

JULY 2015

# Newcastle Spiritualist Church Inc



3 Swan Street  
Off Darby Street via Queen Street

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Phone 02 4926 3402



DAY	TIME	FACILITATOR	DESCRIPTION
MONDAY	7.30 pm- 9.00 pm	Marcia Parkes	Meditation/Development
TUESDAY	10.30 am - Noon	Carmel & Bill John	Meditation/Healing
	Committee Meeting	**7pm**	14th July
WEDNESDAY	11am-2.30pm	Yvonne Warren & Joanne Jo Burgess	Meditation/Development
	7.30pm-9pm		Meditation/Development
THURSDAY	Readings \$25	Side entry, down drive	8.30-1pm
FRIDAY	7.30 pm - 9.00 pm	Jenny Havebond	Meditation/Development
SUNDAY	3.00 pm & 7.00 pm	Various	Services. All welcome
SATURDAY	COFFEE CLUB 18th July	Laughter is the subject.	\$6
	Bendy Yoga with Jim	8.30am.	\$5 members, \$10 others.

## 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,

Winter solstice is behind us, as we start slowly moving towards the warmer weather.

Although cooler weather is still with us, attendances are good, and we are warm and comfortable for Services and Circles.

Details on Tocal Retreat are included further over, and final payments are due to be paid, now. This will be a wonderful weekend, Tocal is an ideal place, and last year's retreat was exceptional. Do read Assunta's entry concerning arrival times etc.

We are blessed with visiting Mediums and speakers and I remind you we have no paid staff, WE are the Church, so don't hesitate to step up and lend a hand when needed.

Reminder we have another raffle prize, thanks to Debbie. You do need a ticket to win!

As our speakers come forward, we must bear in mind that Spiritualism is a philosophy, always changing and growing. Our seven principles are always printed on front of newsletter, and in Church. A vast number of modalities, as evidenced within our Library, are included, and as the wonderful Hubble telescope has shown us, so much more than we ever knew. While holding true to our beliefs, we must also remain open to the beliefs of others.

Till I see you at Church Charles Freeman

President.

Life is like a camera.

Just focus on what is important and capture the good times.

Develop from the negatives and if things don't turn out,  
just take another shot

### **ANNUAL SUBSCRIPTIONS**

**OUR ANNUAL SUBSCRIPTIONS This is your last newsletter if you have not paid your dues..**

**\$10. If you hold a concession card \$5**

**This gives you 12 monthly newsletters, and access to our Library.**

**Our Treasurer, Marcia asks that your money is placed in an envelope with your full details and handed to your Circle leader or Committee member. Please, do not let it take months. Pay it now!**

## PROGRAMME FOR JULY 2015

<u>DATE</u>	<u>SPEAKERS</u>		
<u>5th July</u>			
3pm	Sue Crosdale	Chair`	Anona Unicomb
7pm	Terry Tomlin	Chair	Mark Boyle
<u>12th July</u>			
3pm	Dianne Parker	Chair	Jenny Havebond
7pm	Adrian Pontifex	Chair	Marcia Parkes
<u>19th July</u>			
3pm	Rose Mayhew	Chair	Carmel John
7pm	Susanna Steel	Chair	Charles Freeman
<u>26th July</u>			
3pm	Shirley Darby	Chair	Anona Unicomb
7pm	Elfrida Hope	Chair	Marcia Parkes
<u>2nd August</u>			
3pm	TBA	Chair	Jo Burgess
7pm	Peter Madden	Chair	Ivo Van Emmerik

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Once again a great cross section of speakers for the platform.

Sue Crosdale, formerly at Cessnock Dolphin Centre returns. Sue is a teacher, practitioner, healer using kinesiology and other modalities.

Regular speaker, Terry Tomlin will be along with his down to earth wisdom, sharing with us all.

Dianne Parker, well known Medium from Sydney travelling up to be with us today.

Dianne from Mona Vale, on Sydney's Northern Beaches. Reverend Dianne Parker is a Minister, Spirit Medium, Clairvoyant, Reiki Master . Check [www.states of grace website](http://www.statesofgrace.com).

Adrian Pontifex is the owner of the well established Hamilton Rainbow Runner shop and will speak to us of Crystals, a subject with worldwide interest.

19th July is a blessed day, we have two of Newcastle's popular Mediums. 3pm Service, long time member and Medium Rose Mayhew, and 7pm Service Medium Susanna Steel returns.

Shirley Darby makes a welcome return to platform. Known for her workshops on many modalities, Astrology, Numerology, Colour therapy,

Elfrida Hope is another of our newer members, studying in Rosie's class and this is her first time on the platform Looking forward to supporting you Elfrida.

At the present time our 3pm meeting 2nd August has no listed Speaker, but you will be told when this booking is filled

However at 7pm we have the always welcome Peter Madden as speaker. Peter works closely with the energy of world renown Brazilian Healer, John of God.

As always, this information is correct at this time, but like the rest of our lives is subject to change!

## **BITS AND PIECES**

**This email was received from member, thank you !**

**I grew up with practical parents. A mother, God love her, who washed aluminium foil after she cooked in it, then reused it. She was the original recycle queen before they had a name for it. A father who was happier getting old shoes fixed than buying new ones.**

**Their marriage was good, their dreams focused. Their best friends lived barely a wave away. I can see them now, Dad in trousers, tee shirt and a hat and Mom in a house dress, lawn mower in one hand, and dish-towel in the other. It was the time for fixing things. A curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress. Things we keep.**

**It was a way of life, and sometimes it made me crazy. All that re-fixing, eating, renewing, I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant you knew there'd always be more.**

**But then my mother died, and on that clear summer's night, in the warmth of the hospital room, I was struck with the pain of learning that sometimes there isn't any more.**

**Sometimes, what we care about most gets all used up and goes away...never to return.. So... While we have it..... it's best we love it.... And care for it.. And fix it when it's broken..... And heal it when it's sick.**

**This is true. For marriage..... And old cars..... And children with bad report cards.... And dogs with bad hips.... And aging parents..... And grandparents. We keep them because they are worth it, because we are worth it. Some things we keep. Like a best friend that moved away or a classmate we grew up with.**

**There are just some things that make life important, like people we know who are special..... And so, we keep them close!**

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*Have been thinking back over my years at the Church, of the great people I have met here, lifelong friendships formed here. The many things I have been shown, with more to come .*

*Crystals and their special qualities, Drum making and drumming Circles, past lives regression, the wonderful story of Eileen Caddy and the Nature Spirits who created Findhorn. The wonder of the Sleeping Prophet, Edgar Casey, the group of Channellers who burst on the scene, & the Starseeds, Endless list, open minded people willing to share what they have learned, Some of it I just wasn't interested, they were not for me, but other subjects seemed to fill in the jigsaw of just what this is all about. Reiki, Astrology, Numerology, healing workshops...even a Jewellery workshop, tarot class, I have shared here, Hawaiian workshop with Jason, Spirit drawing class with John*

*Really the list is endless, I am amazed that the more I mention, the more I remember. All this in a incorporated group, with no paid staff, stewards of a great Church building, thanks to those before us, Over 25 years ago a small group had the foresight & courage to take on purchase our building, and now it is well maintained, used each day. We try to move with the times with an observant eye to the future. Our Circles are lovingly led by facilitators who donate their time and knowledge, satisfaction is their only reward. We have support from so many willing Speakers, Mediums and Psychics, and others with stories to share. Our Thursday reading group is our window to the Church for first timers. It really is a special place, take time when next you attend, to sit and think of all these people who have passed through the doors, have shared their knowledge. Like me you probably won't resonate with everything you hear, but you have the opportunity to hear things, see things that many people just don't ever come across.*

*Remember YOU are part of this Church, put your hand out and get involved, be a member, not just a visitor. As always, this article is mine, any mistakes are mine, if you wish to contact me 49284656 or email [alvad@bigpond.com.au](mailto:alvad@bigpond.com.au).*

Training is best for life to give you the edge to overcome difficulties such as capacity to understand complex training methods. Because you will need to learn a lot in your life time and only with will power you can overcome those difficulties. The power to overcome these difficulties is totally up to you, you need to learn how to focus better, breath better. Breath can change your life for the good or the better. Sometimes you will go to deep valleys but through sheer will power you can overcome the hardest difficulties, but if you dare to follow the path guided by your spirit guides you will have an interesting life ahead of you with certain success and also failures.....Ivo Van Emmerik

Here is the coffee club report from last Saturday.

Well due to misinformation via the two houses our scheduled Vintage Tea did not occur last Saturday but alas the good news is it is still going to happen. The expected time for completion of Tomago House renovation is expected in September should all go well. Stage 1 has been completed. I will advise the new date once I have confirmation, trying for our normal coffee date if possible.

We went ahead and had our normal coffee club last Saturday. A brief talk on Machu Picchu and Peru on my recent visit to South America. Then we talked about whatever subject people wished to. Disappointment raised its head re the Vintage Tea but was quickly turned around by positive thoughts, things happen and lets move on. Our friendly discussions amongst ourselves supported each other's thoughts and process made for a very enjoyable afternoon and we are now feeling more like a family of friends and enjoy the moment of being able to share and grow with information flowing from everyone of us. We always welcome new people and new thoughts at our Coffee Club.

Well in our chatting we ended up with laughter and our subject for our next Coffee Club meeting will be on laughter. Bring your best jokes, best funny incidents, any funny spiritual incidents, funny noises and best belly laugh as we are hoping to have a very, very happy afternoon of Healing with Laughter. Come along and join the fun, Saturday July 18 at 2pm

Cheers Krys

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**FROM ASSUNTA, ORGANISER OF OUR TOCAL RETREAT.**

Hi to all My Beautiful Friends,

Well it is getting closer to our Amazing Retreat!!!! Life is Beautiful, just like you beautiful people, that God has made. It is time to pay Up!!!!NOW Pay has quickly has possible please. I would like to Thank Marcia, for collecting and recording the money when presented, it is a big JOB!!!! Thank You Marcia.

Please be at the Collage to settle in by 4.30 if you can, Tea is served at 5.30 6pm at the latest, Thank YOU!!!! I will be at the College earlier during the day to air the rooms and organise some things.

31st July Tea-----5.30 6.00

1st Sat Tea-----5.30 6.00

Sat 1st- Breakfast-----8.00

Sun 2nd-Breakfast-----8.00

Sat 1st--- Lunch-----12.00.

Leave Sunday-- After breakfast, need to be out, 12.30 Sunday. please respect the Rules, and leave the rooms clean.

We will all have a wonderful time if we respect each other. We have not organise Morning Tea and Afternoon Tea, Tea and Coffee will be provided SO!!!! if you can make a slice, biscuits or a cake, it would be accepted with open arms. That would be great, Thank You!!!! Lets all share as a friendly and joyful community. Love and Light Love and Light!!!!

Saturday night is going to be a great evening!!!!!! My Son -in -Law Chinta. is going to play some Spiritual African Drums Wow!!!!!! He is amazing!!!!!! All drums will be provided. He will bring 30 drums Amazing Circle!!!!!! If we could all please pitch in and help Chinta to unload the drums that would be fantastic as many hands make light work. Saturday night is also a social night so please bring some nibbles and drink, so we can all enjoy each others company in happiness and relaxation. Can't wait to see you all, lets make this retreat one to remember. Love and light, love and light Assunta. Hoping you all have a safe journey up, my preys and thoughts are with you all xxx

Regards and Love Assunta

This article has been submitted by Jim Geddes of BendyYoga.

### **Balancing Chakras through Yoga**

How often do we hear the phrases ‘You need to ground!’ or, ‘I feel floaty, I’m off with the pixies’.

We often talk of, or practice, opening and closing our chakras. We also realise that a lack of balance in our chakras is manifested through how we feel and/or act on a day to day basis. At the Spiritualist Church we practice mental techniques to manage or correct our chakra imbalances in order to improve our links with the spiritual world. But, is there something more we could do to help with this practice?

Perhaps it’s time to take a more holistic look at balancing our chakras and therefore our connection to the spirit world. Chakra balance may be impacted by the environment, our diet, and our mental and physical state. ISHTA<sup>1</sup> yoga takes a holistic view of yoga and includes physical and mental techniques that assist in balancing chakras.

A typical ISHTA yoga practice includes the following chakra balancing practices.

- A breathing practice, eg Alternate Nostril Breathing, to balance the feminine and masculine energy lines;
- A Kryia practice, to clear the mind and align the body;
- A short Meditation; and
- A specific series of yoga poses (Asanas) for balancing each of the chakras;
  - ◇ Root chakra (Muladhara) - Standing poses e.g. tree pose and high lunge
  - ◇ Sacral chakra (Svadhishthana) - Pelvic alignment e.g. Warrior II, Triangle pose
  - ◇ Solar plexus chakra (Manipura) - Core strength and twisting poses e.g. plank or twisted lunge
  - ◇ Heart chakra (Anahata) - Heart opening poses e.g. Sphinx and Camel pose
  - ◇ Throat chakra (Vishddha) - Shoulder opening poses e.g. Downward dog and Bridge pose
  - ◇ Third Eye chakra (Ajna) – Energy balancing e.g. Alternate nostril breathing
  - ◇ Crown chakra (Sahasrara) - Meditative poses e.g. Savasana.

Jim’s meditation tip – Next time, before you meditate, consider calming the mind through the Bramari breathing practice. Sit comfortably with your feet grounded and your back long and straight. Close your eyes, inhale and exhale slowly and deeply through your nose. Block your ears by pushing the cartilage flaps of your ears in with your fingers and make a loud humming sound (like a bee) throughout the length of each exhale, letting the sound resonate within your skull. Continue the humming sound during each exhale for the next five or six breaths. Then with your eyes still closed place your hands on your lap with palms facing up, bring your focus to your third eye chakra and commence your meditation practice.

Namaste  
Jim  
BendyYoga

ISHTA means that which resonates with the individual spirit and is an acronym for Integrated Sciences of Hatha yoga, Tantra, and Ayurveda

Thank you for this article, Jim. As always we are happy to print articles from members.

## **HOW GUIDES AND ANGELS DIRECT YOUR LIFE**



On Mother's Day this year I had a lovely surprise when a parcel arrived from my daughter who no lives in New Zealand. It was a white china Angel, with wings outstretched. When I rang my daughter to thank her she said that when she saw this Angel it reminded her of a time when she was a small child when she was feeling distressed and I took her for a walk and told her all about Guardian Angels. That we all have one and they are always there to look after us. She told me that it gave her great comfort all the rest of her life. The surprising thing there was that I did not know that I knew anything about Angels at that time in my life. I had never attended a Church, my parents were not at all religious. I was not in the least religious and was very much against all the rules and regulations in most Churches. It was not until I was in my late 40's and my friend took me to a Spiritualist Church and I saw the words of what the Spiritualist Church stood for. Especially the line 'Personal Responsibility' that I became interested in religious matters.

I now realize that our Guides and Angels are always with us even if we don't know it. My Guides must have stepped in and used me to give my daughter the support and comfort she needed at the time.

I have heard so many mediums over the years give out messages of support and love to those at the Church so it has been proved to me over and over again that when we leave here we go to a lovely place and decide if we will come back again and try to be better each lifetime. Your lovely grandmothers and relatives in spirit can see you and they care for you as they did in life. They can see what you are doing and a little into the future.

But we ALSO have our Guardian Angels and Spirit Helpers who are the ones who KNOW what our path is and it is those Spirit Helpers who direct us into the situations in life where we are able to grow and learn. Each person has at least ONE Guardian Angel throughout their life and other Spirit Guides come along when we need specific help and direction.

I lived with my mother for several years and at that time I attended a group called Spiritual Venturers. We had a meditation each week that I found to be most helpful in my life. One week a couple of Angels took me to the edge of a cliff and pushed me off. As I was falling they spread out their wings and brought me back and said "You are going to be alright". I had no idea what that meant but the next week they did it to me again and this time I almost fell on the jugged rocks below. Once again they put out their wings and pulled me back and said "You are going to be alright" The next week when they appeared I was terrified and asked if they were going to push me again. But they said "No, this week you are learning to fly" I found that I had grown little rainbow coloured wings and they took me by the hand and we flew over mountains and rivers. The following week when they appeared I asked if we were going flying and they answered, No. you have your own wings now." I found that I had grown large white wings. The following week Sai Baba appeared, took me to the edge of the cliff and said "You are on your own now"

That week my mother died, and I was very much on my own. The house had to be sold and divided up amongst the family. So, I had no home but I had been assured that I would be OK. And I was. Very soon after that my son Mark came to live with me and we found a beautiful home in Bexley where we established my School of Life Path Studies.

I have had dozens of similar situations in my life. All of them beautifully timed and suitable at the time. My book Signposts tells of many of these experiences.

In all of these experiences I can see the work of my Guides who are always there to help me to go in the direction I chose before I re entered this world.

Thank you Shirley for sharing from your 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.

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