

THE SPIRITUAL CONNECTION



Portland Spiritualist Church

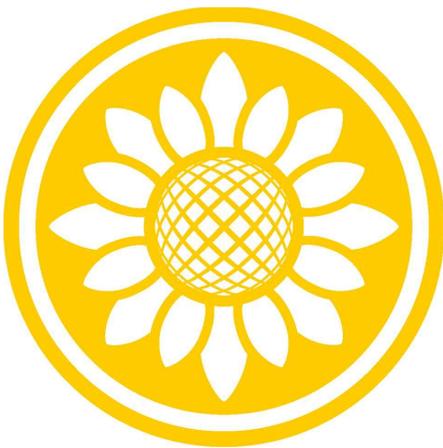
June 2019

OUR MISSION

The mission of the Portland Spiritualist Church is to promote the science, philosophy and religion of Modern Spiritualism.

As Spiritualists, we serve those seeking conformation of, and comfort in, the concepts of continuity of life and Natural Law.

Through Spirit communications, teaching, hands-on-healing, and public service we bring the light and wisdom of Infinite Intelligence to our community.



An Auxiliary of NSAC

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 toooooo 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 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

Classes, Services and Events

Sunday Services **10:30AM**

June 2nd / Gary Mascher / Augusta Sp. Church

June 9th / Christine Dube / Massachusetts

June 16th / Inga Olsen MPI / Portland Sp. Church.

June 23rd / Rev. Patty Palmer NST / Harrison D. Barrett Church

June 30th / Joe McCann / Church of Spiritual Life

July 7th / Bob Foster / Portland Spiritualist Church

Friday Classes **7:30PM**

June 7th / Philosophy of Spiritualism / Rev. Beth Carter CH,CM

June 14th / Meditation and Mediumship / Lance Cyr

June 21st / Mini Readings / 15 minute private readings for \$15

June 28th / Men's Talking Circle / Harvey McCarthy & Mike Carter

July 5th / Philosophy of Spiritualism / Rev. Beth Carter CH,CM

KEY: CM-Certified Medium / MPI-Morris Pratt Institute Student / Rev.- Reverend / NST- National Spiritualist Teacher / CH- Commissioned Healer / LM-Licentiate Minister / M-Missionary

The wound is the place where light enters you. Rumi

A Few Things to Remember

Editor: We are looking for an individual to be the editor of the “Spiritual Connection”. The editor should be versed in Windows 10 and willing to seek out information for the newsletter. If you are interested, please contact Mike Carter.

Submissions: We’re always looking for new material to put into the newsletter. If you have items that you think will be interesting in a newsletter, you can submit them to the new editor or for the time being to Mike at retrac55@peoplepc.com

State Convention: June 7th – 9th will be the MSSAC State Convention. It will be held at the Harrison D. Barrett Spiritualist Church in Bangor. The Friday workshop is titled “Laws of Attraction” facilitated by Althea DePascale. There will be a bussiness meeting on Saturday morning and much more. For more information and reservations contact Rev. Betty Simpson (207) 478-8084 or e-mail at msclisham@gmail.com

Indoor Yard Sale: We did fairly well at our indoor yard sale last month. It turns out we were competing with a Boy Scout yard sale in the parking lot. But on the other hand, the Boy Scout sale may have helped us out. Diane W. and Carlene R. were out there hustling customers to us all day long. Thanks for that guys! Left over items will still be available for a week or two more. There are donation jars placed on the tables.

JUNE

FLOWERS OF THE MONTH



AHHH...

It's easier to respond to whatever the day may bring in a more balanced and open-minded way if you spend a moment centering yourself. Let your belly soften and take three gentle breaths into it. Then put your hands on the center of your chest. Inhale slowly and imagine breathing in from the bottom of your feet through the top of your head and into your heart. Exhale and feel your ribs soften downward under your hands. After a few repetitions, ask yourself. "How do I want to respond to people and situations today?" Keep breathing this way for one to three minutes and notice a feeling of centeredness, clarity, or ease.

Margaret Townsend, thelivingbreath.com

Submitted by: Rev. Beth Carter

AHHH...

Sometimes, after an intense day, sleep just doesn't come. Unwinding mental tension involves unwinding physical tension. Begin with your feet. Take a deep breath in and hold it while you stretch your toes wide apart. Then exhale and relax. Now squeeze your toes as if you were making fists with your feet and hold, hold, hold your breath. Exhale as you relax your toes. Lift your right leg two inches off the bed and squeeze all your leg muscles; exhale and drop your leg. Move to the other leg. Then make fists with your hands, lift your arms two inches off the bed, and squeeze; exhale deeply as you drop your arms. Lift your legs and arms and squeeze your belly, and then exhale and release. Finally, squeeze your face like a prune and on a big exhale, let go. Feel your whole body drop into the mattress.

Cyndi Lee, cyndikee.com

Submitted by: Rev. Beth Carter

Board of the Portland Spiritualist Church

President: Mike Carter (207) 797-2039 Vice President: Lance Cyr (207) 831-4929

Secretary: Sallie Chase Treasurer: Lauren Nelson

Directors: Inga Olsen / Harvey McCarthy / Joann Sica

Our Pastor: Rev. Beth Carter CH,CM - (207) 797-2039

Next Board Meeting Date: June 19th @ 7:00 PM

Church Web-site: www.portlandspiritualistchurch.org

e-mail: info@portlandspiritualistchurch.org

Meditation In Motion

Joao Bordallo is now presenting his class "Meditation in Motion" every Tuesday evening from 7:00PM - 8:00. This is a great class of light exercise and movement that allows the body and mind to move into a more relaxed state. As the body and mind are relaxed, the easier it is to slip into meaningful meditation. Comfortable clothing is recommended. Expect to be in your sox by the end of the evening. A \$10 donation is recommended.



This presentation is made for comparative, informational, and educational purposes and may not reflect the teachings of the National Spiritualist Association of Churches.

Aesop's Fable / Lessons for all of us

The Plane Tree

Two Travelers, walking in the noonday sun, sought the shade of a wide spreading tree to rest. As they lay looking up among the pleasant leaves, they saw that it was a Plane Tree.

"How useless is the Plane!" said one of them. "It bears no fruit whatever, and only serves to litter the ground with leaves."

"Ungrateful creatures!" said a voice from the Plane Tree. "You lie here in my cooling shade, and yet you say I am useless! Thus ungratefully, O Jupiter, do men receive their blessings!"

Our best blessings are often the least appreciated.

