

THE SPIRITUAL CONNECTION

The Portland Spiritualist Church

November 2016



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Distribution "Open Position"

From the Desk

Nov. 2016

Where has, the year gone??? It just seems to be racing by quicker and quicker every year!! I swear; it seems like I just put the snow shovels and the snow scoop away just a few weeks ago. But if you consider the way that I procrastinate, that statement is probably true. Anyway.....brrrrrrr!

We're now coming into the season currently named the "Holidays". That includes Thanksgiving, Christmas, Chanukah, Quanza and Milad un Nabi, just to name a few. I think the point is that this is the time of year when we all, no matter what race or religion, should take the time to reflect on what we have here on this Earth plane. Not wealth or property or glory but love, respect and joy. With love, respect and joy it's always best to give **and** receive.

Laws of Nature and the Infinite always give back what has been given out. The days are getting shorter and it's our light that helps to dispel the dark.

Let's all have a wonderful winter season.

There are a few things I'd like to mention before I go.

For those of you who read the "Portland Phoenix" there is another article regarding our Church. It's about Séance and an interview with our Pastor Rev. Beth Carter and myself. It's a good read if you want to pick up the Phoenix. On the web the link is: <http://portlandphoenix.me/>

I also wanted to thank all of you who helped make our Fall Medium's Day a success. It's your support of our Church that helps us keep the doors open and brings the light of Spiritualism to all of you and to those who are searching for the comfort of Infinite Intelligence. Kudos go out to the mediums who volunteered their time on a Saturday to help our church raise funds.

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Sunday Speakers and Mediums

Sunday Speakers Services 6:30 PM

Nov. 6th

Student Service

Nov. 13th

Rev. Graham Connolly NST
Augusta Spiritualist Church

Nov. 20

Barbara Echardt
Temple Heights Spiritualist Church

Nov. 27th

All Healing Service

The next Board Meeting will be.

November 13th at 4:30 PM

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.

Nov. 4th

History of the Portland Spiritualist Church
Rev. Beth Carter CH, CM
& Mike Carter

Nov. 11th

Meditation & Mediumship
Lance Cyr

Nov. 18th

Meditation in Motion
Joao Bordallo

Nov. 25th

Gallery Readings
Event \$10.00 at door
Rev. Beth Carter CH, CM & Mike Carter

Dec. 2nd

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

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I also want to give heartfelt thanks out to all the members and friends who helped run the event and supported the Medium's Day effort. Keep an eye out for our Spring event on April 8th.

I've also been asked to give the web site where all the "Banner of Light" magazines are digitized. The name of the site is "The International Association for the Preservation of Spiritualist and Occult Periodicals". There is a lot, and I mean a lot of information on this site so you may want to bookmark it and take it in small bites.

http://www.iapsop.com/archive/materials/banner_of_light/

That's about all that I'm going to throw at you right now. Take care of yourselves and take care of each other.

Mike Carter
President
Portland Spiritualist Church



1. November 2 is the only day of the year that was the birthday of two US presidents: Warren Harding (born 1865) and James Polk (1795).

2. In Old English, November was called Blotmonth (Blood month) referring to the time of slaughter of farm animals.

3. "November is the most disagreeable month in the whole year," (Louisa M Alcott, Little Women).

4. Since 1845 all US presidential elections have been held by statute on the first Tuesday after the first Monday in November in years divisible by four.

5. The second week in November is National Split Pea Soup Week in the USA.

6. November's birthstone is the topaz and its flower the chrysanthemum.

7. November is the only month used to represent a letter in the Alpha-Bravo-Charlie phonetic alphabet.

8. According to Richard Saunders (1613-1675): "In this Moneth Melancholy much increaseth" ...

9. ... and he warned his readers "Do not go early forth of doors ... because of Foggs and Mists".

10. Research last year showed that Spaniards tweet the words "te amo" (I love you) most often in November.

November was the ninth month of the ancient Roman calendar.

November retained its name (from the Latin novem meaning "nine") when January and February were added to the Roman calendar.

November is a month of late-spring in the Southern Hemisphere and late-autumn in the Northern Hemisphere.

August 25, 2016

Keeping Your Energy Strong

Centered and Safe

[Madisyn Taylor](#)

Keeping our energy strong and pure throughout the day is vital to somebody that is sensitive.

Being a sensitive person in this world can sometimes feel very draining due to the fact that we are very receptive to the energy of the people and environment around us. Still, we want to be part of situations that involve small or large groups of people, and we would like to do it without becoming overwhelmed or exhausted. With a few simple strategies, we can entertain at home and socialize in the world without running the risk of losing ourselves in someone else's energy or giving our energy away. All this takes is a little time and practice, and the result—being part of social events without ending up depleted—is well worth the effort.

The whole purpose of this self-care ritual is to help keep yourself strong energetically when you are in a situation that could potentially be draining. For example, if you are having a party, you might take some time to prepare beforehand. Just as you spend time cleaning your home and preparing food, it is essential to prepare your inner home for the event. This can be as simple as taking a mindful walk or a cleansing bath, or engaging in any other activity that gives you energy. You can even just sit alone for a set period of time, tuning in to your energy and connecting to yourself so that you are less easily carried away by the energy outside of yourself. You may employ a mantra such as “I am centered and safe in the home of myself.” You can also charge a crystal or gemstone or any piece of jewelry with protective energy and wear it or carry it with you. This can be helpful during the event when just seeing it or touching it can remind you that you are centered and safe.!

Keep in mind that it is always acceptable to excuse yourself for a bathroom break or to step outside for a moment. This can give you the time and space you need to check in with yourself and correct any energetic imbalances you detect. Whether you are at home or out in the world, taking care of yourself in this way enables you to keep your energy strong, even as you open yourself to others.

Daily OM Course Spotlight

August 3, 2016

Finding Peace Within

A Full Embrace Excluding Nothing

[Madisyn Taylor](#)

If we are to have true peace in the world, we must first find it within ourselves.

Most people agree that a more peaceful world would be an ideal situation for all living creatures. However, we often seem stumped as to how to bring this ideal situation into being. If we are to have true peace in this world, each one of us must find it in ourselves first. If we don't like ourselves, for example, we probably won't like those around us. If we are in a constant state of inner conflict, then we will probably manifest conflict in the world. If we have fighting within our families, there can be no peace in the world. We must shine the light of inquiry on our internal struggles, because this is the only place we can really create change.

When we initiate the process of looking inside ourselves for the meaning of peace, we will begin to understand why it has always been so difficult to come by. This in itself will enable us to be compassionate toward the many people in the world who find themselves caught up in conflicts both personal and universal. We may have an experience of peace that we can call up in ourselves to remind us of what we want to create, but if we are human we will also feel the pull in the opposite direction—the desire to defend ourselves, to keep what we feel belongs to us, to protect our loved ones and our cherished ideals, and the anger we feel when threatened. This awareness is important because we cannot truly know peace until we understand the many tendencies and passions that threaten our ability to find it. Peace necessarily includes, even as it transcends, all of our primal energy, much of which has been expressed in ways that contradict peace.

Being at peace with ourselves is not about denying or rejecting any part of ourselves. On the contrary, in order to be at peace, we must be willing and able to hold ourselves, in all our complexity, in a full embrace that excludes nothing. This is perhaps the most difficult part for many of us, because we want so much to disown the negative aspects of our humanity. Ironically, though, true peace begins with a willingness to take responsibility for our humanity so that we might ultimately transform it in the light of our love.

Daily OM Course Spotlight