

The Spiritual Connection

The Portland Spiritualist Church monthly newsletter

September 2011



If you had the pleasure of being able to spend time with Colin Hall and Sandra McFadden during their visit here from the UK, I'm sure you'll agree it was simply delightful. They shared their talents at Camp Etna, HDB Spiritualist Church, Portland Spiritualist Church, Church of Eternal Life, Augusta Spiritualist Church, Leapin Lizards and Gardens of Atlantis. Workshops, private readings and evenings of mediumship filled their calendar. We are grateful for having been able to share this time with them and look forward to their return next year.

A pessimist sees only the dark side of the clouds, and mopes; a philosopher sees both sides, and shrugs; an optimist doesn't see the clouds at all - he's walking on them.

~Leonard Louis Levinson~

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:

September 4: Rev Steve Hermann, NST, CH, CM

September 11: Gary Mascher

September 18: Harrison D Barrett Day – **NO SERVICE** – Service in Caanan, ME

See upcoming events on page 3

September 25: Adrienne Martin

October 2: Ken Sanborn

Friday Night Development Classes

7:30pm – 9:00pm

Classes are by donation unless otherwise noted

September 2: Becoming a Spiritualist & Development Circle – Rev Beth Carter, CH, CM & Mike Carter

September 9: To be determined.

September 16: Meditation & Mediumship – Rev Graham Connolly, NST, CH, CM

September 23: Gallery readings –Mediums To Be Announced - 7:00 – 9:30PM.

\$10 – We cannot guarantee everyone will receive a reading, particularly if attendance is high.

September 30: Becoming a Spiritualist & Development Circle – Rev Beth Carter, CH, CM & Mike Carter

*** 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

A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.

~Herm Albright, quoted in Reader's Digest, June 1995~

Mediums on the Move

September 11: Mike Carter serves Spiritualist Church of Eternal Life, Lewiston

September 18: Harrison D Barrett Day, Canaan

October 1: Rev Beth Carter, CH, CM & Mike Carter - Mediums on Mediums Day, First Spiritualist Church of Onset, MA

October 2: Rev Beth Carter, CH, CM serves First Spiritualist Church, Onset-MA

Upcoming Events

September 18: Harrison D Barrett Day – Canaan Town Hall at 10:30AM - This annual event is held in honor of Harrison D Barrett of Canaan, Maine. He helped establish Spiritualism as a recognized religion, served as the first President of the National Spiritualism Association of Churches and as President of the spiritualist camp in Lily Dale, NY. Barrett also helped author our Declaration of Principles. Rev Barrett traveled the country serving spiritualist churches and camps.

October 15: Mediums Day, Portland Spiritualist Church

October 22: Mediums Day, Harrison D Barrett Church, Bangor

October 29: Mediums Day, Augusta Spiritualist Church

November 5: Holiday Craft Fair, Portland Spiritualist Church

What do you think?

The question for August is “What paranormal experiences have you had?” We look forward to hearing from anyone willing to share their experiences. 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. Your input is important and you may remain anonymous if you like.

Often people attempt to live their lives backwards; they try to have more things, or more money, in order to do more of what they want, so they will be happier. The way it actually works is the reverse. You must first be who you really are, then do what you need to do, in order to have what you want.

~Margaret Young~

Board of Directors

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Alan King

The next meeting of the Board of Directors to be announced. Call Graham if necessary.

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Check out the website at www.portlandspiritualistchurch.org for more information on classes, events, education and more.

There are many ways to raise your vibration including thinking positive and uplifting thoughts.

Focus on the Good

Raise Your Vibration

Everything in the universe is made of energy. What differentiates one form of energy from another is the speed at which it vibrates. For example, light vibrates at a very high frequency, and something like a rock vibrates at a lower frequency but a frequency nonetheless. Human beings also vibrate at different frequencies. Our thoughts and feelings can determine the frequency at which we vibrate, and our vibration goes out into the world and attracts to us energy moving at a similar frequency. This is one of the ways that we create our own reality, which is why we can cause a positive shift in our lives by raising our vibration.

We all know someone we think of as vibrant. Vibrant literally means “vibrating very rapidly.” The people who strike us as vibrant are vibrating at a high frequency, and they can inspire us as we work to raise our vibration. On the other hand, we all know people that are very negative or cynical. These people are vibrating at a lower frequency. They can also be an inspiration because they can show us where we don’t want to be vibrating and why. To discover where you are in terms of vibrancy, consider where you fall on a scale between the most pessimistic person you know and the most vibrant. This is not in order to pass judgment, but rather it is important to know where you are as you begin working to raise your frequency so that you can notice and appreciate your progress.

There are many ways to raise your vibration, from working with affirmations to visualizing enlightened entities during meditation. One of the most practical ways to raise your vibration is to consciously choose where you focus your attention. To understand how powerful this is, take five minutes to describe something you love unreservedly—a person, a movie, an experience. When your five minutes are up, you will noticeably feel more positive and even lighter. If you want to keep raising your vibration, you might want to commit to spending five minutes every day focusing on the good in your life. As you do this, you will train yourself to be more awake and alive. Over time, you will experience a permanent shift in your vibrancy.