

SEPTEMBER 2014

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	**7pm**	9th September 2014
WEDNESDAY	11.00am-2.30pm	Yvonne Warren & Joanne	Meditation/Development
	7.30pm-9pm	Jo Burgess	Meditation/Development
THURSDAY	Readings \$25	8.30am-1pm	Entry by side door
FRIDAY	7.30 pm - 9.00 pm	Jenny Havebond	Meditation/Development
SUNDAY	3.00 pm & 7.00 pm	Various	Services. All welcome
SATURDAY 20th Sept.	COFFEE CLUB 2-4.30pm	ALL WELCOME	\$6 FOR REFRESHMENTS

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,

Throw open the doors and welcome Spring., bringing with it new ideas, new friends and a fresh outlook.

Sadly, since my last letter another of our Life Members, Pat Eyre, has passed over. A number travelled to her Service outside of Taree, meeting Charles & Pat's daughters, and sharing in the very full life Pat had lived. I think we all learned of at least one more facet of that life.

Pat was the daughter of a Medium, and indeed spent her whole life as a Spiritualist, one who always contribute d to our Church, even after her move to Bulahdelah. She played a large role within this Church, and left quite a legacy.

Our time on this planet is tenuous, live each day as your last. With all this wet weather, a reminder, please wipe your feet when entering, once mud is walked in it is almost impossible to completely clean.

Each month Jo organises a wonderful variety of Speakers and I ask that all our speakers be treated with respect. This includes putting our phones away, not scrolling through items when address is delivered.

All our speakers give freely of their time, none are paid, and I ask that they are given a fair hearing.. When readings are being given, please don't start chatting when you have received yours. Allow those who come later to hear their message.. Small courtesies like this allow for enjoyment of all.

Our AGM is in October, and it would be wonderful to have more nominations rolling in, all positions are to be declared vacant. If you think you can do better, why not nominate. Don't just say the same people will be elected, join committee and contribute.

Charles Freeman

Vice President

.....
Annual subscription of \$10 is now due. \$5 for those with concession card.

Place your money in envelope, with ALL your details listed on front, and hand it to Circle leader, or place in safe. Please pay dues as soon as possible, it makes everything smoother as we plan the AGM. Membership entitles you to newsletters each month and membership of Library.

PROGRAMME FOR SEPTEMBER 2014

<u>DATE</u>	<u>SPEAKERS</u>	<u>CHAIRPERSON</u>
<u>7th September</u> 3pm 7 pm	Rosie Connor Chinta	Jenny Havebond Assunta
<u>14th September</u> 3pm 7pm	Michael Wheeler Lila Robins	Jo Burgess Maree Miller
<u>Sat. 20th</u>	Coffee Club 2pm-4.30pm Refreshments incl. \$6 All welcome. Video & discussion on Scole Group	
<u>21st Sep</u> 3pm 7pm	Susan Glyn Phil Trevillian	Anona Unicomb Yvonne Gibson
<u>27th Sept</u>	Shirley Darby Workshop 10am-5pm "Language of Body" \$60	
<u>28th Sept.</u> 3pm 7pm	Rose Mayhew Paul White	Carmel John Charles Freeman
<u>5th October</u> 3pm 7pm	Dave Everett Marcia Parkes	Jenny Havebond Yvonne Gibson

Very interesting lineup this month. As well as regular speakers, we have a number of experienced Mediums visiting. Our Rosie, who leads a number of classes in mediumship here in our Church. Michael Wheeler providing proof of survival and Rose Mayhew, long time Church member, and Paul White medium from Central coast on his second visit. Lila (Leeya) first time on platform Recently moved here from Melbourne. Works with crystals and singing bowls. Advised we can sit or lie down (bring rug and pillow if you wish to lie down.

Cinta & Dave Everitt are always welcomed as is Phil, long time member.

Coffee Club this month discussion on Scole Group. If you have no knowledge of this, you will be amazed at what was established by this group Lots of information available on this subject, so do come along.

Shirley Darby is holding a workshop "Language of Body" see notice on board for further details Cost \$60 10-5 Saturday 27th September.

Bits & Pieces

This newsletter is slightly later than usual, I will spare you the detail. Thanks to those members and friends who have contributed articles. It makes it a lot more interesting, why not contribute an item?

Lots happening each week, although the cold weather has caused quite a drop in attendances. Perhaps Spring will encourage more to attend. Although if today 3rd September is any indication we better not pack away our warm clothes! An increasing number of our speakers are psychics or mediums. Reminder to show all speakers, whether you like them, or agree with them, please show them courtesy., and turn off all phones before Service starts. No speakers are paid, they come in a voluntary capacity. Take a minute to let them know you appreciate their address.

With the loss of two Life Members recently. it is a time too, for reflection on just how much we owe all the early members of our Church, who procured and paid for our building, kept it viable, and maintained a strong core of belief in Spiritualism. Not an easy subject to categorise, How long since you reread our Principles.? Really read them !. We are only as strong as our members make us, They must care and contribute. The AGM is coming up in October, and I urge you to come along. Perhaps you will accept nomination for a position. This must be before AGM. No one can be pushed or talked into standing for committee.at the AGM.

I owe our member and advertiser, David Sumner an apology. Last newsletter, I had problem with altering his ad on back page, and I printed it wrongly. However I did apologise, and I think I got it right this time. Should you wish to advertise on our back page, ring me at 49845514 or email alvad@bigpond.com.au.

A woman is cooking eggs in the kitchen when her husband comes running in. Immediately, he sees the eggs and gasps in horror.

“Be careful! CAREFUL! Put in some more butter! Oh, my GOSH!”

The wife, startled at her husband’s violent reaction, dashes to the fridge to get some butter.

“You’re cooking too many at once. TOO MANY! Turn them! TURN THEM NOW!”

The wife, concerned by the status of her husband’s mental state, forgets about the butter and goes running to the eggs.

“WE NEED BUTTER! Are you CRAZY??? Where are we going to get the butter? They’re going to stick! HURRY!”

The wife runs to the frig

“CAREFUL about the eggs! CAREFUL. You NEVER listen to me when you’re cooking! Never! Turn them quickly! Oh not that quickly, don’t you know how to cook? Are you insane? Turn the EGGS!”

At this point, the wife stops cooking since she has no idea what to do.

She shouts, “What is WRONG with you? I know how to cook eggs”!

The husband simply smiles and replies, “I just wanted to show you what it feels like while I’m driving with you in the car,” and leaves.

A lady went to a psychiatrist complaining of a terrible phobia. “Every time I lay down on my bed I get this terrible fear that there is something underneath”

“Wow” responded the psychiatrist “I’ve never heard of such a phobia, but like all phobias it can be treated, but it will likely take around 20 sessions”.

“O.K.”, responded the lady “how much is each session?” “Oh it’s just \$80 a session, but trust me it’s well worth it”.

When the lady didn’t come back to the psychiatrist he gave the lady a call. “How come I didn’t hear from you?, he asked.

“Well”, responded the lady “when I came home and told my husband about the cost he thought he would save some money, he just cut the legs off the bed!”

Well, that’s all I can think of, hope I haven’t left out any important news. Remember our members who are not well, or suffering disappointment. Include them in your meditation, it makes a lot of difference wo know others care.

Just had a final thought, a woman has been calling at Church, asking for food and other help. This lady is a “scammer” and it is best to say we cannot help. She regularly calls and speaks to different Circle, and does the rounds of Churches and charities. Give your help to genuine people in need.

Report on Coffee Club.

Only a small number attended this very interesting session. Synchronicity was the topic for this month and I must admit I had to do some research as I wasn't up to date with this topic which was to be discussed. Well, it was most interesting and I am sure the four of us all learnt something new from this subject. In fact, we discovered we use it almost everyday in our lives but do not realise it. It is the synchronising of many things and once the synchronising of numbers was mentioned and Mark added his interpretation, it was like a penny dropped and we all seemed to talk at once realising we knew more than we first started out with. This was when we realised how often we synchronise our lives. For further explanation on Synchronicity you can read it on 'The Age of Aquarius' or 'Wikipedia' website. We always appreciate the company that joins us and refreshment that the Church provides us and we seem to always run out of time whether big or small.

Next month (3rd Saturday of September) will be another interesting afternoon as we will be watching a dvd (kindly offered by Marcia) on the **SCOLE EXPERIMENT** with a discussion after the dvd, if time permits or carry on to the next month. I am sure it will be a subject of interest to many and there will be plenty of refreshments to see you through the afternoon. It may be that it will extend a little longer than our normal 4pm finish.

'The Scole Experiment chronicles the extraordinary results of a five-year investigation into life after death. At the beginning of 1993 four psychic researchers embarked on a series of experiments in the Norfolk village of Scole. The subsequent events were so astounding that senior members of the prestigious Society for Psychical Research asked to observe, test and record what took place.

The investigators... encountered evidence favouring the hypothesis of intelligent forces...able to influence material objects, and to convey associated meaningful messages, both visual and aural.'

Love and guidance

Krys

Three sons left home, went out on their own and prospered. Getting back together, they discussed the gifts they were able to give their elderly mother.

The first said, "I built a big house for our mother"

The second said, "I sent her a BMW with a driver."

The third smiled and said, "I've got you, both beat. You know how Mom enjoys the Bible, and you know she can't see very well. I sent her a parrot that can recite the entire Bible. It took 20 monks in an Irish monastery 12 years to teach him. I had to pledge to contribute \$100,000.00 a year for 10 years, but it was worth it. Mom just has to name the chapter and verse, and the parrot will recite it." Soon thereafter, Mom sent out her letters of thanks: " "Seamus," she wrote the first son, "the house you built is so huge. I live in only one room, but I have to clean the whole house." "Sean," she wrote to another, "I am too old to travel. I stay home all the time, so I never use the BMW. And the driver is so rude!"

"Dearest Donal," she wrote to her third son, "You were the only son to have the good sense to know what your mother likes. That chicken was delicious." oooooops

Hi Alva,

I've written a small article which you might find appropriate to place in the church newsletter at some stage. I am booked in for a talk in November at the church and thought I'd present sound therapy healing this time instead of just flower essences as I'm being urged to present this more these days.

Healing with Sound

Sound Therapy Healing is a therapy for transformation assisting you to find renewed passion and life purpose.

Toning is an advanced healing tool for Humanity. Toning helps clear blocks to our true nature. As experiences come, challenging our acceptance of light, toning can bring us the peace and connection we need to maintain our balance and awareness of love at all times. Thus toning serves to unearth and clear outdated beliefs within us. It allows us to let go of these beliefs without fear whilst simultaneously activating and stabilizing.

Emotions also have vibrations that can be variations of happiness, sadness, elation, depression, fear, anxiety, anger – and the most important is the vibration of love. These emotions vibrate at a rate according to the level of energy and intent behind the emotions and the impact they present relates to this.

By toning the vibrations of vocal harmonics into the body and aura we are able to bring the body back to resonate at its normal frequency on a cellular level so that healing can take place. Every organ, bone, and tissue of the human body has a healthy resonant frequency. By projecting the resonant frequencies into a parts of the body that are vibrating out of harmony, we can return it to its normal frequency, allowing healing to occur.

Our bodies and cells are like machines going through the process of digestion. Your cells produce sounds as they vibrate with their activities, and even your own thinking makes sounds that the cells interpret and digest.

You are made up of trillions and trillions of life and energy giving cells. Your cells have their own wisdom separate from your conscious mind and they are programmed to do whatever you ask of them, creating patterns of behaviour throughout your life.

As well as all of life having sound vibrations, it has been scientifically proven that sound is converted to colour in different wave lengths of frequencies, thus creating musical spectrums. Some people have the ability to see these colours in auras and energies and others have the ability to hear the colour vibrations "sing" their shapes, designs and forms. Flowers can inspire and tell a "tale" of beauty and knowledge, attracting the buzzing of bees and colourful butterflies, which also add to their sound and beauty.

Solara is a spiritual healer who intuitively works with vibrational healing energies including Flower Essences. She is a channel for bringing through toning and singing sounds from the Highest dimensions of Love. These vibrational tones are both healing and empowering being uniquely designed for your spiritual, emotional and physical expansion according to your Soul's purpose. They have the potential to clear the way for you to create something new in your life that will give you pleasure and connect with your life purpose.

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Blessings *Solara*

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Jo Burgess has sent us the following message.....Food for thought.

Health Warning! Do not shampoo in the shower!!!

It is so good to get a health warning that is useful!!!

It involves the shampoo when it runs down your body when you shower with it. Warning to us all!! Don't know why I didn't figure this out sooner !When I wash my hair, the shampoo runs down my whole body, and printed very clearly on shampoo label this warning: '**FOR EXTRA BODY & VOLUME.**' No wonder I have been gaining weight!

Well I got rid of that shampoo and I am going to start showering with Dawn Dishwashing Liquid. It's label reads "**dissolves fat that is otherwise difficult to remove**"

Problem solved! If I don't answer the phone, I'll be in the shower!

HOPE YOU GOT A GIGGLE OUT OF THAT.

COPING WITH STRESS



Anytime the word stress is mentioned on TV the comment is always "Well, everybody gets stressed" No they don't. My grandmother had double the amount of stress because my grandfather refused to get stressed about anything!.

I see stress as a situation that you feel you cannot do anything about, or cannot handle. Things that you CAN do something about are not nearly as stressful.

My son used to always say to me "Mum when you worry nothing happens, but when you are concerned about it things seem to sort themselves out" Concerned is a word that carries the feeling of working out what to do in the situation. Worry of course does not do anything but give you a headache and, depending on which Chakra you are sending out your worries through, you will probably develop an ailment of some sort in that area.

When you worry about things connected with using your will power or having someone putting their will power on you, then you will be sending out negative energies through your Solar Plexus area. This will affect your stomach, digestive system, liver, and all the organs in that area. Any time you get a rash from 'stress' your will power will be involved.

When you worry about your relationships you will be sending out negative energies through your Sacral Chakra and will develop problems in your sexual organs, tummy troubles, period pains, and can even end up with a hysterectomy if you stress enough.

I am no stranger to stress, 24 years in a difficult marriage, four children, no money, no family nearby, no car, no phone etc. Over the years I have had stress over the children's problems and of course financial worries.

One of the things that helped me when I was working for a very demanding boss (who would expect me to be able to things I had never heard of) was to keep a book and pen by my bedside. Usually I would wake up about four in the morning with the solution in my head. I would write it down and go happily back to sleep. I did not know then that I have this great group of guides giving me guidance, but I was very grateful for the information.

Another trick I learned was to visualize myself outside my body and look at myself as a stranger. I would say "what can I do to help this nice lady?" The answer would come as I had detached myself from the problem.

Because I worked all week at David Jones in the furniture department I taught myself to live in 'sections' While I was at home I was mother to my husband and four children. When I left for work each day I closed the door and became the sales person. When I left for the day and went home I closed the door on the sales lady and became mother again. My husband was in the Masonic Lodge in a high position so we had to go to many balls of an evening. Again, I closed the door on the home and mingled with my husbands friends for the night.

I had learned to live in the moment. There was nothing I could do about problems at work or sorting out the children's problems when I was not there. When I returned to those places I worked at fixing any problems that had arisen. We are taught that worrying about things that we cannot solve indicates that we are a caring person. All it does is interfere with the current situation that you are involved with.

BUT...the most important thing I have found to counteract stress is my Spiritual life. I am involved with lovely people who are kind and supportive. I know I am surrounded by guides and Angels who are taking care of me. I know that even if something happens that seems bad there is a reason for it and I will learn something from it. As well as the fact that there are always good events connected to it either for myself or for my family and friends.

We need to always realize that WE choose this life, these parents and these lessons. I strongly believe that each life is to help us grow by giving us several lessons to learn. Once we see life as learning lessons it is so much easier.

My love of Astrology and Numerology is another wonderful support as I see the Planets moving and giving me so many opportunities to grow as the person I came here to be. Astrology is all about realizing that WE are all individuals and have our own path to follow. We cannot be like others or walk their path. We can only learn our own lessons and realize that all the other people in our lives are learning theirs. We can only send them love and support and accept the love and support from them.

This type of lifestyle is a great help in keeping stress out of our lives and allowing our bodies to be healthy and happy.

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

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.

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JO BURGESS

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What if today, we were just grateful for everything?

