
THE SPIRITUAL CONNECTION

THE PORTLAND SPIRITUALIST CHURCH

January 2016



Directors

President Mike Carter.....207-797-2039
Vice President Lance Cyr..... 207- 831-4829
Treasurer Bobbet King.....207-839-4944
Secretary Sally Chase
Directors Inga Olsen
Lauren Nelson
Richard Nelson

**The next Board meeting will be
January 10, 2016**

Pastor

Rev. Beth Carter, CM, CH 207-797-2039

Newsletter Staff

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Distribution Open Position

From the Desk

Well Howdy everybody and Happy New Year to one and all. It appears that we've once again made it through the Holidays. I hope that your Christmas brought you all full stockings and even fuller hearts as this is the Season of Love and Giving. Now we all look forward to another year of learning, expansion (spiritually I mean) and positive energy in all things.

For those of you who donated items to the Animal Refuge League of Greater Portland, you'll be glad to hear that everything was gratefully received by the organization on Christmas Eve. There was lots of bedding and food. One Santa even left a little dog costume along with kibbles and lots of bedding. Thanks to all of you who contributed. Y'all done good!

We're looking forward to another great year here at the Church. I know that you've all heard this before, but your 2016 membership dues are now once again due. The dues are still \$20 and you can give them to me, Sallie Chase or Bobbet King. Of course you can always mail them to the mailbox. PO Box 6551, Portland, ME 04102. There.....the work is now done!

There are lots of activities in the works for the upcoming year. There will be some workshops that you'll be interested in as well as our usual classes on Friday evenings. There will also be one or two new speakers on this year's schedule, so please attend to show your support.

Speaking of support: It's your support that keeps this church going. Spiritualism is a religion of conviction, not conversion. So you won't see us out knocking on doors or handing leaflets out at the local mall. We are here for those who are looking for answers in their own quest for spiritual balance

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Look where you want to go!

There have been many times in my life where I was told to look where I wanted to go. Horseback riding, skiing, surfing, all require this philosophy to be successful. (by success I mean hitting the target or the end of story being what you had intended) Many times I have had to remind myself to not look at the rocks in life, not to look at what you can't do but what you can do. Look straight ahead; see your target, your goal, and it will be. Many people who participate in sports already know this. Maybe that's why they look so confident. Check out this quote!!!

*"The power of "look where you want to go" is that it **applies to everyone.***

The opposite of looking where you want to go is target fixation, in which that new rider focuses on the cone he's afraid of hitting. So, of course, he nails the cone. The motorcycle thought he was looking where he wanted to go. There's one more source of power in this saying. That's in how it applies not just so uncannily to riding, but also to life. "Look where you want to go" means keeping your gaze on the real prize, the big goals you want to achieve during your finite time on this sphere. Staring at the spot just ahead of your front tire, either literally or metaphorically, ensures you won't be ready for the next curve life throws at you. So that's it. If you're only going to remember one thing about riding, remember that one. " Aug 15, 2014

[Lance Oliver](#) TeamZilla Managing Editor

. Our belief in natural law and that we are all growing closer to the Infinite every day sustains us and brings peace and even anticipation of the time when we graduate to the higher life. There is no fear of death and consequently we have a greater appreciation and less fear of the life that we can live here on this plane.

One may not find what they're looking for with us, but surely we can be that "stepping stone" that leads on to the path that is right for them.

That's about it from me. What do you think of the new format for the newsletter? I think that Sandi hit it out of the park. Take care of yourselves and don't go crazy with New Year resolutions. "It's little bites that get the cake all eaten."

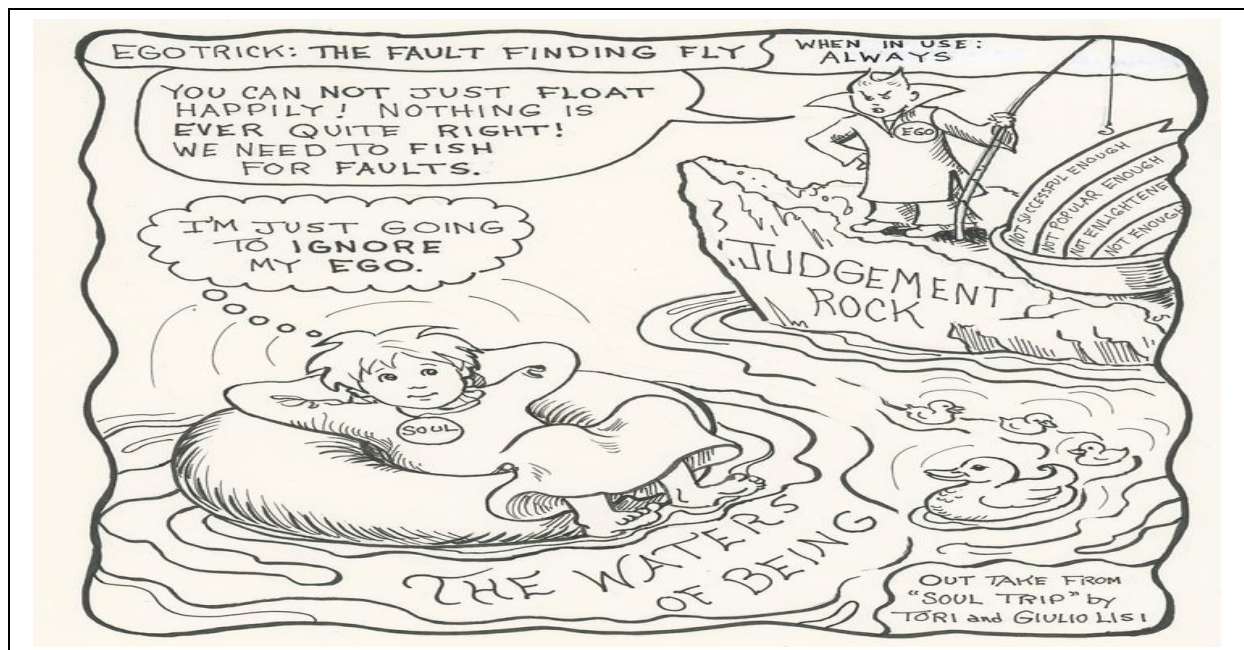
Mike (Prez) Carter
President
Portland Spiritualist Church

So anyways, just some advise, and be sure to use it for those icy roads coming up.

Keep you loved ones close, Be Safe, Stay Safe.
But most of all,

Look where you want to go.

Happy New Year.
Sandi Cayia
Editor
The Spiritual Connection



Love Is All There Is.

Yes, love is all there is today, tomorrow and next year! And yes, it is within! It is great to have a good job, caring partner, new car, beautiful house, smart kids, etc., but at the end or beginning of the day, peace/love is within. It is easy to get caught up in the ebb and flow of life. The everyday ups and downs which we all experience. It is easy to feel peace and love when things are going our way. But if things are going well just wait awhile and there will be some bumps in the road. And if the path is difficult, take comfort that that too shall pass. I cannot take credit for that observation but it seems to be true in my life and what I observe with others. But in spite of the escalator of life, we can experience the peace and love within. The constant, unchanging life force within, the first 9 months of 2015 felt to me like morning sickness, labor pains and childbirth, rhetorically speaking. It was a difficult time with interpersonal relations, health and finances. I knew that these things would pass but the experiences were challenging. I continued to go inside for sanity and I asked for help from spirit. I asked the infinite, angels, guides and relatives and friends on the other side for direction. I needed all the help I could get. I know the spirit side of life wants to assist us but we have to ask for help- that free will thing. And some amazing things began to happen inside and outside. Issues beyond my control resolved without my intervention. And somewhere from within came a response, kill them with love! Part of the financial piece involved being taken advantage of by an unscrupulous business person.

I felt angry, outraged and violated and I spent a lot of time obsessing on my plight. But I did not like obsessing and being angry. It did not feel good. There had to be another way and the answer was send them love. So I did. I put people on the healing list and sent them positive energy. And I asked others to do the same.

I got an offer, out of the blue, on a property I was trying to sell. My real estate agent and I were getting irritated with the buyer. What to do? Send the buyer healing, loving energy. My real estate agent is a devout Catholic so it was easy to ask him to pray for the buyer and send that person love. And it was a win for all involved. There is no downside to love.

Can it really be the dawning of the Age of Aquarius? The world seems chaotic and dark. But I have experienced how love can make a difference in my life. Can I/we send that loving, healing energy out to the world? We can turn darkness into light!

Peace and light and love to all.

Joann Sica



Portland Spiritualist Church and Board are Blessed

That is so true and here are some of those blessings:

President Michael Carter who is a gentle, kind, organized leader who is also a medium, moderator, speaker, healer, class leader and sound engineer as well as a Jack of All Trades.

Vice President Lance Cyr who is another kind, gentle man who is there when needed. He is a budding medium and speaker who leads a very appreciated meditation and Mediumship class. You all see him at Mediums Days manning the registration desk and helping with set-up and clean-up for the day. He's a firm, sound voice behind the scenes.

Secretary Sally Chase who bravely took on the duties of this position and has done a very fine job. She's also always available to assist where needed which includes Medium's Days and moderating services.

Treasurer Bobbet King who is a dedicated and thorough treasurer. Need a new account? She'll find it at a great rate. You all know her as the lady behind the registration desk at Medium's Days. She and Lance make a great team handling what looks like an easy task but can be a bit tricky and complicated at times. She's not afraid to speak up and state a difficult fact or situation. It's the jolt the board at times needs.

Directors:

Inga Olsen is new to the board and the church. She is eager to help and assist. She is also a budding medium and speaker. She overcomes her fears which disappear once faced. She is one of our healers for services.

Richard Nelson who is even newer to the church and the board, He has a quiet, firm way of stating an opinion. He surprised us at the Student Service with his Healing Talk. There is definitely potential there as a speaker. He is also one of our church healers.

Lauren Nelson is also a new member to the church and the board. She's a great behind the scenes person and not afraid of responsibility. Great leadership potential there with her quiet, firm manner of speaking. Lauren is also one of our healers.

Newsletter Editor: Sandi Cayia has just taken on this position and has astounded us with her ability and creativity.

Newsletter assistants: Will & Joan Couture are retiring from this position of assisting with getting the newsletter out to everyone. We thank them for their true dedication.

Class Instructor: Joao Bordallo leads our Meditation in Motion Class each month as well as being one of our healers. We have learned we can be in motion and meditate plus keep healthy. This is a plus to those who have difficulty with meditation.

MPI Student Marie Villanucci is also one of our healers and moderators. She is available in any manner in which she can assist us. Sometimes she surprises us with her delectable goodies.

Joann Sicca, although not a member, is always there, always supportive of the church and board. We thank her for the goodies she supplies for hospitality and her Christmas Poinsettias.

Yes, I could go on. All of you who are members or are attendees are deeply appreciated. We worry about you when we don't see you. We share in your joys and pains.

May 2016 bring joy, peace, love and prosperity to each and every one of you.

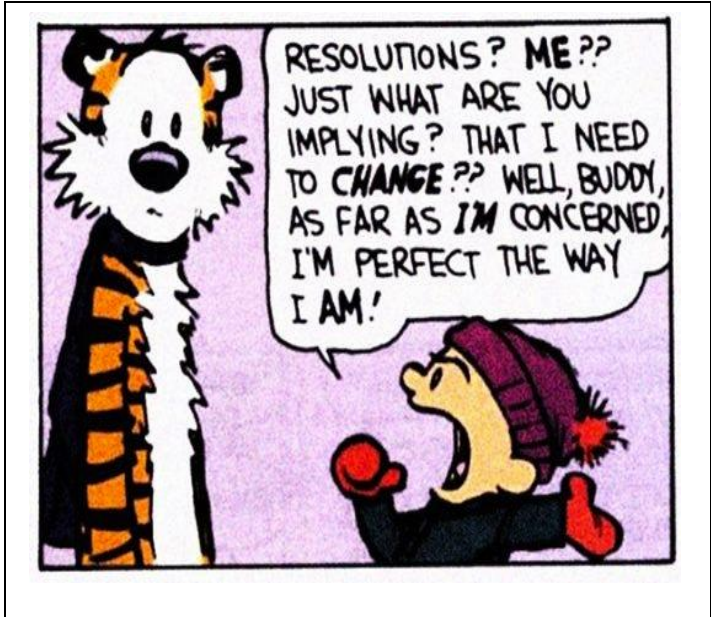
Rev. Beth Carter, Pastor

From the light of one candle,
a million candles can be lit
without affecting the original
flame.

From the single awareness,
innumerable flames of apparent
separate existences
are lit and are burning with the
same fire.

~ Mooji





Sunday Speakers and Mediums

Sunday Services 6:30 PM

- January 3 Rev. Beth Carter CM, CH
Portland Spiritualist Church
- January 10 Mike Carter
Portland Spiritualist Church
- January 17 Dr. Barbra Williams
Portland Spiritualist Church
- January 24 Marguerite Walker
Augusta Spiritualist Church
- January 31 Rev. Graham Connolly NST
Augusta Spiritualist Church
- February 7 Rev. Beth Carter MC, CH
Portland Spiritualist Church

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

All Friday classes start at 7:30 PM and are by donation unless otherwise noted.

- January 1** Closed for Holiday
- January 8** Exercises in Mediumship
Rev Beth Carter CH CM, &Mike Carter
- January 15** Meditation and Mediumship
Lance Cyr
- January 22** Gallery Reading/\$10.00 at door
Rev Beth Carter CH CM, &Mike Carter
Admission is not a guarantee of a reading.
- January 29** Laura Nelson
- February 5** Exercises in Mediumship-
Rev Beth Carter CH CM & Mike Carter

How people achieve the impossible

Imagine an insanely ambitious goal for yourself. Say you want to write a book, or land on Mars. If you absolutely *had* to do that – if your life and the lives of everybody you cared about depended upon it – how would you? How *could* you? *You'd simply drop everything else.* You'd become one giant bumblebee, pushing in one direction, and you'd move very, very quickly: Monomaniacal focus on a single goal is perhaps the ultimate success stratagem. It's a pattern found in everyone from Edison to Einstein. When you're able to focus on a single goal, constantly, your achievements reach their theoretical limit.

HAPPY BIRTHDAY

- 1/6 INGA O.
- 1/10 ALAN K.

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