

JANUARY 2016

# 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<br>Starting 4th Jan            | Meditation/Development      |
| TUESDAY   | 10.30 am - Noon                    | Carmel & Bill John<br>Starting 5th Jan       | Meditation/Healing          |
|           | Committee Meeting                  | **7pm**                                      | 12th January                |
| WEDNESDAY | 11am-2.30pm                        | Yvonne Warren & Joanne<br>Starting-20th Jan. | Meditation/development      |
|           | 7.30pm                             | Albert Kohl<br>Starting 6th Jan.             | Spiritual Healing           |
| THURSDAY  | Readings \$25                      | Recessed till February 2016                  |                             |
| FRIDAY    | 7.30 pm - 9.00 pm                  | Jenny Havebond<br>Starting 8th Jan           | Meditation/Development      |
| SUNDAY    | 3.00 pm & 7.00 pm                  | 3rd January 3pm only.                        | Then 3pm & 7pm each Seunday |
| SATURDAY  | Coffee Club<br>Bendy Yoga with Jim | 16th January<br>Close 5th Dec- 30th January  |                             |

## *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.*

*Greetings friends,*

*Once again Christmas is a major part of my report.*

*Hope you all had a wonderful Christmas, and may the New Year bring all the wishes you asked for.*

*Thanks to all that came to our Christmas Service. We had a wonderful time, an invite to those that weren't able to come, do come next year.*

*Blessings to all, and a reminder to read the newsletter for starting dates for our many Circles and activities,*

*Charles Freeman*

*President*

There is much solace in the world because we are not CENTRED enough as a human species, we can easily achieve this by breathing into the Heart Chakra and let the flow of energy go up and downwards at the same time but you have to focus on it. This help with Balancing your self, letting go of Anger, it is easier to focus on the next task and above all find PEACE within everyone of us.

Ivo van Emmerik

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We've found these 3 quotes from Lao Tzu's *Tao Te Ching* to share with you. Our hope is that they help you out of your holiday funk and over the holiday hump.

**"He Who Knows That Enough Is Enough Will Always Have Enough.**

**"Prepare For The Difficult While It Is Still Easy. Deal With The Big While It Is Still Small. Difficult Undertakings Have Always Started With What's Easy..."**

**Great Undertakings Always Started With What Is Small. Therefore, The Sage Strives For The Great, And Thereby The Great Is Achieved."**

**He Who Conquers Others Is Strong; He Who Conquers Himself Is Mighty."**

## PROGRAMME FOR JANUARY 2016

| <b>DATE</b>                          | <b>SPEAKERS</b>                   | <b>CHAIR</b>                     |
|--------------------------------------|-----------------------------------|----------------------------------|
| <b>3rd January 3pm Service only.</b> | <b>Susan Glynn</b>                | <b>Chair Marcia Parkes</b>       |
| 10th January<br>3pm<br>7pm           | Anona Unicomb<br>Kerrie Heffernan | Carmel John<br>Charles Freeman   |
| 17th January<br>3pm<br>7pm           | Susanna Steel<br>Charles Freeman  | Jenny Havebond<br>Marcia Parkes  |
| 24th January<br>3pm<br>7pm           | Shirley Darby<br>Marcia Parkes    | Anona Unicomb<br>Charles Freeman |
| 31st January<br>3pm<br>7pm           | Rosie Connor<br>Charles Freeman   | Marcia Parkes.<br>Maree Miller   |

So many of our favourite Speakers this month. Don't forget to let them know how much they are appreciated. Also thanks are due to those who step up and regularly chair our Services.

### RETURN OF CIRCLES

|                            |                           |
|----------------------------|---------------------------|
| <b>Monday evening</b>      | <b>4th January</b>        |
| <b>Tuesday morning</b>     | <b>resume 5th January</b> |
| <b>Wednesday morning</b>   | <b>resume 20th Jan</b>    |
| <b>Wednesday evening</b>   | <b>resume 6th Jan</b>     |
| <b>Friday evening</b>      | <b>resume 8th January</b> |
| <b>Coffee Club returns</b> | <b>16th January. 2016</b> |
| <b>Bendy Yoga</b>          | <b>30th Jan</b>           |

**Thursday Readers return in February.**

**Rosie Connor is taking enrolments for the new Spiritual Development Classes. Full details included in this newsletter. These classes fill quickly, so don't delay if you are interested.**

**If you are interested in contributing on Platform, as Speaker or Chair, please let us know, so you can be included in our programme.**

**Keep in mind we really need a full committee to function properly. Our committee is small at the moment and we are losing Mark Jolly this month as he heads off to Byron Bay. Not necessary to wait to AGM if you are interested, talk to committee member, if you find it is not for you, no harm done.**

**Mark has been an active committee member, and will be sadly missed. It won't be a case of gone and forgotten, we expect him to pop in from time to time.**

**There are those who pass like ships in the night who meet for a moment then sail out of sight with never a backward glance of regret; folks we know briefly then quickly forget. Then there are friends who sail together through quiet waters and stormy weather helping each other through joy and through strife  
.And they are the kind who give meaning to life.**

.....

Thanks to those members who have given me items to use in the Newsletter. It can be a great help to me, especially when I am seeking for an item to fill part of a page. So Thank you, and please continue to send them in. Email them to me, or leave on noticeboard in envelope for me to pick up.

My wishes for you as we move into this New year.  
I wish you a day of ordinary miracles...  
A fresh pot of coffee you didn't have to make yourself...  
An unexpected phone call from an old friend...  
Green stoplights on your way to work or shop...  
I wish you a day of little things to rejoice in...  
The fastest line at the grocery store...  
A good sing along song on the radio...  
Your keys right where you look...  
I wish you a day of happiness and perfection -  
little bite-size pieces of perfection that give you the wonderful feeling  
the Lord is smiling on you -  
holding you so gently because you are someone special and rare...  
I wish You Peace, Happiness and Joy...  
They say it takes a minute to find a special person, an hour to appreciate them,  
a day to love them, but then an entire life to forget them...  
Share this with the people you'll never forget -  
It's a short message to let them know that you'll never forget them... Take the time!!!

.....  
Some thoughts from 8 year olds on Grandparents  
They have to answer questions like "why isn't God married.," and "How come dogs chase cats?"  
They 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.  
When they read to us they don't skip.  
Everybody should try to have Grandmother, especially if you don't have television because they are the only grown ups who like to spend time with us.  
They know we should have snack-time before bedtime and they say prayers with us every time and kiss us even when we've acted bad.  
A 6 year old was asked where his Grandparents lived. "Oh" he said, "she lives at the airport and when we want her we just go and get her, then when we are done having her visit, we take her back to the airport....."

A 24-year old boy looking out through a train's window shouted, Dad, look, "the trees are going behind; they are moving very fast" his Dad simply stared at him with so much joy and smiled!

A young couple seated nearby looked at the 24-year old and thought to themselves, "he's so grown up but so childish, he must have a mental disorder for his father not to be bothered."

Suddenly the young man exclaimed again; Dad, look, "the clouds are running with us" the couple could not resist and said to the old man, "why don't you take your son to a good doctor may be a psychiatrist? "

The old man smiled and said "I just did. We are just coming from a doctor but not a psychiatrist ; we are just coming from the hospital. My son was blind from birth. He just got his sight today for the very first time, his behaviour may seem stupid to you, it's more than a miracle to me."

The young couple just sat down there, lost for words with a mixture of tears and shame in their eyes..

## **BITS AND PIECES**

Well, Christmas is now over for another year, but hopefully we can hang on to a little of the "goodwill" and "generosity of Spirit" as we move into this brand new Year, 2016. We live at a marvellous time, and in a safe country, so let's make the most of it. Let us be aware of those less fortunate, and hold out our hands where we see need. Not always financial help that's needed

This year will be another busy one for Swan Street. Lots planned, including another open day to public with readings etc as was such a success in 2014. We were going to do this in 2015 but we just got too busy. Please bring forward any ideas you may have, let's not waste a minute.

All Circles and classes are to resume shortly, check the restart dates . Don't miss out. Coffee Club is 16th January; I believe the topic is "Steps we have taken on our Spiritual Path." Should I have that wrong, there will be an engrossing topic anyway. Come along for coffee, tea and refreshments and a great afternoon. This is a chance to really get to know each other, and the \$6 goes to the Kids' Klub at John Hunter to purchase equipment.

Reminder not to try to alter air conditioner. It does take time to come up or down to the temperature it is set, be patient and be glad someone usually goes in early so when others arrive it is already working.

The Christmas raffle of course has been drawn, and all winners advised on the night of our Christmas Party. Thanks to those who donated the prizes.

Yoga classes will resume in February, Bendy Jim is taking the opportunity to travel overseas, and should come back rejuvenated.

### **The Spirit of Kindness and Love by John Cali and Spirit**

The best portion of a good man's life:

His little, nameless, unremembered acts of kindness and of love. ~ William Wordsworth

My religion is very simple. My religion is kindness. ~ Dalai Lama

There are reminders of the holiday season all around us, no matter what we celebrate—Christmas, Hanukkah, Kwanzaa, Ramadan, etc. Or you may not celebrate at all. Or for you it may not be "the season to be jolly," Perhaps the opposite, for whatever reasons. Our world is seemingly in a mess, and for personal or global reasons it can be a depressing time for many. Yet the spirit of the season—the spirit of love and kindness prevails. Here's the touching story of a kindhearted young boy. I think we learn as much from the little children as they learn from us adults.

All six-year-old Alex Hovater wants for Christmas is a happy holiday for the homeless in his town.

Since making that wish, he's been handing out care packages filled with jackets and necessities to people living on the streets. It all began with the little boy worried about a homeless man spending the winter outside and asked about helping.

His mother, Machele, thought it would be a good chance to teach her son about empathy and how money works. So she suggested he could choose between aiding the homeless in Bakersfield, California, or receiving Christmas presents for himself.

When he asked why they couldn't do both, Machele told him there wasn't enough money for both. Little Alex didn't hesitate in his reply. "OK, we'll help them out," she quoted him as saying.

Alex isn't going through Christmas empty-handed; this has to qualify for Santa's "nice" list. His mother figures they've spent 30% of their Christmas budget on the care packages, and she's challenging her online friends to try the same with their kids—and moving them to the top of the "nice" list too.

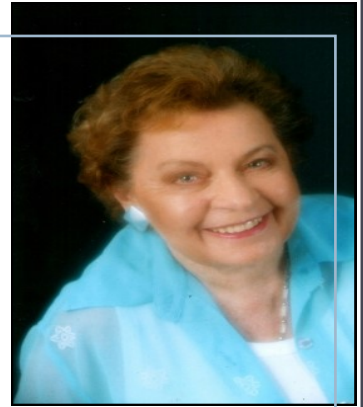
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Think that is about all, one more joke to find, then all finished. Please let me know of anything you want included, as usual the mistakes are mine,

*ALVA*

## WORRY



Worry is something that we all seem to do.

What is Worry? It is something that goes around and around in your head with no answers. It is usually something that you feel you do not know how to handle or something that you cannot do anything about.

My son Mark commented to me one day "Mum, I have noticed that if you worry nothing seems to happen but if you are CONCERNED about something it is usually sorted out" This led me to thinking "What is the difference?"

Worry has no end. CONCERN however means that we are working on a solution for the problem we are faced with. This is like sending out your needs to the 'Universal Energies' and then they can get on with helping you. It is amazing how problems seem to work themselves out when we work on solutions not just stress. The most important thing we can do is to realize that as Spiritual Beings we are being taken care of by our Guides and Angels. Trusting them and having PATIENCE !! is the hardest part as we all want to get our problems solved immediately.

For some reason people have been taught that the person who worries and frets about things is showing their caring nature. What it does do is take away your joy in life, give you worry lines on your face and often heart problems of your own, so that you are not in the best shape to help others.

My mother, who never went to Church in her life, was the most beautiful, serene person who handled hard times such as the depression, Dad not being able to get a job, Dad going to war and as a result died of a heart attack before he was 50. Re-married to a man who developed Emphysema and had to nurse him through that. Broke her knee and was not able to get it right again, broke the other leg soon after. Through all this (as well as taking in my sister and her four children when she had to leave her husband, and myself when I left my husband) she was always kind, serene and ladylike. She had a little plaque on the mantel that said

GOD, GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT  
CHANGE COURAGE TO CHANGE THE THINGS I CAN and  
WISDOM TO KNOW THE DIFFERENCE.

I have that little plaque on my desk now. It has been broken while moving house but it is now stuck back together (as we must all do) and is sitting in front of me while I work.

WORRY also affects your CHAKRAS !!

It can affect your Crown Chakra so that you cannot receive messages from your Guides and Angels.

It can affect your Third Eye Chakra so that it cannot pick up the visions that flow into it.

It can affect your Throat Chakra if you are always talking and stressing on the worry instead of talking about how to fix it.

It can affect your Heart Chakra by blocking energies from flowing through the Heart.

It can affect your Solar Plexus Chakra so that you cannot 'pick up' information from others and feel that you are not able to express your own will power.

It can affect your Sacral Chakra by making you feel that you are not doing the right thing by your loved ones.

It can affect your Root Chakra by lowering your physical energy and making it harder to be in control.

So, next time you begin to worry, stop for a while, tune in to your Angelic Help. Try to 'switch off' and realize that whatever you are worrying about is there for a reason. Often there is nothing you can do about it BUT YOUR GUIDES AND ANGELS CAN!! The results may not be just what you want but often you will find on looking back at worrying times there was a reason for the situation and many other situations came about because of it.

*Thank you once more Shirley for allowing us to use your blog.. Shirley is available for Astrology Charts. and copies of her many books.*

# 2016 10-Week Spiritual Development Course With ROSIE CONNOR



Whether you are starting out on your spiritual journey or want to further your development, this ten-week course provides you with the opportunity to do so.

You can uncover and develop your psychic abilities in a safe and trusting environment. You will learn how to use your energy safely, stay grounded, and practice development techniques such as: chakra balancing, psychometry, flower readings, and angel cards readings as well as giving psychic and mediumistic messages. This work will strengthen your abilities and provide you with confidence and trust so that you can move forward to help yourself and others.

Venue: Newcastle Spiritualist Church

Cost: \$20 per session (\$40 non-refundable deposit to hold your place)

When: Thursdays (Starts 28<sup>th</sup> Jan – 31<sup>st</sup> March 2016)

Intermediate Class: 6.00pm

Foundation Class: 7.30pm

Booking: Please book early to avoid disappointment. Contact Rosie on 0429115070 to book your place.

Please Note: You must become a member of the church to join. Places are limited

only committed individuals who can make ALL sessions need apply.

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**A research group asked kids aged 4 through 8 the same question: 'What does love mean?' Leo Buscaglia noted that the goal of this research was to find the most caring kid. The answers turned out to be much more extensive and deep than Bright Side could ever imagine.**

- **When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love. *Rebecca, age 8***
- **When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth. *Billy, age 4***
- **Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs. *Chrissy, age 6***
- **Love is what makes you smile when you're tired. *Terri, age 4***
- **Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK. *Danny, age 7***
- **Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My mommy and daddy are like that. They look gross when they kiss. *Emily, age 8***
- **Love is when you tell a guy you like his shirt, then he wears it every day. *Noelle, age 7***
- **Love is when mommy sees daddy smelly and sweaty and still says he is handsomer than Robert Redford. *Chris, age 7***
- **Love is when your puppy licks your face even after you left him alone all day. *Mary Ann, age 4***
- **You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget. *Jessica, age 8***

## 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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There was a preacher who fell in the ocean and he couldn't swim. When a boat came by, the captain yelled, "Do you need help, sir?" The preacher calmly said "No, God will save me." A little later, another boat came by and a fisherman asked, "Hey, do you need help?" The preacher replied again, "No God will save me." Eventually the preacher drowned & went to heaven. The preacher asked God, "Why didn't you save me?" God replied, "Fool, I sent you two boats!"

Two guys are walking through a game park & they come across a lion that has not eaten for days. The lion starts chasing the two men. They run as fast as they can and the one guy starts getting tired and decides to say a prayer, "Please turn this lion into a Christian, Lord." He looks to see if the lion is still chasing and he sees the lion on its knees. Happy to see his prayer answered, he turns around and heads towards the lion. As he comes closer to the lion, he hears the it saying a prayer: "Thank you Lord for the food I am about to receive."

A child asked his father, "How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on." The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."

### A Scottish love story.

*A young Scottish lad and lass were sitting on a low stone wall, holding hands, gazing out over the loch. For several minutes they sat silently. Then finally the girl looked at the boy and said, "A penny for your thoughts, Angus."*

*"Well, uh, I was thinkin'. Perhaps it's about time for a wee kiss."*

*The girl blushed, then leaned over and kissed him lightly on the cheek.*

*Then he blushed. The two turned once again to gaze out over the loch.*

*Minutes passed and the girl spoke again. "Another penny for your thoughts, Angus?"*

*"Well, uh, I was thinkin' perhaps it's noo about time for a wee cuddle."*

*The girl blushed, then leaned over and cuddled him for a few seconds.*

*Then he blushed, and the two turned once again to gaze out over the loch. After a while, she again said, "Another penny for your thoughts, Angus."*

*"Well, uh, I was thinkin' perhaps it's about time you let me put my hand on your leg."*

*The girl blushed, then took his hand and put it on her knee. Then he blushed.*

*Then the two turned once again to gaze out over the loch before the girl spoke again. "Another penny for your thoughts, Angus."*

*The young man glanced down with a furrowed brow. "Well, noo," he said, "my thoughts are a wee bit more serious this time."*

*"Really?" said the lass in a whisper, filled with anticipation.*

*"Aye," said the lad, nodding.*

*The girl looked away in shyness, began to blush, and bit her lip in anticipation of the ultimate request.*

*Then he said, "Dae ye no' think it's about time ye paid me the first three pennies?"*