

THE SPIRITUAL CONNECTION

The Portland Spiritualist Church
August 2017



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From the Desk

Recently I've been thinking about meditation and its applications. I know that it's supposed to relieve stress, relax the body, and bring the meditator to a higher consciousness. Yeah...right!!! I've been working on centering and meditation for a lot of years and I inevitably end up thinking about work, or how am I going to fix that rust hole in the car, or whatever the heck else happens to pop up in the 'ol cranium. There's just too much going on in there.

Lately we've been sitting with Lance Cyr in his monthly "Meditation & Mediumship" class and it's been a great help. With Lance's guidance, I've been able to put that outside world away for a few minutes and just be in the moment.

This past week end we sat in Joao Bordallo's "Meditation in Motion" class, but it was too darn hot for the motion part. Instead we sat in a circle while doing a chanting meditation. Later we did a chanting meditation that also involved moving the head around. Lo and behold I went through the whole thing "in the moment" which is a first for me. So, thanks to Lance and Joao for helping me with my little breakthrough.

I read about the brain quite a bit, when I decide to put my finger to work and read a book. The entire function of the brain (other than to breath and that other stuff) is to take existing information about the environment and predict what will happen in the future. That's it. It's pure survival. I may be oversimplifying it but that's what the primary function of the brain is for, and to put the brain "in the moment" is quite a change.
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Sunday Speakers and Mediums

Sunday Speakers Services 6:30 PM

August 6th

Bob Foster
Portland Spiritualist Church

August 13th

Barbara Eckhardt, MPI
Temple Heights Spiritualist Church

August 20th

Melanie Ames, MPI
Augusta Spiritualist Church

August 27th

Rev. Earl Wallace CM, CH
Augusta Spiritualist Church

September 3rd

Rose Osborn, CM
Pinpoint of Light Spiritualist Camp

August 16th @ 7:30PM Board Meeting

Legends

CM - Certified Medium
MPI- Morris Pratt Institute Student
REV- Reverend
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

August 4th

Spiritualist Healing
Rev. Beth Carter CM, CH & Mike Carter

August 11th

Meditation & Mediumship
Lance Cyr

August 18th

Meditation in Motion
Joao Bordallo

August 25th

Gallery Readings
Rev. Beth Carter CM, CH & Mike Carter

September 1st

Class and Circle
Rev. Beth Carter CM, CH & Mike Carter

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It's when we can get to that "moment" that Spirit and our loved ones see the open door. They have the chance to make their presence known through all the other chatter that goes on when we are living in our "normal" world.

It's made me realize that when I'm working with Spirit either from the platform or in a private reading I need to be "in the moment". When I'm in the moment, I'm not concerned or worried whether I'm connecting with my subject or giving correct information. I now know that when I'm not worried and simply working with Spirit, I'm always giving the correct information from Spirit. Watching faces to see if there is understanding only increases my anxiety and automatically adulterates the reading. And as my anxiety goes up, the quality goes down. So, I guess that this article is more for me than for anyone else. But feel free to take what you need.

BE IN THE MOMENT!!! Spirit will come to you and guide you and heal you. BE IN THE MOMENT!!! Positive energies and abundance will be there for your use whenever you need it. And when you're driving your car,DON'T BE IN THE MOMENT!!! For goodness sakes, don't you remember about the survival thing!!!

**Take Care
Mike Carter
President**



Medium Stephen Wakeling Answers Your Questions

My Guardian Angel Date: 27 March 2017

By: Suzette

When I was around 5 yrs. old, a man and his wife moved on my block... I was always drawn to him and he with I. He was very old, I would say 70-80 yrs... My mother still says boy that Mr. Henderson sure did love you ... I would sit still on his lap, nothing bad, it was very natural, like I belonged. I remember him having his hand always pressed firmly on my back I can't remember how he left. It's like he came and went from my life.... So, 40 +yrs. later driving on a main highway, I was crying and upset I had a cancer scare. Suddenly a flag appeared on the passenger side window and there he was: It was Mr. Henderson telling me everything was going to be ok and it was!!!! Please tell me your feelings on what this means? I believe he's my Guardian Angel?

By: Stephen Wakeling Date: 27 March 2017

In Response To: My Guardian Angel
(Suzette)

Thank you for the question. First of all, may I point out that like any situation where one is only able to observe from a third-party perspective, the answer must be generic. Regarding the word "Guardian Angel", this is something that can often be confusing. Why, simply because the terminology means so many things to people around the world. Yes, we are all supported by those who have entered into the high realms of eternity. Sometimes, though not always, we are aware of a presence, or a situation draws our attention by making us aware of a presence. This is a natural process and happens to everyone - whether or not they are spiritually aware. Therefore, the situation you describe is quite natural. A link from a person you have been close to in this life, may just be an easy way to contact you, without any fear. Simply the reason would be just to assure you of good news...

In reality, there is one thing to remember - we are never alone, there is always someone who will support you from eternity.

Showers of blessings
Stephen

Being Truly Thankful

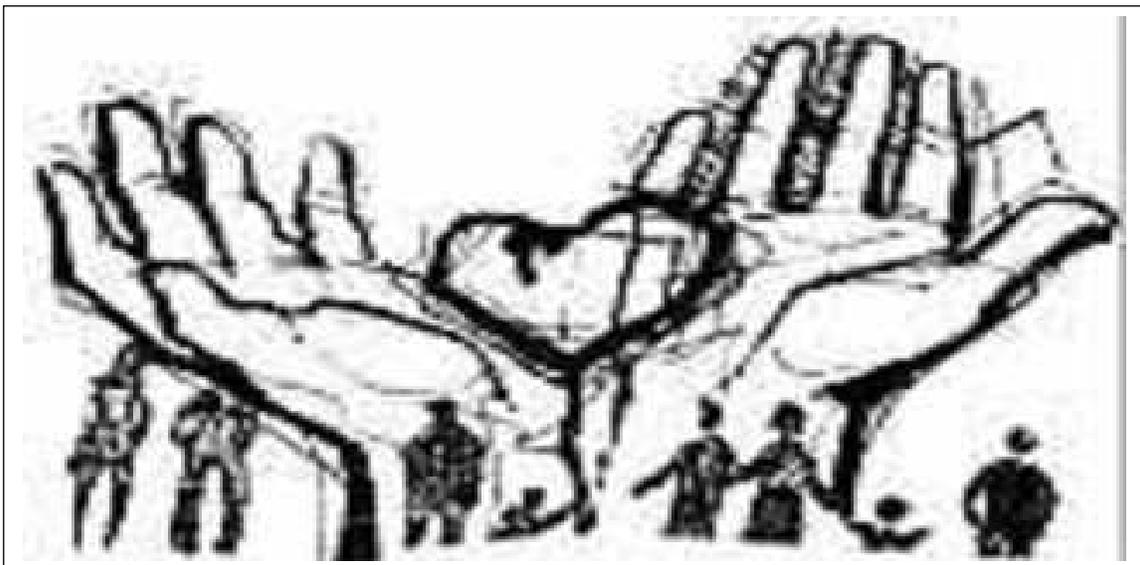
BY MADISYN TAYLOR

Our gratitude deepens when we begin to be thankful for being alive during this time and living the life we are living.

Often when we practice being thankful, we go through the process of counting our blessings, acknowledging the wonderful people, things and places that make up our reality. While it is fine to be grateful for the good fortune we have accumulated, true thankfulness stems from a powerful comprehension of the gift of simply being alive, and when we feel it, we feel it regardless of our circumstances. In this deep state of gratitude, we recognize the purity of the experience of being, in and of itself, and our thankfulness is part and parcel of our awareness that we are one with this great mystery that is life.

It is difficult for most of us to access this level of consciousness as we are very caught up in the ups and downs of our individual experiences in the world. The thing to remember about the world, though, is that it ebbs and flows, expands and contracts, gives and takes, and is by its very nature somewhat unreliable. If we only feel gratitude when it serves our desires, this is not true thankfulness. No one is exempt from the twists and turns of fate, which may, at any time, take the possessions, situations, and people we love away from us. Ironically, it is sometimes this kind of loss that awakens us to a thankfulness that goes deeper than just being grateful when things go our way. Illness and near-miss accidents can also serve as wake-up calls to the deeper realization that we are truly lucky to be alive.

We do not have to wait to be shaken to experience this state of being truly thankful for our lives. Tuning in to our breath and making an effort to be fully present for a set period of time each day can do wonders for our ability to connect with true gratitude. We can also awaken ourselves with the intention to be more aware of the unconditional generosity of the life force that flows through us regardless of our circumstances.



Stone Soup

BY MADISYN TAYLOR

Imagine a world in which we all shared our gifts and bounty with each other rather than focusing on self-preservation.

There are many variations on the story of stone soup, but they all involve a traveler coming into a town beset by famine. The inhabitants try to discourage the traveler from staying, fearing he wants them to give him food. They tell him in no uncertain terms that there's no food anywhere to be found. The traveler explains that he doesn't need any food and that, in fact, he was planning to make a soup to share with all of them. The villagers watch suspiciously as he builds a fire and fills a cauldron with water. With great ceremony, he pulls a stone from a bag, dropping the stone into the pot of water. He sniffs the brew extravagantly and exclaims how delicious stone soup is. As the villagers begin to show interest, he mentions how good the soup would be with just a little cabbage in it. A villager brings out a cabbage to share. This episode repeats itself until the soup has cabbage, carrots, onions, and beets--indeed, a substantial soup that feeds everyone in the village.

This story addresses the human tendency to hoard in times of deprivation. When resources are scarce, we pull back and put all of our energy into self-preservation. We isolate ourselves and shut out others. As the story of stone soup reveals, in doing so, we often deprive ourselves and everyone else of a feast. This metaphor plays out beyond the realm of food. We hoard ideas, love, and energy, thinking we will be richer if we keep to them to ourselves, when in truth we make the world, and ourselves, poorer whenever we greedily stockpile our reserves. The traveler was able to see that the villagers were holding back, and he had the genius to draw them out and inspire them to give, thus creating a spread that none of them could have created alone.

Are you like one of the villagers, holding back? If you come forward and share your gifts, you will inspire others to do the same. The reward is a banquet that can nourish many.

