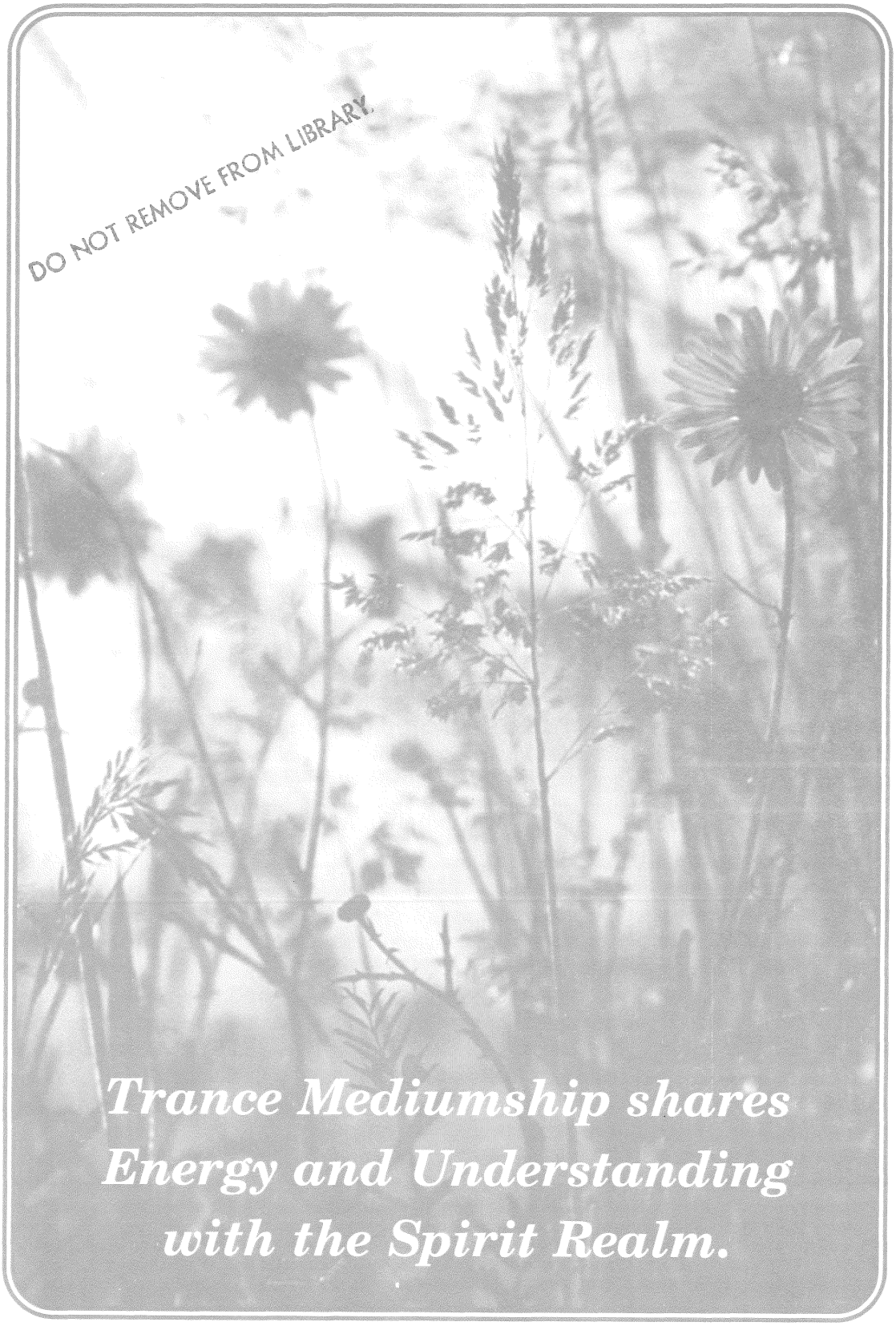
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Trance States

BY THE REV. SANDRA PFORTMILLER, NST

Trance states are induced through a limitation, or, expansion of consciousness. In Spiritualism we work to expand our consciousness and open the door between the two worlds to the unlimited energy and knowledge of the next dimension. A Latin term, Trance is a means of entrance into a state of consciousness other than normal, which may include a partial or total cessation of objective consciousness.

There are many reasons to desire Trance. We touch in with a higher spiritual energy which brings understanding, awareness, healing, proof of continuous life, comfort to others, greater inner attunement which helps us grow and helps our Mediumistic abilities. It is a good teaching tool and a message for spiritual love. This form of Mediumship has been very important in the development of the philosophy of Spiritualism.



Trance is the first step to phenomena Mediumship. Ectoplasm, which is necessary for phenomena, is a substance drawn from the Medium and the sitters, then converted into gross matter in order to produce phenomena—such as the rods for levitation, the draping over the Medium for transfiguration, to form an item or figure for materialization, to bring apports, to lift a trumpet, etc. Spirit uses the ectoplasm to do physical work from the Etheric Realm, so if you help provide the energy for this purpose, feel honored.

The bulk of the energy is drawn from the sitters, so a spiritual circle provides nervous energy and energizes the Medium which helps to uplift the vibrations. It takes awhile to build up energy and this is why sitting with a compatible group for a period of time strengthens the Trance possibilities.

Music, flowers, water, singing and laughing all raise the vibration to help make Trance energy. Spirit needs our power and energy to produce the mesh like formations, or ectoplasm. When ectoplasm materializes it is dry, but when finished it becomes wet and evaporates.

The solar plexus is a powerful source of energy. During a seance the ectoplasm is pulled from the mid-section and we can experience rumbles, nauseousness, and a pulling. A big meal before a sitting can restrict the energy buildup or make you feel a little bit sick. Spirit needs the right energy to produce ectoplasm.

The Medium must be protected during the altered state—no sudden lights or sudden loud sounds. Don't touch the entranced Medium, unless given permission. If a Medium is jolted out of their Trance state they often relate physical and emotional upsets for awhile, so a reminder to the sitters at each session to care for the Medium might be helpful.

This type of Mediumship is a beautiful state where the consciousness is transferred, for the time of entrancement, to another state or sphere, where there is a direct influence of Spirit Intelligences. Sometimes the Medium is partly conscious of passing events and in such cases is in a light or medium Trance state. This is probably the most prominent form of Trance communication today. Spirit Intelligences influence the Medium, the information or phenomena which follows, and the altered state of awareness during the Trance, so this leaves the Medium with limited memory of what was said. Deep Trance Mediumship is extremely rare today. In this state the Medium passes from outward consciousness into a condition resembling sleep. The Medium has no remembrance, no conscious awareness of the message given by the spirit who has spoken through the organism of the Medium.

Trance Mediumship is the result of the direct influence of spirit intelligences. Some believe only superior intelligences control, for the greater must govern the lesser and only superior intelligences understand the methods of so acting upon the human organism and mind. When a Medium goes into Trance it is said they are "going under control." This is because there is a different type of guide for Trance Mediumship called a control. These spirits are allowed to use the Medium under the supervision of the main guide and the doorkeeper. Usually there is one control that is with a Medium most of the time and often controls are allowed to speak as an authority on a subject.

Working with spirit guides is a two way procedure—you become a team, a partnership. Here are some suggestions to set the scene, to do your part:

- To help you to begin to experience Trance, sit in a development group with an experienced leader; become passive, open your spiritual energy centers; have a strong desire to attract a loving superior intelligence that will teach and guide; pray to Infinite Intelligence for the highest and best; remember practice and patience will help you to develop this form of Mediumship.
- Bright lights in a room affect the ectoplasmic energy, so the lower lights assist it to build. Use low lights or a red light—some use a blue light or a candle during Trance work. The red light has a soft energy and does not reflect off the face or other items as easily. Invite compatible people to sit in your development or Trance circle.
- Have patience, and put forth time, energy, effort and

(Continued on next page.)

desire. It takes time to build the energy, so be dedicated and have trust that spirit will never let you down. Some, with the ability and talent, do not become Trance Mediums because they won't do the repeated sitting to build up the energy, to obtain the discipline, to allow spirit friends to work with them and maybe change the chemicals in their body. A talent is a talent and must be developed.

- Test the guide and if there is some ego left in their discourse they are still on the first level, a new spirit. The energy communicated should be loving and selfless with universal truths expressed. The quality of the message is more important than the quantity. A more advanced spirit energy might not even give you a name. One of the Mediums in our church asked for a name and was told to choose one and the guide would answer to it. They said it was the message that would prove the loving energy.



- If several guides are around a Medium, request that only one speak at a time. Ask "What are you teaching? What is your purpose for your visit today? How are you here to help the instrument or someone in the group?" Spirit friends, as well as the Medium in the physical realm, must be disciplined and strive for a higher purpose.
- Some physical feelings you may experience when going into Trance: cob webs in front of your face, a heart throb, some throat constriction, a bit of nausea, a heaviness, a floating feeling, or a hand shaking. These feelings are usually brief and as the Medium becomes more proficient may disappear completely.
- Steps to take when returning to consciousness after a trance: take a few deep breaths and drink some water. If someone is having trouble returning, put some water on the wrists and the top of the head. If the power in the Trance or the room seems overwhelming when someone returns, help them to gently come back with some soft music, singing, or rub the wrists with water to help them regain their balance. Food also helps to ground those present and bring them back to the moment so they can safely drive home when the session is over.
- If you try too hard, you block the energy. We have all experienced this when we are trying to figure something out, and finally get away from it when the answer is not forthcoming. Then, when we are not concentrating we get something that helps us solve our question. Trance requires a quieting of the mind and a focus on the spiritual.
- Trance is a beneficial way for the Spirit World to introduce new ideas, for the mind of the Medium is quieted and does not introduce speculation or interference with the message. There is little or no nervous strain on the individual while the Trance speaking is proceeding. Compare this with an ordinary speaker who might be very nervous introducing new ideas or answering questions from skeptical sitters.

Some people have erroneously thought that Trance Mediumship is accompanied by a loss of individuality, whatever that may mean. Evidence has shown that the best Trance Mediums and Inspirational Speakers are also the best unfolded individually because, first, *the intelligences acting upon them must be superior to themselves and therefore must make the organism constantly able to express a higher grade of thought.* Natural Law is always at work, so while like attracts like, the spirit that will speak through the Medium who is entranced will be of a higher ability in their understanding. Second, *the relationship of the medium to the manifesting intelligence is that of pupil to teacher, sometimes that of a child to a wise and loving parent, or both those relations combined with something more added.* Third, *there is always a spiritual relation, even though the Medium is not humanly conscious of it, between the spirit and the Medium, and no one can be a Medium for the perfect expression of a spirit message or discourse who does not consent to and cooperate with the manifesting spirit.* Fourth, *as the master musician improves the instrument played upon, so also, is the owner of the instrument benefitted by the presence of the master, but, unlike the insentient instrument, the spirit influencing a human organism imparts an added power alike to the brain and to the spirit of the Medium.*

In cases where a child or youth has been chosen to be the mouthpiece of spirit, the entire education of the individual may be undertaken by the spirits desiring to make the Medium speak correctly and relate to the world in a spiritual manner. Many of the Mediums of the past were influenced in their thoughts and actions throughout their lives. If the spirit influence does not commence until fixed habits of speech and thought are already formed the controlling spirit has a more difficult time using correct and fluent speech. Some Mediums who are first wholly unconscious to outward things and speech in life will become more aware of what and how they are speaking. The spirit guides use the vocal cords of the Medium so there is of course a resemblance in sound to the individual.

Trance is a form of Mediumship that when used for growth is a powerful way to guide us in our spiritual unfoldment. The Trance Medium builds a bridge between the two worlds to access ideas, truth and knowledge.

Each of us is already connecting with the higher realms when we receive inspiration, in meditation, and during times of creativity. As we develop our ability to become a Trance Medium, we are able to reach the higher realms with greater ease and clarity. These spiritual realms are filled with love, which touches us and blesses us as we connect with our guides.

Seed Plans

RECEIVED IN TRANCE FROM SPIRIT BY PATRICIA WALLACE, Maine

You come into this life with great plans, great hopes, great dreams, yes, dreams, for in reality, that is what your sojourn on Earth really is—a waking, conscious dream. But the reality of your existence is in the lessons that you learn through the relationships that you make as you pass along life's byways. You enter with a surge of hope, enthusiasm, desiring a life of peace, tranquility and happiness. But life is not always like that. You soon learn that you may, indeed, have that peace, tranquility and happiness, but only a few sparks at a time. The sun does not always shine through every day. As you do not see the sun appear bright in the morning sky everyday, neither do you see the light of peace or the thread of happiness every moment. Are they there? Oh, my yes. Indeed the happiness is there. The light does shine. Yet, you all came to an existence on Earth to experience great leaps in your spiritual growth. And sadly, that does not happen as easily in the sun as it does in the shadows.



When you plant a seed, the seed does not see the sun at first. It does not feel the rays of the light as it grows slowly in the darkness of the soil. Yet, it grows. And in time, sees the sun, as the seed becomes a bud. The bud does not open all at once. But slowly, the bud spreads open the blossoms and spreads wide, so that all the world that passes by, may see its beauty. And yet, we know that beauty is as one sees it. Not every one has the comprehension that all of life is beautiful.

Some seeds, grown into flowers, trees or whatever, may live a long and fruitful life. That is the plan. That is how they were programmed, so to speak. And some flowers wilt and "die" in a shorter span of your time. That is as it should be.

If the seed is in a human body, your expectations are, that this body will last for many years. Yet often, a soul leaves its body behind as an infant. And many of you are unable to see that it was the plan all along. The child had lived to the fullest of its intentions—or a young mother, or a teenager. So many teenagers, full of youth, have passed through life and then beyond to another life. So young, you say. So young. But is it? Was it not the soul's **intent** to live life as was done? It is not necessary that you have all the answers to the meaning of life. Who are you to say that the length of time is more important than the quality of time?

There is a plan. For each of you. It is not important that you **know** what this plan is but that you **realize** your plan. Yes, **your** plan, for it is you that creates your plan. It is you who harbor the intent within your soul. It is your choice—**you** have free will—when to come and when to leave. It is your choice. Remember that each of you fulfill your plan.

The Group wishes you all the peacefulness that comes from understanding. We wish you all the joy that comes with the knowledge that freedom of soul exists in time for all of you. We wish you the blessings that come with the first rays of sunlight in the morning and the beauty of the flowers as they blossom into their total radiance. Many Blessings and Peace!

– The Group

Humor to put you in

Good Spirits . . .

As children, we often misunderstood words. Here are a few examples.

My son, who is in nursery school, said, "Our Father, who art in Heaven, how didja know my name?"

Another remembered thinking this prayer was "Give us this day our jelly bread."

One person recalled reading something years ago about the Pledge of Allegiance. Some child thought it began, "I led the pigeons to the flag."

When one reader was little, he often wondered who Richard Stands was. You know: "I pledge allegiance to the flag...And to the republic for Richard Stands."

What Degree Of Trance?

BY THE REV. CHARLENE KLEINSCHMIDT, NST, New York



Wish you were here right now to see the mess in my office! I have research books piled all over the place, on chairs, desk, floor and shelves! Please read the section on Trance and Inspirational Speaking in your *NSAC Spiritualist Manual* to start your research.

I'll share a little story with you on how I first began to be entranced. Let me preface by saying I told this story in front of a well known Trance Medium many years ago and he informed me that wasn't the way Trance worked. I believe our guides and teachers will find the best way to help us if we are truly striving for the highest and the best. For me, it was the only way I was willing to let go and let spirit express.

In the beginning, I would have a dream two to three weeks before the work was to be done. In the dream I would see myself on the platform down to every detail, from dress to congregation size. I would see and hear myself speaking up to a certain point. When the time came to work, it would always be as I had seen it, and I would gradually feel spirit come in, and knew when to relax and let spirit go forward.

It doesn't work that way for me anymore, but I think it was the only way my guides and teachers could get me to understand what needed to be done. Like many Mediums, I was reluctant to allow Trance Control with the mistaken fear I would say or demonstrate something I shouldn't. This is a misunderstanding. Just as we, in any form attain that desire, in Trance we are still responsible for what transpires by education and aspiration. I have never heard a Trance worker say "Spirit made me do it" if they are indeed truly entranced and working for the cause—not for their own ego fulfillment.

Our spirit friends bring us many things such as this poem received in Trance by R. S. Lillie:

A HUNDRED YEARS TO COME

A queer old staggering, tottering man
Came up the street at night,
And looked with a bewildered gaze
On the electric light,
He rubbed his eyes, then looked again;
Said he, "What will be done,
If things go on at this strange rate
A hundred years to come?
"Now while I'm here" the old man said,
I have a great desire
To see that funny talking thing,
The telegraphic wire.
Where have I been? I must have slept
While these queer things were done.
Woman will cease her talking, sure,
A hundred years to come!"
Then on he went until he stood
Beside a railroad train.
He looked and laughed, ha, ha ha, ha!
With all his might and main.
The whistle shrieked, the man did too –
How does this queer thing run?
Ha, ha, ha ha! what won't they do
A hundred years to come?
"I'll go to church" the old man said
"For I should like to know
If they are teaching what they did
A hundred years ago."
He rubbed his hands and loudly laughed
At what had here been done;
Said he, "there'll be no priestly rule
A hundred years to come.
"Hurrah for steam, electric light,
the telephone as well!
What more, I scarce can tell.
Magnetic wire now span the earth –
Much has I think been done.
He laughed and said, "I'll visit you
A hundred years to come."

When I first began to think about this article, I wanted to share some of the thoughts of our beloved pioneers. Please note that in all quotations I have used their punctuation and capitalization. As I was reading, I looked for copyrights or other information to date the material, I found most of these lovely tomes had no information in that regard. Obviously, it was more important to spread the word than to worry about ownership. I wish I could share all that I have read with you, but that would take a whole magazine ten times the size of our *TNS*!

Over the years, Trance and Trance Control have been neglected at times, heralded as the only true expression at other times. As I began compiling the quotes I suddenly discovered Trance was often heatedly debated from the beginning. It can be difficult to tell if a Medium is truly in Trance, and because it had been subject to fraudulent displays, it seemed simpler to let Trance lay and not promote it. But, why deprive ourselves of wisdom and guidance from our greatest workers because of fear.

I prefer to say I am an inspirational speaker rather than to claim I work in Trance. Since a great deal of my earliest reading was the works of Lena Barnes Jefts (Peggy Barnes) I question how much my hesitancy may be colored from the following quote in *One Hundred Questions and Answers on the Laws of Spirit Mediumship.* Question 84 asks "What is Trance

(Continued on next page.)

Mediumship." Answer "In trance the mind and personality of the Medium are entirely submerged, the Spirit taking full control of the instrument and the Medium is unconscious of all that is said or done. In inspiration the Medium is fully conscious and in perfect control of mind and body."

Question 85 is "What phase do you believe to be better?" Answer "Many prefer inspiration to trance. In the School of Spiritual Truth, trance is not sought except in materialization. There have been too many illiterate and undignified presentations of trance in past years for it to be a very appealing phase to an intelligent investor. "In contrast Dr. Peebles stated "Trance is in perfect harmony with psychic law."

Ursula Roberts states "I think it is essential for mediums to understand the difference between a trance and a state of trance control." "...A person in complete Trance becomes like a dead person...such Trance is attended by the danger that the cord or life-line by which the spirit is attached to the body may receive some injury, in which case death would occur. In the early years of the growth of Spiritualism, such trances were fairly common. ...The idea that mediumship is bad for the health probably originated with mediums such as these, for it is plain that such trances must have imposed an enormous strain on the heart and vital organs."

"Nowadays one seldom witnesses such distressful trance states. Instead, we see a gentle fusion of the medium's personality with that of the controlling spirit and the gradual transformation of the medium's normal voice, mannerisms and facial expression into that of the controlling entity. As this takes place, there is often a perceptible change in the pulse and respiration, but, the actual state of complete trance is absent. This is more satisfactory, since it allows the mediumship to function at frequent intervals without unduly exhausting the medium, whereas the total trance of by-gone years, if indulged too frequently, had disastrous results upon the medium's health.

"A century ago the spirit world had to force its way through to this world; now it can blend its influence with the mediums and force is no longer needed." I particularly agree with her statement "I think it would be true to say that there is a degree of spirit control in every form of mediumship."

From Harry Edwards *Life in Spirit* published in 1976 "...Trance states can vary from 1 per cent to 99 per cent."



"The understanding of what happens when a guide assumes control will simplify the development and will, at the same time, discount a number of romantic and fanciful ideas that are current. For example, it is said that for the guide to 'come in' the sitter's spirit, mind and body must 'go out.' From this has arisen the notion that the guide's body enters within the physical body of the medium. ...What happens in a trance is simply this: *The sitter's mental organization is taken over by the intelligence of the guide, and nothing more.* The guide's body, being non-material and of spirit, cannot take over the possession of the sitter's physical body. The guide's control of his (her) medium is purely mental. There is no physical incoming. When the guide takes over the control of the Medium's mental organization, he naturally controls the body movement, use of arms and legs, as he takes over the use of the vocal chords."

The Stow Memorial Foundation published the following by Edwin Bartlett Morse in 1933. "Trance is a form of psychic phenomena, through means of which the intellect is brought into a state of passiveness by the law of relaxation. During this state the soul is absent from the physical body and vibrates in the Astral. The physical body then becomes the vehicle through which the disembodied soul operates and expresses its intelligence in a manner governed by the vibration in which it finds itself."

May these few quotations inspire you to look into the many discussions of Trance and different Medium's descriptions of their experiences. I read Stainton Moses *Spirit Identity* from cover to cover the other night. There was nothing specifically to do with trance, but a great deal of imploring to not force the evidence on those not ready to understand.

"The ancients were wise when they maintained the esoteric circle as well as the exoteric."

"The growth must be gradual and should be made so. Forcing is bad in all ways. The fruit looks well, but it has no flavour. The plant is luxuriant but will not stand the cold wind. The inquirer so treated is very apt to turn sick."

In the words of Dr. J. M. Peebles at the fiftieth Anniversary of Modern Spiritualism at Hydesville: "The advanced Spiritualist wants science, philosophy and uplifting inspirations from the infinite Fountain of love and wisdom and truth. He should have them. ...seek the highest, the best, the holiest—go into the silence—cultivate spirituality—unfold the divine within—grow, grow in the graces of purity, wisdom and love, and reaching upward in aspiration, pluck the heavenly fruitage that ripens daily above your own head in richest luxuriance."

What part will Trance play in the future? Will it be replaced by an electronic aided form of Mediumship? Will it be considered a novelty of a less educated period? Let spirit find we have well served the cause, and Spiritualism will have flourished and taken its proper place for whomever investigates a hundred years to come.

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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.

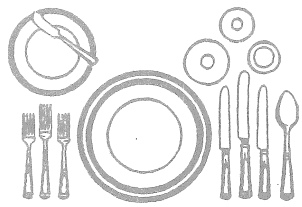
SPIRITUAL HEALING

– 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.

Our Spiritual Diet

BY SHARON GEORGE,
Pennsylvania



The spiritual diet is a food free diet, no calories to count, no fats, carbohydrates, protein or dairy products. This diet is of spiritual matter, suggestions that if used could and yes, indeed do improve our health. Are we ready for a recipe for a better life?

What is a Spiritualist? One who believes as a basis of their Religion in the communication between this and the Spirit World by means of mediumship and who endeavors to mould their character and conduct with the highest teachings. What are some of the teachings that have been received?

There are three goals of emotional meditation: 1. Learn to love yourself. 2. Learn to love others. 3. Learn to love God. Two prime traits a Spiritualist works to cultivate into their daily sustenance are tolerance and open mindedness.

The symbol of Spiritualism is the Sunflower. The Sunflower motto is: "As the Sunflower turns its face to the light of the sun, so does Spiritualism turn the face of humanity to the light of truth." Let us remember in our regime of spiritual nutrition that all things come from God.

Natural Laws are positive ingredients in our Spiritual diet, for they show us how to live and grow. The Law of Balance: By understanding this Law, we find the true meaning of equilibrium. Andrew Jackson Davis used a *Magic Staff* which is a wonderful tool for each of us to utilize in our daily lives. "Behold here is thy magic staff. Under all circumstances keep an even mind: take it, try it, walk with it, lean on it. Believe on it forever."

The Law of Evolution: Evolution guarantees a constant unfolding of progression of all beings. The Law of Cohesion and Adhesion: This Law unites or holds together the atoms of being in all forms of matter. The Law of Acceleration: This is a Law of Physics, meaning the rate of change of velocity. The Law of Thought: This Law encompasses the Law of Contradiction, the Law of Excluded Middle and the Law of Identity. Thoughts create our lives. The Law of Cause and Effect: Every action has an appropriate reaction.

As you see, our spiritual diet has many ingredients to live by, costing no money, yet when used can turn our world into a dream of tomorrow come true. Another Law, the Law of Desirability, is concerned with the natural desire of most people to seek knowledge and to understand truth. Let us hunger/desire a greater understanding and then put forth our energy to grow.

When an individual strives to live a good life, seeks truth, they will find their path is lighted, the comforts of life are attracted to them and they receive an environment of learning. Spirit is the primary motivating force behind our inner bodily intelligence, so as we follow our diet, we increase our spiritual energy. Review and reflect on these thoughts as you practice your Spiritual nutrition and you will see a better tomorrow.



Friends

BY THE RUPERT. SIGURDSSON, NST, Maine

◀ In his cover letter, Rupert said this article was inspired by a trip to Temple Heights to see friends. He included this picture. Back: Ken Green, Rupert Sigurdsson, Gene Pfortmiller. Front: Laura Lee Perkins, Sandy Pfortmiller, Virginia Norris.

What is the purpose that motivates a person to drive hundreds of miles, fly half around the world and spend money they can not really afford just to pay a visit to a friend or relative they haven't seen for awhile?

What is a friend? According to Webster's Dictionary a friend is: one who is attached to another by affection or who entertains for another sentiments of esteem and respect, which leads him or her to desire his or her company and to seek his or her happiness and prosperity.

Most of us have friends, and then some of our relatives become real friends. Other family we only deal with because they are related, and we would never bother with them if we were not related.

Although we think of friends as applying mostly to humans, animals also appear to enjoy friends. Dogs seem to look forward to greeting other dogs when taking a walk, also have a greeting for people they like, and sometimes for a cat that they seem to enjoy playing with. Friendship doesn't seem to be limited to any one specie.

Friends are a very important part of our lives. A person without congenial companions would have a very lonely life indeed, and of course this also includes family that we consider warm and congenial or feel close to. Many acquaintances that we would get to know in business, church, social functions, and our pets too, often play a large part in our lives and are important to a healthy mental existence. Is it any wonder that when their time comes to depart to the Spirit World they miss us as much as we miss them.

Have you ever been to a Spiritualist service or message circle and had the Medium say "there are so many that want to come to you that they are crowding in on me." I have often heard this from Mediums, and it is easy to understand the problem that they must face when a person has many friends and relatives on the spirit side that all want to send a greeting.

On the earth plane it is often the one who talks the loudest is heard—is it sometimes that way in spirit? We are told over and over again from Mediums that the Spirit World is very much like ours. That is at least the environment the average person finds themselves living in when first arriving and where they will be for some time to come. Is this the reason that we may receive a very accurate message from someone who was a friend in our early days and not from someone who was very close to us at the time of their passing?

On first passing to the spirit side, our personality changes little from the way we were on earth. If we were pushy on earth, we would probably be the same in spirit and be the first to get to the Medium. Also, if the personality has been on the spirit side for a long time, they are probably more experienced in getting a greeting through a Medium. If the bond of friendship had been strong at sometime in the person's life, the spirit friend would be anxious to give a greeting, knowing that the Medium may only have a short time to spend with that physical person.

Just as we are willing to travel many miles just to greet a friend on our earth for maybe only a short time, think how it must be in spirit when the only chance to greet an old friend or relative is when a Medium comes to you in a service, class or message circle. It is easy to imagine why all those you have had a relationship with in your life, crowd up trying to get their voice in.

The bond of friendship is very strong and carries over into the spirit side. Although we are told many things about the next sphere of life, there are probably many more we can't even imagine, getting a greeting or a message through to a Medium may require many events that we have no idea of and will only understand when we ourselves are in spirit and faced with the same task.

So next time you receive a message from someone you have to think back many years to remember, instead of a person very close that has recently gone over, welcome that greeting because that person thought enough of you in life, that they felt it was important to share their regards for you from the after-life.

⁂ ⁂ ⁂

The Transition Called Death

BY THE REV. JOHN MEERSCHAERT, Maryland



The recent death of my father has given me a chance to reflect what Spiritualism teaches us about death. We know from our Declaration of Principles that "communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism." Spiritualists speak of death as "transition." The physical body dies and the soul makes the "transition" into the Spirit World. Medical science has established several criteria that must be met for someone to be pronounced dead: cessation of breath, a decrease in body temperature, cessation of pulse, blood pressure and heart beat. There are also machines that monitor brain wave activity, and an absence of brain activity is the definitive sign of clinical death.

On several occasions I have been asked what I, as a Spiritualist Minister, believe about death and what happens at the time that the physical body dies. People, while afraid of dying and death, tend to be very curious about the process and what actually happens as the soul separates from the physical body. Through researching old Spiritualist literature and speaking to other ministers who have been present at the bedside of a dying person, I have found that the experiences are very different.

My understanding and experience have taught me that the soul begins to prepare for separation from the physical body several days prior to death. During this time, the soul often hovers slightly above the body and receives healing and energy from spirit workers who come to assist the soul as it moves into the Spirit World. Spirit Teachers, Healers, Doctors and Nurses assist in bringing the soul into awareness of what is happening, and assists the soul's relatives who are in spirit who have come to meet the soul on its first step into a new realm of existence. Mediums are often able to see the soul as it hovers above the body and ministrations of the spirit workers who have come to assist in the soul's transition.

As the physical body becomes weaker and weaker, the distance that the soul hovers above the physical body increases. Often the dying person will say that a relative who is in spirit is present in the room and will ask if others see the relative. They will often turn their face toward where the spirit is seen and will talk to the spirit presence. Often as the process continues, the lines and wrinkles of the face begin to smooth out and the facial expressions change to one of peace and calm. Sometimes the skin begins to glow or shine as if a light is coming from within the physical body. This is the light of the soul showing that the separation is occurring and death will be happening shortly.

If the individual has been sick for a long while and has been receiving large amounts of medication for pain, such as is often the case in terminal cancer, the soul is placed into a state of "suspended animation." When the physical body finally dies, the soul is taken by the spirit workers who came to assist in its transition to a hospital where workers gently stroke it, provide comfort, soothing words and healing energy. The soul is slowly, gently awakened and brought into awareness about the change in its consciousness.

Death is nothing more than a change in our consciousness. Our awareness of the reality of the physical world, changes to an awareness of the world of spirit. The Spirit World is the same as our physical world. There are birds, trees, flowers, buildings and other similar things. Music, learning and life continue. The soul is assisted in a review of its physical existence and the choices made are discussed and how actions affected others. The newly arrived soul is assisted in seeing how each thing that was done, said or thought affected all humanity. The soul learns how to accept responsibility for these actions and begins a process of forgiving itself and others for wrongdoing.

This process may take several years, as we know and measure a year, but in the Spirit Realm, this time will seem to be very short, seeming to be only hours for the soul. Then the individual will have a time of study and reflection to determine what work he or she will do in the Spirit Realm. Again this is not "work" as we perceive it to be in the physical realm. The work might be learning to channel healing energy to Spiritual Healers, doctors, nurses or other medical personnel in the physical world. The possibilities open to the soul are endless and without limit.

We often want to know when our loved ones will contact us from the Spirit Realm. There are a lot of factors that affect whether they contact us. Some individuals decide that they have no desire to contact those who are still in the physical, preferring to wait until those in the physical make their own transition. Our loved ones may still check up on us to see how we are doing, and they do not cease to love us, they just feel it is best for us to live our lives without any "interference" from them. Others, because they did not believe in an afterlife, do not believe that the communication with the "living" is possible and never take the

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opportunity to try and let their loved ones know that there is an existence after the death of the physical body. Others try to contact loved ones, but find that it is difficult because their loved ones cannot hear or see them, and often do not want to have any contact with "ghosts." It may be with great difficulty that these individuals finally make their presence known, only to be rejected due to disbelief and fear of the "unknown."

It takes time for the soul to learn how to communicate with the "living." We can help by being open, receptive, and by having an understanding of how communication with the Spirit Realm works. That is why home circles and unfoldment classes are so important. As we learn to communicate, our loved ones learn also. As we become more aware through the practice of prayer and meditation, we become more open to those fine vibrations that our loved ones now have. We begin to get messages from them through others and then finally we receive their words of love and encouragement directly.

It is important to remember that our "deceased" loved ones benefit from all the prayers and healing energy that we send to them after their transition. Often the first words we hear from them are thanks for the healing energy and prayers that we sent to them. Our prayers and healing energy assist them in their adjustment to their new surroundings. The prayers and healing also assure them that they are still loved, but missed, and still have a place in our hearts and minds. These same prayers and healing also help us as we grieve, because as we give out so we also receive, according to the Law of Compensation.

I have found it helpful to go back and re-read several books about the process of death. The "Betty Books" by Stewart Edward White and the books by Maurice Barbanell have a great deal of information that has been obtained from those who have "gone before" and can give us a great depth of understanding and insight to the process of death. In the book *With Folded Wings*, Betty acting as the Medium described how a recently deceased friend described the process of his own death: "He tells me there's absolutely nothing to it—a delightful experience...It is like sunrise when you are camping; the coming of color and illumination to widened spaces that were darkened. An enlarging and defining of the pattern of your own life."

Betty was fortunate that her Spirit Teachers allowed her to experience what she called "experimental dying." This allowed her to have more understanding about death and dying when describing the process to others. The basic tenet of what she learned was that as we are now, we will be when we die. Death does not bring about instant and total knowledge and understanding about everything, and our place in the Spirit World is determined by the efforts we made here on the earth plane. Spirit often gave her instructions to help others gain an increased understanding about death. One Spirit Teacher explained why it was difficult to teach about death in a way that is common to everyone: "Why can't you teach about it in a commonplace fashion? Why not say as to death that the life of each species is imprisoned in its fruit. Each fruit, the flesh, is the bearer of the seed...The flesh is the only bearer of the seed to further development. It is healthy and normal to lie down to die as a seed plants itself..." *With Folded Wings.*

But, the ultimate question as we have discussed before, is "will I still be me after I die? What happens to the personality that makes me who I am?" Again, Spirit gives us the answer: "You take over what you are, which is the real continuity...You've got to do away with the superstition that your handicaps here will be instantly eliminated there...It gives you greater and simpler opportunities for development. The mechanism, the apparatus you carry from your life for that purpose is that mechanism...which you have built by your own constructive work. If you have not accomplished much constructive work, you approach those future opportunities crippled...You will have the ability, if you will use it, to heal yourself by appropriate effort. But the start you will make...depends solely and entirely upon what you have done now...The process of death is never...to be dreaded in any way. Don't worry about dying; you'll enjoy it." *With Folded Wings.*



I believe learning what Spiritualism and Mediumship teaches us about death can only make our own transition into the Summerland easier and something to look forward to rather than fear. I wish I could have been at my dad's side when he made his transition. To assist someone in this process is perhaps the most important and supportive thing we can do. I was only able to send healing and loving thoughts to my dad. Around 11 p.m. on the night he died, I sat down to meditate and send absent healing and love to him. I asked my dad's and my Spirit Teachers and Healers to assist me in sending healing to my dad. I also spoke directly to my dad, telling him we all loved him and wanted him to remain in the physical, but that if his body could not sustain his life any longer that it was okay for his soul to move into the Spirit World. I told him we would all miss his physical presence, but that I knew that he would still be "alive," and that he would communicate this to us when he was able. I let him know that my brothers and I would take care of my mom, that he did not need to worry about that and that we would always love him and remember him for the great dad he was. He was told it was pleasant to pass over into Spirit, that his parents and other relatives were there waiting to help him and greet him when he crossed over and that all he had to do was take a deep breath, relax and let go. I had been doing this for about

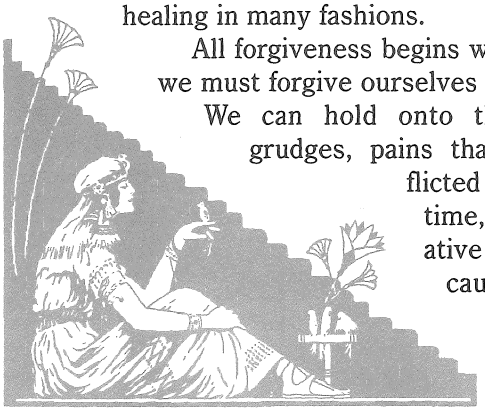
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To Err Is Human, To Forgive Divine

BY JUDY MERRILL, DSNU, Canada

As we travel the spiritual path and seek our personal spiritual awareness, a lesson in forgiveness rears its head in many fashions. Being spiritual does not preclude us being hurt from relationships and circumstances in life, but it does give us another method of handling this hurt and pain. This raises the thought...who benefits from forgiveness?

We are the beneficiaries of any forgiveness in our lives. Others often don't even realize they have inflicted pain, so to release our upset feeling is our own personal responsibility. Forgiveness aids our health and healing in many fashions.



All forgiveness begins with ourselves, for we must forgive ourselves as well as others. We can hold onto the many hurts, grudges, pains that have been inflicted over a period of time, but this is negative energy and may cause illness and disease within ourselves. Or, we can release the pain and forgive the situation.

It can often be easier to forgive the circumstance of the hurt, rather than the person who inflicted the pain. This is because we expect others to recognize when they have hurt us through lack of concern or not thinking about another first.

The first step is to release the pain. Recognize that the memory of a hurt is causing undue grief, and release it. Then, work to forgive the circumstance—examine it, see what hold it has over your life. Look to see if you have grown past this situation, and maybe you have even grown in spite of it, or because of it. Or, are you being held back by your own pampering of this circumstance and keeping it handy as your excuse for lack of progress?

We have an overdeveloped human sense of holding onto all that happens in life. When, in reality, all things past are gone, over, forgotten in the scheme of life.

As the river of life flows, what is past is history, never to be repeated again. The future may never be, so the present is when we must truly live and love.

Being kind to one another, we can live in the situations of love and light, or we can live to hold the grief and pain. The choice is a measure of our growth and spirituality.

THE TRANSITION CALLED DEATH

(Continued from previous page.)

twenty minutes when my mom called to tell me he had passed away quietly and peacefully. Coincidence? No way! I know dad heard me and knew that it was time to go and that he would not be alone.

The more we understand the process of death and what Spiritualism has to teach us about it, the easier it is for us to help and provide comfort to be bereaved. Our understanding, compassion and support of someone who has lost a loved one can assist them through the grieving process; provide comfort and assurance that death of the physical body is not the end of life. Death is a reality. It is a process that begins at the moment of our birth. Andrew Jackson Davis understood this when he wrote: "Every human intellect should understand that as soon as the human organization is perfected in its form, size, and general developments, and as soon as the period of maturity has arrived when the spirit exercises its full control over the body, the process of transformation commences. The change is imperceptible, yet it is incessant and progressive. The body is not dying for a few hours only, but for many years; during which time the faculties and powers of the inner being gradually release their proprietorship over the form, and the soul continues its aspirations towards the higher spheres." *What is the Philosophy of Death?*

But this reality does not have to fill us with dread and fear. Andrew Jackson Davis knew that there is comfort from Spirit to assist us in the process of death and dying: "There are voices from the Spirit Land which sound, to the inhabitants of earth, like the revelations of fancy; but the time will come—it is dawning on the world—when many men shall hear these voices and comprehend the mighty truths their tones impart. And then, when the hour of death arrives, the chamber of the departed will not resound with sighs and lamentations, but it will echo to the soothing strains of sweet and solemn music; and there will be not, mournful and wordy prayers or tearful discourses, but a quiet and holy passover." *What is the Philosophy of Death?*

EXCERPTS ON TRANCE



From *Mediumship And Its Laws* by Hudson Tuttle.

"It is impossible to attain the profound state of trance without partially surrendering the will. The same passivity must be allowed as in going to sleep. Nor should there be any more fear. Why should there be? One state is as natural as the other, and, understood, fraught with no more danger."

From *The Rock of Truth* by Arthur Findlay.

"The *(Biblical)* story of Peter in trance, and his vision, is an example of a very common occurrence with Spiritualists when in the presence of trance mediums, in fact it is one of the commonest of all the phenomena of Spiritualism...

"The trance descriptions of the etheric world, as given by Mrs. Haden, one of the most developed trance and direct-voice mediums of our time, are far more wonderful and graphic than anything recorded in the New Testament..."

From *What Mediumship Is* by Horace Leaf.

"Speaking under spirit-influence is a form of mediumship that should be cultivated much more than it is. Very few mediums have attained a high degree of proficiency along this line, although many have aspired to it...

"When the speaker is in unconscious (trance state) he (or she) is, of course, unable to control what passes through his lips. Nevertheless, his mind influences the control advantageously or detrimentally. This applies even more to the consciously-controlled speaker... Mediums are not like gramophone records; they are living beings with brain and mind governed by life-long habits. Every person's mind is full (of ideas, habits, desires that govern the way the individual thinks. Each subject familiar to the individual, the mind immediately moves along old and familiar lines.)

"All controlling entities desirous of transmitting philosophical, religious and spiritual ideas through a medium find themselves as much under the control of the medium as the medium is under theirs. The consequence is, if the medium is ignorant and his mind untrained to serious thinking, the less successful will the speech be. The reverse is also true. An educated medium with a well-trained mind will, with few exceptions, produce better results."

From *A Psychic in the Heartland, The Extraordinary Experiences of a Small Town Doctor* by Bettilu Stein Faulkner.

It was suggested Riblet "might go into trance using the recorder in the event any of his spirit friends wished to speak... Finding a quiet time, he was to set up the recorder at his bedside, lie on his bed with a microphone at hand, and go into trance so that George (his spirit guide) could speak through him, sending him messages that could be preserved.

"Rib was excited at this prospect, wondering what his guide would have to say. Wasting no time, that very night he plugged the microphone into the recorder and lay down on his bed with great anticipation. After a few introductory words, he easily fell into trance, using a deep-breathing technique." The resulting Trance messages from the next realm are found in the book.

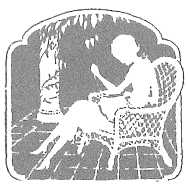
Taken from *Opening To Channel* by Sanaya Roman and Duane Packer.

"When you *channel* you access these higher realms by connecting with a high-level guide or your higher self, who steps down this higher vibration and makes it more readily available to you. Channeling involves consciously shifting your mind and mental space in order to achieve an expanded state of consciousness that is called a *trance*. To achieve the channeling trance space you will need to learn to concentrate, get your own thought out of the way, and become receptive to higher guidance. In this receptive state you become the vessel for bringing through higher energies which you can use for creating good."

Positive Statements To Help Create a Positive Day.

Affirmations . . . SEPTEMBER 2003

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Who makes all things possible? You do, for yourself.	**2** Be the best person you can be—for yourself.	**3** Recognize the message you send out to the world—is it the one you want back?	**4** It is important to be able to help others that you are honest with yourself.	**5** If it's worth your time—it is worth the effort.	**6** Spirit can walk with you on your path, but not for you.
7 Like attracts like—do you like who you are?	**8** Be easy on yourself—Principle #8—no judgment.	**9** Bring happiness into our life—spread it.	**10** All things are possible.	**11** Believe in yourself.	**12** When looking for answers, look within.	**13** May God and Spirit touch your life in ways they haven't yet.
14 Infinite Intelligence is within.	**15** Plant inspiration in your garden of life.	**16** Hear your soul, look within.	**17** May you be the motivating force of your own life.	**18** Trust the Universe to bring you that which you need.	**19** Healing is there merely for the asking. Healing is for all.	**20** Request life's blessings according to Divine order, for a proper reason.
21 There is a reason for all that is in your life.	**22** Be thankful for those in your life, and for the lessons they bring.	**23** One of the greatest lessons to learn—to love yourself first.	**24** Live Natural Law and it will provide for you and your needs.	**25** Fill your life with love, peace, understanding and prayerful thanks.	**26** Believe in yourself. Live the life you want to lead.	**27** Spirit manifests through your experiences.
28 Bring comfort into your life—accept who you are—be who you like.	**29** Keep in the forefront of your thoughts the memory of "Golden Silence."	**30** Live your religion and share a smile.	*Affirmations submitted by the Rev. Kathlyn Boettcher.*			



Harvest your positive thoughts!








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SIKORA, Rev. Arlene, NST, Certified Medium, Comm. Healer, private consultations, 2800 N. Atlantic Ave. #516, 32118 - (386) 228-3864.

OCALA

HAGER, Rev. Elaine S., NST, Certified Medium, Comm. Healer, classes, seminars, private consultations, 9 Wood Ridge Dr., 34482-6683 - (352) 873-1951, e-mail: revelaine@cfl.rr.com.

ORLANDO

OTZELBERGER, Rev. E. Ann, NST, Certified Medium, Comm. Healer, seminars, private consultations, 4332 Woodlynne Lane, 32812 - (407) 826-0807, Fax (407) 826-0469, e-mail: revann@bellsouth.net.

SANFORD

AWTRY-SMITH, Rev. Marilyn, NST, Certified Medium, avail.for Speaking Engagements, Public Demonstrations and Private Consultations, 118 Wax Myrtle Dr., 32773 - (407) 322-7585, e-mail: Awtrysmith@aol.com.

• ILLINOIS •

CHICAGO

BOESEN, Rev. Marian, Certified Medium; Consultations by appt.; P.O. Box 826, Rock Falls, 61071, (815) 626-5788.

COVERSON, Rev. Marrice, NST, Certified Medium; Private consultations by appt. only, seminars, 5341 S. Cornell, 60615 - (773) 493-1967; e-mail: spiritspks@aol.com.

HEYWARD, Rev. Florence, Comm. Healer, Certified Medium; Pastor, Spiritualist Church of Truth, 6343 W. Cuyler, (708) 452-8754.

WILLIAMS, Rev. Arsenia J. Williams, NST, Certified Medium; Classes, seminars, workshops, private consultations, 10913 S. Parnell Ave., 60628 - (773) 995-1911, Fax (773) 995-9325; e-mail: arsenia9325@hotmail.com.

• INDIANA •

GARY

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

TERRE HAUTE

BIANCHI, Rev. Robert, NST, Certified Medium, Comm. Healer, 5326 Chisholm Ct., Apt. E, 47808-4226 - (812) 877-6653; e-mail: reverendbob@direct2spirit.com.

• IOWA •

CLINTON

HORSTMAN, Rev. Bonnie & Harvey, NST, Certified Mediums, 1958 Glendale Rd., 52732 - (563) 242-8460.

DAVENPORT

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.

BELFAST

PARRY, Rev. Nancy Marshall, NST, Certified Medium, Healer; private readings, public lectures, classes, workshops, retreats; 28 Merriam Rd. #201, 04915 - (207) 338-4690; e-mail: clown@mint.net.

CANTON

NORRIS, Virginia, Licentiate Minister, Comm. Healer, R1, Box 91, 04221 - (207) 597-2600.

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

LEWISTON

NYE, Rev. Gloria, NST, Certified Medium, 191 Dyer Rd., 04240 - (207) 786-4401; e-mail: glorygirl@midmaine.com.

LINCOLNVILLE

CROES, Rev. Lois, 2574 Atlantic Hwy., 04849.

• MARYLAND •

GLEN BURNIE / BALTIMORE

ROTHAMEL, Rev. John Edward Jr., NST, Certified Medium, Classes, Lectures, Seminars, Consultations, (410) 590-9187; e-mail: JRothamel@cablespeed.com.

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; e-mail: jeyoung@rconnect.com.

YOUNG, Rev. John E., NST, Certified Medium, Comm. Healer, 4814 115 Ave. NW, Byron, 55920 - (507) 775-6358; e-mail: jeyoung@rconnect.com.

• 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 •

CARSON CITY

HOBLITT, Emma, Certified Medium, Comm. Healer; 893 Vista Park Dr., 89705 - (775) 267-9988.

MINDEN

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

RENO

BUTLER, Rev's Tom and Lisa, NST, Directors NSAC Dept. Phenomenal Evidence, Comm. Healers, Certified Mediums, Directors American Assoc. of Electronic Voice Phenomena, P.O. Box 13111, 89512, e-mail: phenomena@nsac.org, web sites; http://nsacphenomena.tripod.com & http://aaevp.com.

• NEW HAMPSHIRE •

SALEM

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

WINDHAM

SNELL, Rev. Catherine, NST, Certified Medium, by appt. only, 23 Pleasant St., 03087 - (603) 880-3599; e-mail: csnell@hoflink.com.

TRAVIS, Rev. Janet, NST, 23 Pleasant St., 03087 - (603) 880-3599; e-mail: jtravis@hoflink.com.

• NEW YORK •

BELLMORE

RIVERA, Rev. Milagros G., Medium and Spiritual Counselor, Healer; Readings and Classes, 1830 #21 Bellmore Ave., 11710-5567 - (516) 781-9773.

CLIFTON PARK

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

DEER PARK

LLOYD, Rev. Nancy A., NST, Certified Medium and Counselor (call or write for appointment); Mail: 80 Jefferson Ave., 11729-2004 - (631) 243-2935; e-mail: nlloyd@suffolk.lib.ny.us.

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.

HOLBROOK

BERG, Rev. Virginia, Pastor, A Sanctuary of Infinite Spirit, NSAC, 1280 Claas Ave., 11741-3902 - (631) 588-3150.

HUNTINGTON

SCHOELLER, Rev. Richard P., NST, Certified Medium, by appt. only, 26 Sabbath Day Path, 11743-2752 - (631) 271-2985; e-mail: RPSchoeller@netzero.net.

LAKE RONKONKOMA

DUFFIELD, Rev. Patricia Anne, NST, Certified Medium, Comm. Healer, 10 Ackerly Lane, 11779 - (631) 588-5869; e-mail: kenpatduff@hotmail.com.

LILY DALE

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

KINCAID, Rev. Sylvia W., NST, 5 Fourth St., P.O. Box 261, 14752-0261 - (716) 595-8280; e-mail: Sylkin@netsync.net.

• NORTH CAROLINA •

HENDERSONVILLE

GRIFFITH, Rev. Gail, NST, 175 Crestview Dr., 28791 - (828) 891-1312; e-mail: gailgriffith@juno.com.

• RHODE ISLAND •

State Wide

KENT, Revs Lynn and Brian, Certified Medium and Commissioned Healer; Private consultations by appt., home gatherings, specialize in physical phenomena table-tipping workshops, public readings for charity; (401) 245-8307; e-mail: lynnkent@spiritmedium.com; website: www.spiritmedium.com.

• OHIO •

FAIRBORN

MOSCHKE, Rev. Raymond J., Comm. Healer, 1468 Ironwood Dr., 45324 - (937) 878-1165.

• PENNSYLVANIA •

ALLENTOWN

ZERNICEK, Rev. Ludwig, NST, Pastor of Getter Memorial Church; mail: 323 N. 8 St., Apt. #3, 18102, e-mail: rev_lance@entermail.net; (610) 770-7560.

• TEXAS •

AUSTIN

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

EDINBURG

MUSE, Rev. Evelyn, NST, Minister, Certified Medium, 1104 Susan Dr., 78539 - (956) 383-2510.

HOUSTON

JESSUP, Rev. Jovita V., NST, Comm. Healer, Certified Medium, 5655 Meadow Creek Ln., 77017 - (713) 947-6586.

LOCKHART

HAMNER, Rev. Dr. Jean, NST, Certified Medium, Commissioned Healer, Angels of Light Pastor, 2714 FM 713, 78644-4163; Private consultations by appointment, public lectures, classes and workshops - (512) 376-5326.

• 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, 5904 Mt. Eagle Dr., Unit 318, 22303-2500 - (703) 317-1707.

ARLINGTON

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

HAMPTON

BROWN, Rev. Carol A., NST, 712 Big Bethel Rd., 23669-2802 - (757) 826-9652.

NORFOLK

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

SPRINGFIELD

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

VIENNA

STRANAHAN, Rev. Patricia, NST, Certified Medium, 1717 Besley Rd., 22182 - (703) 938-2512.

VIRGINIA BEACH

CRIBB, Rev. Kathleen, 900 Park Landing Ct., 23456 - (757) 471-2414.

• WASHINGTON •

SEATTLE

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

• WEST VIRGINIA •

GREAT CACAPON

STARR, Rev. Barbara, NST, Comm. Healer, 4245 Woodmont Rd., 25422 - (304) 258-4861.

• 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 - Church of the Living Spirit, NSAC
Meeting place: LaQuinta Inn, 2510 W. Greenway Rd., 85023; 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.; Healing, Meditation and All Message Service, 2nd Wednesday of the month at 7:30 p.m.; Tuesday Classes 7:30 p.m., call about location; website: www.churchofthelivingspirit.org.

• CALIFORNIA •

CALIFORNIA STATE SPIRITUALISTS' ASSOCIATION
Pres., Rev. Sandra Cook, (805) 965-4474; Secy., Melissa J. Haddick, 640 The Alameda, Berkeley, 94707-1602, (510) 524-0910, ext. 2, Fax (510) 524-1027; e-mail: cssa@mjaustin.com.

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., Evadell Sordelet, (916) 481-8729.

MONROVIA - The Spiritualist Church of Revelation
200 W. Colorado Blvd., 91016; Sun. Services 10:30 a.m.; Pastor, Martin Pina; Pres., Mary Munerlyn; Secy., Rev. Toni Ervin; Church phone (626) 256-3403; e-mail: Greenry@earthlink.net.

SACRAMENTO - Central Spiritualist Church, NSAC
2500 Marconi Ave., Suite 209, 95821-4855. Mailing Address: 4800 Auburn Folsom Rd., #63, Loomis, 95650-9328; Sun. Serv. 10:00 am.; Classes - second 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@centralspirit.com.

SAN BERNARDINO - Temple of Spiritual Truth, NSAC
732 N. Sierra Way, 92402. Sun. Serv. & Healing 11:00 a.m.; Secy., Richard Patteson, P.O. Box 7006, Riverside, 92513.

SAN FRANCISCO - The First Spiritual Temple, NSAC
No weekday evening classes at this time; all correspondence and inquiries to the Rev. Alfred A. Conner, NST, Secy./Treas., 69 Idora Ave., San Francisco, CA 94127-1057, Tel. (415) 564-2260.

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.; Wed. Healing 7:30 p.m., Serv. 8:00 p.m., (415) 885-9976; Pastor, Rev. David Burr, NST; Pres., Sonny B. Gee; Secy., Engeltie Lauderback.

SAN FRANCISCO - San Francisco Spiritualist Society
1031 Franklin St. (Urban Life Center, Fireside Room); Church phone, (415) 927-2139; Sun. Serv., 6:00 p.m.; Pastor Rev. Barbara Thurman, (415) 924-1106; e-mail: sfspiritualist@earthlink.net; 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; email: tssole@hotmail.com; Sun. Serv. 6:30 p.m., 2nd & 4th Sunday; Pastor Rev. Louise Peruch, NST; 5409 N. Staple Way, 95236, (209) 887-2043.

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., Rev. Sandi Deckinger, 649 16th Ave., San Francisco, 94118, (415) 751-1384; 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: churchofthecomforter@earthlink.net; Sun. Healing Serv. 10:30 a.m., Devotional Serv. 11:00 a.m., Wed. Message Serv. 6:30 p.m., Unfoldment Classes Sunday, Monday 1:30 p.m., Thursday 7:00 p.m.; Call for information on the Rev. Foard Memorial Library.

• COLORADO •

LITTLETON - Chapel of Spiritual Awareness
Pastor, Patricia J. Haskins-Schott, (303) 973-9993; **All mail** to: 6457 S. Xenon St., 80127; website: Go to www.spiritual-awareness.org; Call for information.

• 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., Rev. Lynn Gaffin, 70 Dell Ave., #B5, 06320; Secy., Rev. Lynn Gaffin; e-mail: slynnh@aol.com; website: www.nlspiritualist.com.

NEWINGTON - The Church of The Infinite Spirit
Masonic Temple, 80 Walsh Ave., 06111; Sun. Serv. 10:30 – 12:00 the second and fourth Sundays during Sept., Oct., Nov., Jan., Feb., May and June. Open the first, third and fifth Sundays in Dec., the second and third Sundays in March, and the second, third, and fourth Sundays in April. Closed July & Aug.; Pastor, Allen Noddin, 174 Daley St., Forestville, 06010; Pres., Mary Ann Noddin, 174 Daley St., Forestville, 06010; Secy., Catherine Watso, 11 Evergreen Dr., Granby, 06035; Contact Mary Ann Noddin at (860) 582-7385 for further information.

NIANTIC - Ladies Aid Society Camp at Pine Grove
June 16 - Sept. 11. Services, Sundays at 2:30, Tue., Thur., Sat. 7:30. For a program listing all Summer activities write to: Acting Secy. Susan Ferency, 12 Butlertown Rd., Waterford, 06385.

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. Genevieve Mancini, NST.

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 thru August. For more information, please call the church; Pastor, Joyce Orcutt, 133 Wales Rd., Andover, 06232, (860) 742-7846; Licentiate Minister, Clinton Cady, P.O. Box 67, 06226; President, Renee Provost, P.O. Box 370190, W. Hartford, 06137; Secy., Marie Kuper, 106 Old Andover Rd., Hebron, 06248, (860) 228-0762.

• DISTRICT OF COLUMBIA •

WASHINGTON - The Church of Two Worlds
3038 "Q" St., N.W., 20007-3080, Phone (202) 333-5114; Web: TwoWorlds.Org; email: Info@TwoWorlds.Org; Sun., Healing 2:00 p.m., Serv. 2:30 p.m.; 3rd Wed.: Healing 7;30 p.m., Message Serv. 8:00 p.m.; Fri.: Unfoldment Class 7:30 p.m.; Pres., Michael Gallion, (202) 237-7659; Secy., Rev. John Meerschaert, (301) 585-0261.

• 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., Stanley L. Pierce, 6458 So. Maryland, Chicago, 60637, (773) 324-1065.

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., Sandy Kliemek, 531 Pottawatomie Trail, Porter, 46304.

CHERRY VALLEY - Cherry Valley Spiritualist Camp, Inc.
8002 Service Rd., 61016, (815) 332-5359; Camp Season: June 1 thru Sept. 30; Serv., 10:30 to 11:00 Healing Meditation, 11:00 to 12:30 Church Service, Pot Luck follows; Pres., Ken Boesen (815) 626-5716; Secy, Mary Ellen (815) 332-5359.

CHERRY VALLEY - Christabelle Spiritualist Church
8002 Service Rd., 61016. (815) 332-5359; Healing Serv. 10:30 a.m., Worship Service 11:00 a.m. every Sunday, Oct. thru May at Cherry Valley Spiritualist Camp; Pastor, Rev. Marian Boesen, (815) 626-5716; Pres. Kenneth Boesen, (815) 626-5716; Treas., Martha Witt, 1204 Game Farm Rd., Yorkville, 60560, (815) 553-2517; Secy., Susan MacCallum, 2512 Lindale Rd., Rockford, 61109, (815) 229-3921.

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.; Worship/Message Serv., Wed. 7:00 p.m., Development Class 8:00 p.m.; Pastor, Rev. 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; Pastor & Pres., Rev. 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., (mail to: P.O. Box 174, Leroy, IL 61752-0174); (309) 962-9076; Sundays Adult Lyceum 11:00 a.m., Service 12:00 p.m.; Pastor, Rev. Bob Bianchi, NST; Pres., Sharon Bianchi, (812) 877-6653; Secy., Gay Kick. website: www.crumbaughchurch.org; e-mail: reverendbob@direct2spirit.com.

• INDIANA •

INDIANA STATE ASSOCIATION OF SPIRITUAL SCIENCE, NSAC
Secy., Bonnie J. Darby, 7274 Lakeside Woods Dr., Indianapolis, 46278, (317) 329-1217, Fax (317) 329-1218, e-mail: BDarby02@aol.com; Pres., Rev. Jessie James, (219) 885-0091.

GARY - First Spiritualist Church, Inc., NSAC
2430 W. 11th Ave.; Serv. Sun. 3:00 p.m.; Pastor & Pres., Rev. Jesse James, Jr., 1301 Pennsylvania St., 46407; Secy., Angeletta Banks; Unfoldment Classes 1st & 2nd Sat. of each month, 1:00 to 4:00 p.m., Lyceum Sun. 3:00 p.m., Jacqueline Crooms and Donna Emery.

INDIANAPOLIS - New Dawn Spirit of Light Church, Inc., NSAC
3637 W. 10th St., 46222-3376; Sun. Serv: 11:00 a.m. Healing - 11:30 a.m. Worship and Message Serv. - Kids Time 11:00-11:30 a.m.; Wed. 7:00 p.m. Development Class and Meditation; Every 5th Sunday All Message Service, covered dish dinner; Church phone, (317) 917-0427; Secy., Marilyn Smith, (317) 291-9550; Pres. & Pastor, Rev. Mildred Schlagel, (317) 291-0799.

MICHIGAN CITY - Spiritual Science Church, NSAC, Inc.
314 W. Coolspring Ave., 46360, (219) 874-6002; Sun. Serv. 12:00 Noon; Pastor & Pres., Rev. Ruth Novak, (219) 872-6621; All corresp. to Rev. Ruth Novak, 7008 W. U.S. 20W #77, 46360; Secy., Victoria Coar, (708) 889-1678.

• IOWA •

CLINTON - First Spiritualist Church
5416 - 6th Ave. So., P.O. Box 123, 52732-0123, (319) 243-3233.

CLINTON - Mississippi Valley Spiritualist Assoc. Camp
P.O. Box 75, 52733-0075; 2003 Camp Season, 7-12-03 thru 8-23-03; Rev. Pamla Ashlay, Secy., (414) 774-2994.

CLINTON - Sunflower Spiritualist Church
10 Mt. Pleasant Park; Mail to: P.O. Box 6, 52733-0006; Sun. Serv. at 10:00 a.m.; Co-Pastors, Rev. Harvey and Rev. Bonnie Horstman, NST; Secy., Rev. Bonnie 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, 66 Martin Heights, Raymond, 04071, (207) 655-6673; Secy., Betty Simpson, 715 Newburgh Rd., Hermon, 04401, (207) 848-2273; Treas., Jeanne Bower, 159 Northport Ave., Belfast, 04915, (207) 338-1355.

AUGUSTA - Augusta Spiritualist Church
P.O. Box 2492, 04338, (207) 622-8980, corner of Perham & Court Sts.; Sun. Serv. 10:30 a.m.; Thurs. Awareness Class 7:00-9:00 p.m.; Pastor, Earl Wallace, (207) 582-6745, e-mail: godfreed@aol.com; Secy., Phyllis Norton, e-mail: secretaryasc@yahoo.com.

BANGOR - The Harrison D. Barrett Memorial Church, NSAC
114-118 Harlow St., (under Tesoro Restaurant); Sun. Serv. 10:00 a.m.; Secy., Betty Simpson, 715 Newburgh Rd., Hermon, 04401, (207) 848-2273, e-mail: simpsonb@hermon.net. Church services may be canceled due to inclement weather. Please call the secy. for more information.

HARTFORD - Pinpoint of Light Spiritualist Camp
Mail address: R1, Box 91, Canton, 04221; Open July and August - Service, Seminars and Classes; Secy. Virginia Norris, LM, CH; Pastor, Rev. Rupert Sigurdsson, NST. For information, Phone (207) 597-2600, Fax (207) 597-2295; 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. 7:00-9:00 p.m.; Secy., Virginia Norris, LM, CH; Pastor, Rev. Rupert Sigurdsson, NST; For information, phone (207) 597-2600, e-mail: rupert@megalink.net.

MADISON - Madison Spiritualist Camp
Located at Lakewood Village, Rt. 201, six miles north of Skowhegan, ME. We meet July 13th through August 17. Schedule to be announced. For information, contact President John Davidson, 74 Central Ave., Waterville, 04901, phone (207) 877-2204; e-mail: jdavidson@midmaine.com; Secy., Dorothy Dee. There are no accommodations for the general public for rooms, camping, or meals. There are plenty of locations in the surrounding area.

NORTHPORT - Temple Heights Spiritual Camp Assoc.
Shore Road, Northport on Penobscot Bay; Camp session is from mid-June through the Sunday after Labor Day. A different featured medium each week. Church services at 2:30 p.m. and 7:30 p.m. Tues., Thurs. and Fri.; Sun. Pot Luck 5:00 p.m.; class Mon. at 7:30 p.m.; Message Circles Wed and Sat. at 7:30 p.m.; Workshops/seminars Saturday. Accommodations with kitchen privileges available; for a program or information, call (207) 338-3029 (Apr.-Oct.) then (207) 338-4690, or P.O. Box 311, Lincolnville, 04849-0031; Pres., Pam Strickland, P.O. Box 93, Owl's Head, 04854, (207) 594-9038, e-mail: pstone48@aol.com; Secy., Patricia Wallace, 124 Spring St., Gardiner, 04345, e-mail: PMICH619@aol.com.

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., Graham Connolly, (207) 655-6673; e-mail: gconnol1@maine.rr.com.

• MARYLAND •

GLEN BURNIE/BALTIMORE - The Light Center Spiritualist Church
Phone: (410) 590-9167; Fax: (413) 431-8465; e-mail: Info@LightCenter.Org; website: www.LightCenter.Org; Mailing Addr.: 7851 Foxfarm Lane, Glen Burnie, 21061-6324; Service Addr.: Hampton Inn, Glen Burnie, 6617 Gov. Ritchie Highway North, Glen Burnie, (410) 761-7666; Pastor, Rev. John Edward Rothamel Jr., NST; Services: Devotional, 1st/3rd Sun., 11 a.m.; Healing & Message, 5th Fri., 7:30 p.m.; Classes: MPI Study Group, 1st Sun., 10 a.m.; Adult Lyceum, 3rd Sun., 10 a.m.; Meditation, 1st Fri., 7:30 p.m.; Development, 2nd/3rd/4th Fri., 7:30 p.m.; Special Events: Seminars, Workships, Picnics, Field Trips, Séances, Circles.

• MASSACHUSETTS •

MEDFORD - Medford Spiritualist Church, NSAC, Chapel of Peace
Sunday Serv. held at the Unitarian Universalist Church, 147 High St.; Serv. at 5:00 p.m., Healing Lecture and Messages; For Info. call Acting Pastor/Treas., Sandra Millen, 103 Columbus Ave., Salem, 01970, (978) 744-0546.

ONSET - On-I-Set Wigwam Co-Workers Spiritualist Camp
Season opens June 9th till Labor Day weekend; Camp phone (860) 439-1395; Sun. Serv. 2:30 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, 12 Butlertown Rd., Waterford, 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 - June; Pres., Bradley Gosselin, 147 Sylvan St., Danvers, 01923 - (978) 774-1571, e-mail: BGoss92409@aol.com; Secy., Nancy L. Karolides, 144 Boston St., Middleton, 01949, (978) 774-4048.

REHOBOTH - First Spiritualist Church of Brockton, Inc., NSAC
Services held at 10:30 a.m. every Sunday at the Agawan Grange Bldg., junction Rts. 44 & 118; Mailing address: P.O. Box 206, Swansea, MA 02777-0206. Please see our website for updated schedule and e-mail addresses, http://www.firstspiritualistchurch.com or http://clix.to/spirits.

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. evenings at 7:00 p.m.; Pastor, Rev. John F. Sullivan, P.O. Box 392, Worthington, 01098 - (413) 238-4495, e-mail: jsulli1942@aol.com; Pres., Tom Ruelke; e-mail: bigrock@localnet.com; website: www.masslive.com at the community link.

• MICHIGAN •

MICHIGAN STATE SPIRITUALIST ASSOC. OF CHURCHES
Pres., Marcia Hyatt, 4161 Buckingham, Detroit, 48224-3538; Secy., Rev. Marguerite I. Gutt, NST, 813 E. Evelyn, Hazel Park, 48030-3106, (248) 548-2240.

CHARLEVOIX - The Golden Rule Spiritualist Church
07444 Old US 31 North, 49720-9422, (231) 347-9601 or (231) 347-7916; Sun. Serv. 10:30 a.m., except during July and August because our "camp" operates in the same location. (During cold weather months it is advisable to call our Secretary just in case. We held services for the winter of 2001/2002, but weather is beyond our control.) Located halfway between Petroskey and Charlevoix. Turn on Murray Road and

immediately turn right on Old 31 N - go 8 tenths of a mile on the left; Pastor, Rev. Cosie Allen, NST and Certified Medium; website: www.churchseek.net/church/goldenrule; Mail: c/o Stanhope, 1086 Maple Grove Rd., 49720.

CHARLEVOIX - Northern Lake Michigan Spiritualist Camp
Please see Golden Rule Spiritualist Church listing for contact information, driving directions, and website address: Open July and August for Sunday services at 10:30 a.m. and Wednesday services at 7:30 p.m.; Potluck follows Sunday service and bonfire with snacks follows Wednesday service; Classes, circles and readings/private consultations available. Pastor, Rev. Cosie Allen, NST and Certified Medium; Mail: c/o Stanhope, 1086 Maple Grove Rd., 49720.

FERNDALE - First Spiritualist Temple of Detroit
2724 Goodrich, 48220; Sun. Serv. 8:00 a.m.; Secy., Diane Smith.

LESLIE - Flower Memorial Spiritualist Church
Pres., Dennis Goddard, (517) 694-8107.

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. Marguerite Gutt, NST, (248) 548-2240.

SOUTH BRANCH - Chain Lake Spiritualist Camp Association
8000 W. Chain Lake Rd., 48761-0089; Sun. Serv. 11:00 a.m., June 1, 2003 through Sept. 1, 2003; Annual Retreat July 13-18, 2003; Lyceum Dir., Dawn Hyatt; Pres., Donald Weichner, 8022 W. Chain Lake Rd., P.O. Box 89, 48761-0089.

• MINNESOTA •

MINNEAPOLIS - Spirit of Life Spiritualist Church
Services at Lake Harriet Comm. Church at 4401 Upton Ave. S., 55410.

ROCHESTER - Third Spirit of Life Spiritualist Church
Services Mon., 7:00 p.m., 21st Century Building, 2130 S. Broadway, Ste. 170; 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) 225-4609 (church) or (612) 699-4858 (home); Secy., Gerold Kemling, c/o 2169 Scheffer Ave., 55116-1255.

• MISSOURI •

ST. LOUIS - Fifth Spiritualist Church of St. Louis
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, 9540 Miriam, Overland, 63114, (314) 423-3516; Secy., Lisbeth Tintera, 901 Peace Haven Dr., 63125, (314) 845-3492.

• 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
For information on Church services or development classes, please contact Vicky Homann, Pres., (702) 369-9449, or e-mail: VickyVJean@aol.com.

• NEW HAMPSHIRE •

SALEM - The Church of Spiritual Life, Inc.
Masonic Hall, 109 Main St., Rt. 97; Mailing address: P.O. Box 144, 03079; Year Round Services; Regular Sunday Service 10:30 a.m.; Wed. classes 7:15 p.m.; Call Pastor, Rev. Kenneth Wingood, (978) 454-4163; website: http://www.NHSpiritualist.homestead.com.

• 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; Sun. Healing, Worship & Message Serv. 11:00 a.m., (856) 456-2196 for cancellations; Pastor, Lillian Joyce, 300 McCourt Ave., Berlin, (856) 767-1651, e-mail: spiritone@snip.net; Pres., Russell E. Joyce, 300 McCourt Ave., Berlin, (856) 767-1651; Secy., Kathleen M. Pollack, 1762 Crown Pt. Rd. #537-A, Thorofare, (856) 848-7053; website: http://users.snip.net/~spiritone.

• NEW YORK •

EAST AURORA - First Spiritualist Temple
29 Temple Pl., 14052, (716) 652-5018; Sun. Healing Service 10:30 a.m.; Lecture and Message Service 11:00 a.m.; Social Hour 12:15 p.m.; Dinner Day 3rd Sun. of month followed by Circles; Secy., Robert Lowell, (585) 786-8549.

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 Donna S. Riegel, 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, (631) 588-3150; Mailing address: 1280 Claas Ave., Holbrook, 11741-3902.

LONG ISLAND - New Horizons Spiritualist Church
Meeting: at 10:00 a.m., 1130 N. Broadway, Massapequa; Classes available; Mail to: Frances Werbeck, Secy., 43 Grand St., Lynbrook, 11563, (516) 593-7213; Pastor, Rev. N. A. Lloyd, NST, 80 Jefferson Ave., Deer Park, 11729-2004, (631) 243-2935, e-mail: nlloyd@suffolk.lib.ny.us.

LONG ISLAND - Temple of Metaphysical Science, NSAC
15 Oak St., Patchogue, 11772; Sun. Serv.: Healing and Worship 11:00 a.m.; Pastors, Rev. Hugo Ruiz, NST, Rev. Richard P. Schoeller, NST; Mailing address: P.O. Box 3400, Patchogue, 11772, e-mail: TMS@hoflink.com; website: http://www.TMS-Li.org.

ROCHESTER - Plymouth Spiritualist Church
Meets at Days Inn, 384 East Ave., Sun. Serv. 10:30 a.m.; Pres., Joanne Antinore; Pastor, Robin Higgins, (585) 227-6291; Mailing address: Secy., Kathy Manikowski, 1415 Creek Pointe, Farmington, 14425.

• 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.ashleycamp.com.

ASHTABULA - First Spiritualist Church
4230 Main Ave.; Sun Serv., 2:00 p.m., Healing & Clairvoyance; **TELEPHONE FOR WEATHER CANCELLATIONS.** For information contact: Charles & Dorothy Benes, 8513 Creek Rd., Williamsfield, Ohio 44093; Phone: (440) 293-7056; or Sandra Cutlip, 4709 Fern Ave., Astabula, Ohio 44004; Phone: (440) 992-6085; Services are held starting with the 2nd Sunday in September and continue through the last Sunday in May. Church is not in session during June, July and August.

COLUMBUS - First Spiritualist Church of Linden
1751 Aberdeen Ave., 43211, (614) 263-1631; Pastor, Natalie Smith Blakeslee; website: http:www.loveandlight.com; e-mail: NATALIE@LOVEANDLIGHT.COM; e-mail or call for church program and list of classes and development circles.

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

DAYTON - Spiritual Life Center, NSAC
611 Watervliet Ave., 45420, (937) 878-1165.

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.

• PENNSYLVANIA •

ALLENTOWN - Getter Memorial Church, NSAC
1123 Oak, 18102; e-mail: getter@entermail.net; Lyceum 9:30 a.m. with Sun. Service to follow at 10:00 a.m. including healing and message work; Pastor, Rev. Ludwig Zernicek, NST; e-mail: rev_lance@entermail.net, phone (610) 770-7560; Pres., Sharon George-Politz, C.M., (610) 434-3454; Secy., Susan Zernicek, e-mail: getter_sec@entermail.net. or phone (610) 770-7560.

McKEESPORT - First Spiritualist Church
809 Locust St., 15132, (412) 672-1272; Sun. Serv. 1:00 p.m., Healing, Lecture and Messages; Pres., Carol Perella, P.O. Box 1981, Pittsburgh, 15230-1981, (412) 461-7002; Vice Pres., Jim Rocky, (412) 381-7584, Secy., Dianne English, 820 Stanton Ave., Pittsburth, 15209.

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 •

AUSTIN - Angels of Light Spiritualist Church
9704 1/2 Chukar Circle, chapel walkway to the right. Devotional, healing & message service followed by adult lyceum 2nd and 4th Sundays at 2PM; Rev. Dr. Jean Hamner, Pastor, P.O. Box 4001, Austin, TX 78765-4001; (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. #2309, Austin 78704, (512) 447-2188, and Rev. Evelyn Muse, NST, Certified Medium, 1104 Susan Dr., Edinburg, 78539, (956) 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 each month at 2:00 p.m.; Class/Circle following service at 4:00 p.m.; Pres., Ann Council, (972) 218-7220; Secy./Student Pastor, Robert Croteau, (972) 675-9080; Mail: 1318 Guildford St., Garland, 75040; e-mail: SSC@SSCNSAC.ORG; website: http://SSCNSAC.org.

HOUSTON - First Church Of Divine Science, NSAC
2115 Turner Dr., 77093; Mailing Addr.: P.O. Box 11088, 77293-1088; Pres., Rev. Jovita Garcia-Jessup; Rev. Marie W. Smith; Secy., Norma L. Freshour, 2280 Des Jardines, 77023-5118; Sun. Serv. 2:30 p.m.; Wed. open healing and meditation 7:30 p.m.; Messages from Spirit 8:00 p.m.; Fri. Spiritual Development 7:30 p.m., (713) 695-2550; e-mail: ITZNOWOO@aol.com.

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

McMAHAN - Angels of Light Spiritualist Church
McMahan Community Center, FM 713 @ Tx. Hwy. 86; Devotional, healing and message service followed by class/circle, 2nd and 4th Sundays at 2 p.m.; Pastor and Secy., Rev. Dr. Jean Hamner, 2714 FM 713, Lockhart, 78644-4163, (512) 376-5326.

SAN ANTONIO - Louise Scholtz Memorial Chapel, NSAC
1627 PanAm Expwy. North, 78208-1143; Sun. Serv. 10:30 a.m. to 11:30 a.m.; Co-Pastors, Hector Caldera and Alex Sifuentes; Secy.-Treas., Elizabeth Dolyak, 10211 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 Woman's Club – please note – not a mailing address), (703) 645-8060; website www.TheCSE.org; e-mail: thecse@TheCSE.org; 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., Larry Leonard, 5905 Sherborn Lane, Springfield, 22152, (703) 569-1541; e-mail: Larry@LarryLeonard.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., Fred H. Brown; Secy., Ann Marie Croteau; Lyceum Director, Beth Yates.

• WASHINGTON •

KENT - Church of Divine Grace, NSAC
Services held on Sunday at 11:00 a.m. at The Spiritual World, 216 First Ave. So.; All Correspondence to: Allers, 11113 S.E. 323 St., Auburn, 98092, (206) 824-7454; e-mail: Info@divinegrace.org.; Pres., Bernie Allers; Secy., Lezlie Deuchress; website: www.DivineGrace.org.

MILTON - Camp Edgewood, NSAC Assoc.
1228 - 26th Ave. Ct., 98354; Tel. (253) 927-2050, Fax (253) 927-7531; Pres., Colleen Mohler, (253) 927-2365; Secy., Karen Wennerlind.

MILTON - Church of Spiritual Truth, NSAC
Camp Edgewood - Sun. Serv. 11:00 a.m.; Pastor, Rev. Lillian Johanson; Pres., David Chapman, Sr.; Secy, Denice Chapman, P.O. Box 646, Milton, 98354.

MILTON - Church of Spiritual Unity, NSAC
Camp Edgewood - Church Serv. Sundays, 2:00 p.m.; Pastor, Rev. LaVerne Pemberton, (206) 722-2348; Pres., Colleen Mohler, 1210 - 26th Ave. Ct., 98354, (253) 927-2365; Secy., Karen Hicks, (253) 846-2039.

• WEST VIRGINIA •

WHEELING - First Spiritualist Association of Wheeling WV.
(Way Memorial Temple) N. Broadway & Maryland Sts., (304) 233-5065; Sun. Lyceum at 9:30 a.m.; Healing and Worship Serv. 10:45 a.m.; Tues. Development Circle; Wed. Healing 6:30 p.m., Message Serv. 7:30 p.m.; Fri. Open Circle and Discussion. Lyceum Conductor, Beverly Goff, Asst. Conductor, Josetta Ludwig; Pastor, Raymond Jones, 104 N. Broadway St., 26003, (304) 232-5795; e-mail: pastorray@1st.net; Church website: http://users.1st.net/pastorray; Church e-mail: waymemorialtemple@1st.net. Church open year round.

• WISCONSIN •

WEST ALLIS - First Spiritualist 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; Open July and Aug., Weekends in September.

• CANADA •

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

CHURCH OF SPIRITUAL WISDOM
674 Kennedy Rd., Scarsborough, Ontario M1K 2B5; Sun. Serv. 2:00 p.m. Spiritual Healing, Lecture & Message Serv., Thurs. 7:30 p.m.
Delphi Center for Development, Enlightenment, Spiritual Healing; Contact Rev. Judy Merrill (416) 264-6758; e-mail: jmmevolve@yahoo.com.

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 (semi-retired); Pastor, Rev. 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 & Healing 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.

SPIRITUALIST CHURCH OF CANADA
83 Ottawa Street North, Hamilton, Ontario, L8H 3Y9; Pres., Rev. Alva Folkes; website: www.spiritualistchurchofcanada.com.

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 & Messages; Thurs. 7:00 p.m. Spiritual Healing, Messages and Open Development Circle; Development Classes; Pastor, Rev. Doreen Bauld, (416) 759-3958.

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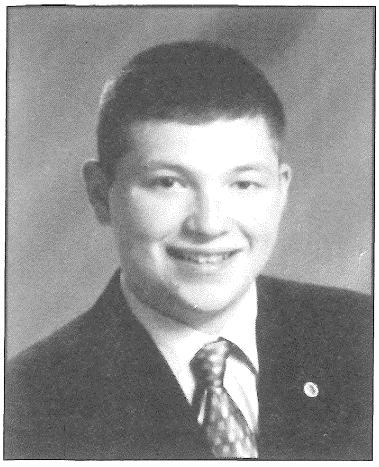
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CORDIAL DI RUGGIERO

The NSAC Bureau of Public Relations and the NSAC Board of Directors are pleased to announce the recipient of the

NSAC/STOW FAMILY MEMORIAL FOUNDATION SCHOLARSHIP

for a high school student in Summit, New Jersey. Part of the application for the NSAC/STOW Scholarship is to write an essay about Spirituality.

A Life Lesson

BY CORDIAL DI RUGGIERO,
Summit, New Jersey

Life's problems have been difficult to handle, but the lessons they have taught me have had a big impact on my life. One of the biggest lessons that I have learned is never to give up. This lesson has improved my life dramatically. This lesson has helped me obtain a job, achieve good grades, and enjoy the company of a loyal companion.

The first thing that the lesson helped me achieve was a job. It took a lot of dedication to obtain this job. When I applied for the job, I had to fill out a one-inch thick packet of application papers. Then I was required to get a drug test. After everything was handed in, there was a background check to make sure that I had never gone to jail or had done anything illegal. It took about one month for them to check my background, to file the application papers, and to get the results of my drug test. After I was notified that my background was good, they filed the papers and informed me that I had passed the drug test. I was told that I would have to wait for another two months before they could put me on the payroll. The manager told me that under the circumstances I might want to give up and look for another job. I looked at him and said, "I came too far to turn back now; no, I will not look for another job." Finally, after two months of waiting they called me up and asked me when I wanted to start. I explained that I could begin immediately. I have had this job for almost a year now, and I still enjoy working with this company. I have been selected as employee of the month twice, and I am recognized as one of the best employees there.

In addition, persistence has helped me to earn good grades. I had an algebra class that was so confusing to me that I had to go in for extra help every day. There were times when I thought, "How am I going to pass this class?" But, I told myself never to give up, and keep up the hard work so I would pass the class. Because of that type of attitude, I passed the class with three Cs and a B. This lesson has helped me to achieve Magna Cum Laude three times in a row, and I have been on the honor roll for two and a half years.

The final thing this lesson has helped me to obtain is a loyal companion. When I was about ten years old, I watched a movie called *Milo and Otis*. It had the most adorable dog in the movie. After I finished watching the movie, I told my parents that I wanted that type of dog. They were uncertain. I decided to prove to them how serious I was. I went to the school library and looked up information in dog books. After careful research, I found out the background of the dog and also the breed. It was a pug. After I looked through all the books in the school library, my dad brought me to the public library where I found more information about the dog's diet and how to take care of it. My effort and hard work proved to my parents how serious I was. They were impressed by how much work I had done. Since my mother is a dog groomer, she knew whom to contact. After four long years of investigating the breed and talking to breeders and groomers, I finally got the dog that I had always wanted. I never gave up, and I got a true and loyal companion that will always be there for me.

This quality of determination has improved my life greatly. Without this lesson, I probably wouldn't be the same person that I am today. I have a job that I love. I have good grades and have been successful in all my academic classes. Finally, I have Diesel, the most loyal companion that anyone could ask for.

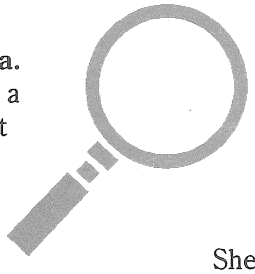
Cordially submitted.
Cordial Di Ruggiero

**Our National Office received word that Cordial Di Ruggiero has been accepted to Unity College, Unity, Maine.*

THE NATIONAL SPIRITUALIST ASSOCIATION OF CHURCHES
DEPARTMENT OF PHENOMENAL EVIDENCE

September 2003 Department of Phenomenal Evidence Report

BY THE REVS. TOM AND LISA BUTLER, NST



Scientific Investigation of Phenomena. The Division of Personality Studies (DOPS) is a unit of the Department of Psychiatric Medicine at the University of Virginia. Utilizing scientific methods, they investigate apparent paranormal phenomena.

The Division's main purpose is the scientific investigation of phenomena that suggest that currently accepted scientific assumptions and theories about the nature of mind or consciousness, and its relationship to matter, may be incomplete. Examples of such phenomena include various types of extrasensory perception (such as telepathy), apparitions and deathbed visions (sometimes referred to as after-death communication or ADC), poltergeists, near-death experiences or NDE, out-of-body experiences (OBE), and claimed memories of previous lives.

The DOPS welcomes written accounts of the above experiences. If you would like to submit a case, your own or one known to you, please write a brief description of the experience. A few paragraphs would be enough; they may ask for a more detailed account later. Send this either via e-mail to DOPS@virginia.edu or by mail to Division of Personality Studies, Health System, PO Box 800152, Charlottesville, VA 22908. They ask that you do not send cassettes with accounts recorded on tape, or long manuscripts.

The DOPS web site contains excellent descriptions of each of these phenomena: (www.healthsystem.virginia.edu/internet/personalitystudies/case_types.cfm).

Paranormal is Normal. Have you ever been thinking of someone, hear the phone ring and find when you answer it that the person on the line is exactly who you were just reflecting on? Have you ever started to open an envelope and suddenly felt that you knew what the person was writing to you about? Do you often finish the sentence of someone who is very close to you because you already know what they are going to say? Perhaps you have been in a restaurant and became uncomfortable because you sensed that someone was staring at you. You might have quickly turned around and saw that someone was staring at you!

Rupert Sheldrake in his new book, *In The Sense of Being Stared At: And Other Aspects of the Extended Mind*, says that unexplained abilities like telepathy, the sense of being stared at and premonitions are not paranormal; they are normal.

Sheldrake's experiments and theories are being hotly debated by his peers and some attacks have been intense. Still Sheldrake says, "But I think most can appreciate that these are questions that have to be explored scientifically."

"From Paranormal is normal, controversial scientist says," by Karen S Perterson, *USA Today*

The 4th Medical Spiritist Congress. "Science and Spirituality – Complementing and Integrating," was the theme of the 20th International Meeting of Spiritist Doctors which took place in the city of São Paulo, Brazil in June. The list of doctors who made presentations is impressive and includes: Dr. Amit Goswami, PhD, from India; Dr. Goswami, a professor of quantum physics in the University of Oregon and author of the books, *Universe Self-Conscious* and *The Visionary Window*; Dr. Peter Fenwick, neuro-psychiatrist residing in London, the highest clinical authority of Great Britain in Near-Death Experiences and the president of the British branch of the International Association for Studies of Near-Death Experiences; and, Dr. Harold G. Koenig, Doctor Geriatrician and director for the Center of Studies of Religion, Spirituality and Health of Duke University, North Carolina, USA. The studies of Dr. Koenig represent an analysis of some 600 seniors on the influence of religiosity in the physical and mental state of patients. Koenig has written many books including, *Spirituality in Patient Care* and *Prayer Can Help You Triumph over Disease*.

From www.survivalafterdeath.org/news.htm, Latest News and Updates

X-Ray Vision. A story in a Canadian paper had an interesting description of X-Ray vision. The story was on a sixteen year old boy who claims to have healing powers and X-ray vision. When asked about it, the boy, Adam, said that it was hard to explain and was more like "MRI-vision." "When I go into someone, I see a 3D holographic image. I

(Continued on next page.)

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start manipulating the image in front of me. I see blockages, green dots. Basically, I grab them out, these energies, I tear them apart and push them outside the skin, and they die very quickly without a host organism."

Rock star Ronnie Hawkins was diagnosed with terminal cancer last summer. Recent tests show that he is cancer free and he has written a testimonial in Adams new book *Dreamhealer* (www.dreamhealer.com).

"Local teen claims healing powers," by Mike Roberts, *The Province*, Canada.

New Book. In his book, *We Are Eternal: What the Spirits Tell Me About Life After Death*, internationally known medium and psychic investigator Robert Brown tells about his amazing life and work. He tells of his extraordinary childhood experiences that started his journey and re-creates real-life encounters with spirits and their urgent messages for those still here.

As a realist, former skeptic and psychic, Brown clearly explains what authentic mediums can do and how to spot a fraud. The book also talks about our own gifts and provides guidance and exercises to help develop clairvoyance, psychometry, and the ability to communicate with those in the Spirit World.

The book is available in most bookstores, and online from: www.twbookmark.com/books/83/0446528455/index.html.

The Spiritualist National Union. The Spiritualist National Union (SNU) is reporting that it now has 20,000 members and puts attendance at the 300 churches in the United Kingdom at around 60,000. Scottish chairman of the SNU, John Weir said, "There has certainly been an upsurge in interest. Young people particularly are looking for something different that is not being given to them elsewhere. Spiritualists are answering a need in the community."

From the Scottish *Sunday Herald*, "Research proves the existence of a "sixth sense." Scottish academics find proof of medium's ability to use extrasensory perception" by Karin Goodwin. Thanks to Robert Egby.

Waiting Lists for Spiritualist Development Circles. In an article published in *The Guardian* regarding the number of people in the UK making a living as a psychic medium comes this quote: "Derek Acorah, Living TV's psychic-in-chief, says the Spiritualist churches, for a long time the main training grounds for psychic mediums, have long waiting lists to join their development circles."

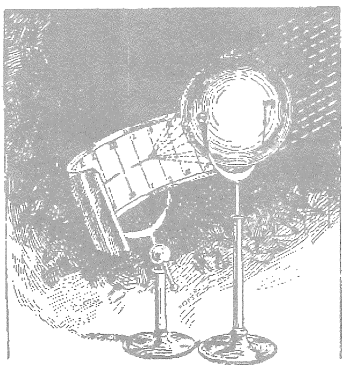
From *The Guardian Unlimited*, "The Occult Economy, Is Anybody There?"

www.guardian.co.uk/guardian_jobs_and_money/story/0,3605,929555,00.html

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Please send information about phenomena in your church, life or community to Tom and Lisa Butler, PO Box 13111, Reno, Nevada 89507, or via email to phenomena@nsac.org. Your donations to the DPE are tax exempt and will help fund further work in the department.

* * *



MONTHLY

FAVORITE SAYINGS TO LIVE BY

"The act of breathing, so characteristic of the higher animals during life, and coinciding so closely with life in its departure, has been repeatedly and naturally identified with the life or soul itself."
– Sir Edward Burnett Tylor (1832-1917)

"As I draw near the borderland...the wonderful light of the other life seems often to shine so joyfully into this one, that I almost forget the past and present, in an eager anticipation of the approaching awakening."
– Elizabeth Blackwell (1821-1910)

How Does God Think?

BY PAUL E. KELLER, Indiana



Have you ever given consideration to the idea, "How does God think?" Well, ask yourself, "How do you think?" We have been told that human beings are made in the image and likeness of God. Some of us consider the physical body as being the image of God, but Spiritualists have a different viewpoint of this statement.

Jesus stated that the things he did we could do also. Most of us have a very vague concept of what this means. The statement implies that Jesus meant, though the words are not in our *Bibles,* "That which I Am you are also."

Let us consider that all that we think, do, and consider are done in the same way that Divine Spirit does when God thinks. Annie Besent, one of the promoters of modern Theosophy, stated: "God's thoughts create universes. You create the personal universe in which you live."

Men and women build their own universe, the world in which they live, with their thoughts. And both our world and God's world are done with the same mechanism or process or thought pattern. We are using the same technique of creation that God uses: **Visualization, Desire and Creation.**

They may also be the three ruffians on our pathway of life: Thought, Desire, and Action. These three ruffians we must conquer or learn to subdue or overcome as we progress up the ladder of life toward the perfection we know we can attain. We often fail to hold our concentration and attention long enough.

It is said that Alexander Graham Bell could hold his concentrated attention so well that others had to wait until he was finished before they could put other ideas or thoughts before him. Nicola Tesla had developed the ability to concentrate to the point he could create a new machine in his mind, get it running, mentally see any flaws or bugs in it, change or improve them and complete the design in his mind. Then when the machine was actually made in the physical world, it would run perfectly.

People of today often get discouraged and hold their concentration on doubts and fears, sometimes the fear is that what he or she wants will manifest. Fear often creates a condition or illness and until the person, or ourselves, have a change of mind, a change of thought, there can be no permanent healing. What are you praying for? Don't pray to be healed or delivered from poverty or bad conditions. Pray for help in manifesting health, prosperity, and a consciousness of real life. If you pray to be well, you mind is still of illness, if you pray for money, your mind is still on lack. Pray and think about "prosperity and health."

Where your thought is, there is your heart, and that is what you receive. Things that apply on a personal scale, also apply on a national or international scale. "And it came to pass..." does not mean that it came to stay. Here is a formula which I have found very helpful. "God's wealth (or health, or life) is now circulating through my life, and there is always a Divine surplus!" Say or think this affirmation over and over, as often as you can, until you get the feeling of being healthy and prosperous right now. Hold that affirmative thought in your mind.

Often we are holding on to worry thoughts and giving energy to the very things we wish to avoid. We create the mental picture of what we do NOT want to happen when we worry. You are in control of your thoughts, you are a child of the universe, a child of eternity.

There are many mansions, but don't think in terms of a building or rooms or space. The mansions are about the expansion of your mind. Make your home, your mental house, the house of Spirit and *dwell in the house of the Lord forever.*

The great teacher Jesus taught that we are children of God. Our body is the temple of the Holy Spirit and we are the person God needs. Each man, woman and child is an individual in their own right, with lives to live and service to complete for Infinite Spirit.

People often pray and say, "If it be God's Will!" when they are praying for healing, prosperity or for good things to happen. This understanding creates the thought of God sitting up there, or somewhere, waiting to pass judgement on you, or giving to you from the largeness of his kingdom.

The Universe operates on Natural Law. If we want changes in our lives then we must "clean house" and make room for newer and better thoughts. The wise mentor, the healer, or the sage teaches people to see things better and gives them the inspiration to continue upon the pathway of life, knowing that they should and could and would come into better conditions of life, **after they have done their part!** Better life conditions come only if and when we have a change of thought and heart within ourselves.

So often we forget that life is a two-way street. We have to do something personally to earn that better life, whether better health, better prosperity, better talents and skills or whatever. The old saying is: "God will work with you, but not for you."

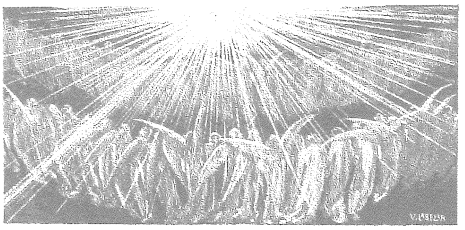
Strive to create the sense of harmony within yourself and then set about creating the sense of harmony around you so that others may become a part of that Kingdom of Heaven which you generate from within. Have you ever heard someone say they can hardly wait to die and go to Spirit Land to find that sense of peace and harmony and love their friends on the other side talk about? Henry Drummond taught that you do not find heaven by dying...*If you expect to find heaven*

(Continued on next page.)

HOW DOES GOD THINK? *(Continued from previous page.)*

when you die...you have to take it with you!

Now stop and imagine if you died and went to the Spirit Land and found yourselves in the presence of Jesus and the Masters of Light, or among your spirit friends. Now you have your present personality with its quirks and foibles and idiosyncrasies and habits of thought—would they feel they were in a "heavenly state" amid the tumults and mental storms you have brought with you? They would probably remove themselves from your presence to retain their feeling of peace and harmony.



We do not change into a saint overnight just by the process of dying. We change by improving ourselves here and now, by creating a heaven on earth here or wherever we find ourselves. It is not God or spirit's will or responsibility to change you, it is your responsibility to make the change or improvement on a personal basis. God gave you the opportunity to create your own heaven or your own hell by your own actions. What are you doing about it?

There is an old saying "When you get sick of being sick, you will get well!" As you change your thinking, change your mind, you will stop being dominated by "human thoughts" and allow the spiritual consciousness within you to control your life. Let the **Light of God** shine forth in everything you do—hold your thoughts on God and spiritual ideas.

I am sure you have all seen the picture of a donkey with a stick over his head and a carrot dangling down in front of him. The donkey never gets to that carrot, it is always there in front of him and that is all he can see. It occupies his whole thought. He isn't concerned there is anything more to life than the carrot.

You and I are in the same boat when we focus our eyes and our hearts on our troubles and illnesses. Often we hope someone else will do it for us. A rich person will donate money, the state will pay our bills, or we might win the lottery. Or, we want the doctor, the pills or the hospital to heal us, but they can only do so much. It is God and ourselves we should look to, but often we stand in the way. Start thinking of and thanking the Divine Provider, the Divine Physician. Awaken the spiritual power within you which creates the harmony and allow healing to come.

Begin thinking of and thanking Infinite Intelligence, that spiritual power within you which is all life. When you wake up in the morning thank that Divine Alchemist within for the wonderful healing you have received during the hours when the body was asleep. You may think that you sleep, you don't. It is the body that sleeps. It is that higher consciousness within that continues its work of keeping the physical self functioning and continuing on its way upon the pathway of life. Healing comes as you have earned it. Natural Law guides us to our life lessons and purpose.

There is a hymn *Calling Us To Heaven.* It does not mean dying to get there, it means to raise our consciousness to where we express heaven in our lives, both here and hereafter. When we express the qualities of God in our every thought, word and deed, in fact, in everything in our lives, then we are lifting our mind and thoughts to a higher or heavenly level.

Let each man think himself an act of God
His mind a thought of God
His Life a breath of God
And let each try,
By great thoughts and good deeds
To show the most of the Heaven
He hath with Him.
by Phillip James Bailey

An Eastern Prayer

I pray the prayer the Easterns do
May the peace of Allah abide with you.
Wherever you stop, wherever you go
May the beautiful palms of Allah grow.
Through days of love and nights of rest
May the love of sweet Allah make you blest.
I touch my heart as the Easterns do
May the love of Sweet Allah abide with you.

* * *

POETRY



"The Illusion of Diversity"

by Merry Browne

Walk hand in hand with diversity,
By whatever name we call
the Creator—The Creator
is the God of all.

"There Must Be an Angel"

by Annie Lennox and David A. Stewart



No one on earth could feel like this,
I'm thrown and overblown with bliss
There must be an angel
Playing with my heart.

Ordination in New York

The Ordination of Ms. Genevieve Mancini took place in The Temple of Metaphysical Science of Patchogue, New York on Sunday, May 11, 2003 which was Mother's Day. How appropriate that Genevieve who has four adult children, 6 grandchildren and two foster children would be Ordained on this blessed day! She was presented for Ordination by her son, Christopher and grandson, Mikey.



Rev. Janet Travis, Rev. Genevieve Mancini, Rev. Catherine Snell, and Gen's grandson, Mickey Deaming.

The Reverend Janet Travis, NST, conducted The Address to the Candidate. The Reverend Catherine Snell, NST, issued the Ordination charge with such words that touched the soul. Jude Trefer-Wolff sang, *Amazing Grace*, a favorite of Genevieve's brother Steve who crossed over at the age of 33. Gen's favorite song, *The Prayer*, was played as well as *He Leadeth Me*.

Gerry Guglielmo said the healing prayer and her husband Vincent Guglielmo, CM, did the guided meditation. Loralei Seale delivered the Flower Ceremony.

Gen was presented with the robe and stole, by Kathleen Harders. Interestingly...the design of the stole was decorated with children of the world!

The Rev. Genevieve Mancini, NST, addressed those assembled with a touching tribute to her mother, who was present. She also spoke of the blessing of being called to the Ministry and to serve Spirit. She thanked the Rev. Catherine Snell and the Rev. Janet Travis, who inspired her and guided her along the way of her spiritual path. Following the benediction by the Rev. Janet Travis, the crowd joined Gen and her family with refreshments.

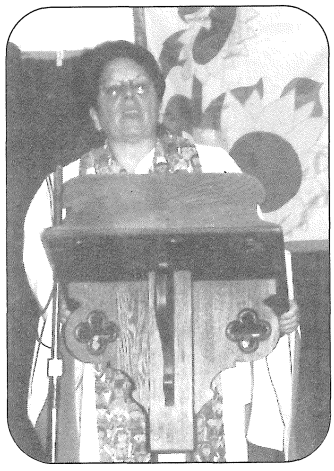


Kathy Harders presenting robe and stole to Gen.

More from the
Rev. Genevieve Mancini, NST:

It is always so beautiful how Spirit works! My oldest son, Fred, was going on a business trip to Arizona, one week after my Ordination. Since he was not taking his family, I asked if I could go. I always had this yearning to go to Arizona and also attend the service at The Church of the Living Spirit with the Rev. Gene and Rev. Sandra Pfortmiller.

Sunday, May 18, 2003, one week after my Ordination, I pulled up to the Hotel where service was held. The 107 degree heat did not keep anyone away as there were over 50 people in attendance. I was immediately warmly greeted by many people, recognizing me as a "new" face. The vibration and energy of the people there was very uplifting. Their guest speaker, Dr. Moses was very well received and I felt so at "home."



Gen's first sermon as Reverend.

The Rev. Gene and the Rev. Sandra Pfortmiller delivered a beautiful service and I was honored to be part of it.

It is so wonderful to attend other Spiritualist Churches and reach out to our Spiritual family all over this beautiful nation.

Albertson Memorial Church of Spiritualism
by the Rev. Genevieve Mancini, NST

Divine Intervention happens all the time and when it does, we stop and give thanks. Last year, at the Convention in Wisconsin a packet "fell" into my hands. This packet was filled with information of the Albertson Memorial Church in Connecticut looking for a new Pastor.

Upon my return home, I called the President of The Albertson Church, Mrs. Barbara Donino, and said I would be interested in visiting and finding out more about their Church. I was scheduled to do the service three months later and fell in love with the beautiful vibration of the people and the Church energy.

I had hardly considered leaving beautiful Long Island, but was called back to Connecticut many times and one day received a call from Mrs. Donino asking me to be their new Pastor, after a three year search. I was speechless. I always believed in the highest and best and when I pray, that is my request. I had no expectations and had let go and let God.

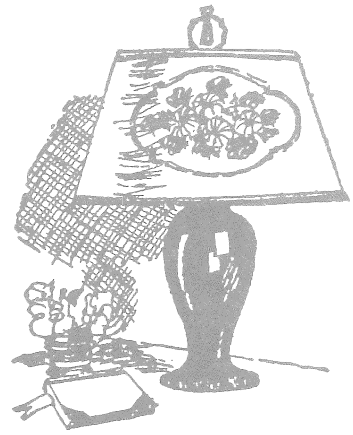
On September 7, 2003, I will begin my duties as Pastor and feel so blessed, honored and privileged with this role. As I begin this new journey, I am thankful to Spirit to be able to have this opportunity.



Medium and Teacher
Melanie Polley Talks About

MEDIUMSHIP

Reprinted from *Psychic News*.



Trance Mediumship is a very misunderstood subject. Many people think that "to be in a trance," the Medium must be totally oblivious to what is going on all of the time. This is not the case at all. Trance Mediumship comes in many levels, which is why I prefer to call it "Mediumship in altered states of consciousness."

So, to be "altered," there must be an unaltered state or "normal" state. For our purposes, as developing Mediums, we can never be fully developed and if someone thinks they are, they have a lot more developing to do! A normal state is when we are going about our normal business and are not aware of the Spirit World. Indeed, the second we become aware of spirit, we have entered into an altered state of consciousness. In other words, as soon as we perceive with senses other than our material ones, we are in "a Trance."

Now, this may surprise you but as an experiment, I asked 200 people to tell me what they experienced when spirit drew close to them, at whatever level. And, guess what, those who were going into deeper states, to deliver philosophy and who were obviously under deep control from their guide, had the same sensations and feelings as spirit approached as those who were giving clairvoyance. Some of the sensations, I am sure you will recognize:

- A change of body temperature, hot/cold
- A change in breathing pattern, faster/deeper/slower
- A change in heart rate, quicker/slower/palpitations
- Cobwebby sensations on the face/hair/arms
- Sensations of pressure/touch/accentuation at energy centres/chakras
- Swallowing/coughing/hoarseness as if something was in the throat
- Squeezing/gripping/tightness/being held/cuddled/squashed around the body in various places

These were by no means the only sensations, but I think you get the idea!

This knowledge should help you to recognize the following:

1. You are not alone in having "funny feelings" when you work with spirit
2. Trance is not some weird and scary thing when a spirit "takes over your body"; the kinds of things you experience in Mediumship go across the board. Trance is just a bit deeper that's all.

OK, so Trance, altered states of consciousness Mediumship, is a form of mental Mediumship that brings with it some sensations just as "normal" mental Mediumship does. Why is it important then and considered to be different? Well, it gets important and different when it gets deeper. As the Medium sinks into a deeper altered state, the spirit guide's personality and thoughts become more prominent than the Medium's giving a purer communication to us from spirit. So what is this "deeper altered state"?

Physically, our brain talks to the body with electrical currents that are called "brain waves." They are measured on an electroencephalograph or EEG machine. Basically, the language of the brain is determined by the speed and length of the wave and these are called Hertz. Brain wave patterns have been separated into four ranges.

1. BETA – 30 Hz+ ‡ 13 Hz – This is that normal state. From "being in a life-threatening situation" through to "doing the washing up."
2. ALPHA – 13 Hz ‡ 8 Hz – This is an altered state. This covers meditation, usual mental Mediumship, i.e., clairvoyance, etc., and also light Trance where the Medium is receiving inspiration.
3. THETA – 8 Hz ‡ 4 Hz – Loss of awareness. Deeper Trance and control.
4. DELTA – 4 Hz ‡ 0 Hz – Deep Trance with passive body. Total loss of awareness.

Most Mediumship is done therefore in an alpha state. Loss of awareness only comes when the brain waves hit the theta state. But notice that in the alpha state, a Medium is perfectly able to receive wonderful philosophy from her inspirers. It is a rare thing to find a Medium who goes into theta states and even more so to find one who goes into delta.

It is important to understand that Mediumship is a "flowing" thing, it is not static and this applies to altered states of consciousness, Trance Mediumship most especially. No Trance Medium stays in a theta state or in a delta state all of the time. They waver within all three states. A Trance Medium will be aware:

- Of nothing at all, at times;
- Of being in the room but not aware of what's going on, at times;
- Of being able to hear what's being said, but unable to do anything about it, at times;
- And she or he will be aware of everything and just let it happen, at times.
- She or he may well feel for a moment that it is her/his words that she is delivering and in another moment be totally oblivious of the moment she/he has lost consciousness and returned, so to believe that she/he has not been away at all.

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TRANCE: *A consideration of what it involves.*

BY THE REV. MIRIAM BOSTWICK, California

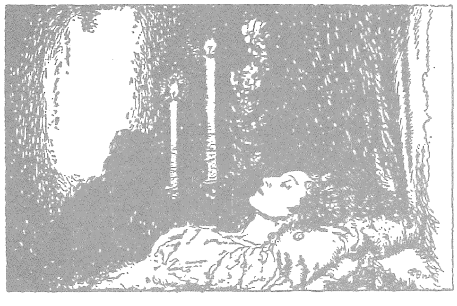
The purpose of this article is to dispel many misconceptions about Trance. It was written with the considerable help of one of the guides of an instrument who has worked for 54 years as a Trance Medium. I personally have had over five hundred private Trance sessions with this Medium and can fully attest to the accuracy of her work. Her guide was grateful for the opportunity to share her knowledge and experience in working as her spirit control.

In the early days of Spiritualism, Trance was developed primarily as a bridge to the physical phases of Mediumship, such as materialization or trumpet, rather than being valued as an appealing phase in and of itself. This was due mainly to the many "illiterate and undignified presentations" that had been given. As Spiritualism progressed, however, it became apparent that not only many valuable teachings from the higher ones could be received in this manner, but Trance provided an opportunity for friends and loved ones to actually carry on a conversation in a harmonious seance setting.

Basic requirements for developing Trance work. In order to be a good Trance Medium, an individual should first develop clairvoyance, clairsentience, or at least be intuitive to some extent, receiving impressions or messages from the Spirit World. Many people want to Trance before they are able to contact spirit through one of the other phases of Mediumship. Without the ability to be receptive to spirit, you are not ready for Trance development.

Know your guides and what role they play in Trance. You should be aware of your guides, otherwise, how are you going to Trance and bring anyone through if you do not know who they are? You should definitely have one guide to be in control when you are in Trance. Usually, it is the joy guide or message bearer who assumes this duty, and he or she should announce the name of any spirit wishing to come in. In that way, the identity of the spirit is made clear, and it allows the sitter the right to welcome or reject that spirit.

Is Trance harmful to the medium? Questions may arise, such as, *Is something going to happen to me? Am I going to be able to come out of the trance? How safe is it?* That Trance is neither an unhealthy or unnatural state was proven by the prophets of old. There should be no fear if you know your guides, and if you have faith and confidence that they will take care of you. With perfect confidence in them and in their ability, you should find yourself going in Trance more easily than falling asleep. By being well acquainted with your guides, setting a time to Trance, and making certain they are present when you do Trance, you will avoid "opening the door" to just any spirit control simply because it is a spirit. Good and knowledgeable guides are vigilant to prevent an unwelcome spirit from jumping in. In the beginning your soul will be kept close to your physical body so that you can return quickly, if necessary.



The sitters in a seance should be instructed not to touch or walk in front of you, or scream or drop something that makes a loud noise. A telephone ringing or baby crying also create distractions, especially for the beginner whose soul might try to jump back into the body. Although the soul is outside the body, a Medium is still aware of his or her body.

It is also possible that the spirit who is in the body would suddenly leave if any of these things happened, depending on how evolved that spirit is. A seasoned Medium might be able to work through distractions, but a beginner cannot be expected to do so. In the beginning especially, there should always be someone present who is well versed in Spiritualism and what goes on in Trance to watch and protect the instrument on the physical level.

Can I trust my guides to say things in an appropriate manner that is in keeping with my ideas and dignity? As like attracts like, your guides and teachers are in rapport with you and your aspirations. Mutual attraction brought you together prior to your incarnation. Your personality remains intact, but to some extent is overshadowed by the personality of the spirit communicator. That is why any idiosyncrasies and/or grammatical errors of a Medium will be expressed despite the elevation of the communicating spirit.

Beginning contacts with spirit. Anyone who tries to Trance should definitely have a good rapport not only with his or her guides, but also with the people who are present. It is extremely difficult to work when there is just one skeptical sitter, no matter how strong the Medium. So a harmonious and open-minded vibration of the sitters is key to success.

Am I going to be able to get myself out of the way to channel clearly? Is what comes through just my imagination? At first, when you are trying to Trance, you may think it is all your imagination. An old time Spiritualist taught that in the beginning you really do not know if it is your imagination, but the more you work at it and the more spirits you channel, people will start to say, *you could not have known this or that.* It is through this kind of verification that you know you are channeling clearly. You have got to get your feet wet and you have to stick with it. The old adage of "practice makes perfect" certainly applies to Trance development.

When you begin Trance work,

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you may start by contacting relatives or close friends. That is the first real step. You may also bring through your own guides, but you really should not be trying to bring through the high teachers or the guides of other people at that point. Stick with practicing on moms and dads, sisters and brothers, husband or wife for awhile. You should just be contacting your own guides, and when you are more experienced and can go into a deeper Trance, you are ready to contact the guides and teachers of others.

This is not meant to imply that you have to be totally "out of it," so to speak, to make contact, because you do not. There are varying degrees of Trance—light, medium and deep. In a very light state there is but little difference from the ordinary waking consciousness. In a heavy Trance, the Medium is totally unconscious of everything that passes around him or her. Many writers and artists and inspirational speakers work while lightly entranced and may not consciously be aware of being in that state. The bottom line is that Trance is something that has to be worked with.

How does it all take place? To prepare yourself for Trance, work to be very relaxed and more or less in a meditative state. So many times people will say, *I cannot get anything.* Let us say, you are sitting in a chair, you are very relaxed, you are very ready and you start hearing in your mind—it does go on in your mind—*I am Mary, I am Mary,* over and over. That means the spirit is there, standing in your aura. This usually happens with people who are just beginning. Your guides will then let them through. The guides work with the individual. When the spirit stands in the aura, that spirit is very close and ready to speak, but will be talking through the aura. Since the spirit has no physical vocal chords, he or she has to reach through to the Medium's physical chords, and the guides will help the visiting spirit do that. The voice is going to sound much like your own. You can prime the pump by opening your mouth in the beginning of the session by saying the name of your guide or something that will ease the flow of words. Usually, when the spirit is in the aura, the messages are short and there are very few.

If you keep saying, *I'm not getting anything,* you probably will not, for you have set up an obstruction to receiving. The guides cannot make it happen. You have to be ready to let it happen. Sometimes people try to Trance and they are not yet as developed as they should be to let spirit in.

As the person progresses, then the spirit begins to enter the body of the Medium. They enter in at the solar plexus in the beginning and sometimes always do, depending on their spiritual elevation. The solar plexus is an easier way to enter than through the crown chakra. However, the very highly evolved Spirits do come in through the crown chakra because that is at the highest vibration of the medium. The degree of unfoldment of the chakras, spiritual energy centers, indicates the spiritual elevation of the Medium.



In order for the communicating spirit to enter, the soul of the Medium has to leave the body and does so through the solar plexus, but stands very close. This applies to beginners mainly so the soul can get back in if something goes wrong. A well-practiced Medium in a deep Trance may be taken out further from his or her body, sometimes even for beautiful visits in the Spirit World.

When I personally am in a somewhat light Trance, I frequently will get the thought a split second before the words are actually spoken. This indicates the thought is hitting my mind. At other times, it will flow so easily that thought and voice are synchronized. In a light Trance you will hear the words spoken, but frequently forget them by the time the Trance session has ended. The more practice you have, the less you are able to remember. I have often jotted down who came in on a particular date, only to look back a week or two later and have no recollection at all of what was said. Your ability to retain memory, or to forget, the contents of the session will give you some indication of your progress.

If the contents of the session are reviewed immediately after the Trance, it will bring it to the conscious mind and remain in memory longer. If your spirit guides particularly want you to remember something while you are in a deep Trance, they will push it into your mind.

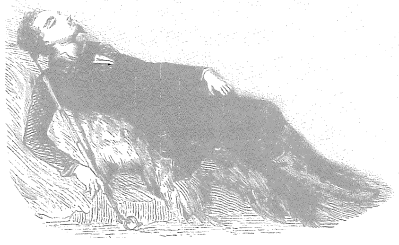
How vibrations affect the quality of the communication. There are seven planes and each plane has seven realms or elevations. Most people who pass over go to the third plane which is similar in vibration to the Earth Plane. They often prefer to stay there in order to be close to Earth, so they can better reach their loved ones who are still down here. On the higher planes, of course, the vibrations are much higher or finer. Your guides and teachers are on these higher planes, usually the fourth or fifth, sometimes on the sixth, but they can easily come back because they have chosen to guide you from birth. That is their job. This is all part of the plan you mutually worked out prior to your even being conceived. They are able to come to you and be with you without changing vibrations. In other words, their vibration can reach you at any time because they have chosen that particular job to do for your lifetime. Their vibrations are attuned to you and your vibrations are attuned to them and this was established before your birth. It is like there is an etheric connecting cord which enables them to respond instantly to you.

Their job, especially the master teacher, is to know what your soul plan is, that is, what your soul has come here to accomplish. And it is their responsibility to help you to do your job, therefore, they are able to reach through to you. Their vibrations synchronize with yours. The elevation of your guides and teachers attracted to you depends on your own spiritual elevation and the work you are to do.

The vibration of a high universal teacher or master, say on the sixth plane, must be

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brought down and the vibration of the medium must be brought up. If the Medium does not have the consciousness, the guides cannot do it for them. Both Medium and spirit must be willing. It is similar to being in an airplane when you start to descend. Spirit does the same thing. The Great Ones are coming from the sixth plane down to the fifth and a spiritually evolved Medium will meet them usually on the fourth or the lower part of the fifth plane. The controlling spirit guide pulls the Medium's vibrations from her or him and lifts them by putting the guide's energy into the mix. It is more difficult to pull up the Medium than it is to get the high teacher down. Some Mediums, however, are elevated so they do not require additional energy from the controlling spirit. If the high masters are willing to come, and the Medium is willing, the biggest hurdle has been overcome. It should be understood that when your energy goes up so high, it can be tiring because you honestly are on a different level, a totally different level than in your normal state. You may want to rest when the Trance session has ended.



Most Mediums work through a guide or teacher on the spirit side of life. In fact, the easiest way to communicate in Trance with those on a very high plane is for the spirit to come through the doctor or master teacher of the Medium. In other words, the Medium's own teacher acts as a Medium on the other side. The down side is that something gets lost in the communication in doing it that way.

While spontaneity is the name of the game in the Spirit World, if you wish to contact a high entity, show consideration by sending out the thought well in advance, even days in advance, to allow the entity to properly prepare for the descent at the appointed time.

Working with advanced spirits who bring spiritual teachings. Usually the spirit visit is very brief. However, when there is a definite plan or format to call upon the Great Ones for specific information, they graciously accept the invitation to share their understanding, for they are ever seeking a clear channel through which to work. They appreciate the opportunity to get their ideas out when there is a Medium they can attune to, and of course, they enjoy the luxury of being able to have a long enough visit to talk about their past and present work, and to answer any questions. But the ability of the Medium to receive direct spiritual instruction clearly from the highly illumined entities depends upon the Medium's willingness, spiritual elevation, utter selflessness of motive, and ability to maintain his or her mind emotionally unruffled to be a "perfect reflector of the light from Spiritual Realms."

How does the Medium whose guide helped me to prepare this article prepare for her sessions with the very high entities? She likes to have the spirits come to meet with her before the Trance ever starts, perhaps hours earlier. That is so the visiting masters and teachers will know her vibrations and know where she is in consciousness. Her guide does not come down to her, he simply does it through the mind at that point. Then when he is coming down for the actual Trance session, he knows what her vibration is. Keep in mind, all you have to do in spirit is think, and your vibrations are changed. The advanced helpers are familiar with the vibrations of each plane and how they are going to react. They feel heavier, and may come just as light.

This Medium's vibration is raised up through the energy of the controlling guide, and also she herself raises her thoughts because she does prepare for her Trance sessions. She may read a little about the subject or about the life of the entity. When that spirit comes ahead of the Trance, she writes notes of the impressions she receives. This is to help her to know they are coming in honestly and sincerely and to give her a little idea of what they are going to say later. As this particular Medium is also a physical Medium as well, she leaves her notes and any other related papers where the entrancing High One can look them over, elaborate upon them, and make certain he has remembered to cover all the topics he would like to talk about. He is so tuned in to the Medium that he simply tunes in to her mind to review her notes.

The important point is, it is not all just Mediumship. You give the spirits something to work with. This is particularly true in preparing for a lecture or having high teachers bring through special lessons. When you continually study, you give the guides and teachers something to work with. Many do not believe studying is necessary and will say, *why should I study? My doctor or my master knows it.* You have to have at least a little bit of knowledge for the spirit communicator to build upon. If you do not know a little about the subject the teachers are going to talk about, it could throw you into a loop. This obviously is not the case when just mom and dad are coming in.

Peggy Barnes, who wrote *The Questionnaire,* addresses this point of having a little background information: "Do you believe that the great spirit teachers and lecturers of the past ages are likely to manifest through an illiterate untrained mind? Absolutely not. Like attracts like. The Master Minds of spirit may see great possibilities in untrained minds on earth and seek to develop them, but the human instruments must do their part to assist in the development by reading and studying and otherwise perfecting themselves, or the spirit guides will pass on to others whose mentalities they can use."

Attracting spirits to a seance. It is not at all unusual for spirits to be attracted to the light beamed out during a seance, especially if high teachers are sharing their understanding. Many spirit people attend regularly, just as eager for the opportunity to learn as we are on the Earth Plane. Spirit teachers will sometimes bring a group of their students. In fact, these teachers are very grateful when they can join the circle

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MEDIUM AND TEACHER...MEDIUMSHIP *(Continued from page 29.)*

This is all normal and it is the duty of mediums to be honest about their awareness and the duty of those who observe to educate themselves and realize that being aware some of the time does not mean that a Medium is a fake.

Going back to theta and delta states, there are a few Mediums who work in those states in Trance. These people need to be treated slightly differently to other Mediums who are more in the alpha state when working. In all cases:

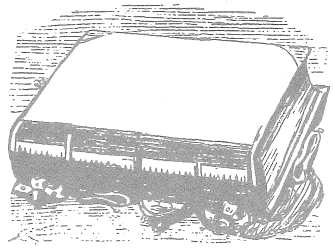
- Mediums must NEVER be touched whilst working unless given verbal permission by the controlling guide.
- Observers must be quiet and still and avoid loud noises and most certainly MUST NOT leave the room during a demonstration.

If the Medium is a "deep trance, deep altered states Medium," i.e., goes into theta and delta states, they may well have special requirements in order to demonstrate to the public. For example,

- An enlightened audience or
- A darkened room.

This can be for a variety of reasons; perhaps the Medium is developing physical Mediumship or is very sensitive during these demonstrations.

Now, the subject of physical Mediumship has reared its head. And of course it will, because I like to think of altered states Mediumship as being the stepping-stone to physical Mediumship. So, what is it then? In mental Mediumship, the phenomena are only experienced by the Medium herself or himself. In physical Mediumship, everyone experiences the phenomena whether they are Mediumistic or not. Usually, the Medium will be in an altered state at theta or delta for the phenomena to be produced, but sometimes this changes later on in the development and the Medium may spend some time in an alpha state. Leslie Flint, the world famous independent direct voice Medium used to join in with the spirit communications later on in life. For your information, independent direct voice is where the spirit person speaks in his or her own voice either through a trumpet or out of thin air, but that's another article!



TRANCE: A CONSIDERATION OF... *(Continued from previous page.)*

of an Earth teacher-Medium. It is frequently easier for their newly arrived students in the Spirit World to absorb lessons given here on Earth than on their side of life.

How contact is made when different languages are spoken. The guides and teachers of the Medium are always proficient in the same language as their instruments. If a Medium has the ability to speak a foreign language, then a spirit who speaks the same language is enabled to come through speaking in his or her native tongue. Good spirit guides would not consider having a Medium try to speak in an unfamiliar language because spirit has to protect the mind of the individual who is working. They cannot take too much strength, or put too much stress and strain on the Medium. It could cause a degree of mental upset if the mind becomes so divided. There is a lot of Trance that the individual guides have to understand and respect.

Everything begins with thought in spirit. So when an entity comes through a Medium, any language barrier can be immediately erased. Any thought the spirit wishes to transmit, he or she will think it through to the Medium's mind and the Medium will just automatically pick up the thought and put it into his or her own language. The Medium's guides and teachers will closely monitor the communication and make certain the thoughts that are coming through are being correctly translated.

When the spirits come here they are tuned in to the Medium and the vibrations that are present, and they answer the sitter's questions with a thought. It is incredibly fast! They do not have to sit and think about it. They have their subject pretty well together when they come, and by the Medium's studying whatever it is, his or her mind is tuned in. It is the conscious mind that has studied, but it is the subconscious that has stored all the material that helps the spirit to bring it through.

In the Spirit World, you communicate soul to soul or spirit to spirit. Keep in mind that spirits do not have a subconscious or conscious mind like us. They have only a soul or superconscious mind, and any recollections of Earth life are drawn from soul memory. That is why they do not always remember trivial things.

How the bias of a Medium affects the communication. Let us say a spirit comes in and talks about something the Medium absolutely does not believe in, such as human cloning. Immediately, the Medium will block it. Every individual has the right to block something totally contrary to his or her beliefs, morals or ethics. You are in control of your body and spirit has to abide by that. It is the subconscious mind that is active during Trance and the things that a Medium is not open to are ingrained in his or her subconscious mind.

In closing, we must always remember that a truly great Medium is very humble and fully aware of the tremendous responsibility of acting as a intermediary between the two worlds. May the phase of Trance always be a wonderful "telephone" to bring truth, love and wisdom!

The Rev. Miriam Bostwick is the author of *The Conquering Soul: The Key To Understanding Spiritual Psychology,* and *More On The Conquering Soul.* Both books are available through the NSAC bookstore.

111th Annual NSAC Convention

Millbrae, California

October 5th–10th, 2003

Location:

The convention and lodging are both at

Clarion Hotel at San Francisco Airport
401 East Millbrae Avenue
Millbrae, CA 94930
Hotel Direct: 1-800-223-7111
Fax: 1-650-777-7707

Reservations:

Contact the Clarion Hotel by September 14th.
Phone: 1-800-223-7111 (Call between 7:00 am – 6:30 pm Pacific Time)

Rooms:

$85.00 (plus tax) per night, (single, double, triple, quad). For this special rate, please be sure to **advise the Hotel that you are attending the NSAC Convention.**

Accommodations:

Handicap accessible accommodations; TV with complimentary premium channels, in room computer dataport, hair dryer, iron and full size board, coffee maker, fitness center, outdoor heated swimming pool; adjacent to scenic SF Bay jogging trail.



Shuttle Service:

24 hour complimentary airport shuttle. There is a hotel courtesy phone board at all baggage claim areas for direct phone access to the hotel.

Location: Traveling North or South on Highway 101, take the Millbrae Avenue Exit East to the Hotel entrance. Parking free with the arrangements for a Parking Pass at the Front Desk.

Calendar of Events

Sunday, October 5th
10:30 am – Healing and All Message Service at the Hotel
2pm to 4pm – Welcome Reception
7pm – Healing and Worship Service

Monday, October 6th
All Day – Seminar and Workshop
Theme: Phenomena and more
Hours: 8:30am to 4pm
Cost: All Day – $18.00; 1/2 day – $10.00
6pm – Banquet with Musical Entertainment

Tuesday, October 7th thru Friday, October 10th
9am to 5pm – Convention Business Meetings
7pm – Healing and Worship Service followed by Service Club Meetings
Tues. NST; Wed., Ministers; Thurs., Healers; Fri., LM/CM

Hosted by:
California State Spiritualists' Association and the CSSA Northern Council Churches

Theme:
"Infinite Possibilities with Spirit"

Banquet:



Monday, Oct. 6th
6pm by reservations only!
Dinner Buffet
$30 including tax and tip.

Reservations must be made by September 27th, 2003:

Make check or money order for $30, payable to:
CSSA Convention 2003
(Mail to) Evie Sordelet
5537 Whitney Ave.
Carmichael, CA 95608

BANQUET MENU:
Antipasto with Grilled Vegetables; Mixed Green Salad; Penne Pasta with Marinara Sauce, Grilled Chicken Breast, Poached Salmon, Garlic Roasted Potatoes and Fresh Seasonal Vegetables; Rolls and Butter; Assorted Dessert Buffet; and Choice of Coffee and Teas.

Tours:

San Francisco City Tour:
A tour of the most colorful and culturally diverse city in America. Cross the Golden Gate Bridge and Twin Peaks for panoramic view of the area. Highlights include "the painted ladies" Victorian mansions, Opera House, City Hall, Union Square, Chinatown, Coit Tower, Fisherman's Wharf, Marina district, Palace of Fine Arts and more.

Winchester Mystery House, San Jose: Some say Sarah Winchester believed building the house would prevent her death or appease the spirits of the many killed by the Winchester rifles that built her fortune. Others said that Sarah Winchester was just a crazy lady who listened to spirits for 38 years for directions to build this marvelously strange building.

Reservations must be made by September 27th.
Make check or money order for $25, payable to:
CSSA Convention 2003
Indicate either City Tour, or Winchester Mystery House, *and* Lunch choice: Beef, Turkey, or Vegetarian Sandwich
(Mail to) Evie Sordelet
5537 Whitney Ave.
Carmichael, CA 95608

What happened in *SEPTEMBER* throughout the years?

SEPTEMBER

September, second week—**Random Acts of Kindness week.** Please, work to focus only on the positive this week, on good intentions, on doing something kind for another anonymously. Do this for no other reason than you can! Albert Einstein remarked: "We cannot solve the problems of the world with the same level of thinking that created them."

SEPTEMBER 1

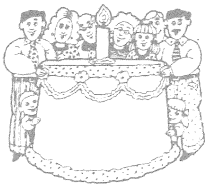
Labor Day, let us take time today to send prayers for the rescue of any stray souls to help them go to the light of the Spirit World.

SEPTEMBER 4, 1824 & APRIL 26, 1820

The birth dates of **Phoebe** and **Alice Cary** who were ardent Spiritualists and friends of the Fox Family. They wrote beautiful, inspired hymns and poems.

SEPTEMBER 7

Grandparents Day, many people, when asked about one of the strongest influences in their young lives, mention their grandparents. Let us send our prayer of thanks and blessings for all Grandparents.

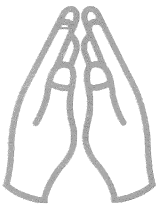


SEPTEMBER 8, 1826 & October 6, 1826

The birth date of two wonderful Spiritualists: **Marion H. Skidmore** and her husband **T. J. Skidmore.** This couple was dedicated to the religion of Spiritualism, both held several offices and served the religion well. The library at Lily Dale Spiritualist Camp in New York is named in honor of Marion.

SEPTEMBER 11

The **Rev. Lelia Cutler, NST,** Treasurer of the NSAC, celebrates her birthday on this date, with many, many good wishes from fellow Spiritualists. Happy Birthday, Lelia.



SEPTEMBER 11

World Day of Prayer—this annual day of prayer has attracted thousands of spiritual people for the past nine years. It is a day to pray for harmony, for the upliftment of all people, for blessings for our world and for the needs of all.

SEPTEMBER 18, 1847

The birth date of the **Rev. E. W. Sprague**, one of Spiritualism's early pioneers. Mr. Sprague and his wife traveled as National Missionaries all around the United States. They organized many societies as they went. Mr. Sprague wrote through automatic writing and received several books on Spiritualism.

SEPTEMBER 27, 1893

The first **Delegate Convention of Spiritualists** met in Chicago, Illinois to form the National Spiritualist Association of the United States of America. The name has changed three times over the 110 years and now it is registered as **The National Spiritualist Association of Churches.**

SEPTEMBER 27

The celebration of **Rosh Hashanah** in the Hebrew religion, is a ten day period of penitence ending with Yom Kippur, the Day of Atonement.

* * *

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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 soul here or hereafter.

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



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