

THE SPIRITUAL CONNECTION

The Portland Spiritualist Church

August 2016



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The next Board Meeting
August 14th @ 4:30

Newsletter staff

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Distribution	“Open Position”

From the Desk

Well how's your summer going? I've finally been catching up with all of the jobs I've been putting off for so long. We've got a new floor in the living room now. The hard part about remodels though is putting things back to normal. Papers have migrated to who knows where. I'm still looking for CD's and DVD's that I've tucked in a box thinking that I would remember where they were. So we should have everything just right by about the time the next remodel rolls around.

This brings me around to one of the happiest men I ever knew. His name was Roule (pronounced "rule"). When I was growing up he lived in a little one room house on some farm land that belonged to his brother. Roule made his living working on the farm for his brother and the occasional "bootlegging" he'd do in town. (My home town was what was known as a "dry" town and the nearest store was a distance away.) A few of the workers and farmers would stop by Roule's to pick up their evening brew on the way home.

What made Roule so happy though (other than getting one by on the Sheriff) was the fact that he didn't have a darn thing and as far as

Continued on Page 3



When you fall...

14 January, 2012 - 05:47 – Trinity

If you fall, I'll be there .

- *Floor*

Sunday Speakers and Mediums

Sunday Speakers Services 6:30 PM

- August 7th** Dr. Earl Lord
Harrison D. Barrett Church
- August 14th** Melissa Gabriel
Harrison D. Barrett Church
- August 21st** Lorraine Raddice
Church of Spiritual Growth
- August 28th** Rev. Beth Carter CM, CH
Portland Spiritualist Church
- September 6th** Rev. Steve Hermann, NST
Auckland, New Zealand

Steve will also be conducting an afternoon class on this date. Watch for e-mail flyers and Facebook postings.

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.

- August 5th** Mediumship Development
Rev. Beth Carter CM, CH
Mike Carter
- August 12th** Meditation and Mediumship
Lance Cyr
- August 19th** Church Visualization Class
Development Circle
Rev. Beth Carter CM, CH
Mike Carter
- August 26th** Gallery Readings
Rev. Beth Carter CM, CH
Mike Carter
- September 2nd** Mediumship Development
Rev. Beth Carter CM, CH
Mike Carter

I know he never once had to pay income tax. He never made enough money to qualify. His hot water was boiled on the stove and Saturday afternoon was his bath day. His only requirements seemed to be a little food, a little beer and kerosene for the stove. Everything else Roule owned was either someone's cast off or gifts from the local churches.

But Roule always seemed to be content to me. He always seemed happy and didn't seem to miss any of the amenities that a wealthier life would offer. When quizzed about his lifestyle and what he missed he would always say that no good ever came from needing "things". The more that one had, the more they felt that they needed and consequently the worse they would feel.

If Roule was a spiritual man they weren't the "spirits" that we're talking about. But his philosophy was a solid one. Whenever I go into a pity party about what I don't have and how much better things would be if I had a better car or faster computer, Roule will show up in one way or another to shake his finger and cackle at me. Material things are all well and good but they aren't what life is about. Loving one another and being in the best life situation that you can be is so much more important than the brand of car that you have in the yard.

Have a good month.

Mike Carter
President
Portland Spiritualist Church

Why do Spiritualists use sunflowers as their symbol?

January 11, 2012 by [Irene McGarvie](#)

Someone asked me recently why I have a sunflower on each page of my website instead of having a picture of myself. Well, aside from the fact that I am not too thrilled with most of the pictures that get taken of me (how did I ever get that old and that fat?); the sunflower is the symbol for the religion of Spiritualism.

The sunflower was chosen as the symbol for many reasons, partly because it is bright and strong, and the seeds are nourishing, but mainly because it turns toward the sun as the motto of Spiritualism puts it: "As the sunflower turns its face toward the light of the sun, so Spiritualism turns the face of humanity toward the light of truth." So you will often find that Spiritualists have art, jewelry, or other knickknacks with sunflower designs.

An interesting thing about sunflowers is that when the plant is young and still growing it rotates from east to west following the sun over the course of the day. This is called heliotropism (sun turning). Once the plants are mature the movements stop and the mature flower heads generally face east (where they get the early sun) and do not move.

This is a bit like people, when we are young, if we are not restricted by family and societal expectations, then we will tend to check out philosophies and religions to see what suits us best and then as we are older we tend to stick with the philosophy that works for us.

July 22, 2016

Difficult Times

Growing Pains

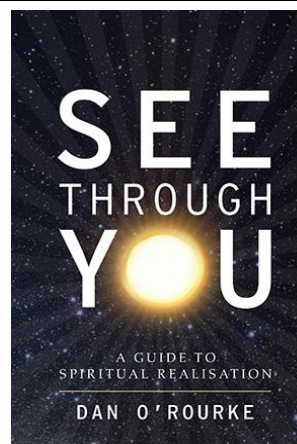
by [Madisyn Taylor](#)

We can also benefit from times of constriction and difficult to help us grow and learn.

It can be very challenging to maintain a positive attitude and a measure of faith when you are in the midst of difficult times. This is partly because we tend to think that if the universe loves us we will experience that love in the form of positive circumstances. However, we are like children, and the universe is our wise mother who knows what our souls need to thrive better than we do. Just as a young child does not benefit from getting everything she wants, we also benefit from times of constriction and difficulty to help us grow and learn. If we keep this in mind, and continue to trust that we are loved even when things are hard, it helps us bear the difficult time with grace.

This period of time in history is full of difficulty for a lot of human beings, and you may feel less alone knowing you are not being singled out. There are extreme energy changes pulsing through the universe at every level and, of course, we are all part of the growing process and the growing pains. It helps if we remember that life is one phase after another and that this difficult time will inevitably give way to something new and different. When we feel overwhelmed we can comfort ourselves with the wise saying: This too shall pass.

At the same time, if you truly feel that nothing is going right for you, it's never a bad idea to examine your life and see if there are some changes you can make to alleviate some of the difficulty. Gently and compassionately exploring the areas giving you the most trouble may reveal things you are holding onto and need to release: unprocessed emotions, unresolved transitions, or negative ways of looking at yourself or reality. As you take responsibility for the things you can change, you can more easily surrender to the things you can't, remembering all the while that this phase will, without doubt, give way to another.



Dan O'Rourke

Through the author's honest personal experiences of awakening to truth and practical methods that you can put into practice in your own life, *See Through You* inspires you to discover the divine treasure that lies within your own heart. It seeks to instil you with the courage to unearth this treasure for yourself and shows you that you don't need to grow a long beard and move into a cave in the Himalayas to do so. *See Through You* lays bare the illusion of who you think you are and reveals the path to

- **freedom from fear**
- **liberation from depression**
- **the dissolution of suffering**
- **experiencing lasting peace, joy and happiness**



The photograph was taken at the British College of Psychic Science, July 24th 1924, on a plate marked and sealed by the Imperial Dry Plate Company. It shows the image of a suspended face above the head of Stanley De Brath. Notice also the ectoplasmic connection between the three people. The suspended image you can see is the face of Dr. Geley, who was killed in a aeroplane crash in Warsaw, July 15th 1924.

<http://www.survivalafterdeath.org.uk/photographs/geley/4.htm>

River of Tranquility:

An Exceptionally Peaceful Guided Meditation (CD)

Author: Jim Malloy **Date:** 23 August 2009

An Exceptionally Peaceful Guided Meditation with the Soothing Music of Flute and Piano.

For Deep Relaxation, Stress Relief, Sound Sleep and Transformation.



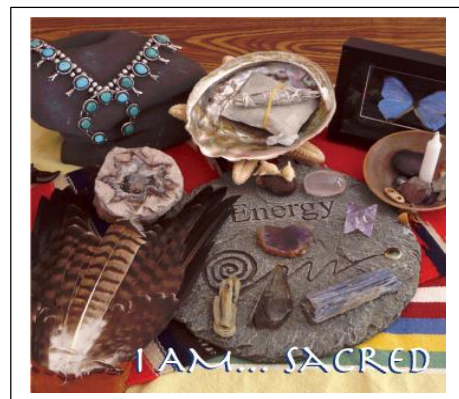
[CD may be purchased on the Author's web site](#)

I am Sacred –

Spirit Guided Meditations for Light Workers (CD)

Author: Robin Winds **Date:** 21 July 2009

I am happy to announce that my first CD, The three guided meditations were channeled through me from the Spirit Realm. Talented musicians were also being "led by spirit" with Native American flutes, nature sounds, etheric voices, and music. It is multi-dimensional



["I am Sacred" can be purchased on Robin's site at this link](#)