

THE SPIRITUAL CONNECTION

The Portland Spiritualist Church
February 2018



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Distribution "Open Position"

From the Desk

.....and another month begins!

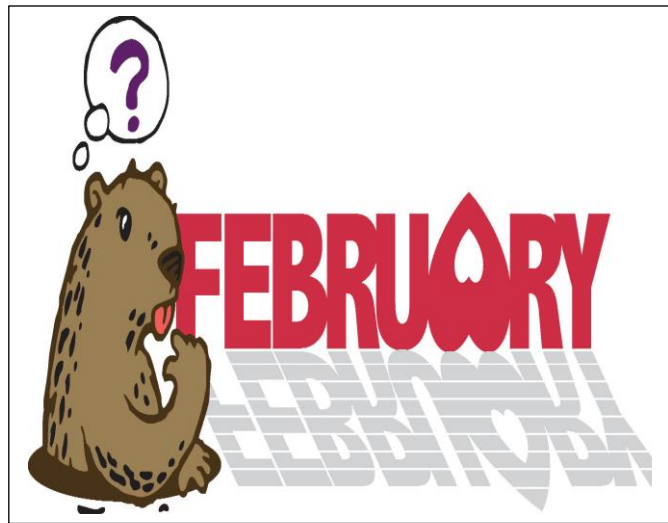
I've noticed recently that a lot of movies and TV shows have taken on a "darker" tone. Some seem to be more violent and indicate methods of harm that should never be initiated on any living creature. Others bring forward psychological characteristics of humans that are better off left to professionals. Maybe it's me, but there seems to be a lot more horror movies out there too.

I've always felt that the media we consume reflects the condition of the environment we're in. We tend to rationalize that if these people on TV are having it that bad, then the real life that we're leading is OK.

It sort of raises the question: Is media a reflection of our society or is media being used to lessen our morals and opinions as well as sell us stuff? There are arguments for both, but that's a discussion for another day. Don't get me wrong. I thrive on mystery stories and I can watch an action movie anytime! So, I'm not saying that everything must be sunshine, roses and happy endings. Life isn't like that either.

What we as Spiritualists, as humans, must do is to put the Natural Law of Positive Energy out to our society. We should strive to be examples of Infinite Intelligence in all our thoughts and actions. I always like to say in my closing prayers that we are all beacons of light for those searching for their spiritual path.

People seem to be becoming angry and disillusioned with this modern life. They're looking for something that can give them hope and make them feel a little better about themselves and their surroundings. We as Spiritualists know that we are living our lives for the highest and the best so that when we step
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Sunday Speakers and Mediums

Sunday Speakers Services 6:30 PM

Feb 4th

Inga Olsen MPI
Portland Spiritualist Church

Feb. 11th

Dr. Earl Lord
Dexter, Maine

Feb. 18th

Mike Carter
Portland Spiritualist Church

Feb. 25th

Rev. Beth Carter CH, CM
Portland Spiritualist Church

March 4th

Inga Olsen MPI
Portland Spiritualist Church

Board Meeting February 21st @ 7:00PM

Legends

CM - Certified Medium
MPI- Morris Pratt Institute Student
REV- Reverent
NST- National Spiritualist Teacher
CH- Commissioned Healer
LM- Licentiate Minister
M- Missionary

Friday Development Classes

Friday Classes 7:30 PM

Feb. 2nd

Mediumship Development
Rev. Beth Carter CM, CH
& Mike Carter

Feb. 9th

Meditation & Mediumship
Lance Cyr

Feb. 16th

Séance II
Rev. Beth Carter CH, CM
& Mike Carter

Feb. 23rd

Exercises in Mediumship
Mike Carter
& Rev. Beth Carter CH, CM

March 2nd

Séance III
Rev. Beth Carter CH, CM
& Mike Carter

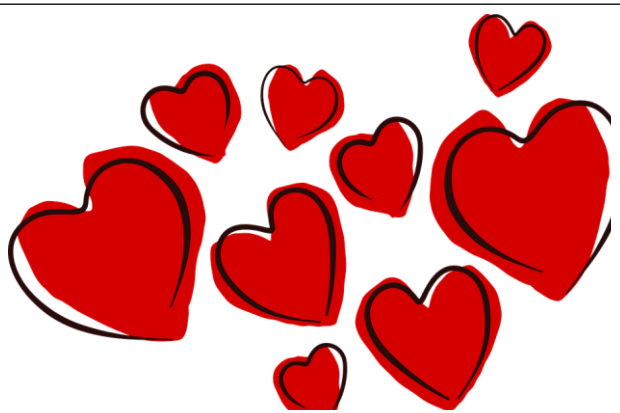
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through the veil we are prepared for the life and work to come. The “Golden Rule” isn’t just a nice little quote in our philosophy. It’s one of the main tenants of our religion. We affirm every time we gather that there is a life beyond this plane and that it is a better life free from the ego of humanity.

All these things we must share with the world. A religion that only keeps to itself, and only shares among it’s members is destined to fade. For those of you who are members, share all the information about the Infinite and the wonders of Natural Law with anyone who is seeking a spiritual path. Share your own experiences in Spiritualism. For those of you who attend classes and services, but have not become members, tell your friends about the energy and positive outlook that come from Spiritualism.

It’s not required that we must live in such a spooky world. We should never have to fear people around us. I think that nature and the planet itself can supply enough to make us realize about danger, disaster, and sorrow. We sure don’t need any more of it from our fellow travelers. So, do your best. Be positive and share with everyone that better times are out there. We can all be happy if we know that happiness is within us. And may all your movies have happy endings.

Mike Carter / President PSC



A Prayer for Peace Within

Oh Lord, sometimes my insides feel like a battle zone, where missiles are falling too close to home. Other times I'm caught in an endless storm, with thoughts flying out of control. Confusion reigns, and defeat creeps in to steal my joy. I need your peace—the deep-down-in-your-heart kind that stays with me day and night and speaks confidently into the wind. Calm my anxious spirit, Lord; all the attacking "if-onlys" and "what-ifs" fill me with needless worry.

I know that trust is a big part of experiencing peace and that fear has no place in my life. Most of the things I worry about or dread don't even happen. So, I'm declaring my trust in you. I'm releasing the reins of my life again and asking you to take control. I may need to pray this same prayer daily, but I'm tired of the frenzy of life that leaves my schedule and my thoughts without any margin. I need more of you, Lord, and less of me.

I surrender and admit: I can't control people, plans, or even all my circumstances, but I *can* yield those things to you, and focus on your goodness. Thank you today for every good gift you've given, every blessing you've sent, all the forgiveness I did not deserve, and, yes, for every trial you've allowed into my life. You bring good out of every circumstance if I'll only let go and believe you. I know that when I pray and give thanks instead of worrying, you have promised that I can experience the kind of peace that passes all understanding. That's your kind of peace, Lord. And it's the kind I crave.

Whenever I'm stressed, anxious, or afraid, help me remember to run to you. You're the only one that can calm my fears and end my fretful behavior. Whether in trivial or heavy matters, I know you will not only give me peace; Lord, you will *be* my peace. And when I draw close to you—in prayer, in reading your Word, in helping another, in taking my mind off myself—you will be there, up close and personal.

Rebecca Barlow Jordan

Worthiness

BY [MADISYN TAYLOR](#)

Our worth of being on the planet at this time cannot be judged as we are all worthy and essential to being here now.

The issue of worthiness may come up in many areas of our lives, as we ask, often unconsciously, whether we are worthy of success, love, happiness, and countless other things, from supportive relationships to a beautiful home. In the end, though, it all comes down to one thing: our willingness to claim our space in this life as humans on this planet at this time. When we accept our divinity, we no longer question whether we are worthy, because we know that we are meant to be here to fulfill a particular purpose, a purpose that no one other than us can fulfill.

There are no replacements who can take over and live our lives for us, no other person who has had the experiences we have had, who has access to the same resources and relationships, who carries the same message to share with the world. Our purpose may be large or small, and in most cases, it is multi-leveled, with important actions taking place on the interpersonal level, as well as in terms of the work we do in the world. Small acts of kindness share the stage with large acts of sacrifice, and only through accepting and honoring our divinity can we know what we are called to do and when.

Ultimately, we are all equally, exactly, completely worthy of being here in this life. Moreover, we are all essential to the unfolding plan of which we are each one small, but important, part. If we suffer from low self worth, it is because we have lost track of understanding this truth, and allowing it to guide our actions in the world. Seeing ourselves as part of something larger, as beings called to serve, is the ultimate cure for feelings of unworthiness. In the end, it's not about evaluating ourselves as worthy or unworthy, so much as it's about accepting that we have been called here to serve and taking the steps required to listen and respond to what our lives are asking us to do.

The Secret of Surrender

BY UNKNOWN

Surrender should be seen as a great strength and comes when we let go of trying to attain the impossible.

Most of us were raised and live in a culture that emphasizes the ideals of independence and control. The general idea is that we are on our own and we don't need any help from anyone else, and if we are really successful it's because we are in complete control. However, true lasting success comes only with surrender, which is the opposite of control. We cannot accomplish anything truly great on our own, without any help, and the idea that we can is an illusion that causes most of us a great deal of suffering. Surrender comes when we see that illusion and let go of trying to attain the impossible. Surrender can then be seen as a great strength rather than a weakness.

Even small moments of surrender are powerful indicators of how different our lives could be if we would only let go. We've all had the experience of extending huge amounts of effort and energy to reach a particular goal only to realize that we can't make it happen after all. At the moment of letting go, realizing that we need to ask for help or simply release our agenda entirely, a profound feeling of relief may rush over us. This warm, open sensation is the essence of surrender, and if we didn't feel that we didn't really let go. But it is never too late to let go, even of things in the past that didn't work out the way we wanted them to, because surrender is always an option in every moment of our lives.

When we finally do surrender, our goals actually become possible, because the act of surrender is, in essence, asking for the help we need. This help may come in the form of other human beings or unseen helpers such as angels or inner guides. It may also come in the form of shifting circumstances, the small miracles that we call grace.