecturer replied, 'The absolute weight doesn't matter.
It depends on how long you try to hold it.
If I hold it for a minute, that's not a problem.
If I hold it for an hour, I'll have an ache in my right arm.
If I hold it for a day, you'll have to call an ambulance.
In each case, it's the same weight, but the longer I hold it, the heavier it becomes.'
He continued, And that's the way it is with stress management.
If we carry our burdens all the time, sooner or later,
As the burden becomes increasingly heavy, We won't be able to carry on. '
'As with the glass of water,
You have to put it down for a while and rest before holding it again.
When we're refreshed, we can carry on with the burden.'
'So, before you return home tonight, put the burden of work down!
Don't carry it home. You can pick it up tomorrow.
Whatever burdens you're carrying now, Let them down for a moment if you can.'
So, my friend, Put down anything that may be a burden to you right now.
Don't pick it up again until after you've rested a while.*

Here are some great ways of dealing with the burdens of life:

- * Accept that some days you're the pigeon, And some days you're the statue.*
- * Always keep your words soft and sweet, Just in case you have to eat them.*
- * Drive carefully. It's not only cars that can be recalled by their maker.*
- * If you can't be kind, at least have the decency to be vague.*
- * If you lend someone \$20 and never see that person again, It was probably worth it.
It may be that your sole purpose in life is simply to be kind to others.*
- * Never put both feet in your mouth at the same time,
Because then you won't have a leg to stand on.*
- * Nobody cares if you can't dance well. Just get up and dance.*
- * Since it's the early worm that gets eaten by the bird, sleep late.*
- * The second mouse gets the cheese.*
- * When everything's coming your way, You're in the wrong lane.*
- * Birthdays are good for you. The more you have, the longer you live.*
- * You may be only one person in the world, But you may also be the world to one person.*
- * Some mistakes are too much fun to only make once.*
- * We could learn a lot from crayons... Some are sharp, some are pretty and some are dull.
Some have weird names, and all are different colours, but they all have to live in the same box.*
- * A truly happy person is one who can enjoy the scenery on a detour.
Have an awesome day and know that someone has thought about you today...I did.*

*There's always a lot to be thankful for if you take time to look for it.
For example, I am sitting here thinking how nice it is that wrinkles don't hurt...
Being happy doesn't mean everything is perfect.*

It means you've decided to see beyond the imperfections.

"When the solution is simple, God is answering."

Albert Einstein

From the little book of Acceptance Therapy

Accept your path, with its many twists and turns, The adventure is in the journey, not the arriving.

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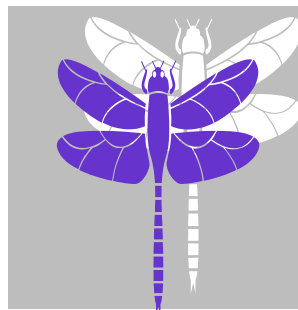
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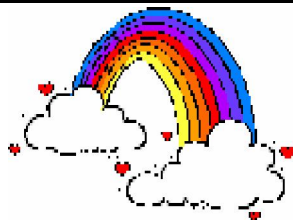
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