

The Spiritual Connection

Portland Spiritualist Church monthly newsletter

January 2012



"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

~Michael Jordan~

The New Year brings a new beginning for the Portland Spiritualist Church. As many of you know we will be leaving the Mission Possible Teen Center at the end of January. We will hold our last Sunday Service on January 22nd and Gallery Readings on January 27th will mark the end of our Friday night events. We are currently in negotiations with the American Legion Hall around the corner on Dunn Street. Services and classes will resume in early to mid February. Watch the website for more information as it becomes available. We extend our heartfelt thanks to the Mission Possible Teen Center for opening their doors to us two years ago and wish them much success in their continued endeavors to help the young people they serve.

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.

During the winter season please monitor NBC and CBS for service and class cancellations. We attempt to update the website for cancellations but cannot guarantee that so if in doubt please call 207-655-6673 or another Board member.

Sunday Services

6:30pm to 8pm

Our services consist of three parts:

- January 1: Rev Graham Connolly, NST, CH, CM
- January 8: Sue Jalbert, CH
- January 15: Mike Carter
- January 22: **Final Service at Mission Possible – Pot Luck at 5pm**
- January 29: No Service

Friday Night Development Classes

7:30pm – 9:00pm

Classes are by donation unless otherwise noted

- January 6: Development Circle – Rev Beth Carter, CH, CM & Mike Carter
- January 13: To be Announced
- January 20: To be Announced
- January 27: Gallery Readings – Rev Beth Carter, CH, CM & Mike Carter,
7 pm - \$10 - Please visit our website as Gallery Mediums may change. We cannot guarantee everyone will receive a reading, particularly if attendance is high.

Legend: CH – Commissioned Healer CM – Certified Medium
LM – Licentiate Minister MPI – Morris Pratt Institute Student
M – NSAC Missionary NST – National Spiritualist Teacher
Rev – Reverend

"Life's challenges are not supposed to paralyze you; they're supposed to help you discover who you are."

~Bernice Johnson Reagon~

Mediums on the Move

January 29: Rev Beth Carter, CH, CM & Mike Carter serve the Augusta Spiritualist Church and Temple Heights Spiritualist Church in Northport, ME later that day.

Upcoming Events

January 22: Pot Luck supper at 5pm and Mission Possible. Please let Sue Jalbert know what "yummy dish" you would like to bring.

April 21: Portland Spiritualist Church Mediums Day, 10am – 3pm

April 28: Augusta Spiritualist Church Mediums Day, 10am – 3pm

May 19: Past Life Regression Workshop with Michael Hathaway (author), 10am – 1pm, pot luck to follow.

Cherokee Prayer Blessing

May the Warm Winds of Heaven
Blow softly upon your house.

May the Great Spirit
Bless all who enter there.

May your moccasins
Make happy tracks

In many shows,
And may the Rainbow
Always touch your shoulder.

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

"One day at a time--this is enough. Do not look back and grieve over the past for it is gone; and do not be troubled about the future, for it has not yet come. Live in the present, and make it so beautiful it will be worth remembering."

~Ida Scott Taylor~

Board of Directors

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

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

Secretary: Sue Gagnon, MPI

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

Director: Isabelle Hart, MPI – 207-282-7975

Alan King

The next meeting of the Board of Directors will be January 8th, 2012, at 4:30 pm. All PSC members are welcome to attend and have their voice heard.

Pastoral Committee

Rev Graham Connolly, NST, CH, CM, M

Rev Beth Carter, CH, CM

Chris Owen, LM, CH, CM;

Social Secretary

Isabelle Hart

Newsletter Staff

Sharon Kelley, Editor

Eva Giro, Arnold Howe

For 2012 we are changing our e-mail to info@portlandspiritualistchurch.org for any questions regarding our church. Please change your bookmarks and address book accordingly.

“Desire is the key to motivation, but it’s determination and commitment to an unrelenting pursuit of your goal – a commitment to excellence – that will enable you to attain the success you seek.”

~Mario Andretti~

In a world where we have routines to get everything done, we rarely have a routine for our spiritual self.

In Line with Spirit

Staying on Track

In a world where we have routines for nearly everything—our route to work, our physical fitness regimen, and our weekday schedule—it's amazing how many people forget to create a routine for meeting their spiritual needs. We run around in an attempt to be at our many appointments on time and meet our many obligations. In our efforts to be as productive as possible, however, our spiritual needs tend to take a backseat. After all, taking care of our spiritual needs doesn't directly pay the bills or tone our abdominal muscles. We may even wonder who has time to meditate or write in their journal when there are more pressing matters to see to. The truth is that nurturing ourselves spiritually is what gives us the energy and grounding that we need to make sure that our lives stay on track.

How you choose to nurture yourself spiritually is a personal choice. For some people, meditating once a day may be what they need to stay centered. While spending 10-20 minutes with your eyes closed and your brain devoid of thought may seem like a lot of time doing nothing, this state of nothingness actually allows you to stay calm and focused so you can be as productive as possible. Writing in your journal everyday lets you stay in touch with yourself so that you are always tuned in to your feelings. Repeating affirmations for success, happiness, and well-being on a regular basis can help you live with optimism and enthusiasm and create what you want in life.

Having a routine for nurturing your spirit that you do each day lets you feed energy to your soul and can serve you well if your life suddenly takes an unexpected turn into a difficult period. This kind of routine grounds your spirit in your body so that you stay anchored in yourself as you move through each day. Nurturing yourself spiritually allows you to not only stay on track in your life, but it allows for your life to stay on track with what your spirit wants.

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