

JUNE 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	JUNE 4TH JUNE 11TH JUNE 25TH	BODY MIND & SPIRIT DAY ROBERT HAYWOOD W/SHOP MEDIUMSHIP DISCUSSION	SEE NOTICEBOARD SEE NOTICEBOARD
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,

Well we have had a taste of winter, and the Indian Summer seems long gone. The weather man says La Nina is gone, but I am not sure how much trust can be placed in a weather predictor.



Things have been a bit unsettled at Swan Street, due to Aus grid ripping up the road and footpaths, as new cables are being laid. This has caused the cancellation of day Circles, due to noise and total lack of parking.

If in doubt ring, or check our website. At this stage, Circles on Tuesday and Wednesday morning are cancelled, this week, as is Friday evening Circle and Thursday readings.

We are advised things will return to normal after Friday 3rd. June.

Note Sunday Services and Saturday workshops are not affected.

As always we will welcome many speakers, and a number of workshops in June. How fortunate we are to have the opportunity to experience new people and ideas

Our members' retreat, is to be held at the Monastery in Stroud, in August, and plans are being made for regular retreats. Our problem is finding a venue to cater for numbers, since Morpeth venue closed some years ago.

Check for booking details in this newsletter and on our notice board.

If you miss out this time, know that there are plans already for a further two, so be patient.

An early reminder that our AGM is coming up in October. If you have a resolution or suggestion to submit, now is the time to formulate and submit it. As always, I look forward to meeting you in Church

Carmel Colquhoun

Morris Pratt Institute<http://www.morrispratt.org>

Someone once said "if you think education is expensive, then try ignorance." If you are seriously interested in learning about Spiritualism then have a look at the online courses offered by The Morris Pratt Institute. I learned about them from a Lily Dale contact.

Based in Milwaukee and founded in 1901 this institute is an educational auxiliary of the National Spiritualist Association of Churches in the US.

*"Be who you are and say what you feel...
Because those that matter... don't mind..."*

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

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

PROGRAMME FOR June 2011

<u>Date</u>	<u>Speaker</u>	<u>Chai rperson</u>
<u>4th June</u>	Body Mind & Spirit Day with ladies from Evolve (Melissa Crozier)	
<u>5th June</u>		
3pm	Andrew Parker	Marcia Parkes
7pm	Tracey Cooke	Charles Freeman
<u>11th June</u>	Full day workshop with Robert Haywood.	
<u>12th June</u>		
3pm	Robert Haywood	Carmel Colquhoun
7pm	Robert Haywood	Ivo & Jo
18th June	Monika Kwong	Reiki 1 Fully booked.
<u>19th June</u>		
3pm	Rev.Meg Faber	Arvid
7pm	Rev.Meg Faber	Katrina Bart
<u>26th June</u>		
3pm	Rose Mayhew	Jo Burgess
7pm	Pam Ward	Charles Freeman
<u>3rd July</u>		
3pm	Phil Trevillien	Marcia Parkes
7pm	John Overholt	Jo & Ivo

WORKSHOPS

On the 4th June from 11am till 3pm we have the ladies from Evolve (central Coast) coming for a Body Mind and Spirit day. The cost is \$20 for 20 minutes and good value.. Melissa Crozier will be having a 1 hour course from 11am till 12 noon teaching us to balance our own Chakras. During the day they are also doing astrology readings, Spiritual healings, holistic pulsing, Liquid crystal consultations & Reflexology.

Please put your name on the noticeboard at church or contact Robyn if you are interested Robyn's number is 4957 4252

Saturday 11th June we have a one day workshop with Robert Haywood, a musical medicine man returning from Mind Body & Spirit Festival in Sydney

Beginning at 9.30am Robert's workshop is titled

"Music, the sacred catalyst with totem animal Wisdom." \$125

Must book with Robyn also. 4957 4252

Mark this date in your diary: Saturday 25th June 2011 at 1.00pm

Open Day Discussion on Mediumship

It is our Church's mission to provide opportunity for the psychic development of church members. We invite all interested members to come along to this important open discussion day to discuss opportunities and guidelines for developing mediums and readers at our church.

Please come along and ensure your queries are answered.

Our AGM will be held at 1pm 15th October. I remind you once again, annual subs are due NOW

Bits and Pieces.

I am amazed at the enjoyment people tell me they receive from the jokes included in the newsletters. So I have once again included a few.

An Irish Naming:

Paddy's pregnant sister was in a terrible car accident and went into a deep coma. After being in the coma for nearly six months, she wakes up and sees that she is no longer pregnant. Frantically, she asks the doctor about her baby.

The doctor replies, "Ma'am, you had twins.... A boy and a girl. The babies are fine, however, they were poorly at birth and had to be Christened immediately so your brother Paddy came in and named them."

The woman thinks to herself, 'Oh please, no, not me brother he's a freekin' clueless eejit!' Expecting the worst, she asks the doctor, " Well, what's my daughter's name?"

"Denise" says the doctor.

The new mother is somewhat relieved, "Wow, that's a really beautiful name, I guess I was wrong about my brother", she thought....'I really like Denise'.

Then she asks, "What's the boy's name?"

The doctor replies "Denephew"

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Once again our newsletter is a mixed bag, as I try to recall all the bits and pieces going through my head. Robyn has lined up a great array of speakers, and I must tell you Cliff and Joy are keen to come back, and would like to run a workshop.!

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 has planned another Cemetery Tour "Stockton Revisited" Saturday 18th June.

Gathering at 5.30pm for 6pm Our last trip was so successful, and plans are afoot for other venues!

More information next month.

Yvonne Gibson is investigating the possibility of a Dangar Island Cruise.

Would you be interested in a coach down to the Central Coast, and a cruise on still waters, with lunch? I think. Watch the noticeboard.

.....
Once again Shirley Darby has contributed a very thoughtful article, based on her many years of study. Thanks to Shirley, and all those others who have contributed this month.

How great was it to see Glen Savage back with us, giving messages at service.

A reminder about the Church air conditioner. Please do not change the winter settings!!!! When it is initially turned on it will take some time to warm the Church, it is a large room and turning the air-con up will **NOT** make it quicker.

Be patient, and DO NOT ALTER the temperature setting. PLEASE

"Worry looks around, Sorry looks back, Faith looks up Have Faith.

Michelle and I were having dinner with some friends a few months ago and our friend Joel said, "I'm practicing giving up blame completely." As he said this, I found myself simultaneously inspired and confronted. As I've explored the idea of letting go of blame in recent months, I've been quite humbled and surprised to realize how pervasive blame is in our culture, my community, and in my own life.

How often do you find yourself blaming other people or circumstances for your stress, frustration, or for things "not being the way they 'should' be?"

For me, blame shows up in various places and ways in my life. Some of the most common focuses of my blame are my past, my family, the economy, people I don't agree with, my body, my clients, my schedule, my responsibilities, and more. And, the harshest blame is usually reserved for me – blaming myself for making mistakes, not doing things "right," and simply not being good enough. Maybe you can relate to some of this?

While blaming other people, challenging circumstances, and even ourselves is common, understandable, and reinforced in our culture, it never leaves us with any real power or with the ability to make positive, healthy, and lasting change in our lives. Blame is about avoiding responsibility and not dealing with the real issues at hand.

One of the best analogies for this is that of an orange. If I have an orange in my hand and I squeeze it, what will come out of it? Juice. If you squeeze it, what will come out of it? Juice. If we give it to a friend of ours and they squeeze it, what will come out of it? Juice. Why? Because, that's what's inside the orange. It doesn't matter who squeezes it or even how it is squeezed, juice will always come out of the orange (because that's what's inside).

You and I are like oranges and our "juice" is emotion. We have every possible emotion within us – joy, guilt, love, shame, gratitude, anger, peacefulness, fear, happiness, rage, excitement, sadness, and more. As we walk through life, other people, certain situations, and specific personal thoughts and reactions "squeeze" out some of our own "juice" in the form of these emotions. However, instead of taking responsibility for our emotions, we blame the people around us, the situations that arise, and even ourselves for "causing" these feelings within us.

What if we stopped doing this and let go of blame? This doesn't mean we live in some unrealistic, Pollyanna world where nothing bothers us. It also doesn't mean that the things that have happened in our past, the relationships we currently have, and the important situations in our lives right now (and the ones that show up in our future), don't impact us. What it does mean, however, is that we take full responsibility for our lives, our reactions, and, more important, our emotions.

Here are a few things you can do or think about as you practice letting go of blame in your own life:

- 1) Take inventory of who and what you blame. Start to notice, with empathy and compassion (i.e. without judging yourself), who and what you blame the most in your life. Maybe it's your work, your spouse, your past, your co-workers or clients, the state of the world, or other things or people. The more specific and honest you can be about the focus of your blame, the more ability you'll have to let go. Remember, some of this blame may be overt (direct, and easy to notice) and, some of it may be more covert (hidden, subtle, and "justified" in such a way that it seems "true.")
- 2) Inquire into what it would be like to let go of blame. Start to ask yourself, especially with the specific people or situations where blame comes up a lot, what it would be like, look like, and feel like to let go of blame in your life. Allow yourself to imagine this, think about it, talk about it, and ponder it. Regardless of how easy or difficult you think it would be, just allow yourself to imagine your life without blame. Inquiry is a powerful tool when we use it consciously like this.
- 3) Take responsibility for your reactions and emotions. In just about every instance, the person (including us) or situation that we blame brings about a specific emotion or reaction (or set of emotions and reactions) that we don't like. Instead of blaming, what if we took responsibility for our reactions and emotions, and allowed ourselves to vulnerably acknowledge and express ourselves fully. As Eleanor Roosevelt so brilliantly said, "No one can make you feel inferior without your consent."

Letting go of blame allows us to be free, to take back our power, and to avoid the trap of thinking that someone or something else has the ability to dictate our experience of life.

Whether our life is "wonderful" or "difficult" is always up to us.

Share and Enjoy:

Interest has been expressed by a number of members regarding joining the committee. When we were accepted as a member of the Church, we received a copy of the constitution. . Please read through the rules regarding committee. We are accepted as Associate members for our initial year, before becoming full members. the following year. Then we are eligible to stand as committee members. However, I suggest you check out your copy of the constitution, under Part III. The Committee

THE MUM TEST

I was out walking with my 4-year-old daughter. She picked up something off of the ground and started to put it in her mouth. I took the item away from her and I asked her not to do that.

'Why?' my daughter asked.

'Because it's been on the ground; you don't know where it's been, it's dirty, And probably has germs,' I replied. At this point, my daughter looked at me with total admiration and asked, 'Mum, how do you know all this stuff? You are so smart.'

I was thinking quickly and replied, 'All mums know this stuff. It's on the Mum Test. You have to know it, or they don't let you be a Mum.'

We walked along in silence for 2 or 3 minutes, but she was evidently pondering this new information.

'Oh...I get it!' she beamed, 'So if you don't pass the test you have to be the dad.'

'Exactly,' I replied with a big smile on my face.

.....

California vintners in the Napa Valley area, which primarily produce Pinot Blanc, Pinot Noir and Pinot Grigio wines, have developed a new hybrid grape that acts as an anti-diuretic. It is expected to reduce the number of trips older people have to make to the bathroom during the night.

The new wine will be marketed as PINO MORE

.....

One more joke, I found this hilarious, trust no one is offended.

An extremely modest man was in hospital for a series of test, the last of which had left his bodily systems extremely upset. Upon making several false alarm trips to the bathroom, he decided the latest episode was another, and stayed put.

He suddenly filled his bed with diarrhoea and was embarrassed beyond his ability to remain rational. In a complete loss of composure he jumped out of bed, gathered up the sheets, and threw them out the hospital window

A drunk was walking by the hospital when the sheets landed on him.

He started yelling, cursing, and swinging his arms violently trying to get the unknown things off, and ended up with the soiled sheets in a tangled pile at his feet.

As the drunk stood there, unsteady on his feet, staring down at the sheets, a hospital security guard, (barely containing his laughter). and who had witnessed the whole incident, walked up and said "What the heck is going on here?"

The drunk, still staring down replied, "I think I just beat the st out of a ghost".**

Robyn Akin has asked that I take time to thank all those people, who help make up OUR Church: Readers and Debbie from Thursdays, those who facilitate Circles, and run meditations: speakers and chairs on platform: and those who take time to help out when needed: and organise retreats etc. bring along afternoon tea etc. In short all those who contribute to make our group strong.

As always I agree with her sentiments, and I wish we could all see all that is right and not just notice what we may consider not.

As always, I apologise for any mistakes and oversights, and thank again all those who pass on items to be used in the newsletters. Remember, such items may be placed through the slot in the computer cupboard, together with any suggestions you may have..

I trust there are enough jokes this month! and look forward to meeting you here, in our newsletter next month,

Alva

Check out our new facebook page Newcastle Spiritualist Church

THE ETHERIC BODY

The Etheric Body is wrapped around us and is often seen as a white glow. It's job is to hold us together and connect us to our physical body. It is also connected to our Spirit or Soul. When the Etheric Body is forced away from us when we are under anesthetic we cannot feel pain. We can only feel pain when it is wrapped around us. Many people report that after an accident they have walked on broken legs and not felt any pain until later in the day. This is because of the wonderful skill the Etheric Body has of being able to 'move out' when the Spirit knows that the body is in great danger or might be killed. I was reminded of this skill when I was talking to a group of friends who had gathered together to watch a DVD on the year 2012 and of the many disasters leading up to it. One of my friends whilst watching a Tsunami rushing into the land and over people remarked "well they were probably all out of their bodies when the wave hit"!! WOW!! I knew about this ability that the body had but had forgotten. This was a wonderful thing to realise that God had given us this ability to separate from our physical self if we KNEW we were in danger of our lives. This means that in many of the terrible disasters we have been witnessing the people involved probably did not feel any pain. The same thing happens in a fire. When the smoke tells the body of danger the Etheric Body can leave so that the person does not feel pain. When young people think it is great to get 'falling down drunk' they do not realise that to do this their Etheric Body, which usually protects them leaves them in a position that attracts alcoholics on the lower level of the Astral. These souls who have died from their obsession with alcohol and who still crave it can 'latch on' to an unprotected body and encourage it to drink even more. When you see an alcoholic walking down the road talking to himself. He is talking to these entities that have attached themselves to him. Usually the Etheric Body dissolves in three days after death. This is why in some cultures the body is not buried for at least three days and also in other cultures the body is not even touched for three days. If the soul has some urgent desire to stay here, as in people who have been murdered or people who do not want to leave their possessions the Etheric Body, which is exactly the same shape as the physical body was will stay here and this is what is seen as a ghost. Because the Etheric Body is the outline of the physical body, if we have a limb cut off we can feel that it is still there as it takes a long while for the shape of the limb to disintegrate. At this time when we are witnessing disasters all over the world it can be a comfort to know that when God needs to take large groups of people he has provided us with an ability to be taken to the other side without pain.

Shirley Darby

.....

**Forgiveness and letting go of the past is empowering and freeing.
You do it for you and not to let others "off the hook". Give yourself the gift of forgiveness.**

How to forgive?

When I was younger I used to say that I can forgive but I can't forget, and in a way that's good advice if it is understood correctly. I could easily leave people behind who had done me wrong, and by not forgetting what they did I usually didn't make the same mistakes twice, and by forgiving I could easily let them go from my life even if they had been very close to me. I learned and moved on.

Of course there were often tears and it was sometimes heartbreaking, but I knew that I would get over it, and I also knew that the faster I could do that, the better for me. If you have decided not to have a particular person in your life anymore, then what good does it do you to keep crying over it, sometimes for years?

When you understand that everything that happens to you serves a purpose, you can see it as something that has a blessing somewhere, and your job is to find it. Then it's easy to forgive.

There have been people in my life who have done me horribly wrong, and I have been able to give thanks for later, silently, within my heart. I could do that because it helped to shape me into the person I am today. That is not the same as saying what they did was okay-it's the ability to see through the eyes of your soul. It's something that needs to be done within you; there is absolutely no need for you to go to the people who hurt you. Just feel forgiveness in your heart. The universe hears you, and that will be enough.

Just feel forgiveness in your heart. The universe hears you, and that will be enough.

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 for availability and details.

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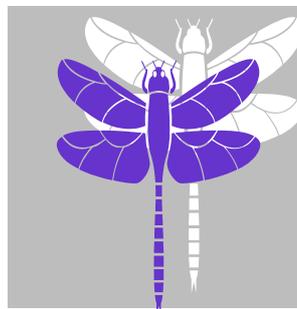
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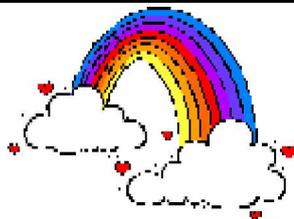
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