

# THE SPIRITUAL CONNECTION

The Portland Spiritualist Church  
January 2017



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**Distribution** "Open Position

## From the Desk

Well, we did it again. We made it through another year. It's amazing that the older I get the faster the time goes by. Remember when you were a kid and it seemed like getting to Christmas and that little vacation took FOREVER !!. When I was a kid, it always seemed that the Summer vacations from school were so long. It may have only been a couple of months, but we crammed a lot of bicycle trips, frog expeditions and camp building in the time allotted.

I was just talking with one of my co-workers the other day and neither of us could remember what we did with our summer or our vacations. It was all just another blur in the events of the year.

So, since it is the time of resolution, let's all make this our promise for the New Year. Why don't we all take time to stop and appreciate all that goes on around us and all the things that we can do with the time given us in this new year.

Spirit has given us such a glorious planet to live in and we need to take time to appreciate it. We could take a hike in a State Park not just to get some exercise or increase our heart rate, but to appreciate the wildlife and the beauty of pine trees and birches.

Sitting on the rocks at the beach can be such a meditative time if we allow ourselves that time.

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Membership



\$20.00



### Sunday Speakers and Mediums

Sunday Speakers Services 6:30 PM

#### Jan. 1<sup>st</sup>

Mike Carter  
Portland Spiritualist Church

#### Jan 8<sup>th</sup>

Rev. Beth Carter CH, CM  
Portland Spiritualist Church

#### Jan 15<sup>th</sup>

Inga Olsen  
Portland Spiritualist Church

#### Jan 22<sup>nd</sup>

Melanie Ames  
Augusta Spiritualist Church

#### Jan 29<sup>th</sup>

Marie Villanucci MPI  
Portland Spiritualist Church

#### Board meeting January 8<sup>th</sup> @ 4:30

#### 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 is suggested,  
but not required.

#### Jan 6<sup>th</sup>

Séance  
Rev. Beth Carter CH, CM & Mike Carter

#### Jan 13<sup>th</sup>

Meditation and Mediumship  
Lance Cyr

#### Jan 20<sup>th</sup>

Meditation in Motion  
Joao Bordallo

#### Jan 27<sup>th</sup>

Séance  
Rev. Beth Carter CH, CM & Mike Carter

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We need to show our friends and family more than just our back as we go out the door. Let's spend more time with the ones that we love and appreciate, not because a magazine says that the "good life" needs at least one hour of "quality" time a week but because we love those around us. They and we deserve the love, respect, and appreciation that we have for each other but never seem to put in the time to show it.

To all the new folks that we meet in the oncoming year, let us take the time to get to know them a little bit so that they know that there is such a thing as a friendly stranger.

Be respectful, be nice and always remember to put the 6<sup>th</sup> Principle to use.

Don't expect reciprocation from every stranger that you meet, but don't get discouraged. The light that you shine will always attract the energies that need to be around you and you them.

That's about it for me. I hope that you all had a great holiday season and that you were around positive energies and events.

Take care of yourselves and each other.

Mike Carter  
President  
Portland Spiritualist Church



**Tis the season** for baking and cooking for family and friends. For those who are on a **gluten free diet** that can be difficult. Our Colonial counterparts knew of a very good **gluten free** dessert called Hasty Pudding or Indian Pudding. It is difficult to find the recipe in cookbooks, but I do have a couple versions. Some restaurants still serve it upon occasion like Ken's Restaurant in Skowhegan.

1.) From a **1958 Good Housekeeping Cookbook** given to me by my Aunt Stella in 1962.

#### Indian Pudding

1 Qt. milk	1 tsp cinnamon
1/4 cup cornmeal	1 tsp nutmeg
1/2 cup molasses	1 tsp salt
1/4 cup sugar	1/2 cup chopped dates, nuts, or

1 Tbsp. butter or margarine      raisins (optional)  
Can substitute 1 tsp ginger for the cinnamon & nutmeg. My preference.

Scald milk in double boiler, Stir in corn meal slowly. Cook 20 min. Start heating oven to 275 degrees F. Add rest of ingredients. Bake in greased 1 1/2 qt. casserole, uncovered, 3 hrs. stirring once after 1 1/2 hrs. Serve warm or cold. Serve with ice cream or whipped cream. 6 servings.

2.) This version is from a **Farmer's Almanac 1976** collection of old colonial cookbooks and was a favorite of Mrs. Martha Washington.

#### Indian Pudding

Serves 6

1/3 cup corn meal	1 cup raisins
1/2 cup molasses	1/4 tsp ginger
pinch salt	1/4 tsp cinnamon
3 cups scalded milk	1/4 tsp nutmeg
1 egg, beaten	1 cup cold milk

Mix well the corn meal, molasses, and salt. Pour over the mixture 3 cups scalded milk. Let stand 5 minutes. Add the well beaten egg, spices and raisins. Put in baking dish and place in slow (275 degree) oven. In 10 min., after it starts to bake, add 1 cup cold milk. Stir. Bake 2 hours.

Hope your holidays have included some good healthy food choices!

Beth

## Blessing Space

BY [MADISYN TAYLOR](#)

*We can bless each space we enter leaving a sweet energetic footprint behind.*

Physical space acts like a sponge, absorbing the radiant of all who pass through it. And, more likely than not, the spaces we move through each day have seen many people come and go. We have no way of knowing whether the energy footprints left behind by those who preceded us will invigorate us or drain us. Yet we can control the energy footprint we leave behind for others. In blessing each space, we enter, we orchestrate a subtle energy shift that affects not only our own experiences in that space but also the experiences of the individuals who will enter the space after us. While we may never see the effects our blessing has had, we can take comfort in the fact that we have provided grace for those that follow after us.

When you bless a room or an entire building, you leave a powerful message of love and light for all those who will come after you. Your blessings thus have myriad effects on the environments through which you pass. Old, stagnant energy is cleared, creating a vacuum into which fresh and invigorating energy can freely flow. The space is thus rendered harmonious and nourishing, and it becomes a hub from which positive feelings are transmitted. Intent is the key component of the blessings you leave in your physical wake. If your intent involves using your own consciousness as a tool for selflessly spreading grace, your blessings will never go awry. Whether you feel more comfortable performing a solo blessing or prefer to call upon your spirit guides for assistance, visualize each space you enter becoming free of toxins, chaos, and negativity as you speak your blessing. Then imagine the resultant emptiness being replaced by pure, healing white light and loving energy. Even a quick mindful thought of love can bless a space.

This type of blessing is cumulative and will grow each time you bestow it. Try blessing every home, business, and office you visit for an entire week and observing the effects of your goodwill. Your affirmative energy footprint will help brighten your day as you contemplate your blessing's future impact on your siblings in humanity and your environment.

# Being Fully Present

BY [MADISYN TAYLOR](#)

*When we live fully in the moment there is an aliveness that comes easily.*

When we are fully present, we offer our whole selves to whatever it is that we are doing. Our attention, our integrity, and our energy are all focused in the moment and on the task at hand. This is a powerful experience, and when we are in this state, we feel completely alive and invigorated. This kind of aliveness comes easily when we are absorbed in work or play that we love, but it is available to us in every moment, and we can learn to summon it regardless of what we are doing. Even tasks or jobs we don't enjoy can become infused with the light of being present. The more present we are, the more meaningful our entire lives become.

Next time you find yourself fully engaged in the moment, whether you are making art, trying to solve an interesting puzzle, or talking to your best friend, you may want to take a moment to notice how you feel. You may observe that you are not thinking about what you need to do next, your body feels like it's pleasantly humming, or your brain feels tingly. As you enjoy the feeling of being located entirely in the present moment, you can inform yourself that you may try to recall this feeling later. You might try this while driving home or getting ready for bed, allowing yourself to be just as engaged in that experience as you were in the earlier one.

The more we draw ourselves into the present moment, the more we honor the gift of our lives, and the more we honor the people around us. When we are fully present, we give and receive aliveness in equal measure. For today, try to be fully present in your daily activities and watch a new reality open for you.

