



# NOVEMBER 2019

## NEWCASTLE SPIRITUALIST CHURCH INC

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

DAY	TIME	FACILITATOR	DESCRIPTION
<b>MONDAY</b>	7.30 pm-9.00 pm	Marcia Parkes	Meditation/ Development
<b>TUESDAY</b>	10.30 am—Noon	Carmel & Bill John	Meditation/ Healing
	Committee Meeting	7pm	12th November
<b>WEDNESDAY</b>	10.30am —12.30pm	Joanne & Yvonne Warren	Meditation/ Development
<b>FRIDAY</b>	7.30 pm - 9.00 pm	Jenny Havebond	Meditation/ Development
<b>SATURDAY</b>	Practice Day For Healers	2nd Saturday Of month 8.30am—1.00pm	9th November
	=====	=====	=====
	Spiritual Readings	4th Saturday of Each Month 8.30am-1.00pm	23rd November 2019
	Final Reading Day	For 2019 restart	February 2020
<b>SUNDAY</b>	3.00pm	Various Mediums & Speakers	Each Sunday

*Hi Members & Friends*

*Even though we are heading towards the end of this year our new years begins with a new committee line up after our Annual General Meeting.*

*Welcoming new Committee persons Lesli Yule, Kym Powell, Neil Thrift and Our New Librarian, Sue Linsell. My thanks to members who have resigned their position last year, Janelle Anderson & Joelle Price and for all the efforts given in their roles, as always much appreciated.*

*As we look forward into our new year I feel optimistic about our beautiful little church and the work we all do. In some churches they talk about conversion. They mean by that that you accept some formal declaration, that you say you believe in a certain doctrine - and now you are converted. But once the knowledge of spiritual truth has succeeded in finding a lodgement within your being you become transformed.*

*You look at life through new eyes, with a new confidence, a new understanding, for its purpose begins to take shape and you realise something of the plan which the Great Spirit has for all His Children and in our way with the work we do we assist spirit in bringing it to fruition.*

*This truth touches every phase of life, for life is spirit and spirit is life and once awakened, once the consciousness has dawned, then you know who you are, what you are, why your are and you should spend the rest of your life in helping to equip yourself by service for a richer and greater life that is your inevitable destiny.*

*Charles Freeman -President*

*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 on earth.*
- 7. A path of Eternal Progress open to every human soul who wills to tread it by the path of eternal good.*

## PROGRAMME FOR NOVEMBER 2019

<u>Date</u>	<u>Speakers</u>	<u>Chairperson</u>
<u>3rd November</u>		
3pm	<b>Suzie The Ghost Whisper</b>	<b>Marcia Parkes</b>
<u>10th November</u>		
3pm	<b>Rose Mayhew</b>	<b>Anona Unicom</b>
<u>17th November</u>		
3pm	<b>Nicole Taylor</b>	<b>Jenny Havebond</b>
<u>24th November</u>		
3pm	<b>Cecile Trapman</b>	<b>Charles Freeman</b>



We have a great line up of guest speakers for our Sunday Services. Thank you to Rosie Kennedy for helping organise our calendar and all of the facilitators. Much appreciated.

Our services are held in a energy of love & respect not only for the members of our congregation but also for all our loved ones in spirit. We do sing a few songs and in doing so lifts the vibration to make connecting to our loved ones much easier. The Healing Time is a great way to sample just a little of the beautiful power of spirit.

A big **Thank You** to One and All who help put chairs away after the Groups, Services etc., and also put them out for our services. Our Church could not function properly without your assistance. God Bless each and everyone of you.



A few of our Members are starting to find out about the extensive range of books we have available in our library and are taking advantage of these educational tools. To borrow from our library you must be a member of our church once you have joined you may borrow a book and have it for 1 month. Just ask your facilitator of meditation group/committee member/ chairperson on platform for further details.

### **PRACTICE DAY - HEALING**



**Saturday—9th November 8.30am—12.30pm**

This is an opportunity for our members to practice their healing skills and for their family/friends to come along to experience mini spiritual reading.  
A donation of \$5.00 includes morning tea/coffee.

### **HEALING MEDITATION WITH CRYSTAL BOWLS**



**WITH PENNY-MAREE from REIKI SANCTUARY**

**Saturday– 9th October 1.00pm -2.00pm**

**Penny will commence at 1.15pm running a sound Meditation/ Workshop using quartz crystal bowls and focusing ' on the 7 chakras**

**Contribution \$10, to pay at the door.**

### **SPIRITUAL READING DAY**

**SATURDAY 23rd November 2019 (Final Day for Year)**

**No Bookings are taken for this day it is serve as you come  
There is also no set time for the readings (as spirit don't wear watches)**

**But please take into consideration that there may be a few people waiting if you decide to come in a little later in the morning and if there are too many people you may miss out so please come along a little earlier as not to miss out because our readers finish at 1.00pm. Donation \$25.00**

**Please use last door up driveway to enter**

**Cost is \$25.00**





**CHRIS DREW CSNU with AT ONE EVENTS**

**will be presenting a 3 DAY WORKSHOP on  
MEDIUMSHIP DEVELOPMENT**

**at**

**NEWCASTLE SPIRITUALIST CHURCH**

**15th-17th October 2020**

**For Further Details and registration –Visit [www.atoneevents.com](http://www.atoneevents.com)**

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**Attention Members & Friends.**

**Our last Reading Day for the year is Saturday 23rd November.  
Recommencing 29th February 2020**

**Timetable for Closures and Re-opening of Groups**

	<b>Closure</b>	<b>Re-Open</b>
<b>MONDAY 7.30 Group -</b>	<b>16th December 2019 -</b>	<b>13th January 2020</b>
<b>TUESDAY 10.30 Group—</b>	<b>10th December 2019 -</b>	<b>14th January 2020</b>
<b>WEDNSDAY 10.30 Group</b>	<b>11th December 2019 -</b>	<b>15th January 2020</b>
<b>FRIDAY 7.30 Group -</b>	<b>13th December 2019 -</b>	<b>17th January 2020</b>

**Our Last Sunday Service will be 15th December, followed by Xmas  
Party.**

**In New Year our first Sunday Service will be 12th January 2020**

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**A Workshop in Family Research  
Saturday 30th November 2019  
1.00pm—3.00pm**

**This is a fun afternoon to show you how to research your  
family tree without joining expensive organisations.**

**Facilitated by Marcia Parkes  
A donation at the door - \$5.00**

**If you are interested please place your name on sheet in kitchen.**



*On the first day, God created the dog and said, sit all day by the door of your house and bark at anyone who comes in or walks past. For this I will give you a life span of twenty years. The dog said, "That's a long time to be barking. How about only ten years and I'll give you back the other ten?" And God said that it was good.*

*On the second day, god created the monkey and said, "Entertain people, do tricks, and make them laugh.. For this, I'll give you a twenty-year life span." The monkey said, : Monkey tricks for twenty years? That's a pretty long time to perform. How about I give you back ten like the dog did?" And God again said that it was good.*



*On the third day, God created the cow and said, "You must go into the field with the farmer all day long and suffer under the sun , have calves and give milk to support the farmer's family. For this, I will give you a life span of sixty years." The said, "That's kind of a tough life you want me to live for sixty years. How about twenty and I'll give back the other forty?" And God agreed it was good.*

*On the fourth day, God created humans and said "Eat, sleep, play, marry and enjoy your life. For this, I'll give you twenty years." But the human said, "only twenty years? Could you possibly give me my twenty, the forty the cow gave back the ten the monkey gave back, and the ten the dog gave back; that makes eighty, okay?" "Okay," said God, "You asked for it .*

*So that is why for our first twenty years, we eat, sleep, play and enjoy ourselves. For the next forty we slave in the sun to support our family. For the next ten years we do monkey tricks to entertain the grandchildren and for the last ten years, we sit on the front porch and bark at everyone. Life has now been explained to you. There is no need to thank me for this valuable information . I'm doing it as a public service...if you are looking for me, I will be on the front porch .*





## ***What is Meditation?***

***That has been answered in many different ways by many different authors:***

Meditation is the true way to unfold the spiritual awareness which is deep in the innermost being of man

The Art of meditation is a way of getting into touch with reality

Meditation is a pathway to health and well-being. When we meditate our body's natural state of balance is restored.

Meditation is also a pathway to greater self awareness. A process in which we gradually come to know and understand ourselves more fully

Meditation is a timeless, natural process in which we quieten our mind and experience our own true nature.

Meditation is a timeless, natural process in which we quieten our mind and experience our own true nature. When we are not 'doing' anything, and there are no distractions we are left with  
our essence.

When we meditate, we focus our attention inwards, and experience 'being' rather than 'doing'. In this stillness, we experience the 'now' moment which is free from the pressures and stresses of everyday life-from our doubts and fears. WHEREAS 'doing' is a state of focused, directed, goal-oriented activity, 'being' is a state where we fully experience the present moment.

Meditation refers more to a state of mind, than to an activity. We have all experienced the inner stillness of meditation, whether we are aware of it or not.

For example: daydreaming is a form of meditation - when we are lost in the beauty of a sunset or mesmerised by the ebb and flow of the ocean or when we stop and experience the sun's warmth on our shoulders.

**MEDITATION IS ESSENTIAL TO THE DISCOVERY OF OURSELVES.**

Although understanding oneself is of primary importance many of us avoid forming a relationship with our true self by making ourselves busy. When we sit in meditation we learn communication with our true self, and get in touch with our inner life of feelings. Meditation enables us to discover our unlimited  
potential.



### 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 \$50.00. The Newcastle Spiritualist Church Inc does not endorse any Mediums, Healers, or Products Advertised.

Contact: Secretary—email: [admin@newcastlespiritualistchurch.com](mailto:admin@newcastlespiritualistchurch.com) for availability and details.



### LOW FAT FRUIT CAKE

This Cake is dairy and egg free suitable for people with diabetes.

- 2¾ Cups (500grms) mixed dried fruit
- 1 Cup (250ml) Apricot Nectar
- 1 Teaspoon honey
- 1 Cup (250gram) mashed pumpkin  
(warm or cool)
- 1½ Cups Self-Raising Flour
- 1 Teaspoon Bi Carb Soda
- 1 Teaspoon Mixed Spice

Spray a 14cm x 21cm loaf pan with cooking spray and cover base with baking paper. Combine fruit, nectar and honey in medium saucepan and bring to boil, reduce heat and simmer for 3 minutes (uncovered). Leave to cool.

Stir in pumpkin, sifted flour, spice and bi carb soda. Spread mixture into prepared tin. Bake in moderate oven (180° C) for 45-50 mins. Cover pan with foil cool cake in pan. Suitable to freeze, not suitable for microwave Serves 12. 810kj, 1g fat, 3g Fibre, 45g Carb per serve.

### MARSHMALLOW ROLL

- 1 Packet Scotch Finger Biscuits, crushed
- 1 Packet mini Marshmallows
- 1 tin condensed milk
- Enough coconut to cover the roll

Put the packet of biscuits into processor and process until the biscuits are like breadcrumbs. Put crumbs and marshmallows into a bowl. Add ¾ of the tin of condensed milk. Stir until combined. (if the mixture is too dry add more condensed milk until it is wet enough to stick together.

Put some clingwrap onto the bench and pour ½ of the mixture onto the wrap, Roll into a log. Sprinkle coconut onto a sheet of baking paper. Turn the log onto the baking paper from the clingwrap. Make sure that the log is completely covered with coconut. Wrap the log in the baking paper and twist ends. Repeat with remaining mixture. Refrigerate until firm. Cut into slices.

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### **COURSES IN PERSON OR BY CORRESPONDENCE**



#### **Holistic Life Care (8 modules)**

Learn to look after yourself and others holistically.  
Topics covered: Your health, complementary medicine

#### **Reflections on Life Course (6 Modules)**

This course looks at developing or increasing your spiritual awareness so that you may live your life in a more conscious way.  
Topics covered: You as a soul, your life plan and more.

Further Information—Contact Maree 040 662 0172  
[mareehaynes@hotmail.com](mailto:mareehaynes@hotmail.com)  
[www.mareehaynesholisticcourses.com](http://www.mareehaynesholisticcourses.com)

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