

MARCH 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**	12th March
WEDNESDAY	11.00am-2.30pm	Yvonne Warren	Meditation/Development
	7.30pm-9pm	Jo Burges	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

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,



As always the weather has been a topic of conversation this month. Where could all this rain have come from, and whatever happened to our Seasons? Perhaps my memory is slipping, but I remember four clear cut seasons, and a fairly reliable idea as to just what was coming our way, weatherwise. Now we can have it all in one day.

On reflection, perhaps this is how we are living at this time. Surrounded by so many ideas, possessions and possibilities. Everything laid out for us at the same time, so many things, and ideas are before us now. Not in the future, but possible now. Choosing wisely, not hastily, after deep reflection on just what we need and seek will stand us in good stead

Firstly though, we must know just what our heart most needs to take and experience, from that offered. We need to know and understand just what will make our heart sing, and feed our Spirit, encourage growth, and enable us to fulfil our promise.

Another aspect of the current weather "madness" has brought home to us how unpredictable our lives can be. Torrential rain, and violent winds have wreaked havoc for thousands, while at the same time, others are losing all they possess to bush fires. Areas up the coast are experiencing their third flood in a year. Such events could change these areas for ever., just how many times can people start again?

Let's remember others, give a hand up where we can, and be grateful for our own safety, and those we love,

Carmel Colquhoun

"

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PROGRAMME FOR MARCH 2013

<u>DATE</u>	<u>SPEAKER</u>	<u>CHAIRPERSON</u>
<u>3rd. March</u>		
3pm	Rev Mark Penkala	Ivo Van Emmerik
7pm	Vernice	Yvonne Gibson
<u>10th March</u>		
3pm	Tuesday Group	
7pm	Rosie's Fledglings	
<u>17th March</u>		
3pm	Jo Burgess	Krystyna Johnson
7pm	Monday night group	
<u>24th March</u>		
3pm	David Sumner	Gary Hall
7pm	Grant Truewhena	Yvonne Gibson
<u>31st March</u>		
3pm	April Mackie	Jenny Havebond
7pm	April Mackie	Charles Freeman

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March speakers list is a wonderful assortment of gifted speakers, from our members, visiting mediums, and friends willing to share their talents.

Rev. Mark Penkala is a regular visitor, always welcome

Vernice is the lady with the wonderful "singing bowls" and toning.

Tuesday Circle with Carmel & Bill always have a happy uplifting service for us.

Rosie's Fledglings will stretch their wings for us, after working hard with Rosie Connor for a number of months this group will be on the platform.

Jo Burgess has led Wednesday evening Circle for a number of years has much to share.

Monday evening group with Marcia Parkes This group comprises longtime members, and newer members

David Sumner will speak on Hypnotherapy & Spiritual Healing. If time allows will discuss the mind body connection.

April Mackie is visiting medium from Britain, and will speak at both services. April is also holding a reading day at Church Saturday 30th March \$80 for Members, starting at 11am. Must book, notice on board.

BITS AND PIECES

During an anti-smoking drive an earnest lady volunteer cornered a smoker:

Lady: Do you smoke?

Guy: Yes, ma'am.

Lady: How many packs a day do you smoke?

Guy: 3 packs, ma'am.

Lady: And how much does each pack cost you?

Guy: \$10.

Lady: How long have you been smoking?

Guy: 15 years, ma'am

Lady: So if one pack costs \$10 and you've been smoking 3 packs a day,

that means you spend \$900 on cigarettes a month.

Which means \$10,800 a year. Am I right?

Guy: Gee, I guess so, ma'am

Lady: If you spend \$10,800 per year, not accounting for inflation, in the past 15 years you've spent approximately \$162,000 on cigarettes. Am I right?

Guy: Gee, yes, ma'am

Lady: Do you realise, if you hadn't smoked, that money could have been invested, and with interest for 15 years, you could have bought yourself a Ferrari by now?

Guy: Oh, gee. (After a pause) Can I ask you a question, lady?

Lady: Certainly

Guy: Do you smoke?

Lady: No.

Guy: So where's your Ferrari ?



INSPIRED BY A PUBLIC SCHOOL STUDENT WITH DISABILITIES

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CLEARING A PATH
FOR PEOPLE WITH SPECIAL NEEDS
CLEARS THE PATH FOR EVERYONE!

The Zen of Living in Today's World:

15 Ways to Find Peace in the Midst of Chaos."

- 1.Meditate. Every day if possible. It keeps you aligned with Spirit.
- 2.Always be good to yourself. You deserve it.
- 3.Look for the best in all people and all experiences. It's always there, but you have to be willing to see it.
- 4.Never judge or criticize another. You see in them only a reflection of yourself.
- 5.Avoid those who complain constantly. Their energy is too negative for you.
- 6.Spend time regularly in nature. It will soothe and heal you.
- 7.Know the universe is abundant. There is no lack of anything you want.
- 8.You can have, be, and do anything you want.
- 9.Listen to your body. Its natural state is always to be whole and healthy.
- 10.Pay close attention to all your relationships. They always have something to teach you.
- 11.Do only what you love. Otherwise you are wasting your precious time.
- 12.Think happy thoughts and you will be happy.
- 13.If something or someone is not fun, avoid them.
- 14.Move through your days knowing all is well. For it really is.
- 15.Know you are always safe, secure, and loved.

This is from the website of John Calli, channel for Chief Joseph.

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Two little kids are in a hospital, lying on stretchers next to each other outside the operating room, the first surgeries of the day.

The first kid leans over and asks, "What are you in here for?"

The second kid says, "I'm getting my tonsils out, and I'm afraid."

The first kid says, "You've got nothing to worry about. I had that done when I was four. They put you to sleep, and when you wake up they give you lots of Jelly and ice cream. It's a breeze."

The second kid then asks, "What are you here for?"

The first kid says, "Circumcision."

"Whoa!" the second kid replies, "Good luck, buddy. I had that done when I was born. Couldn't walk for a year"



Gladys failed an OH&S course today at Senior Citizen Club. When asked what steps she would take in a fire, she replied "very big ones." Apparently the wrong answer

Lots of things happening at Swan Street, with applications for workshops coming in, and Rosie's new groups begin **21st March. Platform work over 4 weeks, and Let's get Sitting Sorted, an Advanced workshop 23rd. March. 4th May is Introduction to Spiritual Development for beginners.** If you would like to know more about these workshops, check out our noticeboard, and ring Rosie to book.

Saanvi (formerly Sylvie) is keen to open a **Healing Circle on Friday mornings** from 9am-10am for a period of 8 weeks. Starting date is 8th March. All welcome. \$3. This "healing meditation will focus on peace and joy within."

Saanvi is holding a workshop 23rd March "Joy through the power of the knowledge" \$25 This workshop will develop the awareness and our divine strength. Further workshops are planned every 3 months for following up your own empowerment by testing your skills in use daily. Notice on board shortly.

Reading Day with April Mackie 30th March \$80 for Church members.

April is Scottish Medium travelling in Australia, and visiting many Spiritualist Churches. She has spent years training, and is highly regarded as a medium. April will be on the platform for both service 31st March. Booking sheet will be on the noticeboard so those interested can make a booking

Dave Everett is planning a workshop 13th. April "Life is meant to be easy" details later."

Channelling on Healing from John Calli.

The best way you can help others heal is to heal yourself first. We cannot overemphasize the importance of that. An unhealed healer is not as effective as one who is healed and whole. Group healing meditations can be very powerful if the group is, as you say, "on the same wave-length." When you have a group with differing notions of healing, a group not "in sync" with each other, the healing is not as effective.

Also, it's important to know no individual or group can heal another individual or group. That may sound like a strange statement. But all healing is self-healing. As healers all you can do is hold the space, the vibration of love that enables others to tap into their own inner healing powers. If someone, for whatever reason, is not fully open to being healed they cannot be. Of course you, as a healer, cannot truly know another's human or soul intentions. As we said, the best you can do is heal yourself first and then hold healing energy for another, or a group. There is no ideal size for a healing group. In general, more people will generate more healing energy if they're in tune with the others in the healing group.

There are no specific meditations or techniques needed. Whatever the group feels comfortable with is fine. Far more important than technique is intention—the group's intention to help others heal. A small dedicated group could certainly affect your entire society. But so too can a single individual. Throughout your history you've seen many examples of individual healers who were and are very effective and powerful.

Repetition is less important than intention. If the group feels guided to do repetitive healing sessions, fine. Often a single session is all that's needed. Finally—how to improve a group's healing effectiveness. We're repeating ourselves, but the primary way is to heal yourselves first, and then to hold the clear intention that all those the group focuses on will be healed in the manner and timing that is for their highest and best good.

When I was a kid, my Mum liked to make breakfast food for dinner every now & then & I remember one night in particular when she had made breakfast after a long, hard day at work. On that evening so long ago, my Mum placed a plate of eggs, sausage, and extremely burned biscuits in front of my dad. I remember waiting to see if anyone noticed! Yet all my dad did was reach for his biscuit, smile at my Mum and ask me how my day was at school.

I don't remember what I told him that night, but I do remember hearing my Mum apologize to my dad for burning the biscuits. And I'll never forget what he said: "Honey, I love burned biscuits."

Later that night, I went to kiss Daddy good night and I asked him if he really liked his biscuits burned. He wrapped me in his arms and said, "Your momma put in a long hard day at work today and she's real tired. And besides... A burnt biscuit never hurt anyone!"

You know, life is full of imperfect things... And imperfect people. I'm not the best at hardly anything, and I forget birthdays and anniversaries just like everyone else. What I've learned over the years is that learning to accept each others faults and choosing to celebrate each other's differences, is one of the most important keys to creating a healthy, growing, and lasting relationship.

So...please pass me a biscuit. And yes, the burned one will do just fine!

Life is too short to wake up with regrets...

.....

I was sick and in the hospital. There was one nurse that just drove me crazy.

Every time she came in, she would talk to me like I was a little child.

She would say in a patronizing tone of voice, "And how are we doing this morning?"

Or 'Are we ready for a bath?', or 'Are we hungry?'

I had had enough of this particular nurse. One day, at breakfast, I took the apple juice off the tray and put it in my bed side stand. Later, I was given a urine bottle to fill for testing.

So you know where the juice went !

The nurse came in a little later, picked up the urine bottle and looked at it.

My, it seems we are a little cloudy today. 'At this, I snatched the bottle out of her hand, popped off the top, and drank it down, saying, 'Well, I'll run it through again.

Maybe I can filter it better this time.' The nurse fainted...I just smiled.

DON'T MESS WITH 'OLD' PEOPLE.....(Of course this tale is about a man, no woman would do that, would she?)

An elderly Woman was asked,

"At your ripe age, what would you prefer to get Parkinson's or Alzheimer's?"

The wise one answered, "Definitely Parkinson's -

better to spill half my wine than to forget where I keep the bottle!

"THREE LITTLE BOYS were concerned because they couldn't get anyone to play with them.

They decided it was because they had not been baptized and didn't go to Sunday school.

So they went to the nearest church. But, only the janitor was there.

One little boy said, "we need to be baptized because no one will come out and play with us.

Will you baptize us?" "Sure," said the janitor.

He took them into the bathroom and dunked their little heads in the toilet bowl, one at a time.

Then he said, "You are now baptized!"

When they got outside, one of them asked, "'what religion do you think we are?"

The oldest one said, "We're not Kathlick, because they pour the water on you."

"We're not Babtis, because they dunk all of you in the water."

"We're not Methdiss, because they just sprinkle water on you."

The littlest one said, "didn't you smell that water?"

They all joined in asking, 'Yeah! What do you think that means?'

"I think it means we're Pissbitarian!"

An oldie but it still makes you smile!

LOVE AND MARRIAGE

FALLING IN LOVE IS NOT ALWAYS THE BEST REASON FOR MARRIAGE.

Falling in love is a time when we are totally involved with another.

A time when we wish to be with them at all times.

A time when we only see their wonderful traits and do not wish to see anything that will 'burst the bubble'.

This is a time when you are worshipped and you worship the other.



THIS IS A SITUATION THAT IS DIFFICULT TO KEEP GOING FOR THE NEXT 40 OR 50 YEARS.

This has been the reason for the 'engagement' time. A time between falling in love and getting to see other characteristics in our partner. This is also a time when we should be looking at whether we want to spend the next 40 or 50 years with this person, thinking about where you will live, do you want children, will you both work, how will our families get along etc.

So many girls now days spend this time planning a huge (expensive) wedding and The Dress!! This is all part of the fairytale...the day when they will be the centre of attention...the day when not only their future husband will look at them with adoration, but they will be admired by all those guests at the wedding.

Marriage was once necessary for women as they were not allowed to earn their own living and had to depend on a man to take care of them and their children. Without the modern conveniences we have now men needed a woman in their home to take care of them and the family.

The roles were clear cut. Women did not spend months or years planning the most expensive wedding they could think of, or the dress that would allow them to be the most beautiful woman in the world.

They spent the time before marriage learning the skills that they would need to keep their marriage going well for the next 40 or 50 years. Each person knew their 'role' and although this did not necessarily make them happy they worked at their own jobs.

Now it is so easy to let go and finish a marriage when the fantasy has settled into everyday situations.

This has created so many stressed women, men and children. So many unhappy people who have found themselves in a life with someone that they do not really know. Someone who does not understand their deepest values.

Naturally, there are happy marriages with people who are lucky enough to find a partner with the same values as themselves. This is the main thing that must be addressed.

What are your values? Does your partner understand them? Do you understand your partner's values?

Marriage needs to have a firm foundation if it is to succeed. The reasons for marriage are not so important now as men and women can earn their own money and have their own car and homes.

It is still good for children to have a secure environment with male and female energies to guide them.

Now that we are entering the Aquarian age of acceptance, and moving out of the Piscean age of sacrifice we need to look at our old traditions and see if we feel that they are right for the place we are in.

We are creating new traditions with the situations and world attitudes we are living in now.

Thanks to Shirley Darby for allowing us to print her blog.

Shirley has a new book underway, I look forward to reading it. Alva

Workshop on Numerology with Shirley will be held 20th April, 2013

This will cover the Name Date of Birth, Peaks and Cycles (that show when your next energy is available)

Originally a two day course, now condensed to one day, 10am to 5pm Cost \$55

See notice on board to book in, or ring Shirley 402388406

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Treasure the Love you receive above all. It will survive long after your gold and good health have vanished. Og Mandino

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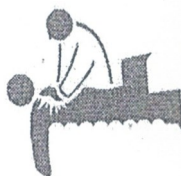
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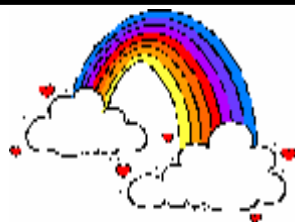
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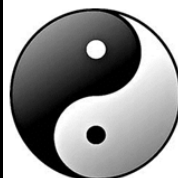


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