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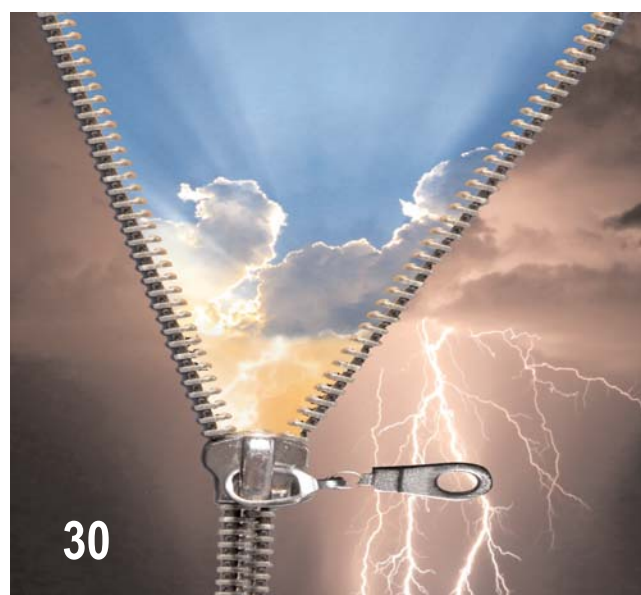


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The National Spiritualist Summit Magazine

You Are Right

Writer: James Johnson
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Children need food and water. Their physical survival depends on that. They also need recognition, acceptance, and love. Their emotional health depends on that. Children who are denied sufficient love can grow up wounded.

Wounded children grow up and become wounded adults. If no one teaches us how to heal ourselves, we may seek momentary relief by always trying to be right. Yes, many of us have a need to be right all the time for we associate being right with being worthy. Suppose you are engaged in a conversation and someone strongly disagrees with everything you say. How would you feel? The average person would feel threatened and insecure, for when someone challenges their ideas, they are actually challenging them as a person.

If I treated your ideas as worthless, wouldn't I also be suggesting that you are worthless? Why would I do that? Being denied the love I needed as a child may lead me to be more disagreeable with you. It isn't to punish you, but just to get you to admit that I am right and you are wrong. In so doing, I will feel some form of the recognition and approval I desperately seek.

Even if I were to get you to admit that I am right, all I would succeed in doing is to transfer my pain to you. My relief would come at your expense. So, regardless who wins the argument, we both lose because our relationship will suffer. We are only as strong or as weak as our relationships are, so it makes no sense to damage them. When dealing with others, we have to ask ourselves, do I want to be weaker and right or agreeable and stronger? Am I going to choose to think about *me* or do I want to think about *we*?

Besides weakening our relationships, insisting on being right has the awful consequence of transforming us into the person we don't want to be. We become arrogant, self-righteous, and sanctimonious, and this narrow-minded, know-it-all attitude will drive people away.

Recognize that as we do this, we also drive away knowledge. By refusing to consider the opinions of others, we close the door to new ideas. When opinions are expressed that differ from yours, consider it a good time to stop and listen. After all, you could be wrong. Think back on bright ideas that you once held years ago and how they have changed. We must improve to change for the better. Our thoughts, opinions, and beliefs are expanded and improved by commingling the ideas of others with our own.

As Spiritualists, we know we must remain open-minded and be willing to embrace the ideas of others for that leads to our own self-growth. As we see ourselves improve, our level of self-esteem rises, thereby decreasing our need to always be right. By welcoming the ideas of others, we assist in increasing *their* confidence. Essentially,

those with a need to be right rely on others for their self-esteem. They need their recognition and approval. But as we grow increasingly interested in *doing right*, rather than *being right*, we boost our confidence and self-respect and are no longer dependent on others.

When others speak, don't look for points to disagree with, but look for wisdom that you can add to your own. The open-minded see the truth in different things, but the narrow-minded see only the differences. We need our differences for they provide us with more options and possibilities that make us stronger and wiser.

Welcoming our differences offers us an opportunity to give the treasured gifts of tolerance and acceptance to others. By relinquishing our right to be right and turning over power to others, we grant them the right to be themselves. One can hardly offer anyone a greater gift! If we act generously despite our urge to be right, we will discover the exciting truth that we have enough inner strength to conquer our vulnerabilities.

We will ultimately discover that it is only after recognizing and accepting others that we finally find the recognition and acceptance we, ourselves have been looking for. The path to change involves being aware of our thoughts and asking the right questions. Do I want to be right or do I want to be happy? Do I want to be someone who is always right or do I want to be part of healthy relationships? Do I want to be right and hurtful or do I want to be accepting and caring? Do I wish to take what I can from this relationship and weaken it or do I wish to contribute what I can to it and strengthen it?

Finally, be careful of what you think of others, for you can rise no higher than your lowest opinion of another.

Why do so many of us have a need to be right regarding what are just *opinions*? For instance, what makes one believe that others are incompetent to think for themselves and need to be "saved" by a certain brand of religion? Can you see how ludicrous, how irrational, it is to expect others to share our same opinions?

There are many reasons to give up our addiction to being right. First, consider what we are doing when we make pronouncements that someone is either for me or against me, or that it's my way or the highway, or that I'm right and you're wrong. Aren't we being arrogant, combative, self-righteous, presumptuous, judgmental, narrow-minded, and alienating? Aren't such attitudes dysfunctional? Don't they disrupt harmony and peace and lead to conflict and suffering?

When we insist that we are right, we slam the door of

our minds. We remain locked in past beliefs and have limited choice. But if we change our focus from what *is right* to *what is*, something magical happens. The moment we accept that others have different views and willingly consider them rather than fight them, we are transformed from prisoners into adventurers and explorers! By opening ourselves to all ideas, we open our lives to infinite possibilities. We discover what it is to be connected to the untold riches of life.

To be dead right is to be dead. It is also to be unhappy, for it is impossible to control the thoughts and opinions of others; so, when they fail to live up to our demand for agreement, we feel frustrated and disappointed. This road leads to unhappiness.

Recognize that it is merely our discomfort of uncertainty that leads us to a self-defeating demand to be "right." Living in a world of uncertainty makes some of us feel like the earth is crumbling beneath our feet. We find no stability and nothing to hang on to except our opinions and beliefs. Yet, when we change our perspective and greet uncertainty with surprise, wonder, awe, growth, opportunity, and delight, we can embrace it!

Another reason some tenaciously cling to their opinions is the fear that changing them would lead to the loss of their identity. Recognize that you are not your opinions. You can choose to let them go if you want to. When you learn from others your knowledge is expanded and enhanced.

We are all fallible creatures. Even the brightest minds change their opinions on occasion. In fact, that's exactly how they grew so bright. By considering opinions that at first appeared opposed to theirs, they lost their fear of accepting new ideas and making mistakes.

When the populace of a certain village were evenly divided on the "right" way to punish a disobedient child, they decided to seek council with the village elder. The spokesperson for opinion A gave his view to the elder. As the others listened in silence, the elder spoke, "You are right."

While maintaining his decorum, but visibly upset, the spokesperson for opinion B said, "But Wise One, you have given your counsel before hearing from me!" He then shared his opinion with the elder. After listening to it, the

Wise One said, "You are right."

"But, Honorable One," protested another villager, "you have just agreed with two opposing viewpoints!" The Wise One turned and said, "You are right."

We can never be right until we realize everyone is right. The truth is owned by none and shared by all. Whether you agree with this or not, "You are right."

A Brief History of *the Soul*

The soul; what it is, why is it here and where does it go? These are just a few of the questions that mankind has asked since the beginning of time. Allow me this attempt at a short explanation of the history of the soul.

Anthropologists have determined through a study of very ancient traditions and customs that even early humans possessed some realization of the soul. Studies of their graves and burial practices led us to the conclusion that the “dead” were an important part of a tribe’s society and would be called upon for counsel and judgment. The first use of the English word “soul” comes from the Danish epic poem, *Beowulf*. This was in reference to the ancient Germanic belief that souls were created from lakes and rivers.

One of the oldest records of mankind’s knowledge of the soul was found on a stone memorial unearthed in Sam’al, Turkey, around 3,000 years ago. It contained an inscription on the monument encouraging a man’s family to celebrate his soul living eternally after his death.

The most complete descriptions of the soul come to us from ancient Egypt. Their conception of the human soul was very complex and didn’t fit well into the theology of other cultures during that time. Egyptians described a person’s individuality as several independent beings, each of which was a personality, but seen as a whole, yet having separate existence after death. Egyptians believed that humans existed as a physical body, the *Kha*, and at least three other principles—the *Ka*, *Ba* and *Akh*. The *Ka* represented the spiritual essence. The *Ba* referred to all qualities that comprised a human being. Both the *Ka* and the *Ba* were attached to the body and needed food and water. The *Akh* represented the combination of *Ka* and *Ba* which then became pure consciousness and could travel outside the body. It would take considerably more time to fully describe the complex Egyptian concepts of the soul.

The rest of the known world at that time shared a more holistic concept of the soul. The Jewish Torah references the “Nephesh,” a word which associates the breath with life,



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thus the soul within. This is similar to the “Psyche” belief of the ancient Greeks before Socrates.

Aristotle has great influence on the holistic concept of the soul. He stated that the soul was a form inseparable from the body, that the soul was the core essence of a being. He did not consider the soul as a separate “ghostly” occupant of the body. To him, the soul was not immortal. When the body died, so did the soul. The Greek poet Homer shared this concept but also believed that some “shade” or sad shadow of us would exist after death in a dismal underworld, just shuffling around moaning and groaning. Homer destroyed the heroic concept of achieving a glorious afterlife by dying in battle.

Plato’s concept of the soul was different from Aristotle’s. Plato thought the soul was an immaterial and incorporeal substance that occupied the body. He taught that when the body died, the soul was continually reborn in subsequent bodies.

From Homer to the end of the 5th century, the word “soul” underwent remarkable philosophical expansion. The soul referred to what distinguished the animate from the inanimate, and also was thought to possess a wide variety of cognitive and emotional responses and responsibilities.

Pythagoras taught that plants had souls and that human souls can migrate into plants and animate them. Other



philosophers, such as Empedocles, claimed to remember past lives as a bush, a bird, and a fish. We now understand this concept as transmigration of the soul. This belief is shared with the Brahmin, or Hindu religions.

In Hinduism, the *atman* is the real, eternal, imperishable self that underlies our existence and is from which each individual soul (*Jiva*) emanates. The *Jiva* means soul or “subtle body” and is regarded as a particular manifestation of *Atman*. *Jiva* is also eternal but is imprisoned in a physical body at birth. At death, it passes into a new existence determined by karma. *Samsara*, the cycle of birth and rebirth is eternal and persists until the soul reaches some type of perfection and then joins with the ultimate, or absolute (*Brahman*).

Buddhism rejects the concept of an individual self or soul, and also it rejects the concept of the *atman*, or universal soul. Buddhism teaches that having any sense of an individual eternal soul or being part of a universal soul is nothing but an illusion.

The Muslim idea of the soul is similar to the Christian idea, that the soul comes into existence at the same time as the body. Thus it has a life of its own, independent of the physical body.

The Chinese concept of the soul was first recorded in 535 BC. The earthly aspect (*po*) comes into existence when

a human life begins. After the *po* is produced, the *hun*, being the heavenly aspect of the soul, emerges. The *hun* is the vital force of a person while the *po* is the physical nature. When someone dies a natural death, the *hun* gradually disperses into the afterlife, and the *po* returns to the earth. A violent death would cause both the *hun* and the *po* to linger around and cause evil and harmful acts until justice is served to free them.

The ancient Chinese thought that the entire universe is always progressing, without beginning or ending, and without a God or Creator. Everything is connected by a universal energy called *Qi*. To the Chinese, souls are neither figments of the imagination nor wishful impulses of the heart. The Chinese believe they exist, like stones, plants, and animals, and are part of the creative transformation of the universe.

In closing, it is fascinating to observe in retrospect how these very different cultures and religions from around the world developed a belief in the existence of the soul. It is an interesting study in itself to learn about the historical development of the soul and how these different societies created their moral codes and laws based on these beliefs. These are the foundations of beliefs that we have all inherited. It is important for us to recognize and understand how they relate to us now, and how we can teach these concepts to the seekers who turn to us for answers.



Spiritualism & Social Conscience

Writer: Kenneth W. James, Church of the Spirit, IL

It is one of the ironies of history that the religion of Spiritualism, the only religion that is focused on proving the continuation of life and individual identity in the Spirit world, is at the same time the only religion that has demonstrated consistently a profound sense of social conscience and advocacy for civil rights for all people. When the emancipation of slaves was still just a whisper that conventional religionists were reticent to speak out loud because of their fear of reprisals, Spiritualists were there, speaking loudly not only from the Earth plane, but also through the Spirit World. When women were fighting for the vote, and conventional religionists were filled with misogynistic hatred and denigration of their own wives, mothers, sisters, and often themselves (many women did not feel that they themselves should have the right to vote), Spiritualists were there, advocating for women's suffrage and taking public stands that would put many of them in financial, social, and even physical peril.

Yes, Spiritualism, the religion that many people ridicule as being “those guys who talk with the dead,” has been the religion that most consistently monitored and spoke out for civil rights for all people. Spiritualism offered kindness and compassion to everyone, and recognized that no one, no sentient being, even those who had gone through the change called death, were ever beyond the capacity to repent, reform, and regain harmony with Infinite Intelligence.

Spiritualism is not for the weak. Look around our churches and every individual you will see is a very brave, strong, and capable person. While members of other religions build walls and promote societal divisions based on stupid criteria, Spiritualists open their

arms to all. Other religions that speak about eternal life, eternal punishment, and of morality and ethics supposedly derived from a God of love have no problem marginalizing whatever groups of people are inconvenient for them. You see, many religions only preach about a belief in life after death based on a set of texts that they claim contain the truth, the whole truth, and nothing but the truth.

Spiritualists move beyond belief through the work of our mediums and healers. We affirm life after the change called death not through belief, but through demonstration that speaks to each of us. You don't need too many experiences of “Aunt Sally” giving you a message only she could give you through a medium who is a stranger for you to move beyond mere belief into the realm of “knowing.”

The thing that Spiritualists know is the thing that allows us to stand up in times of turmoil and claim that all souls are of equal worth and equal rank. The divisions we make on the Earth plane because of gender, sexuality, ethnicity, degree of wealth, geographical location, age or political affiliation are foolish and useless in the face of eternity. Spiritualists know something deep and powerful—something that will allow us to get through anything, even when we are afraid, hurt or even devastated by world events. Jungian psychologist Clarissa Pinkola Estes, who wrote the wonderful book *Women who Run with the Wolves*, says it this way:

There will always be times when you feel discouraged. I too have felt despair many times in my life, but I do not keep a chair for it. I will not entertain it. It is not allowed to eat from my plate.

The reason is this: In my uttermost bones I know something, as do you. It is that there can be no despair when you remember why you came to Earth, whom you serve, and who sent you here. The good words we say and the good deeds we do are not ours. They are the words and deeds of the One who brought us here. In that spirit, I hope you will write this on your wall: When a great ship is in harbor and moored, it is safe, there can be no doubt. But that is not what great ships are built for.

So, to all of us, great Spiritualist ships, it is now time to move out of the harbor and get into the mainstream!



Spiritualism's Objectives

Just like other human beings, Spiritualists live day-to-day doing what comes naturally. Naturally, in many cases, that includes ignoring the most important factor of their Earth life—their soul growth. Our every thought and action builds or tears down our progress. Just where do we begin?

A good start is to study the main objective of Spiritualism as set out in our Spiritualist Manual. It clearly states that the primary objective is “To teach the truths and principles as expressed in the Declaration of Principles.” The first six were adopted in 1899, the seventh and eighth in 1909, and the ninth in 1944, some of which have been modified as we came into greater understanding. At this point in our being, we should review and revise our principles and their definitions to reflect our growth and better resonate with the 21st Century.

Next, we are to understand and practice in one accord with the definitions of Spiritualism as a Science, Philosophy, and Religion of Spiritualism. The Spiritualist Manual outlines the definitions of primary terms used in understanding Spiritualism as adopted throughout the years. These terms include *Spiritualism* and *Spiritualist* adopted in 1919 and 1938; *What is a Spiritualist* adopted in 1919; *Medium* in 1914, *Spiritualist Healer* in 1930, and the *Phenomena of Spiritualism* in 1951. These definitions offer a greater level of comprehension to the newcomers within our churches and camps.

In addition to the teachings of our manual, all newcomers should be given the best book to read for their edification of Spiritualism, *Becoming a Spiritualist* by the late Rev. Hugh Gordon Burroughs. It is a classic and it would be well for each of us to read it at least once a year as it will continually reinforce our understanding and assist us in our growth as Spiritualists. The value of this book is so impressed in my mind and heart, as a Missionary of Spiritualism, that I offer a copy to those inquiring minds that seek us out.

Next, we turn to the foundation of the Universal Spiritualism—Natural Law. As we turn to our Manual, we find each item listed as a part of our teaching relates to a Natural Law of the Universe. There have been many books published over the years that contain one or two laws. There are 81 Natural Laws listed in *The River of Life—How*

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to Live in the Flow, and an addendum with additional laws in the making. As we go along in our daily life, we should stop to reflect on our next action—then stop and think of which law applies. In so doing, we would always make the right choices. One law that is a golden strand through most all religions is the Golden Rule—“Do unto others as you would have them do unto you.”

As Spiritualists we have a platform from which to speak about the three aspects of Spiritualism. The NSAC is required to meet IRS standards to qualify as a 501(c)3 religious organization. Part of that requirement is fulfilled by our Sunday service as a “religious service.” It gives us an opportunity to provide our congregations with the understanding of Spiritualism as a religion by means of a spiritual talk. Some refer to it as an “address,” a “lecture,” or “sermon.” The religion of Spiritualism is a way of life—every day. Each one of us faces decisions in life, and we know that we can always rely on Natural Law to supply us with proper guidance.

How do we go about preparing substantial information for our spiritual talks? Some feel the quiet time of meditation brings many good thoughts to the mind. Others turn to printed material and enjoy reviewing the wisdom of our pioneers. Another means of gathering information is through spiritual magazines, or by attending “thought exchange” services at a local church. If we review the Natural Laws, we find a depth of understanding of life that can create a topic for presentation. Once a topic comes forth, the search can begin for the best books on the subject. With all of this in mind, quiet time allows the mind to formulate a stimulating spiritual talk for the Sunday service.

If we turn to our manual, our cohesive thoughts can assist us in a presentation that covers one of the topics that Spiritualism teaches. These teachings might include: “humankind are spiritual beings now as well as hereafter,” “each person has a soul,” understanding the afterlife,” “removing the fear of physical death,” and “personal responsibility.” Spiritualism brings to our attention our spiritual gifts, and teaches that the spark of divinity is within all. If we take personal responsibility seriously, we recognize part of our duty on the Earth plane includes attaining knowledge, developing and unfolding our spiritual state, and adjusting our conduct both mentally, morally, and spiritually. We serve by ministering to wherever the call takes us. We congregate with like-minded individuals and freely share the greatest gift of all, Love.

All of our effort for the time spent in preparation offers many avenues that stimulate our soul growth. This strong foundation helps us in the promulgation of Spiritualism’s objectives.



FEATURE:

GLOBAL Spiritualism

Contributed by: Rev. Lionel Owen, South Africa
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Here in South Africa, the native population still follow age-old spiritual traditions. Their Shamen or “Sangomas” know that life continues after the death of the physical body, and that communication between those who have passed is not only possible but has always happened. They still communicate with their ancestors in the Spirit World as their forebears have done for centuries. Some years ago, the well-known British medium Albert Best visited South Africa and went to meet a Sangoma. And in broad daylight, Albert’s late wife materialized, fully formed beside him for all to see!

For the natives, there is nothing new in this. Psychic gifts have always been around. Spiritualism is a natural progression from the work of their Shamen. It is designed for a different type of society, that’s all.

Emma Hardinge-Britten, in her fascinating book “Nineteenth Century Miracles,” described the work of numerous mediums and psychics all over the world, both before and after 1845. The inexorable growth of materialism since the Industrial Revolution led to millions of people moving

from the land where they worked closely with nature, to cities, where the natural world was almost entirely absent. Those in the Spirit World, who care for and worry about us, knew the world needed a dramatic demonstration of the power of the Spirit in order to counteract materialism: Hence the Hydesville knockings and the birth of Spiritualism in 1848.

The early days Spiritualism produced many mediums, a large number of whom were what we call “physical mediums,” who possessed talents that we rarely encounter today. These gifts allowed the mediums to dazzle and amaze nineteenth century Americans and Europeans—so much so that by 1863 it was possible to hold a convention of people representing several million Spiritualists world-wide. Unfortunately, human greed ultimately led to widespread fraud, especially where materialization was concerned. As a result, the numbers of avowed Spiritualists declined rapidly, a situation further weakened by divisions within the Spiritualist movement. It was these divisions that led to the formation of organizations such as Christian Science, Theosophy, Spiritism

and Christian Spiritualism.

Historically, religions have always divided. This is human nature I suppose; people wanting to be the big fish in the smaller pond. We need to focus more on what unites us instead of what divides us, and begin working together again to exchange ideas and discuss the best way forward for us all. We also have an especially immediate need to discuss and implement ways in which we can raise the standard of mediumship across the globe to give it a more spiritual dimension. Many demonstrations of mediumship people encounter today are little removed from fortune-telling. The proof of life after death and the philosophy that stems from this is vital for a world struggling through the morass of materialism. People are crying out for guidance and we owe it to them and those in the Spirit World to be less self-indulgent and work harder to help them. What can we do?

In addition to our willingness to work with other groups and discuss openly mutual challenges and the future, we need to examine our past. Spiritualism as a religion, not just as a vehicle for psychic development and practice, brought a new dimension into religious thinking. A dimension, incidentally, that caused much heart-searching within the Christian church at the time. It is a dimension which all the great religions had in their infancy but lost as they were sidetracked by the lure of power and its corruptive influence. Not long after 1848, Spiritualism began to

produce a body of philosophy under guidance from Spirit, and powerful speakers came forth. Speakers working in trance and through inspiration like Emma Hardinge-Britten, Andrew Jackson-Davis, Estelle Roberts and many others, were able to explain why knowledge of eternal life is so important for us all. We need more like them today.

Early Spiritualism did not have churches. Powerful trance, physical and mental mediums developed and honed their gifts in home circles. Indeed I know no leading medium today whose development did not involve sitting in a home circle. Development was not all that such circles provided. They gave anyone prepared to sit in love and harmony with others a link to those in Spirit, and an almost magical sense of the true beauty and glory of life in all its forms. Home circles are not just places to make contact with family and friends and receive proof of their continued existence. In such circles, knowledge of the life awaiting us after passing from this earthly life is given with a gentleness and love that brings immense comfort to the sitters. Details have been given of the boundless opportunities existing for us all once the need for food and physical shelter are removed; details of the schools and halls of learning; of visits from those bright beings who have progressed beyond anything you and I can envisage; of gatherings for special celebrations and of groups dedicated to helping those on Earth.

I know churches that see home circles as competition and therefore discourage their formation, preferring

to run development circles in the church. This is to completely misunderstand the role of home circles. In the past, those in the Spirit World have told us that one day mediums will not be required because each individual will be his or her own medium. Each of us will be able to contact those in Spirit whenever we choose and receive their guidance directly. It is only through the intimacy and harmony of home circles that this wonderful state of affairs can be achieved. Let us therefore switch off our televisions and put away our smart phones, and at least once a week join our friends from the Spirit World in joy and harmony. The benefits would be immense.

Nowhere could the influence of the Spirit World have greater benefits than upon scientific research, if only scientists wished for help and made themselves available. However, the materialistic bias of scientific training needs to be altered before this can happen. Some scientists are finally willing to accept that much that happens on Earth cannot be explained satisfactorily on the basis of physics and materialism alone. Should we perhaps make greater efforts to show that Spiritualism and mediumship are not “weird?” We know that it is as natural as breathing and that scientists in the Spirit World can help those on Earth. To do this we would require logical and convincing arguments, not airy-fairy New Age gobbledygook.

If we succeed it would return science to the holistic position it held before materialism took hold. At one time science accepted that all physical life was energized by the power of

Spirit and the physical should always be examined in relationship to the spiritual. Science now could benefit a great deal from such a change. Many of the disasters brought about by introducing new drugs and medical treatments too hurriedly could have been avoided by co-operation with Spirit scientists. What an opportunity this is for Spiritualists!

For an illustration of how astronomers and astrophysicists could benefit and thus widen our understanding, one need only look at *The Lowlands of Heaven*, written through automatic writing by the Rev. George Vale-Owen. In it was given a description from Spirit of dark matter and dark energy, things unknown at that time. They were only discovered by scientists in the late twentieth century, and even today, very little is known about them and their purpose. Spirit claimed in 1913 that these forces were used in the creation of ectoplasm and the transmission of light throughout the universe: Fascinating claims that deserve to be properly investigated.

Global Spiritualism faces many challenges but also incredible opportunities. Challenges within Spiritualism itself are the easiest to overcome. If we stopped being so defensive and introspective, put more effort into raising standards and worked in closer harmony with the Spirit World, then our internal squabbles would quickly disappear. The role of ego would be diminished and ideas for widening our spiritual impact on humanity in all fields of human endeavor (not just in religion) would begin to flow. We should look forward with confidence, secure in the knowledge that the Spirit World will help us all the way.



Heaven

Rev. Tom Butler
Spiritualist Society of Reno, NV

“What is it like on the other side?” is probably the number one question about death and dying, but unfortunately, it is also the question with the least understood answer; or probably more correctly stated, the answer that people least agree on.

Let me first explain why the usual source for information is not widely accepted by researchers who seek an objective view. Most of what we are told about the other side is conveyed to us via a medium. That is, a physical person has made contact with an etheric person, and in some way, has conveyed information from the etheric to us.

Having a person in the circuit is seen as the problem. This is because research is showing that the person acting as the channel—the medium—is more involved in the message than popular wisdom would have us believe. In mediumship, what they call “coloring” is when the medium’s own worldview contaminates the information coming from the etheric communicator. This is a known problem; therefore mediumistic or trance messages are almost always taken with considerable reservation by researchers seeking objective evidence.

Popular wisdom also tells us that in physical mediumship (usually that of the séance room), the medium is supposed to be completely out of the circuit and the message from the etheric communicator is said to be pure. However, everything we are learning tells us that the deep-trance



medium is still capable of coloring the message. Communications must pass through the worldview of people still in the flesh. If the medium has preconceptions about something, any mediumistic message about that will be, in some way, contaminated by that worldview.

A test of this hypothesis would be if channeled messages have a cultural bias. In fact, they do. For instance, how Heaven was described to us in the late 1800s, and how the “Other Side” is described to us today, has changed in much the same way that our societies have changed. The same can be said between information channeled by an American medium, and say, an Australian aborigine.

Transcommunication involves the movement of information across the veil from a very conceptual environment of the etheric to the mostly objective environment of the physical. A message exchanged between a medium and an etheric communicator appears to occur as the mind-to-mind exchange of a gestalt thought-form containing everything one would want to know about the subject. It is then translated by the medium via familiar patterns and embodied into the physical as a spoken message.

If the medium is very religious, then something like “I am part of your group” might translate as “I am God.” (a point of view from a group consciousness). If the person is fond of conspiracy theories, a message like “Change is a natural part of growth” might be relayed as “Beware of a change in your life.”

With all of this said, you can see that we think of information given to us via mediums and holy books is historically interesting but perhaps not very useful. Of course, it does have value as a reference point, but we spend a lot of time “normalizing” such information in an effort to find the root message. Messages which have an objective component can offer us reason to have more trust in the information.

To answer our leading question, perhaps all of us experience a short period of shock after the moment of our transition (death), followed by a period of “getting well.” That is thought to be



followed by a period of adjustment and finally a second transition into a new venue for learning. That could be in the physical, but it could also be in some other imagined world.

During the initial shock of transition, we think it is relatively easy for the entity to “hang around” and communicate with people in the physical. The “getting well” period is needed to allow the personality time to realize that old handicaps no longer apply. We think this is also when we undergo a self-evaluation of our past lifetime. This is that dreaded judgment we are always warned about, but instead of our being judged by some authority on high, it is a personal process in which we sense how our actions affected others from the perspective of those whom we affected. It is from this self-evaluation that we apparently determine our future lessons.

The period of adjustment likely begins with a sense of a world that is very similar to the world we experienced in the physical. However, if we expect a “Heaven” from the religious point of view, we will likely find ourselves in that Heaven. We gain the understand over time that these are only constructs of our worldview, which itself slowly realigns to better agree with a greater reality.

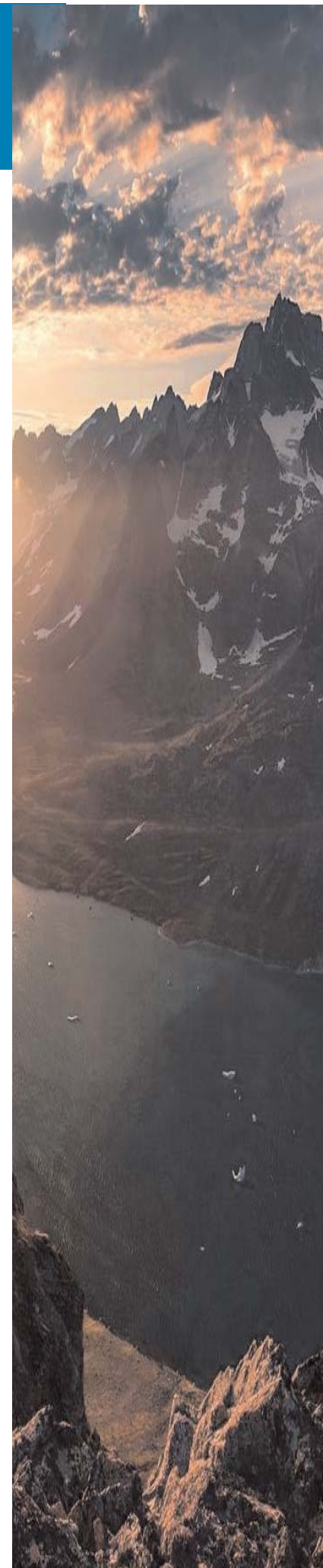
It appears that we are born into a venue for learning (a lifetime) with a point of view, and a degree of maturity in our understanding of the nature of reality that was gained from our past experiences. We arrive with an urge to learn specific lessons. The worldview—or “filter” we each use to determine how we will react to situations—is a learned thing and is perhaps a blank slate at the time of our birth. Thus, it is full of physical world contaminants when we transition. The process of self-evaluation and realization of what we think we have learned, with the nature of the greater reality, further matures our understanding of the nature of reality. That is, we establish a new level of maturity, realign our urge to learn, and enter a new venue for learning with a relatively empty worldview.

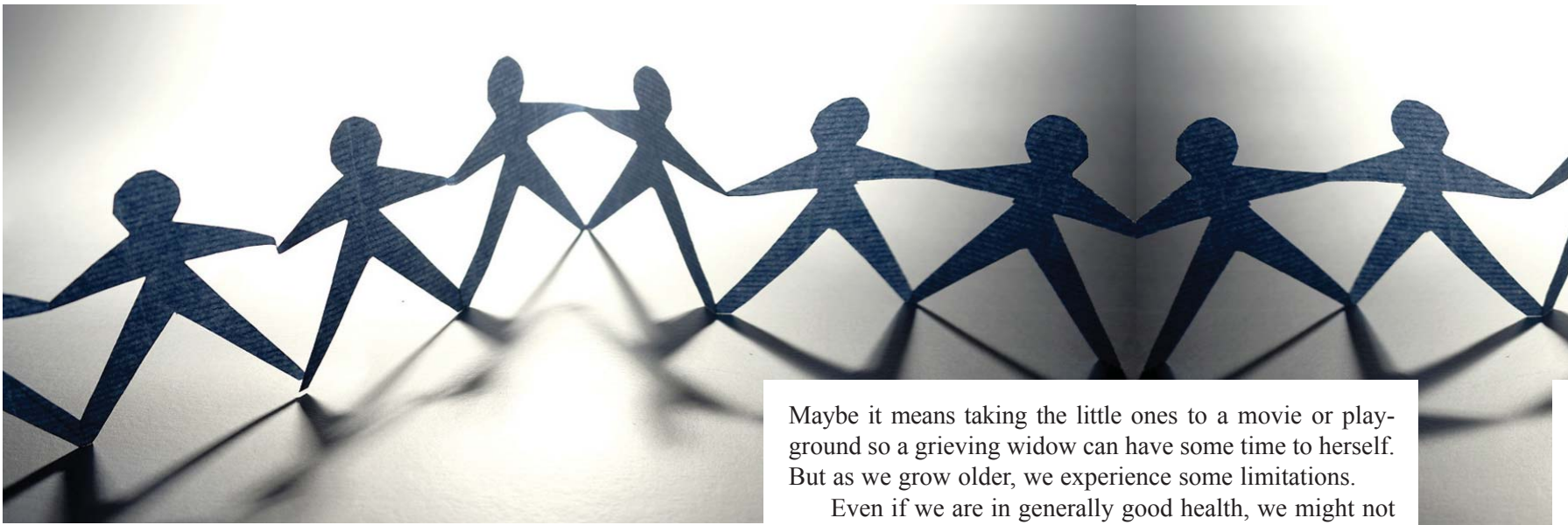
The objective is to gain understanding of the true nature of reality. There is no time limit for us to do this and we have access to many different venues of learning to gain this understanding. We are not all-wise when in Spirit. Instead, we have an imperative to learn and a degree of spiritual maturity which helps to form our point of view. It is this maturity and resulting point of view which determines what aspect of reality we can be in agreement with. In effect, the greater our understanding, the wider range of venues and opportunities for learning we have available to our personality.

An important point is that there are no enforcement officers making sure we do what we should. We are self-governing. Our spiritual maturity manifests as the energetic character of our personality and that determines what aspects of reality we can visit. A governing principle is the Principle of Agreement: components of reality must be energetically in agreement with the aspect of reality it will inhabit. Our personality is a component of reality. In this lifetime, we are energetically in agreement with the physical aspect of reality because of the energetic nature of our personality and the relationship with our physical body. The personality of our etheric friends has no such agreement.

Spirit communication may be possible until the personality transitions out of the period of adjustment. Once a personality transitions into a new venue of learning, it appears that all communication into the physical stops unless it is supported by other, more mature personalities.

Most communications through mediums describe that those in Spirit behave as if they are living in a world much as we experience in the physical. This is true even to the extent that they might refer to grandma’s house at which members of the family in the etheric gather for a family dinner. We speculate that this familiar worldview eventually changes as they align with their new local reality. We are told that our natural form is more of as a luminous being existing in a very luminous landscape.





Maybe it means taking the little ones to a movie or playground so a grieving widow can have some time to herself. But as we grow older, we experience some limitations.

Even if we are in generally good health, we might not be able to walk far or carry heavy things or get through the day without our short naps. But for some reason, we forget that life is a matter of giving and receiving. Because of our resistance, the joy of being able to do for others is stolen from friends and family—and sometimes strangers. We insist “We can do it ourselves!” We cry out either verbally or with a stern eye: “Let me handle it! I can reach it! I can write it myself! I’m not a child! I can! I can! I can!” And our benefactor stands there, thinking— “You stubborn old _____!” Well, maybe not in so many words.

Life is a matter of giving and receiving. According to our Seventh Principle, “We affirm the moral responsibility of individuals, and that we make our own happiness or unhappiness as we obey or disobey Nature’s physical and spiritual laws.” At our services and at other times, we commit ourselves to live according to those principles as best we can. One of the more common principles is, “As you give, so shall you receive.” I do believe that those of us who are most generous and giving in our younger days have the hardest time accepting the generosity of others as we grow older.

Now why might that be? Possibly because we have placed our identity in the fact that we consider ourselves the helper, the angel, the messianic individual to whom people could go for help, nurturance, and support. We might have been the one without whom the agency, church, or family could not get along. We were needed—that was important to us because we had purpose—and our ego was definitely in charge. As long as we had such an important role, we could smile because, obviously, that is why we were put on this Earth—to have people depend upon us.

When the I becomes the driving force of our activity, that is a sure sign of ego. What has happened? We lost sight of the fact that we are only part of that cycle of giving and receiving. We forgot the need for spiritual interactivity that creates a feeling of community and allows others to express their generosity and kindness. To allow someone to do something for us does not mean we are weak, helpless, and unable to do anything for ourselves. It does not mean we are taking advantage of anyone or manipulating someone—no! Did we feel manipulated

Writer: Rev. Dr. Norma J. Turner, NST
Spiritualist Living Center, AZ

My Ego & Me

When we were younger, I am willing to bet that every one of us was willing to help others in any way we could. If we saw someone who needed help loading a wagon, we would offer a helping hand. If anyone was needed to help clean or decorate or drive someone someplace, if it was at all possible, we were there. Helping others made us feel good! There was joy and a sense of pride in being the one who was called on to calm the baby or reach Dad’s tools for him or whatever role we could fulfill. Later, we might have mowed the lawn for an elderly neighbor or driven someone to the doctor or pharmacy or just taken someone to lunch—and it made us feel good. It was our pleasure to help others in any way we could, if we could.

Now that many of us are a bit older, we realize that we are on the other end of the process. How difficult is it for us to be on the receiving end of help? You see, there is a cycle to give and take. When we are younger, we can give so easily in so many ways. We can lift, reach, and take time to do lots of things, depending on our circumstances. Maybe we can provide some financial assistance or some other material help.





when we volunteered to help someone with her cleaning? I doubt it. To give and to receive—the Law of Reciprocity. It is important for us to put our ego aside and be as gentle and loving in receiving as we could be in giving.

Whatever our age, whatever our condition, we all have limitations. Maybe we become short of breath when we must hurry someplace. Maybe we cannot walk too far without having to rest. Perhaps we do not have the strength we used to have and need to carry the lighter boxes. What a great opportunity to allow someone else to help us or even replace us as coordinator of an event while we serve as a helper. How exciting to take on the role of mentor or guide.

As the younger Spiritualists learn, “We bring unhappiness to ourselves by the errors we make, and we will be happy if we obey the laws of life.” We can avoid unhappiness and be so much happier if we simply accept who we are, understand that our lives do change as we grow older, and know that giving is only one half of the golden coin. Receiving is just as important. We need to be who we are, accept our limitations, and let God and let be.

And what of our ego? Well, perhaps it can be placed in its rightful place, encouraging us to walk with pride and presence, yet allowing our Spirit within to guide us toward growth and development. Life is, indeed, cyclical and follows the natural and spiritual laws of nature. By allowing our spiritual nature to lead us instead of our ego, we can be part of that beautiful cycle of life.



Sweetness

Writer: Lindsay Petersen
New Horizon Spiritualist Church, NY



Recently I pondered, “What brings sweetness to my life?” The answer I heard was, “Love.” The message was more than about my inner worth or my relationships, which I observe most of us value and want this kind of love in our lives. It was about putting my heart and soul into the endeavors I undertake or experiences that I draw into my life. It involves passion and a desire to move in a certain direction where I want to spend my time. Whether we use love to refer to romantic love, or any other form of Love, it feels sweet and calming.

“How do I create more love and passion in my life for all I do?” Whenever we “take on” something, a project, a job or a new hobby, we feel something stirring in us. We may not recognize it as love, yet, the inner stirring to move in this direction is what I am calling sweetness of life; it is an exciting feeling of “ok-ness” and satisfaction. When we allow awareness of this level of tuning in to ourselves, we move beyond challenges in our lives, with finances, health, relationships, or jobs. These responsibilities somehow move to a less urgent place. We’re in the flow.

Possibilities open up and inner healing is available when we are in the flow of the sweetness of life. In an instant, life’s past can be transformed. One way I have learned to move away from allowing negativity from my past to contaminate the present is to recall moments where I felt loved, and to really feel this sweetness deeply. Connecting with this kind of love begins this process.

What can I do when stuck and need a nudge? If too far down the rabbit hole to get back on track, I need to lean on another. You might create a list of several people, as I have, who care about you, whom you will call or email when you need help beyond helping yourself. Even making this list can potentially give a boost because we forget sometimes that we carry love with us from these friendships and close relationships.

Every time you feel the sweetness of the intention and feeling as if it is already true, you deliver a positive message through your neurons to your brain. Each intention sets you in motion to move forward to manifest it.

Who Is Running Your Life?

Writer: Kevin Mullican, Spiritualist
Jacksonville, FL



Who is running your life? You or your thoughts in your head? But aren't your thoughts and the thoughts in your head the same? Well, if by the word "you" we mean the *consciously aware you*, then they usually are *not* the same. Most of the time the thoughts in your head are not your thoughts for several good reasons.

Most of the time, we operate on autopilot and our thoughts are unconscious, habitual, and unmonitored. They are ongoing background noise and for the most part we are unconscious of them.

Often the negative self-talk we are aware of is really not our thoughts at all, but the thoughts of our parents, teachers, and others who put them there while we were young. But because we hear those thoughts within our own head, we falsely conclude they originated within us.

Not only do others put thoughts in our heads, but our subconscious does the same as it misguidedly tries to protect us. Thinking with the mind of a young child, the subconscious can plant thoughts in our heads such as, "Don't give your opinion because people may laugh at you. Don't try that because you may fail, and if you fail people may ridicule you."

Since our success in life, or lack of it, is due to the quality of our thoughts, it is important to get a grip on them and rule them, rather than have them rule us. How can we gain control of our thoughts? Firstly, get into the habit of being aware of your thoughts. Do this by taking short "thought breaks" and ask yourself, "What thoughts are in my head now?" Make note of them in a journal so you can monitor your progress and learn what areas you need to work on.

Identify the thoughts by asking, "Are these my thoughts or the thoughts of others or my subconscious mind?" Do these thoughts help improve your life or do they hamper your growth?

Meditation affords you an opportunity to merely observe your thoughts. With your eyes closed, neither try to stop nor encourage your thoughts. Don't analyze or judge them, just be aware of them as they pass by, like fallen leaves in a stream. This exercise can help you to disassociate yourself from the thoughts in your head, and recognize that you are not those thoughts, but merely a witness to them. Once you experience this truth, it will become easier to change negative thoughts to empowering ones.

Once you have witnessed your thoughts, choose a negative one that you wish to change. In your meditation, imagine you are already the person you wish to become. For example, if you are afraid of speaking before groups, imagine that you can easily do so. In your mind's eye, see yourself confident and fully engaged with your audience. Feel the excitement of the audience and your own enthusiasm.

Although the language of the conscious mind consists of words, that of the subconscious is made up of images and emotions. So, when you practice visualization, you are actually speaking the language the subconscious understands. The subconscious cannot detect the difference between an imagined activity and an actual one. So, if you imagine being successful, the subconscious will count that as actual experience. Since you have been repeating your negative thoughts to yourself thousands of times, do not expect to change overnight. Give it some time to work.

If you keep practicing visualization, you will eventually experience spontaneous change, for your subconscious will bring about the changes you are programming in your mind.

Imagine yourself as the person you wish to be and start acting as if you already possess the qualities you wish to have. You will be surprised to see how much of your power you can unleash, just by using visualization.

Celebrate your successes and act as if your new successes are now a permanent part of you. Make the intention to consistently repeat the cycle of positive visualizations, thoughts, feelings and action. Joyfully anticipate many more future successes.

Human Suffering

Writer: Edmund Wheeler
Golden Gate Spiritualist Church, CA

These minor examples of personal distress are nothing compared to the more dramatic tragedies being endured on the world stage.

Surely all this suffering can only be approached with stillness, humility and wisdom of the heart, not with half-baked metaphysics and denial. It is pure ignorance, shameful and cold-hearted emotional cruelty to suggest that these women and children asked for this destiny, somehow deserved it, chose it, or created their own reality. It completely misunderstands karma and the laws of attraction.

There is a frequent error of assuming that souls have complete control and choice over their incarnations. There are more dynamics in incarnation than simple choice. Equally we do not create our lives in isolation. We pass through collective historical and karmic events over which we may have little individual power. We are participants as souls and as biological creatures in a constellation of relationships that includes our species, our gender, our family, our ancestors, our ethnicity and faith. Our parents and children, for example, are within us, as we are also within them. We are not just individual souls creating our own individual lives and futures. We are also subjects of the group soul and our histories and futures are entwined. As a species we have created a shared karma of suffering, and it is as a collective that we experience, redeem and heal it. The redemption of all this lies in the fact that each of us has the freedom and power to adopt our own inner attitude regardless of circumstances.

“The only thing necessary for the triumph of evil is for good men to do nothing.” – Edmund Burke

It is also completely banal and naïve to suggest that everything in God’s world is good and that it is all a matter of perception. It is in facing reality, not denying it, that we grow and become wiser. At the same time I fully appreciate how difficult it is to be fully present to suffering. For some people it is overwhelming because it triggers their own pain. But while on the spiritual path, we have to develop the courage and strength to stay stable and loving when faced with horrors. In the words of Carl Jung: “One does not become enlightened by imagining figures of light, but by making the darkness conscious.”



Over the years it has been an honor for me to call myself a Spiritualist. I love Spiritualism’s open-mindedness and the way it balances spirituality with Natural Law.

What I have trouble accepting is how some spiritually-minded individuals explain human suffering. It is often explained away with vague ideas about how energies, karma and the Laws of Attraction affect us. I have heard people say when faced with a story of cruel suffering, “People create their own reality” or “It’s their karma” or “Everything is perfect in God’s Plan, you just need to try to perceive it differently.” People who say such things seem to have no idea how cruel they can sound, nor of the hurt they may cause.

A friend of mine recently had a severe health crisis, was rushed to hospital, then told that his life was at risk. He told me that what really frightened him was the thought of informing his spiritual friends, because they would use it as an opportunity to be self-righteous and tell him that he was likely on the wrong path in his life.

Of course in everyone’s life there are good lessons to be learned, but if our life or mobility is threatened, do we not deserve compassion and friendliness? Isn’t spiritual development about increasing compassion and love? It does not help to have someone chiming, “You asked for it.” Even if we did create those illnesses, aren’t kindness and support what is really needed so that we can begin to understand the process and grow?



media watch

by The Revs. Tom & Lisa Butler, NST

Contemplating Existential Questions

Juli Fraga says that, as a psychologist, her patients frequently ask how they could cure their sadness so that they could feel happier and experience a deeper sense of purpose in their lives. They would say things like: “Shouldn’t I start exercising? Or maybe I should go on a yoga retreat. Perhaps I should begin eating a clean diet?” Like many of us, they were uncomfortable with the idea that solutions might be discovered through personal reflection, but a recent study suggests that pondering the meaning of life may help depression, chronic loneliness, and other emotional disorders. According to this new research, people who ask existential, spiritual questions, such as “What happens after we die?” or “Is there a higher power?” are psychologically healthier than those who avoid them. As it turns out, thinking about death, God, spirituality and the afterlife may help us to live more purposeful lives and strengthen our emotional resiliency.

From: “From The Health Benefits of Contemplating the Afterlife,” Juli Fraga, Tonic, Voice, 2017, tonic.vice.com/en_us/article/the-health-benefits-of-contemplating-the-afterlife

Meditation has surged in popularity in recent years, from a fringe interest to a mainstream trend championed by therapists, scientists, and celebrities. The idea that meditation is actually a form of research is gaining respect. In the history of meditation practices that qualify as scientific, meditation



masters have used models of the mind generated by meditation to modify meditation techniques for increased efficacy. Such modifications can be viewed as hypotheses, and their implementation as experi-

ments. When these modifications are subsequently preserved because they are effective, the experimental results have passed the tests of replicability and falsifiability required by the scientific method. This continued unfolding of our knowledge can allow us to understand more clearly the most amazing and powerful experiences of adept meditators,

including awakening. This cognitive transformation, characterized by wisdom, compassion, and freedom from most forms of suffering, might ultimately become available to millions, transforming human society and helping us solve the enormous threats our species and our planet now face.

From: “Your Brain as Laboratory: The Science of Meditation by John Yates,” John Yates, Scientific American, 2017, logs.scientificamerican.com/guest-blog/your-brain-as-laboratory-the-science-of-meditation/

Biocentrism Robert Lanza is an expert in regenerative medicine and the scientific director of Advanced Cell Technology Company. Lanza is also very interested in quantum mechanics and astrophysics, an interest that led him on a path to developing his theory of biocentrism. His theory implies that our consciousness does not die with us, but rather moves on, and this suggests that consciousness is not a product of the brain. It is something else entirely, and modern science is only beginning to understand what that might be.

His theory is best illustrated by the quantum double slit experiment. The double slit experiment has shown repeatedly that “Observations not only disturb what has to be measured, they produce it. ... We compel [the electron] to assume a definite position. ... We ourselves produce the results of measurement.” There’s a reason why every year, internationally recognized scientists continue to push this commonly overlooked topic into the mainstream scientific community. The fact is, matter (protons, electrons, photons, anything that has mass) is not the only reality. If we wish to understand the nature of our reality, we cannot keep examining physical reality while ignoring the fact that the “unseen” makes up most of it.

From: “Quantum Theory Sheds Light on What Happens When We Die: the afterlife,” Joe Martino, Collective Evolution, 2017, collective-evolution.com/2017/01/14/quantum-theory-sheds-light-on-life-after-death/

This Song Can Stop Your Anxiety in 8 Minutes

You’re restless, fatigued and tense. You’re preoccupied with worry and trying to control those intrusive thoughts, but nothing seems to work. But what if we told you that you could just put on your headphones and listen to a song and feel instantly better? It’s true. There is actually a song created specifically for that purpose, and its ability to help is backed by science. United Kingdom-based band Marconi Union composed their song “Weightless” to help treat the most common mental illness in the United States.

Anxiety is a condition that affects 40 million adults living in the U.S. That’s 18 percent of the population. The musical trio collaborated with sound therapists to carefully arrange harmonies, rhythms, and bass lines that help slow

listener's heart rate, reports Inc. The song also helps to reduce blood pressure and lower cortisol, a stress hormone. And when neuroscientists from Mindlab International put the song to the test, it passed with flying colors. Participants who listened to the song experienced a 65 percent reduction in overall anxiety and a 35 percent reduction in their usual physiological resting rates, according to Dr. David Lewis-Hodgson of Mindlab International. (You can listen by using the link below but not while driving. Research showed some women became sleepy.)

From: "This Song Can Stop Your Anxiety in 8 Minutes," Tiffany Lin, Living Strong, 2016, livestrong.com/article/1012583-feeling-anxious-song-could-make-feel-better/

Word Clouds comfort families and doctors of dying patients. To humanize the intensive care unit and comfort families of the dying, Canadian doctors have found a way to elicit happier memories at the bedside. They're creating Word Clouds, and they say the practice is valuable for them, too, because it helps them forge their own bonds with patients. Staff members in the ICU of St. Joseph's Healthcare in Hamilton, Ontario say the process is an economical way to alleviate a stressful time. They have incorporated Word Cloud creation into regular practice and recently studied its impact.

"It was surprisingly meaningful," said Dr. Meredith Vanstone, an assistant professor of family medicine at McMaster University. She and her colleagues interviewed 37 relatives and 73 healthcare providers of 42 dying patients who were Word Cloud subjects. The Word Clouds, generated through the website wordle.net, are graphic representations of descriptions of patients, not just by loved ones but also by the healthcare professionals caring for them. They're "a form of art—a 'Picture of Words,'" according to Vanstone and her colleagues. Word Clouds are "a catalyst for telling stories," Vanstone told Reuters Health. "It's a way to get families away from thinking about negative things going on." The distillation of stories promotes attention to the patient as a whole person, she said, reflecting a life's entirety during a time when many focus on the details of the final days.

Writing in *BMJ Supportive and Palliative Care*, the authors share a comment about the process from a patient's daughter: "... it was more of a family bonding in time of need ... it's nice to talk about something that brings a smile on your face." Seeing the image of the Word Cloud was



also healing, the study found. Some family members reported looking at them regularly to feel closer to loved ones after their death. "Having it is a chance to reflect and remember," Vanstone said. You can also make your own Word Cloud at wordclouds.com/.

From: "Word Clouds," Randi Belisomo, Reuters Health News, 2016, reuters.com/article/us-health-dying-comfort-idUSKBN14G1E2

Doctor Remembers NDE

Dr. Wood was involved in a car crash with his sister when he was 18 years old. While on the way home, their car collided with an illegally parked vehicle on the street. His then 16 year-old sister survived the accident without a scratch, while Gary was fatally injured. He had serious injuries, which included crushed larynx, ripped nose and broken bones. He was pronounced dead on the spot by paramedics who responded at the scene. Dr. Wood said he still vividly remembers the accident, which happened 50 years ago. "Dying is just like taking your clothes off and just laying them aside." He described that he stepped out of his body, which he called his Earth suit, and was lifted from the car. "Then I was caught in a swirling massive funnel shape cloud that grew brighter."

From "Dead Man Comes Back To Life; Shares His Experience In Afterlife," Anne Dominguez, ItecdhPost, 2017, itechpost.com/articles/70840/20170103/dead-man-comes-back-life-shares-experience-afterlife.htm

The OA is an American mystery drama with science fiction, supernatural and fantasy elements. The series main character returns after being missing for seven years. When she disappeared she was blind but now can see. The series debuted on Netflix at the end of 2016 and there has been a lot of discussion regarding the series explorations of near-death experiences. The series creators say they were influenced by Raymond Moody's *Life After Life* and Sam Parnia's research on NDE's. But they were also influenced by *Upheavals of Thought: The Intelligence of Emotions* by Martha C. Nussbaum. Series creators Brit Marlings and Zal Batmanglij say they feel instinct and feelings are very important and that we may have let go of them as technology takes us further into living just from the neck up.



From "The OA Star and Creator Brit Marling Reveals the Inspiration Behind Her Hit Netflix Show," Christina Dugan, Yahoo News, 2017, yahoo.com/news/oa-star-creator-brit-marling-194237541.html

Tom and Lisa Butler are interested in your personal experiences with after-death communication. Please send your experiences to: Tom-Lisa@atrasc.org.

How Do Souls Spend Their Time?

Rev. Frances D. Montgomery, NST
Sunflower Chapel, OH

As Spiritualists we do know everyone is “going to get there,” for at some point we all make the transition to Spirit. Where we are when we arrive is strictly what we have earned by the life we have led, by the actions we have taken, by the deeds we have done—or the deeds we should have done and have left undone. It is up to us. My understanding of the process is that once there, we will conduct a review of our lives with the guidance of a higher entity. That entity is not there to judge us, but merely to guide us through our remembrances. Because the entity entrusted with the task is from a higher plane, they help to enlighten us as we review our lives. We judge ourselves—did we act out of spite instead of with kindness? I perceive and have read that these entities guide us with a gentle sense of humor, exhibiting kindness and love towards us to gently help us awaken to our errors. We then make the determination as to how we want to make restitution for our mistakes, and how we wish to continue our education and spiritual growth. We may try to learn to guide those left on the Earth plane, or elect to work with those on lower planes than ours in the Spirit World.

Many books have been dictated by Spirit teaching us what happens when we leave the Earth experience. We understand from this that it is faster and easier for us to learn and overcome problems in this material world than it is on the spiritual plane.

While in the Spirit World we work as we have chosen and been guided in an area of our faults as dictated by the higher entity who works with us. We have time between our lessons and the application of using them to try to lift other souls. We are given resting points or vacations in Spirit, as it would seem, to enjoy communication with other

souls we have known before, to listen to concerts, read and study or just to relax. Spirit has emphasized that there are joyous gatherings and interactions with others in our Spirit group. We are then sent out to work on correcting some of our errors or expand our knowledge of the lessons we have chosen.

The first of the books I read on this subject was *The Story of Ahrinziman as told by Ahrinziman* and dictated through Marie Silvani. Another was *A Wanderer In the Spirit Lands* by Franchezzo, who dictated through A. Farnese. A more modern book written by Louis E. LaGrand, Ph.D. is *After Death Communication* which is

very well written but not quite as detailed. Ahrinziman was the entity in the first book, copyrighted in 1908. I was surprised to learn that by the time *A Wanderer in the Spirit Lands* was dictated, Ahrinziman had become one of the main higher entities and Master Teachers guiding Franchezzo through his studies.

I realize I have not yet experienced the transition in this lifetime so I cannot speak with experience on the subject, however, I do feel I have a comfortable understanding of

what will occur when I make that journey from these readings. Anyone can find and read books on the subject but some of the older ones seem to have more depth.

Author Dr. Michael Newton has written several books explaining the experiences souls have while in the Spirit World, and I would especially recommend his first book entitled *Journey of Souls* to anyone who is searching for answers.

One thing is certain; no matter what we do or how we handle our life lessons, we cannot go wrong by being loving and kind toward others.

*I dreamed death came the other night
And Heaven's gate swung wide.
A glorious angel soon appeared
And ushered me inside.
And there to my astonishment
Were folks I'd known on Earth.
Some I'd judged and found unfit
And some of little worth.
Indignant words rose to my lips
But never were set free.
For every face showed stunned surprise
No one expected me!*

Untitled, Author Unknown



I Have no Hands but Your Hands

Guest Writer: Ada McKay
Bon Accord Spiritualist Church
Aberdeen, Scotland, UK

We are all appalled at the horrendous things which happen in our world. As Robert Burns put it, “Man’s inhumanity to man makes countless thousands mourn.” We remember the horrors of the holocaust, suicide bombers in New York, and other dreadful things, not just now, but throughout history. I know many ask God, “Why do you let this happen? Why don’t you send your angels to stop these tragedies?” One day, the answer came to me. “I have no hands but your hands.” The phrase sounded very familiar, but I had no idea where it came from. I researched it on the internet and discovered it is from a poem about Christ written by St. Theresa of Avila (1515-1582). The internet also shared many stories of damaged statues of Christ where the hands had been broken off and not replaced. Instead a plaque had been placed at the foot of the statue with the words “I have no hands but your hands.” Rather a nice story, and words to make you think.

Well, I was told that if I wanted the world to be a better place, then I had to become involved because God and Spirit could not. When we chose to come into this world we were all given free will. God cannot interfere with what is going on in the world because that would negate our free will. So, it is up to us!

There is nothing that ordinary people like you and I can do about the tragedies in many parts of the world, but we can do something about those nearer to our homes—in our own little corners of the world. A medium once said to me in a private reading “God and Spirit do not only want your ability, they want your availability.” God wants to use our eyes and ears to see and hear the injustices of life and to do something about them. He wants to use our voices to create change, listen with our ears to the sorrows of others, and use our hands to bring comfort and healing to the sick.

We have all heard of the “silent majority” who stand back from getting involved in things. For a long time I was also one of the silent majority—“Keep out! Don’t get involved!” But as I have grown older I have become a bit tougher. Now I will speak out about injustice, and write letters to newspapers. And just maybe, in some small way, I can make a difference. I used to watch the TV series *Knight Rider* and the opening title always said: “One man can

make a difference.”

Whenever we consider all the many wonderful charitable groups and support organizations that exist throughout the world, we can see God’s influence. William Booth put his religious beliefs to practical use when he founded the *Salvation Army*. Florence Nightingale and her band of helpers transformed the world’s view of nursing. Dr. Barnardo, Lord Shaftsbury, and Wiliam Quarrier all drew attention to the plight of their nation’s children. The Royal Society for the Prevention of Cruelty to Animals was founded by a group of men in 1824, and is still fighting today to change laws and improve animal welfare. It was in 1889 that a group of women founded the *Society for the Protection of Birds* to stop the killing of beautiful birds for the plumes for use in women’s hats. I see God’s hands in all of these movements and indeed, “One man or woman can make a difference.”

As a Spiritualist I know that people who suffer in this world will receive compensation in the next. But that is no reason why we should not try to right the wrongs for them while they are on the Earth plane. It is wonderful to see so many self-help groups where people with mutual problems have come together to lobby government for better conditions for the handicapped and others less fortunate. I am encouraged today by how many people rush to give aid after a disaster occurs. Forty-five countries offered help to Japan after the earthquake and the tsumami. Money pours into relief funds. Those who have been through the mill themselves are ready to help others. There are a lot of good people in the world but sadly we read more about the villains.

So come on everyone, let’s make ourselves available to God and Spirit. Let Spirit use our eyes, our ears and our hands to make the world a better place to live. Remember the words of the children’s hymn written by Susan Warner (1819–1865).

*Many kinds of darkness in the world are found
Sin, and want, and sorrow;
So we must shine,
You in your small corner,
And I in mine.*



Writer: Rev. Nancy Ryall
Spiritualist Chapel in the Woods, IL

This is the question that everyone asks.... “Is it me?” How do we discern what we are bringing to the trance session or to our evidential mediumship? What are we injecting into it as opposed to what is being brought by Spirit? How do we determine if it is our imagination or if it is Spirit? This is a question that even a seasoned medium can grapple with, but it is often the plague of those new to the study of mediumship, and sometimes even enough to cause one to lay down the study itself. It is one of the biggest roadblocks, barriers, and inhibitors of success.

All of us must face it and wrestle with it to find the answer that satisfies us. There are some helpful tools that we can employ in working towards our answer, some of which might be helpful on your journey, or perhaps in response to a student who is asking you for guidance.

Our minds are generally in one of two states, active or receptive. The active state is the creative, energetic state that is used to bring forth ideas and imagination to manifest them into the physical. It is the state we use when we wish to pull from the information we have at hand, to solve a problem, and to make sense of things.

The receptive mind is the place we are in when we are receiving information, listening and taking in data that our senses are bringing to us. It is the place where our mind is open and not making judgements of what we see, but simply obtaining information, soaking it in like a sponge. The receptive mind is what we wish to use while gathering information from Spirit for the purpose of mediumship. While Spirit impresses information on the subconscious mind, the conscious mind must also be in a receptive state in order to be utilize and accept the information being

given. We must be willing and open—“listening” to what our senses are bringing us and not discounting or disqualifying the content of what we receive. We must remind ourselves while in trance or during evidential readings to be in a receptive, open state rather than in the creative, active state. We should seek to maintain a calm and subdued mind, always coming back to that place where we “allow.”

We do not wish to let our imagination run wild, create dramatic stories or scenarios. But at the same time, we do not wish to be fearful of our commitment to “giving what we get.” This, in and of itself, can be prohibitive to accomplishing a good communication with Spirit. “What if this is me”—“I don’t want to sound foolish”—“What will someone think if I say this,” and worst of all, “What if I’m wrong?” Allow Spirit to take the larger part. Subdue your “self” in preference to Spirit. It is the tender ego that brings the fear of failure. It is the ego that carries with it the expectation of failure and the desire for success. Ask Spirit to help you set it aside in order to be a pure and unobstructed vehicle for their messages. You work for Spirit, not for the ego.

My spiritual teacher and mentor has always wisely advised me: “Do not be afraid to give what you get.” We are not the originator or creator of the message, we are simply the conveyor of the message. It doesn’t need to make sense to us. We are not the writers or authors of the story...we are the reporters of the story...asking the questions and being given the answers to the who, what, why, when, where, and how of Spirit. It is our agreement with Spirit to convey their messages.

Similarly, while working in the trance state, when we first begin to learn to blend with a Spirit entity, our thoughts will invariably wander to the question, “Is this a Spirit, or is this just my imagination?” Again, the receptive mind comes into play. Receive, take it in, allow and relax. The more we question, the more we tense up, and the less chance Spirit has for successful communication. Question it all later, but for the moment just relax and allow. Be in charge of your fears and set them aside long enough to allow Spirit to work through you.

The most effective cure for uncertainty is validation. Over time, validation gives us the unshakable confirmation that we are, indeed, successfully working with Spirit. Just as it amazes and bolsters the sitter, it amazes and bolsters us until the question, “Is it me?” becomes a dim echo in the background of your mind. Validation is a confidence builder.



The more validation we receive, the more confidence we gain.

How do we obtain this validation when working with trance? This very question was asked of Robin Hodson, a well-known educator on trance. His answer was simple. “Ask for validation from the Spirit. Ask them to provide you with information that can be verified—information that you do not know but that can be checked by someone or in some way can be verified.” I soon after had the occasion to try this while giving a reading. This process of questioning brought forth information that could be validated. I never again questioned the authenticity of Spirit. We had been convinced with proof!

Do not be afraid to ask Spirit for a validation or for evidence. They will gladly offer you this information. It is just as important for them to seek validation as it is for you. They, too, want to establish a relationship of trust and commitment with you as the medium. They need your trust in order to communicate and to convey the messages they want to share. YOU are their conduit and they will provide, when asked, the needed information. Ask them questions! They WILL answer you.

Trust is the ultimate key to a solid and consistent connection with Spirit. Trust them, reach out to them, question them and create a reciprocal communication with them. Don't be afraid to question them and ask for validation and proof. They understand and are more than happy to provide it. Keep working with them until your confidence grows and your questioning lessens. It is all part of the process. Eventually, the question “Is it me?” fades to the background as you blossom forth as a capable and confident medium.

SOMEONE to Watch over Me

Writer: Allison E. Bell
First Spiritualist Church, TX

Perhaps you are familiar with the song *Someone to Watch over Me* composed by George Gershwin. The song is about a woman who is hoping to find the man of her dreams. He is someone who will be her partner, confidant and protector. This woman seeks the contentedness sometimes found in relationships. Excerpts from the song include:

...I'm going to seek a certain lad I've had in mind. Looking everywhere, haven't found him yet.... Tell me, where is the shepherd for this lost lamb?.. I hope that he turns out to be someone who'll watch over me...

What does it mean to be watched over? When I refer to being watched over, I do not mean being micromanaged at work. I mean something far from it. I'm not referring to the nosy neighbor that asks you about the mail that you have just received. I'm talking about the friend who notices you leaving the ladies room with your dress caught up in your pantihose and quickly fixes it before anyone else notices. The thoughtful boyfriend who recognizes that your feet hurt, and offers to give you a foot rub.

There are countless gestures of kindness we experience every day that we often take for granted. Why don't we appreciate them more? It is said that we don't miss the water until the well is dry. We've become so accustomed to the person walking in front of us holding the door for us that when they let it slam in our faces it catches us off guard. Have you ever passed through the door being held open for you while you were in the middle a conversation and you didn't pay enough attention to even thank them? You just missed an opportunity to watch over someone as they watched over you.

What makes us feel like we're not being watched over? Perhaps it's a small ripple of negativity or a series of unfortunate experiences that led to some sort of lack of trust. It could be a general feeling of melancholy, or a continual feeling of never getting exactly what we want, or when we think that we need it.

There are times when we need help and don't ask for it. Why is that? We often don't ask because we don't want to appear weak, needy or in some way vulnerable. In the song *Someone to Watch over Me*, the woman knows exactly what she wants. We've all heard the Bible verse in Matthews that says, “Ask and it will be given to you; seek and you will find.” Well, the woman in the song believes that to be true. We know that Spirit wants us to let our desires be heard, for it's hard for someone to help us if they don't know we need it. We can't expect others to read our minds.

Spirit is always looking over us, for Spirit is omnipresent. Our Sixth Declaration of Principles states, “We believe the highest morality is contained in the Golden Rule: Do unto others as you would have them do unto you.” So, when you see someone in need, do you feel an obligation to act? Depending on the circumstances, it may not be safe for you to actually step into the middle of a tense situation, but your small offer of support can be large or small and may require very little effort to make a big difference.

It doesn't take any effort at all to smile. You never know when that simple act can change the course of a person's day. Remember that Spirit is always watching over us, but we each need to make the effort to do our part to care for one another.

MEDITATION

Meditation is “quieting the mind,” or as the great healer Harry Edwards once said, “it is a process of abandoning thought.”

Writer: Rev. Elsie Ann Soria, NST, First Spiritual Temple, CA

Meditation has long been an accepted practice in the East. It wasn't until the 1960s that it gained acceptance in the West. Today, clinical research has proven that meditation has positive effects on an individual's overall health. Edgar Cayce recommended meditation in his readings in the 1920s and 1930s.

Meditation is the first step of spiritual growth and is the foundation of self-unfoldment. It is a tool to put you in conscious communion with your higher-self, that which is the pure essence of God within each of us.

In the simplest terms, meditation is the practice of quieting our physical bodies and our minds, and focusing our attention inward instead of upon the world around us.

Meditation helps to clear the mind of unnecessary stress, creating a balanced, healthy, and vibrant connection between body and mind. It will relax you physically, and help you mentally by quieting your thoughts. The practice can assist you spiritually to deal more effectively with those around you.

Many teachers teach concentration. However, “concentration” is a word that conveys the wrong idea. A much better way is abandonment of thought. You may place your focus on a flower, a cross, a crystal or on your breath, etc. Some choose not focus on a candle because the flame moves. The goal of meditation is to

allow the “chattering” in your mind to gradually fade away.

As you begin to practice meditation daily, it will become easier. You will be able to enter into a meditative state very quickly and easily. You will feel an internal sense of peace during your meditation, and carry a more harmonious and compassionate attitude into your day.

During your meditation you may receive spiritual healing for a health issue, or gentle answers to your pressing questions or concerns. Spirit will connect with you more easily, you have only to let Spirit in. The experience will balance you from within and give you more control over your life in a positive way.

You can meditate anywhere, but it is best to have a quiet place in which you will be undisturbed. Make your meditation a daily practice, preferably at the same time each day.

Before you begin, place a glass of water near your chair. If your mind is occupied with other things, take care of them before sitting. Do not sit on a full stomach. Begin by sitting quietly. When you consciously shut out outside stimuli, your mind has no other alternative but to turn inward.

Go to a quiet place where you will not be disturbed—wear loose clothing, and sit comfortably.

Breathing: Begin your meditation with breathing. This may sound foolish, but most people do not know how to breathe. It is so natural that we take it

for granted. Shallow breathing can often be a symptom of stress, and can result in fatigue due to decreased intake of oxygen to the brain. 90% of our energy is created by oxygen and nearly all the body's actions are regulated by it, so it is rather important that we get enough of it.

Breathe in deeply through your nose and exhale gently through your mouth or nose, whichever is comfortable for you. As you do so, tell each part of your body to relax beginning with your toes up to the top of your head, or vice versa. Consciously ease and relax the different parts of your body. Sit for as long as you feel comfortable, and as thoughts come to you mind, release them as well. With practice, you will notice the chatter in your mind begin to decrease, and you will grow in your ability to reach a state of contentedness more quickly and easily. You may utilize this practice any time you may be stressed in order to reduce tension.

Mantras are another useful tool that can be used to quiet your mind (repetition of a sacred word). A single word like “OM” uttered at a steady rhythm is best. Though it requires some discipline, once you have succeeded in training your mind to focus and meditate, you will be able to enter this state quickly and easily.

Eternal Progress

Writer: Rev. Melveena Haffner
Church of Spiritual Life, MA

We are all God's children living on a plane of enlightenment. We can progress only according to our spiritual efforts and desires. Once we realize this we become the master of our own destiny, so to speak. The still, small voice is ever speaking to steer us from the rocks and pitfalls on life's journey. That still, small voice is the spark of God—the great Divine Intelligence. Individually, we are responsible for every act, for every thought has its own direct result. Not one thought shall go astray; sooner or later, through the law of compensation, we shall face the results we have created.

God is no respecter of persons. The birth of each individual soul brings a natural birthright to develop and unfold the possibilities which lie within. To know these potentialities we must learn to listen to our intuition, which is really our consciousness within Spirit and soul.

We are living in a world of chaotic confusion, greed and selfish ambition which crowds out the natural resources of plenty that God intended. We stand upon the threshold of a starving world. Is it not because humankind failed to listen to the dictates of the voice within? Writers often speak of the "spheres of influences." We are told that it refers to groups of people who think along the same lines. Such a grouping of thoughts is rightly called "spheres," but the average human being realizes little about the meaning of this phrase. Divine law states that when two minds strive for the same desire, it shall be accomplished. However, today we have many spheres of influences working against one another. The result can



only be confusion and setback, for "a house divided against itself cannot stand." How can we expect world peace until we seek unity by helping our less fortunate peers enjoy the same privileges and comforts?

To the one who listens to the voice within can come great and powerful influences for transformation.

Spiritualists do not believe Earth was created through the misinterpreted theology that is readily accepted in orthodoxy. Spiritualists recognize that God spoke the world into existence through the natural order of creative law and thought. Soon old ideas based upon man made creed and false theology shall pass away, and only that which is built upon Divine Truth shall remain. If we are to progress, we must be scientific enough to explore new ideas.

All inventions are given through inspiration, but our souls must become spiritually attuned along with it so that inventions may be used for good. It is surely Spirit's voice warning that we should use Infinite Intelligence for only good. If used for the good, many who are poor can live like the few who are rich. This way of life will help to bring peace to a war-torn world, and will hasten the dawn of a government which will be for the community of all so all nations may participate in universal unity and love.

We must teach the law of love and service toward thy neighbor, which is the only real way toward fulfillment and progress in which we may build a happy world. When we all work toward this aim, and not until then, shall war cease. We will then realize a new Heaven and a new Earth.



NSAC Spiritualist Camps

Summer Programs



PINPOINT OF LIGHT SPIRITUALIST CAMP MAINE

Pinpoint of Light Spiritualist Camp
June 21st – September 7th, 2017

Pinpoint of Light Spiritualist Camp is located in the foothills of the White Mountains in western Maine. About an hour from Mt. Washington and the Atlantic Ocean, there are many opportunities to hike, swim in clean lakes, picnic on a beach or in the forest, play in the ocean and eat wonderful seafood, blueberries and maple syrup. Maine is known as Vacationland and you won't be disappointed with the wide variety of activities here, including outstanding summer music theaters and concerts.

Pinpoint of Light Spiritualist Camp will begin our summer season with an opening service on Wednesday evening, June 21, 2017. Pinpoint of Light is a day camp offering educational and experiential programs on weekends. Religious services, meditation, healing & mediumship development classes occur on Wednesday evenings.

While some Spiritualist Camps operate only in the summer, Pinpoint offers both summer and winter activities. In the summer, you can explore trails through fields and woods, taking the opportunity to commune with Spirit and nature. In winter the trails are used for snowshoeing. Our camp location offers a unique place to meditate, heal and connect with nature and Spirit. If your summer vacation plans bring you to New England, consider visiting us.

A complete program of the summer events can be found on our website: pinpointoflight.org.

We can be reached by email:
pinpointoflightcamp@gmail.com
Contact Camp Secretary, Rev. Stephanie Frobese
at: (207) 515-1016.

Pinpoint of Light Spiritualist Camp
546 Town Farm Rd., Hartford ME 04220



MADISON SPIRITUALIST CAMP

MAINE

Celebrating our 137th year, we are situated on the shore of Lake Wesserunsett outside Skowhegan, ME in the town of Madison. Originally, this was the summer meeting area for the Kennebec Indians. For the 2017 camp season we are open Wednesday through Sunday.

The camp season will start Wednesday June 7th, 2017 and runs through Sunday September 10th, 2017. Each week mediums are available for private readings, message circles, workshops and a Sunday service 1:30 p.m.

Opening and closing weekend there will also be a mediums day fair. Though the grounds and chapel (seats 25) are small, it is delightfully peaceful there. All are welcome to visit us!

Madison Spiritualist Camp is located on Rt. 201 Lakewood Village, ME. Please contact program chair Rev. Graham Connolly 207-318-9037 or President Patty Smith 207-634-4399 for more information.

During the season, contact the chapel at: 207-474-0124.

Madison Spiritualist Camp
Lakewood Village, ME

www.Madisoncamp.org
Like us on Facebook



TEMPLE HEIGHTS SPIRITUALIST CAMP

MAINE

Founded in 1882, Temple Heights Spiritual Camp is located in the scenic area of Northport that overlooks Penobscot Bay. The camp has come a long way from holding meetings on the lawn and camping out in tents, but the mission remains the same: having a place where spiritual people come together to explore, learn, and grow with like-minded people. Our camp has a reputation as a place to receive quality mediumship messages from loved ones. Our program includes a variety of healing modalities. The result is an enriched program benefiting all who attend.

Our camp seasons offer readings, healing, table tipping, workshops and classes throughout the week and weekend. Lodging is available and Services are held in the Temple on Thursday and Saturdays.

Temple Heights is located at
4 Park Street in Northport, off Shore Road.
www.TempleHeightsCamp.org.
Find us on Facebook at
www.facebook.com/TempleHeights.

Camp Office: 207-338-3029,
Mailing address:
Temple Heights Spiritual Camp, PO BOX 311,
Lincolntonville, ME 04849.

Email: TempleHeights@gmail.com.



NSAC Spiritualist Camps

Summer Programs

WESTERN WISCONSIN SPIRITUALIST CAMP WISCONSIN

Camp Wonewoc is celebrating its 143rd season in 2017. The camp began in 1874 with a group of Spiritualists from New York, but did not incorporate until 1901. Spiritualists have been using these grounds every summer for 143 years so you can imagine the beautiful energy that surrounds you there.

Choose to stay in one of our rustic, historic cabins, our modern six unit motel or set up a tent, pop-up or bring your RV. Our camping spaces are limited so be sure to call first for availability. We have grills that you may rent for a picnic with friends and family. Browse our gift shop featuring unique artwork, books, jewelry, candles, snacks and other items.

Enjoy the peacefulness and beauty of our grounds covered in towering oak and pine trees and beautiful walking trails. Our Spiritual workers are professional and welcoming. We have 30 acres to wander and campfires to end the day on weekends.

The New Beginning Spiritualist Church holds church services at camp on Sunday at 10:00 am with monthly potlucks on the 3rd Sunday of the month. There are a number of weekend classes and workshops with amazing instructors. We also have Friday and Saturday evening classes. A list of our events and mediums are available on our website.

We are open every day except Mondays, June 2nd through August 25 2017.

Wonewoc Spiritualist Camp
Secretary Carol Luetkens
304 Hill St., Wonewoc, WI 53968
30 miles west of Wisconsin Dells off HWY 33
Phone: 608-464-7770
Email: info@campwonewoc.com
Website: www.campwonewoc.org
Look for us on Facebook



ON-I-SET WIGWAM SPIRITUALIST CAMP MASSACHUSETTS

The On-I-Set Wigwam Co-Workers Spiritualist Camp is located at 9 Crescent Place in Onset, MA. and is celebrating its 123rd season.

Onset was settled in 1877 by Spiritualists who formed the Onset Bay Camp Meeting Association. A movement developed in 1890 to bring the spirit of the American Indian to Onset Bay settlers. At the first meeting of the temporary organization it was voted to call the society "The On-I-Set Wigwam Co-Workers" in honor of an old Indian Chief in the vicinity.

The On-I-Set Wigwam Co-Workers met as an incorporated society on October 25, 1893 and completed work on the Wigwam the following year. The Wigwam was dedicated on July 30th, 1894, with the healing pole in the edifice. The Wigwam was rededicated and the pole resensitized on July 30th, 1994, during the centennial observance.

Our services center around the Wigwam, an octagonal wooden edifice designed to resemble an Indian teepee, which has been an Onset landmark for more than a century. This is the oldest National Spiritualist Camp in the country to have religious services in this type of building. Sunday services, which include healing, a lecture, and messages, are held from 10:30 a.m. to noon. Classes and mediums galleries are offered in the evenings, during the week, with mediums days, workshops and other events on specified Saturdays and Sundays.

You can visit our website:
www.onisetwigwam.com. We are on Facebook.

*Please contact President and Pastor
Rev. Patricia Craig at evroty@aol.com.*



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or Call (253)952-2050 for more information.



NORTHERN LAKE MICHIGAN SPIRITUALIST CAMP
& GOLDEN RULE SPIRITUALIST CHURCH

Camp Season: July - August. Services begin at 10:30 a.m.
Wed evening svcs: 7:30 p.m. followed by fellowship around our bonfire. Contact Janet Norris, Secretary.
secretary4nlmsc-grsc@hotmail.com
07444 Old US 31 / Charlevoix, Mi 49720



LILY DALE ASSEMBLY
NEW YORK

Established in 1879, Lily Dale Assembly is the largest center for the religion of Spiritualism in the world. Now celebrating our 138th season, and it's a big one. Running from June 30th through September 2nd it turns our little Victorian town into a bustling center for Spirit, personal development, & relaxation. Our gate fee covers free daily services and demonstrations, a healing temple, walking tours, sweat lodge ceremonies, restaurants and cafés, unique shops, thought exchanges, development classes, drum circles, a museum and a library with the largest collection of rare Spiritualist materials in the world, including many books from Marion Skidmore, the personal collection of the Libraries founder. We also host a wide selection of more in-depth development classes and special events for an additional cost.

See our full 2017 Schedule at www.lilydaleassembly.com

www.lilydaleassembly.com

5 Melrose Park, Lily Dale, NY, 14752

(716) 595 - 8721



PINE GROVE SPIRITUALIST CAMP
CONNECTICUT

Established in 1882, on the edge of peaceful & serene Niantic Bay.
Workshops, circles & svcs. (The Ladies Aid Society Inc.)
860-739-2157
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MISSISSIPPI VALLEY SPIRITUALIST CAMP

IOWA

The camp's first meeting was held in August of 1882. This year celebrates our 134th season, and is the oldest Spiritualist Camp west of the Mississippi River. Grounds include lodging hotel and an open air lecture hall. Fees range from \$20-\$40.

(No lodging on site.)

#71, Mt Pleasant Pk, Clinton, Iowa

(563)570-2768 (563)242-0116

admin@mvsa.info

CHANGE

Why is it so uncomfortable?

Writer: Anne Thomas

Spiritualist Church of Awarness, FL



The universe is a constant source of delightful surprises. Isn't change interesting? It is the one sure thing in life and yet something we are so often uncomfortable with. Grab a cup of coffee and ponder with me as I share some thoughts on "change."

Consider this favorite quote: "God grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know it's ME!" The truth is, change is certainly easier to talk about than it is to actually do. But execution of change is vital, and your willingness to do it is crucial.

All human beings are afraid. We all feel insecure and afraid and we make the mistake of thinking no one else feels the same way. This misconception causes us to spend way too much time trying to live up to supposedly perfect standards which often only exist in images portrayed in magazines and movies. If we all try and pretend that we are OK, then we miss out on connecting with people. Start out by admitting the truth to people when all is not well in your world, or that you are in need some support. As we do so, we give others permission to do the same. Eventually all of us would learn to be more open and approachable.

What we resist persists, so when we resist a change, we make matters worse. We kick and scream to avoid the pain, but as we accept, allow and embrace change life becomes easier, more joyous. Take meditation as an example. Often when one first tries to meditate, they sit there, eyes closed, trying to focus, trying not to think too much. Isn't that a challenge? Next thing you know, they start to feel this yearning to get up—every part of them wants to jump up and get noisy—get busy again—do anything to avoid the discomfort. But, as you practice more and more it becomes easier and easier, until before you know it you are enjoying it and looking forward to it.

Continuity gives us roots and change gives us branches



that let us stretch and grow and reach new heights. Of course, change is always welcoming when we are going through a difficult time in our lives. During difficult, stressful times and unwanted circumstances, we can experience a bit of relief by quietly repeat to ourselves that “this too shall pass.” Nothing stays the same forever, we can count on it. Try spending less time intentionally avoiding change. Its not always fun or comfortable, but it is better to face it head on and feel uncomfortable for a short while, rather than fighting it and facing it for a long while.

Our only real security is our ability to adapt and change. Our soul is the river of energy that animates who we are. When you do something from your soul, you feel the energy like a river moving inside you. If you follow that river of energy it means you might have to make a change—sometimes a big change—but willingly follow it anyways. If you are afraid of change, you might remain safe, but you’ll be closed to life. If you trust—you may experience heartbreak, but you will be living fully.

When you make a tough decision, then let whatever is happening happen. Don’t fight it and don’t judge it. You can float on your back down the river or you can swim as hard as you can upstream. Perhaps floating on your back in the river seems a harsher way to get there, but in doing so, know you will end up where you need to be.

Spirituality is having faith in what is happening to you, and knowing that life will give you exactly the experience you need for your evolvment. Change, when it is lived as a spiritual process, leads to spiritual transformation. All levels of change, no matter how slight or how deeply penetrating or disruptive, have something to show us about our belief in the wisdom of the greater plan. Change is the unseen hand that guides us through our daily lives, and wakes us up to life as the spiritual process that it is. It can be upsetting for many because the unknown has no familiar

faces, and no assurance of success. When you are unable to ascertain what is coming into your life through the mist of change, it is easy and natural to be afraid. When you feel frightened by life, it helps to understand that you are choosing between a belief in a loving Spirit, or the randomness of chance happening. Whatever does come to you can be a significant opportunity for spiritual growth. Your larger life goal is to grow in grace and to find union with God and Spirit through love.

Your Spirit is tireless in its loving support of your life so you can find the life you seek. Your heart or inner mind urges you to give, share, cooperate, love, value and honor other living things because these are the qualities offered by a loving heart and an awakened spirit. When you are afraid that accepting the present changes in your life will bring you greater pain, fear, loss, or poverty, consider that the opposite is more likely true. The truth is, avoiding or fighting change will likely produce more undesirable outcomes.

We are not always able to control the outside events in our lives; however, we always have control over the way we perceive them, the thoughts we think about them and about the way in which we respond. This awareness brings about true personal power. Choose your attitude. It is the last of the great human freedoms. You get to choose how to react to what is happening in your life everyday. Ask for strength, vision and grace as you act out the change you want to see in the world. Make a commitment to accept responsibility for your own motivation and to make necessary changes in your life.

Life is not pausing for you while you are putting up with something that you dislike. There’s no rewind button, there’s only now, and if you’re not happy with your now, change it!

Practice being happy and be kind to the most important person in the world—YOU!

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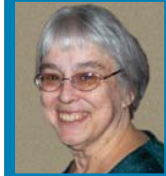
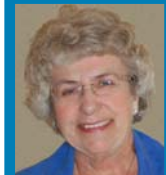
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NSAC Healing Center

Serving as a beacon of light to bring well-being to those in need

Request Spiritualist Healing

To request Spiritualist healing for someone, contact the NSAC Healing Center. Go to www.nsac.org/contact for an email request form or send an email with your healing request to nsachealing@nsac.org.

In order to respect personal privacy, you first must obtain permission from the person, or from their caretaker, to be placed on the *Spiritual Healing Requests* list. Then notify the NSAC Healing Center. Absent Spiritualist healing is directed to a specific individual. To list more than one individual from a household or group, send first and last name of each person. Names will appear on the *Spiritual Healing Requests* list for two months unless removal sooner is requested. Names may be resubmitted if need continues.

What Is Spiritualist Healing? Spiritualist Healing is a simple, safe, and supportive energy therapy that aims to bring balance to mind, body, and soul, as well as to stimulate the body's own natural healing ability.

The spiritual healer links to the healing energy (*Spirit Healers: doctors, surgeons, researchers, scientists*) in a method called *attunement* and is a channel through which the healing energy flows to the person who may or may not be present.

—Harry Edwards*

What Is Absent or Distant Healing? Absent Healing is another modality of healing practiced in Spiritual-

*Harry Edwards is a noted 20th Century authority on Spiritualist Healing.

ism. Spirit healings result from law-governed forces being put into operation following the sending forth of a thought directive (*prayer*). Spirit guides and doctors will diagnose the trouble and its cause, attention being directed to overcoming the cause, and then removing the symptoms.

The healer or group of healers should sit in the silence and attune to spirit, asking the spirit healers to work on behalf of the blending of healing energies being transmitted to the recipient.

An individual can participate in absent healing: simply quiet one's self, attune to the higher entities (*Spirit Healers*), and mentally transmit that energy to the recipient.

Love and compassion among the healer, recipient, and spirit is the basis of harmony, true attunement, and rapport.

—Harry Edwards*

Prayer for Spiritual Healing

I ask the Great Unseen Healing Force
To remove all obstruction from my mind and body
And to restore me to perfect health.
I ask this in all sincerity and honesty
And I will do my part.
I ask this Great Unseen Healing Force
To help both present and absent ones
Who are in need of help,
And to restore them to perfect health.
I put my trust in the love and power of God.

NSAC Healing Center, 13 Cottage Row, PO Box 217, Lily Dale, NY 14752 | nsachealing@nsac.org



Called Beyond

Rev. Joyce Orcutt

August 2, 1935 to February 9, 2017
First Spiritualist Church of Willimantic

It is with great sadness that we share with you that our Pastor Joyce Orcutt, 81, made her transition to Spirit on February 9, 2017 in Brattleboro, Vermont. Joyce became aware of her psychic abilities at a young age. During a visit to Salem MA., she was introduced to an highly acclaimed medium who helped her realize her psychic abilities. Joyce married Edward Orcutt on March 9, 1953. The couple would have celebrated 64 years of marriage in March of this year.

For the last 40 years Joyce served as a medium and pastor at First Spiritualist Church of Willimantic, CT. In 2002 she taught courses in spiritualism at Manchester Community College and through the years she and Ed traveled to many states doing message work and healings. During her spiritual life Joyce was VP, and President of Connecticut State Spiritualist Assoc., President of Pine Grove Spiritualist Camp, President and VP of the Wigwam Camp, Long trustee of Ct. Camp Assoc. and honored by the NSAC. Joyce was a kind and loving soul to all who knew her. She will be greatly missed.

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• FLORIDA •

ORLANDO • New Vision Spiritualist Center, Inc. • spiritualistchurchorlando.com, meets at 1700 Edgewater Dr.; Sun. 1:30; Healing, Sermon, Messages at all services; Children Lyceum Dir. Fionnula Davis-Patton; Classes by Pastor Rev. E. Ann Otzelberger, NST, 4332 Woodlynne Ln, Orlando FL 32812; (407)826-0807 reveao@yahoo.com; Pres. William Patridge; Rev. Ann Otzelberger, 4332 Woodlynne Ln., Orlando 32812.

ORLANDO • Spiritualist Church of Awareness • 3210 N. Chickasaw Trail; Mail: P.O. Box 4010, Winter Park, FL 32792, (407)678-3688; spiritualistchurchofawareness.org news@myscoa.org; Sun. healing 10:30am., service/messages 11am.; Wed. healing 7:30 p.m. service/messages 8pm.; Pres. Annette Brown, (407)690-1743; Sec Chris Jackson: 407-399-3450.

• ILLINOIS •

CHERRY VALLEY • Cherry Valley Spiritualist Camp, Inc. 8002 Service Rd; 61016; (815)332-5359. Visit us at CVSC.me, or on Facebook. Email: cherryvalleysc@frontier.com. 9:30am Lyceum; 10:30am Healing Meditation; 11am Worship Svc., Messages & Pot Luck every Sunday after svc.

CHICAGO • The Church of The Spirit • 2651 N. Central Park Ave., 60647-1101, (773)489-5422; Chicago's Oldest Spiritualist Church; Sun. Family Worship: Healing, 10:00 a.m., Worship Svc, 10:30am.; All Message Service, 1st Wed., 7pm.; Call for current Development & Educational class schedule; Pastor Rev. Marrice Coverson; Sec. Nyarai Paweni

CHICAGO • Spiritualist Church of Truth • 6343 West Cuyler (1/2 block north of Irving Pk.) 60634; Service 2:45pm., Healing, Lecture, Messages every Sun.; Pastor & Pres. Rev. Florence Heyward; Sec. Judith Galar, 4050 N. Oriole Ave., Norridge, 60706-1117, (708)452-8754.

LEROY • J. T. & E. J. Crumbaugh Spiritualist Church • 102 S. Pearl St., PO box 174, IL, 61752; 309-962-9076. Sun-Lyceum 11am; Church svc: 12pm; Fellowship after svc. Sec: Dorothy Kopaskey. Visit crumbaughchurch.com; email: crumbaughchurch@live.com. Facebook: JT & EJ Crumbaugh Memorial Spiritualist Church, NSAC.

• INDIANA •

INDIANAPOLIS • The Spiritualist Church of Indianapolis All Ages Welcome Sun. Healing, Devotional Services & Messages 6:30-8PM: 3020 S. Meridian St., Ste E&F, 46217-3221. Adult Mediumship Unfoldment & Lyceum Classes every Tues, 6:30-8pm. FMI call Pastor Bonnie Darby (317) 850-3142 or visit <http://www.tscoi.org> / <https://facebook.com/http://tscoi.tumblr.com/>

• MAINE •

MAINE STATE SPIRITUALIST ASSOCIATION OF CHURCHES • Pres. Rev. Graham Connolly, 66 Martin Heights, Raymond ME. 04071. 207-655-6673; Sec. Rev. Betty Simpson, 715 Newburgh Rd. Hermon, ME 04401. 207-848-2273; Treas. Janice Nelson-Kroesser, 46 Homestead Rd. Washington, ME 04574-3620. 207-845-2885. www.mainespiritualism.com

AUGUSTA - Augusta Spiritualist Church • 113 Townsend Rd, Augusta, 04330; Pastor Rev. Nancy Parry, (207)458-6141; Pres. Rev. Pat Pallace, (207)582-6745.

BANGOR - The Harrison D. Barrett Spiritualist Church • 15 State St., Sun. Serv. 10:30 am; Secy., Betty Simpson, 715 Newburgh Rd., Hermon, ME. 04401, (207) 848-2273, <http://www.hdbspiritualistchurch.org>. Gallery Readings second Friday every month at 7pm. Co-pastors: Rev. Patty Palmer, NST & Rev. Betty Simpson, NST.

HARTFORD - Pinpoint of Light Spiritualist Camp – Seasonal day camp June - Sept., Mail: 546 Town Farm Rd., 04220-5115. Email: pinpointoflightcamp@gmail.com; Web: pinpointoflight.org; (207)515-1016; Sec: Rev. Stephanie Frobese.

MADISON - Madison Spiritualist Camp • Located at historic Lakewood Theater Village off Beach Rd., Rt. 201, 6 miles N. of Skowhegan. Season: July & Aug; Camp ph:(207)474-0124; For program information & events, visit madisoncamp.org; find us on facebook, or email: info@madisoncamp.org.

NORTHPORT - Temple Heights Spiritual Camp • 4 Park St. (TH), 04849; June 26-Sept 9, 2017; Private Readings 9-4pm daily; Workshops Sat. 9:30am & 1pm. Circles, message & table tipping W-F-Sat. at 7pm.; Church svc: Sundays 10:30am & Ths 7pm.; Camp: (207)338-3029; www.templeheightscamp.org; Pres. Jean Bower (207) 338-1355. Sec: Mandy Everett (207)462-0268.

NORTHPORT - Temple Heights Spiritualist Church • Sun Svcs 10:30am, May 1-Oct 31. Meets at THSC, 4 Park St. (TH); Nov 1 to April 30; We meet at Excelsior Lodge, 57 Cove Rd., Northport; Pres. Jean Bower (207)338-1355, Sec. Diana Kimball (207)338-6275.

PORTLAND - Portland Spiritualist Church • Mailing addr: PO Box 6551, Portland ME 04102; Sun. Svc 6:30pm.; Fri. Class 7:30pm; Meetings at 17 Dunn St, Westbrook; (207)797-2039; info@portlandspiritualistchurch.org; Pastor Rev. Beth Carter, 2007spiritualist@peoplepc.com; Pres: Mike Carter: retrac55@peoplepc.com. portlandspiritualistchurch.org

SABATTUS - Spiritualist Church of Eternal Life • 352 Crowley Rd Sabattus, Maine; Pres. Rev. Catherine Sabine (207)376-5318. crsabine@gmail.com

• MASSACHUSETTS •

BURLINGTON - The Church of Spiritual Growth • Services held at 16 Lexington St. Please check website for details: www.churchofspiritualgrowth.nsac-churches.org, or call Pastor Lorraine Radice at (781)270-0383.

CHICOPEE - Healing Hands of Light Spiritualist Church • 465 Granby Rd. MA 01013; Worship Svcs 10:30am. Sundays after Labor Day thru June; Ph(413)592-0300; Rev. John F. Sullivan, Sec: Denise St Pierre, PO Box 392, Worthington, MA 01098; or dstpierre7@verizon.net. Visit: healinghandsoflightspch.com

ONSET - On-I-Set Wigwam Spiritualist Camp • P.O. Box 1556, 02558; Summer schedule www.onisetwigwam.com / info@onisetwigwam.com

REHOBOTH - First Spiritualist Church of Brockton, Inc. • Services 10:00 a.m. Sun. at Anawan Grange Bldg., junction Rts. 44 & 118; Mail: P.O. Box 145, 02769, firstspiritualistchurch.com

• MICHIGAN •

CHARLEVOIX - Northern Lake Michigan Spiritualist Camp • 07444 Old U.S. 31N. 49720; Sec. Janet Norris; secretary4nlmsc-grsc@hotmail.com; Open July 1st thru Aug 31st; Sunday svcs 10:30am. Wed Svcs at 7:30pm followed by bonfire fellowship time.

CHARLEVOIX - Golden Rule Spiritualist Church • 07444 Old U.S. 31N. 49720; Sec. Janet Norris; secretary4nlmsc-grsc@hotmail.com; Open in Spring. (dates vary according to weather) Closed for Winter. Sun. services 10:30am with fellowship immediately following svc.

FERNDALE - First Spiritualist Temple of Detroit • 2724 Goodrich, 48220; Mailing Address: 321 Spencer, 48220-3544; Svc: Saturdays, 6:30pm.; Sec. Dianne L. Smith, (248)545-5680.

JACKSON - Michigan State Spiritualist Association of Churches • 2540 Norwood Rd, 49203; Sec. Rebecca Strauss; rstrauss52@yahoo.com

ROYAL OAK - First Spiritualist Temple • 3224 Greenfield Rd. (1 1/2 blocks S. of 13 Mile), 48073-6534; Sun. Service 10am; Pastor Rev. Marguerite Gutt, NST, (248)548-2240; firstspiritualtempleofroyaloak.com.

• MINNESOTA •

BYRON - Third Spirit of Life Spiritualist Church • 4814 115 Ave. NW, Byron, MN, 55920. Svcs 3rd Mon. of month, 7pm; Pastors Rev. Joyce E Young, NST and Rev. John E Young, NST. Sec (507)775-6358.

ST. PAUL - Spiritual Science Church of St. Paul • Pres./Speaker/Pastor: Joan LeDuc; 2169 Scheffer Ave., St. Paul, MN 55116-1255; Church ph: (651)225-4609.

• MISSOURI •

ST. LOUIS - Fifth Spiritualist Church of St. Louis • 6026 S. Kingshighway Blvd., 63109-3558; Sun. Service 10:30 a.m.; Healing, Meditation & Message, 1st Wed. of month 7pm.; Pastor Marilyn Kalna, (314)707-3934; Pres. Kevin Folsom, 636-377-2109; 5thspiritstl.com

• NEBRASKA •

OMAHA - Spiritual Science & Philosophy Church • 321 Hascall St., 68108-2121; Sun. Service 11:00 a.m. and Philosophy Class – Noon when scheduled; Pastor/Sec. Alace Jayne Fanslau, 321 Hascall St., 68108-2121, (402)345-0101.

• NEVADA •

LAS VEGAS - Spiritualist Desert Church • 3305 Spring Mountain Rd., Suite 51, 89102, (702)876-8783 (message line only), spiritualistdesertchurchlv.com; spiritualistdesertchurch@yahoo.com; Service Sun. 11am. & 6:30pm., Thu. 6:30pm. Healing/Meditation Svc, Development Circle follows. Rev. Vicky Homann (702)234-1147.

RENO/Sparks - Spiritualist Society of Reno • Meeting place: Masonic Lodge, 2425 Pyramid Way, Sparks NV, 89431. Sunday meetings include a talk, guided meditation, spirit healing and spirit greetings: Meets 11am to 12:15pm; President, Jannet Caywood; SpiritualistSocietyofReno.org; FaceBook.com/SpiritualistSocietyofReno. Address: Sec. Rev. Lisa Butler, 3415 Socrates Dr., Reno, NV 89512, tomalisa2@aol.com. (775)329-5980.

• NEW HAMPSHIRE •

DERRY - The Church of Spiritual Life • 58 East Broadway (Masonic Temple) NH 03038; Sun. Service 10:30 a.m.; All mail to: PO Box 593, Derry, NH 03038; Visit: churchspirituallife.org

• NEW JERSEY •

WESTVILLE - Church of Eternal Life • 243 W. Olive St., 08093; Sun. Healing, Worship & Msg Svc 11am; (856)456-2196. thechurchofeternallife.org.

• NEW YORK •

EAST AURORA - First Spiritualist Temple • 29 Temple Pl., P.O. Box 465, 14052, (716)652-5018, www.firstspiritualisttemple.com; Email: FSTofEastAurora@gmail.com. Sun. Healing Svc 10:30am.; Lecture & Msg Svc 11am.; Social Hour 12:15pm.; Dinner Day 3rd Sun. of month;

LILY DALE - Lily Dale Assembly • 5 Melrose Park, 14752, (716)595-8721, Fax (716)595-2442; Ofc Hrs, Sept -June: M-F 10am-2pm; June-Aug: M-F 9am-4pm, Sat. 9am-noon, closed Sun; Camp Season: Last Friday in June - Labor Day; Pres: Lynne Forget; Sec: Roberta (Bobbie) Casswell; lilydaleassembly.com / lilydaleassembly@netsync.net

LILY DALE - Lily Dale Spiritualist Church • East St. Healing Temple, P.O. Box 1128, 14752-1128, (716)595-3971; Sun. Worship svc 10:30am.; Healing during svc. Worship, Healing & Message Svc each Wed. 7:30pm. Sept-June; www.lilydalespiritualistchurch.org.

LONG ISLAND - New Horizon Spiritualist Church • Sun. Healing & Worship Service 10:00 a.m.; 1580 Round Swamp Rd., Plain view, (Homewood Suites Hotel); Contact: Mary Ann Clancy, (516)792-5919.

LONG ISLAND - Summerland Church of Light • Sunday Silent Meditation 10 a.m.; Healing/Worship Service 10:15 a.m. at 120 Plant Ave., Hauppauge; Mail: P.O. Box 5209, Hauppauge, NY 11788-5209; Sec. Valerie Miller, Summerlandchurchoflight.org

LONG ISLAND - Temple of Metaphysical Science • Sun. Service Healing and Worship 11:00 a.m.; Pastor Rev. Hugo Ruiz, NST; Terry Difiore-Wachtel, Sec; 12 Baker St. Mail to: P.O. Box 453, Patchogue, 11772, (800)316-1231; TMS-Li.org

ROCHESTER - Plymouth Spiritualist Church • 29 Vick Park A, 14607; Voicemail (585)234-2362; Sun. Svcs 10:30am; Plymouthspiritualistchurch.org.

• OHIO •

DAYTON - Spiritual Life Center, NSAC • 609 Watervliet Ave., 45420-2544, Rev. Frances D. Montgomery, (937)252-3299; fdm742@sbcglobal.net; visit: sunflowerchapel.org

• PENNSYLVANIA •

PITTSBURGH - First Spiritualist Church • Mallenwood Manor, 1318 Singer Place, Wilksburg, PA; Svcs 1st & 3rd Sun. 11am-1pm; Healing, meditation, lesson & messages followed by social. Tues: Call for info on home circles & mediumship classes. Pastoral committee: Rev. Carol O'Hare, NST. & Rev. Michele Saling, MREdJD. 1stspiritualistchurch.org. Facebook: PittsburghSpiritualistChurch. 412-672-1272 Ofc. 412-245-1438 fax.

PHILADELPHIA - Celestial Spiritualist Church • 421 N. Preson St. (215)519-0861; Sun. Svc 2pm; Healing, Lecture, Messages; Wed Eve all-message svc 7:30pm; Pastor Rev. Betty J. Hutt.

• TEXAS •

AUSTIN - First Spiritualist Church of Austin • 4200 Ave "D" - Austin, TX 78751-3719, (512)458-3987; Devotional, Healing & Message service Sunday 10:00 a.m.; Pres. Wanda Garcia; Sec. Sonia Dela Torre.

HOUSTON - First Spiritualist Church of Houston • 2115 Turner Dr., 77093; Sun. Service 10:30am.; Unfoldment classes Wed. 7:30pm & Fri. 8pm; Pres. Liana V. Liles; lianaliles@gmail.com; Priv. readings by appt., firstspiritualistchurchofhouston.org; (713)695-2550.

SAN ANTONIO - Circle of Angels Spiritualist Church • 3740 Colony Dr. Ste LL100; Sunday Service 6:30pm; P.O. PH: (210)521-2473

• VIRGINIA •

FALLS CHURCH - Center for Spiritual Enlightenment • 222 N. Washington Street; Mailing address: CSE (NSAC), P.O. Box 6630, 22040-6630; (703) 645-8060; web: TheCSE.org; Email: thecse@thecse.org; www.facebook.com/thecse.org Year-round Sunday Services: Healing Svc 10am / Devotional & Msg Service 10:30am.; Pastors: The Rev's. Konstanza Morning Star, Leonard Justinian, John Otey, Deirdre O'Hara, and Rita O'Connor; Sec. Rita O'Connor; Pres. Steve Vogel.

NORFOLK - Memorial Spiritualist Church • 307 W. 37th St., 23508-3207, (757)622-5070; www.memorialspiritualistchurch.org; Sunday Service 11am.; Wed. 7:30pm.; Healing available at 10:30am. Sun. and 7pm. Wed.; Adult Lyceum Sun. 9:30am.; Children's Sun. Lyceum 11am.; Ministers: Rev. Lelia E. Cutler, NST, (757)480-3799; Pres. Margie Briggs (757)421-9631; Sec. Rev. Lynn Streeper, (757)687-6660; Lyceum Dir. James McMillan.

• **WEST VIRGINIA** •

WHEELING - First Spiritualist Association of Wheeling - Way Memorial Temple • 27 Maryland Street; 26003; (304)233-5065/ www.waymemorial.org.

• **WASHINGTON** •

MILTON - Church of Divine Grace • Held at Camp Edgewood, NSAC – 1228 26th Ave. Ct.; Church svcs Sun. 2pm; Sept-May; (Mail c/o Sherry Valentine, 11113 SE 323rd St. Auburn, 98092); Pres. Bernie Allers (253-833-4850) Sec. Karen Wennerlind; Email: churchofdivinegrace@gmail.com

MILTON - Church of Spiritual Unity • Held at Camp Edgewood, NSAC – 1228 26th Ave. Ct.; Church svcs Sun @ 2pm; Sept-May; Mailing address c/o Pres. Colleen Mohler, 1210 26th Ave Ct. 98354, (253)927-2365. Sec. Jill Mohler, 1015 Emerald St., 98334; (213)568-0333; j.m.mohler@hotmail.com

MILTON - Church of Spiritual Truth • Sunday Svcs 11am; Located on historic Lake Surprise. 1228 26th Ave Ct. Milton, WA 98354. Pastor Denice (Dee) L. Chapman; Pres. David R. Chapman Sr.; Sec. Denice L. Chapman; Church offers devotional svcs, healing, greetings from Spirit, & educational speakers. Social hour following church, all are welcome to enjoy good food & fellowship.

MILTON - Camp Edgewood, NSAC • 1228 26th Ave. Ct, Milton WA 98354; (253)927-2050/ fax: (253)927-7531. Pres. David Chapman Sr.; Sec. Denice Chapman; email campedgewood@yahoo.com. Located on beautiful Lake Surprise. Historic camp offers healing, meditation, Spirit greetings & a variety of classes. For info contact Denice Chapman Tues.-Sat. 11-4pm.

TACOMA - Church of Eternal Light • Svcs 5:30pm Wednesdays at Crescent Moon Gifts. 2502 6th Ave. 98406. Community projects following svcs. Rev. Deliah Kieffer; visit spiritualistanswers.com.

• **WISCONSIN** •

MORRIS PRATT INSTITUTE ASSOCIATION • 11811 Watertown Plank Road, Milwaukee, WI 53226; (414) 774-2994; www.morrispratt.org; NSAC Educational Auxiliary.

BROOKLYN - Summerland's Lakeview Spiritualist Church • 317 N. Rutland Ave., 53521; Rev. Annette L. Haak, (608)354-2694; Twice a month services on Thu., 7pm.; SLSCMADISON.ORG

WEST ALLIS - First Spiritualist Church of West Allis • 6228 W. Washington Street, 53214, Pastor Rev. Annette Haak; weekly svcs, various events; see our meetup group at: <http://www.meetup.com/First-Spiritualist-Church-of-West-Allis-FSCWA/> for details. (414) 778-0088; Church email: firstspiritualistchurchwa@gmail.com;

• **INTERNATIONAL** •

INTERNATIONAL SPIRITUALIST FEDERATION • Annual "Mind, Body & Spirit" teaching weeks, regional meetings, teaching teams; Website: www.theisf.com; Membership secretary: Ann Robson, 128 Malvern Rd.; Billingham; Cleveland, TS23 2PJ United Kingdom. Email: membership.isfederation@gmail.com; General Secretary: Ann Luck; gensec.isfederation@gmail.com.

LYCEUM

TAKING TIME FOR YOURSELF

These days everyone is very busy. We are constantly on the go and not seeming to have as much time as we have had in the past. I hear many times, "I wish I just had a few more hours in the day." So why is it that we just don't have time for ourselves anymore?

As Spiritualists, Spirit tells us that "time" is a concept that exists only here in they physical, and we have the power to expand or decreasing it. I have found this to be an effective tool in my daily activities. I sometime look at the clock and think it is much later than what it actually is. Time can seem to have frozen, and other times it seems that time has escaped. So, I tell myself, I must make time slower or make time faster depending on what I need to accomplish.

When I do this, it gives me the time I need for myself. I read a recent study that said that when we meditate, we do not age, and time does not exist. Through meditation you are able to center and focus yourself, and attune and ground yourself to what is needed for you at the time. Meditation can also lower your blood pressure and stress levels.

You don't have to have to put an entire day aside for yourself and try to squeeze it into your very busy schedule. Sometimes just a few moments of quiet time, or "no time" is just what you need to take time for yourself, or to get yourself back on track.

The NSAC Department of Lyceums
Written by: **Rev. Havivah Richards, NST**
Church of the Living Spirit, AZ

Contribute an Article to the TNS Magazine!
Written submissions you wish to have
considered for publishing may be sent to:

TNSsummit@earthlink.net

KNOW!

Modern Spiritualism is pre-eminently an educational movement. We have abandoned the idea of being saved vicariously through the merits and suffering of others.

Nature has implanted within us Infinite Possibilities, and launching us out on the great sea of Life, figuratively speaking, says: *Go out into the world. Make something out of yourself! Ours is the privilege either of death as meeting death as bankrupt souls, mental and spiritual paupers, or as souls, rich in mental and spiritual attainments. Which shall it be?*

—Thomas Grimshaw, 1868-1938. Spiritualist teacher and lecturer; for many years Trustee and Vice President of the NSA (now NSAC)

Thomas Grimshaw was born in Lancashire, England on November 17, 1868; and made his transition to Spirit on January 1, 1938 in Long Beach, California.

As a young man of twenty, he became very interested in Spiritualism and it was not long until he demonstrated both mental and physical mediumship.

In 1890, Grimshaw immigrated to the United States and immediately began to serve Spiritualist churches. For many years, he devoted his time and effort to churches in St. Louis, Chicago, Pittsburgh, and Detroit. He was a learned speaker and knew his religion well.

He was a delegate to the First Convention of the National Spiritualist Association in 1893. Until the time

of his passing, he attended all conventions except one.

At the 1922 Convention, he suggested that the young aspirants in Spiritualism had no opportunity to adequately prepare for leaderships roles in the religion. It was quickly realized that Rev. Grimshaw was correct and Dr. Warne, President of NSA, immediately appointed Grimshaw as the Superintendent of the Bureau of Education of the Morris Pratt Institute. He and Mark Barwise were instrumental in preparing the first Correspondence Course that was eventually sent out to interested students. In 1922, he became the third principal of the Morris Pratt Institute.

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THE EDUCATIONAL FOUNDATION UPON WHICH SPIRITUALISM IS BUILT

Declaration of Principles

NATIONAL SPIRITUALIST ASSOCIATION OF CHURCHES

1. We believe in Infinite Intelligence.
2. We believe that the phenomena of Nature, both physical and spiritual, are the expression of Infinite Intelligence.
3. We affirm that a correct understanding of such expression and living in accordance therewith, constitute true religion.
4. We affirm that the existence and personal identity of the individual continue after the change called death.
5. We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.
6. We believe that the highest morality is contained in the Golden Rule: "Do unto others as you would have them do unto you."
7. We affirm the moral responsibility of individuals and that we make our own happiness or unhappiness as we obey or disobey Nature's physical and spiritual laws.
8. We affirm that the doorway to reformation is never closed against any soul here or hereafter.
9. We affirm that the precepts of Prophecy and Healing are Divine attributes proven through Mediumship.