

# *The Spiritual Connection*

***The Portland Spiritualist Church monthly newsletter***

**June 2011**



*For disappearing acts, it's hard to beat what happens to the eight hours  
supposedly left after eight of sleep and eight of work.*

*Doug Larson*

At the Annual Membership meeting in April the 3 year term as Director remained vacant. Alan King, who holds a 1 year term, has agreed to fill that position. The 1 year position is now vacant. Please contact a Board Member if you are interested in serving the Church in that role. Isabelle Hart was elected to a 3 year term during the April meeting. Congratulations to Isabelle.

We currently meet for services, classes and events at the Mission Possible Teen Center Building church in Westbrook (755 Main St) where we invite you to visit and learn about Spiritualism.

### **Sunday Services**

6:30pm to 8pm

Our services consist of three parts:

Hands on Healing/Inspirational Speaker/Validation of the Continuity of Life

June 5: Sue St. Jean

June 12: NO SERVICE MSSAC CONVENTION

June 19: Chris Owen, LM, CH, CM

June 26: Rev Patty Palmer, NST

### **Friday Night Development Classes**

7:30pm – 9:00pm

Classes are by donation unless otherwise noted

June 3: Becoming a Spiritualist & Development Circle – Rev Beth Carter, CH, CM & Mike Carter

June 10: NO CLASS – MSSAC Convention

June 17: Meditation & Mediumship –Check website for facilitator

June 24: Gallery readings 7:00 – 9:30PM. Eddita Felt - \$10 – Please visit our website as Gallery Mediums may change. We cannot guarantee everyone will receive a reading, particularly if attendance is high.

**\*\*\* Gift certificates are available \*\*\***

Legend: CH – Commissioned Healer

LM – Licentiate Minister

M – NSAC Missionary

Rev – Reverend

CM – Certified Medium

MPI – Morris Pratt Institute Student

NST – National Spiritualist Teacher

*Besides the noble art of getting things done, there is the noble art of leaving things undone. The wisdom of life consists in the elimination of non-essentials.*

*Lin Yutang*

## **Mediums on the Move**

June 5: Chris Owen, LM, CH, CM serves Augusta Spiritualist Church

June 12: Rev Beth Carter, CH, CM facilitates MSSAC Convention Memorial Service 10:00am at the Temple Heights Camp.

June 12 & 13: Rev Beth Carter, CH, CM and Mike Carter will be working with table tipping in the evening at Temple Heights Camp as part of the Maine Mediums week.

June 13 & 14: Rev Beth Carter, CH, CM and Mike Carter will serve as mediums of Maine Mediums Week at Temple Heights Camp.

## **Upcoming Events**

June 10-12: MSSAC Convention at Temple Heights Camp

June 10: 7:30pm workshop with Laura Lee Perkins, Summit Magazine Editor, "Learning New Ways of Making Deeper Connection with the Spirit Realm" \$10 Participants will learn ways of stimulating the right hemisphere of the brain, explore the body's Yuzhen points and engage the governing and conception meridians (two important energy pathways) which assist in balancing our minds. In addition, participants will learn about fragrances that assist in spirit contact.

June 11: 9am Registration for Business Meeting \$2, meeting starts at 9:30

June 11: 6pm Banquet \$20, includes entertainment - reserve with Jean Bower by 6/1 at 207-338-1335

June 11: 7:30 The Jump City Jazz Band - \$5 for those not at banquet

June 12: 10am MSSAC service, Guest Speaker and Medium, Laura Lee Perkins – Memorial service follows conducted by Rev Beth Carter.

Check the website at [www.templeheights2.bizland.com](http://www.templeheights2.bizland.com) for a listing of the summer program details.

## **What do you think?**

June's question is "What skill, talent or special resource do you have that you would like to share with the PSC?" We look forward to hearing from anyone willing to share their special gift(s). You'll find forms on the information table in the Church sanctuary near the "What do you think?" box or email your response to [lrpc@portlandspiritualistchurch.org](mailto:lrpc@portlandspiritualistchurch.org). Your input is important and you may remain anonymous if you like.

*"Life is really simple, but we insist on making it complicated."*

*Confucius*

## **Board of Directors**

President: Rev Graham Connolly, NST, M - 207-655-6673

Vice-President: Lance Cyr - 207-854-2245

Secretary: Sue Gagnon, MPI - 207-590-3477

Treasurer: Sue Jalbert, CH – 207-831-7821

Director: Isabelle Hart, MPI – 282-7975

Alan King

The next Board meeting will be June 5<sup>th</sup> at 4:30pm. All PSC members are welcome to attend to have their voice heard.

## **Pastoral Committee**

Rev Graham Connolly, NST, CH, CM, M

Rev Beth Carter, CH, CM

Chris Owen, LM, CH, CM;

## **Hospitality Committee**

Sandy Cayia

Diana Harmon

Isabelle Hart

## **Social Secretary**

Isabelle Hart

## **Newsletter Staff**

Sharon Kelley, Editor

Eva Giro, Arnold Howe

Check out the website at [www.portlandspiritualistchurch.org](http://www.portlandspiritualistchurch.org) for more information on classes, events, education and more.

*“In the summer when the days are hot, I like to find a shady spot, and hardly move a single bit, and sit and sit, and sit and sit.”*

*John Muir*

## **Enjoying a Snail's Pace**

### *Doing Things Slowly*

*Take time to slow down, rushing never gets you anywhere but on to the next activity or goal.*

Life can often feel like it's zipping by in fast forward. We feel obliged to accelerate our own speed along with it, until our productivity turns into frenzied accomplishment. We find ourselves cramming as much activity as possible into the shortest periods of time. We disregard our natural rhythms because it seems we have to just to keep up. In truth, rushing never gets you anywhere but on to the next activity or goal.

Slowing down allows you to not only savor your experiences, but also it allows you to fully focus your attention and energy on the task at hand. Moving at a slower pace lets you get things done more efficiently, while rushing diminishes the quality of your work and your relationships. Slowing down also lets you be more mindful, deliberate, and fully present. When we slow down, we are giving ourselves the opportunity to reacquaint ourselves to our natural rhythms. We let go of the "fast forward" stress, and allow our bodies to remain centered and grounded. Slowing down is inherent to fully savoring anything in life. Rushing to take a bath can feel like an uncomfortable dunk in hot water, while taking a slow hot bath can be luxuriant and relaxing. A student cramming for a test will often feel tired and unsure, whereas someone who really absorbs the information will be more confident and relaxed. Cooking, eating, reading, and writing can become pleasurable when done slowly. Slowing down lets you become more absorbed in whatever it is you are doing. The food you eat tastes better, and the stories you read become more alive.

Slowing down allows you to disconnect from the frenzied pace buzzing around you so you can begin moving at your own pace. The moments we choose to live in fast forward motion then become a conscious choice rather than an involuntary action. Learning to slow down in our fast-moving world can take practice, but if you slow down long enough to try it, you may surprise yourself with how natural and organic living at this pace can be.

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