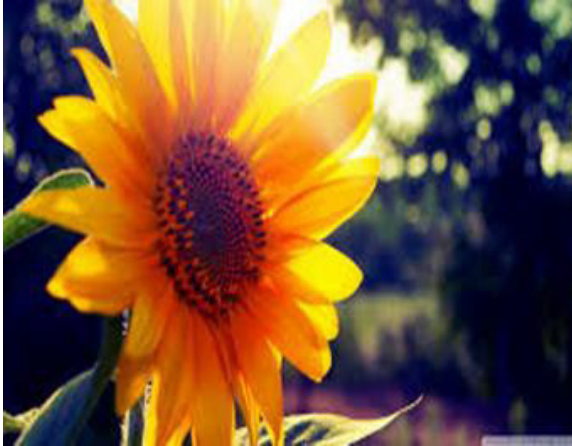


# The Spiritual Connection

April 2017



## **President**

Mike Carter.....207-797-2039

## **Vice President**

Lance Cyr.....207-831-4929

## **Treasurer**

Bobbet King.....207-839-4944

**Secretary** Sallie Chase

**Directors** Inga Olsen  
Lauren Nelson  
Richard Nelson

## **Pastor**

Rev Beth Carter CM, CH  
207-797-2039

## **Membership Meeting and Elections**

**Friday April 28 / @ 7:30PM**

## **Newsletter staff**

### **Editor**

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*I thank You God for most this amazing  
day: for the leaping greenly spirits of trees  
and a blue true dream of sky; and for everything  
which is natural which is infinite which is yes  
(i who have died am alive again today,  
and this is the sun's birthday; this is the birth  
day of life and of love and wings: and of the gay  
great happening illimitably earth)  
how should tasting touching hearing seeing  
breathing any – lifted from the no  
of all nothing – human merely being  
doubt unimaginable You?  
(now the ears of my ears awake and  
now the eyes of my eyes are opened)*

—e.e. cummings



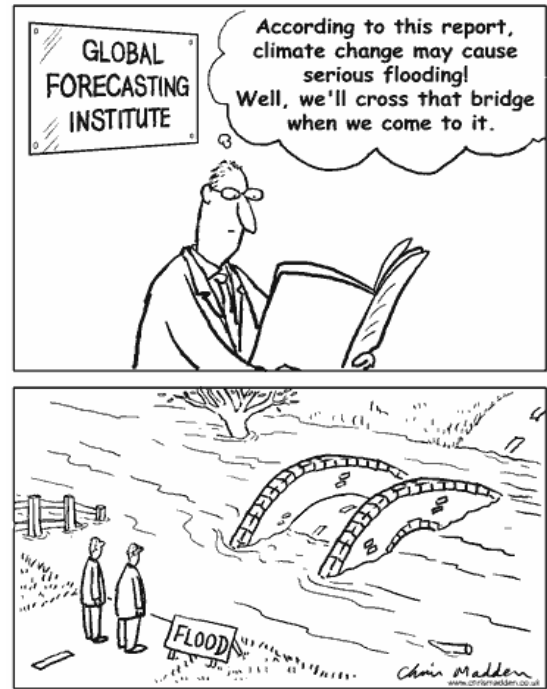
### Sunday Speakers and Mediums

Sunday Speakers Services 6:30 PM

- April 2<sup>nd</sup>** Lance Cyr  
Portland Spiritualist Church
- April 9<sup>th</sup>** Rev. Pat Wallace, NST  
Augusta Spiritualist Church
- April 16<sup>th</sup>** Dr. Earl Lord  
Harrison D. Barrett Sp. Church
- April 23<sup>rd</sup>** Gary Mascher  
Augusta Spiritualist Church
- April 30<sup>th</sup>** Lorraine Radice  
Church of Spiritual Growth, NSAC
- May 7<sup>th</sup>** Bob Foster  
Portland Spiritualist Church

#### 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.

- April 7<sup>th</sup>** Set up of Medium's Day
- April 14<sup>th</sup>** Meditation and Mediumship  
Lance Cyr
- April 21<sup>st</sup>** Meditation in Motion  
Joao Bordallo
- April 28<sup>th</sup>** Annual Membership Meeting and Elections
- May 5<sup>th</sup>** Mediumship Development  
Rev. Beth Carter CM, CH  
& Mike Carter

## From the Desk April 2017

As we all do our work in Spiritualism or at least on our Spiritual path, we all come across people who need, demand, or should be offered our explanation of who or what God is. I'm not saying that we all need to be out on the streets, going from door to door telling everyone about Spiritualism. My friend, the late John Baumhoff, always used to say that Spiritualism is a "religion of conviction, not conversion". Our belief is that those who are seeking will find us; and I sure wish that they'd hurry up.

What we all need to say is that we believe "God", or in our case "Infinite Intelligence" is everywhere in the Universe. The Infinite is in the structure of the trees, and it is a part of us. The miraculous cells of a frog's brain are no more magnificent than the material that makes you and I human. All things are a part of the Infinite because nature and its laws are a part of the Infinite. For those of you who need to put a label on it; Spiritualists are pantheistic. We don't believe that God is an "anthropomorphic" being (on a throne, long beard, etc.) who looks over us and judges us by the things that we do.

So, the next question would be: Well, if there isn't a God to watch over us and punish us if we're bad or reward us if we're good, why should we have or cultivate any morality at all?

That's a really good question and we can't answer that one in a 500-word article

We need to tell people that Natural Law, which is a part of "Infinite Intelligence" always acts upon us, and we either inflict our own punishment or attract our own rewards as we work with the energy of Nature. The better that we do working with Nature and its laws the better we are.

A few examples:

- If you treat people nicely, odds are very good that they will treat you the same.
- The attitude that you put out to the Universe is proportional to the abundance that will return.
- No matter what, you can always make new and better changes to yourself at any time; whether it is here on the Earth plane or in the next realm. There is no time limit!

That ought to wet a questioner's whistle for a while...give them something to think about. Spiritualism isn't complex. Our foundation (as I say all the time) is in the 9 simple and direct statements that make up our Spiritualist Principles. You can write all sorts of books and create all kinds of elaborate rituals, rules, and canon. But it always will work down to just 9 simple statements. It's not a big deal, this big deal of ours.

Mike Carter  
President

# Control

BY MADISYN TAYLOR

*The answer to control is practicing surrender.*

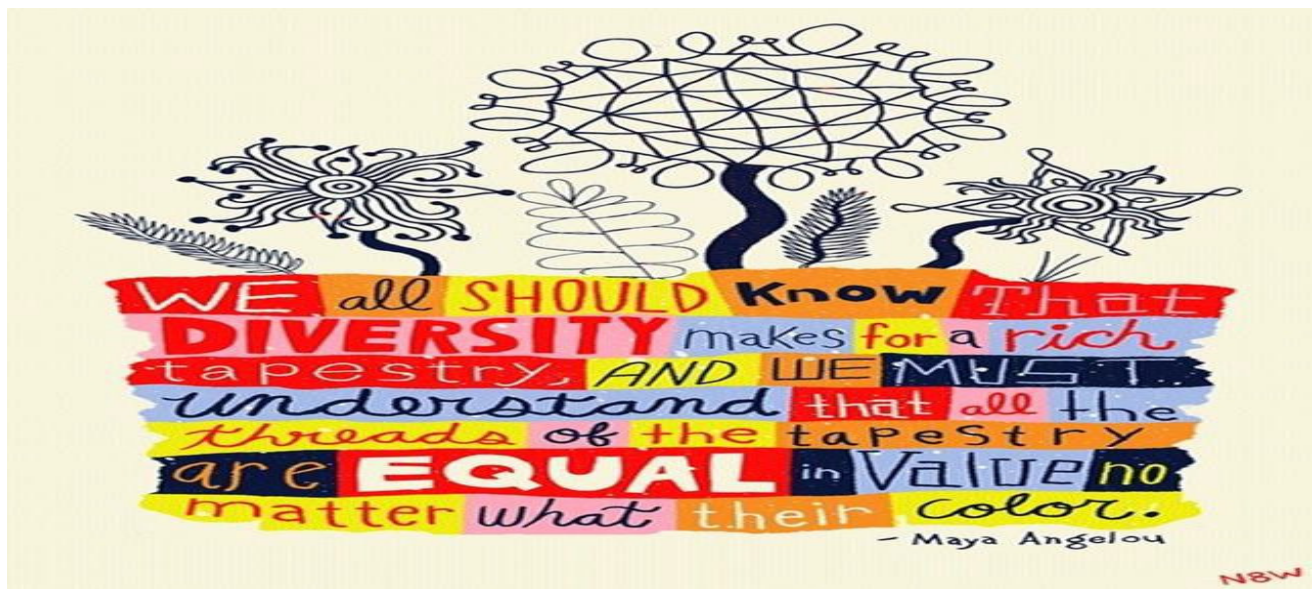
Trying to maintain control in this life is a bit like trying to maintain control on a roller coaster. The ride has its own logic and is going to go its own way, regardless of how tightly you grip the bar. There is a thrill and a power in simply surrendering to the ride and fully feeling the ups and downs of it, letting the curves take you rather than fighting them. When you fight the ride, resisting what's happening at every turn, your whole being becomes tense and anxiety is your close companion. When you go with the ride, accepting what you cannot control, freedom and joy will inevitably arise.

As with so many seemingly simple things in life, it is not always easy to let go, even of the things we know we can't control. Most of us feel a great discomfort with the givens of this life, one of which is the fact that much of the time we have no control over what happens. Sometimes this awareness comes only when we have a stark encounter with this fact, and all our attempts to be in control are revealed to be unnecessary burdens. We can also cultivate this awareness in ourselves gently, by simply making surrender a daily practice. At the end of our meditation, we might bow, saying, "I surrender to this life." This simple mantra can be repeated as necessary throughout the day, when we find ourselves metaphorically gripping the safety bar.

We can give in to our fear and anxiety, or we can surrender to this great mystery with courage. When we see people on a roller coaster, we see that there are those with their faces tight with fear and then there are those that smile broadly, with their hands in the air, carried through the ride on a wave of freedom and joy. This powerful image reminds us that often the only control we have is choosing how we are going to respond to the ride.







### Taking a Time Out

BY MADISYN TAYLOR

*Sometimes as adults, we just need a time out to refocus and gather ourselves before starting out again.*

Most of us feel a little crazy from time to time. Periods of high stress can make us feel like we're losing it, as can being surrounded by people whose values are very different from our own. Losing a significant relationship and moving into a new life situation are other events that can cause us to feel off kilter. Circumstances like these recur in our lives, and they naturally affect our mental stability. The symptoms of our state of mind can range from having no recollection of putting our car keys where we eventually find them, to wondering if we're seeing things clearly when everyone around us seems to be in denial of what's going on right in front of their eyes. For most of us, the key to survival at times like these is to step back, take a deep breath, and regain our composure. Then we can decide what course of action to take.

Sometimes a time-out does the trick. We take a day off from whatever is making us feel crazy and, like magic, we feel in our right mind again. Talking to an objective friend can also help. We begin to see what it is about the situation that destabilizes us, and we can make changes from there. At other times, if the situation is particularly sticky, we may need to seek professional help. Meeting with someone who understands the way the human mind reacts to stress, loss, and difficulty can make us feel less alone and more supported. A therapist or a spiritual counselor can give us techniques that help bring us back to a sane state of mind so that we can affect useful changes. They can also mirror our basic goodness, helping us to see that we are actually okay.

The main purpose of the wake-up call that feeling crazy provides is to let us know that something in our lives is out of balance. Confirm for yourself that you are capable of creating a sane and peaceful reality for yourself. Try to remember that most people have felt, at one time or another, that they are losing it. You deserve a life that helps you thrive. Try and take some steps today to help you achieve more balance and a little less crazy.

