

OCTOBER 2016

Newcastle Spiritualist Church Inc



3 Swan Street Cooks Hill
Off Darby Street via Queen Street
All mail to P.O. Box 2251,

Phone 02 4926 3402
Dangar 2309



www.NewcastleSpiritualistChurch.com

Email: admin@newcastlespiritualistchurch.com

Find us on Facebook.....Newcastle Spiritualist Church Inc

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 6pm	11th October In recess 16th Oct/10Dec
WEDNESDAY	11am-2.30pm	Yvonne Warren & Joanne	Meditation/development
THURSDAY	Readings \$25	Entry Side door.	8.30am-1pm
FRIDAY	7.30 pm - 9.00 pm	Jenny Havebond	Meditation/Development
SATURDAY	Coffee Club Bendy Yoga with Jim	2pm-4pm 8.30am	22nd October Each Saturday
SUNDAY	Services 3pm & 7pm	Various Mediums & Speakers	Each Sunday

,Dear Members,

We are really busy at Swan Street this Spring.

Just hosted a fun Art workshop with SueRose, and our second Open Day was a remarkable success. Thanks to all those who gave freely of their time & talent. An amount in excess of \$800 was raised for Kids' Club at John Hunter Hospital.

Our AGM 8th October, is not to be overlooked. This is where the election of new committee for 2017 takes place, and is the responsibility of ALL members. If you are holding nomination forms, please get them to Alva or Marcia as soon as possible, as nominations really have closed. Happy to see new members accepting nomination, it really is rewarding to have a say in the way forward for our Church. Feels great to have input into just what is planned, & happens .

Time to finalise bookings for Paul Jacobs and his team, weekend 15th Oct. Details all listed on board with booking sheet, as shown in previous newsletters

All Circles are thriving, Wednesday healing Circle with Albert now in recess till next year, when the format will change.

Note that our Air-con has not yet been reset for Summer as the weather is so changeable. If you are too hot, turn it off!

Charles Freeman President

*"Sometimes, the only available transportation is a leap of faith"....
cool, don't you think?*

*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 OCTOBER 2016

<u>DATE</u>	<u>SPEAKERS</u>	<u>CHAIR</u>
<u>2nd October</u> 3pm 7pm	David Everitt Charles Freeman	Marcia Parkes Marcia Parkes
<u>8th October</u>	OUR A G M at 1 oclock	
<u>9th October</u> 3pm 7pm	Rose Mayhew Marcia Parkes	Anona Unicomb Charles Freeman
<u>14th October</u>	Paul Jacobs Mediumship demonstration 7pm-10pm \$45	
<u>15th –16 th Oct</u>	Workshop with Paul Jacobs, Biagio and Val. Bookings \$500	
<u>16th October</u> 3pm Service	Paul Jacobs	Rosie Connor
<u>22nd October</u>	Coffee Club 2pm-4pm Discussion group \$6	
<u>23rd October</u> 3pm 7pm	Jenny Cotman TBA	
<u>30th October</u> 3pm 7pm	Susie Price The Ghost Whisperer, recently voted Psychic of the Year.	Jenny Havebond

As you can see, not all dates have final details of Speakers. These dates will be advised on Facebook, when available.

We are very fortunate too, when advertised speakers do not come along, we always have a willing member to take the platform. These "stand in speakers" rarely make a fuss or mention they have had no notice.

As always members are reminded they are welcome to take part in our Services, doing Spiritual reading or helping in some way. Our Church is the responsibility of all members, not just a few, so think about just how you can play your part.

Such an active month, but do come along to our AGM, you can't be pushed into being on Committee, nominations close before meeting.

There is a change in capacity that can be seen in people who have connected up to the Greater Conscious. Their thinking has changed in a way that they more easily accept change. You will see the individual has developed the capacity to handle more tasks than before. Their brain has suddenly shifted into another gear. So if you want more capacity you may want to consider this option.

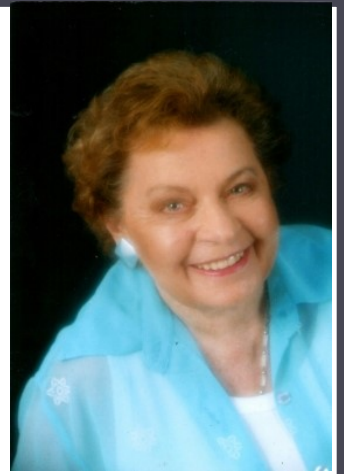
Ivo van Emmerik

THE THROAT CHAKRA

Each one of us comes into the world with our own character and the need to express that character.

The Chakra in the body that expresses that need is the Throat Chakra that is situated at the base of the throat. It glows a Blue colour. This Chakra governs the area of the body from the top of the mouth, the neck, the shoulders and the arms.

When we wish to express ourself we use one of these areas and sometimes all of them at once. Depending on how aggressively we wish to get our opinion across.



Firstly, we can talk about our concern. (The mouth then can be used for smiling) Then we may talk more strongly (the mouth can be used for growling or yelling) By this time the jaw is tight, the neck is tight and the shoulders are becoming tight. The arms can be moving or outstretched and the fingers clutched tight.

If you observe anyone (especially a child) trying to get someone to take notice of their opinions or needs you will see all of these aspects of the throat Chakra in action.

Usually the first thing a massage person will comment on are tight shoulders.

When we are happy and being accepted for ourself the mouth can soften the arms, hands and shoulders can relax.

The next Chakra in the body is the Third Eye, situated on the forehead between the eyebrows.

This is a very deep blue with a touch of purple and is called Indigo. Meditating on this Chakra can help you relax the Throat Chakra and help you to look into and accept your own opinions and direction. This helps you to accept your own opinions and character. It can give you the serenity you need to keep the Throat Chakra relaxed and the mouth shoulders and arms also relaxed.

In Colour Psychology (Clothing, furnishings etc.) Blue is considered to be the colour of choice that represents a person who wants to help others. You can be more helpful to others if you can have a relaxed Throat Chakra and can approach situations in a gentle kindly manner, instead of trying to push your opinions on them. That energy is more represented by the Red Root chakra (that is connected with the need to 'fit in' with the world you live in).....family, friends, religion, attitudes etc.

So...If you are working on expressing your OWN needs and attitude, work on your Throat Chakra.

Meditate on the Indigo Third Eye Chakra, wear a Blue scarf, have Blue colours around you, (cushions, pictures, ornaments, flowers etc.) Wear (or carry) a Blue crystal. Rub a Blue, Aura Soma oil on your throat. Put a Blue silk scarf over a lamp and sit in that energy.

REMEMBER THAT YOU ARE TOTALLY UNIQUE....THERE IS NOT ANOTHER PERSON IN THE WORLD WHO IS EXACTLY LIKE YOU. YOU HAVE YOUR OWN ASTROLOGY PLACEMENTS, YOUR OWN ATTITUDES, YOUR OWN EXPERIENCES.

THEREFORE YOU HAVE THE RIGHT TO EXPRESS YOUR OWN IDEAS AND ALSO THE OBLIGATION TO RESPECT THE RIGHTS OF OTHERS TO HAVE THEIR OWN IDEAS.

Thank you Shirley for your monthly contribution.
Shirleyldarby.blogspot.com

BITS AND PIECES

Coffee Club Report September 2016

A much smaller group than normal but very satisfying. Two new visitors we welcome them very much. Several of our regulars unable to attend and sent their apologies. We have had a very successful year and would like to take this moment to send one of our regulars Assunta much healing and love from all members of the coffee club group. We miss your happy face, your thoughts and of course your wonderful food contribution. We know you will be back with us before too long. Our talk on inspirational contribution to our spiritual growth brought us into a round the table discussion. It was more interactive than some of our previous talks and amazingly we actually went further than anticipated. Well done.

I extend my apologies now as I will be away for the next meeting but I have added a lot of thought processes to be discussed at our next meeting which will be the last of our discussions for the year. November will be the Coffee Club Group Christmas party, venue at Fern Bay and it will be a musical event so you all have time to think about what type of music we will end our year on. All types of music welcome. Laurie has already offered to drum so dust off your instruments, voices, dance shoes, whatever..

Our next meeting has been put forward a week to Saturday 22nd October due to Paul Jacobs at 2pm. Our next topic

Past lives and Reincarnation: You all thought you would have an easy afternoon but no way. I have left you a lot of points that each one of you can possibly relate to and discuss. Also please note some of the point items we have discussed throughout the year.

Can we remember past lives What is the point of knowing our past lives?

Secrecy over past lives Past life obsession

Your next life

"I am certain that I have been here as I am now a thousand times before, and I hope to return a thousand times". – Goethe

- Your intuition is strong and incredibly useful.
- Some of your memories seem like they're out of place or don't fit.
- You routinely experience déjà vu.
- You're strongly empathic.
- You often experience precognition.
- You also experience retrocognition.
- You're "wise beyond your years." - children, family members and friends.
- You have an exceptional draw toward certain times periods and cultures.
- You carry with you fears that you can't explain.
- You don't feel at home.

You made no strong connection with your parents.

God bless and thank you.

love Krys

Well Krys, you certainly left us plenty to discuss!! We will no doubt do our best.

It seems a long time ago since the Tocal retreat, but feel we should mention it.

What an ideal place, it was perfect. Not sure about numbers, believe it was 22, but can guarantee each and every one really enjoy this escape from every day. Met a number of members new to me, learned a lot from the discussions and the various card packs that seem to erupt from everyone's bags. The warm friendship was heart warming, the food supplied by the College was great, as were the slices etc. Who knew Jenny Havebond was such a great cook? It was decided we should have a recipe a month printed on the back page of newsletter. Check it out each month.

Senta has some great photos she will share, and was moved to write the following poem.

What a fantastic weekend
to remember
Through words spoken
in love and
Your truth light!
Let this love and light shine
into every corner of the universe
to bring peace and healing
to all humankind.

Senta

Since our last newsletter, so much has happened, and no doubt I have overlooked at least a couple of items. Thanks again to those sending items for inclusion, sometimes I lose them, but they will turn up eventually.

Assunta is in hospital for 6 weeks following Stem Cell treatment, no doubt much healing is on its way to her. Rosie is on countdown with her second baby, slow down Rosie, and Charles' sister has recently passed.

How fortunate we all are to have found the knowledge that Spirit is always with us, and there to tap into for that extra boost. To those not well, or experiencing problems, talk to someone about it, like laughter, problems are meant to be shared.

See you all at the AGM

Alva

John Cali

As far as I know, we're all going to die some day. Some sooner, some later.

A couple weeks ago, a 9-year-old boy was accidentally shot and killed in Montana, not far from where I live. To all appearances, it was certainly a tragically sad and premature death.

On the other end of the spectrum, Mbah Gotho from Indonesia, is supposedly the oldest person on the planet. He has official documents showing he was born in 1870. That makes him 145 years old. He was recently quoted as saying "What I want is to die."

Larry Ellison and other wealthy entrepreneurs like him are donating millions of dollars to research on solving the "problem" of death. Among other things, they're focused on delaying aging, extending the "normal" human lifespan, and even achieving immortality. Other wealthy folks, like Bill and Melinda Gates, are more focused on improving the quality of life, not extending it forever. Bill once said of the billionaires concentrating on anti-aging and immortality, "It seems pretty egocentric while we still have malaria and TB for rich people to fund things so they can live longer."

As you might imagine, there are some pretty passionate folks, wealthy or not, on both sides of the issue. Who's right? Who's wrong? Perhaps neither.

Here are some thoughts from Spirit.

Death is an illusion. It is not real. Only life is real. You are all immortal, eternal.

None of you—not one—came into any of your physical incarnations intending to stay physical forever. That is neither possible nor desirable.

You came here to play, first of all. Those of you reading this—at least many of you—know that. You came to have fun, to be happy, to live joyfully.

Secondly, you came as a "lightworker," to use a term many of you prefer. What is a lightworker? Obviously, one who brings light. But, more than that, you came at this particular time in human history on your planet to help the "younger" souls among you.

These souls are not, if you will, as evolved as you are.

But at this time in the evolution of you all, it is critical that all of you return to the full awareness of who you are.

Which is God. You and God are one. God is immortal. So too are you.

You, the lightworkers, are here primarily to be of service to those souls still struggling to understand what life—human existence—and death—are all about.

Again, none of you came into the physical to stay in the physical forever. Your bodies are illusions anyway. They appear to be real. They appear to have form. But that form must ultimately dissolve and disappear.

When that happens, what do you think remains?

You remain. Forever.

You cannot die. To defy death is to defy illusion. There is no death. There is only life.

Take comfort in knowing that. When you do, the peace you've been seeking all your life will return. You will know a deep, indescribable joy. You will know the peace that surpasses all understanding.

Go in peace. Be at peace. Be peace. www.GreatWestern.org.

Basic Tarot Course



Every Saturday
22. October 2016 – 26. November 2016
Start: 11 am – 1 pm
Where: Newcastle Spiritualist Church
3 Swan Street
Cooks Hill
Payment in full by the 22. October 2016
\$150 including all paperwork
Senta

Mobile: 0404277928

A Nobel Prize winning mathematician is traveling from university to university on a speaking tour by limousine. After several engagements the mathematician and his driver are having dinner and the driver says, "I've heard your speech so many times I think I could give it word-for-word."

The mathematician accepts the challenge and they switch places for the next speech; the driver dresses like the professor and the professor dresses as the driver and sits in the back of the auditorium.

The driver gives the speech flawlessly and opens up the floor for question, usually there are none.

But one of the students at the university has a very large ego and decides to attempt to stump the Nobel Prize winner. After the student asks his question for ten straight minutes the driver laughs and says, "That question is so simple I'll let my driver in the back answer it."

Recently a routine police patrol parked outside a pub called the Roo Stop in a small country town outside of Alice Springs. After last call the officer noticed a man leaving the bar so intoxicated that he could barely walk. The man stumbled around the parking lot for a few minutes, with the officer quietly observing.

After what seemed an eternity in which he tried his keys on five different vehicles, the man managed to find his truck and trailer and fall into it. He sat there for a few minutes as some other patrons left the bar and drove off. Finally, he got into the car and started the engine, switched the wipers on and off....it was a fine, dry summer night, flicked the blinkers on and off a couple of times, honked the horn and then switched on the lights. He moved the vehicle forward a few inches, reversed a little and then remained still for a few more minutes as some more of the other patrons' vehicles left

Finally, when his was the only car left in the parking lot, he pulled out and drove slowly down the road. The police officer, having waited all this time patiently, now started up his patrol car, put on the flashing lights, promptly pulled the man over and administered a breathalyser test. To his amazement, the breathalyser indicated no evidence that the man had consumed any alcohol at all! Dumbfounded, the officer said, "I'll have to ask you to accompany me to the police station. This breathalyser equipment must be broken."

"I doubt it, mate", said the truly proud farmer. "Tonight I'm the designated decoy."

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.

JENNIFER COTMAN

Psychic Medium

*Communicating with loved Ones
& Reiki*

Evening appointments Available

Ph. 4982 2870
Mob. 0427605 630
Email jcotman@bigpond.com

Celebrate the Day!

Lozzie Macey – Registered Marriage
Celebrant

Can help you create the perfect occasion:
Name Givings ♦ Weddings ♦ Commitment Ceremonies

(m) 0416 622 994

Readings & Healings

Olive Vamont

Psychic Healer

0404003197
www.qiessential.com.au

Nature's Flowers of Life™

Flower Essence Remedies
and **Sound Therapy Healing**

SOLARA ZWANEVELD

Healing for Body, Mind, Spirit and Soul
Transforming and Balancing your Daily
Challenges

Renewing your Passion & Life Purpose

Phone: 40211696 or 0425 217 570

www.FlowersForHealing.com

flowers4healing@internode.on.net



**Tarot Card
Readings & Teaching**

**Reiki Healing
Senta**



**Mobile: 0404277928
s.guidinglight@gmail.com**

Cracker Candy Recipe:

Jenny Havebond Here's what you need:

- 1 tube of Saltine or Premium crackers
- 1 cup of butter - 220grams (either salted or unsalted) do not use Margarine
- 1 cup + 2 Tbsps. firmly packed Brown sugar
- 1 bag dark chocolate chips (make sure they are the small chips & not the buttons as the buttons don't melt properly, they are too thick)
- ½ to ¾ cup of toasted Pecan or toasted Almonds

Instructions:

Preheat oven to 350 degrees. Line cookie sheet with foil & spray with non stick cooking spray (Make sure the tray has sides as the Caramel bubbles when cooking & drips onto the bottom of ovens & burns. I use a large baking dish.) Line crackers end to end on sheet, breaking the crackers to fit if necessary. In a saucepan, melt butter on low heat. Once melted, add brown sugar & turn heat to medium. Continue stirring until boiling – then boil for 3 minutes (set timer). Pour over crackers, spread evenly working quickly. Put sheet into oven – bake for 5 minutes. Remove – pour chocolate chips over top – place a sheet of foil over the pan & let melt for 3 minutes. Spread chocolate over top evenly. Add nuts to top – replace foil & refrigerate until set. This can be frozen.

WONDERFUL RECIPE FROM JENNY (AS AT RETREAT)

**LIFE HAS NO
REMOTE. GET UP
AND CHANGE IT
YOURSELF!**