

OCTOBER 2012

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**	9TH OCTOBER
WEDNESDAY	11.00am-2.30pm	Yvonne Warren	Meditation/Development
	7.30pm-9pm	Jo Burgess	Meditation/Development
THURSDAY	8.30am-1pm	Entry second side door	Reading
FRIDAY	7.30 pm - 9.00 pm	Carmel Colquhoun and Toni Sarr	Meditation/Development
SUNDAY	3.00 pm & 7.00 pm	Various	Services All welcome
	A.G.M.6th October		

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, after a lot of planning and actual moving of furniture, we have the new carpet! Thanks to those responsible for organising this, and assuring Circles were effected as little as possible. Our Thursday readers were asked to give up their day, but it was business as usual for the rest of us. Well done!

Plans for AGM are all finalised, and it is heartening to see so many members stepping forward to serve on committee, Complete nomination list is on the noticeboard, and I remind you nominations are closed, and no one who attends the AGM can be pushed into taking a position, but it would be great if members would come along on the day, vote, and have a cuppa with the newly elected.

The last two months have seen quite a boost to our membership, and all Circles are reflecting this. Much enthusiasm is evident in the mediumship, healing, and psychometry aspects, and Shirley Darby is once more holding her Colour workshop. Whole worlds are there to open up to more of us. There are no limits, only those we impose on ourselves!

I am sure that the hand of friendship will be extended to those newer members, and we will appreciate the gifts they will bring. Must always grow, if we let things stagnate we are not serving Spirit to our best.

Change is a wonderful thing, in nature nothing stays the same.

To all undergoing health problems, and indeed personal problems that seem insurmountable, please share your concerns to a fellow member, and I ask again that all Circles include the healing list in their healings/meditations

See you in Church,

Carmel Colquhoun

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PROGRAMME FOR OCTOBER 2012

<u>DATE</u>	<u>SPEAKER</u>	<u>CHAIRPERSON</u>
<u>6th October</u>	<u>Annual General Meeting.1pm</u>	
<u>7th October</u>		
3pm	Anona Unicomb	Carmel John
7pm	Monday evening Circle	
<u>14th October</u>		
3pm	Lucy Best	
7pm	Graham Fulton	Charles Freeman
<u>21st October</u>		
3pm	Maya	Anona
7pm	Peter Madden	Marcia
<u>28th October</u>		
3pm	Greg & Ginny	Krystyna Johnson
7pm	Greg & Ginny	Phil Treveillen
<u>4th November</u>		
<u>3pm</u>	Rev. Meg Faber	Avid
<u>7pm</u>	Rev. Meg Faber	Avid

Workshop with Shirley 20th October \$55 10 till 5

Anoa returns, a very popular member & speaker.

Monday evening Circle members will take the platform, and no doubt show us how that Circle has progressed since their last appearance. Lucy Best is a Medium, also adept in astrology and tarot. Welcome back Lucy

Graham Fulton is a trained Medium. I believe this is his first visit with us.

Maya returns by popular demand. A palmist who amazed all on her last visit.

Peter Madden works through John of God, celebrated Brazilian Healer and work with reiki.

Greg and Ginny share their music and a wonderful positive message. At the time I am doing this list, I believe it to be correct, however, any changes will show up on our website or Facebook.

Again I remind you that at times our planned speakers may not be able to attend. Usually when this happens one of our members steps up at short notice, we are all volunteers with love for what we do and believe, and remember, please take time to say "Thank you" to those responsible for the Service you have shared.

This is the story of an Ohio widower who decided to paint his home town, to make it a brighter place.

This story was originally published on CBS Newpage in Facebook. Earlier this summer a man decided to “spruce up his community” Well, the idea has really caught on.

After Jim Cotter lost his wife last year, he set out to paint the town But don’t judge him too harshly, till you have heard the rest of the story. “I miss her” Jim said, “and this just gives me something that keeps me from missing her more.”The town Jim set out to paint is Glouster, Ohio, population 2,000. Once a thriving coal community, It has been peeling, and unappealing for years. “It’s become dilapidated,” Cotter said.

Cotter says he’s always wished someone would fix it up, and so after his wife died, he decided to be that someone.. “I can do something about the town. We’ll paint it.”

He started with a fire hydrant, moved down the road to the guardrail and then hit the home stretch, Cotter painted house after house, business after business, all for free .” It is just amazing what a little bit of paint will do” Cotter said. “It changes peoples hearts.”

It also inspired them to join in. Over the last few month volunteers have been coming out of the woodwork to paint the woodwork and help Cotter reach his goal. “It’s just grown like Topsy,” Cotter said. Not a painter, not a problem. Jim has found a way for pretty much everyone to contribute. And again these are all volunteers, donating their own time and often their own materials to work on buildings not even their own. “We are getting something out of it because it makes us feel better about our town”, one volunteer said. “Just what a community ought to do,” says Cotter.

After the first airing of the story, many people made pilgrimages to Gloucester all wanting to be part of it. Last month 260 showed up on one day. Together they painted 17 houses, helping Jim get to his ultimate goal of painting the whole town, a seemingly impossible task “You have to get off your rear end and get it done,” Cotter said. “Don’t wait on the government. Don’t wait on a grant, and don’t wait on the money. You’ve got to do it. And that’s the key.”

Jim and his volunteers had already painted 20 houses even before the influx of helpers making their community a brighter place to live. The latest boost, as much as anything, has given Jim Cotter a fresh coat of purpose.

When you walk into the newly carpeted church and kitchen, be aware of the time and effort a small number of our members have invested in ensuring that this has happened. After suitable carpet was selected, when it was ready for laying, all furniture had to be emptied out, even every last library book. All this was done with a minimum of disturbance to Circles, a minor miracle in my book. So please bear all this in mind. No doubt not everyone will be happy with the colour or some other thing but I trust everyone will say “well done & thank you’ to those hearty souls who did the job. I certainly do. I was unable to assist, but I certainly do say a heartfelt “Thank you.”

Rang life member Pat Eyre today, (Wednesday) to wish her “Happy 88th Birthday.” Pat must be our longest serving member. A member of Cameron Street Church, Everybody’s Church and here at Swan Street over many years. She and Charles had just opened a bottle of bubbly when I rang, so I am sure they celebrated in good style. They are enjoying their country style life, but keeping as busy as their health allows. Belong to the “Collectors Club” and as all who know them, Pat is a champion collector, and Charles is not bad either.

Shirley Darby will be holding a Healing with Colour day on 20th October from 10am to 5pm. As Colour can be used in so many ways to heal we could have a 3 year course on the subject, but since we only have one day we will just have to pick out some of the special ways our bodies can be healed by Colour. The day will cost \$55. Morning and afternoon tea is provided and you can either bring your own lunch or pop down to Darby St. at lunchtime.

We have a lovely lot of people coming so if you want to join them **please let Shirley know on (02) 40238406** as she needs to know how many notes to get ready for you.

We will be doing Chakra balancing so you will need to bring with you a clear quartz crystal pendulum (with a pointed end) and a packet of coloured pencils for some of the work we will do.

THE MOUTH



The first part of their anatomy that babies get pleasure from is their mouth. Every new object is experienced there.

They may also gain a sense of comfort and security from doing this.

From the moment we are born every time we show distress something is put in our mouth to quiet and comfort us.

We are trained very early not to accept distress and not to distress others with our emotional needs.

When we show early signs of distress we have either a bottle or a breast put in our mouths, then a dummy....anything to keep us from distressing others with our noise.

After that it is food then sweets, sometimes the thumb, and as we grow it is a 'nice' cup of tea, coffee, alcohol, cigarettes, drugs etc.

Whenever we need comfort we put something in our mouths to stop us from expressing what we feel.

This often covers up our real feelings and stops us saying just what it is that upsets us in order to be more acceptable to others. Joining with others, eating lots of food or drinking lots of alcohol or even standing around with friends having a smoke can give a feeling of acceptance and comfort.

However if the emotional stress is too strong we need more and more of this comfort in order to control it or keep it from showing up.

This then creates an addiction to the chosen comfort that is very hard to break unless the problem that created the need in the first place is found, addressed and overcome.

This habit we have of putting things in our mouth to cover up our feelings and needs is often the cause of problems in relationships. Having a cigarette puts a 'smoke screen' over your emotions, drinking too much alcohol allows you to drift away from problems or to become violent, rather than discussing the problem.

Look at what you are putting in your mouth and why you need excess of this comfort. Many needs come from the first five years of a child's life when they are 'programmed' to accept the opinions of others who told them they were 'good', or 'bad' or 'stupid' etc.

It is important to recognise the good qualities that you have and recognise that accepting the negative qualities you have been 'brainwashed' with through life are not necessarily true.

Your real friends will be able to tell you the good thing they see in you. Unless the need for the comfort is addressed it will be very hard to overcome.

A very good hypnotherapist can often help you to see where the problem started, this can help you to address it. Astrology is also a very good tool to show you your past life attitudes and the tools you have this lifetime to grow and evolve. Recognising a need and addressing it is so important. Remember that this is a habit that started when you were a baby and only had feelings to work with, not communication.

As adults we need to recognise our feelings and be confident communicating our needs to others.

Posted 9th September 2012

[Shirleyldarby/blogspot.com.au](http://Shirleyldarby.blogspot.com.au)

Bits and Pieces.

"Imagine... There is a bank that credits your account each morning with \$86,400. It carries over no balance from day to day. Every evening deletes whatever part of the balance you failed to use during the day. What would you do? Draw out ALL OF IT, of course!

Each of us has such a bank. Its name is TIME.

Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, what ever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft.

Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against the "tomorrow."

You must live in the present on today's deposits.

Invest it so as to get from it the utmost in health, happiness, and success!

The clock is running.

Make the most of today." ~Unknown

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"The Optimist's Creed" by Christian D. Larson

| "Your Forces and How to Use Them"

Promise Yourself

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness, and prosperity to every person you meet.

To make all your friends feel that there is something worthwhile in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful expression at all times and give a smile to every living creature you meet.

To give so much time to improving yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

To think well of yourself and to proclaim this fact to the world, not in loud word, but in great deeds.

To live in the faith that the whole world is on your side, so long as you are true to the best that is in you

You will no doubt see big changes when you next come to Swan Street Church. The carpet is finally laid, and quite a bit of the clutter, collected through the years, has been moved on. Planning is underway for the new seating, and by Christmas we should really be looking great. Our AGM is 6th October, and I am happy to report we have quite a number of ..members standing for committee, which is great, it makes the whole thing work much easier and smoother. Do come along, there is no way you can be pushed into taking a .position, nominations have closed. So come along and vote, (all full members can vote,) say thank you to the retiring committee members, then have a cuppa with the new committee members.

SAT NAV POEM

I have a little Sat Nav
It sits there in my car
A Sat Nav is a driver's friend
It tells you where you are
I have a little Sat Nav
I've had it all my life
It's better than the normal ones
My Sat Nav is my wife

It gives me full instructions
Especially how to drive
"It's thirty miles an hour", it says
"You're doing thirty five"
It tells me when to stop and start
And when to use the brake
And tells me that it's never ever
Safe to overtake
It tells me when a light is red
And when it goes to green
It seems to know instinctively
Just when to intervene

It lists the vehicles just in front
And all those to the rear
And taking this into account
It specifies my gear.
I'm sure no other driver
Has so helpful a device
For when we leave and lock the car
It still gives its advice

It fills me up with counselling
Each journey's pretty fraught
So why don't I exchange it
And get a quieter sort?

Ah well, you see, it cleans the house,
Makes sure I'm properly fed,
It washes all my shirts and things
And - keeps me warm in bed!
Despite all these advantages
And my tendency to scoff,
I do wish that once in a while
I could turn the damned thing off.

Friendly regards
Ansel Zwaneveld

Love is like the five loaves and fishes.\nIt doesn't start to multiply until you give
it away.

The Wooden Bowl

I guarantee you will remember the tale of the Wooden Bowl tomorrow, a week from now, a month from now, a year from now. A frail old man went to live with his son, daughter-in-law, and four-year-old grandson.

The old man's hands trembled, his eyesight was blurred, and his step faltered. The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult.. Peas rolled off his spoon onto the floor. When he grasped the glass, milk spilled on the tablecloth.

The son and daughter-in-law became irritated with the mess. 'We must do something about father,' said the son.

'I've had enough of his spilled milk, noisy eating, and food on the floor. 'So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner.

Since Grandfather had broken a dish or two, his food was served in a wooden bowl.

When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone.

Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food.

The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor.

He asked the child sweetly, 'What are you making?'

Just as sweetly, the boy responded,

'Oh, I am making a little bowl for you and Mama to eat your food in when I grow up. '

The four-year-old smiled and went back to work.

The words so struck the parents so that they were speechless.

Then tears started to stream down their cheeks..

Though no word was spoken, both knew what must be done.

That evening the husband took Grandfather's hand and gently led him back to the family table.

For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

On a positive note, I've learned that, no matter what

happens, how bad it seems today, life does go on, and it will be better tomorrow.

I've learned that you can tell a lot about a person by the way he/she handles four things:

a rainy day, the elderly, lost luggage, and tangled Christmas tree lights.

I've learned that making a 'living' is not the same thing as making a 'life.'

from Carmel John & Anona .

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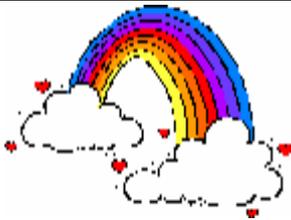


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