

JULY 2013

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**	9th July
WEDNESDAY	11.00am-2.30pm	Yvonne Warren	Meditation/Development
	7.30pm-9pm	Jo Burgess	Meditation/Development
THURSDAY	9am to 1pm	\$25 Entry by side door	Readings
FRIDAY	7.30 pm - 9.00 pm	Carmel Colquhoun	Meditation/Development
SUNDAY	3.00 pm & 7.00 pm	Various	Services All welcome
Friday morning	Circle has concluded.		

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,

At last we have details of our "retreat" this year. Thanks to Jo Burgess persevering, a very suitable venue, Tocal College has been booked, so clear the weekend....16th 17th & 18 August, to attend. Full details will be available closer. Jo has borne costs and location in mind, to enable our members to attend, so, well done Jo!



At this time, all Circles and classes are well attended, and services are well supported. A vote of thanks must go to all those, readily giving their time, and efforts to maintaining our Services and Circles. Without their input our Church would not exist. A personal "thank you" to those members. It amazes our newer members that we "run" on volunteers. This is one of our greatest strengths. Special thanks must go to that small group who "read" every Thursday, most with many years service. People regularly attend on Thursday mornings, because of the rapport built up. Swan Street "readers" are well known and appreciated.

Next time you have a cuppa, after service, spare a thought for our "phantom" shopper, responsible for buying, and carrying back all the necessities in our well stocked cupboards.

Just one more of our silent members!

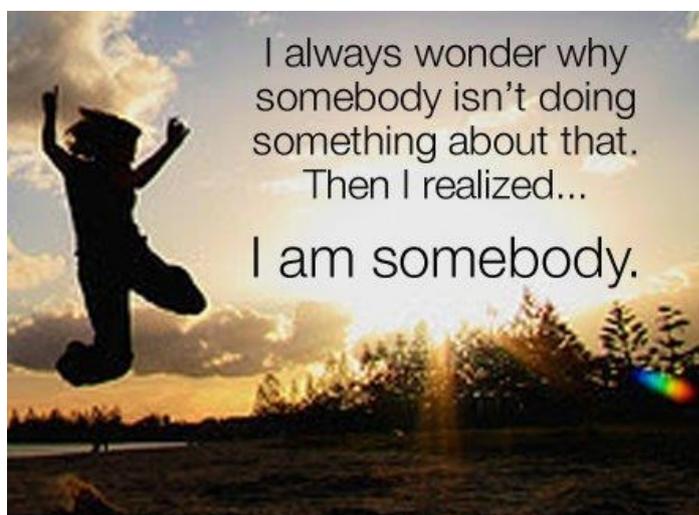
27th October has been selected for "dedication service" so contact me if you wish to participate. I will be delighted to give you details.

Finally please include those in poor health, or struggling with problems in your Prayers and Circles. Reverend Meg is at present in Forster Private Hospital, it is some time since Meg was well enough to attend: Over recent years, she has been regularly on the platform..

Note, Saanvi has advised her Friday morning circle will conclude 28th June. Thank you all for your enthusiasm.

'See you in Church,

Carmel Colquhoun



PROGRAMME FOR JULY 2013

DATE	SPEAKERS	CHAIRPERSON
<u>7th July</u>		
3pm	Rosie Connor	Carmel Colquhoun
7pm	Karen Burge	Maree Miller\
<u>14th July</u>		
3pm	Shirley Darby	Jenny Havebond
7pm	Marcia Parkes	Jo Burgess
<u>21st July</u>		
3pm	Dave Everitt	Carmel Colquhoun/Ivo
7pm	Marcia Parkes	Gary Hall
<u>27th July</u>	Shirley Darby Healing with Colour Workshop \$55	
<u>28th July</u>		
3pm	Andrew Parker	Jo Burgess
7pm	Susanah Steel	Charles Freeman

How fortunate we are to have so many varied speakers.

Rosie Connor is a medium who works with our members, bringing lots of training and experience to share.

Karen Burge is responsible for that great publication containing just what is "on" in Newcastle & area, list all our services, (free of charge.)

Shirley Darby returns, check out her workshop this month.

Marcia Parkes, medium & Circle leader with many years experience

Dave Everitt a regular speaker, always welcome. Works with Kinesiology and alternative medicine.

Andrew Parker revisits us with news of his dolphin watching tours.

Susanah Steel Experienced medium returns to share with us. Susanah holds workshops and evenings, reading and teaching.

STRESS BUSTERS

If you feel a meltdown coming on, Remember these rules of self-protection.

1. Realise you can't be perfect

Get real, cut yourself some slack and stop aiming for the impossible. You'll earn respect from others, and feel better about yourself, when you set a few limits

2. Be assertive

Make it clear to yourself and others that you won't take on more than you can handle and don't be afraid to follow through

3. Take your time

A few minutes taking stock, setting priorities and finding jobs to delegate is more effective than rushing helter skelter at every task in hand

4. Make some space

Punctuate your task list with breaks for coffee, a well-balanced meal and a change of pace—resting if you've been active or walking if you've been sedentary.

5. Seek support

It is much better you ask for help and understanding of your needs than bottle it up and then lose the plot—your family and friends will thank you for it.

As always, thanks to all those who regularly send me items for newsletter. I love receiving emails, and try to select those that will not shock or annoy our members. I must admit it can be tricky at times. Jokes are the main items people mention to me, so I will continue to include those where suitable.

IMPOSSIBILITIES IN THE WORLD

- 1) You can't count your hair.
- 2) You can't wash your eyes with soap.
- 3) You can't breathe through your nose when your tongue is out.

Put your tongue back in your mouth, you silly person

Did Your Family Give You Bad Genes? by John Cali
by John Cali on JUNE 12,
2013 in BLOG, CHANNELING, HEALING, HEALTH AND
WELL-BEING, INSPIRATION, JOHN CALI, MIND BODY
SOUL, SELF-HELP, SPIRITUALITY
Victor Dizon, M.D.

When I was growing up there was a belief among most of my family that certain illnesses were genetic. I bought into that belief for many years—until I realized it simply wasn't true.

Our large Italian family had many folks with heart problems. Most of them, including my father, eventually died from heart disorders. Was that genetic? I don't think so.

I had a dear cousin who was convinced he would die from a heart attack at the age of 55—the same age his father had died of a heart attack. Guess what? He died at 55 from a heart attack.

I have a good friend, only in his mid-40s, who had a serious heart attack a few years ago. Fortunately, he recovered. I was visiting with him not long ago, and we got to talking about what had happened. He said "it runs in the family." And he seemed resigned to eventually succumbing from some heart ailment or other.

Here are some thoughts from Spirit.

Spirit

The very act of worrying about your genes can make you sick.

Nothing is pre-ordained, even if "it runs in the family."

Getting sick is all about vibration, not genes—vibrations from your negative thoughts, worry, anger, etc.

Healing from sickness is also a matter of vibration—helping your body do what it intuitively knows how to do.

Most of you have experienced diseases doctors would call "terminal," but without knowing you had the diseases.

That's because your bodies know how to heal themselves (often quickly) if you do not sabotage them with your negative thoughts and blocked energy.

When you block the flow of energy, whether you consider that energy "positive" or "negative," your body responds to the blockage and you get sick.

If you allow all energy, positive or negative, to flow through you, you will not get sick.

Your belief in statistics can make you sick. Your belief in well-being can make you well

SENIOR CITIZENS ARE THE NATION'S LEADING CARRIERS OF AIDS

**Hearing Aids, Band Aids, Roll Aids, Walking Aids, Medical Aids,
Government Aids, and most of all Monetary Aids to their children!!!**

Hopefully, I have included all the important things. Remember in your prayers, to include "thank you" for all those wonderful people. who make our Church the wonderful place it is.

Till next month Alva

BITS & PIECES.....

Well, we are halfway through this year, and plans are afoot for AGM on 12th October. Letters will shortly be sent out to all members. Associate members are welcome to attend AGM but until they are full members, cannot vote. Full members, that is those members for a period of more than 12 months are urged to stand for committee, or encourage those members suitable, to be committee members. It requires attendance at monthly meetings, held on Tuesday evenings, at 7pm. These meetings take an hour and a half. Day time meetings were tried, but not enough could give up their family time at weekends. Evening meetings are not ideal, as most committee members at present attend work, then come into the meeting. It can be a long day, but meetings at present only last till 8.30pm, where previously they could go on to 10 o'clock. Think about it, it is only once a month! If you care about the future of our Church please consider standing.

Can you help??.....One of our CDs that is used every Sunday, is still missing. **Have you seen it?** Marcia will do a copy if you need it, but the original really is needed. Should you come across it, please leave it on the platform, or hand it in...Thank you.

Some confusion last month concerning Spider's workshop. NO ONE had listed their name as attending, so after contacting Spider on Thursday night it was cancelled. Spider had had surgery that week., and said she agreed with the cancellation. **As always, if no members have shown interest in attending workshops, cancellation will take place. Those planning such workshops cannot be allowed to arrive, to find no one attending. If you do plan to come along, you must register on sheet on board.**

Sad to say, Rev. Meg is in Forster Private Hospital, Have sent a card along, but no word on when she will be discharged.

Winter can seem bleak, although we have had some beautiful days, and sniffles, flu and other nasties seem about. Do look after yourself, perhaps you need some of Carmel John's garlic syrup!

.....

She hurried to the pharmacy to get medication, got back to her car and found that she had locked her keys inside. The woman found an old rusty coat hanger left on the ground. She looked at it and said "I don't know how to use this."

She bowed her head and asked God to send her some HELP. Within 5 minutes a beat-up old motorcycle pulled up, driven by a bearded man who was wearing an old biker skull rag He got off of his cycle and asked if he could help.

She said: "Yes, my daughter is sick. I've locked my keys in my car. I must get home. Please, can you use this hanger to unlock my car?"

He said "Sure." He walked over to the car, and in less than a minute the car was open. She hugged the man and through tears said "Thank You SO Much! You are a very nice man."

The man replied "Lady, I am NOT a nice man. I just got out of PRISON yesterday, I was in prison for car theft."

The woman hugged the man again sobbing, "Oh, thank you, God! You even sent me a Professional!" Is GOD great or what!?!

.....

This last month a number of anonymous donations have been received.

Thank you for your generosity, it is appreciated.

A number of books have been donated again, if you would like to have an item, just leave a token donation in donation box, and enjoy.

Quite often a book now out of print is donated, so it is worth checking.

A reminder once again, please let our speakers and chairpersons know how much you appreciate their services. It takes just a minute to say "thank you" Remember we have no paid staff. And do not pay speakers to come along & share, picture our Church without these willing people on the platform, and realise how blessed we are.

Annual subs are now due. Please place your fees, \$10 or \$5 (concession) in an envelope with your details on front, and place in safe, or hand to facilitator, Receipts will be available, as usual.

THE AURA AND THE CHAKRAS



How wonderful it would be if we could all see the colours surrounding each one of us. Some of my lucky friends can. It would be helpful to see what colour our family and friends are sending out as it would help to understand them more. One of the ways we can see the colours that people are sending out to us as expressions of their emotions and attitudes is to look at what colour they constantly wear or what colour they love. This is a connection to the chakra that they are most involved with. Wearing the colour helps to 'refill' the chakra that is being used just like refilling a bottle. If a person constantly wears Red, they are expressing the needs of the Root Chakra. It is a physical, leadership colour.

They are saying that they need to be in charge and the Red colour is filling up the Root Chakra as the colour is being used. Wearing Orange constantly is rare. This is a colour of relationships and people are often uncomfortable in expressing this need. But if you do know someone who wears this colour all the time you will find that they love to be with people. The stronger the orange the stronger the need for social interaction. Not too many people wear Yellow all the time. People usually wear it occasionally, when they feel happy and wanting to communicate with others. Yellow expresses the need to communicate and there is a need to have friends or family who will want to be involved in this communication. Green. As Green is a combination of Blue and Yellow it depends on the type of Green a person loves and wears. (This also shows the type of skin colour they have. Yellow based skin can wear, and like a Yellow/Green (lime green) and Blue based skin would love and wear Blue/Green (turquoise)

Green is the colour of the Heart Chakra and as Yellow is a communicator, Yellow Green is indicating a more communicating or intellectual approach to love. Blue is the colour of self expression and the need to help others so Blue/Greens are more connected with expressing the emotions of the heart and understanding the emotional needs of others. Blue is the colour of Self expression and the need to help others. So, when a person continually wears Blue you can be sure that they will want to support and help others. This is the colour of the Throat Chakra so if a person spends all of their time supporting others their Throat Chakra does not get its own fulfilment by expressing their own needs. This leads to the Throat Chakra area (Throat, neck, and shoulders) becoming tight and tense.

Indigo (third eye chakra) is not often worn. The few people that do wear it are usually withdrawn and looking within. They are usually psychic. Purple is more often worn as a colour close to this. Purple is often thought of as a psychic colour, but it is more a colour of power and control. A wonderful colour to wear when you need to be in charge and feel confident in yourself. Violet, Crown Chakra. is the 'watered down' version of Purple. It is more intuitive and psychic as it is full of white light. People who wear Violet often are usually intuitive, artistic and kind. As this Chakra gives out a lot it needs a lot of Violet to fill it. So amethyst crystals also help to fill it up.

Because it is often hard to display our emotions in the form of colour or it is not suitable for our lifestyle, such as a busy office, people will wear Black. This will 'cover up' the colours of the body and allow the person to present themselves in the way that is expected of them in their situation. Wearing Black can often stop other peoples Chakras draining yours. Wearing White will allow others Chakras to drain your own unless you protect your Aura. I use a Pyramid of White light and that is very efficient. Other people have their own way of protection their Auras. When you wear White all of your Chakras are exposed and you are showing yourself as an open person. This is good if you keep your Aura protected and will allow you to express the person you wish to be. Our Auras change constantly, depending on our current emotional attitudes so an Aura that is mostly Blue can have flashes of Red in it if the person is suddenly angry. So they may wish to wear a Red scarf with their Blue outfit. Green in Auras that have a 'murky' appearance can indicate that the person is jealous or is feeling that they work hard and do not get appreciated for their hard work. They can then tend to wear a Green that has a 'brownish' tinge in it. The type of Red in the Aura can indicate the condition of the blood. Wearing bright/strong Red a lot means that the person is usually in good health. There will also be bright Red in the Aura.

Dark Red (Marone or Plumb) worn constantly can indicate a problem with the blood, probably thicker than it should be. That colour will be in the Aura and it is a good idea to get the blood checked if dark or 'murky' Red is constantly worn. We are working with all our Chakras all the time so flashes of other colours are usually seen in the Aura. From time to time people will change their favourite colour when their needs change

From Shirley Darby's blog.. "Rainbow Bridge"

Check our notice board to register for Shirley's Workshop on Auras & Chakra.

For those who love "bush poetry" a little bit of Australiana

Goodbye Granddad

*Poor old Granddad's passed away, cut off in his prime,
He never had a day off crook - gone before his time,
We found him in the dunny, collapsed there on the seat,
A startled look upon his face, his trousers around his feet,*



*The doctor said his heart was good - fit as any trout,
The Constable he had his say, 'foul play' was not ruled out.
There were theories at the inquest of snakebite without trace,
Of redbacks quietly creeping and death from outer space,
No-one had a clue at all - the judge was in some doubt,
When Dad was called to have his say as to how it came about,
'I reckon I can clear it up,' said Dad with trembling breath,
'You see it's quite a story - but it could explain his death.'
'This here exploration mob had been looking at our soil,
And they reckoned that our farm was just the place for oil,
So they came and put a bore down and said they'd make some trials,
They drilled a hole as deep as hell, they said about three miles.
Well, they never found a trace of oil and off they went, post haste,
And I couldn't see a hole like that go to flamin' waste,
So I moved the dunny over it - real smart move I thought,
I'd never have to dig again - I'd never be 'caught short'.
The day I moved the dunny, it looked a proper sight,
But I didn't dream poor Granddad would pass away that night,
Now I reckon what has happened - poor Granddad didn't know,
The dunny was re-located when that night he had to go.
And you'll probably be wondering how poor Granddad did his dash--
Well, he always used to hold his breath
Until he heard the splash!!*

WORKSHOP WITH SHIRLEY DARBY. 27th July. 2013

Measuring & healing the aura and the chakras.

10am to 4.30pm

Cost \$55

Morning tea provided.

This Workshop is dealing with the three layers of the Aura and how to heal each level.

If you wish to attend this workshop you need to bring a packet of coloured pencils, a clear quartz crystal pendulum and a massage table if you have one.

IMPORTANT MESSAGE. IF YOU WISH TO ATTEND PLEASE LIST YOUR NAME. Should no bookings be made workshop will be cancelled.

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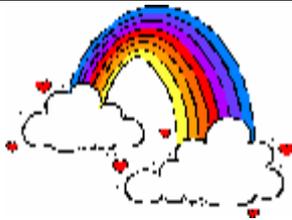
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