

THE SPIRITUAL CONNECTION

The Portland Spiritualist Church
September 2018



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Distribution "Open Position"

From the Desk

September 2018

My older brother is a dyed in the wool conservative Christian fundamentalist. He's a rough tough country boy who made his own way and did quite well at it. He's very serious about his political views and doesn't hesitate to express them.

So, he's pretty much the opposite of 'lil ol' me in just about every way. Liberal, Democrat, and just about that far from being a socialist. But that doesn't make my brother the enemy, it makes him still my brother, and I'm proud of that fact.

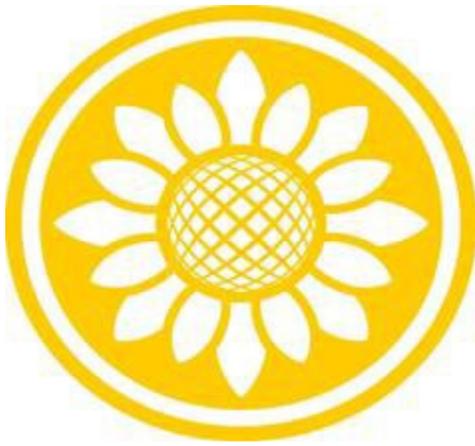
I don't really care about other people's politics, or how they run their lives as long as they meet two criteria; they **know** they're doing right, and that they have no intention of doing harm, physically, mentally or spiritually.

My brother, for all of his conservative philosophy, has spent more time and money helping others in our home town than you'd imagine. He does these things without fanfare and usually without any acknowledgement from the townsfolk, because they don't know what help he's given.

So as Spiritualists, doesn't it seem that the right thing to do is to look for the good in everyone? When we carry anger or hate with us about somebody, it doesn't harm them, it harms us. We let these negative emotions (and vibrations) out into the world and it gets reflected right back at us. Remember, that's how Natural Law works.

I'd like to be able to cite the source of this thought, because I think it's a hum-dinger: When you harbor anger, hatred, or jealousy for an individual, you are giving them power. You are giving them your energy in hatred and anger. This is only a drain on you and does nothing to the person you are focusing on.....they win!

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Sunday Speakers and Mediums

Sunday Speakers Services 6:30 PM

Sept. 9th

Barbara Eckhardt
Temple Heights Church

Sept. 16th

Honoring Harrison D. Barrett
Rev. Beth Carter
& Church Mediums

Sept. 23rd

Joe McCann
Church of Eternal Light

Sept. 30th

Christine Dube
Mass.

Board Meeting September 19 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

Friday Classes 7:30 PM

Sept. 7th

Meditation and Mediumship
Lance Cyr

Sept. 14th

“Steps to Evidential Messages
Rev. Beth Carter CH, CM

Sept. 21st

Mediumship Development
Mike Carter

Sept. 28th

Men’s Talking Circle
Harvey McCarthy
& Mike Carter

Oct. 5th

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

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Perhaps the hardest action in the world is to offer total forgiveness to someone who has wronged you. It's also difficult to see someone else's point of view when you and this person are in conflict.

I always try (sometimes unsuccessfully) to see the other person's point of view. I go under the assumption that nobody takes actions because they think that they're wrong. There must be some reason that they think that they are correct. There must be some perspective that they have that I'm not seeing. Sometimes I can see their point of view and this offers the opportunity for discussion, compromise and mutual agreement.

Other times I see that their perspective has been clouded by the same failings that have plagued us for millennia; anger, fear, greed, jealousy and even sloth. But this also offers the opportunity to discuss, debate and persuade and hopefully, again, come to a mutual understanding.

Now, if you think that I'm standing here on my soapbox condemning all and extoling myself, don't be fooled. I know full and well that I have views that cloud my perspective. More than once, those fears, laziness and jealousies have clouded my judgement. But as long as I can look at myself and understand that I'm doing these things, I too can come to compromise.

So, the next time that you're in that political, religious, business or family debate (argument), take a breath and at least try to see the other person's point of view. If you know why someone is in opposition to you, there is always the opportunity to discuss each other's points and each walking away with progress made.

Our mothers summed it up best: "Play nice!"

Mike Carter
President
Portland Spiritualist Church

Heavenly Father,

I surrender myself to the good
influencing of your Healing Ministers
in Spirit,
that through your divine healing
power, the disharmonies within me
might be overcome

and the stresses of mind and body be
eased and lessened day by day.

Help me to adopt a more positive and
helpful way of thought, bringing me
into closer harmony with those around
me and with the divine healing
purpose, and, for those who are sick or
in the darkness of despair who do not
know of the help that can reach them
from Spirit, I pray that awareness will
come to them soon, that they too might
experience the upliftment of spirit that
can lead us all through harmony
towards true health.

May God bless you. Amen.

unknown



Focusing Our Energy

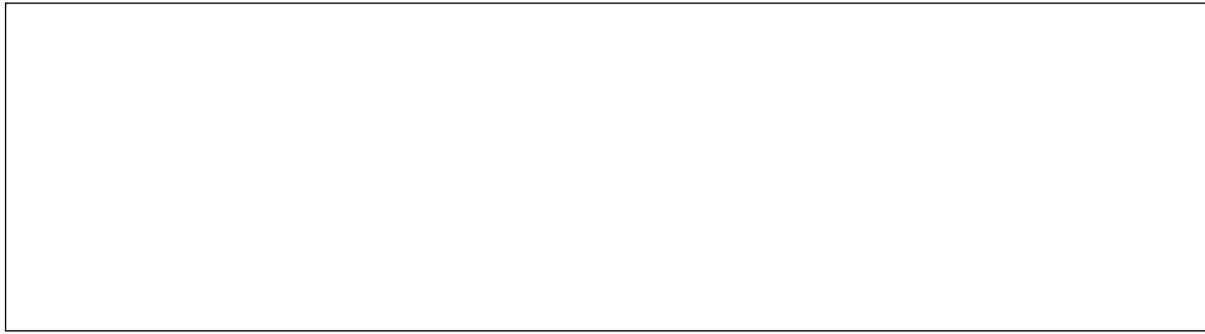
BY [MADISYNTAYLOR](#)

Focused attention on one thing at a time can make the most of our life-force energy and bring about the change we want.

As modern life makes a wealth of information and opportunities available to us, we may find ourselves torn between a wide variety of interests and projects. Our excitement may entice us to try all of them at once, but doing so only diffuses our energy, leaving us unable to fully experience any of them. Like an electrical socket with too many things plugged into it, we may be in danger of overheating and burning out. But if we can choose one thing at a time to focus all of our attention upon, we can make the most of our life-force energy, engaging ourselves fully in the moment so that it can nurture us in return.

Our attention can be pulled in many directions, not only in our own lives, but by advertising, media, and the hustle and bustle of our surroundings. But when we take the time to listen to our inner guidance and focus our thoughts on the goals that resonate the most strongly within us, the rest of the world will fade away. This may mean focusing the spotlight of our attention upon developing one aspect of our work, one course of study, or one hobby to pursue in our free time, but it doesn't mean that we have to stay focused on only one thing forever. We may never know which of our interests is best suited to our abilities and heart's desires unless we give it a proper chance. By being fully present with all that we are and all that we have, we can experience each choice fully and make the most fulfilling choices for our energetic investments.

Because we are multi-faceted beings, we are perpetually involved in many aspects of life in every moment. Our work in the world is necessary to attend to our physical needs, and our relationships are important for our emotional needs, but when we engage our spirit as well, we can choose the area that will nurture body, mind and soul. Staying focused in each moment allows us move with the rhythmic flow of the universe and harmonize all aspects of our being into balanced whole.



Feeling Fed Up with Humanity

BY [MADISYNTAYLOR](#)

It is natural to feel let down when we see our fellow humans behaving badly, return the focus to your own life.

From time to time, we may all feel fed up with humanity, whether it's from learning about what's going on around the world, or what's going on next door. There are always situations that leave us feeling as if people are simply not capable of behaving in a way that is coming from a place of awareness. Often it seems as if people are actually geared to handle things in the worst possible way, repeatedly. At the same time, none of us wants to linger in a judgmental mood about our own species. As a result, we might tend to repress the feelings coming up as we take in the news from the world and the neighborhood.

It is natural to feel let down and disappointed when we see our fellow humans behaving in ways that are greedy, selfish, violent, or uncaring, but there are also ways to process that disappointment without sinking into despondency. As with any emotional response, we honor our feelings by feeling them fully, without judging or acting on them. Once we've done that - and we may need to do it every day, as part of our daily self-care - we can begin to consider ways that we might help the situation in which humanity finds itself.

As always, we start with ourselves, utilizing our awareness of the failings of others to renew our own commitment to be more conscious human beings. We are all capable of the best and the worst that humanity has to offer, and remembering this keeps us in check, as well as allowing us to find compassion for others. We may find ourselves feeling compelled to serve people who are suffering injustices at the hands of other people, or we may begin to speak out when we see something that we don't think is right. Whatever the case, the only thing we can do is pledge to serve the best, rather than the worst, of what humanity has to offer, both in the world, and in ourselves.

