

JANUARY 2014

# Newcastle Spiritualist Church Inc



3 Swan Street  
Off Darby Street via Queen Street

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



www.NewcastleSpiritualistChurch.com

Email: admin@newcastlespiritualistchurch.com

DAY	TIME	FACILITATOR	DESCRIPTION
MONDAY	7.30 pm- 9.00 pm	Marcia Parkes	Meditation/Development
TUESDAY	10.30 am - Noon	Carmel & BillJohn	Meditation/Healing
	Committee Meeting	**7pm**	14th January
WEDNESDAY	11.00am-2.30pm	Yvonne Warren	Meditation/Development
	7.30pm-9pm	Jo Burgess	Meditation/Development
THURSDAY	Readings in Recess	Returning 6th February	Thanks to Mediums for 2013
FRIDAY	7.30 pm - 9.00 pm	Carmel Colquhoun	Meditation/Development
SUNDAY	3.00 pm & 7.00 pm	Various	Services All welcome
FRIDAY	Classes with Ilse Kohl	10 weeks from 31st Jan.	Must book in, see notice.

## 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*

*Once again we are given a clean slate to plan a fresh New year. How fortunate we are!*

*Let us plan together for a warm, productive, caring year for ALL our members, with hands outstretched to those who "need." Be it friendship, guidance, support or prayer. At times, just to know that we are part of a caring group, willing to lend a helping hand, can be so uplifting. No one wants to struggle on their own.*

*Let us be aware of others' needs", and let us be ready to accept a helping hand when we need it.*

*New classes, new workshops are already planned, and check our noticeboards to keep up to date. As this age of Aquarius moves on, embrace the opportunity unfolding to expand your knowledge and also grow.*

*I am delighted to tell you, a second \$1000 donation has been made to the "Kids' Club" at John Hunter Hospital, allowing more essential equipment to be purchased to assist in the treatment of local children, a cause near to our hearts.*

*You will be pleased to know that Assunta Martinelli has joined our Committee, keen to contribute new ideas. Assunta has always such a bright, friendly approach to life, a lady who "walks her talk."*

*A note from Garry & Ngaire Hall advised they have moved up the coast to Lake Cathie. We wish them well in their new home.*

*Finally, I wish to thank you all for the thoughts and prayers which have seen me safely home once more, slightly battered but still here. with such wonderful support, Thank you all; sadly I have been told Ilse has also had a trip to hospital, so we extend our wishes Ilse, for a good recovery, look forward to seeing you soon.*

*Carmel Colquhoun*

*Remember, each of us can decrease the suffering of the world by adding to its joy!*

*Dawna Markova.*

*Be thankful, everything is a present!*

*Alice Herz Sommer*



## **PROGRAMME FOR JANUARY 2014**

<b><u>DATE</u></b>	<b><u>SPEAKERS</u></b>	<b><u>CHAIRPERSON</u></b>
<b><u>5th January</u></b>		
3pm	Jo Burgess	Jenny Havebond
	No 7 pm Service tonight	
<b><u>12th January</u></b>		
3pm	Susanna Steel	Anona Unicomb
7pm	Peter Madden	Marcia Parkes
<b><u>19th January</u></b>		
3pm	Rev. Mark Penkala	Jennifer Judd
7pm	Vernice	Yvonne Gibson
<b><u>26th January</u></b>		
3pm	Maitreya Shanti	Jo Burgess
7pm	Mark Boyle	Ivo Van Emmeryk

**Wonderful line-up of psychics and mediums to start off our New Year.**

**Jo has speakers lined up well ahead, and would still love to hear from you if you wish to be a speaker or chair our services, this year.**

**Have you ever attended a service and found that the advertised speaker is not able to attend?**

**No doubt you have appreciated how Church members step up and take the platform, with little, if any preparation. I find this heart warming, to use an old fashioned phrase. We have no paid staff, no Minister, just willing members.**

**Should you wish to recommend a Speaker, please pass on the details to Jo. Wish to hold a workshop, in the coming months? this is the time to submit to the committee to allow planning.**

**Workshops and classes are held by members who have presented details of their intended courses, having been on our platform, and are financial members.**

**At times, we have the opportunity to share with visiting mediums, this can be a wonderful experience, as each bring their own special gifts.**

**Be aware that YOUR contribution to our programme is needed, no, required for our Church to continue to be the Church YOU want.**

## Who Was Edgar Cayce?

Twentieth Century Psychic and Medical Clairvoyant



*Check out our Library for books concerning this important figure.*

Edgar Cayce (pronounced Kay-Cee, 1877-1945) has been called the "sleeping prophet," the "father of holistic medicine," and the most documented psychic of the 20th century. For more than 40 years of his adult life, Cayce gave psychic "readings" to thousands of seekers while in an unconscious state, diagnosing illnesses and revealing lives lived in the past and prophecies yet to come.

But who, exactly, was Edgar Cayce?

Cayce was born on a farm in Hopkinsville, Kentucky, in 1877, and his psychic abilities began to appear as early as his childhood. He was able to see and talk to his late grandfather's spirit, and often played with "imaginary friends" whom he said were spirits on the other side. He also displayed an uncanny ability to memorize the pages of a book simply by sleeping on it. These gifts labelled the young Cayce as strange, but all Cayce really wanted was to help others, especially children

Later in life, Cayce would find that he had the ability to put himself into a sleep-like state by lying down on a couch, closing his eyes, and folding his hands over his stomach. In this state of relaxation and meditation, he was able to place his mind in contact with all time and space — the universal consciousness, also known as the super-conscious mind. From there, he could respond to questions as broad as, "What are the secrets of the universe?" and "What is my purpose in life?" to as specific as, "What can I do to help my arthritis?" and "How were the pyramids of Egypt built? His responses to these questions came to be called "readings," and their insights offer practical help and advice to individuals even today.

Many people are surprised to learn that Edgar Cayce was a devoted churchgoer and Sunday school teacher. At a young age, Cayce vowed to read the Bible for every year of his life, and at the time of his death in 1945, he had accomplished this task. Perhaps the readings said it best, when asked how to become psychic, Cayce's advice was to become more spiritual.

Although Cayce died more than 60 years ago, the timeliness of the material in the readings — with subjects like discovering your mission in life, developing your intuition, exploring ancient mysteries, and taking responsibility for your health — is evidenced by the hundreds of books that have been written on the various aspects of this work as well as the dozen or so titles focusing on Cayce's life itself. Together, these books contain information so valuable that even Edgar Cayce himself might have hesitated to predict their impact on the contemporary world. In 1945, the year of his passing, who could have known that terms such as "meditation," "Akashic records," "spiritual growth," "auras," "soul mates," and "holistic health" would become household words to millions? The majority of Edgar Cayce's readings deal with holistic health and the treatment of illness. As it was at the time Cayce was giving readings, still today, individuals from all walks of life and belief receive physical relief from illnesses or ailments through information given in the readings — some readings were given as far back as 100 years ago! Yet, although best known for this material, the sleeping Cayce did not seem to be limited to concerns about the physical body. In fact, in their entirety, the readings discuss an astonishing 10,000 different topics. This vast array of subject matter can be narrowed down into a smaller group of topics that, when compiled together, deal with the following five categories: (1) Health-Related Information; (2) Philosophy and Reincarnation; (3) Dreams and Dream Interpretation; (4) ESP and Psychic Phenomena; and (5) Spiritual Growth, Meditation, and Prayer.

Further details of Cayce's life and work are explored in the classic book, *There Is a River* (1942), by Thomas Sugrue, available in hardback, paperback, or audio book versions.

Members of Edgar Cayce's Association for Research and Enlightenment (A.R.E.), the nonprofit founded by Cayce in 1931, have access to the entire set of 14,306 readings in a database residing in the member-only section of our Web site. The readings can also be found in their entirety in our on-site library, located at our headquarters in Virginia Beach and open to the public daily. For more information on A.R.E., please visit our [About A.R.E.](#) page.

### A reminder and a request.

Our Church belongs to us all, we have no paid staff, everything is carried out by volunteers, from making sure there is always biscuits and a cuppa available, to speakers, to people prepared to run services, fitting new taps, cleaning air-conditioner filters, chopping down errant trees., but there's more.

Our workshops are mostly run by members, with a portion of charges going directly to the running of the Church.

Someone will always be there to open Church, at least 15 minutes before service to begin.

None of our Circle facilitators receive any payment at all.

Should you arrive and find the Church NOT set up for a service, remember, it is YOUR church too, and give a helping hand to set it up.

**Reminder, what you receive in life is in direct relationship to what you give out.**

So let's look around when we attend, and notice all the things that go smoothly, sometimes even things we don't give a thought to, unless they are not there, or been done .

Appreciate what we all have, and if you would like, lend a hand, great, that's what it's all about. None of it magically happens, people who care keep it all happening.

Give a little more and you will get a lot more!

And now for something completely different.....

### THE SILENT TREATMENT

A man and his wife were having some problems at home and were giving each other the silent treatment.

Suddenly the man realized that the next day he would need his wife to wake him at 5:00 AM for an early morning business flight.

Not wanting to be the first to break the silence (and LOSE), he wrote on a piece of paper, 'Please wake me at 5:00 AM.' He left it where he knew she would find it.

The next morning the man woke up, only to discover it was 9:00 AM and he had missed his flight.

Furious, he was about to go to see why his wife hadn't wakened him when he noticed a piece of paper by the bed. The paper said, 'It is 5:00 AM. Wake up.'

Men are not equipped for these kinds of contests.

\*\*\*\*\*

*You don't have to be an engineer to appreciate this story.*

A toothpaste factory had a problem. They sometimes shipped empty boxes without the tube inside. This challenged their perceived quality with the buyers and distributors. Understanding how important the relationship with them was, the CEO of the company assembled his top people. They decided to hire an external engineering company to solve their empty boxes problem. The project followed the usual process: budget and project sponsor allocated, RFP, and third-parties selected.

Six months (and \$8 million) later they had a fantastic solution - on time, on budget, and high quality. Everyone in the project was pleased.

They solved the problem by using a high-tech precision scale that would sound a bell and flash lights whenever a toothpaste box weighed less than it should. The line would stop, someone would walk over, remove the defective box, and then press another button to re-start the line. As a result of the new package monitoring process, no empty boxes were being shipped out of the factory.

With no more customer complaints, the CEO felt the \$8 million was well spent. He then reviewed the line statistics report and discovered the number of empty boxes picked up by the scale in the first week was consistent with projections, however, the next three weeks were zero!

The estimated rate should have been at least a dozen boxes a day. He had the engineers check the equipment, they verified the report as accurate.

Puzzled, the CEO travelled down to the factory, viewed the part of the line where the precision scale was installed, and observed just ahead of the new \$8 million dollar solution sat a \$20 desk fan blowing the empty boxes off the belt and into a bin. He asked the line supervisor what that was about.

"Oh, that," the supervisor replied, "Bert, the kid from maintenance, put it there because he was tired of walking over, removing the box and re-starting the line every time the bell rang."

## BITS AND PIECES.

Do make sure you know just when the various Circles are returning

Monday evening	Resumes 6th January
Tuesday morning	Resumes 7th January
Wednesday morning	Resumes 15th January
Wednesday evening	Resumes 8th January
Friday evening	Resumes 10th January
First committee meeting for year	14th January.

Rosie Connor has her notice up for her upcoming courses, check it out.

Workshops and classes with Shirley Darby are already organised, for Monday mornings and Ilse Kohl plans another term of her successful 10 week course. "Tools for Life." on Friday.

With such a full programme, it is necessary to plan well ahead. Should you wish to hold classes or workshops, ideas are to be submitted in writing, well ahead of planned time. Please contact Jo Burgess if you wish to be on the platform as speaker or as chairperson.

My phone and internet have not been operating for some time, we have a definite promise from Telstra that **it will be repaired on the 2nd January?** So the Facebook page, which is receiving up to 560 hits a month, is being kept alive by our daughters, Lozzie and Sonya..

These clever young ladies are also troubleshooters for me when I have technical problems, with the newsletter, and I must mention Laurie who folds each of the 100 newsletters I post. Marcia is in charge of the email copies being send out on line.. I don't know how!

Also Marcia monitors our web page daily.

If it takes a village to raise a child, it takes almost as many to ensue the safe delivery of your newsletter! So please read it!!!!

Items, jokes and suggestions are always welcomed, my phone number and email are on the back page...if my phone is still not connected, leave me a message on the noticeboard.

Sadly, I missed the Christmas get together, am sure it went well. With so many diverse groups we need a chance every now and again to catch up with other Circles etc.

Our Librarian (Ivo) is concerned about a missing book, "A Farther Shore" by Yvonne Deglar. Apparently it is about near death experiences, and other incidents that can change lives.

If you have inadvertently borrowed this book, without signing it out, please return it, others are waiting to read it.. Our Library is for church members only, and will only work if borrowers complete the sign out. Our books have been donated and purchased over a number of years, and some of them are no longer available for purchase, so please check your bedside table and if you have this book, please return it.

While on the subject of books, "The Afterlife of Billy Fingers" by Annie Kagan is being added to library. I recently read this book, and enjoyed it very much. Very readable, containing much food for thought. It presents a "different" picture of the afterlife, it seems just as there are many roads to get "there," there are also many "theres". Intriguing!!!

Must never feel sure we know it all, because we just aren't meant to.

I personally believe people who think they have the only answer are on the wrong track.....

### THREE SECTIONS OF THE AURA



Most people who are involved in a spiritual life know that our Aura contains the colours of the Rainbow, going from Red up to Violet. These colours are involved with different aspects of our life and knowing what each colour represents and what part of our life it influences is important for us to understand our needs.

The first section of our Aura is seen as a glow around the body (about a foot out). It is connected to the Root Chakra.

**RED** is the colour connected to our Root Chakra (our Physical Chakra) This colour, when we look at it, switches on in the brain our 'fight and flight' instinct. It affects our Adrenal glands that pump out the energy needed for whatever challenge faces us. Therefore when we have to give a talk in public, run a race or do anything that needs strength we often decide to wear Red clothing. The Red Chakra is connected with our 'roots', how we relate to our family, nationality, religion, idea of beauty (yes, even how we look to others). We need strength for that, to feel that we are acceptable in all these areas. If we do not feel that we are OK in the eyes of others, the Root Chakra cannot give out the energy need and we often gain weight, have leg problems or lower bowel problems.

People who do not feel accepted will often hide in grey or black. Wearing Red, or surrounding yourself with Red (flowers, red food, Red essential oils, such as Rosemary, crystals etc.) can help to get this Chakra working well. As this is the base chakra, that sets off in motion the next 6 wheels of the Chakra system, it is hard to feel bright and happy if this one is not working properly.

The next section of the Aura is the Health Aura. This consists of the next two Chakras, the Orange Chakra (called the Sacral) and the Yellow Chakra (called the Solar Plexus) This section of our Aura can be measured by holding your arms out from the body. That distance all around the body can be felt like a cocoon and can be soothed and healed with healing oils applied.

The colour Orange is the colour of relationships and confidence. The Sacral Chakra is affected by situations in our lives when we have problems in relationships with others and lose our confidence in these relationships. This can then affect the part of the body that the Sacral is connected to. Many women have problems in their pelvic area because of this. Wearing Orange, eating Orange food, Orange flowers in the house, Orange essential oil and orange crystals can all help.

The Yellow Solar Plexus Chakra area contains digestive organs, such as the Liver, the stomach, the Gall Bladder, the Pancreas and the beginnings of the bowel. Yellow is the colour of joy and happiness and is connected with the will. When we feel that others are rejecting our needs (or our own will) we often lose the joy and happiness of being able to express our own ideas. This can lead to problems in the organs that are in the Solar Plexus area.

Wearing Yellow, eating yellow foods, yellow crystals and yellow (Lemon) essential oil can help.

NOTE. Essential oils must be put on the body in a carrier oil as they are very strong. The only two oils that can be put on the body without a carrier oil are Sandalwood and Lavender.

The third section of the Aura is much larger than most people know. In my workshops we measure this third Spiritual Aura and it is often over 12 or 15 feet from the body. This is the part of the Aura where we can 'feel' our connections to others. At that distance we can decide if we feel comfortable or uncomfortable with other people. (no wonder we feel cramped in a lift or crowded train).

This Spiritual Aura contains the Green Heart Chakra, the Blue Throat Chakra, the Indigo Third Eye Chakra and the Violet Crown Chakra All these Chakras from the Heart to the Crown enable us to work with our higher selves with love and intuition.

The Green Heart Chakra is connected to our need to love and be loved. It can be affected by rejection of the love we want to give to others. Or, on a negative note, trying to push your own ideas on to others in the 'name' of love.

This area contains the Heart and Lungs and both can be affected by lack of love in the life and lack of acceptance. Wearing Green clothing, going out into nature, using Green essential oil, or green food (salads) can help.

The Blue Throat Chakra at the base of the Throat is connected to our need to express ourselves in our own way, talking, dancing, painting etc. When we are stopped from expressing our OWN ideas we often have problems in the throat, shoulders, mouth, jaw etc.

Wearing Blue, eating blue/purple foods, Blue things in the home, vases, cushions etc. and Blue crystals and Essential oils (Sandalwood is very good. Also Sandalwood rubbed on the top bone at the back of the neck will protect the 'Door to the Aura' which is situated there) If the door is too open it will take in too much information and can confuse your own direction. This often causes headaches and pain in the back of the neck at the top of the spine.

The Indigo Third Eye Chakra is placed between the eyes on the forehead. This is the area of intuition. When we are stopped or laughed at for expressing our own intuition we can often get headaches or eye and ear problems. Wearing Purple, Purple food, purple crystals or essential oils (such as Lavender) Can all help.

The last Violet, Crown Chakra is at the top of the head and is called the Thousand petal Lotus. This is our direct link to our Spiritual friends who wish to give us messages to have a wonderful life. If we have friends and family who support us in our beliefs we are lucky. Many people cannot express the wonderful messages they receive directly because they do not have the support of others. Wearing Violet, using Ylang Ylang essential oil and meditation can help. Messages can always be written in a book and will be valuable later in life.

Each of our Chakras need attention and if one of them is blocked because of emotional problems it will affect the next Chakra in the body

Accepting our own ideas and giving them out in love and confidence can help to keep these Chakras working well.

Thanks to Shirley for allowing us to print her blog.

## 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 4984 5514 or email [alvad@bigpond.com.au](mailto:alvad@bigpond.com.au) for availability and details.

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The solution to this problem is  
making friends with failure.



Someday  
I want to  
be  
perfect;  
until then  
I'll be  
happy being  
INCREIBLE !!

HAPPY KAT  
KREATIONS