

THE SPIRITUAL CONNECTION

The Portland Spiritualist Church
October 2017



From the desk

Hello campers!!! Well the weather and the trees are indicating that it won't be too soon and we'll have to turn up the old thermostat again. But that's how the cycle goes.

There has been a lot of brouhaha about this "respect" thing. We're seeing it everywhere and everyone seems to have some polarizing opinion. So, since everyone seems to want to put their two cents in, here go my coins.

Infinite Intelligence teaches the Natural Law of reciprocation, which means that what you put out to the universe is what will be returned to you. If you are kind and if you are charitable, those attributes will be returned to you in the same quantity that they are put out. My mother always said that respect is earned, not deserved. Us, rambling on that someone or something "deserves" respect only applies if that someone or something has "earned" respect.

There are those that feel that they have been marginalized and therefore demonstrate in their actions that, in my opinion, they are not disrespectful, but representative of frustrations and slights that have been many, many years in the making. These individuals feel that they have not been respected and are now demonstrating their feelings. This is how Natural Law works. You get what you give.

Now the trick here is that situations like this can in many cases spiral down and out of control if there isn't an adult in the room to spark the most important part of respect, **a conversation**. Headway in any situation between two parties can never be made if there isn't some type of communication, respect, and, reciprocation.

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Distribution "Open Position"





Sunday Speakers and Mediums

Sunday Speakers
Services 6:30 PM

October 8th
Rev. Pat Wallace NST
Augusta Spiritualist Church

October 15th
Bob Foster
Portland Spiritualist Church

October 22nd
Rev. Beth Carter CM , CH
Portland Spiritualist Church

October 29th
Inga Olsen MPI
Portland Spiritualist Church

November 5th
Melissa Gabriel
Harrison D. Barrett Spiritualist Church

October 18 @ 7:30 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

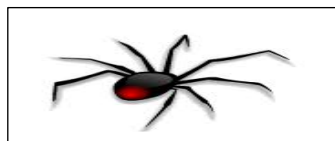
October 6th
NO CLASS
Set up for Mediums Day

October 13th
Psychometry
Rev. Beth Carter CM, CH & Mike Carter

October 20th
Meditation in Motion
Joao Bordallo

October 27th
Meditation & Mediumship
Lance Cyr

November 3rd
Spiritualist Healing III
Rev. Beth Carter CM, CH & Mike Carter



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One party not showing proper respect to another party causes the slighted party to think bad of the first party and, and therefore not treat the first party with respect, since the slighted party has been slighted and, as the King of Siam once wisely said.... etcetera, etcetera, etcetera.

So, I think that the first step to our finding “mutual” respect at this moment in time is to strike up a conversation with each other. By conversation I don’t mean one’s personal and partisan opinion on Facebook and then move on to the next kitten video. I mean actually sitting down with real people that you meet in your everyday life and listen to their opinions and be willing to accept those opinions, acknowledge them, and offer your own opinions back. I’m very sure that in the process of the conversation you will both find things that you agree on and things that bring the conversation to an impasse. But within some part of the conversation one will find a reason for respect.

The author Robert Fulghum, who wrote the book “Everything I Need to Know, I Learned in Kindergarten” noted that the rules of life were learned by all of us at an early age. We know these rules as surely as we know our names. We only need to apply them and use them in our adult lives.

Infinite Intelligence has given us the rules of Nature and (for the most part) common sense to work together to make the planet a better place for EVERYBODY. Religion doesn’t matter! Skin doesn’t matter! What matters is the respect that we must have for one another.

Mike Carter
President PSC

“Remember that when you go out into the world, hold hands.”

Sanctuary Prayer

Heavenly Father,

I surrender myself to the good
influencing of your Healing Ministers in
Spirit,

that through your divine healing power,
the disharmonies within me might be
overcome

and the stresses of mind and body be
eased and lessened day by day.

Help me to adopt a more positive and
helpful way of thought, bringing me
into closer harmony with those around
me and with the divine healing
purpose, and, for those who are sick
or in the darkness of despair who do
not know of the help that can reach
them from Spirit, I pray that awareness
will come to them soon, that they too
might experience the upliftment of
spirit that can lead us all through
harmony towards true health.

May God bless you. Amen.

Harry Edwards



Revealing Your True Self

BY MADISYN TAYLOR

Our true selves exist whether we acknowledge them or not, often buried under fears and learned behavior.

Identity is an elusive concept. We feel we must define ourselves using a relatively small selection of roles and conscious character traits, even if none accurately represents our notion of "self." The confusion surrounding our true natures is further compounded by the fact that society regularly asks us to suppress so much of our emotional, intellectual, and spiritual vibrancy. Yet we are, in truth, beings of light--pure energy inhabiting physical bodies, striving for enlightenment while living earthly lives. Our true selves exist whether we acknowledge them or not, often buried under fears and learned behavior. When we recognize our power, our luminosity, and our divinity, we cannot help but live authentic lives of appreciation, potential, fulfillment, and grace.

At birth and throughout your childhood, your thoughts and feelings were more than likely expressions of your true self. Though you may have learned quickly that to speak and act in a certain fashion would win others' approval, you understood innately that you were no ordinary being. There are many ways you can recapture the authenticity you once articulated so freely. Meditation can liberate you from the bonds of those earthly customs that compel you to downplay your uniqueness. Also, communing with nature can remind you of the special role you were meant to play in this lifetime. In order to realize your purpose, you must embrace your true self by letting your light shine forth, no matter the consequences.

Rediscovering who you are apart from your roles and traits takes time and also courage. If, like many, you have denied your authenticity for a long while, you may find it difficult to separate your true identity from the identity you have created to cope with the world around you. Once you do find this authentic self, however, you will be overcome by a wonderful sense of wholeness as you reconcile your spiritual aspect and your physical aspect, as well as your inner- and outer-world personas. As you gradually adjust to this developing unity, your role as a being of light will reveal itself to you, and you will discover that you have a marvelous destiny to fulfill.



Meditations

Easy Meditation Tips

Stressed? In pain? Overwhelmed? Or just unhappy? Do you have high blood pressure? Meditation could be the solution to your situation!

Meditation teaches you to quiet your mind and tune out to the demands of daily life and worries. It's easy to do and very relaxing. I have worked with many people over 25 years and many don't know what relaxation is! Lots of people close their eyes, and it's as if their minds are still chattering away, but they just have their eyes shut! 15 minutes per day could be all that you need to be calmer and in less pain. You will just need to be persistent and consistent. A lot of health problems can be alleviated by meditating as well. Headaches can be the result of not enough water, but also too much overwhelm. Aches and pains in general can result from not taking time out and all our muscles respond by tightening up! It really IS that simple!

To meditate: - Try sitting quietly, closing your eyes and focusing on just one word that you can repeat over and over to yourself, like 'Love'. If this seems too 'out there' for you, and you can't imagine yourself somewhere peaceful because your life really is too hectic; then try simply sitting calmly and peacefully and still for a few minutes each day. Or try focusing on one single object and block everything else out. You start to notice things in your periphery when you do this and it is very calming. Keep staring and just let all your cares fade into the background...

You may have trouble quietening your mind. The Stillness and the Silence are what you are trying to achieve. Meditation is about connecting with the 'space between thoughts'. So, if thoughts enter your mind as you sit calmly, then just acknowledge them, and try to release them. If you still have difficulty, then like the lovers in the park; just find a beautiful tree, put your back against the strong trunk, lean back and close your eyes; letting the warmth of the sun and the light breeze gently wash away your stresses and cares. Then, breathe deeply into your lungs and relax...

The more you practice simply taking time out, the more wellness and wellbeing you will experience. Your blood pressure will drop. Your depression will lift. You will find yourself able to cope much better with whatever life happens to throw at you and you will find yourself smiling more each day!

My granddaughter has a saying, "A day without laughter is a day wasted!" I believe she is right! Do you know that children laugh and smile 100 times more than we do as adults? Perhaps it's time we remembered to 'act like children, when it comes to our inner relaxed and happy selves! After all, life is full of responsibilities, cares and worries, but it is also about the people in our lives, including us! Aren't we important too?

Meditation on a daily basis is one of the absolute easiest ways to breathe easier too!

MRI scans have shown that brain activity changes significantly during meditation (or 'time outs!') Our brains whilst sitting quietly, produce 'alpha waves'; which are known to relax the nervous system. THIS is what brings about pain reduction.

Meditating has been found to be as good as, or better, at preventing depression, or relapses into serious depression as medication does! AND there are no drugs! It's as if we have an inbuilt system that can take care of us if we are more aware and we apply this knowledge. It may be difficult for all of us high flyers to just sit and 'switch off' for a while, but the medical and health benefits are well known and profound.

Learn to meditate. Learn to appreciate your body for its ability to heal itself just by taking some time out even for a few minutes per day. Learn to ponder, reflect and muse! I promise you, and others around you, will notice changes! Start today.

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