

JULY 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**	14th June
WEDNESDAY	11.00am-2.30pm	Yvonne Warren	Meditation/Development
	7.30pm-9pm	Jo Burgess	Meditation/Development
THURSDAY	8.30am-1pm	Entry through side door	Readings
FRIDAY	7.30 pm - 9.00 pm	Carmel Colquhoun	Meditation/Development
SATURDAY	13th August	Shirley Darby	Healing with Colour.
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,

Thanks to the Ausgrid team laying new lines in the Church area, it was necessary to cancel some Circles, only to find the rain and other circumstances meant that the work was not done those particular weeks. Thanks to the Circle facilitators who coped very well, and made sure their Circles knew just what was happening.

Then the workshops planned for June also did not happen, for a variety of reasons, although Robert Haywood was unable to hold his workshop, he spoke at both our Sunday services, and plans to come again next year.



Preparations are being made for the AGM to be held 15th October. Please consider any matters or motions you would like on the agenda and pass them on to Secretary Alva, in time.

Before that, the Retreat to Stroud is planned, all details on notice board, still vacancies last time I checked. Should be relaxing, a time of recharging our batteries and getting to know each other. There is not always time to get to know one another, so time outs are ideal for this.

Thanks to those members stepping forward to conduct and speak at the services, why not offer to do the spiritual reading, or chair a meeting? It gets easier with practice and can be quite enjoyable. Without willing members services just wouldn't work, so why not step forward and take an active part.

As always, thanks to our volunteer readers, who come along on Thursdays, and to Debbie who keeps this running smoothly. So many just help out in so many ways, from platform, to ensuring there is always supplies in our kitchen, and of course washing up after our cuppas.

So many facets make up our Church, so many like minded people, so much opportunity for learning, sharing and growing. Do join in, if you haven't already and be surprised, see you all in Church

*Carmel Colquhoun*

Life is short!  
Break the rules!  
Forgive quickly!  
Love truly, Laugh uncontrollably.  
And never regret  
Anything that made you smile  
The best things in life are free until the  
government finds out and taxes it.

**ANNUAL SUBS ARE DUE. PLEASE PLACE YOUR DUES IN AN ENVELOPE WITH YOUR NAME, AND HAND TO YOUR CIRCLE LEADER OR PLACE IN THE SAFE.**

**\$10 PER ANNUM \$5 TO CONCESSION CARD HOLDERS**

**YOUR RECEIPT WILL BE SENT TO YOU AFTER 30th JUNE.**

***Our AGM is to be held 15th October. Financial members only able to vote.***

PROGRAMME FOR July 2011

<u>Date</u>	<u>Speaker</u>	<u>Chairperson</u>
<u>3rd. July</u> 3pm 7pm	Phil Trevillian John Overholt	Marcia Parkes Jo Burgess
<u>10th July</u> 3pm 7pm	Richard Turner Vernice	Robyn Akins Yvonne
<u>17th July</u> 3pm 7pm	Jason Macdonald Rev.Meg Faber	Carmel Colquhoun Katrina Bart
<u>23rd July</u>	Monika Kwong Reiki	Attunement limited numbers 4961. 4240
<u>24th July</u> 3pm 7pm	Robert Hobson Shirley Darby	Krys Johnson Yvonne
<u>31st July</u> 3pm 7pm	Marcia Parkes Charles Freeman	Krys Robyn

Once again a great mix of speakers. John Overholt is visiting for first time. John works as a medium, holding classes and demonstrations. Also ghost tours.

Phil, a former Church president returns after a long absence. Welcome back Phil.

Richard Turner and Vernice, (of the singing bowls) will bring music with them.

Jason Macdonald is another returning after quite a long period.

Jason we have so missed you, and are delighted to welcome you back. Aloha!

Rev. Meg is a regular speaker and I am happy to add that Robert, Shirley. Marcia and Charles are all long time members.

I should mention thanks to those who step forward to chair meetings, and read flowers for those who attend. It is a co-operative, and only as strong as its parts.

**June was not a good month for workshops. We had two planned, but they both had to be cancelled due to lack of support. This is disappointing for all concerned, especially for those prepared to hold them. Robert Haywood still spoke at both services on 12th June, and impressed those present. He plans to come to Australia next year, and perhaps we can organise a time with him, more like the 2 hour talks he gave to others throughout our area.**

The ladies involved in the Body Mind and Spirit workshop are hoping to visit later

**Monika's Reiki 1 was cancelled as she was caught up north by the floods, so as I said, June WAS not a good month for workshops, Those people will be contacted direct by Monika**

**Workshops coming up. Check Church noticeboard.**

**Monika's Reiki 2 23rd July still has vacancies, please contact Monika direct 4961.4240**

**Shirley Darby's "Healing with Colour" Workshop 13th August is coming up, check out details on noticeboard, 4955 7433**

## Bits and Pieces.

Meanwhile Jo Burgess has finalised details for our long awaited retreat at Stroud Monastery. Bucketts Way for evening of 26th and 27th and 28th August.  
**COST - \$90 (\$ 45.00 per night) Contact: Jo- 0438 43 0005**

- Bring your own linen & pillow or a sleeping bag, also a towel
- Bring along any musical instruments and your exceptional talent!
- All rubbish needs to be taken back with us
- The size of the Monastery limits our numbers to 25, or 26. So two more bookings have been made for future retreats, Once again, I ask if you know of a suitable place to hold a retreat please let Jo know. Her number is above.

**Full amount of \$90 to be paid on booking, with NO REFUNDS**

**Bookings accepted in order of receipt of payment, please put your money( in an envelope, with name, phone number and date ) into the safe.**

Jo led another Cemetery tour this month, and the place was filled with orbs!

Marcia Parkes has an album full of great photos.

On Saturday those interested in studying Mediumship met at the Church for a discussion. Both Rose Mayhew and Jenni Coteman were invited to speak, but Jenni was not able to attend. The main discussion revolved around the amount of dedication and time it can take to become adept, and be able to speak for those from the other side. Also the distinction between mediumship and psychic awareness was explained. Sadly, although some members present are keen to pursue this path, we do not have a second medium prepared to nurture such a closed circle. Rose is conducting the present Circle, and due to her commitments cannot take on another. It was good to see about 20 very interested people attending, .

.....  
An Nun Who was living in a convent next to a construction site

Noticed the coarse language of the workers

And decided to spend some time with them to correct their ways.

She decided she would take her lunch;

Sit with the workers; and talk with them.

She put her sandwich in a brown bag and

Walked over to the spot where the men were eating.

Sporting a big smile, she walked up to the group and asked:

"And do you men know Jesus Christ?"

They shook their heads and looked at each other.. Very confused.

One of the workers looked up into the steelworks and yelled out,

"Anybody up there know Jesus Christ?"

One of the steelworkers yelled down, "Why?"

The worker yelled back, "Cause his wife's here with his lunch."

.....  
WHEN I SAY I'M BROKE - I'M BROKE

A little old lady answered a knock on the door one day, to be confronted by a well-dressed young man carrying a vacuum cleaner.

'Good morning,' said the young man. 'If I could take a couple minutes of your time, I would like to demonstrate the very latest in high-powered vacuum cleaners...

"Go away!" said the old lady. "I'm broke and haven't got any money!" and she proceeded to close the door.

Quick as a flash, the young man wedged his foot in the door and pushed it wide open...

"Don't be too hasty!" he said. "Not until you have at least seen my demonstration."

And with that, he emptied a bucket of horse manure onto her hallway carpet.

"Now if this vacuum cleaner does not remove all traces of this horse manure from your carpet, Madam, I will personally eat the remainder."

The old lady stepped back and said, "well let me get you a fork, 'cause they cut off my electricity this morning."

## More Bits and Pieces

16th July at 1pm Another practice Session for those training with Rose in Mediumship Closed Circle. Donation a gold coin. I attended the first session and found it interesting, missed the last one as I was away. Hope to be there for this one.

Those who attended the discussion on Mediumship may like to come along and see the progress those attending this Circle have made.

Reminder that Stroud retreat bookings must be paid for in full by 23rd. July.

There are some vacancies as I write this, so if you are interested, please consult the noticeboard and finalise your arrangements

.Robyn Akins has had a rush trip to Gunnedah as her elderly mother is not at all well. Glad you are back home now Rob, and hope your Mum stays OK

**Another joke**, this time about the Lone Ranger and his offsider, Tonto.

Long before X men, Transformers, and Super Heroes, the Lone Ranger was a hero.( That short explanation is for the youngsters who may wonder.)

The Lone Ranger and Tonto went camping in the desert. After they got their tent set up. both men fell sound asleep.

Some hours later, Tonto wakes the Lone Ranger and says, "Kemo Sabe, look towards sky, what do you see?"

The Lone Ranger replies, "I see million of stars"

"What does that tell you?" asked Tonto

The Lone Ranger ponders for a minute then says, "Astronomically speaking, it tells me there are millions of galaxies and potentially billions of planets. Astronomically, it tells me that Saturn is in Leo. Time wise, it appears to be approximately a quarter past three in the morning.

That the Lord is all powerful and we are small and insignificant.

Metrologically, it seems we will have a beautiful day tomorrow.

What's it tell you Tonto.?"

"You dumber than buffalo dust, It means someone stole the tent!"

As I said earlier, June was NOT a good month for holding Workshops.

Monika Kwong was affected by the foods, and is planning to contact directly those who had registered for Reiki 1 Attunement

The Workshop with Robert Heywood was cancelled because in the end only 4 people were registered and Robert required 20 to attend. He was holding a number of 2 hour workshops around the area, so that also made the charge of \$125 for our workshop seem excessive.

He wishes to come next year, so perhaps a better alternative can be organised.

The Ausgrid work has caused quite some inconvenience, sorry to those affected, but some things you just can't predict. Well done to those Circle leaders who have soldiered on.

It is important that you check your address as I will shortly be sending out letters regarding the AGM. If you have a problem with receiving your newsletter, please contact **me**, my details are on the back, and I will bring my records up to date.

It is important we give thought to the AGM, this is our opportunity to speak out about things we are not happy with. We all have a copy of the Constitution, I will admit it is not light reading, but it clearly sets out the rules we are governed by, so check it out.

There is much more to being a member than coming along to Circles and Services. A helping hand in setting up, or afternoon tea, or taking platform. Every deed helps in the smooth running.

Ignorance is not bliss.

### Warning

A virus is going around called **HOUSEWORK**. **If you feel the need to start housework, stop immediately**. This virus wipes out your social life and "me" time. If you should come in contact with housework go straight to the nearest store & buy the only known antidote, **CHOCOLATE**

**Please warn at least 6 friends**, if you do not have 6 friends you are already infected.

I think that's all, till next month.. thanks for articles & emails etc, Alva

Written by a 90 YearOld.....

J

*This is something we should all read at least once a week!!!!*

*Make sure you read to the end!!!!!!*

*Written by Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio.*

*"To celebrate growing older, I once wrote the 45 lessons life taught me.*

*It is the most requested column I've ever written.*

*My odometer rolled over to 90 in August, so here is the column once more:"*

- 1. Life isn't fair, but it's still good..*
- 2. When in doubt, just take the next small step.*
- 3. Life is too short to waste time hating anyone.*
- 4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch*
- 5. Pay off your credit cards every month.*
- 6. You don't have to win every argument. Agree to disagree.*
- 7. Cry with someone. It's more healing than crying alone.*
- 8. It's OK to get angry with God. He can take it.*
- 9. Save for retirement starting with your first paycheck.*
- 10. When it comes to chocolate, resistance is futile.*
- 11. Make peace with your past so it won't screw up the present.*
- 12. It's OK to let your children see you cry.*
- 13. Don't compare your life to others. You have no idea what their journey is all about.*
- 14. If a relationship has to be a secret, you shouldn't be in it.*
- 15.. Everything can change in the blink of an eye. But don't worry; God never blinks.*
- 16. Take a deep breath It calms the mind.*
- 17 Get rid of anything that isn't useful, beautiful or joyful.*
- 18. Whatever doesn't kill you really does make you stronger.*
- 19. It's never too late to have a happy childhood. But the second one is up to you, no one else.*
- 20. When it comes to going after what you love in life, don't take no for an answer.*
- 21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.*
- 22. Over prepare, then go with the flow.*
- 23. Be eccentric now. Don't wait for old age to wear purple.*
- 24. The most important sex organ is the brain.*
- 25 No one is in charge of your happiness but you.*
- 26. Frame every so-called disaster with these words : 'In five years, will this matter?'*
- 27. Always choose life..*
- 28. Forgive everyone everything.*
- 29. What other people think of you is none of your business.*
- 30. Time heals almost everything. Give time time.*
- 31. However good or bad a situation is, it will change.*
- 32. Don't take yourself so seriously. No one else does.*
- 33. Believe in miracles.*
- 34. God loves you because of who God is, not because of anything you did or didn't do.*
- 35. Don't audit life. Show up and make the most of it now.*
- 36. Growing old beats the alternative -- dying young.*
- 37. Your children get only one childhood.*
- 38. All that truly matters in the end is that you loved.*
- 39. Get outside every day. Miracles are waiting everywhere.*
- 40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.*
- 41. Envy is a waste of time. You already have all you need.*
- 42. The best is yet to come...*
- 43. No matter how you feel, get up, dress up and show up.*
- 44. Yield.*
- 45. Life isn't tied with a bow, but it's still a gift."*

Healing with Sound and Flower Essence Remedies

By Solara Zwaneveld

I began on my journey of personal transformation in 1989 whilst living in the Blue Mountains National Park. I began intuitively working with healing energies whilst being involved with a Spiritualist Church in Leura for many years and attending a meditation group where I was blessed with weekly channelled teachings from many of the Ascended Masters. I was later introduced to flower essence remedies after which I was guided to begin the preparation of my own essences, including in them the energies of the gem elixirs. I was guided to name this range of essence Nature's Flowers of Life® which is derived from the The Flower of Life sacred geometrical design . This range of essences now includes a wide variety of essences and products. I was blessed with having many beautiful Australian native flowers in my own back yard and around me. I guided to move to Newcastle in 1999 with my husband and daughter where I continued my personal journey of growth. Since moving to Newcastle I have been blessed yet again with many wonderful teachers and way-showers. This inner work has given me the opportunity to become a channel for bringing through ancient healing sounds - a gift for assisting the upliftment of both humanity and the Earth.

I have never considered myself as having a great singing voice although throughout my life I often found myself contentedly singing softly as I worked. Early on along my journey however I was guided to begin using my voice to tone during healing sessions and also whilst preparing essences, beginning with just the Aum sound. I later began going out into the bush either on my own or with a group of friends to do Earth healing in places where we were guided to go. I began toning differently then and discovered that my voice sounded rather pleasant in this form of singing sounds more so than with traditional forms of singing!

Over the years I have attended several voice toning workshops. I intuitively knew there was something more for me to do with my voice but until last year had not been able to tap into an understanding of how I could be using this gift. I found that the sounds are profoundly effective during healing sessions.

The alchemy of sound can be very powerful and it has been proven scientifically that music can help re-wire the brain with stroke, mental health and alzheimer patients.

My voice is used to sing Ancient Healing Sounds from the Highest dimensions of Love. These vibrational tones are both healing and empowering being uniquely designed for your spiritual, emotional and physical growth according to your Soul's purpose. They have the potential to clear the way for you to create something new in your life that will give you pleasure and connect with your life purpose.

With this work I attune with your Higher Self and the Masters to assist in unlocking repressed emotional energies and self-limiting programs that may be held within your cellular body. Healing of the physical body can be achieved when there is alignment and balance within. Thoughts and emotions from past experiences often create beliefs of lack or imbalance which can remain held within the body. These vibrational healing sounds sweep clean the chakras to assist in bringing them into balance and alignment to ensure that the energies can flow with ease. The potential will be created for courage and joy in moving towards a new direction in your life.

Sound Therapy Healing sessions are supported with Flower Essence Remedies individually selected for each person. The essences also assist with the release of repressed cellular memories held within your body from past experiences, and those passed down through your ancestors. Flower Essence Remedies assist with day-to-day challenges that occur in all areas of life's experiences.

*~ The power is within you ~An opportunity to reach for your Personal Empowerment*

Solara has spoken at our Church often, and shared a workshop, .(check her advert on back page).

.....

Thanks to Solara and all those who contribute to the newsletter, either by email, mouth or just handing on relevant information. And of course the jokes that are so popular.

**AGM 15TH OCTOBER. Make sure your fees are paid NOW so you can vote,**

## 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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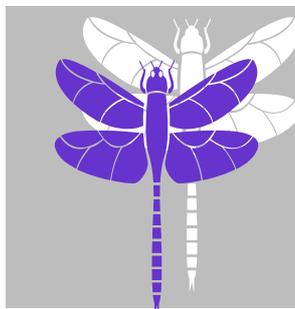
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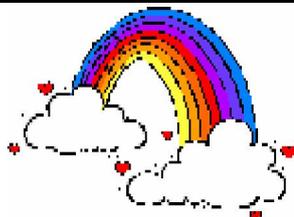
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