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Thanksgiving



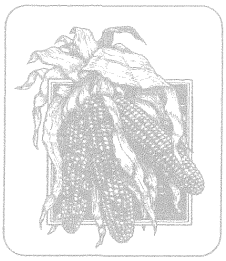
May the abundant joys and blessings of the Thanksgiving season be with you always.

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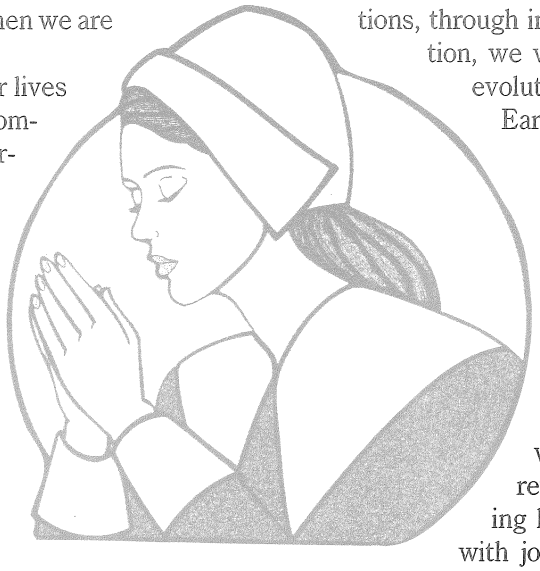
Do I Have To Be Thankful For Everything?

BY THE REV. SANDRA PFORTMILLER, NST

Someone recently posed the question "Do I have to be thankful for everything?" Yup, everything. Most of us can look back over our lives and think of a thing or two, or three hundred, that just doesn't seem like something we want to be thankful for. However, consider the whole picture, the seen and the unseen.

To begin with, we must remember that the First Cause/God is All Energy, All Life. Therefore, if we trust the Great Source of the Universe, we trust that all things that happen in our lives are part of the Divine Plan. This means putting Spirit into every aspect of our lives. Then we know that we are exactly where we are supposed to be—the right place, at the right time. When we flow through life doing the best we can, having faith in Natural Law, not worrying about the outcome or fearing the future, then we are thankful for life and everything in it.

Believing there is Divine Order in our lives gives us the ability to look past the uncomfortable, it helps us know that we must forgive ourselves and others, it begins to reveal the Universal Plan that is in place for us and for all creation. We see that our interests and desires have a greater purpose so we can proceed with absolute conviction that we are being guided.



Recently we attended a wonderful trance session that brought forth some different slants to our thinking for us to consider. One message was that each new soul coming to the Earth Plane came with a contract of things to accomplish for the soul's growth. A contract, the idea is similar to others we have heard, but the concept of a contract made the earthly projects more than just a suggestion or a possibility. The guide claimed the contract is interconnected with other contracts, so that accomplishments or successes or a tragic accident for a loved one is part of their plan and part of ours—a Divine portion of each life's evolution. The contracts are for soul growth, so while we have free choice to complete the contract or not complete it, we also have a choice how we will experience and react to each event in our life. It helps to know that all that happens has a higher purpose, that our soul has come here to contribute to others and to the planet. Experience alerts the memory within of the contract to propel us into the activity of God, and not egocentric concerns. The contract releases the concerns of where we are going and what we are to do. Whether our work is on a large scale or a small scale, it is very important and necessary to the Great Plan. Our very presence creates change all around us. Thank you, God.

Spiritualists know that physical survival is not life's criterion rather it is spiritual nourishment for the eternal soul. Life is not about external power, rather inner power; not seeing with the physical eyes, but seeing with the inner eye; not questioning why is life this way, but asking Infinite Intelligence to show us the blessing in all experiences. We expand our inner power as we expand our consciousness and our multi-senses. Divine Being responds to our acceptance and our recognition.

Unfoldment is never finished. All existence is purposeful for the soul's growth, an opportunity to allow the immortal light within to shine. Growth comes through change, through becoming more loving, through inner turmoil, through transitions, through improvements. When we honor evolution, we value what is happening around us—evolution for ourselves, for others, for the Earth, and for the Universe.

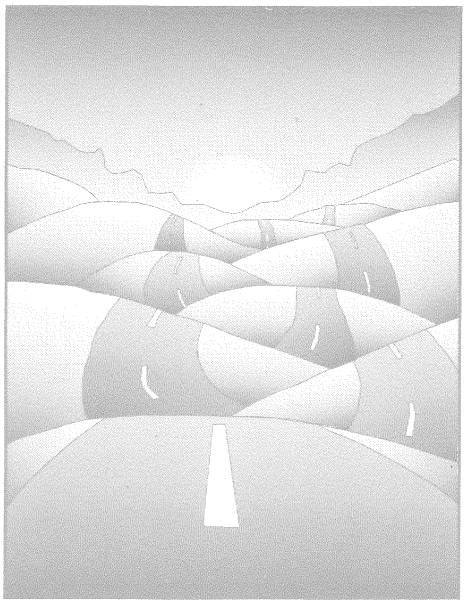
Do you wake up each morning thankful for another day to do God's bidding? Do you think of the world we live in as a friendly place, or a scary place, or a place of drudgery and routine? Do you just show up each day, or do you view life as an adventure? Watch your attitude as you awaken to the morning, for you will be projecting that energy to return to you the balance of your waking hours. Imagine your day overflowing with joy, health, friends, beauty, prosperity, peace, and fulfilling productivity. Stimulate these desires by starting with a prayer to the Great Source of Creation to guide your thoughts, words and actions that you may be a blessing to all you come in contact with during the day. Open your heart energy center, expand it with love and light, sending it before you as you enter your day. Open yourself to the fullness of Spirit that you may be aware of each Divine moment. Accept any challenges or trials that arise as an advancement on the path of change. Remember to say thank you as you conclude your prayer, trusting Love and Natural Law to guide you.

The Oneness of Life supports us on every level of our being. This is so because Infinite Intelligence expresses through us and created each of us for a purpose. As we surrender in gratitude to the Inner Being, we are guided and healed. A grateful soul is open to more blessings; is open to greater communication with the Higher Consciousness. Grateful hearts are love affirming and accept life as a gift from God. Each time we release the need to control every aspect of our lives, and focus on aligning with the Greater Power, we create a cycle of return according to Divine Law that brings to

(Continued on page 13.)

The Power Of Surrender

BY VINCENT GUGLIELMO, NEW YORK



Years ago there was a television show entitled, Mission Impossible. The program always began with one of the main characters, Mr. Phelps, listening to a pre-recorded message that asked him to take on a seemingly impossible project. The tape containing the message then self-destructed after it was heard. In all the years of that show, never once did Mr. Phelps say, "You've got to be kidding!" when he heard what was asked of him, and neither did he fling the tape recorder into the nearest trash bin. I often wondered why he didn't refuse to take on any of the impossible missions, but I suppose that if he had done so, there would have been no show.

Imagine this program as a metaphor for life. We're all like Mr. Phelps, sometimes taking on seemingly impossible tasks. More times than not, these projects are thrust upon us without our permission to have them as part of our lives. Needless to say, we're not in the position of saying no to these situations and we hopefully do the best we can.

It is at those times in life when we are appointed to doing it all and we feel like "The One Man Band," or worse yet, are drafted as a contemporary "Job," that the power of surrender can be our lifeline to sanity. This is not the surrender of defeat or even of resignation. This is the surrender of the limited self to the wisdom of Spirit. Let's think of ourselves as children in our wisdom and ask the following question: Would I ask a child to drive my car? I don't think so! I would ask an experienced driver to do this. So it is in life. Spirit, in Its infinite wisdom, can certainly "shift gears," depending on the circumstances, better than we can. It will also solve any dilemma according to Its own agenda, not ours.

We may want to barrel down a smooth, straight highway to arrive at our destination, but Spirit may instead drive us over a bumpy, meandering side road without any rest areas, to arrive at the same or even a different destination. Why? There are several answers to this question and one may be that we gain a richer appreciation of our destiny once we have arrived. It is important to prepare a plan of action, but if we do so without then deferring to the wisdom of Spirit, we are setting ourselves up for probable feelings of disappointment or defeat. The power of surrender does not mean that Spirit will "fix it" according to our plans. It means that we surrender our expectations of outcome to Spirit in faith that circumstances will work out for the highest good, according to a spiritual agenda, not a material one.

And how does that work on a daily basis? It works by Spirit not having your crabby boss fired or getting your child off drugs, but by giving you some of the peace of God as you deal with these painful situations. I cannot think of anything more powerful than to be in a peaceful space in the midst of turmoil! This comes from having the "faith of the mustard seed" that God always works for our highest good. Granted, this is easier said than done, but ultimately this is a powerful way to evolve in what is known as "The Human Experience."

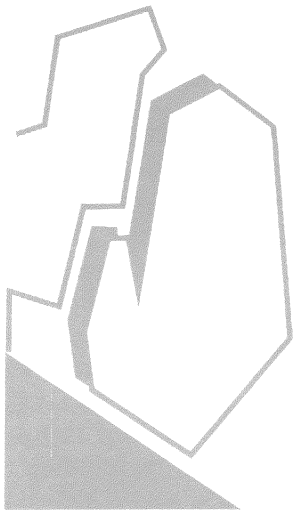
When we read the Healing Prayer during church worship services, I think in terms of surrender. "I ask the Great Unseen Healing Force To Remove All Obstructions From My Mind and Body." I want help to get out of my own way. When we say that we ask this in "All Sincerity and Honesty," I know that I need faith to let the Healing Force take the steering wheel. "And I Will Do My Part." No snoozing passengers permitted here!

Instead, we are all required to watch the road, experience the journey, and expect detours, flat tires, and potholes to be ultimately working for our highest good. Let's turn our **Mission Impossible** into a **Spiritual Mission Accomplished!** ✻

I Know That!

BY THE REV. CHARLENE KLEINSCHMIDT, NST, NEW YORK

In our lives we all have times when things occur we don't understand. Unexpected illness, lost relationships, or financial disaster can send us spiraling into self doubt and depression. How many times, when this has happened, have you picked up a book, turned on the TV, or seen a billboard and the message "hit you right between the eyes"? You said to yourself "I know that!" For a moment you clearly understood what you needed to do to gain balance. However, you immediately allowed yourself to slip back into self defeating thoughts and actions.



Those moments of clarity should be treated with as much reverence as a message received in church. Spirit touches us in many ways we probably never recognize. Whether it is the still, small voice within or a message on a billboard it is still a signpost on the road of life.

Recently I have been in one of those soul searching periods when what you want to bring into your life appears to be a never reached goal. I love to write, yet I found myself too busy to give time to the things I need to finish. Unfinished projects, promised years ago, lie waiting for the final draft. I realized I was standing in my own way because I didn't want to risk having to revise one more time. It is far easier, at times, to curse the darkness than to turn on the light.

It seems easier to say the Principles than to live them, particularly "We make our own happiness or unhappiness..." Do you ever catch yourself thinking "who thought of that?" The Principles were written and are open to revision by people just like you and me. In fact they are you and me. There's nothing mystical about them, simply the present understanding of our organization. If you think they are lofty ideals that are unattainable you are misguided. As simple statements of our beliefs they are signposts to be followed as we grow spiritually more aware of our true path. If you think the Principles are cast in stone, do research and see how they have changed through the years to echo the growth and understanding of the association.

At the last convention I received the Literary Award. I was sure it was just the boost I needed to get back on track. Talk about making our own unhappiness! I came back home to find fault with everything I had written or was writing. It just didn't measure up to someone who had been so honored by the religion and understanding she cherished! Now, you are probably thinking, "How ridiculous, what more does she want!" Turn the tables around on that! What are you doing to make your own unhappiness? Are you afraid to see yourself as an expression of Infinite Intelligence? Do you believe it easier to stay where you are than risk opening the door to your own reformation? Have you deprived yourself of enjoying the feast for fear you will become too satisfied?

When Al and I were moving into our mobile home, I made the chance remark "I guess I'll never have a home with pillars." He didn't reply, but as we pulled into our new drive he pointed to the small columns on either side of our front window. "There they are, Honey, you have your pillars." Now when I see them, they are pillars to me. They may be small columns to someone else, but for me they are mighty pillars. How quickly a change of thought can bring happiness into our lives. Life is abundant and each of has the right to our share of that abundance. Next time you get the "I know that!" feeling, pay heed. It may be the "message" you felt you didn't receive in church.

I rewrote this article on June 21, of this year and realized I still haven't done many of the things I planned to do before now. I often laugh at myself when *TNS* arrives and at various times have threatened to never write another word! Invariably, the articles I write come back to give me a sharp reprimand. Al loves to leave them by my plate when they apply to what I'm doing. The old sayings "It's always easier to tell the other person how to handle it," and, "Do as I say not as I do" are apropos here. This article originally contained quotes from a wonderful book. Unfortunately, after two months of trying to get permission to use the quotes and talking to five different people I gave up. I was surprised to discover that taking out the quotes I thought were so essential really didn't change the message.

Too often we think we can't do it when in truth we have done it already! If you think I lead a charmed life know that I have the same feelings and reactions as you. If you are having a down moment think of me and know we will have more help than we realize and the door is always waiting for us to open it for a new understanding. Let us open the door to our reformation, rekindle our lights, rethink our self evaluation and, if need be, retrace the steps we took when we came to the understanding of all Spiritualism has to offer. Take the Principles, sit down, and think how they impact your life. Let them inspire you to find your own happiness and step out of your shadow so your brilliance can be seen. ❋



***Spirit In My Life** is a monthly column for each of us to share something that has affected our lives where our spirit friends are involved. We all have a story, let us hear yours.*

"THANK YOU FOR THE FLOWERS!"
The Challenges Of Spirit Rescue

BY ROBERT EGBY, NEW JERSEY

"Iro?" said Iacovos, quietly. "Iro passed away. Five years ago. Took her own life." The news was stunning. I felt a heavy sickness swelling inside.

Iro, a slim and attractive copper-tanned , Greek Cypriot lady had been my first love in the early 1950s. We were in the eastern Mediterranean on the Island of Cyprus, the special place of Aphrodite, the goddess of love. I was fresh out of the Royal Air Force and creating a career in journalism in the capital Nicosia. We met, romantically, on a small steamship out of nearby Beirut and got married just as Aphrodite's island became a war zone—Greek Cypriots fighting the British colonial administration. Our marriage lasted two years. Iro's relatives, much involved in the struggle against the British, did not approve of her marriage to an Englishman. Our breakup in 1956 was incredibly sad. The island achieved independence in 1960, and I left a year later.

As the years progressed, I always wanted to see my Cyprus love again. Now, a quarter century later, I was back on Cyprus, stunned and deeply hurt.

Iacovos and I were sitting by the pool at Nicosia's Cleopatra Hotel. "Iro had a relationship with a stockbroker and lost everything. She took an overdose of drugs," said Iacovos, the publisher of the *Cyprus Mail*, an old friend of both Iro's and mine. "She's buried at the cemetery."

Next day, I wandered through the old, dusty cemetery, the mass of white headstones basking in the October sunshine. Iro had been buried with her mother and father. As I stood by her grave, I felt a strange new energy suddenly come over me. An ugly, heavy, negative energy that pulled me down. It wrenched at my body and mind. I felt an acute desire to die.

My spirit healing guide, a little Chinese doctor named Chiang suddenly came through. "She's here. You're feeling her pain and suffering. The last experiences of her earth life. She is—as you say—earth-bound."

Earthbound! I had heard of spirits not making the transition to the Other Side. Only a few weeks before my return to Cyprus, our medium at the Vancouver Psychic Society, Patrick Young, had discussed this real problem in detail.

"When people don't want to die, they feel so attached to the physical world, they refuse to go over. They refuse to look up into the light. They reject all encouragement by spirit guides and loved ones in spirit to look up into the light. They focus on looking down," said Patrick, "and that keeps them earthbound."

"The status achieves a nightmare state. An earthbound spirit can see and hear loved ones, friends and colleagues, but unless the loved ones are intuitive or psychic, they fail to make contact. The earth-bound spirit is caught between the two worlds. Frustration escalates and turns to anger. They become intensely cold. That's why if you have an earthbound spirit around, you'll notice the cold."

"Iro didn't pass over?" I said to Chiang, as I battled the heaviness and a growing nausea.

"No, she didn't want to die. She enjoyed living, as you know," said the old Chinese doctor in spirit. "You are here to help her. You recall your medium's instructions."

Panic! I tried to think back. Listening to a medium's words in class is one thing, actually doing a spirit rescue is another. "We'll help you, Bob," said Chiang reassuringly.

Guided by Chiang, I first offered a prayer to Infinite Intelligence, asking for guidance, strength and protection. Chiang urged me: "No judging, no criticism. That's earthways. Be spiritual and loving."

Now I addressed Iro, I could feel her incredibly heavy presence, so frustrated, so unhappy. "Dearest Iro, I am here because I love you and there are others in Spirit who love you and want to help. I think I understand your hurts, and I want to tell you that the time has come to look up and go into the light. You will find your mother, Efterpi and your father, and other loved ones waiting to greet you. There will be others there who will help you to understand the situation that occurred here on the Earth Plane. They do not judge you, only help you to understand."

(Continued on next page.)

After several minutes of talking, building her confidence, I felt she was ready to look up into the light. "You have the power to release yourself from this earth by holding up your head and looking into the beautiful light that is above you." I said slowly. "It is a beautiful, warm and loving light. Look up, dear Iro. Look up, and go towards the light."

Prompted by Chiang, I repeated this several times. For some time, I sensed a reluctance to go. She feared the unknown. "Build her self-confidence and her energy will lighten," advised Chiang. Some fifteen minutes after I had started—it seemed like an hour—I sensed a change in the energy. "She's coming up," whispered Chiang, "you can feel it. Feel it and learn, my friend." The invisible blanket of heaviness, cold and nausea, floated strangely upward. The lifting was powerful, like loving hands and arms pulling her up. Suddenly the cold was gone. The welcoming warmth of the Mediterranean sun enveloped me and Chiang did not have to tell me: Iro had gone over into the Spirit World.

Shaken and exhausted by my sudden introduction into spirit rescue, I wandered slowly around the Greek Cypriot cemetery, and visited several other graves of old friends. Then I went back to Iro's grave. She was no longer there. The air was clear. At a Cypriot flower shop outside the cemetery, I asked the old lady in charge to create a vase of yellow and white flowers. I placed them on Iro's grave.

When I returned to Vancouver, British Columbia, three weeks later, the incident involving Iro had subsided, and I really didn't want to tell people that my ex-wife had taken her own life. I just let it go.

Some weeks later, while sitting in Patrick Young's development circle, the medium said suddenly: "Bob, may I come to you? There is a slim, dark-tanned lady here, and she has a message for you. It's very simple and she says you will understand: Her message is: 'Thank you for the flowers.'" That night I went home elated: (1) Iro was doing well on the Other Side, and (2) I had received another, very meaningful assurance of continuous life on the other side of death.

It was as if a door had suddenly been opened. Over the ensuing weeks and years I became involved in dozens of spirit rescues. Some simple, some complicated. A three-year old boy told his mom "A man sits at the end of my bed and sings me to sleep every night." While talking to the mother, the man appeared. She identified him as her father, and the boy's grandfather. He died last year of cancer, she said. He didn't want to go. He had so many plans.

While her husband and the boy went to visit neighbors, we sat in the basement workshop—the father loved his basement workshop—and with the help of Infinite Intelligence and spirit guides, we got the man to see the light and go up. I said everything out loud for the boy's mother to hear. Afterwards, she exclaimed: "It's peculiar. The place is now much warmer."

Earthbound spirits can stay around for years. Time appears to have no meaning. Once, while in Patrick Young's circle, I felt the close presence of a young woman, almost sifting on my lap. "She says her name is Janet and she was murdered," I told the group. She gave details, and thought we were still in the 1920s—sixty years had passed! Again, she went into the light.

While spirit rescue is beautiful, healing and caring work, it does have its hazards. A young family was losing pacifiers at the rate of several a day, and this had been happening for weeks. "The place is haunted," said the mother. While visiting the house, I spotted a young girl in spirit. Five years old. An interesting, flowery dress, white socks and black shoes. A large sun-hat kept materializing on her head then disappearing. She peeked shyly around the door.

She told me about the illness that had taken her whole family away. They were farmers and lived a short distance up the hill. It was 1919 and the dreaded Spanish flu claiming millions around the world. The little girl said her mother always gave her pacifiers. Working with my guides, I asked her to go into the light, and she did. Twenty-four hours later, I realized I had made a mistake.

I should have asked: "Are you by yourself or are there others?"

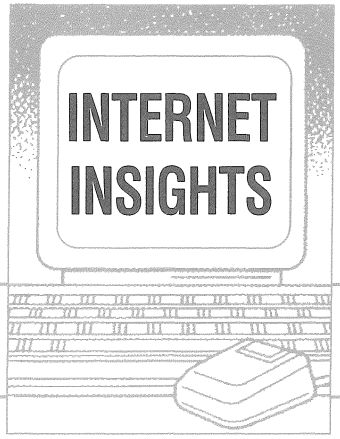
The next day, the family in the house called me. "There's trouble. There are spirits all over the place...and they're angry." Unable to go because I had pulled a muscle while jogging, I asked a Spiritualist minister living nearby to help out. He did, and called me back: "They were mad with you because you took their daughter away. They are all right now, on the Other Side." The lesson I learned: always ask questions. Never let anything in Spiritualism become routine.

Two years after the Cyprus incident with Iro, I was sitting alone in a cafe in Seattle, Washington, when suddenly I felt a presence. Her voice was clear. It was Iro in spirit. Over the next little while she shared a fascinating amount of information of what happens when an earthbound spirit reaches the Other Side.

"When I reached the Other World, I felt bruised and hurt and terribly disoriented. My experiences in your world from the death of my physical body until the time I arrived in the Light created my own personal hell," she said.

After my initial greeting, the guide who had been with me on Earth, a wonderful, loving entity called Talbot, worked with me and showed how to let the natural healing work. One learns how to radiate love, not for any reason because it's right or wrong, simply because it's the natural thing to do. You radiate love not to please anyone, but simply because it puts you into the mainstream of being."

(Continued on page 13.)



Remember To Be Thankful For...

– Author Unknown

...the mess to clean after a party because it means you have been surrounded by friends.

...the taxes you pay because it means that you are employed.

...the clothes that fit a little too snug because it means you have enough to eat.

...the shadow who watches you work because it means you are out in sunshine.

...a lawn that needs mowing, windows that need cleaning and gutters that need fixing because it means you have a home.

...all the complaining you hear about our government because it means we have freedom of speech.

...the spot you find at the far end of the parking lot because it means you are capable of walking.

...your huge heating bill because it means you are warm.

...the lady behind me in church who sings off key because it means that you can hear.

...the piles of laundry and ironing because it means you have clothes to wear.

...weariness and aching muscles at the end of the day because it means you have been productive.

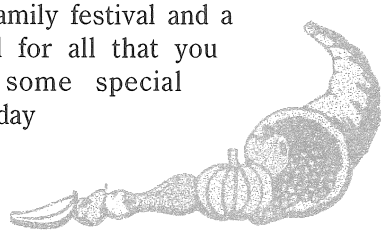
...the alarm that goes off in the early morning hours because it means that you are alive. ❋

Thanksgiving

The Thanksgiving celebration brings to mind the Native American tribes who taught the Pilgrims many skills so they could survive. This holiday might be one more bitter irony for them; however, most tribes do celebrate the harvest and Nature's bounty around this time of the year. Let us send a prayer of thanks to the first settlers of our beautiful land and all that they have added to our country.

Thanksgiving is also about family and friends gathering together to share and be glad. A good thing to remember is that which we praise tends to increase in magnitude. Since there is One God and we are all part of this Energy with each other, with the Universe, then as we give thanks for our good, as we sing praises to the Infinite, as we send blessing to others, we unleash our hidden potentials, we spread a vibration of peace and love into the Ethers to return to us multiplied.

This American Holiday is a harvest festival and a family festival and a day to be thankful for all that you have. Set aside some special prayer time on this day to express your gratitude to Divine Spirit.



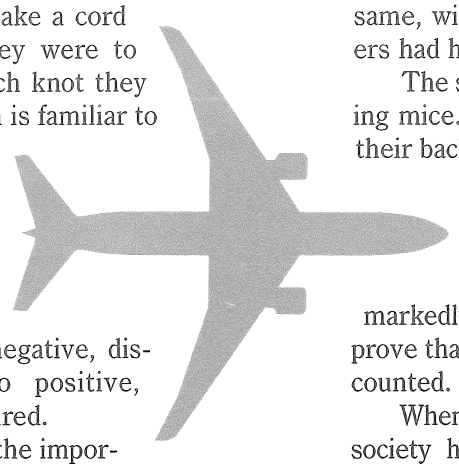
ACCEPTING PROGRESS

BY JEAN BURRIDGE

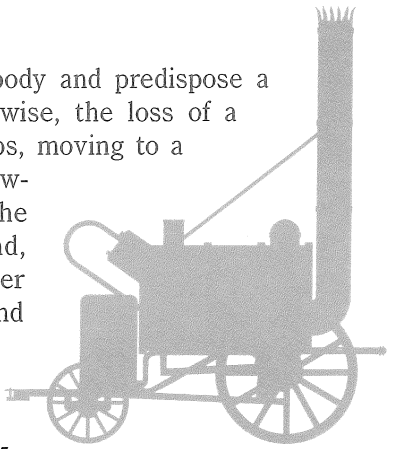
As we enter the twenty first century we can reflect on the progress humanity has made to increase their comfort, health and productivity. The Industrial Revolution ushered in a time of labor saving inventions. Through Eli Whitney's cotton gin, Howe's sewing machine, Fulton's steam engine, among other inventors, great strides were made. When electricity was harnessed much of men's and women's work was eased. Thomas Edison's many inventions, including the light bulb and phonograph, Alexander Graham Bell's telephone, Morse's telegraph all propelled us into the Modern Age. Mass production brought a higher standard of living to all classes of people.

Science also advanced. Madame Curie discovered x-ray, Louis Pasteur discovered disease carrying microbes, and how to provide clean and safe water and milk through better sanitation. Vaccination obliterated many diseases such as typhoid, tuberculosis, and polio that had plagued humanity for centuries. Humans have always put great value on their leaders in literature and philosophy such as Voltaire and Socrates, trying to expand the mind. Also, artists like Michaelangelo and Monet, and composers like Bach, Beethoven and Mozart instilled the love of beauty of sight and sound.

More and more in the Twentieth Century, individuals were also turning inward to discover the power of their own thoughts, and to try to understand the effect these thoughts have on the physical body. Dr. Emile Coue was known for his rather radical approach for curing all kinds of ailments. He had his patients make a cord with thirty knots on it that they were to carry with them and daily at each knot they were to repeat this saying, which is familiar to most of us. "Every day in every way I am getting better and better." Amazingly, cures were reported. So many that Dr. Coue's prowess became established. With this simple statement he had his patients turn negative, disease producing thoughts into positive, restorative thoughts, and they cured.



Dr. Deepak Chopra stresses the importance of positive thinking in all of his best selling books. He claims a person's approach to life, even toward everyday mundane routines, can have a significant effect upon the immune system. A negative attitude can wreak havoc with the body and predispose a person to disease. Likewise, the loss of a loved one, change of jobs, moving to a new home, all have a powerful influence on the body's health. Mind, thoughts, and even prayer are being researched, and proven they are closely linked to the body's well being.



In his book *Vibrational Medicine*, Dr. Richard Gerber relates many of these experiments. In a study on the effect of prayer on the progress of surgical patients, coronary bypass patients were divided into two groups. Group A's names were given to persons who were to pray for their recovery. Group B's were not prayed for. Those in Group A recovered more quickly and with fewer problems than those in Group B. This was true even when those praying were at long distances from the patient.

In another study, two groups held their hands over seedlings. One group were healers, the other group were people suffering from depression. The seedlings of the healers grew faster and thrived significantly better than the seedlings of the depressed persons. In a further test, the healers and the depressed people held containers of water to be given to the seedlings, and again the results were the same, with the seedlings watered with the water the healers had held growing faster and stronger.

The same proved true in another healing project involving mice. All the mice were given a dime sized wound on their backs and were divided into two groups. Each day the healers would hold Group A and the depressed people would hold Group B. After a week the wounds were precisely measured and it was found that the mice in Group A had healed markedly faster than those in Group B. These experiments prove that the power of the mind and thought cannot be discounted.

When Louis Pasteur presented his findings to the medical society he was ridiculed, for scientists could not believe germs and microbes existed and covered everything and were spreading disease. It took awhile before strict sanitary practices were enforced. Today new findings are still resisted.

(Continued on page 23.)

Life's Journey

BY CHRIS THOMAS, VIRGINIA
Center for Spiritual Enlightenment

I WAS BORN IN THE GARDEN OF EDEN

Before that fiasco with the apple. I found the weather bland, the foods unremarkable, the company limited.

And so I asked to be sent someplace better. I was sent to Utopia. I found the water cold, the air hot. The company quite complex.

And so I asked to be sent someplace better. I was sent to the Promised Land. I found the work hard, and the benefits terribly insufficient.

So I begged to be sent some place better. I was sent to this church. Here I've learned that we make our own happiness out of what we have. And that happiness is not so much getting what you want, but wanting what you've got.

TALKS AGAIN

In another church, they have a practice of giving witness or testimony. The way it works, is that people are welcome to stand and say a few words, then sit. In this particular church one day, a man stood up, cleared his throat, and seemed to be mumbling or breathing heavily or something. He stood for some time as if trying to get some words out, but he didn't say anything. The next week, the same man did the same thing, but this time, he repeatedly cleared his throat, and seemed to stutter some inaudible something. The next week, the same thing.

The church elders met after the service and talked about how to deal with him. Perhaps he was intoxicated. Perhaps he was making fun of the service or the other people who spoke. They resolved to say something to him if it happened again. The next week, the man rose and cleared his throat, and hemmed and hawed, and took deep breaths, and finally got out these words: "My friends, thank you so much for your support. The doctors told me I would never speak again. But because of your prayers I am able to talk again. Thank you SO, SO much."

He got what he wanted. He made his own happiness. We say that we make our own happiness or unhappiness as we obey or disobey Nature's Physical and Spiritual Laws. I've read that principle and heard reference to Natural Law, but what is the Natural Law we're supposed to obey? I found part of the answer with Emmet Fox.

THE COSMIC LAW

Fox says: "The great Law of the Universe is just this—that what you think in your mind you will produce in your experience. You can not think one thing and produce another...Whatever you give your attention to, is the thing that governs your life. Attention is the key. Whatever you steadfastly direct your attention to, will come into your life and dominate it. Take the Kingdom of God by storm. Our thoughts are things."

There is great wisdom in those words, but my experience was different. Good thoughts, behavior and especially good intentions, didn't always seem to reap the benefits promised by the Natural Law. Was I doing it right? I'd ask myself. *I was not getting what I wanted. I couldn't seem to make my own happiness with what I'd been given.*

Emmet Fox went on: "The Cosmic Law is impersonal and unchanging as the Law of Gravity; neither considering persons nor respecting institutions; without vengeance, but without pity. The Natural Law is like the Law of Gravity: it never sleeps, is never off duty, is never tired out, is neither compassionate nor vindictive."

So Fox assures me that the Laws are consistent and fair. And that they are not negotiable. Natural Laws don't make exceptions and are always working. One can't act badly and expect good results. Natural Laws will always work. If one thinks negative thoughts, they will have a negative experience, whether they like it or not.

Basically, Fox is saying, we have to accept gravity and recognize certain cause-effect relationships. And that we should accept and use gravity and the other parts of Natural Law. *We should want what we have and make our happiness within Natural Law.*

DOUBTS

But I've been through a lot—what, with the Garden of Eden, and all that. I want more proof I struggle with my own sense that I'm not following the Laws right; that my thoughts must not be very good. I find that my faith waxes and wanes. My faith is fragile and changing, because it's so hard for me to believe in the sun when it seems so dark. I am telling you how I deal with doubts and fears in the hopes that something I say will be helpful.

TO SCIENCE

As a "doubting Thomas," I only knew to look to science for proof and guarantees to bolster my faith. But is the scientific method the right tool to use to see God? We can't use a telescope to see what can't be seen. We can't use the giant arm on the space shuttle to grab what is intangible. We cannot count what is infinite. We cannot prove by science what is not science.

Science requires detachment, objectivity, and reduction of ideas into their parts, While the spiritual journey

(Continued on next page.)

requires involvement, subjectivity, and seeing the larger whole.

The fact that science and spirit are divergent is seen in the fact: That science could bring us the atom. But NOT the wisdom to use the atom wisely. Einstein said: "When science has answered every possible question about the planet Earth and even the physical universe, it will not have *begun to address* the fundamental issues of human life.

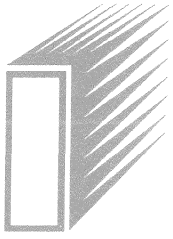
MY SPIRITUAL JOURNEY CONTINUES

Natural Laws are powerful; but science can't prove it. Now we've come face to face with paradox.

Than I found G. K. Chesterton who said: **"Paradox is Truth standing on its head trying to get your attention."**

I made great efforts to accept the paradox and mysteries of life and to have faith. I sought understanding, even enlightenment in eastern religions because of their handling of paradox and mystery. The Dao teaches: "A ray of light can be grasped, but not by the hands. Enlightenment can be attained, **but not by efforts.**"

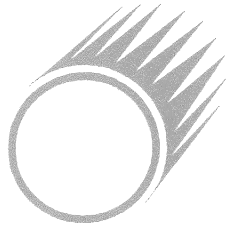
Many spiritual leaders over time have said it takes no effort to see the light. And it makes sense, because the spiritual journey does seem to take a different process than trying to prove things with science.



Not asleep when the sun rises: Consider Anthony deMello's books about a hypothetical Spiritual Master. A student asked the master, "Is there anything I can do to make myself enlightened?" The teacher said, "As little as you can do to make the sun rise in the morning." "Then of what use are the spiritual exercises you prescribe?" "To make sure you are not asleep when the sun begins to rise."

Wisdom in one minute: Another student asks the master: "Is there such a thing as One Minute Wisdom?" "Certainly," said the master. "But surely one minute is too brief?" "It is 59 seconds too long, because seeing comes in a flash."

But if it takes no effort and no time, how does one know for sure one has really arrived at enlightenment? If enlightenment is coherence and compliance with Natural Laws, then how do we know we are copacetic? Emmet Fox and others might say that we reach enlightenment, when we think we have. After all, whether we think we are wrong or right, we are correct. That is: If we think we have arrived, then we have. If we think we haven't arrived, then we haven't.



Need some authority to tell you that you've arrived at enlightenment? Once I prayed all weekend for a burning bush and all I got was a loud voice that seemed to come from heaven saying, "I'm not going to burn a bush every time someone asks me to. I like the bushes as they are." This voice went on to say: **You must realize you are to be your own surprise.** You shouldn't wait for miraculous proof or authorization to live and act. Natural Law **already** says you have authority, ability, and permission to be your own miracle. Natural Law says, you have authority as a human being to create your own happiness or unhappiness, and your own enlightenment or darkness.

So far it seems to say, that I make my own reality and I that I can do it in less than a minute. And it does not take any effort. **Natural Law sounds really** too easy to be reliable. This flies in the face of my scientific mind. But as I accept these mysteries as paradoxes, like I accept gravity, I approach reality and seem to have more faith and trust in Natural Law.

Hide in heart: A master became a legend in his lifetime. It was said that even God once sought his advice. God said, "I don't want to just give myself to people. I think they should have to find me. I've asked my angels where is the best place to hide? Some say the depth of the ocean. Others the top of the highest mountain. What do you suggest?" The Master said, "Hide in the human heart. That's the last place they will think to look."

Miracle: do God's will. Another man traversed land and sea to evaluate for himself whether the Master deserved his extraordinary fame. He was probably another doubting Thomas.

"What miracles have you worked?" he asked the Master. He answered, "In your land it is regarded as a miracle if God does someone's will. In our land it is regarded as a miracle if someone does the will of God."

Again, the lesson seems to be **wanting what we have.** And make our own happiness based on Natural Law with what we have. You might say, we should pray only for what God already has planned.

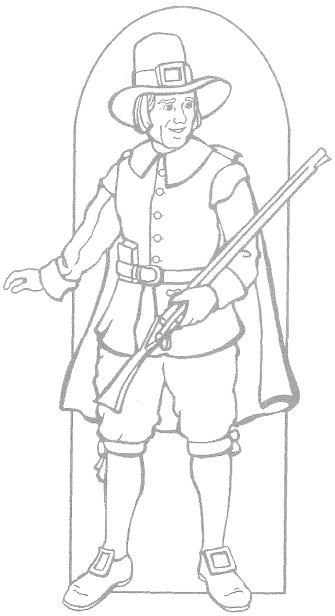
Yes, the Journey is important, and effort is important, but today, let us enjoy the benefits of all our accumulated effort. We have all reached some level of awareness and spiritual growth. Let's not feel inadequate because of the distance that seems to be ahead. Today, let us wallow in our enlightenment, being satisfied that we are exactly where God wants us to be.

The more we try to reach awareness by study and effort, the more we learn that awareness does not come from such work. God is not found through scientific methods. I have come to realize, that I am my own surprise, my own miracle. I already have the ability and permission to make my own happiness. And I can do it NOW, without effort, in an instant.

So If you hear me hemming and hawwing, and trying to say something, listen and you will hear me say, "Thank you for your support. Because of your prayers I am now able to say 'the weather is so delightful here, the food delicious, and the company, extra-ordinary. Thank you SO, SO much.'"

❋ ❋ ❋

INDEPENDENCE & RESPONSIBILITY



BY MARIE KOROM
Temple of Metaphysical Science,
Patchogue, New York



During this Thanksgiving season we remember the pilgrims who came to a new land so they could be independent. We are thankful for the abundance and freedom we have in America. But it was not without many battles that this freedom was won.

Have you ever thought of yourself as an independent entity? Of course you have. The tiniest baby seeks consolation for its own wants and needs. The desire to feed oneself and make decisions for oneself are for the most part, an innate force of human nature. But, this is not a simple process or achievement. In growing up we need others, we are dependent upon our parents or family for nourishment, shelter and knowledge. We are influenced very strongly by those around us, most closely by our nuclear family; and as we mature, our closest friends. Necessity dictates initial dependence. And so it is that the parental figure fills the bill and structures a child's mental attitudes in the beginning.

But then, as maturity develops, the child seeks its own identity, forming and wanting to express its own ideas. It is at this point that perhaps the greatest challenge begins. The parent who has assumed the role of caretaker and instructor is now beginning to lose control. The emerging adolescent seeks to establish its own identity and personality while the parent seeks to continue the protective, formative process. This is the battle stage of the revolution. Control must be gradually relinquished and independence not only condoned but ENCOURAGED.

Anyone who has lived through this stage I'm sure will agree that this is a very trying time. It is something every age wrestles with. To make this real-life transition easier it is important to be aware of and accept the fact that everyone's perception can be different. I said "can be" because it is possible to find someone who thinks basically the same as you do, but not very likely.

If a group of individuals were each given the same topic for a sermon, we would more than likely find ourselves receiving very different sermons, even though the theme was the same. This is because of different perceptions, and viewing the topic or situation from different points of view. Think about yourself for a brief moment. On a hot summer day if you were offered an icy beverage it might be very welcome. But if that same icy beverage were offered on a snowy December evening, your perception of it would be very different, probably opposite. The same person, you, with two different points of view, because of the surrounding circumstances, how confusing! Remember, that as spirits having a human experience, we must learn to deal with our thinking minds and emotional bodies.

So, if it seems easy enough to acknowledge the fact that others may see things differently than you do, and that depending on the situation, even that is changeable; then why do we still refer to the automobile driver who narrowly changed lanes in front of us with a derogatory term? Why? Because we are constantly experiencing "human moments" and forgetting that everyone has the right, the obligation, to formulate their own perceptions and accept responsibility for their actions.

This is a path of freedom and independence and that feels good. You also have to acknowledge and respect other's perceptions, and remember only you are responsible for your own actions and thoughts! You are responsible for what you do, say and think. That's a heavy load! There are no scapegoats! Well, now aren't you glad that you've decided to allow those you've nurtured to become independent? After all, you don't want the responsibility of their progression, do you?

Okay, we've narrowed it down and you are only responsible for your own actions and thoughts and words. How do you know how to make the right decisions? In the words of the Rev. Edna Claussen, "there is no right or wrong, only thinking makes it so." Think of life on earth as a learning

(Continued on page 23.)

DO I HAVE TO BE THANKFUL FOR EVERYTHING? *(Continued from page 3.)*

us that which we focus upon.

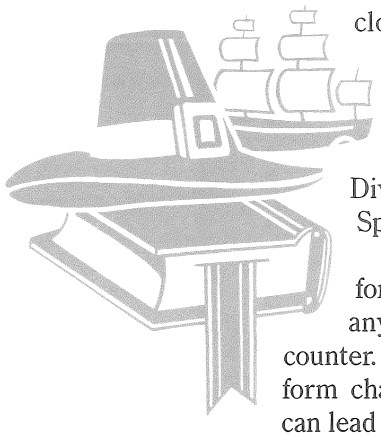
Life has its peaks and valleys so some days will be easy to hold our consciousness in an attitude of gratitude. Other days we will have to strive to remain aware that our mental creation results in our physical creation.

This reminds me of a story told by the Rev. Alma Reeves of Phoenix. Her granddaughter was having difficulty at school with another girl. Alma taught her to surround the other girl in a pink light. A couple of days later they talked and Alma's granddaughter was pleased because the situation was much improved. Then one day she called upset, "Grandma! Grandma! What do you do when your pink light turns red?"

Trusting a Universal Order means that all of life's events are working together for our good, not just the feel-good things, but for all things. Each day we have lots of red lights that touch our consciousness. So what do you do when you see red? Do you stop as you would at a red traffic light and regroup? Or do you charge like a bull? We always have a choice, a mental creation. We only have slight glimmerings of what is ahead, for we can never see the entire picture.

I remember a time on the freeway when someone cut in front of me while driving and then slowed down. There was traffic on the left so I was forced to remain behind the jerk and I was annoyed. Then everything came to a stop, there had been an accident just ahead. Had the Universe slowed me down so that I would not be in the area of the accident? Honor the red lights and be grateful for the seemingly inconsiderate soul the Universe puts in your pathway to help you. Send them a pink light and trust the lesson.

Divine Light, Infinite Intelligence, God (however you think of the Creator, the Higher Power) is the only reality and responds 100% to our desires, thoughts and prayers, in accordance to our ability to accept and receive. Really there is only love, but we accept and perceive life according to our mental creation and believe what we have created. Accepting and believing only love is so much more rewarding. We are co-creators through inspiration and consciousness. The Creator is always creating, always giving, and we are the receivers as we open or close our consciousness to receive the Divine Flow. Affirm: "I believe in the process and the blessings of life, because I know Divine Spirit is in control and Spirit loves me."



The Great Unseen's Love for us is more powerful than any situation we may encounter. This Great Light can transform challenges into opportunities, can lead us through all darkness into the light. Our responsibility is to open our hearts and minds and trust the Infinite Process. Be grateful for all life, for All is of God. ❋

"THANK YOU FOR THE FLOWERS" *(Continued from page 7.)*

"Here one sees Earth not through the eyes of ego or possessiveness, but through an understanding of what other spirits in physical clothing are going through," she said. "We learn to send them love, unconditional love. We do not judge. That's a predicament of physical life. I wish I had known such teachings while I was on your side."

"Spirit rescue, as you call it, is very important," said Iro. "There are many spirits caught between our two worlds—and they all have the common desire—they weren't ready to come over. It's not just suicides, or people suffering fatal catastrophic diseases, but those whose lives are terminated by war, famine, disasters, and such situations."

"On this side there are special guides, counselors, teachers, doctors, nurses who volunteer to work with spirits who fail to make the transition. Caught between the two worlds, one loses track of time. For instance, I had no idea it was five of your earth years before you helped me. There are many spirits who have been caught between the two worlds for many years. We are still receiving spirits from World War One, the Napoleonic Wars, the American Civil War, and even earlier."

"Urge your people to develop and train spirit rescuers. It is hard work but the insights one gets and the feeling of healing and satisfaction are great, as you well know, Bob."

Iro, works as a counselor helping newly arrived spirits who have been rescued. "Our old friend Iacovos, the newspaper publisher, was here and has gone on. He's still so busy." She laughed, and it brought back memories of a time long ago, when we reclined in the shade of the Crusader fortress at Kyrenia, swam and chased baby octopuses in the sparklingly clear Mediterranean, and picked and ate oranges in the garden at Nicosia.

Good memories of times long ago. But the best was that message given in circle: so simple, so meaningful, so welcome. "Thank you for the flowers." ❋



Positive Statements To Help Create a Positive Day.

Affirmations . . . NOVEMBER 2000

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Thank you, Great Spirit, for the Earth's beauty.	2 I continue to develop and open my awareness.	3 Spirit, in all life, is a living reality.	4 Divine Law is power, love and order.
5 Our spirit family comes to us through the vibration of love.	6 Continued growth requires continued commitment.	7 I feel spirits touch, and listen within for guidance.	8 Let us nurture and encourage imagination in our youth.	9 Have a concern? Release the fear, trust God, listen within.	10 Let all your words speak kindness and truth.	11 Loving service makes your soul expand.
12 The best thing to carry with you is a loving attitude.	13 Our desire and intention determines the quality of return.	14 A healer is a conduit for Divine Love. Love heals.	15 Life flows according to our consciousness.	16 Keep your life as simple as possible.	17 Smile and be friendly and others will do likewise.	18 Everyone has a valuable gift to give.
19 Spiritual development regenerates my soul.	20 It is exciting to see how God will work in our lives.	21 I connect with and respect my intuition.	22 When I quiet my mind, God's energy can heal me.	23 I am thankful for all my blessings, which I know come from God.	24 The core of my spirit is love.	25 Children have a natural curiosity about the Spiritual.
26 Dare your soul to go beyond what your eyes see.	27 Love desires the highest and best for others.	28 I sense the subtle energy flowing from others.	29 Recognize your oneness with Infinite Intelligence.	30 Take time each day to renew your spirit, to refresh your energy.		



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PFORTMILLER, Rev's, Gene and Sandra, NST, Comm. Healers, Certified Mediums, 3521 W. Topeka Dr., 85308-2325 - (623) 581-5544, e-mail: G2s2pfort@aol.com.

MESA

TISDALE, Rev. Janet, NST, Medium, Comm. Healer, private consultation. By appointment only, 6308 E Halifax, 85205 - (480) 250-8894.

• CALIFORNIA •

GLENCOE

PERUCH, Rev. Louise, NST, Comm. Healer, Certified Medium. Private consultation. By appt. only, 4504 Independence Rd., P.O. Box 310, 95232-0310 - (209) 293-4795.

HAYWARD

SMITH, Rev. Connie C., NST, 29060 BERKELEY RD., 94544 - (510) 784-1921.

LAFAYETTE

NAURATIL, Rev's. Betty and Don, NST, Certified Mediums, Comm. Healers, 1048 Via Roble, 94549 - (925) 283-1449.

LARKSPUR

THURMAN, Rev. Barbara, NST, Certified Medium, Comm. Healer, classes, consultations by appt., 200 Marina Vista Rd., 94939-2144 - Phone/fax: (415) 924-1106; e-mail: bthurman@earthlink.net.

LOOMIS

DAWSON, Rev. Sandra, NST, Certified Medium, classes, consultations by appt., 4800 Auburn Folsom Rd., #63, 95650-9328 - (916) 652-4568; e-mail: rdawson@jps.net.

MOUNTAIN VIEW

WARREN, Gladys, Certified Medium, 433 Sylvan Ave. #142, 94041 - (650) 968-6433.

SANTA BARBARA

COOK, Rev. Sandra, NST, Certified Medium, Comm. Healer, Classes, consultations by appt. - (805) 965-4474, e-mail: guide01@gte.net.

SANTA CLARA

PATTERSON, Aram, Comm. Healer, 2385 Hart Ave., 95050 - (408) 247-8458.

SAN FRANCISCO

ARNOTT, Rev. Wilma, NST, Certified Medium, Comm. Healer, 55 Woodhaven Crt., 94131-1128 - (415) 731-5660.

MALLIA, Rev. Rosemarie, NST, Certified Medium, Comm. Healer, 3806 19th St., 94114 - (415) 861-2948.

• COLORADO •

LITTLETON

HASKINS, Dorothy, Licentiate, Medium, 6457 So. Xenon St., 80127 - (303) 973-9995.

• CONNECTICUT •

EAST GRANBY

BARLOW, Joyce Caroline, Licentiate Minister, Certified Medium, classes, P.O. Box 873, 06026 - (860) 651-0507, e-mail: barlow1104@aol.com.

• FLORIDA •

CASSELBERRY

LERCH, Rev. Jeannie Kerr, NST, Certified Medium, Comm. Healer, classes, seminars, private consultations, 335 Piney Ridge Rd., 32707-3805 - (407) 834-5378, E-mail: lerch5378@aol.com.

DAYTONA BEACH

SIKORA, Rev. Arlene, NST, Certified Medium, Comm. Healer, private consultations, 2800 N. Atlantic Ave. #516, 32118 - (904) 228-3864.

OCALA

HAGER, Elaine S., NST, Licentiate Minister, Certified Medium, Comm. Healer, classes, seminars, private consultations, 9 Wood Ridge Dr., 34482 - (352) 873-1951.

ORLANDO

OTZELBERGER, Rev. E. Ann, NST, Certified Medium, Comm. Healer, seminars, private consultations, 4332 Woodlynne Lane, 32812 - (407) 826-0807, E-mail: revann@bellsouth.net.

• ILLINOIS •

CHICAGO

GROSS, Anna, Medium, 10930 Avenue M, 60617-6929 - (773) 734-1979.

• INDIANA •

GARY

JAMES, Rev. Jesse Jr., Medium, by appt. only, 1301 Pennsylvania St., 46407- (219) 885-0091.

TOUSANA, Mable, Certified Medium , by appt. only, 1421 Pennsylvania, 46407 - (219) 883-1635.

• IOWA •

CLINTON

HORSTMAN, Rev. Bonnie, NST, Medium, 1958 Glendale Rd., 52732 - (319) 242-8460.

HORSTMAN, Rev. Harvey, NST, Comm. Healer, Medium, 1958 Glendale Rd., 52732 - (319) 242-8460.

REED, Rev. Georgia Milton, Minister & Medium, 92 - 28th Ave. North, 52733-3191 - 1 (319) 243-9738.

DAVENPORT

BUCHHOLZ, Anita J., Licentiate & Medium, 1502 W. 7th St., 52802-1212 - (319) 326-3453.

BUCHHOLZ, Rev. William E., Medium and Comm. Healer, 806 E. Thirteenth St., 52803-4240 - (319) 326-3201.

• MAINE •

AUGUSTA

TRACY, Rev. Margaret M., Certified Medium, Comm. Healer, 27 North St., 04330-5007 - (207) 623-7264.

WALLACE, Earl L, Licentiate Minister, Certified Medium, Comm. Healer, 124 Spring St., Gardiner, 04345 - (207) 582-6745; e-mail: Godfreed@AOL.Com.

CANTON

SIGURDSSON, Rev. Rupert, NST, Comm. Healer, Rt. 1, Box 91, 04221 - (207) 597-2600, rupert@megalink.net.

GORHAM

HALDANE, Thomas B., Licentiate & Certified Medium, 32 Cumberland Lane Unit 5, 04038-1329 - (207) 839-4878.

• MARYLAND •

TAKOMA PARK

MEERSCHAERT, Rev. John, Certified Medium and Comm. Healer, private consultations by appointment, 8716 Bradford Rd., Apt. 5, 20901 - (301) 585-0261, e-mail: seesspirit@aol.com.

• MASSACHUSETTS •

LOWELL

WINGOOD, Rev. Kenneth, 300 Douglas Rd., 01852 - (978) 454-4163.

WORTHINGTON

SULLIVAN, Rev. John F., Pastor of First Spiritualist Church of Springfield, Certified Medium, Comm. Healer, classes, counseling, private consultations, public lectures, 26 Witt Hill Rd., P.O. Box 392, 01098 - (413) 238-4495; e-mail: jsulli1942@aol.com.

• MINNESOTA •

ROCHESTER

YOUNG, Rev. Joyce E., NST, Certified Medium, Comm. Healer, 4814 115 Ave. NW, Byron, 55920 - (507) 775-6358.

YOUNG, Rev. John E., NST, Certified Medium, Comm. Healer, 4814 115 Ave. NW, Byron, 55920 - (507) 775-6358.

• NEBRASKA •

BELLEVUE

CLARK, Rev. Wm. L., NST, Comm. Healer, Teacher; Private classes and consultations by appointment; P.O. Box 183, 68005-0183 - (402) 292-3197.

OMAHA

FANSLAU, Alace J., Licentiate Minister & Medium, consultations by appt., classes at Spiritual Science & Philosophy Church, NSAC, 321 Hascall Street (on So. 4), 68108-2121 - (402) 345-0101.

• NEVADA •

MINDEN

POTTER, Rev. Louis, Ordained Minister, Certified Medium; Pastor, Spiritualist Chapel of the Pines, Auburn, CA; P.O. Box 1657, 89423 - (775) 782-3108.

• NEW HAMPSHIRE •

SALEM

BAUMHOFF, Mary Lou, Certified Medium, P.O. Box 2223, 03079-1152 - (603) 898-8854, Fax (603) 893-3603.

• NEW YORK •

CLIFTON PARK

KRAMER, Rev. Hillary, NST, Certified Medium, 15 Huntwood Dr., 12065 - (518) 371-8975.

EAST AURORA

KLEINSCHMIDT, Rev. Charlene, NST, Certified Medium, 1071 Wish Circle, 14052-9656 - (716) 652-4972.

KLEINSCHMIDT, Albert C., Certified Medium, Comm. Healer, 1071 Wish Circle, 14052-9656 - (716) 652-4972.

ELMONT

RIVERA, Rev. Milagros G., Medium, Healer; Readings and Classes, 261 Elmont Rd., 11003 - (516) 354-1395.

FARMINGVILLE

LLOYD, Rev. Nancy A., NST, Certified Medium and Counselor (call or write for appointment); Mail: P.O. Box 7, 11738-0007 - (631) 736-1058.

HOLBROOK

BERG, Rev. Virginia, Pastor, A Sanctuary of Infinite Spirit, NSAC, 1280 Claas Ave., 11741-3902 - (516) 588-3150.

LILY DALE

BURDICK-CAREY, Rev. Beverly, Certified Medium, 13 3rd St.,P.O. Box 1087, 14752 - (716) 595-2205.

LONG ISLAND

SNELL, Rev. Catherine, NST, Certified Medium, by appt. only, 17 Ann Court, Kings Park, 11754-2001 - (623) 724-8025; csnell@hoflink.com .

TRAVIS, Rev. Janet, NST, 17 Ann Court, Kings Park, 11754-2001 - (623) 724-8025, jtravis@hoflink.com.

SCOTTSVILLE

FEATHERSONG, Elsie, Certified Medium, private readings by appt., public lectures and workshops, 220-3 Robert Quigley Dr., 14546-1011 - (716) 889-4434, E-Mail: Efeathersong@usa.net.

• TEXAS •

AUSTIN

BROWN, Mrs. Frances Cervin, Licentiate Minister and Certified Medium, 2723 S. Congress, Apt. 2309, 78704 - (512) 447-2188.

HAMNER, Rev. Dr. Jean, NST, Certified Medium, Comm. Healer, Pastor Angel of Light, P.O. Box 4001, 78765 - (512) 836-8829; Lectures, classes, circles, readings, workshops.

EDINBURG

MUSE, Rev. Evelyn, Minister, Certified Medium, NST, 1104 Susan Dr., 78539 - (512) 383-2510.

DALLAS

HANSON, Arthur E., Licentiate Minister and Healer, Rosie Lee, Licentiate Minister, 4653 Cedar Tone Dr., 75211-7723.

• UTAH •

ST. GEORGE

SAVAGE, Virginia, Licentiate Minister, Certified Medium, 1444 Basswood Way, 84790, (801) 634-9467. Summers: Box 1064, Lily Dale, NY 14752 - (716) 595-3046. Phone reading available.

• VIRGINIA •

ALEXANDRIA

KRITHADES, Rev. Christine, NST, 8725 Stockton Pkwy., 22308 - (703) 799-4774.

ARLINGTON

BATES, Virginia E., Licentiate Minister, 2716 N. Lexington St., 22207 - (703) 538-5164.

NORFOLK

CUTLER, Rev. Lelia E., NST, 7310 Midfield St., 23505-4126 - (757) 480-3799.

SPRINGFIELD

GEHMAN, Rev. B. Anne, Certified Medium, Comm. Healer, 5409 Backlick Woods Court, 22151 - (703) 354-5767.

VIENNA

STRANAHAN, Rev. Patricia, NST, 1717 Besley Rd., 22182 - (703) 242-8823.

• WASHINGTON •

BREMERTON

HICKS, Anne, Licentiate Minister of Church of Spiritual Unity, P.O. Box 4126 S. Colby, 98384 - (360) 876-9701.

SHAW, Maureen, Licentiate Minister of Church of Spiritual Unity, P.O. Box 4126 S. Colby, 98384 - (360) 876-9701.

SEATTLE

JOHANSON, Rev. Lillian, 4524 - 2nd Ave. N.E., 98105 - (206) 633-3438.

PEMBERTON, Rev. LaVerne, Ordained Minister of Church of Spiritual Unity, 3827 S. Mead, 98118 - (206) 722-2348.

TACOMA

WILLIAMS, Nicholas, Certified Medium, Comm. Healer, 2315 - 58th Ave. N.E., 98422 - (253) 927-8903.

• WEST VIRGINIA •

GREAT CACAPON

STARR, Rev. Barbara, NST, Comm. Healer, HCR 62, Box 148B, 25422 - (304) 258-4861.

WHEELING

GASBER, Rev. Velma, 104 N. Broadway St., 26003, Pastor of Way Memorial Temple - (304) 232-5795.

• CANADA •

MONTREAL, QUEBEC

ROSSNER, Rev. Dr. Marilyn, Ph.D., Pres./Pastor, Spiritual Science Fellowship, 1974 de Maisonneuve W., H3H 1K5 - (514) 937-8359.

DIRECTORY OF NSAC CHARTERED CHURCHES & AUXILIARIES

• ARIZONA •

PHOENIX - Chapel of the Sunflower, NSAC
Renate I. Baker, Secy., (480) 802-2768; Mailing address: 9142 E. Emerald Dr., Sun Lakes, 85248-0817; Sun. Serv. 2:00 p.m.; Development Classes Thurs. 7:00 p.m.; e-mail: revbaker@ix.netcom.com.

PHOENIX - Church of the Living Spirit, NSAC
2641 W. Union Hills Dr. (at the Wyndham Garden Hotel); Mailing address: 3521 W. Topeka, Glendale, 85308-2325; Co-Pastors, Rev. Gene & Rev. Sandra Pfortmiller, NST, (623) 581-5544; Sun. Serv. 10:30 a.m.; Tuesday Classes 7:30 p.m., call about location; Pres., Rev. Gene Pfortmiller.

PHOENIX - Harmony Chapel, NSAC
1522 W. Encanto Blvd., 85007-1203; Rev. Frank Staats, (602) 340-1939; Sun. Serv. 7:30 p.m.; Wed. Serv 7:30 p.m.; Thurs. Classes 7:30 p.m.; Sat. All Message Serv. 7:30 p.m.

• CALIFORNIA •

CALIFORNIA STATE SPIRITUALISTS' ASSOCIATION
Pres., Rev. Sandra Cook, (805) 965-4474; Secy., Evadell Sordelet, 5537 Whitney Ave., Carmichael, 95608, (916) 481-8729.

AUBURN - Spiritualist Chapel of the Pines
457 Grass Valley Hwy. #7; Mailing address: 461 Grass Valley Hwy., #19, 95603; Sun. Serv. 10:00 a.m.; Fri. All Message Serv. 7:00 p.m., except last Fri. of month; Pastor, Rev. Louis Potter; Pres., Pauline Conrad; Secy., JoAnna Gallo, (530) 823-1816; .

MONROVIA - The Spiritualist Church of Revelation
200 W. Colorado Blvd., 91016; Sun. Services 10:30 a.m.; Thur. night Healing Service 7:00 p.m. to 7:20 p.m., Message Serv. 7:30 p.m.; Pastor/Pres., Martin Pina; Secy., Rev. Toni Ervin; Info. Contact Teddie Harringer, (626) 791-9212; Church phone (626) 256-3403; Fax E-Mail: Greenry@Earthlink.Net.

REDWOOD CITY - Redwood Church of Spiritual Science, NSAC
149 Clinton St., 94062-1515; Sun. Serv. 11:00 a.m.; Pres., Jo Hodson, (650) 593-9696.

SACRAMENTO - Central Spiritualist Church, NSAC
2500 Marconi Ave., Suite 210, 95821-4855. Mailing Address: 4800 Auburn Folsom Rd., #63, Loomis, 95650-9328; Sun. Serv. 10:00 am.; Classes - first Tues. of the month 7:00 p.m., last Tues. of month Healing and All Message Serv. 7:00 p.m.; Pres., Denise E. Bell; Pastor and Secy., Rev. Sandra G. Dawson, NST., (916) 652-4568; e-mail: rdawson@jps.net.

SAN BERNARDINO - Temple of Spiritual Truth, NSAC
732 N. Sierra Way, 92402. Sun. Serv. & Healing 11:00 a.m.; Secy., Richard Patteson, 10939 Hole Ave., Riverside, 92505.

SAN FRANCISCO - The First Spiritual Temple, NSAC
672 South Van Ness Ave., 94110-1306 (between 17th & 18th); Sun. Serv., 2:00 p.m.; No weekday evening classes at this time; all correspondence to: Rev. Donald McFarland, Secy., 405 Sixth Ave. #3, 94118-3027.

SAN FRANCISCO - Golden Gate Spiritualist Church
1901 Franklin St. (Corner of Clay) 94109; Sunday, Lyceum 9:30 a.m., Sept. thru May; Healing 10:30 a.m., Devotional Serv. 11:00 a.m.; Student Service, Healing 6:00 p.m., Devotional Serv. 6:30 p.m.; Wed. Healing 7:30 p.m., Serv. 8:00 p.m., (415) 885-9976; Pastor, Rev. Donald Haddick, NST; Pres., Sonny B. Gee; Secy., Frances Richardson.

SAN FRANCISCO - San Francisco Spiritualist Society
1832 Buchanan (between Bush & Sutter); Church phone, (415) 927-2139; Sun. Serv., 6:00 p.m.; Pastor Rev. Barbara Thurman, (415) 924-1106; e-mail: sfspiritualist@yahoo.com; All mail to Secy., Rev. B. Thurman, 200 Marina Vista, Larkspur, 94939-2144.

SAN JOSE - The Spiritual Science of Life Church, NSAC
"The Friendly Church," 729 Morse Street, (Corner of Morse St. & Naglee), 95126; Sun. Serv. 6:30 p.m., 2nd & 4th Sunday; Pastor Rev. Louise Peruch, NST; 4504 Independence Rd., P.O. Box 310, Glencoe, 95232-0310, (209) 293-4795.

SAN LEANDRO - Spiritualist Church of Two Worlds
1550 San Leandro Blvd., (Deaf Comm. Center) 94577; Sun. Serv. Healing 10:30 a.m., Reg. Serv. 10:45 to 12:00; Co-Pastors, Rev.'s Betty and Don Nauratil, (925) 283-1449; Pres., Jean McFarlane, 816 Cary Dr., 94577, (510) 483-5630; All mail to Secy., Rev. Betty Nauratil, 1048 Via Roble, Lafayette, 94549-2925.

SANTA BARBARA - Summerland Spiritualist Church of The Comforter
1028 Garden St., 93101; (805) 965-4474; Pastor, Rev. Sandi Cook, NST, e-mail: guide01@GTE.Net; Sun. Healing Serv. 10:30 a.m., Devotional Serv. 11:00 a.m., Wed. Message Serv. 6:30 p.m., Unfoldment Classes Monday and Thursday evenings 7:00 p.m.;Call for information on the Rev. Foard Memorial Library.

• COLORADO •

LITTLETON - Chapel of Spiritual Awareness
Forte Music Academy of Music, The Market Place at Ken Caryl, 10143 W. Chatfield Ave., Suite 15, (303) 797-7227; Sun. Healing & Meditation Serv. 9:30 to 10:15; Worship Serv. 10:30 to 11:30; Spirit Greetings 11:30 to 12:00; Beginning Spiritual Awareness and Advanced Unfoldment Classes are offered; Licentiate Minister, Dorothy M. Haskins; Pastor, Patricia J. Haskins-Schott, (303) 973-9993; **All mail** to: 6457 S. Xenon St., 80127; Internet site: Go to www.spiritual-awareness.org.

• CONNECTICUT •

CONNECTICUT STATE SPIRITUALIST ASSOCIATION
Pres., Lynn Gaffin, 70 Dell Ave., B5, New London, 06320-3346; Secy., Verline Eldridge, 34 Starr St., Norwich, 06360.

NEW LONDON - New London Spiritualist Church
2 Moore Court, 06320; (860) 440-3150; Sun. Serv. 10:30 a.m., Thurs. All Message Service 7:30 p.m.; Pres., Susan Ferency, 2 Moore Ct., 06320; Secy., Lynn Gaffin, 70 Dell Ave., Apt. B5, 06320.

NEWINGTON - The Church of The Infinite Spirit
Masonic Temple, 80 Walsh Ave., 06111; Sun. Serv. 10:30 – 12:00 on Sept. 10 & 24, Oct. 15 & 29, Nov. 12 & 26, Dec. 3 & 17; Year 2001, Jan. 14 & 28, Feb. 11 & 25, Mar. 11 & 18, Apr. 15 & 29, May 6 & 20, June 10 & 24; Closed July & August; Pastor, Allen Noddin, 174 Daley St., Forestville, 06010, (860) 582-7385; Licentiate Minister, Joyce Barlow, P.O. Box 873, East Granby, 06026, (860) 651-0507; Pres., Mary Ann Noddin, 174 Daley St., Forestville, 06010, (860) 582-7385; Secy., Joan Wooster, 101 Leffingwell Ave., Waterbury, 06710, (203) 574-2017.

NIANTIC - Ladies Aid Society Camp at Pine Grove
June 13 - Sept. 12. Services, Sundays at 2:30, Tue., Thur., Sat. 7:30. For a program listing all Summer activities write to: Secy. Lynn Gaffin, 70 Dell Ave. #B5, New London, 06320-3346.

NORWICH - National Spiritualist Church of Norwich, Inc.
29 Park St. (off Main St.), 06360, (860) 886-8522; Secy., Sandra Morse.

OLD GREENWICH - Albertson Memorial Church Of Spiritualism
293 Sound Beach Ave., 06870; (203) 637-4615; Sun. Serv. 11:00 a.m., all welcome; Pastor, Rev. Melvin O. Smith.

STRATFORD - The Temple of Divine Truth, Inc., NSAC
Boothe Memorial Park; Serv. 6:00 p.m. on the 2nd & 4th Sat., Sept.-June.

WILLIMANTIC - The First Spiritualist Church of Willimantic
268 High St., 06226, (860) 423-5774; Sun. Serv. 10:30 a.m. Sept. thru May; service twice a month June, July, August. For more information, please call the church; Healing Service Thursdays at 7:30 p.m. Sept. thru May; in Summer a Healing Service is held on the Thursday after there has been a Sunday Service; Pastor, Joyce Orcutt, 133 Wales Rd., Andover, 06232, (860) 742-7846; Licentiate Minister, Clinton Cady, P.O. Box 67, 06226; Secy., Cynthia M. Snyder, 145-N Cemetery Rd., Plainfield, 06374, (860) 564-5976.

• DISTRICT OF COLUMBIA •

WASHINGTON - The Church of Two Worlds
3038 "Q" St., N.W., 20007; Sun. Healing 2:00 p.m., Serv. 2:30 p.m., (202) 333-5114; Pres., John Rothamel, Jr., (410) 590-9187; Secy., Robin Kitto (301) 563-6190.

• FLORIDA •

ORLANDO - Spiritualist Church of Awareness, NSAC
3210 N. Chickasaw Trail (P.O. Box 571043, 32857-1043), (407) 678-3688 Please leave message; Sun. Adult Lyceum 10:00 a.m., Sun. Serv. 10:30; Wed. Serv. 7:30 p.m.; Healing, Lecture, Messages at all services; Co-Pastor and Pres., Rev. Jean Kerr Lerch, NST, 335 Piney Ridge Rd., Casselberry, 32707-3805, (407) 834-5378; Co-Pastor and Treas., Rev. E. Ann Otzelberger, NST, (407) 826-0807; Secy., Stacy K. Davis, 10509 Jepson St., 32825-6606, (407) 658-7624.

• ILLINOIS •

ILLINOIS STATE SPIRITUALIST ASSOCIATION OF CHURCHES
Secy., Rik Kristinat, 920 N. Franklin St., Ste. 205, Chicago, 60610.

AURORA - Christabelle Spiritualist Church
Secy., Martha L. Witt, 1204 Game Farm Rd., Yorkville, 60560-1141, (630) 553-2517.

DIRECTORY OF CHURCHES, *(Continued from previous page.)*

BURNHAM - Puritan Spiritualist Church, NSAC
13906 Greenbay Ave., 60633-1614; Sun. Serv. 2:30 p.m.; Pastor, Anna Gross, 10930 Ave. "M", Chicago, 60617-6929; Secy., Rozanne Langreder, 3344 E. 186th St., Lansing, 60438, (708) 418-5157.

CHERRY VALLEY - Cherry Valley Spiritualist Camp, Inc.
8002 Service Rd., 61016 Rd., 61016, (815) 332-5359; Camp Season: June thru Sept., Nov. thru May; Serv.: First Sun. of each month at 1:00 p.m.; Pres., Arsenia Williams; Secy., Richard Taylor.

CHICAGO - The Church of The Spirit
2651 N. Central Park Ave., 60647-1101, (773) 489-5422; Chicago's Oldest Spiritualist Church; Sunday Family Worship - Healing 10:00 a.m., Worship Serv., 10:30 a.m.; Tues Dev. Class, 7:00 p.m.; Worship/Message Serv., Wed. 7:00 p.m.; Pastor, Ms. Marrice Coverson; Secy., Dr. Alan Tenczar.

CHICAGO - Spiritualist Church of Truth
6343 West Cuyler (1/2 block north of Irving Pk.) 60634; Serv. 2:45 p.m., Healing, Lecture, Messages every Sunday; Pres., Florence Heyward; Secy., Judith Galar, 4050 N. Oriole Ave., Norridge, 60706-1117, (708) 452-8754.

CHICAGO - Tucker Smith Washington Spiritualist Temple
6146 S. Ashland Ave., 60636, (312) 436-0366.

LE ROY - J. T. & E. J. Crumbaugh Spiritualist Church
102 S. Pearl St., 61752-0174, (309) 962-9076 (leave message); Lyceum 1:00 p.m., Healing/Meditation 2:00 p.m., Devotional/messages 2:30 every Sunday; Pres., Chuck Johnson, (309) 888-9393.

• INDIANA •

INDIANA STATE ASSOCIATION OF SPIRITUAL SCIENCE, NSAC
Secy., Hertha Comstock, P.O. Box 163, Roanoke, 46783-0163, (219) 672-2769; Pres., Rev. Jessie James, (219) 885-0091.

GARY - First Spiritualist Church, Inc., NSAC
2430 W. 11th Ave.; Serv. Sun. 3:00 p.m., Wed. 8:00 p.m.; Pastor & Pres., Rev. Jesse James, Jr., 1301 Pennsylvania St., 46407; Secy., Verillia Shaffer, P.O. Box 4278, 46404; Unfoldment Classes Sat. 1:00 to 4:00 p.m., Lyceum Sun. 3:00 p.m.; Jacqueline Crooms, 853 Grant St., 46403.

INDIANAPOLIS - New Dawn Spirit of Light Church, Inc., NSAC
3637 W. 10th St., 46222-3376; Sun. Healing Serv., 10:30 a.m., Church Serv., 11:30 a.m., Kid's Time 10:30-11:30 a.m.; Every 5th Sunday All Message Service, covered dish dinner; Pres. & Pastor, Mildred Schlagel, (317) 291-0799; Secy., Jacqueline A. Reeves, (317) 353-9252.

MICHIGAN CITY - Spiritual Science Church, NSAC, Inc.
314 W. Coolspring Ave., 46360, (219) 874-6002; Sun. Serv. 1:45 p.m.; Correspondence to: Pastor & Pres., Rev. Ruth Novak, 7008 W. U.S. 20 W., #77, Daphne Park, 46360, (219) 872-6621; Secy., Ms. Claudia Lord, 1312 Carriage Ct., Apt. 4B, Laporte, 46350.

• IOWA •

CLINTON - First Spiritualist Church
5416 - 6th Ave. So., P.O. Box 123, 52732-0123, (319) 243-3233; Sun. Worship and Message Serv. 10:30 a.m.; Sun. Adult Lyceum 9:30 a.m.; Dev. Class every Sat. at 7:00 p.m.; Church closed during months of July and August, open first Sun. after Labor Day; Pastor & Pres., Rev. Georgia Milton Reed, (319) 243-9738; Secy., Richard Turner, 229 - 20th Pl., 52732.

CLINTON - Mississippi Valley Spiritualist Assoc. Camp
P.O. Box 75, 52733-0075; 1999 Camp Season, July 10 thru August 21; Rev. Bonnie Horstman, Secy., NST, (319) 242-8460.

CLINTON - Sunflower Spiritualist Church
10 Mt. Pleasant Park; Mail to: P.O. Box 6, 52733-0006; Sun. Serv. at 10:30 a.m.; Co-Pastors, Rev. Harvey and Rev. Bonnie Horstman, NST; Secy., Mary Ellen Horstman.

DAVENPORT - Spiritualist Harmony Church
1429 W. Seventh St., 52802-1212, (319) 324-9659; Sun. Healing Serv. 1:30 p.m.; Worship & Message Serv. 2:00 p.m.; Lyceum Classes available; (Closed during July and August.); Pastor, Rev. William E. Buchholz, 806 E. 13th St., 52803-4240, (319) 326-3201; Secy., Pat Peck.

• MAINE •

MAINE STATE SPIRITUALIST ASSOCIATION OF CHURCHES
Pres., Graham Connolly, 25 Fessenden St., Portland, 04103, (207) 879-0424; Secy., Betty Simpson, R.R. #2 Box 5055, Carmel, 04419-9802, (207) 848-2273; Treas., Barbara Eckhardt, RR 1, Box 5, Belgrade, 04917, (207) 495-3810.

AUGUSTA - Augusta Spiritualist Church
P.O. Box 2492, 04338; Pastor, Earl L. Wallace; Secy., Patricia A. Wallace, 124 Spring St., Gardiner, 04345, (207) 582-6745; Sun. Serv. 10:30 a.m.; Thurs. Awareness Class 7:00 p.m.

BANGOR - The Harrison D. Barrett Memorial Church, NSAC
114-118 Harlow St., 04401, (under Lamb's Bookstore); Sun. Serv. 10:00 a.m.; Secy., Betty Simpson, R.R. #2 Box 5055, Carmel, 04419-9802, (207) 848-2273.

HARTFORD - Pinpoint of Light Spiritualist Camp
Mail address: R1, Box 91, Canton, 04221; Open July and August - Service, Seminars and Classes; Secy. Virginia Norris CH; Pastor, Rev. Rupert Sigurdsson, NST. For information, Phone and Fax (207) 597-2600; E-Mail: rupert@megalink.net.

HARTFORD - Pinpoint of Light Spiritualist Center
Mail address: R1, Box 91, Canton, 04221; Sun. Serv. 11:00 a.m.-12:30 p.m., followed by a potluck lunch; Classes Wed. and Fri. evenings 7:00-9:00 p.m.; Secy., Virginia Norris; Pastor, Rev. Rupert Sigurdsson, NST; For information, phone (207) 597-2600, E-Mail - rupert@megalink.net.

MADISON - Madison Spiritualist Camp
Located at Lakewood Village on Lake Wesserunsett, 6 miles north of Skowhegan on Rt. 201; mid July-mid Aug. - schedule to be announced. No accommodations for rooms, camping or meals - all available nearby. For information: Pres., John Davidson, 74 Central Ave., Waterville, 04901, (207) 877-2204 or Secy., Dorothy Dee, 34 Burns St., Fairfield, 04937; e-mail jdavidson@wtvl.net.

NORTHPORT - Temple Heights Spiritual Camp Assoc.
Shore Road, Northport on Penobscot Bay; Camp session is from mid-June through Labor Day. A different featured medium each week. Services at 7:30 p.m. Sun., Tues., Thur. and Friday; Message Service 7:30 p.m., Wed. and Sat; Workshops Saturday mornings. Accommodations and kitchen privileges available. For a program or information: (207) 338-3029, P.O. Box 311, Lincolnville, 04849-0031.

NORTHPORT - Temple Heights Spiritualist Church
Shore Road, Northport; Services 2:30 p.m. Sundays at Temple Heights Spiritual Camp from May to October and at Excelsior Lodge on the Shore Road, Saturday Cove, Northport from Nov. to April; (207) 338-3029; Pres, Jean E. Bower, 159 Northport Ave., Belfast, 04915, (207) 338-1355; Secy., Carol A. Fricke.

PORTLAND AREA - Portland Spiritualist Church
719 Main St., (Unitarian Universalist Church), Westbrook; Mailing Address: P.O. Box 6551 PTS, 04102; Sun. Serv. 6:30 p.m.; Fri. Class 7:30 p.m.; Pres., Michael Carter, (207) 797-2039.

• MASSACHUSETTS •

MEDFORD - Medford Spiritualist Church, NSAC, Chapel of Peace
Sunday Services held at the Unitarian Universalist Church, 147 High St., 02155; Services at 5:00 p.m., Healing Lecture and Messages; Summer Services run from June to end of August: Held on Tues. Evenings at 7:30 p.m.; For Info. call Acting Pastor/Treas., Sandra Millen, 103 Columbus Ave., Salem, 01970, (978) 744-0546, or Carol Wendell, (781) 396-0900.

ONSET - On-I-Set Wigwam Co-Workers Spiritualist Camp
Season opens June 4th till Labor Day; Camp phone (508) 291-0073; Sun. Serv. 2 p.m.; Wed. Open Class 6 p.m. & Service 7:30 p.m.; Mediums Day's - Message Circles - Workshops/Seminars scheduled; Secy., Rev. Susan Ferency, 2 Moore Ct., New London, CT 06320, (860) 439-1395. Prior to season call or write for a full program.

SALEM - First Spiritualist Church of Salem
34 Warren St., 01970; Sun. Early Serv. 5:30-6:00 p.m.; Lunch break 6:00-6:30 p.m., Healing & Evening Serv. 6:30-8:00 p.m.; Telephone for weather cancellations, (978) 745-2098; Church season is Sun. after Labor Day - last Sun. in June; Pres., Dorothy Thurlow, 169 Bachelor St., W. Newbury, 01985, (978) 363-2009; Secy., Nancy L. Karolides, 144 Boston St., Middleton, 01949, (978) 774-4048.

REHOBOTH - First Spiritualist Church of Brockton, Inc., NSAC
Agawam Grange Hall, Junction of Routes 44 & 118, (12 min. from Providence, RI); Mailing address, P.O. Box 206, Swansea, 02777-0206; Healing, Worship & Message Serv. Sun. 10:30 a.m.; Unfoldment Classes Sun. after lite lunch 1:00 p.m., Sept. through May; Medium Day's - Message Circles - Workshops/Seminars scheduled, consult the Web: www.homestead.com/spiritualist/fscbrockton.html; Secy., David Springer, (508) 646-0968, e-mail: dbspring@earthlink.com.

SPRINGFIELD - The First Spiritualist Church of Springfield, Inc.
33-37 Bliss St., 01105, (413) 732-1234; Worship Serv., 2nd Sun. after Labor Day until last Sun. in June at 10:30 a.m.; Development classes, Tues. & Thurs. at 7:30 p.m.; Pastor, Rev. John F. Sullivan, 26 Witt Hill Rd., P.O. Box 392, Worthington, 01098 - (413) 238-4495, e-mail: jsulli1942@aol.com; Pres., Paul D'Angelo, 87 Paderewski St., Chicopee 01013, (413) 592-5659, e-mail: D'Angelo@universalplastics.com;

Secy., Denise St. Pierre, P.O. Box 392, Worthington, 01098, (413) 238-4495, e-mail: Denise1957@aol.com; church website: www.community.masslive.com/cc/Spiritualist.

• MICHIGAN •

MICHIGAN STATE SPIRITUALIST ASSOC. OF CHURCHES
Pres., Marcia Hyatt, 4161 Buckingham, Detroit, 48224-3538; Secy., Marjorie Elaine Weichner, 8022 W. Chain Lake Rd., P.O. Box 89, South Branch, 48761-0089, (517) 257-4133.

CHARLEVOIX - The Golden Rule Spiritualist Church
(Bayshore) 07444 US Old 31 N, 49720-9422, (616) 347-3899.

CHARLEVOIX - Northern Lake Michigan Spiritualist Camp
(Bayshore) 07444 US Old 31 N, 49720-9422, (616) 347-3899.

DETROIT - First Spiritualist Temple of Detroit
4161 Buckingham, 48224-3538.

LESLIE - Flower Memorial Spiritualist Church
West Bellevue at High St.; Sun. Lyceum 11:00 a.m., Church Serv. 10:45 a.m.; Pres., Timothy Weichner; Secy., Mary Ellen Weichner, 149 Vicary Rd., 49251-9746, (517) 589-9861.

OXFORD - Spirit of Harmony Chapel, NSAC
340 North Lapeer Rd., 48371; (810) 814-9172.

ROYAL OAK - First Spiritual Temple
3224 Greenfield Rd. (1 1/2 blocks So. of 13 Mile), 48073-6534; Sun. Serv. 10:00 a.m. & 7:00 p.m.; Pastor, Rev. Stanley Gutt, (248) 548-2240.

SOUTH BRANCH - Chain Lake Spiritualist Camp Association
8000 W. Chain Lake Rd., 48761-0089; Sun. Serv. 11:00 a.m., June 20, 1999 through Sept. 5, 1999; Annual Retreat July 9-14, 2000; Lyceum Supt., Dawn Hyatt; Pres., Donald Weichner, 8022 W. Chain Lake Rd., P.O. Box 89, 48761-0089; Secy., M. Elaine Weichner, 8022 W. Chain Lake Rd., P.O. Box 89, 48761-0089, (517) 257-4133.

• MINNESOTA •

MINNEAPOLIS - Second Spiritualist Church
2230 Lyndale Ave. N.; Sun. Serv. 10:30 a.m.; Secy's., Chrissy & Melanie; Pres., Beth, P.O. Box 6115, 55406, (612) 529-0781.

MINNEAPOLIS - Spirit of Life Spiritualist Church
Services at Lake Harriet Community Church Bldg. at 4401 Upton Ave. S., 55410; (612) 572-8940.

ROCHESTER - Third Spirit of Life Spiritualist Church
Services Mon., 7:00 p.m., in the Unity Church building, 911 11th Ave. NW; Pastors, Rev. Joyce E. Young, NST, and Rev. John E. Young, NST; Secy., (507) 775-6358; Mailing address, P.O. Box 7312, 55903.

ST. PAUL - Spiritual Science Church
411 Main St., 55102; Sun. Serv. 10:00 a.m.; Pres., Joan LeDuc, 2169 Scheffer Ave., 55116, (612) 255-4609 (church) or (612) 699-4858 (home); Secy., Maureen Florés, c/o 2169 Scheffer Ave., 55116-1255.

• MISSOURI •

ST. LOUIS - Fifth Spiritualist Church
6026 S. Kingshighway Blvd., 63109-3558; Sun. Serv. 10:30 a.m.; Healing, Meditation & All Message Service, 1st Wed. of the month at 7:00 p.m.; Student Minister/Pastor, Toye E. Stinson, 566 Old Highway 100, Villa Ridge, 63089, (636) 451-2838; Secy., Rev. Brenda Wittich, 3903 Connecticut St., 63116-3905, (314) 773-0106.

• NEBRASKA •

OMAHA - Spiritual Science & Philosophy Church, NSAC
321 Hascall St., 68108-2121; Sun. Serv. 11:00 a.m.; Sunday Philosophy Class Noon when scheduled; Pastor & Secy., Alace Jayne Fanslau, 321 Hascall St., 68108-2121, (402) 345-0101.

• NEVADA •

LAS VEGAS - Spiritualist Desert Church, NSAC
953 E. Sahara Ave., Commercial Arts Bldg. #D-12, 89104; Mailing address: Box 82134, 89180-2134; Tel. or Fax (702) 257-7506; Sunday Serv. 11:00 a.m. & 7:00 p.m.; Healing & Meditation Serv. Wed. 7:00 p.m.; Classes available; Pastor, Rev. Catherine Stewart, NST; Secy., Nancy Noble.

• NEW HAMPSHIRE •

SALEM - The Church of Spiritual Life, Inc.
Masonic Hall, 109 Main St., Rt. 97; Mailing address: P.O. Box 414, Nutting Lake, 01865; Year Round Services; Regular Sunday Service 10:30 a.m.; Wed. classes p.m. call; Pastor, Rev. Kenneth Wingood, (978) 454-4163; Secy., Stephanie Frobese, (978) 851-6592.

• NEW JERSEY •

MERCHANTVILLE - Stow Memorial Foundation
Robert Egby, P.O. Box 339, Westville, 08093.

WESTVILLE - Church of Eternal Life
243 W. Olive & Folsom Sts., 08093, (609) 456-2196; Sun. Serv. 11:00 a.m.; Pastor, Lillian Joyce, 405 Binker Ave., Berlin, 08009, (609) 767-1651; Pres., Joyce Smith, 209 W. Madison Ave., Magnolia, 08049, (609) 627-6977; Secy., Kathleen Pollack, Heatherwood Box 537-A, Thorofare, 08086, (856) 848-7053.

• NEW YORK •

ALBANY - Capital District Spiritualist Center
c/o Robinson, 106 Lorraine Ave., Schenectady, 12304.

BINGHAMTON - First National Spiritualist Church
97 Riverside Dr., 13905.

CLIFTON PARK - Spiritualist Open Center
Pastor, Rev. Hillary Kramer, NST, 15 Huntwood Dr., 12065, (518) 371-8975.

EAST AURORA - First Spiritualist Temple
29 Temple Pl., 14052, (716) 652-5018; Sun. Healing Service; Lecture and Message Service; Social Hour; Dinner Day 3rd Sun. of month followed by Circles or All Message Service; Secy., Barbara Kellerman (716) 549-1063.

LILY DALE - Lily Dale Assembly
5 Melrose Park, 14752, (716) 595-8721, Fax (716) 595-2442; Office Hours, Sept.-June, M-F, 10 a.m.-2 p.m; June-Aug, M-F, 9 a.m.-4p.m., Sat. 9 a.m.-12 Noon, closed Sunday; Camp Season: Last Friday in June to day before Labor Day; contact Lillian F. Farnham, Secretary.

LILY DALE - Lily Dale Spiritualist Church
Sun. Serv. 10:30 a.m.; Healing & Message Serv. each Wed. 7:30 p.m.; Pres., Betty C. Schultz, (716) 595-3304; Secy., Sueanna Vollmar.

LONG ISLAND - A Sanctuary of Infinite Spirit, Inc., NSAC
Healing & Worship Service, Sun. 11:00 a.m. at the Smithtown Masonic Temple, 34 River Road, Smithtown, NY; Pastor, Rev. Virginia Berg, (516) 588-3150; Asst. Pastor, Rev. Nancy Lloyd, (516) 736-1058; Mailing address: 1280 Claas Ave., Holbrook, 11741-3902.

LONG ISLAND - New Horizon Spiritualist Church, Inc.
261 Elmont Rd., Elmont, 11003, (516) 354-1395; Services every other Sunday at 2:00 p.m.; Development Classes, Wed 8:00 p.m.; Pastor, Rev. Milagros G. Rivera; Pres., Dorothy Chusid.

LONG ISLAND - Temple of Metaphysical Science, NSAC
15 Oak St., Patchogue, 11772; Sun. Serv.: Healing and Worship 11:00 a.m.; Pastor, Rev. Catherine Snell, NST; Asst. Pastor, Rev. Janet Travis, NST, (631) 366-2422; Mailing address, Mr. Edward Freidlein, Corresponding Secy., P.O. Box 1150, West Babylon, 11704, e-mail: TMS@hoflink.com; http://www.TMS-Li.org.

ROCHESTER - Plymouth Spiritualist Church
Meets at Days Inn, 384 East Ave., (716) 234-2362; Sun. Serv. 10:30 a.m.; Pres., Robin Salerno, (716) 265-1573; Pastor, Cheryl Miner, (315) 524-0082. Mailing address: P.O. Box 180, Ontario Center, 14520-0154.

• OHIO •

OHIO STATE SPIRITUALIST ASSOCIATION
P.O. Box 5, Ashley, 43003.

ASHLEY - Ashley Spiritualist Camp Association
Wooley Park Drive, P.O. Box 277, 43003; Secy., Nikki DeWitt, (740) 747-3825, e-mail: www.members.Tripod.com/ashleycamp..

ASHTABULA - First Spiritualist Church
4230 Main Ave.; Sun Serv., 2:00 p.m., Healing & Clairvoyance; **TELEPHONE FOR WEATHER CANCELLATIONS** (440) 293-7056; Pres., Charles J. Benes, 8513 Creek Rd., Williamsfield, 44093, Secy.-Treas., Dorothy A. Benes; Services are held starting with the 2nd Sunday in September and continue through the last Sunday in May. The Church Book Shop is open every Sunday. Church is not in session during June, July, and August.

COLUMBUS - First Spiritualist Church of Linden
1751 Aberdeen Ave., 43211; Pastor, Rev. Neil C. Griffen; Secy., Carl Duffey, (614) 263-1631; Services, Sun. Morn. - Lyceum 9:30 a.m., Lecture Serv. 10:30 a.m.

COLUMBUS - Spiritualist Church of Spirit Revelation
1081 E. Weber Rd., 43211.

DAYTON - The Church of Two Worlds, NSAC
611 Watervliet Ave., 45420, (513) 256-2129.

MARION - Memorial Spiritualist Church
667 Henry St., 43302-6137; (614) 387-8887.

• OKLAHOMA •

OKLAHOMA CITY - Central Spiritualist Church
2348 N.W. 36th St., Sun. Serv. 2:30 p.m.; Lyceum Sun. 1:00 p.m.; Pastor, Juanita Oyer; Pres., Charlotte Griffin, 1306 S.W. 38; Secy., Juanita R. Oyer, 6216 S.E. 10th St., 73110, (405) 732-7975.

DIRECTORY OF CHURCHES, *(Continued from previous page.)*

• PENNSYLVANIA •

ALLENTOWN - Getter Memorial, NSAC
1123 Oak St., 18102; (610) 434-3454.

McKEESPORT - First Spiritualist Church
809 Locust St., 15132, (412) 672-1272; Sun. Serv. 2:00 p.m., Healing, Lecture and Messages; Pres., Ella Bryner, 501 Pirl St., Apt. 4-M, 15132, (673-7880; Vice Pres., Frances Krall, 582 Upston St., Port Vue, 15132, (412) 687-2091; Secy., Carol O'Hare-Perella, P.O. Box 1981, Pittsburgh, 15230-1981.

PHILADELPHIA - Second Spiritualist Church
423 S. Broad St., 19147, (215) 735-9630; Lyceum Sun. 4:30 p.m.; Healing and Worship Service 5:30 p.m.; Wed. all message, 7:45 p.m.; Pastor, John E. Faison, Sr.; Co-Pastor, Betty Hutt; Secy., Gladys M. Faison, 2118 N. Natrona St., 19121, (215) 232-9219.

• TEXAS •

TEXAS SPIRITUALIST ASSOCIATION
Executive Offices: 5213 Chestnut Lane, Bellaire, 77401.

AUSTIN - Angels of Light Spiritualist Church
9704 Chukar Circle, chapel walkway to the right; Devotional, Healing & Message Serv. Sundays 2:00 p.m.; Adult Lyceum Sundays 3:30 p.m.; Pastor/Secy., Rev. Jean Hamner, P.O. Box 4001, 78765, (512) 836-8829.

AUSTIN - First Spiritualist Church
4200 Ave. "D", 78751, (512) 458-3987; Devotional, healing & message service every Sunday at 10:00 a.m.; Pres., Tom Denney; Corr. Secy., Beth P. Fitzherbert.

CAMERON - First Spiritualist Church
802 S. College Ave., P.O. Box 1152, 76520; Sun. Serv. 10:30 a.m.; Lunch 12:00; Second Service 1:00 p.m.; Third Sun. of each month; Pastors, Mrs. Frances Brown, Licentiate & Medium, 2723 S. Congress, Apt. #2311, Austin 78704, (512) 447-2188, and Rev. Evelyn Muse, NST, 1104 Susan Dr., Edinburg, 78539, (512) 383-2510; Secy.-Treas., Verna Hentz, 406 E. 7th St., (254) 697-3912.

DALLAS - Second Spiritualist Church, NSAC
13610 Midway Rd., Suite 212; Devotional, Healing and Message Serv., 2nd and fourth Sundays at 2:00 p.m.; Class/Circle following from 4:00 to 6:00 p.m.; Pres., Ann Council; Secy./Treas., Billie Jane Orrell, 1221 Willow Creek Dr., Lancaster, 75146-1311, (972) 218-7220, e-mail: bjorrell@mindspring.com; Student Pastor, Robert Croteau, 1318 Guilford St., Garland, 75040, (972) 675-9080.

GALVESTON - Science Of Serenity Church, NSAC
2323 Avenue "N", 77551; Pastor, Martha L. Garrett; Secy., Douglas Smith.

HOUSTON - First Church Of Divine Science
2115 Turner St., 77009.

HOUSTON - Church Of Divine Spirit
8010 Wier, #1, 77093-6138.

SAN ANTONIO - Louise Scholtz Memorial Chapel, NSAC
1627 Pan Am Express Way No.; Sun. Serv. 10:30 a.m. to 11:30 a.m.; Pastor, Garrett H. Scholtz; Secy., Mardi Gallaway, 1615 Pan Am Express Way, Apt. #3, 78208-1143, (210) 226-9545; Treas., Elizabeth Dolyak, 19211 Sandyglen, 78240, (210) 641-6589.

TAYLOR - First Church of Psychic Science, NSAC
1300 W. 4th & Ferguson, P.O. Box 1113, 76574; (512) 251-5425.

• VIRGINIA •

FALLS CHURCH - Center for Spiritual Enlightenment, NSAC
222 No. Washington St., 22046 (at the Women's Club), (703) 242-8823; Healing Service each Sunday 10:00 a.m., followed by Worship Service at 10:30 a.m., September through June; Pastor, Rev. B. Anne Gehman; Pres., Wayne Knoll; Secy., Rita O'Connor, 8334 Idylwood Rd., Vienna, 22182, (703) 204-2821; e-mail: finder@cais.com.

NORFOLK - The Memorial Spiritualist Church, NSAC
307 W. 37th St., 23508, (757) 622-5070; Service held on Sundays at 11:00 a.m. and 7:30 p.m.; Wed. at 7:30 p.m.; Healing available at 7:00 p.m. Sun. and Wed.; Pres., Carol A. Brown; Secy., Rev. Lelia E. Cutler, NST; Lyceum Director, Beth Yates.

• WASHINGTON •

DES MOINES - Church of Divine Grace, NSAC (www.DivineGrace.org)
Services held on Sunday at 6:00 p.m. at Des Moines Masonic Temple, 2208 S. 223rd St.; All Correspondence to 22246 24th Ave. S., #M97, 98198, (206) 824-7454; e-mail: Info@divinegrace.org.; Pres., Jan Piepgrass; Secy., Lezlie Deuchress.

MILTON - Camp Edgewood, NSAC Assoc.
1228 - 26th Ave. Ct., 98354; all mail to P.O. Box 1587, 98354, Tel. (253) 927-2050, Fax (253) 927-7531; Pres., Anne Larson, (253) 474-8052; Secy., Marian Mecham, (425) 741-2618, 5827 - 148th St. S.W., Edmonds, 98026.

MILTON - Church of Spiritual Unity, NSAC
Camp Edgewood - Church Serv. Sundays, 11:00 a.m.; Pastor, Rev. LaVerne Pemberton, (206) 722-2348; Pres., Colleen Mohler, 1210 - 26th Ave. Ct., 98354, (253) 927-2365; Secy., Judi Johnson, (253) 535-2448.

TACOMA - Church of Spiritual Truth, NSAC
307 S. 34th, 98408; Wed. Serv., 7:00 p.m.; Pastor, Rev. Lillian Johanson; Pres., David Chapman, Sr.; Secy, Denice Chapman, P.O. Box 646, Milton, 98354.

• WEST VIRGINIA •

WHEELING - First Spiritualist Association
(Way Memorial Temple) Broadway & Maryland Sts., (304) 233-5065.

• WISCONSIN •

WEST ALLIS - First Psychic Science Church of West Allis
6228 W. Washington St., 53214; Sun. Healing & Worship Serv. 10:30 a.m.; Pastor, Rev. Pamla Ashlay, (414) 545-7650; Pres., Manila Kochanski, W1371 Hwy. O, Oconomowoc, 53066, (920) 474-7332.

WONEWOC - West Wisconsin Spiritualist Camp Association
304 Hill St., 53968, (608) 464-7770; (Near WI Dells); Please call Roland Berger for pre-season information, (608) 274-8845.

• CANADA •

BRITTEN MEMORIAL CHURCH OF CANADA
657 Lansdome Ave., Toronto, Ontario, M6H 3Y2.

THE CHURCH OF UNIVERSAL LOVE
118 Finch Ave. West, Willowdale, On., M2M 2H9 - (416) 730-8988; DIVINE SERVICE Sun. 10:30 a.m., Tues. Open Development Circle 7:00 p.m., Wed. Healing & Messages 8:00 p.m., Fri. Open Meditation Circle 7:30 p.m.; Pastor, Marilyn Gaitskell.

THE FELLOWSHIP OF SPIRITUALISTS CHURCH
81 Gladstone Avenue, Valleyview Community Centre, Oshawa, Ontario L1J 4E4; Sun. Evening Serv. 7:00 p.m.; Meditation after 1st Sunday of the month evening Service; Spiritual Healing after all other Sunday Services; Pastor, Rev. Alva Folkes, (905) 725-3737.

THE FIRST SPIRITUAL CHURCH OF MONTREAL
2186 St. Catherine St. West, Montreal, Quebec, H3H 1M7; English Serv. - Sun. 2:00 p.m. & Wed. 7:30 p.m.; French Serv. - Sun. 4:30 pm., 2nd & 4th Wed. 7:30 p.m; Rev. Mary Amato, Minister, (514) 365-0661.

THE FIRST SPIRITUALIST CHURCH OF GALT
72 Grand Avenue North, Cambridge, Ontario, N1S 2K9, (519) 622-7177; Pastor, Rev. Ed Kenning; Asst. Pastor, Karen Charles; Sun. Serv.: Healing 2:30 p.m., Devotional 3:00 p.m.; Summer (June, July, August): Healing 6:30 p.m., Devotional 7:00 p.m.; Meditation, healing and message circle, Wed. 7:00 p.m.; Development Classes available.

SPIRITUAL SCIENCE FELLOWSHIP
Office: 1974 de Maisonneuve W., Montreal, QC H3H 1K5, (514) 937-8359, Fax (514) 937-5380; Location: Days Inn, 1005 Guy St., Montreal; Sun. Serv. 7:30 p.m.; Mid-Week Serv. Thurs. 7:30 p.m.; Classes, Workshops, Teas, Meditation, Conferences, Discussion Groups, Spiritual Healing, Message Circles, Visiting Mediums; Pres./Pastor, Rev. Dr. Marilyn Rossner.

SPRINGDALE CHURCH, TORONTO
30 Merritt Rd., Toronto, Ontario M4B 3K5; Sun. Serv. 3:00 p.m. Spiritual Healing & Messages, 7:00 p.m. Address and Spirit Messages; Tues., 7:00 p.m. Spiritual Healing, Clairvoyant Messages; Thurs. 7:00 p.m. Spiritual Healing and Open Development Circle; Pastor, Rev. Doreen Bauld, (416) 759-3958.

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National Spiritualist Association of Churches
P.O. Box 217, 13 Cottage Row
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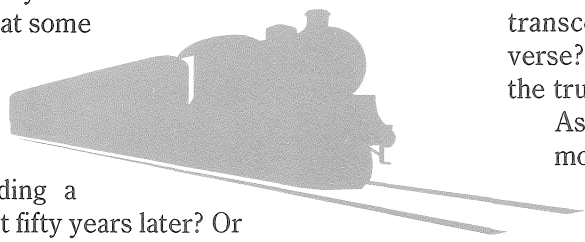
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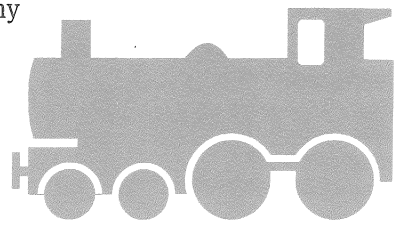
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ACCEPTING PROGRESS *(Continued from page 9.)*

There are so many things that are around us, but cannot be seen. Today we have x-rays, sound waves, short waves, microwaves, and of course electricity. We don't know exactly how they work, but we readily accept the fact that we can see our insides, heat our food in seconds, listen to music that was performed decades ago and spend our evenings not with dim candlelight, but with bright light that simulates sunshine and lengthens our days. If we can accept all these marvels, why can't we also recognize the fact that some of us can communicate with the Spirit World? Is that any more far fetched than recording a voice and replaying it fifty years later? Or how about capturing images and watching World War II unfold right in your living room?



Our brains have been compared to another modern miracle, the computer—although it is said a person only uses ten percent of their brain. At this point in time, the mind is largely unchartered territory. There are many secrets yet to be investigated. Thought can alter the physical body as has been proved by biofeedback. Can they also transcend the universe? Will we hide from the truth, or choose to be enlightened?



As the twenty first century progresses, I believe many more mysteries of the mind will be uncovered and humanity will realize the power of thought and its potential. Then spiritual awareness will increase and we will be able to utilize abilities which lay dormant, waiting to be developed. We will become the whole human being we were meant to be. ❋



INDEPENDENCE & RESPONSIBILITY *(Continued from page 12.)*

experience. It rarely goes smoothly, at least not for any length of time, and it is constantly changing. So when you get to a juncture where a decision has to be made, make your choice with love and TRUST that the best will come of it. Some choices teach us lessons more easily than others, but all choices teach us lessons. Almost harder than making your own choices is watching someone else choose the harder lessons in life and not being able to help them find the easier path.

We are indeed separate droplets in a Sea of Unity. Like the United States, you've earned your independence. Allow others their independence. Accept responsibility for your choices and when you face your final curtain you will be able to adopt the words sung by Frank Sinatra and proudly declare,

"'I've lived a life that's full.
I've traveled each and ev'ry highway,-
But more, much more than this,
I did it my way,

Regrets, I've had a few;
But then again, too few to mention.
I did what I had to do
And saw it through without exemption.

I planned each charted course;
Each careful step along the byway,
But more, much more than this,
I did it my way!"

❋ ❋ ❋

The Stages Of Life

BY ELIZABETH HARRIS, DSNU, CANADA

All the world's a stage, And all the men and women merely players;
They have their exits and their entrances;
And one man in his time plays many parts, His acts being seven ages.
- Shakespeare (*As You Like It*)

There comes a time when one feels compelled to contemplate earthly life—this "learning experience" of our limitless life. This has happened to me recently when my mother, after a long and productive life died in her 103rd year. Since then, pondering the stages of life, which stretch from cradle to grave, has absorbed me, for I have become aware that there is an uncanny parallel between the stages of life, and the unfolding of psychic life. They cannot be separated. And, being a Spiritualist, the psychic life is a constantly enthralling topic of study to me.

In these studies, I have found that there are differing opinions on the number of stages in life. However, most eminent psychologists claim the stages compare with the sun—that the 180 degrees of the arc of life divide into four parts.

Therefore, the first quarter, lying in the east, would be considered "childhood"—the stage in which we are a problem to others, but are not yet conscious of any problems of our own. (And there are no problems without consciousness.)

So in the childish stage of consciousness there are, as yet, no problems—the child is still wholly dependent on its parents. It is as though it was not yet completely born, but was still enclosed in the psychic atmosphere of its parents.

Psychic birth, and with it, the conscious feelings of separateness from the parents, takes place at puberty. Until this period is reached, the psychic life of the child is governed largely by instinct—with few or no problems. So, we can say then, that the widening of the horizon of life grows gradually from its beginnings at birth.

As Shakespeare says:
"At first the infant,
Mewling and puking in the nurse's arms.
And then the whining school boy, with his satchel,
And shining morning face, creeping like snail
Unwillingly to school!"

The second stage is "youth." It extends roughly from the years just after puberty to middle life, which begins between 35 and 40 years of age. It's in this stage where problems arise. For most people, it is the demands of life which harshly put an end to childish dreams.

If the individual is sufficiently prepared, the transition to a career can take place smoothly. But if one clings to illusions that are contrary to reality, then problems do arise. Often it is a question of exaggerated expectations, underestimation of difficulties, unjustified optimism, or a negative attitude.

Too, inner psychic difficulties begin to surface at this time. Sometimes these inner psychic difficulties exist even when things are running smoothly in the outside world. It may be a feeling of inferiority which springs from an unbearable sensitivity. These inner conflicts can prevail even when adapting to the outer world was achieved without effort.

The problems that surface at this time are generally caused by clinging to a childhood level of consciousness, a resistance to the fateful forces in and around us which involve us in the world. For something in us wishes to remain a child, to be unconscious or, at least, conscious only of ourselves, rejecting everything strange, or else subjecting it to our will; to do nothing, or else indulge our own craving for pleasure or power.

Achievements, usefulness, etc. seem to point the way out of the problem stages of our physical life by broadening and consolidating our physical existence, but they cannot guide us in the developments of our consciousness.

Shakespeare describes this stage as:
"Then the lover,
Sighing like furnace, with a woeful ballad.
Then a soldier,
Full of strange oaths, and bearded like a pard,
Jealous in honour, sudden and quick in quarrel,
Seeking the bubble reputation."

(Continued on next page.)

 (Continued from previous page.)

Most people solve their problems by limiting themselves to what is attainable, and this means giving second place to psychic potentials. Consequently, one loses a valuable piece of their past, another a valuable piece of his future. Each of us can think of friends or schoolmates who were promising in youth, but who, when we meet them again later, seem to have grown dry and cramped in a narrow mold.

The serious problems of life are never fully solved. It would seem that **the purpose of a problem lies not in its solution, but in our working at it**, and the more we near the middle of life, the more we entrench ourselves in our personal attitudes and social position—and make a virtue out of clinging to them.

It is in this stage, between 35 and 40, that important changes in the human psyche come about. They are not sudden changes, but rather indirect changes. Often it is a slow change of a person's character. In other cases, certain traits come to light which had disappeared since childhood. Thoughts change—one's previous inclinations and interests begin to weaken, and others take their place. Yet, cherished convictions and principles, especially moral ones, begin to harden and grow increasingly rigid until about 50 years of age, the height of intolerance is reached.

And then the justice,
In fair round belly with good capon lined,
With eyes severe, and beard of formal cut,
Full of wise saws and modern instances,
And so he plays his part.

At this stage, just as a child shrinks back from the unknown in a world, so the grown man and woman shrinks back from the second half of life. It is as if unknown and threatening tasks awaited him/her—as if his/her life up to then was so precious that he/she couldn't give it up.

It is unfortunate that intelligent people live out their lives without understanding it—totally unprepared to step into the afternoon of life—with delusions that our truths and ideals will serve us as they did in the past. We cannot live the afternoon of life according to the program of life's morning; for what was true in the morning will be of little value for the afternoon. People should realize that their lives are not mounting and expanding, but inner forces are constricting life.

For believing that the second half of life must be governed by what was true in the first half is *a serious delusion*.

The sixth age shifts
Into the lean and slippered pantaloon,
With spectacles on nose and pouch on side,
His youthful hose well saved a world too wide
For his shrunk shank; and his big manly voice,
Turning again towards childish treble, pipes
And whistles in his sound.

There is something sunlike about humans, and to ponder the morning and spring of our lives—and of the evening and autumn of lives, is essential. And, for a young person to be preoccupied with him/herself is a danger, but, for the aging person it is a *duty* and a necessity to devote serious attention to him/herself. **For, it is the time for illumination of the self. The afternoon of human life must have significance of its own, and cannot be merely an appendage to life's morning.**

It is particularly fatal for people to look back. *A goal in the future* is absolutely necessary. **This is where teachings of "life after death" are vital.** This goal makes it possible for men and women to live the second half of life with as much purpose and aim as the first.

A life directed toward an aim is better, richer, and healthier than an aimless one, and it is better to go forward with the stream of life than backwards against it. The person who cannot go with the flow, is as useless and ineffective as a young person who does not embrace life.

It is indispensable for psychic health to think of "death" as a goal towards which one can strive. And, the shrinking away from it is unhealthy and abnormal, which robs the second half of life of its purpose. The "medicine of immortality" is profound and meaningful.

When we compare the stages of life with the sun, we see the first quarter is childhood. Conscious problems fill out the second and third quarters; while in the last, in extreme old age, we descend again into that state, where regardless of our consciousness, we once more become something of a problem to others.

Childhood and extreme old age are utterly different, yet, they have things in common—they are the stages of life without any conscious problems.

Last scene of all,
That ends this strange eventful history,
Is second childishness and mere oblivion,
Sans teeth, sans eyes, sans taste, sans everything.

* * *

No one can make you feel inferior without your permission.
– Eleanor Roosevelt

Tid Bits Of Todays Happenings!

BY MERRY BROWNE

"Biotechnology"

(The Genome Misnomer)



The new science that claims genes of the body cause illness is in error of the ways of the Creator's great plan of placing each mind within a body form that reflects it in the same way life experiences reflect each individual mind—making it a mirror for minds to view what they are. Imperfect genes, therefore, simply point out the fact of imperfect thoughts—feelings of mind which do cause Illness.

We are not these bodies that we wear
While on this dense experiential plane.
They are but a mirror meant to show
The level of perfection we've attained.
Just as our experiences reveal
The consequences of our imperfections,
Our bodies are the blueprints of ourselves,
Our true reflections.

"Engineering or EnginEERing"

Has staid old science gone off its rocker? Not only is science believing genes cause instinctual behavior but that brain gives one the ability to judge. If that were not enough error to foist upon humanity at large, the book by Ray Kurzweil *The Age of Spiritual Machines* suggests a machine might attain consciousness from being programmed by a human being and become capable of Spiritual Experiences.

How crazy can science get? Kurzweil also asks if a given percentage of carbon based material is necessary for one of these robotic future beings to be considered a person. Talk about the Twilight Zone.

All this ludicrous speculation stems from the fact that science is unaware that the brain is not mind, and body is not person. Larry Dossey, M.D., was among the first physicians to proclaim that brain is not mind. The Institute of Noetic Sciences later used this concept as their key conference issue.

In my correspondence with Dr. Dossey, I pointed out that the extensive studies done by Raymond Moody, Jr., M.D., of near death experiences, who having left their bodies found themselves still thinking. This proved that brain was not mind.

His answer to me was: "Of course. Bernie Siegel, M.D., who had a Near Death Experience, stated: "Mind does not require brain or body."

"Hype—Hope and How It Is"

The New York Daily News reporting on genetic engineering stated that experiments in genetically manipulated liver cells grown in test tubes and transplanted into rats have given hope for the therapy to combat liver disease in humans. The new cells were placed in rats who had lost 90% of their liver function. These new cells performed the functions of the failing organs.

This sounds like a panacea for all illnesses in the making but not so—as the negativity of the mind residing within the body would simply disease the body again. The only hope for permanent repair is to refine the mind to a positive one which does **not** disease body, then and only then will the genetic healing remain permanent.

"Under The Influence"

Dr. Larry Dossey's latest book *Reinventing Medicine* lists the three eras of medicine. Era One—mid 1800s used biochemical therapy. Era Two—mid 1900s ushered in Psychosomatic Medicine. Mind induced bodily ills but still believing brain to be mind. Era three, beginning now, realizes brain is not mind and that mind can not only influence body it inhabits but other minds and bodies, as well, though people are unaware they're doing so. This is new to medicine but long known to metaphysics. Minds are connected.



Minds at same level of evolution, plus ones slightly higher and lower, are automatically interactive evolving in this way—enmasse. But minds above and below this range are influenced by focused intent, only—such as prayer. ❋

Spiritualism is a Science, Philosophy and a Religion.



*Each month **The National Spiritualist** will feature the writing from a student who is currently taking the education course from the Morris Pratt Institute. Featured this month is an essay written by **Elsie-Ann Soria** of the First Spiritualist Temple in San Francisco, California.*

Let us consider the Philosophy of Spiritualism. A definition of Philosophy is the love of wisdom or in a more practical sense, "the knowledge of explanation of all things in general by their ultimate causes." Anyone who is a people watcher, like myself, likes to be philosophical about their observations. Philosophy is clear thinking and looking inward to know thyself, and ultimately others. Philosophy begins when one learns to doubt, particularly to doubt one's cherished beliefs into the human soul, uncovering assumptions and questioning certainties.

Philosophers look to the deeper meaning of honor, virtue, morality, patriotism, life and death. They ask what does this mean? All of these things transcend into the religion of Spiritualism. A Spiritualist is always thinking and reacting based on how the end result will affect others, as well as themself, in a broader and deeper way.

The period when philosophers first began their questions was a dangerous time to do so. People were told to obey the law and to confine self-seeking. These philosophers risked their lives, and some actually gave their lives, for their belief in the right to seek knowledge and wisdom.

Philosophic thought includes cause and effect, powers and laws, stems and theories, to name a few. Philosophy is the product of mankind's thoughts, imagination and inspiration. It is a living endeavor just as being a Spiritualist is a living endeavor.

The philosopher attempts to put together the various pieces of knowledge and make a better whole than there was before. Religion plays a major role in our lives which makes it a natural habitat for philosophy. We believe in Infinite Intelligence, therefore we believe in a power greater than ourselves.

Aristotle's ideal human is "of a disposition to do men service," "to confer a kindness is a mark of superiority," "he never feels malice, and always forgets and passes over injuries. He does not speak evil of others, even of his enemies..." This reminds me basically of the Golden Rule (Sixth Principle).

Natural Law is important to understand and practice. There are many Natural Laws, so no wonder the universe needs to work in an orderly fashion. We must understand Natural Law and apply those Laws to our daily lives in order to develop properly as a Spiritualist. It must become a life long process and practice.

The Natural Law that I have always lived by and strongly endorse is the Law of Cause and Effect. Each of us constantly sets in motion causes that will eventually effect us. This Law is closely aligned with the Law of Karma and the Law of Retribution.

The Law of Thought—as a man thinketh, so is he, is another important Law. When I was young my mother used to say this. By our thinking we solve our problems and create a better way. Thoughts send out a vibratory force to create according to the intention.

Philosophy is the bridge between knowledge and understanding. Knowledge is of no value until we put it to use in our every day life. Spiritualists are doing this. We have no dogma or creed and we certainly are getting to know ourselves and accepting responsibility for our thoughts and actions as we develop.

* * *

A MIND ONCE STRETCHED BY A NEW IDEA, NEVER REGAINS ITS ORIGINAL DIMENSIONS.
— *FROM A CALENDAR*

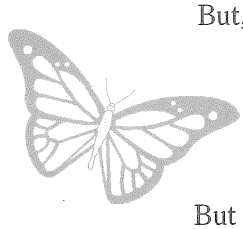
Transitions

BY MARIE KOROM

Wait! I'm Metamorphosing!

A caterpillar, such a simple creature,
Inhabiting an elastic cylindrical body,
Spending its every moment eating continuously,
Needing to shed its skin to accommodate its growth
Only to spin a cocoon!

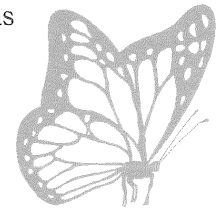
Is this the death of the caterpillar?
In a sense it is, for no one will see it in that bodily form again.
But, in reality, it is merely a transition to a new and more beautiful form.
Inside the carefully spun cocoon a total transformation takes place.
Internal systems are reorganized and new external structures are developed,



Until one day, out of that cottony-looking cocoon emerges a beautiful butterfly.
All that inching along, and eating, and shedding, and hibernating
In order to produce a wondrous, elusive being in the form of a butterfly!
if this one of God's creatures could speak,
We might have heard a voice from inside the cocoon say,

"Wait! I'm Metamorphosing!
Wait till you see me next!"

How like the butterfly am I
Formed from the union of an egg and a sperm, I was once a minute creature inside the womb,
Being nourished through the body of another,
Leaching nutrients and sustenance continuously.
Growing, expanding, stretching the abdomen of the woman I would come to know as "Mom."



Inside this cocoon of amniotic fluid, my internal organs matured
And my external structure developed until finally complete,
After nine months of God's creative energies and the willingness of my Mother,
I was ready to emerge as a baby girl.
And, if I would have been able to speak,
You might have heard me say,

"Wait! I'm Metamorphosing!
Wait till you see me next!"

Unlike the butterfly, I, as a human, had to face many stages of development.
As a baby I cried, I teethed, I laughed,
I slept, I ate!
I felt a warmth around me that I came to know as love.

Having a lot of time to lie in my crib, I developed an insight into life:
Crying brings help; learning a new skill brings joy; and being cuddled brings comfort.

But, I could not be waited on forever, it wasn't meant to be!
I learned to walk, I learned to talk, I learned how independent I could be!
Sometimes I missed the cuddling and carrying as my new skills took hold,
But I would continue to strive and grow, as my life would continue to unfold.
If you had trouble understanding my "goo-goo" and "dada," it translated to:

"Wait! I'm Metamorphosing!
Wait till you see me next!"

In childhood I felt the pressure of always wanting to please;
It might have been imagined but it seemed real to me,
I HAD TO BE THE BEST THAT I COULD EVER BE!
And through it all, my body blossomed,
Like it or not, puberty happened!

A new, highly emotional time dawned:
Puppy love, jealousy, anger, independence, an identity crisis!
WHO WAS I?
I was that budding teenager with weakened self-confidence,
Seeking self-identity but walking in everyone else's footsteps!

I suppose it was taking me too long to find the real me and so,
God saw fit to force the issue:
With my mother in the hospital, I had to assume the role of lunch-maker, dishwasher and cook
Along with high school student,
It was then that Spirit spoke and said,

"Wait! You're Metamorphosing!
Hang on, the best is yet to come!"

(Continued on next page.)

That was one of the pitfalls of my life that I needed
to propel me to a higher level.
Mom recovered, and I not only recovered, but grew:
More confident, more independent, more compassionate,
more ME
The hills and valleys came and went, I took them all in
stride.
But, as each milestone became an event, I knew I'd
changed inside!

In the perfection of our universe, an invisible organizing
intelligence flows through every
cell of creation,
Including the many painful events of a lifetime.
For it is from the lowest depths that we can ascend the
highest!
There are no accidents. There is something to learn in
everything!

Through tragedy and sorrow I will rise to a higher place.

"Wait! I'm Metamorphosing!
Wait till you see me next!"

So here I am, I'm all grown up!
Yet I've still a lot to learn.
But what is the point of this game of life?
Am I to cease to be?
No, I know that emphatically!

This body that I occupy, will one day lay to rest.
But my TRUE ESSENCE will experience immortality!

Do you need convincing in order to agree?
Close your eyes.
Imagine leaving your body in its seat.
Observe it from above.
Now, imagine that your body is not among the others.

Identify fully with the observer.
Your essence was not born and can never die,
Eternity is not something that you pass into,
You are already in it!
NOW IS ETERNITY!

Re-enter your physical body, and fear death no more:
Like the caterpillar to butterfly did change,
Your body to spirit will rearrange,
And when the divine time of your transition
comes upon you,
Fear not, and listen closely for the voice of Spirit saying:

"Wait! You're Metamorphosing!
THE BEST IS YET TO COME!"

* * *



The Cold Within

– Author Unknown

Six humans trapped in happenstance
In dark and bitter cold,
Each one possessed a stick of wood,
Or so the story's told.
Their dying fire in need of logs
The first woman held hers back,
For of the faces around the fire,
She noticed one was black.
The next man looking across the way
Saw not one of his church,
And couldn't bring himself to give
The fire his stick of birch.
The third one sat in tattered clothes;
He gave his coat a hitch.
Why should his log be put to use,
To warm the idle rich?
The rich man just sat back and thought
Of the wealth he had in store,
And how to keep what he had earned,
From the lazy, shiftless poor.
The black man's face bespoke revenge
As the fire passed from sight,
For all he saw in his stick of wood
Was a chance to spite the white.
The last man of this forlorn group
Did naught except for gain,
Giving only to those who gave,
Was how he played the game.
The logs held tight in death's still hands
Was proof of human sin,
They didn't die from the cold without,
They died from the cold within.

* * *

SPIRITUAL HEALING REQUEST

(PLEASE PRINT OR TYPE)

Healing Prayers are requested for:

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Please send a "One A Day" packet to:

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To request information on "How to Form a Spiritual Healing Prayer Group,"

CHECK HERE ☐

The first week of each month the names received are compiled and sent to the NSAC Office for inclusion in the NSAC monthly mailing to all churches. Also many healers around the country receive the list. Because of the length of the lists an individual's name will usually be kept on the healing prayer list for one month unless we hear from you that more healing is required. We also request prayer groups to keep in touch with the National Healing Center throughout the year.

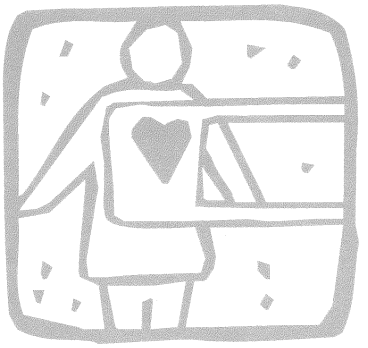
Prayer Healing is a wonderful way to practice Absent Healing, to help others, to share a prayer, and is something EVERYONE can participate in.

– Prayer for Spiritual Healing –

I ask the great Unseen Healing Force to remove all obstructions 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.

Health— Body and Soul!

BY THE NSAC HEALING CENTER



One's health is about more than the physical body and the absence from disease. Health concerns the mental, physical, emotional and spiritual. It is the maximizing of our God given potential in our lives. This must be a mindful daily projection, where we put love and trust in the Great Unseen Healing Force into each thing we do.

All energies are interconnected—life, friends, happy times and sad, work or play and the triune parts of our being. We paint our own essence with each color as a necessary part of the complete portrait, with the dark shades required to define the lighter portions of the representation. Health is a transformative experience that is an on-going educative procedure

Spiritualist's believe in Infinite Intelligence and in Natural Law. We can depend on both, we can trust both—they show us the way to live. We have been given free will in order that we may learn and grow at the soul and the mind/spirit depths of our being. We can choose health and then open ourselves to the Greater Expression of life and accept it.

Stop speaking "woundology" and "Victimitis" or "should'ves—could'ves—would'ves." Some make these emotions their past thoughts, current conversation and future fears—it has become their way of thinking. Remember, life is growth and concentrate on the good around you, the blessings of life. The wounds of the past were really a favor to you for they gave you an opportunity to grow at some level of your being. In order to heal a wound, give it up, release it, forgive, and get on with your life.

In the God Mind there is only a perfect pattern, a beautiful energy and whatever Infinite Intelligence knows, *is!*

Spiritualism is a Health Ministry which focuses on the whole person and emphasizes wellness through personal responsibility. We believe that health is a natural result of our growth towards total well being and the interrelationship of the body, mind/soul and spirit. Health is related to all that we do, think, feel, express and is not merely an absence of disease.

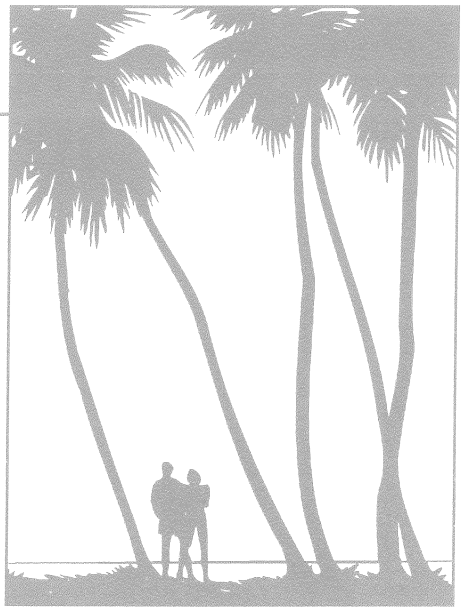
Affirm: *My life is growing toward the Light, only glancing at the shadows for clarity. Spirit guides my every creation as I listen to the inner whisper and then harvest the inspiration.*

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Walking Together

BY JUDY MERRILL, DSNU, CANADA



Inspiration from Spirit:

Visualize a beach covered in beautiful, white sand and know that this beach is made up of probably billions of single grains of sand. Each individual grain is minute and seemingly insignificant; being a part of this beautiful beach gives it space, purpose, a reason for being.

As you walk on the beach, your feet displace perhaps thousands of these grains; there always seems to be others that tumble into the path of your footprints. When you bury your feet into the beautiful, warm sand you appreciate the feeling of being enveloped in warmth and comfort, the sand's purpose and meaning.

Are we, as single grains upon the earth plane, significant within our meaning and purpose? Do we fulfill our spiritual worth and bring understanding to our spirit and those around us?

We do, as single grains, need the other grains that walk the Earth Plane to achieve the space and purpose of our lives. It is our interaction and responsibility and love which accomplishes our purpose, and the meaning of responsibility which brings about our spiritual understanding and growth.

Do we, as many grains together offer the cloak of warmth and comfort to those that need to bury their being in a space of time against the winds of adversity and fear? As spiritual beings we are as a piece of sand, but even the most tiny grain has purpose in fulfilling its space and time.

Everything in science points to a relationship with each other. "No man is an Island." To fulfill life's purpose for each of us requires interaction with each other. That is the message for the new millennium. We must be prepared to work together to realize our place in eternity.

No matter how small and insignificant our circumstances seem to make us in the scheme of things, being a part of a bigger, better whole will fulfill our destiny of purpose. As it takes each grain of sand to make the beach, it takes each drop of water to fill the ocean. Each drop of water of is made up of a chemical formula of H_2O (one part Hydrogen to two parts oxygen) giving a further dimension to significance.

When each of us is born of material matter in this Earth life, we are given the breath of life as a soul from God. We are Spirit's creation. This is our mission, this is our purpose, this is our significance. As a creation of God, we have a soul to complete our life's purpose.

What a wonderful gift! Infinite Intelligence gave us a lifetime to attain our destiny as an individual creation of God's manifestation! There is no time to waste on lamenting our circumstances, there is no time to worry about past, present, future lives. The here and now is our precious gift of God.

If each and every one of us walked in touch with this thought, we would know there is no time to worry about another's progress (how then could we be jealous of another's accomplishments) when we are busy fulfilling our own progress. Spirit is guiding us to accomplish our destiny in the manner in which we spiritualize our soul. Do we fulfill our purpose by meeting our responsibilities spiritually and in touch with others? Do we strive to serve and help others? Is this a part of our spirituality?

The Golden Rule, lived to its fullest, is the highest form of spirituality. Interacting, but doing no harm to another is the highest form of brotherhood and spirituality of soul. Striving to live in the moment with responsibility for personal action, thought, deed and then allowing the same space to all others in our environment. Do we give everyone the same respect we expect for ourselves?

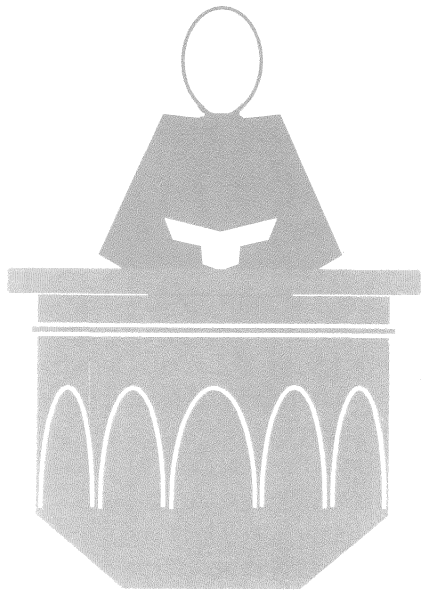
Humanity is in eternity now as spirit in constant evolution, evolving from one state of spirituality to another. Bringing together all past lessons of our lifetime, we share with others along the way. We cannot rise to a higher spiritual level if we do not bring others along with us in our effort.

There is no time for jealousy, deceit, anger and mistrust when we strive always to reach a spiritual level. There is the protection of God's love in all our interactions, as long as our intent and motive is spirituality.

It takes every grain of sand to make the beach. It takes every human being to fulfill God's plan of life. If our part is needed to further this plan, so also is the part of everyone else (whether we know them or not) for the plan is a full-scale life story. Let's be the best grain we can be! ❋

The Ups and Downs of a Pastor

BY THE REV.
RUPERT SIGURDSSON,
NST, MAINE



Some years ago when I was a TV repairman, I was in many different homes and met many different types of people. It is surprising when working behind a TV the conversations that get started with the homeowner. A housewife would complain about her husband or children, probably using the opportunity to vent their dissatisfaction about her life, to someone that they may never see again or at least has no interest in their life, won't criticize them, or try to give them advice, and most likely feeling better for it afterwards. It's like going to a minister or counselor or being a Spiritualist Healer, mentally sending them healing.

It takes all types to make up the population of the world. I have always felt that anyone going into a career of dealing with people should have a year or two of some type of job that takes them into many different homes so they understand the various styles of living and the many different personalities they may be required to relate to at work.

There is one conversation that stands out in my memory. I think of it at those times when everything seems to go just right in the church service or class, or if nothing seems to go right and you wonder just what you did wrong. I was on a service call to a customer that I had been to before. It was in a very expensive home in a very exclusive part of a suburb outside of Atlantic City, New Jersey. They had an old color TV, must have been one of the first ones made, and it was always breaking down. It should have been on the junk pile long ago. This time the owner was home. A well known psychiatrist, that I hadn't met before. He was relaxing in an easy chair and we had a very pleasant talk about various subjects. I was having a difficult time with the TV and it was almost beyond repair. He could see that I had about had it with that TV (I did eventually sell him a new one) and he told me a story how he handled his good and bad days.

He had two letters. One told him how much he had helped someone, that he must be sent by God; that he had done them so much good they could never repay him enough, and the letter went on with praise for him. The other letter, said that they were sure he worked for Satan himself. That was if, he wasn't Satan himself, that he was the worst person that they had ever met and certainly should loose his license to practice.

So his method was that when everything was going almost too well he would read the second letter to keep him down to earth and when nothing seemed to go right he would read the first one to bring his spirits up.

This is a good thought to keep in mind. As pastors or leaders of a church, we certainly have our ups and downs. One week the class is filled and you feel it is going great and you know you are on an interesting subject. Then the next week only two turn up. What is wrong? The Sunday service didn't have an empty seat, the mediums messages were great, the lecture was very good and actually on Spiritualism. Even the love offering was not too bad and most stayed for the lunch afterwards.

Then the next Sunday comes and you can count the congregation on your fingers. What happened? Did you say the wrong thing last week?

I think we need to start doing what the psychiatrist did, when we have a real good week, pull out a report on one of our worst weeks and that will remind us that we can always do better. Then when we get one of those very slow periods and begin to wonder if there is anyone out there that really cares about Spiritualism, pull out the report of one of the best weeks and realize that we have to accept the average and always try to do our best even if there are only a handful in the class or service. As many Spiritualists state, "Those that come are the ones meant to be there."

* * *

Questions & Answers

Taken from: One Hundred Questions and Answers on the Laws of Spirit Mediumship

Q **Do you believe that Mediums are such from birth, or can they be developed?**

A Experience has taught us to believe that our best Mediums were such from birth for psychic incidents of their childhood lead us to believe that such is the case. However—the spirit teachers tell us that each and every individual has some latent Mediumistic power which can be developed by determined effort. We can not always have the phase which we desire and must be content to develop that for which we are best fitted.

Q **How do we receive our Spirit Guides?**

A They are attracted to us through the action of Natural Law. They may see our need of them or we can perhaps be used by them to help others, thus aiding their development or progression as well as our own. Again, the Law of Like Attracting Like is manifested, our weaknesses, our good traits, our work or interests in this life always attracting those of a like nature or desire from "across the border." Upon our own mentality and spirituality depends the kind of guide that we will attract.

Q **Why is it that loved ones of Spirit must come through a Medium rather than communicating directly to their own on Earth?**

A Could you send a telegram without the instruments? Can you pick music out of the air without your radio? The Medium is the INSTRUMENT through which these vibrations must come and unless the individual is a developed Medium, he or she is not liable to receive the message correctly. It is just as sensible to say that there is no music or sound passing through the air because you are not able to hear it with your physical ear as it is to say that your spirit Mother cannot communicate because she is not able to do so with you directly.

Q **What are some of the things essential to good Mediumship?**

A A practical understanding of the Philosophy and Laws of Mediumship, a sincere desire to give out only the highest and best, and a wish to be of service to humankind as the incentive for developing that Mediumship. A true and sincere Medium is the holiest gift ever received by humanity.

Q **What great Natural Law controls all phases of Mediumship?**

A The Law of Vibration. All things in the Universe are vibrating and their rate of vibration determines their nature. Each Medium has a vibratory wave length and upon the strength of that Medium, the conditions brought by the sitters and the knowledge of the Laws of Communication displayed by the manifesting Spirit, depends the entire success of the phenomena presented.

* * *

News from D.C.

TOUR DE SPIRIT

After months of planning, the hour was finally close at hand, 4:00 p.m. on Friday, July 28, 2000. As people assembled in groups, discussing the weekend to come, the bus arrived. It was finally time for the First Annual Church Field Trip of the Church of Two Worlds, Washington, D.C. This trip would be the first in a long tradition of annual explorations and it would start with Lily Dale, New York.

The bags were packed with care by Leo, our driver. Twenty-eight adventurers boarded the bus loaded with excitement and anticipation of what was to come, especially the 15 first timers to Lily Dale. They were armed with snacks, programs, and books; ready for the ride to Lily Dale. Once we were started and on the road, we were welcomed aboard by church officials who thanked everyone for joining in and taking part and reviewed the events to come.

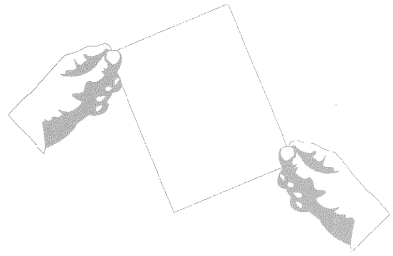
After some time talking and getting to know those seated about us, we watched "Phenomenon" on the overhead video screens. After the movie, we played "Best Joke, Worst Joke" with prizes of $20 gift certificates to the NSAC bookstore, and subscriptions to the *TNS* and *Spotlight* magazines. When the games were over, we watched the NBC News Channel 4 interview entitled "God in Washington" in which our church was featured for a solid 10 minutes. We also passed out the souvenir T-Shirts that were created just for the trip. Later that evening we watched "What Dreams May Come" and arrived at Lily Dale. After filling two boarding houses with COTW travelers, we settled in for the night.

The next day was eventful. Half of the group attended the James Van Praagh Seminar while the others took advantage of the variety of daily events and services at the Dale. From Message, Devotional, and Healing Services, to meditation, eating, and talking, everyone had a full Saturday. Some of us supported the Lily Dale Volunteer Fire Department with their BBQ Chicken Fundraiser on Saturday evening and the Pancake Breakfast on Sunday Morning.

After Sunday Church Service and afternoon Message Service, we loaded up the bus and pulled out of Lily Dale. On the way back, we watched "Runaway Bride" and "Bicentennial Man," played another game, sang theme songs from old TV shows and managed to polish off almost four-dozen large cookies.

It was a fun and informative weekend. Everyone had a splendid time and all agreed that they will come back next year.

We're waiting to read your "Notes From The Field." Send them in today!



Humor to put you in Good Spirits . . .

MIXED-UP MEANINGS

Arbitrator \ar´-bi-tray´-ter \ : A cook that leaves Arby's to work at McDonald's

Baloney \buh-lo´ -nee´ \ : Where some hemlines fall

Counterfeiters \kown´-ter-fit-ers \ : Workers who put together kitchen cabinets

Heroes \hee-rhos´ \ : What a guy in a boat does

Misty \mis-tee´ \ : How golfers create divots

Paradox \par´-u-doks´ \ : Two physicians

Relief \ree-leef´ \ : What trees do in the spring

Sudafed \sood´-a-fed´ \ : Brought litigation against a government official

Tumbler \tum-bler \ : Stomach so upset you can't see

Upset \up´-set \ : A pin machine in a bowling alley

Wagon \wa-gon \ : The tail on a friendly dog

What happened in NOVEMBER throughout the years?

NOVEMBER 7, 2000

Election Day. The United States elects its first president of the third millennium. Remember personal responsibility, please vote.

NOVEMBER 11, 2000

Veterans Day. Armistice Day, a federal holiday established in 1926 to commemorate the signing in 1918 of the armistice ending World War I. In 1954 the name was changed to Veterans Day to honor all men and women who have served in America's armed forces.

NOVEMBER 12, 1869

Mr. James Lawrence was working with Professor Hare's Spirit Dial when he was inspired that the National Spiritualists should set aside a day to recognize the anniversary of the Advent of Modern Spiritualism on March 31 of each year. This was proposed at the next National convention and met with enthusiastic acceptance.

NOVEMBER 17, 1866

The Rev. Thomas Grimshaw was born on this date. He was a gifted, dedicated man with much energy that he used to serve Spiritualism and its growth. He was an educator, a mental and physical medium, an outstanding orator, a minister, a N.S.A. Trustee and Vice President, the first Superintendent of the Bureau of Education, the third principal of Morris Pratt Institute, and the co-author of Spiritualism's General Correspondence Course.

NOVEMBER 21, 2000

The Rev. Barbara Thurman, NST, NSAC President, celebrates her birthday. Hope it is a happy day and a wonderful, spiritual year.

NOVEMBER 22, 1904

Charles B. Rosna's skeleton and peddlers pack were discovered behind a false wall in the basement of the Hydesville cottage where the Fox family had resided in 1848. This validated the first communications, the story the Fox family learned through raps, and that life is continuous.

NOVEMBER 22, 1963

Pres. J. F. Kennedy shot and fatally wounded in a motorcade through downtown Dallas, Texas. A notable quote from Kennedy's inaugural address, January 1961, "And so, my fellow Americans, ask not what your country can do for you; ask what you can do for your country."

NOVEMBER 23, 2000

Happy Thanksgiving! This is a day for the family, which is the root of civilized society, to join together, usually over a big meal, and be grateful for all their blessings. "Count your blessings, name them one by one. Count your blessings see what God has done." ❋

FAVORITE SAYINGS TO LIVE BY

"Never let a problem to be solved
become more important than a
person to be loved."
– *Barbara Johnson, The Joy Journal*

"The fewer clear facts you have in
support of an opinion, the stronger
your emotional attachment
to that opinion."
– *Anonymous*

"The stroke of death is but the kindly
frost that cracks the shell
and leaves room for the
kernel to germinate."
– *Lizzie Doten*

"Belief is superseded by knowledge.
Beliefs accepts.
Knowledge produces Facts."
– *Robina R. Palumbo*

"The earlier one starts to be true,
the stronger one
grows in character."
– *Unknown*

"You are never given a wish without
also being given the power to
make it come true."
– *Richard Bach*

"It's not dying for a faith
that's hard.
It's living up to it."
– *William Makepeace Thackeray*

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: "Whatsoever ye would that others should do unto you do ye also unto them."

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 human soul here or hereafter.

9. We affirm that the precepts of Prophecy and Healing are Divine attributes proven through Mediumship.



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