

# THE SPIRITUAL CONNECTION

The Portland Spiritualist Church

MAY 2017



Ruth Hazelton  
June 7, 1951~February 5, 2017

We sadly heard recently of the passing of Ruth Hazelton who was a member of the Portland Spiritualist Church for 14 years as well as director and newsletter editor.

Ruth began attending the Portland Spiritualist Church sometime after March in 1990, after we began holding our services at the Swedenborgian Church on Stevens Avenue. First Mike and I gave her rides home and then later when we moved out on the River Rd to the Unity Church we picked her up and took her home. She attended all services, classes and other events with us over the years.

In 1993, I started the *Spiritual Connection* on my old AT&T typewriter. One page at first and then more. In October 1993, I became the President and Ruth came onto the board as a director. In the Dec. '93-Jan. '94 issue Ruth started her "Ruth's Book Reading List". In 1995 I turned the newsletter editorship over to Ruth. She produced a complex and interesting newsletter until 2007. At that time, she dropped her membership. She devoted 14 years to the church with many of those spent on the board and as editor. Over the years, Ruth donated many books to the church library and for us to sell.

**Continued on page 3**

## Board of Directors

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**Distribution** "Open Position



### **Sunday Speakers and Mediums**

Sunday Speakers Services 6:30 PM

Sunday Speakers

**May 7<sup>th</sup>** Dr. Earl Lord  
— Dexter, Maine

**May 14<sup>th</sup>** Mike Carter  
— Portland Spiritualist Church

**May 21<sup>st</sup>** Revs. Elizabeth and  
— Bradley Gosselin  
— Danvers, MA

**May 28<sup>th</sup>** CLOSED FOR THE MEMORIAL  
— DAY WEEK-END

***PSC Board Meeting***  
May 14, 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

**May 5<sup>th</sup>**  
Mediumship Development  
Rev. Beth Carter CM, CH  
& Mike Carter

**May 12<sup>th</sup>**  
Meditation & Mediumship  
Lance Cyr

**May 19<sup>th</sup>**  
Meditation in Motion  
Joao Bordallo

**May 26<sup>th</sup>**  
Gallery Readings  
Rev. Beth Carter CM, CH  
& Mike Carter

### Some Astonishing Misconceptions!

➤ According to an old Cornish superstition, it was unlucky to buy a new broom in this month. And so was washing a blanket!

➤ Some people believed that if you got up on May 1st and washed your face in the May dew, it would remove all freckles and pimples, giving you a great complexion.

➤ Another belief was that babies born in May would be sick all through their childhood, and cats born in May wouldn't catch rodents but rather bring home snakes.

Those were the times, when everyone was aware about the significance of the months and the celebrations that followed.

Nowadays, it's only about birthdays or any special events in the particular month.

However, don't worry! Here are some facts about the upcoming month of May: The month was named after the Greek Goddess of Fertility, Maia. One famous poet suggests that the name comes from the Latin word, "maiores" which means "elders".

No month other than May ever begins or ends on the same day of the week, in the same year. It may match with the months of the following year.

May is the month of Autumn in the Southern Hemisphere, and spring in the Northern Hemisphere.

The birthstone is emerald, which signifies love and success.

The birth flower is the Lily of the Valley. People born in May fall under two zodiac signs: Taurus (till May 20 ) and Gemini (after May 21). There are some specific Taurus traits and Gemini traits. Also, here is some information on some famous Taurus personalities.

Continued from page 1

Ruth was born in Bridgton June 7, 1951 and passed to spirit suddenly February 5, 2017. She attended the University of Maine at Farmington graduating in May 1973 with a BS in Science degree. At Farmington she participated in theater, enjoyed working on WUMF, and worked as Librarian. She loved books, history, researching family genealogy and especially science fiction. She was a definite Stars Wars fan.

Ruth loved to find out where a police car or fire truck was headed, so Mike & I often found ourselves with Ruth in the car following a siren call. So, befitting of Ruth's passing was the event which happened after the church service recently where I did her Memorial. We had a need to call 911 complete with fire, ambulance and police with all related siren's and lights! What a sendoff for Ruth!

There are only 3 small pictures of Ruth in my possession. Two at the 50th anniversary of our church and one at the desk at the 1996 first Medium's Day we did in Saco. None the less she was always there.

When board meetings were held at our home she loved a large old chair Mike's Mom had reupholstered many times. Only this past summer did we dispose of it.

Many of you do not or did not know her, but she was a definite part of this church at one time. When you borrow from the church library you may unknowingly select either a book she donated or one she would have recommended.

She is the first board member to pass away since May Carter passed in May 2008. She was the secretary in 2002 and 2003.

Whether you knew Ruth or not in memory of her pick up a good book and read it this month.

Rev. Beth Carter





Feeling Overwhelmed

BY MADISYN TAYLOR

*Always know, the Universe works in perfect order and you are never given more than you can handle.*

Sometimes we may feel like there is just too much we need to do. Feeling overwhelmed may make it seem like the universe is picking on us, but the opposite is true: we are only given what we can handle. Difficult situations are opportunities to be our best selves, hone our skills and rise to the occasion.

The best place to start is to take a deep breath. As you do, remind yourself that the universe works in perfect order and therefore you can get everything done that needs to get done. As you exhale, release all the details that you have no control over. The universe with its infinite organizing power will orchestrate the right outcome. Anytime stress begins to creep up, remember to breathe through it with these thoughts.

Then, make a list of everything you need to do. Note what needs to be done first, and mark the things others may be able to do for you or with you. Though we often think no one else can do it correctly or well, there are times when it is worth it to exhale, let go of our control, and ask for help from professionals or friends. With the remaining things that feel you must do yourself, take another breath and determine their true importance. Sometimes they are things we'd like to do, but aren't really necessary. After taking these quick steps, you will find you have a plan laid out, freeing you from frenzied thoughts circling in your head. With calming deep breaths, you are now free to focus more fully on our priorities. Herbal teas or flower remedies along with wise choices about caffeine and food can help keep us from becoming frantic too. But with nothing further from us than our breath, we can breathe in our best intentions and let the rest go with an exhale. Keeping ourselves centered and breathing into and through life's challenges helps us learn what we are truly capable of doing, and we will find we have the ability to rise to any occasion. Remember you aren't being picked on, and you are never alone.

Getting Back to What You Love  
BY MADISYN TAYLOR

*Nothing can fill the emptiness that remains in a space vacated by a passion that we have tossed aside.*

There are times in life when we are committed to pursuing our passions. Every molecule in our body is focused on doing what we love. At other times, necessity and responsibility dictate that we put our dreams aside and do what needs to be done. It is during these moments that we may choose to forget what it is that we love to do. There are many other reasons for why we may leave our passions behind. A hobby may lose its appeal once we've realize it will never turn into our dream job. Someone important to us may keep telling us that our passions are childish and unsuitable until we finally believe them.

Forgetting about what you love to do can be a form of self-sabotage. If you can forget about your dreams, then you never have to risk failure. But just because we've decided to ignore our passions doesn't mean they no longer exist. Nothing can fill the emptiness that remains in a space vacated by a passion that we have tossed aside. Besides, life is too short to stop doing what you love, and it is never too late to rediscover your favorite things. If you gave up playing an instrument, painting, drawing, spending time in nature, or any other activity or interest that you once loved to do, now may be the time to take up that passion again. If you don't remember what it is that you used to be passionate about, you may want to think about the activities or interests that you used to love or the dreams that you always wished you could pursue.

You don't have to neglect your responsibilities to pursue your passions, and you don't have to neglect your commitments to do what you love. When you make an effort to incorporate your interests into your life, the fire within you ignites. You feel excited, inspired, and fed by the flames that are sparked by living your life with passion for what you love.

What is the meaning of the Month May?

**May** is the fifth **month** of the year in the Julian and Gregorian Calendars and the third **month** to have the length of 31 days. **May** is also the **month** with the shortest name. **May** is a **month** of spring in the Northern Hemisphere and autumn in the Southern Hemisphere.

**May 8** is the 128th day of the year (129th in leap years) in the Gregorian calendar

