

THE SPIRITUAL CONNECTION

The Portland Spiritualist Church
JULY 2017



From the Desk

Greetings and hallucinations everyone!!

What a busy month. It seems like only a few days ago I was dreading writing the June "From the Desk" and now here it is, me dreading writing the July "From the Desk". I really don't dread writing for all of you. I suffer from the malady of procrastination. In many cases I plan and fret and stew about the smallest things. But when it comes to writing something, anything, I put it off until the last possible minute. You should see me preparing a new sermon for a Sunday service. Saturday night it's all hands on deck and the devil take the hindmost!!!

We should, however, never procrastinate about our Spiritual development. It's not one of those things that you can put off until the last minute and then cram it all in at the last bell. First of all, we don't know when the last minute will be!! That's a pretty important one, I think. And really, that's about the only reason that we need. I suppose you could also take a minute to think about how much easier your transition will be with the knowledge supplied from Spirit and your loved ones there in the Summerland.

Spirit surrounds us and touches us every day and in every way. The fact that most of us aren't necessarily aware of it is a massive example of procrastination. Now I'm not spouting off that you all need to be in class and be mediums. You do need to be aware that Spirit wants to help, advise, and guide you, and that for them to do a better job, you need to be doing your part. You need to be listening. You need to see, hear, feel, and touch all of the little clues and guidance that they offer to you every day.

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Sunday Speakers and Mediums

Sunday Speakers Services 6:30 PM

July 2nd Closed for Holiday Weekend

July 9th Joe McCann

Burlington, MA

July 16th Rose Osborn, CM

Hartford, ME

July 23rd Gary Mascher

Augusta Spiritualist Church

July 30th Lauren Nelson (speaker)

& Inga Olsen (medium)

Portland Spiritualist Church

No July PSC Board Meeting

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

Friday classes are by donation.
Donation \$5.00 of is suggested,
but not required.

Friday Classes

July 7th Mediumship Development

Rev. Beth Carter CM, CH

& Mike Carter

July 14th Meditation & Mediumship

Lance Cyr

July 21st Meditation in Motion

Joao Bordallo

July 28th Gallery Readings \$10 event

Rev. Beth Carter CH, CM

& Mike Carter

Aug. 4th Mediumship Development

Rev. Beth Carter CH, CM

& Mike Carter

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Sitting in a class or in a service is a wonderful way to let them know that you're aware of them and accepting of them in your life. The more that you attend, the more you'll be aware of their presence throughout your week.

(Remember: I'm not saying that you HAVE to go to class or service. But it helps!!) Taking some time to sit in meditation or reflection is another wonderful way to become closer to Spirit. As you open that door a little wider every time you meditate, Spirit will become clearer and clearer to you. As you and Spirit work closer together, you'll see how much it helps guide and advise you in your life here on the Earth plane.

So, don't "put off" the work that you and Spirit need to do. It's important. Important for you to advance your development and important for Spirit who wishes to help you in your guidance to the next level.

I guess that's my little donation to the newsletter. Remember: Sandi is always looking for material to put into the newsletter. If you have anything that you think applies to our Spiritual way of life, please feel free to send something in.

Gotta' go. There's something else I need to not write!

Mike Carter
President
Portland Spiritualist Church

Commitment- Our lives are full of commitments, promises, and compromises. Commitments by far is a hard part of my life. We have family, work, school, friends, clubs, the list goes on and on. But also, we have a commitment to ourselves. To be kind and compassionate with ourselves, to give ourselves permission to heal, grow and educate ourselves, to love ourselves. To have fun, even though our hearts may be heavy with some self-torture.

Then comes the have too's, for some of you this may be a piece of cake. But for me, it is hard to get out of bed, some days. It is hard to do daily chores. I have always had a habit of keeping my world small, more so after ending my work career. It is easy to withdraw, and avoid the outside world. But my lovely wife, Brooke stands with me in my lifelong struggle, and encourages me to live, I have been working very hard these last years about stepping up a little more, to commit myself more to the outside world. For one the newsletter, now that's a commitment, I have been enjoying very much. I also volunteer with the local police department. But is that enough? I think not enough, but I will try harder.

When I read Mike's "From the Desk", I was hit by guilt, for not having attended classes and church recently, like a lot of months have gone by. So, I will tell you my soul feels deflated, and I feel I have lost the essence of self in relation to church/spiritualism! Some of you may know me as a healer in the past, and I have not followed that path. To fellow church/class goers, I will commit to going to church more, and classes. I will begin to work on my spiritualism, and I hope many who have not gone to classes and church to do the same. Let's support what we have.

Your Editor,
Sandi Cayia



Finding Your Next Step in Life

BY MADISYN TAYLOR

It is when you are willing to listen to yourself and be fearless that figuring out your next step becomes easy.

Our lives are made up of a complex network of pathways that we can use to move from one phase of life to the next. For some of us, our paths are wide, smooth, and clearly marked. Many people, however, find that they have a difficult time figuring out where they need to go next. Determining which "next step" will land you on the most direct route to fulfillment and the realization of your life purpose may not seem easy.

There are many ways to discover what the next step on your life path should be. If you are someone who seeks to satisfy your soul, it is vital that you make this inquiry. Often, your inner voice will counsel you that it's time for a change, and it is very important to trust yourself because only you know what is best for you. Personal growth always results when you let yourself expand beyond the farthest borders of what your life has been so far. When figuring out what your next step will be, you may want to review your life experiences. The choices you've made and the dreams you've held onto can give you an idea of what you don't want to do anymore and what you might like to do next. It is also a good idea to think about creative ways you can use your skills and satisfy your passions. Visualizing your perfect future and making a list of ways to manifest that future can help you choose a logical next step that's in harmony with your desires. Meditation, journal writing, taking a class, and other creative activities may inspire you and provide insight regarding the next step in life that will bring you the most satisfaction.

It is when you are willing to listen to yourself and be fearless that figuring out your next step becomes easy. Beneath the fear and hesitation and uncertainty lies your inner knowing that always knows which step you need to take next. If you can allow the taking of your next step to be as easy as putting one foot in front of the next, you'll notice that your next step is always the one that is right in front of you. All you have to do is put one foot forward and on the ground.





Worry

BY MADISYN TAYLOR

Worry is an extension of fear and can also set you up for attracting that which you don't want in your life.

We have all had the experience of worrying about something at some point in our lives. Some of us have a habitual tendency to worry, and all of us have known someone who is a chronic worrier. Worry is an extension of fear and can be a very draining experience. In order for worry to exist, we have to imagine that something bad might happen. What we are worrying about has not happened yet, however, so this bad thing is by definition a fantasy. Understood this way, worry is a self-created state of needless fear. Still, most of us worry.

One reason we worry is because we feel like we're not in control. For example, you might worry about your loved ones driving home in bad weather. There is nothing you can do to guarantee their safe passage, but you worry until you find out they have reached their destination unharmed. In this instance, worry is an attempt to feel useful and in control. However, worrying does nothing to ensure a positive outcome and it has an unpleasant effect on your body, mind, and spirit. The good news is that there are ways to transform this kind of worry so that it has a healing effect. Just as worry uses the imagination, so does the antidote to worry. Next time you find that you are worrying, imagine the best result instead of anticipating the worst outcome. Visualize your loved ones' path bathed in white light and clearly see in your mind's eye their safe arrival. Imagine angels or guides watching over them as they make their way home. Generate peace and well-being instead of nervousness and unease within yourself.

Another reason we worry is that something that we know is pending but are avoiding is nagging us--an unpaid parking ticket, an upcoming test, an issue with a friend. In these cases, acknowledging that we are worried and taking action is the best solution. If you can confront the situation and own your power to change it, you'll have no reason to worry.