

June 2016

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 & Bill John	Meditation/Healing
	Committee Meeting Bendy yoga with Jim	**7pm** Jim Geddes	14th June 6pm every other Tuesday
WEDNESDAY	11am-2.30pm	Yvonne Warren & Joanne	Meditation/development
	7.30pm	Albert Kohl	Spiritual Healing
THURSDAY	Readings \$25	Entry Side door.	8.30am-1pm
FRIDAY	7.30 pm - 9.00 pm	Jenny Havebond	Meditation/Development
SATURDAY	Coffee Club	2pm-4pm	18th June
	Bendy Yoga with Jim	8.30am	Each Saturday
SUNDAY	Services 3pm & 7pm	Various Mediums & Speakers	Each Sunday

Dear Members,

What a delight this warm weather has been, let's make the most of it, the cold Winter will soon be with us.

Attendance is growing, and as always we are delighted Jason McDonald has been able to visit. Long time friend, always welcome.

Do you like our new sign out front? It gives all an idea of just what happens, and when. The back yard has been cleaned up once again, and the usual maintenance work done. New globes for the outside lights is next

Reminder that Annual fees of \$10 now due, please bring your membership up to date.

Our August Retreat is almost fully booked, and final payment now due. This is well supported, with just a couple of rooms left. A wonderful chance to drop out, spend time with a like minded group, fully catered, think about it.

Also for your consideration is our AGM in October. We need to consider who we will support as committee members for coming year. Responsibility rest with all members, to ensure a capable Committee is elected.

Remember ALL positions are declared vacant, so do give some thought to this important matter. Perhaps you may like to join the Committee. Talk about it, and when nomination forms are out, do something about it.

To those members experiencing problems, or ill health, talk to others, a trouble shared sometimes can be halved, it is great to know others DO care. Till next time,

Charles Freeman President.

*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.*

PROGRAMME FOR JUNE 2016

<u>DATE</u>	<u>SPEAKERS</u>	<u>CHAIR</u>
<u>5th June</u> 3pm 7pm	Dave Everitt Marcia Parkes	Anona Unicomb Charles Freeman
<u>12th June</u> 3pm 7pm	Sherryanne Smith Maree	Jenny Havebond Charles Freeman
<u>18th June</u>	Coffee Club 2-4pm Tarot & psychometry intro. Krys Johnson	
<u>19th June</u> 3pm 7pm	Christine Wilcox Natalie Thomas	Ivo Van Emmerik Marcia Parkes
<u>26th June</u> 3pm 7pm	Rosie Connor Kamal Dua	Marcia Parkes Charles Freeman
<u>3rd July</u> 3pm 7pm	Rose Mayhew Albert Kohl	Carmel John Charles Freeman

A great lineup of speakers this coming month, the usual mix of those who regularly support us, and the chance to hear others for the first time. Do take time to thank all Speakers for giving their time to come along and share. Also be aware of the members who regularly chair meetings etc. If you would like to assist on platform please talk to a Committee member. Please pass on details of possible Speakers too, Rosie is always on the look out for new names and details.

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A man was driving and saw a truck stalled on the side of the highway that had ten penguins standing next to it. The man pulled over and asked the truck driver if he needed any help. The truck driver replied, "If you can take these penguins to the zoo while I wait for NRMA that will be great!" The man agreed and the penguins hopped into the back of his car. Two hours later, the trucker was back on the road again and decided to check on the penguins. He showed up at the zoo and they weren't there! He headed back into his truck and started driving around the town, looking for any sign of the penguins, the man, or his car. While driving past a movie theatre, the truck driver spotted the guy walking out with the ten penguins. The truck driver yelled, "What are you doing? You were supposed to take them to the zoo!" The man replied, "I did and then I had some extra money so I took them to go see a movie."

Two Irishmen are traveling to Australia. Before they leave home, one of their dads gives them both a bit of advice: "You watch them Aussie cab drivers. They'll rob you blind. Don't you go paying them what they ask. You haggle." At the Sydney airport, the Irishmen catch a cab to their hotel. When they reach their destination, the cabbie says, "That'll be twenty dollars, lads." "Oh no you don't! My dad warned me about you. You'll only be getting fifteen dollars from me," says one of the men. "And you'll only be getting fifteen from me too," adds the other.

EARLIEST RECORDED DETAILS OF NEAR DEATH EXPERIENCE.

sponsored by University of Ottawa

Reports of people having "near-death" experiences go back to antiquity, but the oldest medical description of the phenomenon may come from a French physician around 1740, a researcher has found. The report was written by Pierre-Jean du Monchaux, a military physician from northern France, who described a case of near-death experience in his book "Anecdotes de Médecine." Monchaux speculated that too much blood flow to the brain could explain the mystical feelings people report after coming back to consciousness.

The description was recently found by Dr. Phillippe Charlier, a medical doctor and archeologist, who is well known in France for his forensic work on the remains of historical figures. Charlier unexpectedly discovered the medical description in a book he had bought for 1 euro (a little more than \$1) in an antique shop.

"I was just interested in the history of medicine, and medical practices in the past, especially during this period, the 18th century," Charlier told Live Science. "The book itself was not an important one in the history of medicine, but from a historian's point of view, the possibility of doing retrospective diagnosis on such books, it's something quite interesting."

To his surprise, Charlier found a modern description of near-death experience from a time in which most people relied on religion to explain near-death experiences. [The 10 Most Controversial Miracles]

The book describes the case of a patient, a famous apothecary (pharmacist) in Paris, who temporarily fell unconscious and then reported that he saw a light so pure and bright that he thought he must have been in heaven.

Today, near-death experience is described as a profound psychological event with transcendental and mystical elements that occurs after a life-threatening crisis, Charlier said. People who experience the phenomenon report vivid and emotional sensations including positive emotions, feeling as though they have left their bodies, a sensation of moving through a tunnel, and the experiences of communicating with light and meeting with deceased people.

Charlier compared the nearly 250-year-old description with today's "Greyson criteria," which is a scale that a psychiatrist developed in the 1980s to measure the depth of people's near-death experiences, so that these cases could be uniformly studied. The scale includes questions about the perceptions people report during near-death experiences, for example altered sense of time, life review and feelings of joy. A score of 7 or higher out of a possible 32 is classified as a near-death experience.

Although the data in the old book were limited, Charlier determined that the patient would have scored at least 12/32 on the Greyson criteria, Charlier said. He published his findings last month in the journal Resuscitation.

In the 18th-century case description, Monchaux also compared his patient with other people who reported similar experiences, caused by drowning, hypothermia and hanging.

The physician offered a medical explanation for the bizarre sensations, too, but his explanation was the opposite of what modern day physicians name as the likely cause of near-death experience, Charlier said. Monchaux speculated that in all of reported cases of near-death experience, the patients were left with little blood in the veins in their skin, and abundant blood flowing in the vessels within their brains, giving rise to the vivid and strong sensations.

However, modern researchers think it is likely the lack of blood flow and oxygen to the brain that puts the organ in a state of full alarm and causes the sensations associated with near-death experiences.

Email Bahar Gholipour or follow her @alterwired. Follow Live Science @livescience, Facebook & Google+. Originally published on Live Science.

The light turned yellow, just in front of him.

He did the right thing and stopped at the crosswalk, even though he could have beaten the red light by accelerating through the intersection.

The tailgating woman behind him was furious and honked her horn, screaming in frustration, as she missed her chance to get through the intersection.

As she was still in mid-rant, she heard a tap on her window and looked up into the face of a very serious police officer. The officer ordered her to exit her car with her hands up.

He took her to the police station where she was searched, fingerprinted, photographed and placed in a holding cell.

After a couple of hours, a policeman approached the cell and opened the door.

She was escorted back to the booking desk where the arresting officer was waiting with her personal effects.

He said, "I'm very sorry for this mistake. You see, I pulled up behind your car while you were blowing your horn, giving the guy in front of you the finger and cursing at him.

I noticed the 'What Would Jesus Do' bumper sticker, the 'Choose Life' license plate holder, the 'Follow Me to Sunday-School' bumper sticker, and the chrome-plated Christian fish emblem on the trunk, so naturally

I assumed you had stolen the car."

Priceless

BITS AND PIECES

Coffee Club Report. .

Well, it just gets better. Thank you to the wonderful readers who dedicated their time to reading the Tarot for our coffee club group. We had a very successful gathering again this month. We would like to thank our new visitors who also joined us and hope they found the session interesting and welcome them back. Our group is very varied and takes a wider look at all aspects of spiritual, mystical, philosophical and just plain curious to various teachings, philosophies and predictions. It is a wonderful social group that shares no inhibitions and really enjoy the lessons and information that is given to us each month. We just love it.

For those who had limited information about the Tarot cards, a short history lesson, questions and answers, some text provided and many card sets from our readers were shown. It is a fascinating journey of perception into a persons life that can be read with these cards. We went into different groups and for myself found it most satisfying seeing so much interest being displayed. The group also came early and couldn't wait to get started.

Good food was donated as always, so thank you for your contributions for making our Coffee group so successful, as does the John Hunter Kids Club for your donations.

Because the interest was so high it was decided to continue on with the Tarot for the first half of next month's meeting with each of us having a go at reading and also if time permits a psychometry reading. So please bring something along and place it in one of the bags at the back of the church for reading.

We are so grateful for the beautiful day provided, lots of energy moving about, the food and knowledge to share and nurture and the wonderful Church provided to meet in.

The group are already floating ideas for other meetings.

So time has come to say adieu, until we meet again at the next **COFFEE CLUB in June.... Tarot (part 2) and Psychometry. This meeting will be held on Saturday, 18th June at 2pm. Kris Johnson**

The other cubicle:

*Travelling down the highway and needing to use the toilet,
I stopped at a service station and headed to the gents'.*

"Hi, how are you?"

*I'm not the type to start a conversation in the toilet and I don't know what got into me,
But I answered, somewhat embarrassed,
"Doin' just fine!"*

And the other person says:

"So what are you up to?"

What kind of question is that? At that point, I'm thinking this is too bizarre so I say:

"Uhhh, I'm like you, just travelling!" ??

At this point I am just trying to get out as fast as I can when I hear another question.

"Can I come over?"

OK, this question is just too weird for me but I figured I could just be polite and end the conversation. I tell them:

"No..I'm a little busy right now!!!"

Then I hear the person say nervously...

"Listen, I'll have to call you back. There's an idiot in the other cubicle who keeps answering all my questions

Mobile phones, don't you just love 'em !

May you always have love to share, health to spare and friends that care!

You're being protected by the greater forces if you are prepared and put effort in helping other people for the greater good of mankind. The reason for this is that not a lot is done by a lot of people to help others in need. The energy felt by the greater conscious is fantastic but less than a hundred persons in the world are putting an effort in it. They are certainly talking about it but there it stops, for example in Australia only Two are putting an effort in it and one is working for this beautiful Church and he is doing it for a very long time even in terms of us here.

Ivo van Emmerik

blog » The Benefits of Laughter, Joy, and Fun by John Cali and Spirit

May your walls know joy; may every room hold laughter and every window open to great possibility. ~ Mary Anne Radmacher-Hershey

It's hard for me to believe, but today's post is our 1,000th — that's one thousand! It seems it was only yesterday we started on this fun adventure.

I thought this would be an appropriate occasion to share with you some of my favourite quotations from Spirit.

I hope you enjoy them as much as I do. Here they are, in no particular order.

Spirit

Laughter, joy, and fun have many powerful benefits for you and for your bodies, minds, and spirits. There is no death. Death is an illusion you have tortured yourselves with for all of human history. It's time to stop that nonsense!

You could not recognize greatness in others if you did not have greatness within yourself. Honour that recognition.

Trust everything works out for your highest good — because it always does.

The present moment is the only place you will find joy and peace. You will never find them in the past or the future.

You are perfect just as you are. Do you believe that? It's true.

Love is the only way you can be truly healed. Animals are the greatest healers because they love you unconditionally, asking nothing in return.

The best thing you can do for others and the world is to put your own happiness and well-being first. Anything less than joy, less than happiness is not what God wants for you. Anything less than that is not what your spirit wants for you.

Remember this:

At death your loved ones leave only their bodies. They do not leave you.

Speak your truth kindly. Think kind thoughts. Always.

You will always know what's right for you by the joy it brings you.

Many humans often ask themselves "Why am I here?" We can answer that question with one word: Joy.

Loving yourself unconditionally is the single most important thing you can do in this lifetime.

Have fun. Play more. Love more. Life is not serious. It's supposed to be fun. It's supposed to be joyful. It's that simple. Don't make it complicated or difficult.

If you allow and accept animals into your lives they will heal you.

Joy is your connection to the divine energy you may call God. Joy is your bond with your spirit.

Let go of situations and relationships that no longer serve you.

Cherish and embrace your now. It's where miracles flow easily and effortlessly.

It's the only place where miracles flow.

Let go of fear. Choose only love.

Joy is your life's purpose, pure and simple. Joy is your birthright. Joy is natural.

All you have is the present moment. It's where all your power is. Copyright ©2014 by John Cali

Thanks to those who contributed to this month's newsletter. A reminder that articles are best kept to no more than one page. Helga has an interesting article for next month, on the Fibonacci number sequence. Please take the time to contribute an item or a joke, this newsletter belongs to all

members. As usual you will find a few mistakes, also as usual, they will be mine. Alva

Friday 27th May Mediumship Event-Newcastle

Hi I am pleased to announce the next mediumship event held in Newcastle:

Date: Friday 27th May 2016

Time:Arrival from 6:30pm for a 7:15pm sharp start (please arrive on time as the front doors will be closed). The evening will finish at 9:30pm.

Location:Wallsend Pioneers Memorial Hall, Cnr Cowper St and Newcastle Rd, Wallsend

Cost: \$10 cash door entry fee payable on the evening after registration below. 10% of proceeds go towards a variety of charities (see website for details). **Louise Herman**

Clearing Your Ancestral Cellular Energies

Flower Essences stimulate your body's innate capacity to harmonise and align the emotional and mental bodies in order to allow the body to heal. They offer opportunities to strengthen your personal empowerment and address what is out of balance in your life. These Essences gently address daily challenges such as stress, anger, grief, self-worth, abundance, and relationships. They are lovingly prepared to bring about positive, effective changes within every aspect of your daily life - physically, emotionally, mentally and spiritually.

I invite you to visit my website to see the many essences available to assist you in clearing your old deep-seated memories & patterns, allowing you to create a more flowing journey of life with grace and ease.

When we hold hands in peace we support one another with acceptance, helping to create the new "Golden Age of Peace". We are all ONE with our brothers and sisters as well as with our Planet and all of her lifeforms.

NOW is the time to be conscientiously clearing the ancestral energies from your physical body so that you can allow a balancing and raising of vibrations to a higher frequency to occur. You are created in Love and therefore you are Love – a spark of the Divine essence of the Source of All That Is. Your pure true essence is your inner Spirit Self, not your physical body.

<http://www.flowersforhealing.com/Yucca-Flower.html>

We all have had many challenges and experiences within our many lifetimes. During other lifetimes we have most likely been hurt physically and emotionally many times. We in turn will also have had experiences where we have hurt others physically or emotionally. Our conscious minds may not choose to remember past events, but our bodies never forget – and our bodies do not lie.

Sometimes in life we may feel trapped and unable to express or act on our own choices and desires in life. It is as if we are held in bondage due to our feelings of responsibility towards loved ones, peers or employers. These underlying feelings of discontent may begin to grow deep within us and gradually start to bubble up towards the surface of our emotions. We may feel that if we don't soon find a solution then our inner volcano is likely to erupt.

<http://www.flowersforhealing.com/Dagger-Hakea.html>

We all carry repressed cellular memories held within the body from our past experiences and those passed down through our ancestors. Across the ages, through many generations and lifetimes there have been expectations and conditioning passed down not only from family to family, but also from country to country. History shows many such conditioning, often resulting in wars and family feuds.

<http://www.flowersforhealing.com/Chille.html>

Physical health depends greatly on the energy generated by thoughts and feelings. To heal the body you first must heal the deep-seated feelings that cause the disturbances. Your external pains and difficulties are always mirrors of inner pain and fears. The people in your life are also mirrors to one another, in that what you dislike or disapprove of another reflects what you dislike or disapprove of within yourself. It is often difficult to accept this as we mostly hide these dislikes which may have been taken on board early in life by parents, carers, peers or teachers. You take on an acceptable mask in life to hide behind, hiding those things that you find unacceptable or are ashamed of. We can carry such feelings as guilt, fear, blame, resentment and shame, all of which block us from raising our vibrations to living with more ease and grace.

<http://www.flowersforhealing.com/Lotus-Flower.html>

To assist us in helping clear energetic memory patterns carried within our cellular memories from our ancestral lineages, as well as those from this lifetime, is the process of forgiveness. These energetic memory patterns can have an effect on our perception of situations, and reception of things said, thus causing repetition of challenging situations. These memory patterns may be associated with major or minor situations, but can affect us all the same.

"The power of forgiveness goes far beyond any other healing method because true forgiveness not only releases you from bonds of the past, but it frees up your heart for more compassion and love. And love is the most healing energy there is!" (Kuan Yin through Antera on 31/12/09)

I was guided to create a very powerful process of "**Forgiveness Across the Ages**" which I have attached for your information.

There is also the Hawaiian Ho'oponopono method which is an excellent process for every day living. <http://www.wanttoknow.info/070701imsorryiloveyoujoevitale>.

Personal Essence Combinations - By tuning into your Higher Self I can select an essence mix that would best assist you to ease through challenges and offering upliftment and clarity. By sending me your name, a brief outline of what it is that you're wishing to change in your life (optional) and your date of birth I can assist with supporting you through your intention for change.

For more detail go to <http://flowersforhealing.com/Essence-Combinations.html>

Blessings **Solara**

Check Solara's details on our back page ads.

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 for availability and details.

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The most effective sleeping pill.....Peace of mind
The most crippling failure disease.....Excuses
The most powerful force in life.....Love
The most dangerous act.....A gossip
The world's most incredible computer.....The brain
The worst thing to be without.....Hope
The deadliest weapon.....The tongue
The two most power-filled words.....'I Can'
The greatest asset.....Faith
The most worthless emotion....Self-pity
The most beautiful attire.....SMILE!
The most prized possession..Integrity
The most powerful channel of communication,
.....Prayer
The most contagious spirit.....Enthusiasm
Life ends; when you stop Dreaming,
Hope ends; when you stop Believing,
Love ends; when you stop Caring,
! So please share this balance sheet of life.
And Friendship ends; when you stop Sharing...!!

Internet Code of Ethics

1. Do not bully.
2. Do not be abusive.
3. Do not be harmful.
4. Do not spread hate.
5. Do not curse.
6. Be respectful.
7. Be truthful.
8. Be helpful.
9. Be positive.
10. Promote peace.

♥ Please like and share if you agree. ♥
A.D. Williams ~ Inside the Divine Pattern