

THE SPIRITUAL CONNECTION

The Portland Spiritualist Church
November 2018



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Newsletter staff

Editor Sandi Cayia...603-767-5103
sjcsail@rocketmail.com
info@PortlandSpiritualistChurch.org

Distribution "Open Position"

From the Desk Friday Classes 7:30 PM

Well, here I sit and it's another rainy cold day. So far, we've dodged the bullet of snow that has been fired into the mountains of Western Maine. I'd just as soon see it in the mountains rather than here on the coast.

Dreary weather for some reason always makes me think about a very old joke that I've heard for years and years. I think that it's because dreary weather makes me introspective. Anyway, here's the joke. **Why do adults always ask kids what they want to be when they grow up?.....The adults are looking for suggestions. HA!!!**

So, what do I want to be when I grow up? I'm speaking metaphorically of course. When I grow up I hope that I will be a person who is aware of what I do to, and for others. I know that, as we all know about ourselves, I've said things and done things that I'd have to consider "beneath" my standards of kindness and common sense.

For these things, I am truly sorry. I'd like to acknowledge them and let them go, but that's not me. I've got to have something to fret and stew about! But I also know that I've been instrumental in lifting others up so that they not only feel the thrill of success, but also the joy of self-awareness. I've helped folks get back on their feet and have hopefully been a defender to some who can't defend themselves.

For me, I think that my highest calling is to be a guide and a teacher for others that are on their own spiritual quest. I don't expect to be the Dali Lama, or some lifelong teacher. I just want to be the guy who brings a short snippet of

Cont. p.g.3



Sunday Speakers and Mediums

Sunday Speakers Services 6:30 PM

Nov. 4th

Mike Carter
Portland Spiritualist Church

Nov. 11th

Rev. Beth Carter, CH, CM
Portland Spiritualist Church

Nov. 18th

Inga Olsen, MPI
Portland Spiritualist Church

Nov. 25th

To Be Announced
Watch FB and Web-site

Board Meeting November 14th at 7:00 p.m.

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

Nov. 2nd

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

Nov. 9th

Meditation & Mediumship
Lance Cyr

Nov. 16th

Table Tipping
Rev. Beth Carter CH, CM
& Mike Carter

Nov. 23rd

Mini Readings \$15- 15min
Church Mediums

Nov. 30th

Men's Talking Circle
Harvey McCarthy
& Mike Carter

Cont. pg. 1

information or encouragement to the right person at the right time as they're on their way to discover their spirituality. I want to be that coffee break at 10 in the morning that gets you through the rest of the day. (metaphorically, of course!)

In a lot of closing prayers that I offer after a church service, I talk about all of us being beacons of Spirit as we go about our own lives. As we are all a piece of the Infinite and Spirit, people who are seeking that path notice this light and it attracts them to ask questions and to hopefully find their way to the path of Spiritualism. As a church, we may not be the lifelong commitment that they're looking for, but we may be that short 10 AM coffee break that allows them to see the path that they need to take. I'd love to have everyone that steps into one of our Sunday services stay and make the Spiritualist life their own, but I don't expect it. The same way that chaff and seed and straw all separate when tossed into the breeze, so do souls that seek the light of knowledge. (thought that one up myself)

So, when you're talking with folks about spirituality, don't be shy about declaring that you're a Spiritualist. It will amaze you how quickly they'll take interest. Take a few minutes on your own to collect up information about our religion so that you're informed and ready for questions. We're not looking for a whole course here!! Just be ready with kind and encouraging answers. All of us that follow the Spiritualist path are missionaries of a sort. We do not knock on doors or push our religion on to others. We are available to discuss and answer questions about Infinite Intelligence and the Spirit Life. Remember "Spiritualism is a religion of conviction, not conversion." Let the seeker seek. Perhaps they'll find their way home to our Church.

That's all for now.
Mike Carter
President



Shifting from Fear to Love

BY GABRIELLE BERNSTEIN

Looking within, we find that fear is what keeps us stuck in unhealthy patterns and limiting beliefs. Each time we shift our perception from fear to love we create a miracle. In this course, you'll clear the fear that's blocking you from accessing the love and miracles that are your birthright. Using principles from the celebrated metaphysical text *A Course in Miracles*, you'll learn step-by-step how to release fear and live an inspired, miraculous life. This course includes powerful lessons, guided meditations, audio guidance, and mind-opening exercises to help you uncover and clear your fear week by week. Recognizing, understanding, and clearing fear allows us to put our faith in love and welcome miracles into our lives every day. The more miracles you add up, the more extraordinary your life will be. The outside world and all your relationships will be enhanced as a result of your inner shift. Serenity will kick in, fear will subside and once and for all you'll know that all the love you need is inside you.



Living a Life of Grace

BY [MADISYN TAYLOR](#)

When we accept that we always exist in a state of grace, we are able to live our lives more graciously. Grace exists inside of all of us and around us. It is our inner beauty that radiates outward, touching everyone we meet. It is that unseen hand that comes from the divine, raising us up when we most need it. To be able to live in a state of grace is not based on worthiness, nor is it earned through good deeds, ritual, or sacrifice. Rather it is an unearned favor, freely bestowed and available to all, that is inherent to our birthright. All we must do is open our eyes to its presence and we will find and experience grace everywhere.

Grace is in the rain bringing relief to drought-ridden farms, and the unexpected lead for the perfect job opportunity that comes from a stranger. Grace is what happens to someone when they miraculously escape injury; it is even the simple events that happen to us that we call "good luck," like when we don't get a parking ticket after our meter has expired. Grace resides in the love between two people, the gift or check that comes unexpectedly in the mail, the cozy comforts that make up a home, and in the acts of forgiveness we bestow upon others. It is grace that moves us to go out of our way to help a stranger. Grace is the state we are in when we are doing nothing but just being who we are.

When we accept that we always exist in a state of grace, we are able to live our lives more graciously. Knowing we are graced gives us hope, makes us more generous, and allows us to trust that we are taken care of even when we are going through difficult times. Grace is our benevolence of heart, and our generosity of spirit. Grace is unconditional love and the beauty that is our humanity. When we know that we are blessed with grace, we can't help but want to live our lives in harmony.



Honoring Everyday Life
BY [MADISYN TAYLOR](#)

Use the good china every day, as today is all that matters. We all know someone who keeps plastic covers on his or her couch in order to protect it. The irony is that many of these people may live their lives without ever having actually made contact with their own furniture! This is a poignant and somewhat humorous example of the human tendency to try to save things for special occasions, as if everyday life weren't special enough to warrant the use of nice things. Many of us have had the experience of never wearing a particular piece of clothing in order to keep it nice, only to have it go out of style in the meanwhile.

It's interesting to think of what it would mean to us if we let ourselves wear our nicest clothes and eat off the good china on a daily basis. We might be sending ourselves the message that every day we are alive is a special day and a cause for celebration, and that we are worth it. There is something uplifting about treating ourselves to the finest of what we have. It is as if we rise to the occasion when we wear our best clothes and set the table beautifully, as if for a very special guest. We are more mindful of where we place things, what we are eating, and who is with us. Using the good china, eating in the dining room, and taking the plastic off the sofa might be an invitation to be more conscious of the beauty and grace inherent in our everyday lives.

If there are things you've stashed away for a special occasion--a bottle of special wine, a gorgeous pair of shoes, an antique lace tablecloth--consider taking them out of their hiding places and putting them to use tonight, just because you are alive now to enjoy them, and that's a great cause for a celebration.