

# THE SPIRITUAL CONNECTION

The Portland Spiritualist Church  
February 2017



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**Distribution** "Open Position

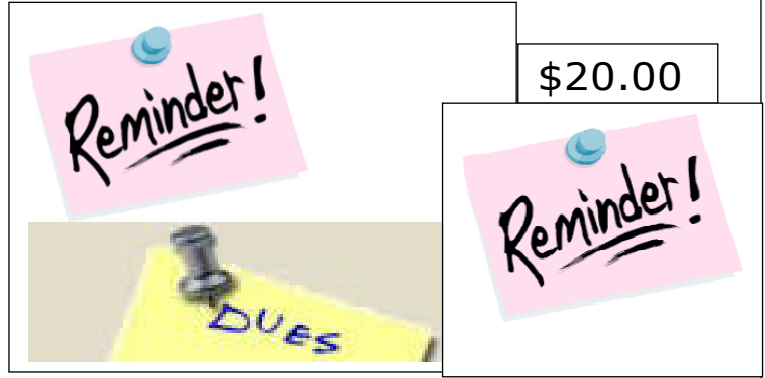
## From the Desk

Have we gone cabin crazy yet!! Maine is the greatest place to live, but if you're not into winter or winter sports, the walls can kind of close in on you. Beth's daughter was kind enough to hook us up with Netflix for Christmas which really helps with our British mysteries habit. Thank goodness for books. I read one a year whether I need to or not! This year's book is called "Brain Briefs" which gives explanations about brain functions in an understandable context. For some reason or another I've been attracted to more informational books and usually it involves the brain.

But to get back to the book. It's amazing how science has expanded its knowledge of the brain but still admits that there is so much yet to be understood. Science can tell you what part of the brain activates when you're angry, sad, or curious. Science can tell you where the primitive parts of the brain are and where we make our executive decisions.

But it still misses the mark when it comes to the spark, the awareness of self that we all contain. We must agree that brain activity takes energy. Actually, in this book, they state that the brain uses as much energy as the major muscles in our bodies. It takes quite a bit of calories to run the 'ol 'noggin. We also know from high school science that energy cannot be created or destroyed but only changed. From that we can conclude that the energy or the "spark" that is our identity, that is our "self" changes when the machinery of the flesh ends.

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## Sunday Speakers and Mediums

Sunday Speakers Services 6:30 PM

### February 5<sup>th</sup>

Rev. Beth Carter CH,CM  
Portland Spiritualist Church

**This Service will be held at  
4:00PM due to Superbowl.**

### February 12<sup>th</sup>

Mike Carter  
Portland Spiritualist Church

### February 19<sup>th</sup>

Inga Olsen  
Portland Spiritualist Church

### February 26<sup>th</sup>

Marie Villanucci MPI  
Portland Spiritualist Church

### ***PSC Board Meeting***

February 12, 2017 @ 4:30 p.m.

#### Legends

CM - Certified Medium  
MPI- Morris Pratt Institute Student  
REV- Reverent  
NST- National Spiritualist Teacher  
CH- Commissioned Healer  
LM- Licentiate Minister

## Friday Development Classes

Friday Classes 7:30 PM

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

### February 3<sup>rd</sup>

Discussion Group regarding the  
December 30<sup>th</sup> Séance  
Circle to follow

### February 10<sup>th</sup>

Mediumship Development  
& Circle / Mike Carter

### February 17<sup>th</sup>

“Meditation in Motion”  
Joao Bordallo

### February 24

Meditation & Mediumship  
Lance Cyr

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This changed energy continues in another dimension, in heaven or whatever your belief systems contend.

Our change of energy allows our consciousness to move out of the body. Some speculate that it's a definite place somewhere (Heaven, Nirvana, etc.) while others (the physicist types) believe that we go "inter dimensional". However, or where ever our consciousness goes is really of little difference to me. Just as long as it's warm! I'm astounded every time a medium gives me accurate physical descriptions of a loved one or relates characteristics that can only be someone I know in the "Spirit Realm". (I call it the "Spirit Realm") This is my affirmation that the consciousness continues after the body dies. I know that I've told people this before, but in the twenty-five plus years I've been a Spiritualist, I've probably only had ten or fifteen goosebumps on your arm hair standing on your neck confirmations from Spirit. But that is my proof, that is my affirmation of life's continuation.

So, there are great hopes that Science will eventually catch up with us and figure out what we as Spiritualists already know. This little stop-over here on Earth is just one portion of a great adventure our consciousness is taking in order to return to the source, Infinite Intelligence. It's a continuous learning experience with the culmination of our energies joining once again with the Infinite.

**Portland Spiritualist Church  
Mike Carter**

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When misfortune befalls us we often get caught up in the 'What ifs' of the situation. *What if I hadn't gone out tonight? What if I had chosen a different road? What if I hadn't been late? What if, what if, what if. . .* A person can go insane wondering and worrying about the 'What ifs'. It is a simple fact that all the 'What ifs' in the world won't change the outcome of what has already happened. Acceptance is the key. The key to peace.

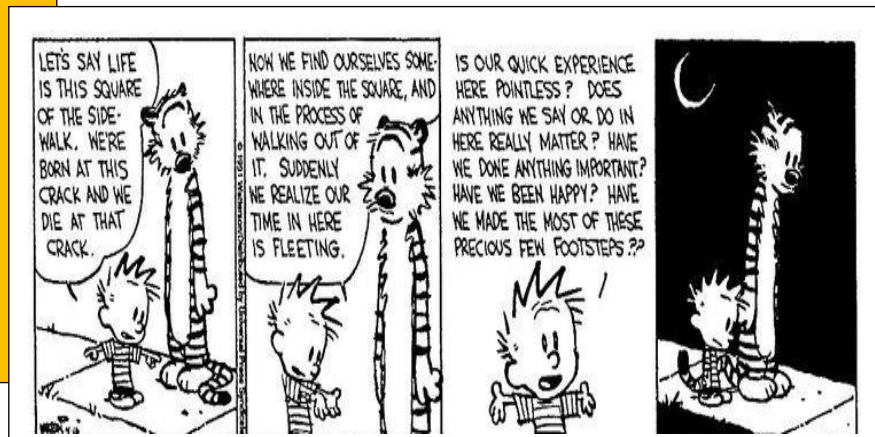
Being stuck in the 'What if' loop only prolongs our pain and suffering, it blocks the natural process of healing and most importantly, it prevents us from moving forward with our life. Acceptance is the only way to extract ourselves from the 'What if' quicksand, it's the only way to move through and forward. Acceptance reanimates the flow of life towards us and makes joy possible again. Through acceptance we affirm to the universe that we are ready to heal, we are ready to move forward, we are ready to receive light and positivity back into our life.

I've added an excerpt from 'Auguries of Innocence' by William Blake. In a few lines, he manages to sum up the idea of acceptance so beautifully.

*It is right it should be so;  
Man was made for joy and woe;  
And when this we rightly know,  
Thro' the world we safely go.*

*Joy and woe are woven fine,  
A clothing for the soul divine.  
Under every grief and pine  
Runs a joy with silken twine.*

**William Blake**





November 14, 2016  
**A World in Confusion**  
*Cultivating Inner Clarity*

***When the world is in chaos, we can still have our own inner peace and maintain a sense of calm in a sea of unrest.***

People who maintain their sense of calm when things around them are in a state of flux and confusion are always wonderful to be around. We feel calmer just being near them, as if they have activated our own sense of inner peace. From them we learn that we can be calm, even when everything around us is in turmoil, because we know that no matter what happens, this inner sense of calm will help us to function well. Often, times of confusion are the times that enable us to find that part of ourselves that knows how to cope, and how to be a light to others in the storm.

If we allow ourselves to be thrown off balance by every piece of disturbing news that comes our way, we may be relying too much on our emotions. On the other hand, our thoughts may also be unreliable at times like these, as they chatter on endlessly about what might happen next. If our feelings and thoughts activate one another in a hectic way, then we become caught up in the confusion that surrounds us. However, if we can locate the stillness at the center of our hearts, we can find composure in almost any situation. In addition, we provide a safe place for our friends and family, who are also prone to taking on the confusion of a world in flux.

It helps to remember that we don't need to completely understand what's happening right now, nor do we need to be able to predict the future. Most of us just want to find our way to being at peace with whatever happens, and we can find this peace inside. Cultivating our inner clarity with meditation, journaling, and reading words that inspire us, will lead us to that place inside us that's already there, just waiting.

## Life Was Made for Joy and Woe - A Lesson in Acceptance

by Susanne Kempken  
(Australia)

The sky was a vivid blue, the sun was shining bright and a mild breeze made the day perfect for a spot of gardening. I pulled on my gardening gloves, brought the green waste bin into the backyard and hunkered down to do some much-needed weeding. On a perfect day like this even a chore like weeding was enjoyable. I was just about to yank another thick bundle of weeds from the garden bed, when I saw my cat pounce on something skittering across the garden path. Whatever it was didn't get very far, stopped in its tracks by a heavy clawed paw. I quickly scrambled to my feet and as I stepped closer, I saw a small lizard struggling wildly beneath the paw. I was more than happy to play the savior. As soon as I lifted the cat away, the lizard scampered off to safety. What a great day! Beautiful weather, weeding was almost done and to top it off I saved a lizard from being used as a chew toy. I was happy.

When the weeding was done, I filled my green waste bin and started rolling it back up the path. It was quite heavy and as I paused to get a better grip, I noticed that the bin was leaving an ugly smear in its wake. Expecting a squished plant, I paused to inspect and to my utter horror I saw that it was the remnants of the cute little lizard. It had hidden beneath the bin and gotten crushed as I moved it. I was dismayed . . . and after my immediate 'oh no' feeling faded, I just felt guilty.

I wondered why this had happened. I saved the lizard from death by cat only to have it killed by a bin. Not to mention that I was now responsible for its demise instead of the cat. It seemed so absurd. What was the point of saving the lizard in the first place? While its actual death was probably kinder than what the cat would have put it through, the outcome was still the same. I couldn't make sense of it. It seemed almost cruel.

Since I couldn't find any immediate answers my mind jumped onto the 'What if' and the 'I should have' bandwagon. What if I had simply been patient enough to wait for the lizard to disappear? I would have seen where it chose to hide. Score one for 'this is my fault'. I should have checked under the bin before I moved it. Score two for 'this is my fault'. What if I had left the bin in its spot until tomorrow? Score three for 'this is my fault'. Even though I was aware of what I was doing, my mind refused to stop throwing things at me that made me feel worse. For me this is a very typical, almost innate response to an unpleasant experience. The 'What if' curse of hindsight. The extra serving of guilt we place on ourselves following a negative event. It doesn't matter that, more often than not, these events are accidental, and in the moment of occurrence most likely out of our control.

While I was standing there allowing my mind to ride the merry-go-round of 'What ifs' a sudden knowing jammed the gears in my carousel. Thought after thought popped into my mind and none of them felt like my own. Here's what came to mind. . .

*This was a lesson in acceptance. It was the lizard's time to go and nothing and no one could have changed that. Call it the flow of life, fate, destiny or nature. By saving the lizard I merely delayed its fate and gave its fate a different packaging. The outcome was always going to be the same. It was inevitable. To be able to accept this is the acceptance of a greater truth. Life happens and while we get a choice in so many things, some things are beyond our conscious control, and always will be. So be kind to yourself and realize that sometimes there is absolutely nothing you can do to change an outcome. Acceptance is an important step towards healing. You find peace in acceptance.*

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