

# THE SPIRITUAL CONNECTION

The Portland Spiritualist Church

June 2016



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**There will be no board meeting  
in June!**

## Newsletter staff

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<b>Distribution</b>	“Open Position”

## From the Desk

Hey everybody. I'm getting a good feeling about summer! We've had a few warm days as sort of a teaser so the real thing can't be that far off. At least that's my expectation!!

We all hold on to expectations. Many times the expectations that we hold don't seem to measure up to the outcome that we receive. So what do we do? Do we go around kicking the walls and screaming to the world that we didn't get what we wanted? Do we internalize the disappointment that we have and let it fester into an ulcer or an illness? I tend to lean to the latter outcome myself! Then we may get the helpful soul who leans in and tells us “well, it is what it is”. Sometimes that phrase is just as stinging as “I told you so.”

But here's what we need to remember. Nothing is perfect and there are bound to be disappointments as we go through our path on this plane. Beth (Rev. Carter for those unaware) always uses the philosophy that what happens to us now is the best and most useful thing that can happen at this point in time. I'm paraphrasing this so ask her for the exact wording.

The learning part of us being on this particular planet at this particular time is that even though things turn out badly or not to expectation, we must still maintain the positive thought that what we have received is what we needed and to use it to make us better on this plane. We must also use our positive energies and our good expectations to bring more and more good things to us as we travel through life.

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### **Sunday Speakers and Mediums**

Sunday Speakers Services 6:30 PM

- June 5<sup>th</sup> Robert Foster  
Portland Spiritualist Church
- June 12<sup>th</sup> Laura Lee Perkins  
& Ken Green  
Class “What Happens When We Die”  
3PM – 5PM (flyer on page5)
- June 19<sup>th</sup> Eddita Felt  
Portland Spiritualist Church
- June 26<sup>th</sup> Mike Carter  
Portland Spiritualist Church
- July 3<sup>rd</sup> Closed for the Independence  
Day Weekend

#### **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 of is suggested,  
but not required.

- June 3<sup>rd</sup> Rev. Beth Carter CM, CH  
& Mike Carter  
Talking Stick Circle
- June 10<sup>th</sup> Lance Cyr  
Meditation & Mediumship
- June 17<sup>th</sup> Joao Bordallo  
Meditation in Motion
- June 24<sup>th</sup> Gallery Readings  
Medium to be announced
- July 1<sup>st</sup> Lauren Nelson  
Color Meditation

From the desk  
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By good things I mean good friends, good environment, good spirituality. When we manifest the positive and good things in our spiritual lives, our expectations are never disappointed.

Positive thought does bring physical things too, but that's where a lot of expectations don't get met. Spirit will help us with physical things but we should expect what we need not what we want. If you need a car, a car will come. It may not be a new car and it may not be a pretty car but what you needed was a car, not a Rolls Royce. Positive energy and manifestation brings us what we need for the time and place we're in.

I hope this little talk makes you feel better if you're disappointed. It's all true though. We expect so much, and we should. But we should also be happy at what we've been given and be willing to work more and harder to attain our expectations. Spirit is willing if you are.

Prez



## The Places We Go

Moving Through Darkness

by Madisyn Taylor

Often it takes something major to wake us up as we struggle to maintain an illusion of control. In life, most of us want things to go to the places we have envisioned ourselves going. We have plans and visions, some of them divinely inspired, that we want to see through to completion. We want to be happy, successful, and healthy, all of which are perfectly natural and perfectly human. So when life takes us to places we didn't consciously want to go, we often feel as if something has gone wrong, or we must have made a mistake somewhere along the line, or any number of other disheartening possibilities. This is just life's way of taking us to a place we need to go for reasons that go deeper than our own ability to reason. These hard knocks and trials are designed to shed light on our unconscious workings and deepen our experience of reality. Often it takes something major to wake us up, to shake us loose from our ego's grip as it struggles to maintain an illusion of control. It is loss of control more than anything else that humbles us and enables us to see the big picture. It reminds us that the key to the universe lies in what we do not know, and what we do know is a small fraction of the great mystery in which we live. This awareness softens and lightens us, as we release our resistance to what is. Another gift gleaned from going to these seemingly undesirable places is that, in our response to difficulty, we can see all the patterns and unresolved emotional baggage that stand in the way of our unconditional joyfulness. Joy exists within us independently of whether things go our way or not. And when we don't feel it, we can trust to the situation, moving through it as we move through our difficult feelings. We can take our inspiration from any fairy tale that finds its central character lost in a dark wood, frightened and alone. We know that the journey through the wood provides its own kind of beauty and richness. On the other side, we will emerge transformed, lighter and brighter, braver and more confident for having moved through that darkness.

## **Meditation and Mindfulness for Wellbeing**

**POSTED BY: ADMIN** FEBRUARY 2, 2016

Mindfulness is a popular technique for reducing stress and anxiety. It is also recommended in managing depression. It is easy to do and the more you practice the easier it gets. It is quite simply being aware of yourself and your surroundings in a meditative way. This allows you to focus on what is happening right now, rather than what has happened or what might happen. Mindfulness combined with Cognitive Behavioral Therapy (CBT) creates an atmosphere of positive change and acceptance.

A report in the Lancet, a medical magazine, concluded that mindfulness was at least equally successful to a two year course of drug therapy for depression. Relapse rate was measured after two years. For the Mindfulness group it was 44% and for the drug therapy it was 47%. 424 adults took part in the experiment, with a random selection of half using medication and half using mindfulness training. (reported in the guardian 21<sup>st</sup> April 2015, [www.theguardian.com/society/2015/apr/21/mindfulness-based-cognitive-therapy](http://www.theguardian.com/society/2015/apr/21/mindfulness-based-cognitive-therapy) )

When the mind is trained to be aware of current surroundings and focus on the present, many of the stories that make us feel uncomfortable become irrelevant. One of the first steps to mindfulness can be simply listening and noticing the sights and sounds around you. While your mind is busy processing that information, it is not making up stories about the future or going over the past.

Mindfulness is most useful when practiced every day. It quickly becomes a habit to stay in the here and now, rather than disappear into the imaginings of the mind. Some people have expressed the concern that if they are not constantly alert to what might happen, they may be caught out.

However, being alert to situations is very different to imagining them. In imagination, we are powerless to do anything except to think. In the here and now, every situation will have a number of possible actions that we can take. If we can manage the emotional aspect, we will always remain able to rationally decide the best course of action on each situation. Action can also be words.

You could include mindfulness and meditation in your everyday life to improve your health and general wellbeing.

# WHAT HAPPENS WHEN WE DIE?

Sunday June 12, 2016 @ 3-5 pm / \$25.

Portland Spiritualist Church / 2<sup>nd</sup> Floor / 17 Dunn St, Westbrook, ME 04092 To register by June 6<sup>th</sup> call Beth: (207) 797-2039

***Explore the soul's intelligent capacity to detach and reconnect.***



**All current information reveals that our souls and personal identities are supported with love through the entire death experience.**

We'll delve into easy-to-understand descriptions of what occurs during the death process.

Once we have completed the transition, what happens next?

How are connections made with other souls? How do we continue to learn and evolve?

And how do we continue to use our free will?

*For those who have survived near-death experiences, most are profoundly changed. Their stories inspire hope.*

**Laura Lee Perkins, BME, MS, CM has taught spiritual development classes for 30+ years. She is a widely published author, a professional musician/expert in Native American Flute and an entertaining speaker.**