

THE SPIRITUAL CONNECTION

The Portland Spiritualist Church
February 2019



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Distribution "Open Position"

What do you call a fat psychic? A four-chin teller.

What do you call a psychic midget who has escaped from prison? A small medium at large!

Where do fortune tellers dance? At the crystal ball.

What do you call a yak fortune teller? Zodi-yak. If it's the Psychic Network why do they need a phone number?

A gentleman knocks on the door of a fortune teller: Knock! Knock! Who is there, asks the clairvoyant? Disappointed, the man goes away...

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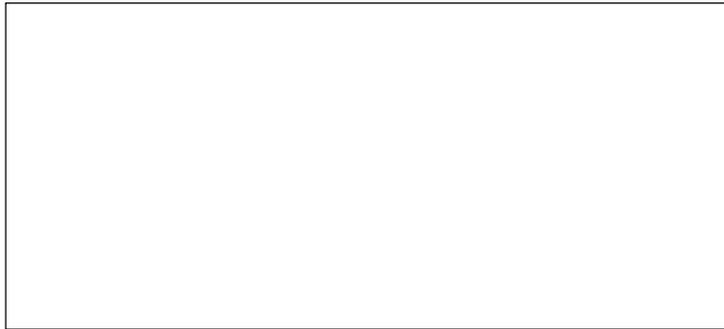
Pretty bad, huh. It is hard sometimes to come up with newsletter items, that people might find interesting.

Another plea, for people to send me ideas, articles, poems, even stories of your own. If published item please include all information, author, and submitted by. Can be anonymous, in the paper, but I need to know who you are.

Send to sjcsail@rocketmail.net

Thanks in advance.

The Editor



Sunday Speakers and Mediums

Sunday Speakers Services **10:30 AM**

February 3rd

Marguerite Walker
Augusta Spiritualist Church

February 10th

Melissa Gabriel
H. D. Barrett Church

February 17th

Rev. Beth Carter CH, CM
Portland Spiritualist Church

February 24th

Mike Carter
Portland Spiritualist Church

March 3rd

Dr. Earl Lord
Dexter, Maine

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

Classes start at 7:30 PM

February 1st

Laws of Spirit Mediumship
Rev. Beth Carter CH, CM

February 8th

Meditation in Motion
Joao Bordallo

February 15th

Séance II
Rev. Beth Carter
& Mike Carter

February 22nd

Meditation and Mediumship
Lance Cyr

March 1st

Laws of Spirit Mediumship
Rev. Beth Carter CH, CM

Board Meeting

February 13th 7:00 PM

Cont. from right column

Nothing can perish,
nothing can cease being.

I am always new.
I am always history free.
I am always consequence free.
Yet I can create an illusion of consequence.

Everything is possible,
yet not everything is probable.
It all depends on my synchronicity.
What I choose to explore
shall present itself to me.

What I believe to be true, is true.
All illusions are made out of different beliefs.
Yet there is only one knowledge.
It is the wisdom of old, yet new.

The thought gains the power,
when it merges with the feeling.
I feel what I desire.
I always receive what I ask for.
I always manifest instantly with no effort.
My wisdom is to be aware of what I request.

So it be.
So it is.
I ask for love,
and I welcome bliss.

~ Raphael Zernoff~

Cont. from pg. 4 From the Desk

Don't ignore the truth because it is presented as a negative. Look for what must be done for the good to come out of the negative event. We can and must be agents of change as we move into the future. The spiritual and universal assistance that we as Spiritualists can influence on humanity will be the positive change that is needed by all. So, be kind.....be happy! Pass it on!

Mike Carter
President
Portland Spiritualist Church

The Garden of Pensiveness

I am.
I always was.
I always am.
I shall always be.

The past and the future
meet in the eternal now.
I am the eternal now.

I exist.
I am.
I am in the past.
I am in the future.
I am in the now.

One is all, and all are one.
We are one.
Everything I see
is a part of myself.
Everything I can imagine
is a part of myself.
I could not imagine something
that is not.
Everyone I interact with
is a part of myself.
Whatever I put out, I get it back.
My state of being matters,
it crystallizes in my circumstances.
The way I respond to my circumstances
reinforces my state of being.

When I see an echo of an old belief
I respond with peace in my heart.
My actions are matched with
the highest version of myself
I can imagine in that moment.

Everything changes,
and everything transforms
from one form of life
to yet another.

It is a constant flow of life.
It is the heart of all existence.

Cont. In left hand Colum

From the Desk

I don't sleep a lot, or should I say that the total number of hours that I sleep are achieved more in installments than all at once. Consequently, I'm usually up at some ridiculous hour watching Lord knows what on television. I'm not a great reader.

Most times it's PBS that I watch and this morning I watched an interesting show about the "networks" that humanity has built. By networks I'm referring to networks like the power grid or the internet. The show also depicted how exponentially our human population has exploded in the past 100 years. It's many, many times greater than our population growth since the beginning of recorded history!

What I think that Spirit presented to me this morning was an offshoot of the program. Spirit presented the word "influence" to me. The influence that man has imposed on this planet and its resources, or the influence that one mis-spoken word or bullying threat can cause with friends, family or the community. The influence that one journalist or wrongfully edited piece of video can have on the public's opinion fosters negative reactions and thoughts.

Then it dawned on me: I was looking at the negative effects that "influence" has on us all, both personally and socially. I also remembered our last Men's Talking Circle where we discussed the influences imposed on us and what influences we present to others. And mostly I saw the goodness and the pride, and the desire to do good.

Influence has been given a negative reputation since the advent of modern communication. We're only noticing the bad things or negative things that are presented to us. Granted, most of the things presented to us are somewhat negative in nature, but I feel that what's missing is the influence of positive thought. We don't often get the positive result of a negative event. We don't necessarily see how the outcome of a negative event can affect opinion, or inspire changes to the law, or even helps to change someone's life for the better.

Our belief is that "Like attracts like". Positive energy attracts positive energy as the negative attracts the negative. So, it must stand that we as Spiritualists should be practicing what we preach. Do we let someone's whispers effect our opinion of another? Do we pass on negative information from social media? (usually with a frowny face emoji but shared none the less.) Do we respond in rage or do we reply with thought and kindness?

I know that I've failed many times and miserably! But that's not to say we can't reform. The doorway is always open, you know.

In our daily lives, let's try to be the influence of happiness, of joy, of understanding, of patience. In our conversations, let's shoot for positive energy and thought. It's easy to drift into different chatter, but we should strive to bring ourselves back on track.

In social media, let's be the place where negative and untrue things stop. Share the good, look for the truth and let it reflect the positive influence that the truth can be. And I'm not talking about the cute little sayings and puppy posters that we all see. I mean sharing how organizations have helped clothe and feed victims of natural disasters. Let's make heroes out of the individual teacher, or even janitor who makes a positive difference in a grade school. Let our influence be the positive energy of a great spiritual leader, or the dedicated doctor. Good will come if good goes out!

Cont. pg. 3~column

Raise Your Vibration

BY MADISYN TAYLOR

There are many ways to raise your vibration, including thinking positive and uplifting thoughts.

Everything in the universe is made of energy. What differentiates one form of energy from another is the speed at which it vibrates. For example, light vibrates at a very high frequency, and something like a rock vibrates at a lower frequency but a frequency nonetheless. Human beings also vibrate at different frequencies. Our thoughts and feelings can determine the frequency at which we vibrate, and our vibration goes out into the world and attracts to us energy moving at a similar frequency. This is one of the ways that we create our own reality, which is why we can cause a positive shift in our lives by raising our vibration.

We all know someone we think of as vibrant. Vibrant literally means "vibrating very rapidly." The people who strike us as vibrant are vibrating at a high frequency, and they can inspire us as we work to raise our vibration. On the other hand, we all know people that are very negative or cynical. These people are vibrating at a lower frequency. They can also be an inspiration because they can show us where we don't want to be vibrating and why. To discover where you are in terms of vibrancy, consider where you fall on a scale between the most pessimistic person you know and the most vibrant. This is not in order to pass judgment, but rather it is important to know where you are as you begin working to raise your frequency so that you can notice and appreciate your progress.

There are many ways to raise your vibration, from working with affirmations to visualizing enlightened entities during meditation. One of the most practical ways to raise your vibration is to consciously choose where you focus your attention. To understand how powerful this is, take five minutes to describe something you love unreservedly--a person, a movie, an experience. When your five minutes are up, you will noticeably feel more positive and even lighter. If you want to keep raising your vibration, you might want to commit to spending five minutes every day focusing on the good in your life. As you do this, you will train yourself to be more awake and alive. Over time, you will experience a permanent shift in your vibrancy.