
THE SPIRITUAL CONNECTION

THE PORTLAND SPIRITUALIST CHURCH

MARCH 2016



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**The next Board meeting will be
March 13, 2016
@ 4:30**

Pastor

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

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Distribution Open Position

From the Desk

Well I don't want to jinx it, but there's a strong possibility that spring will soon be upon us....and not a moment too soon. I'm really getting tired of "long johns" and undershirts (2 and 3 at a time).

As spring starts to wake the sleeping world, so do we start to get up and move around more. We here at the Church are starting up our activities as the days warm up. Be prepared for our "Indoor Yard Sale" on March 12th. It will go from 10:00AM until 3:00. Everything will be on the second floor (17 Dunn St) . If you wish to donate any items to the yard sale (with the exception of appliances, computers and clothing) please get them to us before Sunday March 6th. Items can be brought before Friday class or Sunday service. Also keep in mind that we'll also be having our Spring Mediums Day on Saturday April 9th. I'll be sending out fliers for that soon.

I'm glad that we've once again wound our way around winter and now look forward to the warmer days of spring and summer. This is the time when we begin to see the world coming out of its' sleep and again awakening to start its' new day. This is also a lesson that all of us should learn. With every new day is an opportunity to change, to be better and to do better where we live. Reformation can happen at any time, whether a new spring morning or on our new birthday when we step into the Spirit World.

Be aware of the newness of the melting snow and the budding trees. The trees and the plants don't put off the things that they must do. They must put all of their energies into their growth and their expansion; and so should we. With every day we must work on our growth in Spirit and how we must expand and raise our vibration closer to the next world. We do this not for physical gain, nor do we do this for fame or notoriety. Our aim is to advance ourselves and to advance our civilization closer to the one, the Infinite.

Mike Carter / President

Choose to Keep the Company of Truth

By: Guy Finley

Just as we need to keep an eye on the kinds of friends we keep around us, so must we also remain aware of the circle of "friends" we keep within us -- our own thoughts and feelings.

Not only does the largely unseen content of our mind and heart cause us to feel attracted to certain kinds of people and events, it also serves as an attracting agent for those who want to be around us. Personal experience proves the truth behind one of our most ancient axioms: The inner determines the outer.

It's likely that most of us haven't taken enough time to think through how the nature of our thoughts and feelings determines the kind of company we keep. But I assure you the truth behind this idea touches our lives in ways yet unimagined. Speaking of which, here's another timeless truth that underscores the importance of keeping good inner company: We resemble those with whom we assemble.

Simply put, this means that both our appearance and character change according to the kind of company we keep. In other words, never a moment passes in which we are not being acted upon by those relationships that we share with people and things in that same moment. What we are now, and the kind of life we will come to know, is very much determined by the "interior" company we keep.

The wise ones of all ages -- long called the "Friends of Truth" -- have understood that the more time we spend in the company of truly higher ideas, the more the life of these timeless truths becomes our own. Welcoming "friends" such as these into our lives grants us the power to "move mountains" because, with their guidance, we no longer make the mistake of building some "molehill" into an impassible barrier. These friends go before us to make the "crooked places straight" -- by lifting us above the level of mind that creates one dark corner after another with its unconscious demands.

How does one become a friend of Truth? The answer is surprisingly simple. We must be willing to see the truth of ourselves, starting with this somewhat shocking revelation: The things we put first in our life, our moment-to-moment choices in life, are a direct reflection of what we value most in that moment.

By consciously choosing higher awareness as our friend, we can't be compromised. This special kind of mindfulness -- a willingness to observe your "Self" and to be honest about the circle of "friends" within which it runs -- does two things for you at once. First, by putting the wish to see the truth of yourself before the act of trying to win what you want, you soon see that most of your desires and their demands are not the friends they pretend to be. Rather, they are a host of small powers into whose hands you've mistakenly entrusted the keys to your consciousness. Choosing to keep the company of Truth is the same as choosing to lose all the false "friends" that presently limit you.

(Excerpted from "The Courage to Be Free," by Guy Finley, Red Wheel/Weiser)

Feelings

By Tricia Reed

Presented to the Spiritualist Society April 2013

First understand that feelings come from inside.

Feelings: no one puts them there but you. No one makes us mad; being mad or annoyed, frustrated or disappointed is our reaction to a person or situation. Ten other people in the same situation will have a different reaction to the same experience. Their reactions/feelings are all true for them. But know that you put the feeling there. They belong to you. You own them. This is a good thing. Then only you decide what feelings you want to hold inside. This is freedom.

From Holly Riley: *"How does a person know the different between a feeling and a thought?"**

A thought happens in mental space. It typically comes from conditioning and indoctrination; an already established perspective. A thought is usually a repeat of the past and is usually connected to other thoughts. A thought that you are attached to can seem like a feeling. But it's actually very mental.

Now let's talk about feeling. Feeling is guttural. Feeling has a sensation in the body. Feeling can happen without a single word or thought. Pure feeling is when we become the sensation without any mental language.

I saw Lake Tahoe for the first time from the top of the Mount Rose summit. The view is so beautiful it took my breath away. This is another way of saying that for a moment there was no thought, just the feeling of awe. That is a feeling that we might want to have, choose to have, decide to cultivate.

Let's get back to the difference between feeling and thought: Thinking is a pointed, mindful, mental process. Both thinking and feeling have their places, but for the purpose of enjoying life, we have to wake up our ability to feel. For instance, focus on adding numbers: $2+2=$, $4+4=$, $8+8=$, $16+16=$, $32+32=$, $64+64=$, $128+128=$ Notice the attention of thinking. It's pointed; in a clear direction; there's no feeling involved.

Now feel your breath moving in your body with no words. Feel your bottom touching the chair. Listen for the vibration, for the hum of the present moment by moving your awareness outward. Feel a cloud floating by in the sky. Imagine being the cloud. Now map out in your head the directions to the nearest Department of Motor Vehicles office from where you are.

Which place has more access to intuition? Which is more open, more closed? Which feels more in touch with Spirit? Become familiar with the difference between thinking and feeling. Become aware of the inner energetic movement.

Examples of Feelings

As you read each example, see if you can notice a feeling response in your body: Pressure, excitement, pain, warmth, fear, regret, satisfaction, physical sensations (sounds, smells), guilt, gratitude, anxiety. Did you notice the feelings? Did you notice that some seemed heavier or lighter, some constricting or opening and some you liked and some you would prefer not to feel?

Feelings are happening all the time in us. We can be aware of them without thought and really feel them.

How does it feel being with others you like and respect? We have words for this: warmth, companionship, uplifting. Find your own word, right now; feel what this means, without the word, without the thoughts and without thinking about it.

Notice your breath ... in and out.... Become quiet inside and feel what it feels like being here now.

Everything has a feeling.

The returning of birdsong in the spring, we love to hear this. How does it feel? How does seeing the trees and flowers blossoming feel, seeing the green appearing on the ground again? Can you feel it?

Notice your breath; be still and feel. When we go outside, we hear the birdsong for a moment, but then we don't pay attention to listening anymore. Their song is still there but we don't really hear it, just like with feelings. They are always there, sometimes subtle, sometimes loud. If we pay attention, we can actually feel something for a while and then we are back in our heads. If we slow ourselves down just for fun, as an experiment, we can find the feelings.

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Indoor Yard Sale

March 12th, 2016

10AM— 3PM

21 Dunn St. (upstairs) Westbrook

**For the benefit of
The Portland
Spiritualist Church**

An exaggerated example is sticky jelly. I get some sticky jelly on my fingers; what does it feel like? I feel "ewww"; a feeling which leads me to the sink. Then I run some water over my fingers. At first the water is cold, but then it is warm. Feeling warm water on my hands, I appreciate it for being so available for cleaning and drinking. I watch the water bubble in my hands, playful. Now my hands are wet; what does wet feel like? Now I dry them, feel them comfortable, clean and dry again. Feelings are constantly going on.

Feeling flavors

Try this with me. Find the feeling of something sweet. I pick chocolate – chocolate cookie, ice cream, a thick candy bar. You pick your own. Now picture eating that, tasting that. Breathe in the feeling of eating chocolate. Now imagine taking a big bite of a jalapeno pepper. Go ahead, chew it for a while. Breathe in the taste of jalapeno. Now imagine sucking a lemon. Could you feel the nuances of the different feelings?

Do you have a favorite time of day or something that you look forward to doing? One of mine is going out to the corral at dawn. What's yours? Find it. What does it feel like? You have a feeling about it that feels good; it is what you do it for, to have that good feeling.

Also music, colors, rooms in our homes; each one brings a feeling reaction. It's like in the Helen Keller movie. Annie is walking little Helen around the yard, touching each thing – the ground, a tree, the water pump. She is telling her "Yes, everything has a word," as she spells into her hand. I want to walk you through your day, by your heart, and say "Yes, everything has a feeling. Feel it!"

Everything we do is to get a feeling, of accomplishment, of satisfaction, of comfort, of success, of gratitude.... And then do we stop and actually feel the feeling, in our bodies, quiet, still, if only for a moment?

Think of something you want right now. It can be big or small, but choose something that is clear – a morning doughnut, a visit with a dear friend, having a healthy body, maybe still a bite of chocolate. Do you have a picture/thought about it? Now have the feeling of having what you want. Just feel the feeling of it, no words, no thoughts. Try noticing you're breathing if you need help getting quiet and feel it. We do everything to have a feeling.

Guess what? You can give yourself that feeling whenever you want. Breathe it in. It feels like cheating, but is it?

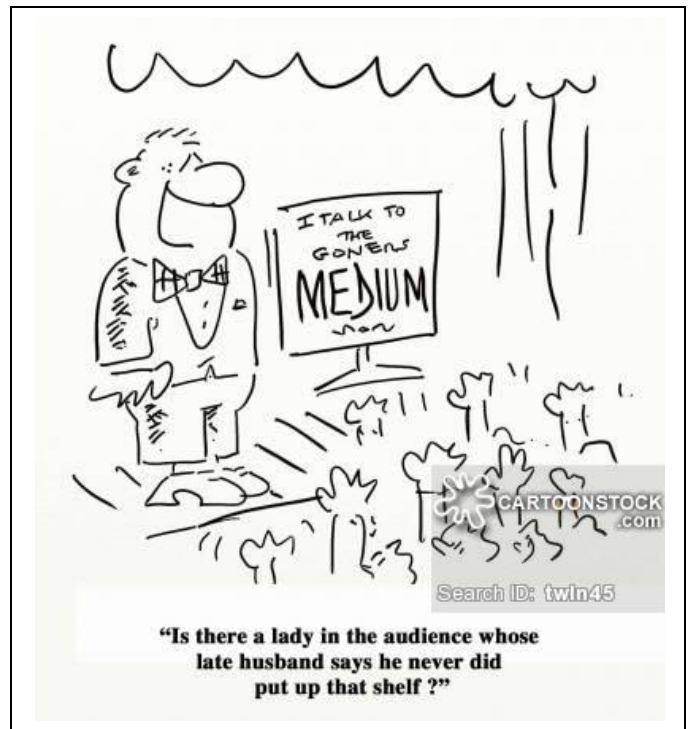
Now feels this: feeling breathing, feeling smiling, feeling trees, and feeling hugging ... without words. Feeling is what you are hungry to do, where the joy is. Give yourself time to do this.

When you are totally in feeling you are very present, and when you are in feeling you are more open to being connected to the subtle energy field, open to receive messages for yourself and others.

One of the reasons we are constantly in our heads, talking, figuring, analyzing, is because we think we need to do this to be safe, to make things work out the way we want. Here is another way ... TRUST. What does trust FEEL like?

If you are willing to look at another persons behavior toward you as a reflection of the state of their relationship with themselves rather than a statement about your self value as a person, than you will, over a period of time cease to react at all. ~Yogi Bhajan~

I hope you find this quote as profound as I did. I have read it again, and again, and find these words very helpful. So often we spend our time reacting to what others do or say. I have been working on this for a while now. Now I have words to explain those struggles. Love & Light The Editor



Sunday Speakers and Mediums

Sunday Services 6:30 PM

- March 6th Melissa Gabriel, Harrison D. Barrett
Church, Bangor ME.
- March 13th Rev. Graham Connolly, NST
Augusta Spiritualist Church
- March 20th Eddita Felt
Portland Spiritualist Church
- March 27th Mike Carter
Portland Spiritualist Church
- April 3rd Lorraine Raddice
Church of Spiritual Growth
Burlington MA.

Mediums on the Move for March: March 6th / Mike Carter at the Augusta 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.

- March 4th Séance II, Rev. Beth Carter, CM, CH & Mike Carter
- March 11th Meditation and Mediumship, March Lance Cyr
- March 18th Séance III
Rev. Beth Carter, CM, CH & Mike Carter
- March 25th Gallery Readings
Medium: Eddita Felt
Portland Spiritualist Church

****Eddita has asked that participants bring a small object (picture, jewelry, etc.) that she can use to demonstrate psychometry. Psychometry is the sensing of Spirit energy through objects. Bringing a personal object is not required in order to receive a reading but may be of great interest.

- April 1st Spiritualist Philosophy
Rev. Beth Carter, CM, CH & Mike Carter

HAPPY BIRTHDAY

3/20 Steve W.



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