

JANUARY 2015

Newcastle Spiritualist Church Inc



3 Swan Street
Off Darby Street via Queen Street

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DAY	TIME	FACILITATOR	DESCRIPTION
MONDAY	7.30 pm- 9.00 pm Resume 5th January.	Marcia Parkes	Meditation/Development
TUESDAY	10.30 am - Noon Resume 6th January	Carmel & Bill John	Meditation/Healing
	Committee Meeting	**7pm**	13th January
WEDNESDAY	11.00am-2.30pm Resume 21st January	Yvonne Warren & Joanne	Meditation/Development
	7.30pm-9pm Resume 8th January	Jo Burgess	Meditation/Development
THURSDAY	Readings \$25	Resume in February	
FRIDAY	7.30 pm - 9.00 pm Resume 9th January	Jenny Havebond	Meditation/Development
SUNDAY	3.00 pm & 7.00 pm	Various	Services. All welcome
SATURDAY	COFFEE CLUB in recess till February.	Resume in February	



(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,

Firstly, I must admit, this is me, Alva, as I haven't been able to get in touch with the President, as my phones have gone again. And I am desperately trying to finish this newsletter, while the computer still works!

We had wonderful support at the Services over Christmas break, and once again great food to share...Friendship, or should I say Fellowship is a great thing. Never sure just what the difference is, I am sure we share both!

Looking back over the year, now almost gone, you should be proud of just what has been achieved, we have a solid membership, good financial position, indeed able to contribute to others, namely the Kids' Club at John Hunter. New ideas keep coming, check out the Coffee Club. I go, and I don't even drink coffee! Rewarding afternoon indeed.

New people joining, and learning through Circles and Classes, some will remain , others will learn and move on. We have always had a changing group. This Spirituality is an amazing thing. I personally find that what I firmly believe one day, is challenged, and I sometimes move on to a totally different point of view. This is one of our main differences to organised Religion, as is the fact that we actually know, and see proof that Life does go on!

Thanks again to all those dedicated people who quietly keep the whole lot on track, and lay the foundations for our continued success

As we gird our loins, (great phrase, not exactly sure just what it means,) as we step together in 2015, with our best foot forward, heads high, to a fantastic New Year together, new friends, new ideas, but most importantly of all Old friends, tried and true. Don't worry, Charles will be back for his letter next month, love ALVA

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PLEASE NOTE CIRCLES WILL BE IN RECESS

<i>Monday Evening Circle</i>	<i>15th December- 5th January</i>
<i>Tuesday Morning Circle</i>	<i>16th December- 6th January</i>
<i>Wednesday Morning Circle</i>	<i>10th December-21st January.</i>
<i>Wednesday Evening Circle</i>	<i>17th December- 8th January</i>
<i><u>Thursday reading days closed till February</u></i>	
<i>Friday Evening Circle</i>	<i>19th December- 9th January</i>

PROGRAMME FOR JANUARY 2015

DATE	SPEAKERS	CHAIRPERSON
<u>4th January</u>		
3pm	Rosie Connor	Jenny Havebond
7 pm	Charles Freeman	Maree Miller
<u>11th January</u>		
3pm	Peter Madden	Assunta Martinelli
7pm	Susan Glynn	Marcia Parkes
<u>18th January</u>		
3pm	Cecile Trapman	Ivo Van Emmerik
7pm	Terry Tomplin	Mark Boyle
<u>25th January</u>		
3pm	Sussana Steel	Anona Uniocomb
7pm	Christian Adams	Marcia Parkes
<u>1st February</u>		
3pm	Suzie Price	Krystyna Johnson
7pm	Rev Mark Penkala	Charles Freeman

Our Speakers for January are as always, varied. So many fields to learn from, remember all our Speakers give their time freely, and do let them know how much their address is enjoyed.

Rosie Connor and Sussana Steel are both well known Mediums, providing proof of survival, regularly giving time to speak and demonstrate.

Peter Madden is a regular visitor, perhaps he will have word regarding the recent visit of John of God to Sydney.. A group of our members travelled down to see him.

Cecile Trapman is the grand daughter of the Rev. Trapman, known as "Trappie" one of the very early Spiritualist ministers in Newcastle. He was Minister at Cameron Street Church in Hamilton till his passing. We welcome Cecile. Our Church was formed by some of that group when Cameron St closed.

Susan, Mark and Terry are old friends, always popular on platform, and of course, Suzie Price, known as the Ghost Whisper will open February.

Thanks to Rosie who is handling bookings for Speakers, since Jo resigned. It is not an easy job, but as always, please pass on any speakers you wish to hear, or can suggest.

As always, any mistakes are mine, altho this month not altogether.

Alva

With his gentle wisdom and disarming warmth, Saunders manages to dissolve some of our most deeply engrained culturally conditioned cynicism into a soft and expansive awareness of the greatest gift one human being can give another — those sacred exchanges that take place in a moment of time, often mundane and fleeting, but echo across a lifetime with inextinguishable luminosity. ay, as a goal in life, you could do worse than: *Try to be kinder.*

In seventh grade, this new kid joined our class. In the interest of confidentiality, her name will be “ELLEN.” ELLEN was small, shy. She wore these blue cat’s-eye glasses that, at the time, only old ladies wore. When nervous, which was pretty much always, she had a habit of taking a strand of hair into her mouth and chewing on it.

So she came to our school and our neighborhood, and was mostly ignored, occasionally teased (“Your hair taste good?” — that sort of thing). I could see this hurt her. I still remember the way she’d look after such an insult: eyes cast down, a little gut-kicked, as if, having just been reminded of her place in things, she was trying, as much as possible, to disappear. After awhile she’d drift away, hair-strand still in her mouth. At home, I imagined, after school, her mother would say, you know: “How was your day, sweetie?” and she’d say, “Oh, fine.” And her mother would say, “Making any friends?” and she’d go, “Sure, lots.” Sometimes I’d see her hanging around alone in her front yard, as if afraid to leave it.

And then — they moved. That was it. No tragedy, no big final hazing. One day she was there, next day she wasn’t.

End of story.

Now, why do I regret that? Why, forty-two years later, am I still thinking about it? Relative to most of the other kids, I was actually pretty nice to her. I never said an unkind word to her. In fact, I sometimes even (mildly) defended her.

But still. It bothers me.

So here’s something I know to be true, although it’s a little corny, and I don’t quite know what to do with it:

What I regret most in my life are failures of kindness.

Those moments when another human being was there, in front of me, suffering, and I responded ... sensibly. Reservedly. Mildly.

Or, to look at it from the other end of the telescope: Who, in your life, do you remember most fondly, with the most undeniable feelings of warmth?

Those who were kindest to you, I bet.

But kindness, it turns out, is *hard* — it starts out all rainbows and puppy dogs, and expands to include . . . well, *everything*.

Recipe for a Happy New Year.....Anonymous

Take twelve fine, full-grown months; see that these are thoroughly free from old memories of bitterness, rancour and hate, cleanse them completely from every clinging spite; pick off all specks of pettiness and littleness; in short, see that these months are freed from all the past— have them fresh and clean as when they first came from the great storehouse of Time. Cut these months into thirty or thirty-one equal parts. Do not attempt to make up the whole batch at one time (so many person spoil the entire lot this way) but prepare one day at a time.

Into each day put equal parts of faith, patience, courage, work (some people omit this ingredient and so spoil the flavour of the rest), hope, fidelity, liberality, kindness, rest (leaving this out is like leaving the oil out of the salad dressing—don’t do it), prayer, meditation, and one well-selected resolution. Put in about one teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humour

GARDEN SNAKES CAN BE DANGEROUS

A couple in Townsville, had a lot of potted plants. During a recent cold winter (for Townsville that is!), the wife was bringing some of the valued tender ones indoors to protect them from the cold night. It turned out that a little green tree snake was hidden in one of the plants. When it had warmed up, it slithered out and the wife saw it go under the lounge. She let out a very loud scream.

The husband (who was taking a shower) ran out into the living room naked to see what the problem was. She told him there was a snake under the lounge. He got down on the floor on his hands and knees to look for it. About that time the family dog came and cold-nosed him on the behind. He thought the snake had bitten him, so he screamed and fell over on the floor. His wife thought he had had a heart attack, so she covered him up, told him to lie still and called an ambulance.

The paramedics rushed in, would not listen to his protests, loaded him on their stretcher, and started carrying him out. About that time, the snake came out from under the lounge and the paramedic saw it and dropped his end of the stretcher. That's when the man broke his leg and why he is still in hospital. The wife still had the problem of the snake in the house, so she called on a neighbour who volunteered to capture the snake. He armed himself with a rolled-up newspaper and began poking under the lounge. Soon he decided it was gone and told the woman, who sat down on the lounge in relief. But while relaxing, her hand dangled in between the cushions, where she felt the snake wriggling around. She screamed and fainted, the snake rushed back under the lounge. The neighbour, seeing her lying there passed out, tried to use CPR to revive her. The neighbour's wife, who had just returned from shopping at Woolies, saw her husband's mouth on the woman's mouth and slammed her husband on the back of the head with a bag of canned goods, knocking him out and cutting his scalp to a point where it needed stitches. The noise woke the woman from her dead faint and she saw her neighbour lying on the floor with his wife bending over him, so she assumed that the snake had bitten him.

She went to the kitchen and got a small bottle of whiskey, and began pouring it down the man's throat. By now, the police had arrived. They saw the unconscious man, smelled the whiskey, and assumed that a drunken fight had occurred. They were about to arrest them all, when the women tried to explain how it all happened over a little garden snake! The police called an ambulance, which took away the neighbour and his sobbing wife. Now, the little snake again crawled out from under the lounge and one of the policemen drew his gun and fired at it. He missed the snake and hit the leg of the end table. The table fell over, the lamp on it shattered and, as the bulb broke, it started a fire in the curtains. The other policeman tried to beat out the flames, and fell through the window into the yard on top of the family dog who, startled, jumped out and raced into the street, where an oncoming car swerved to avoid it and smashed into the parked police car.

Meanwhile, neighbours saw the burning curtains and called in the fire brigade. The firemen had started raising the fire ladder when they were halfway down the street. The rising ladder tore out the overhead wires, put out the power, and disconnected the power in a ten-square city block area (but they did get the house fire out). Time passed! The snake was caught and both men were discharged from the hospital, the house was repaired, the dog came home, the police acquired a new car and all was right with their world.

A while later they were watching TV and the weatherman announced a cold snap for that night. The wife asked her husband if he thought they should bring in their plants for the night. And that's when he shot her.

I realise this is a long joke, but when I see people at church, mostly they mention the jokes in the newsletter, seldom the articles, so enjoy!!

The worst time for an atheist is when he feels grateful and doesn't know who to thank.

A couple days ago I read a poll taken recently on depression. Among its other findings, the poll said the time of year many folks are least depressed is right now—the holiday season.

It doesn't matter whether you celebrate Christmas, Hanukkah, Kwanzaa, Epiphany—or don't celebrate at all.

This is the season of joy. And joy, apparently, is contagious, regardless of what you believe or do not believe.

Spirit

What brings you joy? What are those experiences—those people, those activities, those thoughts—that bring you joy, filling your present moments with bliss and a deeply-felt sense of oneness?

We would ask you to sit down with the silence and ponder these questions. If it will help you, write down whatever comes to mind—anything and everything. It is important, especially at this point in your evolution, for you to focus on joy.

In your planet's current state many are panicking and losing sight of the divine light within. But that is simply a choice. It's a choice no one is ever forced to make. You can choose joy instead, no matter what is happening around you, no matter what is happening with your loved ones.

Chaos may reign in the lives of others. But it will not be the experience of all. Many will choose a different reality.

You've heard it said so many times it's almost a trite expression you pay little attention to—you create your own realities. It does not matter what those around you, even those closest to you, are experiencing. You can still choose the path of joy.

Think about what brings you joy. Then focus on it with all your might. Give all your time, your attention, your energy, your love to what brings you joy. That will keep you aligned with Spirit.

Joy is your birthright, your soul's purpose for reincarnating this time around. Joy is your essence—you are joy.

In focusing on what brings you joy, you are returning to that divine golden flame within. And there is nothing like joy to make that flame burn brighter and brighter. You can literally transform your life on Planet Earth into paradise. It's simply a matter of focus.

Turn your focus, with a laser-like intent, to joy.

Then you will draw into your life only those experiences that resonate with joy. You will have once again found the eternal golden flame within, the flame that has never gone out.

You just forgot it was there. Your destiny is joy.

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Four expectant fathers pace at a hospital waiting room, waiting for the nurse to bring them news.

The Nurse tells the first man, "congratulations, you are the father of twins"

"What a coincidence", the man says, "I work at the Twin Town Resort."

Nurse later returns and says to the second father, "Congratulations you are the father of triplets"

"That really is an incredible coincidence" he answers, "I work at the 3M corporation"

An hour later, the Nurse tells the third man that his wife has just given birth to septuplets.

The man says, "I don't believe it! I work for 7-11! What a coincidence"

After hearing this, everyone's attention turned to the fourth guy who has just fainted. He

slowly regains consciousness and whispers, "I should never have taken that job at Video 2000"

LET GO AND ACCEPT



How hard it is to 'let go' of the built up attitudes we have formed in our lifetimes. Until we are five years old we are surrounded by situations, nationality, attitudes, important issues to family members. This is called the Moon time in a child's life. It is a time when children have not yet learned to express themselves in words and only learn about who they are expected to be and family values through their emotions. This is the time that sets off attitudes for life, as they are kept in deep feelings that create our patterns of behavior. We often do not understand our deep seated opinions as they were not formed in a time when we could discuss them.

We all come into the world with our MAP. our Astrology chart, that shows us why we are here and what we have come to learn this time. Early training will help or hinder our path, depending on what we have to learn. We may have had parents who gave us the training to fit in with our Astrology direction and this will make life easier for us. We may have had parents whose attitudes did not fit in with the direction we were headed for this lifetime. That can make it harder. But there will always be a reason for it.

During our lifetime we have special times when the Planets and Numbers give you the opportunity to let go of old attitudes and comfort zones to become the person you incarnated to be. When we reach the age of 29, or sometime 30 the Planet Saturn will have had it's first journey through space and returned to the spot it was in your Birth Chart. This is known as Saturn Return. Saturn is a Planet that teaches us responsibility and it's return signals to our soul that it is time to let go of things we do not need anymore and become a responsible adult. It is usually a difficult time as we often do not want to let go of old habits and attitudes and take on more responsibility.

When we are 38 or 39 Pluto (the Planet of transformation)....yes, it is a Planet, don't let them tell you otherwise. It is a most powerful Planet and has a tremendous affect on the world when it is in power.

So...when we are 38 or 39 the Planet Pluto makes a square aspect to it's position on your Birth chart.

As Pluto is there to transform you it is often quite uncomfortable and you often have problems with others who have not had this situation in their lives. This will happen three times, (usually in one year). Pluto wants you to start to accept the Spiritual side of your nature and to 'let go' of the material things in life driving you. He does not ask you to give up your material things but to start to appreciate that they do not give you the inner comfort you need.

A little after this we get another 'push' to let go and accept when the Planet Uranus makes an opposition aspect to where it was in your Birth chart. This happens when you are 42 (as the Planet Uranus takes 84 years to circuit the earth.) Uranus comes in quickly and often makes you start to think in a new way. This will happen three times (usually in one year) until you decide that you must express your own thoughts even though you know that it will upset some people.

Uranus is the Planet governing Aquarius, and as we are entering the Age of Aquarius Uranus will try to push us to let go of our old Piscean ways of sacrifice and judgement. It is now a time of acceptance and tolerance to other ideas and other people. The more we try to bring LIGHT into the world and live in love and acceptance, the more the DARK side will try to keep us sacrificial and judgemental. This is happening all over the world now as nations fight nations and religions fight other religions.

It is important to all Spiritual people to let go of old judgements and accept the fact that we are all different and we all have things that are important to us. To each person their ideas are important and need to be accepted as their own even if we do not share their opinions.

When we reach 50 or 51 the Planet Chiron (pronounced Kiron) finishes it's journey through Uranus (learning about acceptance) and Neptune (learning about our Spiritual nature) and returns to Saturn (taking responsibility for our actions). Chiron represents a wound we carry from past lives and one we have come to heal this lifetime through different s we have been involved with.

Posted by [shirleyd](#)

Shirley prepared this for us before she went to New Zealand

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