

THE SPIRITUAL CONNECTION

The Portland Spiritualist Church
JUNE 2017



From the Desk

Maybe I'm just too cynical, but doesn't it seem that the cold weather has just been around too long. I mean tooooooo long!! We get a little glimpse of that warm, yellow orb and think to ourselves: "OK summer is finally here." That's just before it starts to rain and the temperature drops down to your socks. OK, OK let's be positive. Summer will arrive and it will be warm and the sun will shine.

It's a difficult thing trying to be positive when things are tough. But let's face it, that is when we should be the most positive of all. Nothing's easier than being positive when the money's coming in, and when you're feeling good, and you've got great health. Piece of cake!

True positive energy comes when we employ that Natural Law of Attraction. Positive comes when we put out positive thought. It sure sounds easy, but I'm here to tell you that it's not. It takes a lot of work to reach and maintain the positive energy that allows positive results to come to you.

There are people who will say that's it's so simple. Norman Vincent Peale said as much in his book "The Power of Positive Thinking". If you are happy and positive, you will become happy and positive. Once in conversation with my younger brother I told him that I was feeling kinda' down and bummed out. He smiled and said to me: "Well, stop it!!"

And my brother's right. Norman Vincent Peale is right. We all face times when things aren't great. These are the times when

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Distribution "Open Position



Sunday Speakers and Mediums

Sunday Speakers Services 6:30 PM

PSC Board Meeting

June 11, 2017 @ 4:30 p.m.

June 4th

Rev. Beth Carter CM, CH
Portland Spiritualist Church

June 11th

Bob Foster
Portland Spiritualist Church

June 18th

Inga Olsen
Portland Spiritualist Church

June 25th

Laura Lee Perkins, CM
H. D. Barrett Church 3:00 Workshop
“How to Write Your Own Obituary”

PSC Board Meeting

June 11, 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
M- Missionary

Friday Development Classes

Friday Classes 7:30 PM

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

Friday Classes

June 2nd

Mediumship Development
Rev. Beth Carter CM, CH
& Mike Carter

June 9th

Meditation & Mediumship
Lance Cyr

June 16th

H. G. Bouroughs Study group
Rev. Beth Carter CM, CH
Mike Carter

June 23rd

“Drawing and Color Meditation” Lauren Nelson

June 30th

Gallery Readings
Rev. Beth Carter CM,
CH & Mike Carter

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most of all we have to say to ourselves: “OK, I’m putting my positive energy and attitude out to the Infinite. I know, because it is a proven Natural Law, that things will get better and positive energies will come to me. And when those energies come to me, I will do my upmost to keep the cycle going by maintaining my positive attitude and awareness.” This is the mantra that we all must use to become more positive.

It’s hard work, but remember that you’re not alone. Spirit is always with you to bolster you and help you keep strong. Your friends here at the Church are here to support you and help you to accomplish that positive glow. Seek out assistance wherever you can. Don’t let the monsters get ya’!

Mike Carter



All About June

June, named after Juno, the goddess of marriage, is the sixth month of the year, and is one of the four months with a length of 30 days. Just like the month of May, no other month begins on the same day as June. This is also the month with the longest daylight hours of the year.

June's birthstones are the Alexandrite, the Moonstone, and the Pearl. Alexandrite represents health and longevity. Moonstones represents change, new beginnings and the shifting tides of emotion and can help a wearer to alleviate stress, especially due to sudden changes in life. Moonstone is also believed to increase intuition and aid in lucid dreaming. Pearls symbolize purity of heart and faith, as well as growth and transformation through difficult circumstances. Its birth flowers are the honeysuckle and the rose. Honeysuckle traditionally stands for bonds of devotion, love, fidelity and generosity. Few flowers have as many meanings attributed to them as the rose. Depending on the type of rose, roses can indicate romantic love, secrecy, desire, gratitude, mourning, impossible hopes, modesty, joy, love at first sight, innocence, sacrifice and much more. In the traditional language of flowers, roses are among the most important flowers. Gemini and Cancer are the astrological signs for June. Birthdays from June 1 through the 20, fall under the sign of Gemini while June 21 through the 30 birthdays fall under the sign of Cancer. A Bug Named June? The June Bug, also known as June beetle, is the name for several large beetles seen in the United States during May and June. They are usually seen at night when the light attracts them. June bugs eat the young leaves of trees and plants. They deposit their eggs in the ground and the young larvae bury themselves in the soil in the autumn and stay there two years. They then come out in May or June as adult beetles.

Life Can Be Scary

BY MADISYN TAYLOR

No matter how brave, strong, or levelheaded we are, sometimes we all get scared.

Life can take us on a roller coaster ride full of highs and lows and twists and turns. Even for those of us who enjoy unexpected thrills, it's frightening to suddenly find ourselves heading for a deep plunge. Yet, it happens to all of us. At these moments, it is important to remember that you are not alone in your experiences. No matter how brave, strong, or levelheaded we are, sometimes, we all get scared. Our fears may revolve around our physical safety, particularly if we are not feeling well, living under difficult circumstances, or doing work that exposes us to hazardous conditions. Or, we may be experiencing financial woes that are causing us to be fearful about making ends meet. We may also fear the loss of a loved one who is sick, or we may be scared of never finding someone special to spend our life with. We may be scared to start at a new school, begin a different job, move to a new town, or meet new people. Whatever our fears are, they are valid, and we do not need to feel ashamed or embarrassed that we are, at times, afraid.

It may be comforting to know that everyone gets scared, and it is perfectly OK. Sometimes just acknowledging our fears is enough to make us feel better. And while it sometimes takes a lot more to ease our mind, we can console ourselves with the knowledge that life can be scary at times. Giving ourselves permission to be scared lets us move through our fears so we can let it go. It also makes it alright to share our fears with others. Sharing our apprehensions with other people can make our fears less overwhelming because we are not letting them grow inside of us as pent up emotions. Sharing our fears also can lighten our burden because we are not carrying our worries all by ourselves. Remember that you are not alone.



Taking Things Personally

BY MADISYN TAYLOR

Try not to take everything personally, things that people say and do don't always have anything to do with you.

Every time you interact with others, you have the choice to listen to, acknowledge, and let go of their words, or you can take what they are saying personally. Taking things personally is often the result of perceiving a person's actions or words as an affront or slight. In order to take something personally, you must read negative intent in an individual's words or actions. But what people do and say has no bearing upon you and is usually based on their own experiences, emotions, and perceptions. If you attempt to take what they do or say personally, you may end up feeling hurt without reason.

If you are tempted to take a comment or action personally, creating some distance between yourself and the other person can help you. Try to determine what is at the root of your feelings. Ask yourself if the other person's words or actions are just reinforcing some insecurity within you or if you can really be sure that an offense was intended. You may even want to ask them what they meant. Finally, put yourself in the other person's shoes. Instead of taking their words as the truth, or as a personal affront, remember that whatever was said or done is based on their opinion and is more reflective of what is going on inside of them, rather than having anything to do with you. You may have been an easy target for someone having a bad day, and their comments may have been offered with no ill intentions.

When you recognize that what anyone says or does doesn't necessarily have anything to do with you, you will no longer feel hurt or attacked. While it's easy to take things personally, you should never let anyone's perceptions or actions affect how you see yourself or your worth. Your life is personal to you, and it is up to you to influence your own value and sense of well-being.

