

THE SPIRITUAL CONNECTION

The Portland Spiritualist Church

March 2019



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Distribution "Open Position"

God's Coffee

A group of alumni, highly established in their careers, got together to visit their old university professor. Conversation soon turned into complaints about stress in work and life.

Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups - porcelain, plastic, crystal and some plain looking, some expensive, some exquisite - telling them to help themselves to the coffee.

When all the students had a cup of coffee in hand, the professor said:

"If you noticed, all the nice-looking expensive cups were taken up, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems and stress.

Be assured that the cup itself adds no quality to the coffee. In most it is just more expensive and in some cases even hides what we drink.

What all of you really wanted was coffee, not the cup, but you consciously went for the best cups...And then you began eyeing each other's cups.

Now consider this: Life is the coffee; the jobs, money and position in society are the cups. They are just tools to hold and contain Life, and the type of cup we have does not define, nor change the quality of Life we live.

Sometimes, by concentrating only on the cup, we fail to enjoy the coffee God has provided us."

God brew the coffee, not the cups.... Enjoy your coffee!

The happiest people don't have the best of everything. They just make the best of everything.

Live simply. Love generously. Care deeply. Speak kindly. Leave the rest to God.

Author unknown

Submitted by: Rev. Beth Carter



Sunday Speakers and Mediums

Sunday Speakers Services **10:30 AM**

March 3rd

Rick Nelson
Portland Spiritualist Church

March 10th

Inga Olsen MPI
Portland Spiritualist Church

March 17th

Mike Carter
Portland Spiritualist Church

March 24th

Lorraine Radice
Church of Spiritual Growth
NSAC

March 31st

Diane Whiton
Portland Spiritualist Church

April 7th

Bob Foster
Portland Spiritualist Church

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

Classes start at 7:30 PM

March 1st

Laws of Spirit Mediumship & Circle
Rev. Beth Carter CHC, CM
& Mike Carter

March 8th

Meditation & Mediumship
Lance Cyr

March 15th

Séance III
Rev. Beth Carter CH, CM
& Mike Carter

March 22nd

Meditation in Motion
Joao Bordallo

March 29th

Men's Talking Circle
Harvey McCarthy
& Mike Carter

Board Meeting

March 27, 7:00 PM

When Our World Falls Apart

BY MADISYN TAYLOR

When external factors shift, we have an opportunity to rediscover our core which is the only truly safe place to call home.

There are times when our whole world seems to be falling apart around us, and we are not sure what to hold onto anymore. Sometimes our relationships crumble and sometimes it's our physical environment. At other times, we can't put our finger on it, but we feel as if all the walls have fallen down around us and we are standing with nothing to lean on, exposed and vulnerable. These are the times in our lives when we are given an opportunity to see where we have established our sense of identity, safety, and well-being. And while it is perfectly natural and part of our process to locate our sense of self in externals, any time those external factors shift, we have an opportunity to rediscover and move closer to our core, which is the only truly safe place to call home.

The core of our being is not affected by the shifting winds of circumstance or subject to the cycles of change that govern physical reality. It is as steady and consistent as the sun, which is why the great mystics and mystical poets often reference the sun in their odes to the self. Like the sun, there are times when our core seems to be inaccessible to us, but this is just a misperception. We know that when the sun goes behind a cloud or sets for the night, it has not disappeared but is simply temporarily out of sight. In the same way, we can trust that our inner core is always shining brightly, even when we cannot quite see it.

We can cling to this core when things around us are falling apart, knowing that an inexhaustible light shine from within ourselves. Times of external darkness can be a great gift in that they provide an opportunity to remember this inner light that shines regardless of the circumstances of our lives. When our external lives begin to come back together, we are able to lean a bit more lightly on the structures we used to call home, knowing more clearly than ever that our true home is that bright sun shining in our core.



Your Last Breath

BY [MADISYN TAYLOR](#)

Sometimes the only way we can see the beauty of life, is to remind ourselves that it is finite.

Procrastination is an almost universal human habit and one that infiltrates nearly every aspect of our lives. Modern existence is so complex, and much of what we long to do is left to wait by the side. We know what is important but tend to let the weight of worldly pressures lead us astray. To get back on track, however, we need only take a moment to consider where our thoughts will be as we take our last breath on this earth. More likely than not, at that instant, disagreements, bills, petty annoyances, and other frustrating elements of our lives will no longer seem as significant as they once did. Thoughts of loved ones and the positive impact we had on the world would no doubt occupy our remaining thoughts. Whatever we imagine ourselves musing upon during our last breath will almost always be representative of what truly matters to us.

This simple exercise introduces us to a new way of thinking. While our attention is drawn momentarily to the end of life, our contemplations serve to point out that we are masters of our own perspective and, consequently, our own existence. There is nothing preventing us from shifting our focus right now as we imagine we will in our final moments. We can choose to spend more of our time and energy on what gives our lives meaning. We can spend more time with loved ones and do more of what we enjoy. Doing so may not always prove easy, and there will inevitably be times when circumstances interfere with our resolution, yet we do not have to regard this as an indication that our priorities are not in alignment with who we really are.

Sometimes the only way we can see the beauty of life is to remind ourselves that it is finite. Gandhi said, "Live as if you were to die tomorrow." His words are a potent reminder that living life more fully is not about pushing ourselves harder or shouldering more burdens, but about experiencing all the wonderful richness life has to offer.

Importance of Looking Deeper

BY [MADISYN TAYLOR](#)

When we start to feel bored or blue, it is often a sign of needing to dig deep and take time for some much-needed introspection.

It's easy to get caught up in examining our actions instead of really deeply examining ourselves. This can be deceiving because our actions may be very spiritual--we meditate, are nice to people, take care of ourselves and others--and yet, we may not be penetrating to the issues below the surface. It's as if we've washed and shined the surface of our car without taking the time to check under the hood. We may appear to be in great shape, but if we aren't engaging in the deep, inner work of self-examination, the chances are good that we are not deeply aware of the real substance of our lives.

We live in a very appearance-oriented, externally focused world, so it makes sense that we place a lot of value on how our lives look, sometimes to the detriment of noticing how our lives really feel. When we get too caught up in what we are doing and lose track of our core, we sometimes begin to feel dissociated, as if we are not fully awake, alive, and grounded. This is a sure sign that it's time to engage in the hard work of going deep within to rediscover the foundation of our lives. Without the substance that comes from looking at ourselves deeply, and working through the difficult things we find, our spiritual lives can start to feel hollow or shallow, as if there's nothing at the center holding it all together. Of course, the peace that comes with meditation and spiritual practice is an essential part of the whole picture of our development, but it serves us best in conjunction with the less settling, more chaotic work of digging around below the surface to see what needs to be healed, owned, or released. Then our actions are more than just an attempt to keep everything in control, looking pretty and nice. Fueled by the energy of a life in transformation, they become powerful expressions of courage and faith, further inspiring our own inner work and that of those around us.