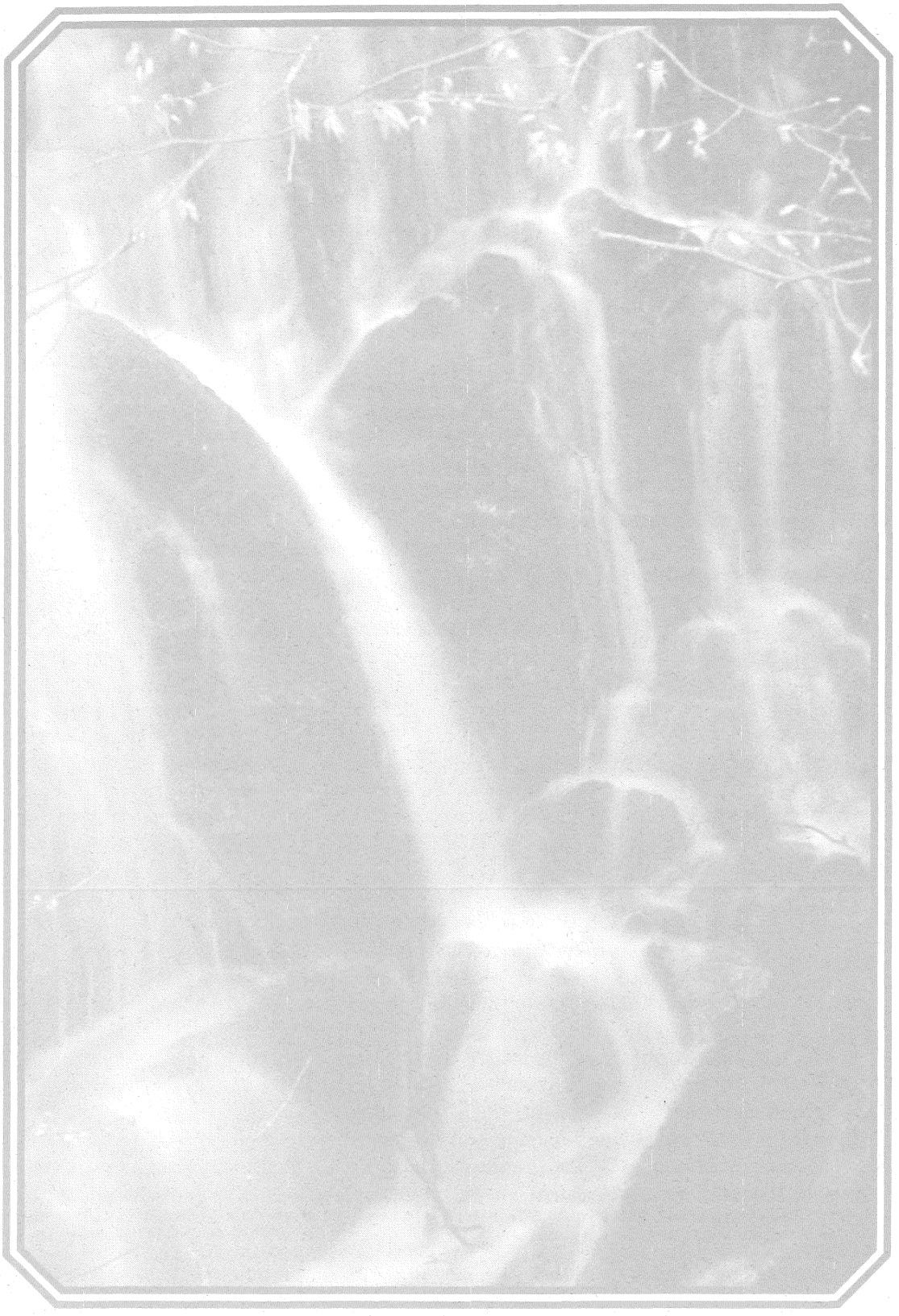
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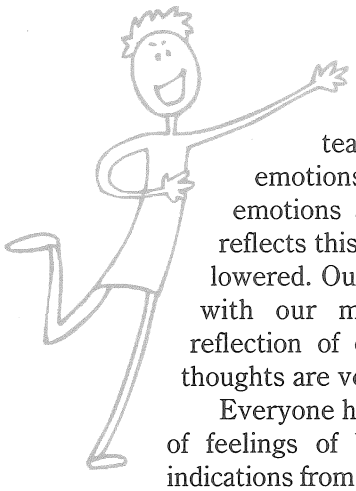
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An Atmosphere Of Joy!

BY THE REV. SANDRA PFORTMILLER, NST

"Everything about me works together as one," I thought as I snuggled under the blanket trying to get warm. One of those sinus infections had me under the covers, but this came a few days after an emotional upset. My relationship between the body and the emotions was faithfully keeping score and the physical was reacting in accord to the process of Natural Law—Cause and Effect—getting my attention to teach me to create healthier emotions. When our thoughts and emotions are unwholesome, the body reflects this state and the energy level is lowered. Our physical health is in accord with our mental health, which is a reflection of our joy or lack of joy. Our thoughts are very creative.



Everyone has times of below par energy, of feelings of being out of alignment, or indications from the body that some change is required, but it is much more fun to be in an atmosphere of joy and we can cultivate these feelings by working toward right thinking. Joy and love are the emotions in life to develop. They are expressions of Infinite Intelligence. When we are experiencing uplifting emotions, we feel life surge through our bodies. Just as everything within our life is interrelated, so all life is interrelated and how we believe it is, is exactly how we experience it. Do you think of yourself as separate from the One Source, separate from love? Just how do you see life?

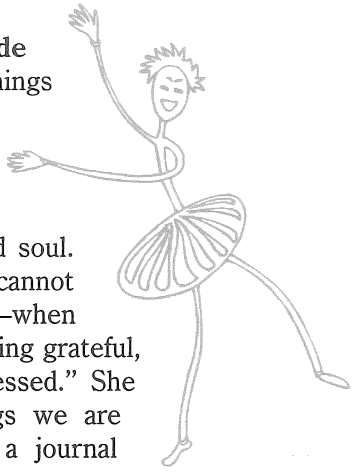
Webster's tells us joy is emotions of pleasure, happiness, or delight. One description of happiness is "anyone, or anything, that's loved by you." How do people act when they spread joy and love?

- She enters with a smile for everyone and the room seems to take on a happier aura.
- He always has a joke, an imitation, a funny voice and, people seemed to migrate toward him.
- He looks healthy, keeps active and is kind, compassionate and gentle.
- She is such a good listener and then encourages others, guiding them to a right decision.
- They are a great couple, enjoying everyone and everything.
- The children always enjoy her and run over to where she is standing.
- His music uplifts everyone who hears how he puts his heart into the performance.
- She always has something nice to say and never has a bad word about anyone. These are the kinds of men and women you find in Spiritualist churches, basically happy, caring people with the intention to be optimistic and as joyous as possible.

How would you describe yourself?

New thoughts create new conditions, therefore create what you want—you have the power. Be "tuned in" to your thoughts, consciously creating your happy, bright environment. In your quiet time, envision a new door opening for you that allows more light and harmony to enter. See the door of your mind accepting this new light and harmony and focus on this good feeling during the day. Affirm it is so: I am one with the power and perfection of God, which flows through me, creating joy, health and happiness.

Most of us have times of emotional crisis, and we look for some avenues to guide us on an upward path. Science has researched happiness, and found that we can condition ourselves, for there are antidotes and exercises we can use to make changes in our emotions. Here are a few that have been found:

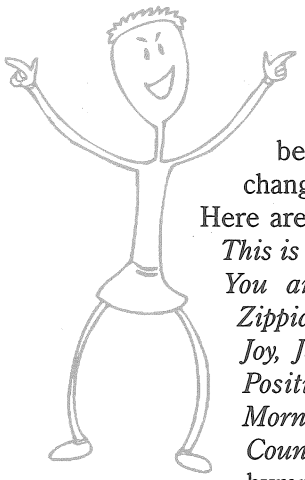


- Keep a **gratitude journal**, and every day list things you are grateful for. Dr. Brenda Shoshanna, author of *365 Ways to Give Thanks,* claims a gratitude journal is good for body and soul. "Depression and gratitude cannot co-exist in the same mind—when your day revolves around being grateful, it is impossible to be depressed." She recommends that ten things we are grateful for be written in a journal every day.
- **Act extroverted and happy.** Research has shown that naturally outgoing people tend to be happier people, but also that by simply *acting* extroverted can actually cause a person to become happy. It is still a matter of choice and "choosing to act more outgoing and assertive appears to

(Continued on next page.)

influence one's sense of well-being."

• **Burn a vanilla scented candle.** A study that was conducted on anxious patients undergoing MRI scans demonstrated that the scent of vanilla triggers the release of serotonin, which is the neurotransmitter that helps regulate good mood feelings. Each time you look at the candle, send out an affirmation, a prayer, a smile or a song of joy.



• **Music and singing.** The vibrations of good music have been proven to help positively change one's energy, so listen or sing. Here are just a few singing suggestions: *This is the Day that the Lord Hath Made; You are Standing on Holy Ground; Zippidy-do-da, Zippidy-aye; I've Got Joy, Joy, Joy; You've Got to Accentuate the Positive; Oh What a Beautiful Morning, Oh What a Beautiful Day; Count Your Blessings,* and many of the hymns in our song book.

• Each of us have **personal strengths**, such as a sense of humor, the ability to serve, an abundance of love energy, the power of healing, etc. Use these strengths to overcome difficulties, for when you stop focusing on a problem and use your positive attributes, you lift your energy.

• You can not find happiness in other peoples **description of joy**, for your consciousness is your choice, your responsibility and your acceptance, so define what happiness means for you. Lasting joy does not arrive when you become wealthy, find a mate, get a job, although these can and do factor into your contentment. Good feelings come from within, from your beliefs and attitudes.

Each of us mature accompanied by attitudes, habits and beliefs based on our conscious interpretations of life's rhythm to that point. Much of the emotional, mental conditioning is healthy, yet in all of us, some has limiting, fearful and unhealthy content. This is the opposite of joy. These emotions and thoughts are our challenges to uplift so we may be healthy.

As Spiritualists, we consciously choose to grow and become spiritually uplifted. We do this by housecleaning our inner contents: Throw out the unneeded; it's important to forgive self and others; daily affirm new, positive thoughts; let go and let God—trust; work to live in the moment; practice love for self and others. When the outer world is disturbing, pause and enter your inner world for guidance, for courage and direction. Feel the positive energy and uplifting rhythm as you release the outer world to accept the spark of the Infinite Light. When you leave your quiet time, try to live in conscious union with love and harmony for as long as you can. Sometimes it requires a deep breath and a momentary return in memory to your meditation space to the peaceful feeling, to recapture the good energy. You choose with that activity to select peace and joy.

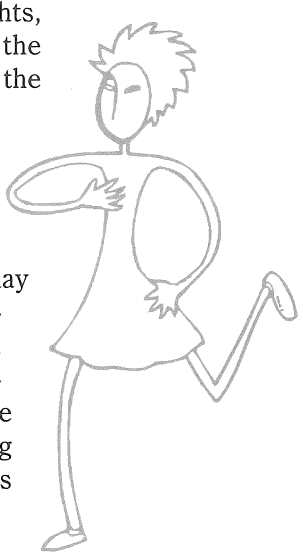
Infinite Intelligence is abundance, love, harmony and this happiness expresses through each life as it is chosen, accepted and expressed. As with any skill or talent, it must be practical—it is your partnership with yourself, with your life. Linda McNamar writes: "Living in partnership with Life means we are in a great flow of creation—the falling away of the old—the coming in of the new." Each time we let go, forgive or change, we are trusting the Laws of God to bring us a new wonderful stream of energy, of life.

Joyous people find more meaning in life and accept life as it comes. New studies have shown that happy people live longer, with a greater quality of life. Positive emotions do not churn out the stress hormones so this makes sense. "Constant happiness is not necessary," says Beverly Brummett of Duke University Medical Center, "but avoiding emotional lows is the key to prolonging life."

Jolly men and women usually have more friends and family that support them during good times and stressful times. This helps life to have added comfort and makes it easier to deal with the uncomfortable moments. Friendly people have others to help savor successes, to touch, share and laugh with. Tests have shown that a 20-second hug helps make us feel happier and less stressed.

Tedd Mitchell, M.C., teaches happiness is not a spectator sport—we must develop habits for happiness. "Habits that involve enjoyable work and meaningful connections to others leads to a sense of self-worth. Happiness is a natural byproduct that's acquired gradually; it's not something you achieve by artificial means at the end of your life. Make every day count."

We know Natural Law is always working, returning to us our beliefs and affirmations of life.



As we broadcast our thoughts, feelings and emotions into the ethers, we impact our life and the lives of others around us. This is the personal responsibility factor, no one can give you happiness. Our responsibility is that of being as joyful as possible so we may impact the atmosphere surrounding us in a positive way. Let us be conscious participators in lifting up the world we live in by sending forth loving energy, by working to be as happy as we can be, and by staying attuned to the spirit within as we remember all life is sacred, for this is the day, the time, the place, the person that God hath made. Let us rejoice and be glad in it.

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SPIRIT IN MY LIFE

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



A Shaft Of Gold

BY MARLITA SPRINGETT, New York

While living on this earth, we all are subject to laws and rules of two different kinds. There are Natural Laws, both physical and spiritual, which are immutable and permanent. Also, there are man made laws and rules that are temporary and ever changing. When humanity's rules clash with Divine Laws, there is a loss of harmony and peace. Sooner or later it becomes apparent which law takes precedence.

It was a lovely spring morning when this truth touched me with a shaft of gold. It is Natural Laws that always prevail.

Sunday at our Friends Meeting (Quaker worship service) was always a special hour in the week. The ministry was a spontaneous expression of Spirit given by anyone in attendance. There was an unwritten rule that it was to be a spoken message in the moment, and not planned ahead. On this unforgettable morning, I broke that rule, with an unexpected yet amazing result.

Since childhood, I was very shy and self-conscious. I read a lot, and especially liked true stories of men and women who devoted their energies to overcoming the suffering in our world. Along the way, I developed strong opinions about almost everything. There were, locked in my heart and mind, many inspiring thoughts to be shared at the Friends Meeting. If I could just speak once, I felt from then on that the spontaneous messages would follow easily. So, consulting my "God within," I prepared and memorized a quotation from the life of Dorothea Dix. She impressed me with her great efforts and success for helping the mentally ill and those in prison.

After the "settling in" time of our silent worship, the time seemed right and I stood to speak. Pushing aside my little voice of guilt, I spoke my memorized message without a flaw, adding some personal thoughts. I could feel my gratitude and relief as the ending neared. It was a good feeling to complete my mission. Then, I was overwhelmed with a kind of glorious blessing and light. The roof seemed to open and a great shaft of gold reached down to me. It was a brilliant yellow and gold, a vibrant color like nothing I had ever seen on earth. It reached me on a slight slant and stopped just short of my left shoulder. No one else "saw it" I am certain, but the impression on me was profound and deep. It was saying, "You did well, and it is very much okay."

Most likely I will never know what part of Infinite Intelligence the shaft of gold vision came from. What I do know is, that wondrous personal moment has remained a clear presence in my memory. It is as inspiring and energizing today as on that April morning some thirty-five years ago. It was a moment of great beauty and it was good. Both goodness and beauty are surely of God. Truly I feel very blessed and humbled.

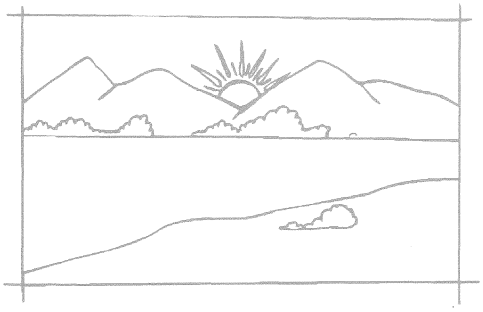
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Certain thoughts are prayers. There are moments when,
whatever be the attitude of the body,
the soul is on its knees.

– Victor Hugo (1802-1882)

Old Choices, New Resolve

BY JUNE JOHNSON, California



"Every day is a new beginning." We can choose to let the new day, new week, new year mark a turning point in our lives. We can make it a time in which to consciously determine to choose in favor of our highest and best and most whole selves. The realizations which well up within us as we contemplate our choices can engender new resolve.

The title I have given this article "Old Choices, New Resolve," is to encourage you to remember your hopes and goals for this life—the "old choices;" and suggest three "new resolves" to meet that aspiration. First, resolve to consult within to recall your hopes; second, resolve to accept what you've already accomplished; and third, resolve to build for yourself an environment that supports your aspirations.

For the old choices: Think back to your hopes and goals from your childhood. Often, as children, we have a clearer vision of what we set out to do in this lifetime—a vision less clouded by other people's ideas about visible status and power.

I encourage you to aspire to *be* your good, not just strive to "look" good. We gain true self-esteem, not by winning exterior prizes, but by becoming the person we want to become.

I'm currently studying lessons brought to us from spirit by the Reverend Florence Becker, founder of the Golden Gate Spiritualist Church. Mrs. Becker's lessons are the great treasure of this church. She stated: *If you would tune within to find that which you wish expressed in your outer world, you will have learned one of the greatest secrets of the universe.*

Tune Within To Find That Which You Wish Expressed In Your Outer World

Setting aside time for regular sittings to concentrate and meditate is one of the most powerful tools for discovering who you have already chosen to become. Keep that commitment with yourself and your inner guidance.

Mrs. Becker also taught that *Memory and Promise* are a reality that stays with us throughout eternity. Consider this idea of *memory and promise* in terms of remembering who we are and the promise of who we can become.

Isn't it true that each of us already has in mind things which we would like to do, which we want to increase in our lives, and things which we would like not to do, which we want to decrease in our lives? We all have an ideal self in mind—how else could we get so frustrated by our shortcomings? Your true ideal is already within you.

So why aren't we doing what we already know we want to do? Often, it's simply because we forget their long term importance as we get caught up in addressing short term issues. Or we can get sidetracked by society and confuse our true goals with transient goals that have nothing to do with us, and may even prove destructive. For example, a trendy focus on thinness as opposed to a model of robust health.

To enact the changes to reach our promise, we need to look beyond the obvious and visible world, and we need to look beyond ourselves. According to the Reverend Florence Becker, *aspiration*, that which we truly seek, *is inseparable from harmony and acceptance*.

This is a major clue. Give it thought.

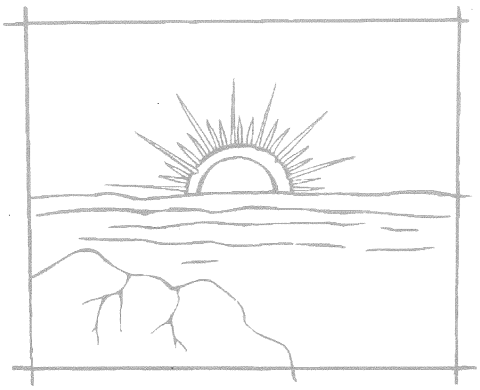
Aspiration Is Inseparable From Harmony And Acceptance

If you find yourself at odds with yourself and the world, check for these red flags—things which are almost always a mistake and doomed to failure because they move us away from harmony and acceptance: 1) The thought of total control; 2) the thought of forcing anything by sheer will power; 3) blaming others for our unhappiness or displeasure; 4) making harsh judgments; and 5) seeking power over others rather than power with, or empowerment. Whenever you experience a sense of alienation and disharmony, it indicates a need to look to a more

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informed source than your own ego.

Ego tries to convince us of our independence. Ego tells us we're tough. "I can do this alone." "I don't need anyone's help." "I can quit this unwanted habit if I simply put my mind to it."



If at any time you feel you have no options or find yourself in a situation that feels limited, question whether your exterior rational ego-driven mind is leading you toward isolation and deprivation by not allowing you to consider the wider range of options available.

When we choose to move in the direction of remembering and fulfilling our eternal promise, we realize an increasing sense of unity, both within ourselves and with the world. Remember, *aspiration is inseparable from harmony and acceptance.*

Acceptance tells us now is the time to stop insisting on perfect friends, the perfect mate, a perfect job, a perfect home and garden, a perfect world—and enter into expression and appreciation of the God within—however imperfectly, or differently, it seems to express.

In 1981, spirit brought me a poem that expresses the idea of harmony and acceptance with those who express their truth differently by asking the question:

How Can Artists Get Along?

How can artists get along?
Those who are most like us
Are those whose visions are
Uniquely their own!
Therefore, it is our differences
That form a bond.
We delight in that
Which leads
To further exploration and experience.

The second resolve of acceptance calls upon you not to be hard on yourself or your loved ones. Review the obstacles you and they have already overcome. Offer your appreciation to God for your collective ability to achieve those accomplishments. Rather than being critical of yourself for not meeting a perceived ideal, recognize that ideal as a signpost on your path, think of it as a gentle reminder of the direction you wish to move toward.

Set reasonable, achievable goals that take you nearer to what you wish to become. Consciously substitute new behaviors for old—actively establishing positive habits and new, more productive routines which support your goals. Be willing to move toward your aspiration in manageable, comfortable steps.

Keep in mind, Mrs. Becker would have us affirm:

Throughout my acts and actions of daily education, I am unchangeably and unalterably complete.

Remember, true *aspiration is inseparable from harmony and acceptance.*

Our third resolve is to develop an environment that harmoniously supports your goals and helps you to take those constructive steps that will lead you to true contentment.

We are all part of the interdependent web of all existence. We become who we want to become in relationship with others. As we are one interconnected whole, we have all the resources of the whole available to us. Engaging in a supportive community builds our resolve.

Spirit recognizes this. I was led by spirit, some twenty years ago, to move from the community in which I'd raised my children into San Francisco. As I was preparing to leave, my spirit guides advised: *Maintain participation in three families.*

Maintain Participation In Three Families

These families do not have to be your relatives. They can be co-workers, fellow church members, friends or classmates. Let me suggest four ways I have learned that can help you attain your aspirations:

1) Choose to make of your work a practice of your ethical values. How you relate to your co-workers, your clients or students, or anyone with whom you work can not only build your character toward what you want to become, it can affect the larger world for good or ill. *Choose to make of your work a practice of your ethical values.*
2) Become a member of a religious community. You will need the support of others who care for you, educate you, learn from you, companion you on your spiritual path. Few of us follow that path easily alone. You need others with whom you share your joys and frustration, your fears and accomplishments. *Become a member of a religious community.*
3) Make room for the sacred in your life. Take time, every day, to reflect on how the spirit is working in your life, through your life, so that you may come to see everything you do as being imbued with the presence of spirit. As you find your growth tip, that part of you which wants to grow and explore, join a group that supports and practices what you wish to develop, such as dream work, literature, health and exercise, or a creative arts class. Or start your own group. *Make room for the sacred in your life.*

(Continued on next page.)

The Finest Tribute To Mother

On this day, the sons and daughters of America are trying to tell "Mother" what she means to them. For her devotion and love, for her wise and understanding heart, for her sharing of joy and sorrow alike, we set aside this day to express our gratitude. It is not easy—on this or any other day.

"Mother is the name for God in the lips and hearts of little children," said Thackeray. At her knee, with baby hands locked in hers, we learn to say our first prayers. From her, we receive our knowledge of right and wrong, our respect for other human beings, our faith in Divine Goodness. With infinite patience, she teaches us the give-and-take of living, both within the family and in the larger community outside the home.

No wonder we believe that "the hand that rocks the cradle is the hand that rules the world." Yet the truth is that it does not.

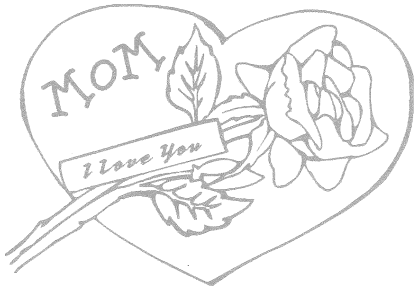
If Mother were heard in the council-halls of nations, no son would ever kill another woman's son in battle.

If Mother's lessons were remembered; if we respected the rights of our fellow-men as we were taught to respect the rights of our playmates, no American would ever be barred from a school, a job, or a home because of his race, creed or ancestry.

Gifts and flowers are lovely gestures. But the finest tribute to Mother comes in other ways. Taking her guidance into adult life; being kind neighbors to people of every race and religion; working for the good of all men—thus we bring to Mother the answer to her prayers: peace—with freedom and happiness for every child born of woman.

Written by
The American Brotherhood of the National Committee of Christians and Jews.

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OLD CHOICES, NEW RESOLVE

(Continued from previous page.)

4) Take time to nurture and grow your personal relationships. Make sure you have enough touch and quality time with your partner, a close friend, or family member. The outside world can make many demands. Relationships take work and time, time when you are not rushing off early in the morning, or tired at the end of the day. *Take time to nurture and grow your personal relationships.*

Your true ideal is already within you. Resolve to consult within to recall your aspiration.

Resolve to accept what you've already accomplished.

Resolve to build for yourself an environment that supports your aspirations.

Consider that true *aspiration is inseparable from harmony and acceptance.*

We become who we want to become in relationship with others.

- Choose to make of your work a practice of your ethical values.
- Become a member of a religious community.
- Make room for the sacred in your life.
- Take time to nurture and grow your personal relationships.

Make this a time in which you more consciously determine to choose in favor of your highest and best and most whole selves.

May you be much blessed with all your choices and resolve to make each day a move forward into light and love.



Body, Soul and Spirit

BY SHEILA LEEDY, Arizona

"For what shall it profit a man if he shall gain the whole world and lose his own soul?"
– Mark 8:36

What is man? What is woman? We, as Spiritualists, believe that each member of the human race is a triune being consisting of soul, body and mind/spirit. What does this concept really mean? What is mind? What is body? What is spirit? How is it all related? The more I pondered these questions, the more questions came.

The spirit is the essence of God. It is pure light energy. The carrier of all that is and all that will be. Each soul is an individual expression of the God-head energy. Liken it to this: Imagine Infinite Intelligence as the ocean, vast and beautiful, alive with energy ever-lasting. This ocean is made of millions upon millions of droplets of water combined together to make the whole of the ocean. Now take a cupful of this ocean. This cupful is still a part of the whole, complete and full of the ocean's essence even though it is now a smaller more individual unit. This describes our spirit quite nicely. Our spirit is a unique and individual expression of the Universal Mind, separate but still part of the whole that is God.

The soul is the bearer of our individuality. It carries with it the records of all thought patterns, activities, and manifestations of mind and physical expressions. The spirit is a co-creator with God. It shapes our experiences, directing us through the mental and physical expressions, forever leading us towards growth.

Now what about mind? Vast and expansive, the mind is the builder of the life experiences that the soul wishes to learn, to understand, and to grow. The mind is the creative energy, that attribute of the spirit which builds from thought towards manifestation. As co-creators of God, we have the ability to make what we think happen! Thoughts are things, alive with energy. That which we dwell upon, we build not only into our physical bodies, but into our souls.

Our minds, creative energy turned into thoughts, can bring to us all that we think for positive or for negative. Negative expressions are just as powerful and destructive, as positive thoughts are creative and able to bring us love, harmony and joy. Our thoughts effect not only ourselves, but also those around us. Impacting the individual to whom the thought is directed. It can manifest positively such as in a prayer or a sweet thought sent to one you love. We can also hinder or hurt someone else when an ugly or unloving thought is sent their way. Makes you aware of the power of our minds, doesn't it? So if we are co-creators with God, shouldn't we always try to be mindful of what we think? Of what we create in our lives?

As I continued to ponder this subject, the idea of our personality came into my questioning. How is our personality shaped, and what happens to it when we return to the Spirit World? Spiritualists believe that we retain our individuality after the change called death. Does this include our "personality?" I don't know about you, but I'm kinda fond of my personality. Will it stay with my soul when I'm called home to the Summerland?

Personality has many varied definitions. It can be defined as the distinctive traits or characteristics, or qualities of an individual. For example: "She has a sunny personality," meaning this female is upbeat and happy. This is the outward projection of her being. Or "He has a gloomy personality." This man's outward projection of his being is one of sadness or despair.

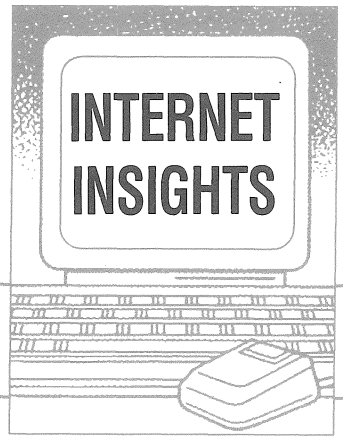
In the eastern Disciplines, the personality is said to be shaped by the emotional reactions to outer stimuli, causing each individual to be different from the other. In metaphysics, the personality represents the aspects of one's identity that may actualize in a three dimensional existence. It is molded by responses to life experiences and circumstances. These are accumulated, creating an ever changing, unified whole.

Lastly—of our triune being is the physical body. The body is an instrument or tool of the mundane world by which the soul uses mind and thought to create the experiences for growth. The body is a material solid manifestation of God. The vehicle of the soul. The "house" of the creative life force, spirit. In the physical world, we experience life for the most part by the five senses: sight, hearing, taste, touch, smell. We are aware of a sixth sense, when we develop sensitivity to our higher selves and enhance our physical experience. We become aware of the oneness of all creation; aware of the God-Spark that exists in all beings.

As co-creator with Infinite Intelligence—our souls grow through thought and physical expression. Existing as a triune being is a wonderful gift, a great opportunity for us to express the joy and creativity of God. It is beautiful to be an individual, and yet even more so, to understand that we are but a tiny part of the whole that is called God.

"I am the Alpha and the Omega, the First and the Last, the Beginning and the End." – Revelations 22:13

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Remember Armed Forces Day – May 15

Soldiers

"It is the soldier, not the reporter,
who has given us freedom of the press.
It is the soldier, not the poet,
who had given us freedom of speech.
It is the soldier, not the campus
organizer
who has given us the freedom to
demonstrate.
It is the soldier, who salutes the flag,
who serves beneath the flag, and
whose coffin
is draped by the flag, who allows
the protester to burn the flag."



– written by Father Dennis Edward O'Brien, USMC

Who is a Veteran? Recognize anyone?

He is the cop on the beat who spent six months in Saudi Arabia, sweating two gallons a day making sure the armored personnel carriers didn't run out of fuel. He is the barroom loudmouth, dumber than five wooden planks, whose overgrown frat-boy behavior is outweighed a hundred times in the cosmic scales by four hours of exquisite bravery near the 38th parallel. She is the nurse who fought against futility and went to sleep sobbing every night in Vietnam. He is the friend who didn't come back. He is the POW who went away one person and came back another. He is the Quantico drill instructor who has never seen combat, but has saved countless lives by turning slouchy, no-account rednecks and gang members into Marines, teaching them to watch each other's backs. He is the parade riding Legionnaire who pins on his ribbons and medals with a prosthetic hand. He is the career quartermaster who watches the ribbons and medals pass him by. He is the anonymous hero in The Tomb Of The Unknowns, whose presence at the Arlington National Cemetery must forever preserve the memory of all anonymous heroes whose valor died unrecognized with them on the battlefield or in the ocean's sunless deep. He is the old guy bagging groceries at the supermarket palsied now and aggravatingly slow, who helped liberate a Nazi death camp and who wishes all day long that his wife were still alive to hold him when the nightmares come. He is an ordinary and yet an extraordinary human being, a person who offered some of his life's most vital years in the service of his country, and who sacrificed his ambitions so others would not have to sacrifice theirs. He is a soldier and a savior and a sword against the darkness, and he is nothing more than the finest, greatest testimony on behalf of the finest, greatest nation ever known. So remember, each time you see someone who has served our country, just lean over and say Thank You. That's all most people need, and in most cases, it will mean more than any medals they could have been awarded or were awarded. Two little words that mean a lot, "THANK YOU."



– written by Father Dennis Edward O'Brien, USMC

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The humor soul develops up to the time of death.

– Hippocrates (c. 460-357 BCE)

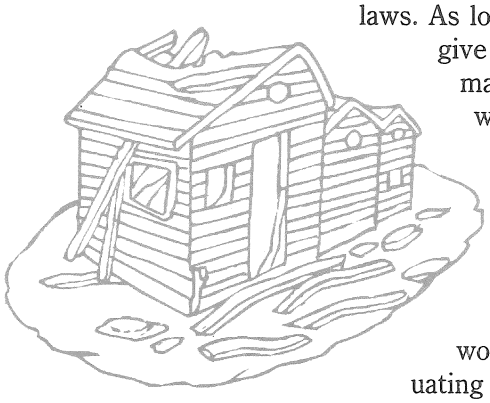
A Home In Need Of Repair

BY THE REV. CHARLENE KLEINSCHMIDT, NST, New York

We need to realize that in spite of our physical problems, the true self is perfect inside, and we can put things into proper perspective. For that reason, I share the following thoughts with you.

1. If you are going through a dark time in your life, don't give up. It is never too late to begin again, regardless of the obstacle now facing you.

2. In spite of all we know about Natural Laws, we may experience a time when they do not appear to be working. We may also further exacerbate this condition with self incrimination for not better understanding and living those laws. As logic tells us not to give in to negativity, it may be something we feel incapable of doing. This happens at times to all of us, but as we recognize our strong points and work toward accentuating them, we come back to balance. Recently, it was brought to my attention when I talk about helping others I become animated and, for now, being there for others to assist may be my ministry.



3. In writing this it may help some of you understand, while the truth is always right and personal responsibility part of it, telling a drowning man to swim to shore, as he goes down for the third time can be harmful. We need to have compassion for those going through a difficult period. Encouraging words may be helpful to remind us of: "You know better." "It's all your responsibility you feel that way." And the classic, "Get over it."

Since August of last year my health has been on a downward spiral. I now have a team of seven, soon to be joined by a pulmonologist helping me to regain all that I have temporarily lost. They have shown me that striving for achievement and being unable to accept less than what I perceive to be perfection are two different things. Since birth, I have had certain physical limitations, and have spent my life trying to be what I thought was "normal." Some people called me an "overachiever" as though it was a disease that needed to be stamped out. I realize now being unable to perform at a high stress, high energy level day in and day out may be beyond my capabilities at this time in my life.

Having spiritual, physical, emotional and/or financial challenges does not mean we have no value. It simply means we have to develop a plan accepting those things we can not change, changing the ones we can and having the wisdom to find the right path back to attunement with the God of our understanding. In case you haven't guessed the Serenity Prayer has been one of my bywords for years. Sometimes, it's a little more difficult than others to find that wisdom. That's why Infinite Intelligence has given us so many ways to find that wisdom.

My mother has Alzheimer disease. In earlier stages, she would cry for hours because she couldn't do anything and she felt useless. One day I said, "But you are useful. Without you look how many people wouldn't have anywhere to go every day. All your nurses, doctors and aides wouldn't have a job." She brightened up and said, "You're right. Being here is my job now." If you find it difficult to accept the care you require, consider it your job to help these people have something to do they find meaningful!

An elderly medium came to our home to see Al. While we were waiting, she began to tell me about her years of service to Spirit and how she sometimes felt like God had forgotten her, and she didn't like it one bit. It was good for both of us, as we shared our frustrations and found we knew God hadn't really forgotten us. It's the old oxymoron; "God give me patience and give it to me now." We often forget that healing is taking place even when we don't see it. Spiritual time is eternity, not the clock we live by.

When we realize "the house" our soul lives in on the Earth Plane is just that, we can better face the challenges in our lives. Have you ever known of a home that didn't occasionally need repairs or updating? The family was fine, but the house needed work. Equating our body with the house and remembering, in spite of physical problems, the true us is perfect inside can help to put things in perspective. We can fix the things we need to, or accept they can't be changed.

If you are challenged, in any way, know whatever it is, you are safe inside, and you can repair or learn to live with your "home's" conditions.

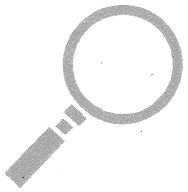
If you are a friend of someone who seems to be in a gulf of negativity, let them know you have faith in them and support them as they find their way back to health and stability. From personal experience, I can tell you, a short note, a friendly smile or a loving phone call, can help make the repairs easier. This old "house" may have seen better days, but patience and wisdom will help it be a remodeled address on this plane of existence again.

Eventually this "home" will reach a point where it is beyond repair and we will move on to our spiritual home. How blessed we, as Spiritualists, are to know the truth, they have just moved to a new address. ◆

THE NATIONAL SPIRITUALIST ASSOCIATION OF CHURCHES
DEPARTMENT OF PHENOMENAL EVIDENCE

May 2004 Department of Phenomenal Evidence Report

BY THE REVS. TOM AND LISA BUTLER, NST



Statistical Corroboration of Psychic Abilities. Jessica Utts is the author of *Seeing Through Statistics*." She recently gave a talk at the University of California, Davis, in which she discussed the surprising degree that scientific testing corroborates the existence of certain psychic abilities. Utts has appeared on numerous television programs, including *20/20, Larry King Live* and *Nightline*. She is an authority on statistical issues related to parapsychology and was involved with a panel in the 1990s that made an assessment of the CIA's Star Gate program. The Star Gate program investigated possible uses for extrasensory perception. The panel's conclusion was that the experiments had shown statistically significant evidence that could support the existence of psychic abilities. Utts calls the results intriguing and said, "If similar data had been obtained in a less controversial area, there would be no problem with accepting that the phenomena were real."

Statistical Testing of Mediums. Tricia Robertson and Archie Roy have spent the past five years statistically testing the skeptical hypothesis that, "All medium's statements are so general that they could apply to anyone." One experiment was carried out using 440 participants and 10 mediums. The data showed that the odds against chance that the skeptical hypothesis was correct were millions to one. Subsequent experiments were done under strict protocol that eliminated body language, verbal responses and many other factors. Tricia Robertson told *The Psi Review* that, "We maintain that we have a repeatable experiment, providing the protocol is adhered to and good mediums are used."

From: www.sspr.org.uk/overview_3.htm

Comment: An experimental difficulty experienced by most psi researchers is that the human factor is difficult, if not impossible, to quantify or standardize. We know of no way to make the term, "good mediums," measurable over a broad population. Even a person known to be a reliable medium, is capable of having a "bad day."

Debate on Telepathy. The Royal Society of Arts in London was the scene of a debate between Lewis Wolpert, a well known British spokesperson for science and Rupert Sheldrake, biologist and author of *Dogs that Know When Their Owners are Coming Home, and Other Unexplained Powers of Animals*, over the existence of telepathy. Past DPE reports have covered many of the ideas of Sheldrake.

Sheldrake presented some of his own research. This included information on people knowing who is going to phone them, on dogs knowing when their owners are coming home and on the telepathic bond between a woman and her parrot. He told the audience that billions of people have had these types of experiences.

Wolpert called telepathy a "pathological science" based on tiny, unrepeatable effects backed up by fantastic theories and said that, "An open mind is a very bad thing—everything falls out."

The audience seemed to side with Sheldrake. One woman voiced the opinion of many in the audience who felt Wolpert did not know the evidence, and many in the audience said that they felt Wolpert was "unscientific."

From Audience charmed by the Paranormal by John Whitfield, Nature News Service/ Macmillan Magazines Ltd. 2004

Demonstration of Mediumship on British Television Violates Broadcast Code. The Independent Television Commission (ITC), which is now Ofcom (Office of Communications), has determined that "Crossing Over," with the American Medium John Edwards and "6th Sense," with the British Medium Colin Fry, are in breach of its Programs Code. The ITC further stated that the programs which mediums "purported to be making contact with the spirit world and passing on messages to members of the studio audience" - were in breach

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of section 1-10 of the Commissions Program Code. The actual code states:

1.10 The Occult and 'Psychic' Practices

Actual demonstrations of exorcisms and occult practices such as those involving supposed contact with spirits or the dead, are not acceptable in factual programming except in the context of a legitimate investigation. They should not, in any case, be shown before the watershed.

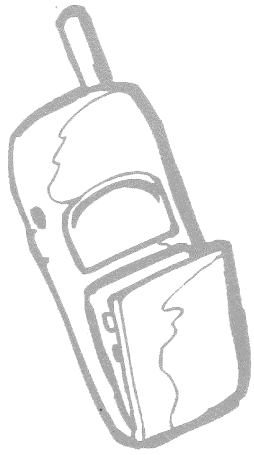
Horoscopes, palmistry and similar 'psychic' practices are only acceptable where they are presented as entertainment or are the subject of legitimate investigation. They should not include specific advice to particular contributors or viewers about health or medical matters or about personal finance. They should not be included at times when large numbers of children are expected to be watching.

Fiction programs containing 'psychic' phenomena should not normally be scheduled before the watershed, although a fantasy setting, for example, may justify such scheduling.

From: January 2004 *Psychic World* and www.geocities.com/christopher_connelly where you can download a "We demand justice" Petition.

Comment: This is clearly a "Freedom of Religion" issue that is not restricted to the UK, for it seems clear that the thinking which has made such rules possible overseas likely exist in the USA. We also note that the phrase, "...except in the context of a legitimate investigation," leaves the determination of what is and is not a "legitimate investigation" open for interpretation. As investigators, we know that any poorly understood phenomenon is subject to a struggle between established thought and new evidence as the dominant paradigm is challenged and eventually changed. OfCom's Rule 1-10 potentially makes it difficult for the British to demonstrate the principles of Spiritualism in a public forum and helps to assure that only "scientists" are able to present a case for or against survival.

Father Calls after Dying. The Revs. Betty and Don Nauratil, co-pastors of the Spiritualist Church of Two Worlds in San Leandro, CA had been helping a friend whose husband was making his transition. The time



was close and the man's three sons came to be by his side. He crossed to the other side at 9:33 in the morning. The family was together and talking at 10:05 when one of the son's cell phone rang. The cell phone displayed the Fathers cell phone number. Shocked, the son quickly disconnected the call.

The family went to the kitchen as they remember placing the father's turned off cell phone there. The phone was located and was indeed turned off and there was no one else in the house. Just as they had located the phone the second son's cell phone rang. Once again the Father's cell phone number was displayed. This time the son picked up the call and stayed on the line. All that could be heard was static or white noise.

Although the family does not belong to the Spiritualist church, they have learned many Spiritualist concepts from their friends the Revs. Nauratil. The wife called Betty and Don to tell them of this phenomenal occurrence. For many, the experience could have been frightening but because of this family's knowledge the event was seen as a confirmation of life after physical death.

Conference in Reno, Nevada. There is still time to sign up for the conference, "Communicating with the Other Side," hosted by the American Association of Electronic Voice Phenomena (AA-EVP) June 3-6 in Reno, NV. Learn how to record EVP through lectures and hands on workshops. Participants will also be given the opportunity to attend several personal development classes that will help develop one's own psychic ability. Presentations on ITC include how one can set up to receive pictures from those in spirit and how two-way communication can be achieved through radios. For conference information, registration and costs go to http://aaevp.com and click on 2004 AA-EVP Conference. You can also write to PO Box 13111, Reno, NV 89507 or call us at 775-329-5980.

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

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Where two or three are gathered together in my name,
there am I in the midst of them.
– Matthew 18:20

Positive Statements To Help Create a Positive Day.

Affirmations . . . MAY 2004

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 What is behind us or before us doesn't compare to what's in us.
2 I cultivate my conscious awareness and watch my thoughts.	**3** "The magic of the tongue is the most dangerous of all spells." – *Bulwer-Lytton*	**4** Spirit reveals into my mind the guidance I request as I am still and listen.	**5** My life is a balance of work and play, physical and spiritual.	**6** "God knows no hard and no easy." – *The Science of Mind*	**7** Through prayer and meditation I gain understanding of my universe.	**8** "Who learns to live with hope, dies a happy man." – *Chinese quote*
9 God, thank you for the lessons I learned from my mother.	**10** "May my outer head not spoil my inner head." – *Yoruban Proverb*	**11** My life is filled with a stream of learning events, each of which is a blessing.	**12** "Rejoice in hope, be patient in affliction, and have faith." – *Saint Peter*	**13** "Honesty gives strength but it does not give much popularity." – *Kin Hubbard*	**14** You help the world by helping one person at a time.	**15** One of the most important things in life is to be honest to oneself.
16 "I had a lover's quarrel with the world." – *Robert Frost*	**17** "Words should be as clothes, carefully custom-made to fit the thought." – *J. Renard*	**18** Today, put a twinkle in your eyes and a smile on your lips and watch the results.	**19** "As a general rule, prosperity is what puts us into debt." – *Ethel Watts Mumford*	**20** Art and music identify the harmony and dissonance for us to see how they blend.	**21** Good habits are as easily formed as bad habits, it is our choice.	**22** "Love in its essence is spiritual fire." – *Swedenborg*
23 Fear is an illusion—feeling lack of love or a feeling of separateness.	**24** "Events of great consequence often spring from trifling circumstances." – *Livy*	**25** I take time to feed my soul, to relax and listen, to go into the silence.	**26** "Time is a dressmaker specializing in alterations." – *Faith Baldwin*	**27** As a co-creator of my life, I pay attention to inner inspiration.	**28** "Hope is a good breakfast, but it is a bad supper." – *Francis Bacon*	**29** I rejoice in the love of Spirit, in the beauty of the world, in eternal life.
30 "Make yourself necessary to someone." – *Ralph Waldo Emerson*	**31** Remember those who helped make our country great and free.		***April Showers Bring May Flowers***			





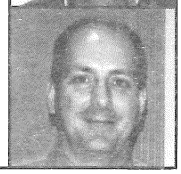

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AWTRY-SMITH, Rev. Marilyn, NST, Certified Medium, avail.for Speaking Engagements, Public Demonstrations and Private Consultations, 118 Wax Myrtle Dr., 32773 - (407) 322-7585, e-mail: awtry7smith7@aol.com.

• 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, 9004 Woodmoss Lane, Apt. 1B, Indianapolis, 46250 - (317) 570-0094; 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, 480 Huntington Rd., P.O. Box 392, 01098 - (413) 238-5344; 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.

• 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, 89507, e-mail: phenomena@nsac.org, web sites; http://nsacphenomena.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., 03087-1775 - (603) 880-3599; e-mail: csnell45@adelphia.net.

TRAVIS, Rev. Janet, NST, 23 Pleasant St., 03087-1775 - (603) 880-3599; e-mail: jtravis24@adelphia.net.

• 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; e-mail: VBergLI@optonline.net.

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 •

McKEESPORT

BRYNER, Ella, Medium, Comm. Healer, 401 Pirl St., Apt. 4H, 15132 - (412) 673-7880.

PORT VUE

KRALL, Frances, Medium, 582 Upston St., 15133 - (412) 678-2091.

• TEXAS •

AUSTIN

BROWN, Mrs. Frances Cervin, Licentiate Minister and Certified Medium, 2721 S. Congress, Apt. 2111, 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 I., NST, Certified Medium, Commissioned Healer, Angels of Light Pastor, 2714 FM 713, 78644-4163; Private spiritual consultations by appointment, public lectures, classes and workshops - (512) 376-5310; e-mail: ALSCNSAC@AOL.COM.

• 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.

HAMPTON

BROWN, Rev. Carol A., NST, 712 Big Bethel Rd., 23666-2802 - (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 A., 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; Pastor, Rev. Sandra Pfortmiller, NST, (623) 581-5544; Sun. Serv. 10:30 a.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, 95603; Sun. Serv. 10:00 a.m.; All Message Serv. the first Fri. of month, 7 p.m.; Pastor, Rev. Louis Potter; Assoc. Pastor, Rev. George Brenner; Pres., Pauline Conrad; Secy., Viretta Fiero, (530) 823-1816, Fax (916) 663-4691.

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., 4800 Auburn Folsom Rd., #63, Loomis, 95650, (916) 652-4568; e-mail: rdawson@wizwire.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; website: www.GGSC.org.

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; website: www.sfspiritualist.org; 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: tssolc@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.

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 Kilemek, 531 Pottawatomie Trail, Porter, IN 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, George Kittnar (815) 633-9150.

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.

CHICAGO - First Spiritualist Church of Harmony, Unity & Truth
347'½ East 75th St., 60619; Pastor, Rev. Arsenia Williams, 10913 S. Parnell Ave., 60628.

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., P.O. Box 174, 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, (317) 570-0094; Secy., Joseph Meyer. 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; Adult Lyceum 10:00 a.m.-10:55 a.m. every 4th Sunday; 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; 2004 Camp Season, 7-10-04 thru 8-20; Stella LaTour, Secy., (219) 871-0686.

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, (563) 324-9659; Sun. Healing Serv. 1:30 p.m.; Worship & Message Serv. 2:00 p.m.; Pastor, Rev. William E. Buchholz, 806 E. 13th St., 52803-4240, (563) 326-3201; Vice Pres., Joy Strasser, (563) 445-1144.

• 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.; Co-Pastor, Earl Wallace, (207) 582-6745, e-mail: godfreed@aol.com; Co-Pastor, Vaikko Allen, (207) 622-2799, e-mail: vallen@adelphia.net; 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; From July 1 to third Sun. in Sept. the church may hold evening church services or cancel church services for the summer. As of this printing Gallery Readings are held the second Friday evening of every month at 7:00 p.m. 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; Co-Pastor & 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.; Co-Pastor & 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 11th through August 15th. Schedule to be announced. For information, contact President John Davidson, 74 Central Ave., Waterville, 04901, phone (207) 877-2204; e-mail: jdavidson@gwi.net; Secy., Debi Ludden. 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 Labor Day. A different featured medium each week. Church services Sun. at 2:30 p.m.; Tues. & Thurs. at 7:30 p.m.; Gallery Readings at 7:30 p.m. on Mon.; Message Circles Wed. & Sat. at 7:30 p.m.; Workshops/seminars on Sat.; Accommodations available; June-Sept. call (207) 338-3029; Off season contact Pres., Earl Wallace at (207) 582-6745 or 124 Spring St., Gardiner, 04345; e-mail; godfreed@aol.com or Secy., Sue Jalbert, 66 Martin Heights, Raymond, 04071; e-mail; cats2@maine.rr.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, 04915-6003, (207) 338-1355; Secy., Aloha Foley, Belfast, 04915-6003.

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: pschurch@maine.rr.com.

PORTLAND - Inner Light Spiritualist Church
32 Thomas St. (Welliston-West Church), 04102; Secy., Linda Smith, P.O. Box 2484, So. Portland, 04116-2484.

• MARYLAND •

GLEN BURNIE/BALTIMORE - The Light Center Spiritualist Church
HELD AT: 13 1st Avenue SW, Glen Burnie, 21061, (410) 761-7666. OFFICE: 7851 Foxfarm Lane, Glen Burnie, 21061-6324; (410) 590-9167, Fax (801) 730-9109, Info@LightCenter.org, www.LightCenter.org. SERVICES: 1st Sunday: MPI Study Group - 10 a.m., Devotional Serv. - 11 a.m., Thought Exchange - 12:30 p.m.; 3rd Sun: Adult Lyceum - 10 a.m., Devotional Service - 11 a.m., Seminar - 12:30 p.m.; 5th Fri: Healing/Message Serv. - 7:30 p.m. CLASSES: 1st Fri: Meditation - 7:30 p.m.; 2nd/3rd/4th Fri: Development - 7:30 p.m.; EVENTS: Workshops, Guest Speakers/Mediums, Picnics, Field Trips, Seances, Circles, Dinners, Community Awareness/Aid Programs.

• 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.

REHOBOTH - First Spiritualist Church of Brockton, Inc., NSAC
Services held at 10:30 a.m. every Sunday at the Anawan Grange Bldg., junction Rts. 44 & 118; Mailing address: P.O. Box 206, Swansea, MA 02777-0206. For more information contact Secretary Jodi Sheffer at (401) 885-3838.

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.

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 with sign-up; Pastor, Rev. John F. Sullivan, P.O. Box 392, Worthington, 01098 - (413) 238-5344, e-mail: jsulli1942@aol.com; Pres., Tom Ruelke, 343 Jordan Rd., Keene, NH 03431, e-mail: bigrock@localnet.com; Secy., Denise St. Pierre, e-mail: Denise1957@aol.com.

• 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) 347-3899; 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; Contact Person: Jinki Boyer-Goodwin, Secy., 9546 Ingleside Rd., Levering, 49755, home phone 231-537-2938.

CHARLEVOIX - Northern Lake Michigan Spiritualist Camp
Please see Golden Rule Spiritualist Church listing for contact information, driving directions, and website address, or (231) 347-3899: 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.

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

LESLIE - Flower Memorial Spiritualist Church
Jackie North, e-mail: J91943@AOL.com, (517) 589-9259.

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, 2004 through Sept. 1, 2004; Annual Retreat July 11-16, 2004; 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. 140; 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
3355 W. Spring Mountain Rd., Ste. 68, 89102; 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
John Bassett, Jr., 320 Savannah Rd., Essex, 21221.

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., P.O. Box 320, 14052, (716) 652-5018, www.FST-East-Aurora.org; 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 Goller, (716) 652-2543.

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., Michael Pillsbury, e-mail: pillsbury@madbbs.com; 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 Rd. (Nisequogue River Rd.), Smithtown; Pastor, Rev. Virginia Berg; Asst. Minister, Rev. Patricia Anne Duffield, NST, (631) 588-3150; Mailing address: 1280 Claas Ave., Holbrook, 11741-3902; e-mail: asisli@optonline.net.

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.; Pastor, Rev. Hugo Ruiz, NST; Mailing address: P.O. Box 3400, Patchogue, 11772, 800-316-1231; website: http://www.TMS-Li.org.

ROCHESTER - Plymouth Spiritualist Church
29 Vick Park A, Rochester, 14607; (585) 271-1470; Voicemail (585) 234-2362; Sun. Serv. 10:30 a.m.; Third Wednesdays All Message and Healing Services 7-9 p.m.; Plymouthspiritualistchurch.org; Pastor, Robin Higgins; Pres., Joanne Antinore.

• OHIO •

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.** Pres., Dorothy A. Benes, 8513 Creek Rd., Williamsfield, 44093; Phone: (440) 293-7056; For information contact: Charles J. Benes, 8513 Creek Rd., Williamsfield, 44093; Phone: (440) 293-7056. **LET PHONE RING.** Services are held starting with the 2nd Sun. in Sept. and continue through the last Sun. in May. Church is not in session during June, July, and Aug.

COLUMBUS - First Spiritualist Church of Linden
1751 Aberdeen Ave., 43211, (614) 263-1631; Pastor, Natalie Smith Blakeslee.

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

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

• 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 - 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., Dora Hamburg.

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., Liana Liles, 20214 No. Briar Dr., 77073; e-mail: L_creat@hotmail.com; 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.

McMAHAN - Angels of Light Spiritualist Church, NSAC
2714 FM 713, Lockhart, 78644-4163; Devotional, healing and message serv. followed by class/circle, 2nd and 4th Sundays at 2 p.m.; Pastor and Secy., Rev. Dr. Jean I. Hamner, (512) 376-5310; e-mail: ALSCNSAC@AOL.COM.

SAN ANTONIO - Louise Scholtz Memorial Chapel, NSAC
1627 PanAm Expwy. North, 78208-1143, (210) 225-2354; Sun. Serv. 10:30 a.m. to 11:30 a.m.; Co-Pastors, Hector Caldera and Alex Sifuentes.

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 N. Washington St.; Mailing Addr. CSE (NSAC), P.O. Box 6535, 22040--6535; (703) 645-8060; website: www.TheCSE.org; e-mail: thecse@TheCSE.org; Year-round Serv.; Healing Serv. each Sun. 10:00 a.m., followed by Worship Serv. at 10:30 a.m.; Children's Lyceum 10:00 a.m., Sept. through June; Judy Griesse, Lyceum Dir.; Pastor, Rev. B. Anne Gehman; Pres., Wayne Knoll; Secy., Larry Leonard, 5905 Sherborn Lane, Springfield, VA 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 Unity, NSAC
Camp Edgewood - Church Serv. Sundays, 2:00 p.m.; Pastor, LaVerne Pemberton, (206) 722-2348; Pres., Colleen Mohler, 1210 - 26th Ave. Ct., 98354, (253) 927-2365; Secy., Catherine Cesaro, (206) 782-3779; e-mail: csunsac@yahoo.com.

• 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, Rev. 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; website: fscwa.org.

WONEWOC - West Wisconsin Spiritualist Camp Association
304 Hill St., 53968, 1-800-974-7035 or (608) 464-7770; Open mid-June to mid-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; Sun. Serv.: Healing 2:30 p.m., Devotional 3:00 p.m.; Summer (June, July, Aug.): Healing 6:30 p.m., Devotional 7:00 p.m.; Meditation, healing and message circle, Wed. 7:00 p.m.; Development & Healing Classes available; Pastor, Rev. Ed Kenning (semi-retired); Pastor, Rev. Karen Charles (519) 622-7177; website: http://members.rogers.com/fscg; e-mail: fscg@rogers.com.

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 & Meditation; 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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The "Awakening" Of The Spirit Body

BY MICHAEL E. TYMN, Oregon



An abundance of spiraling communication from the Other Side suggests that many souls are slow to recognize that they have departed the material life. That is, there seems to be a "sleep" or "dream" state that precedes the awareness that the consciousness has actually departed the physical life.

"The duration of the state of confusion that follows death varies greatly," explained Allan Kardec, the pioneering French psychical investigator of the 19th Century, in *The Spirits' Book*. "It may be only a few hours, and it may be several months, or even years. Those with whom it lasts the least are they who, during the earthly life, have identified themselves most closely with their future state, because they are soonest able to understand their new situation."

A very similar message comes from the extensive writings of medium Alice Bailey and her teacher, the Tibetan master, Djwhal Khul. "In the case of the (spiritually) undeveloped person, the etheric body can linger for a long time in the neighborhood of its outer disintegrating shell because the pull of the soul is not potent and the material aspect is," we read in *Death: The Great Adventure*. "Where the person is advanced, and therefore detached in his thinking from the physical plane, the dissolution of the vital body can be exceedingly rapid."

As set forth in *God's Other Door*, Edgar Cayce, the "sleeping prophet," said that "many an individual has remained in that called death for what ye call *years* without realizing it was dead!" Cayce further explained that the "entity" becomes conscious gradually and that this is contingent upon "how great are the appetites and desires of a physical body."

Silver Birch, the spirit entity who spoke through the entranced Maurice Barbanell, said the same thing. "This (awakening) depends on the degree of awareness that the newcomer possesses," he explained. "If completely ignorant of the fact that life continues after earthly death, or if so indoctrinated with false ideas that understanding will take a long time, then there is a process of rest equivalent to sleep."

Silver Birch went on to say that the time for realization is self-determined. It can be short or long, as measured by our duration of time. For the enlightened, at least those whose actions in the physical world were in accordance with their enlightenment, it is a speedy process.

The Spiritualist classic, *Claude's Book*, relates communication between Claude, a British pilot killed when shot down by the Germans in World War I, and his mother through the trance mediumship of Gladys Osborne Leonard. Early on, Claude explains his passing. He first felt a blow on his head, a sensation of dizziness and falling, and then nothing more. "It may have been a fortnight or more later that I became conscious again," he told his mother through Leonard, further commenting that he had no account of time there, so he could not be sure.

After he became fully conscious on the other side, Claude received an orientation and was then put to work greeting other casualties of the war. "We bring them away so that they may return to consciousness far from their mutilated physical bodies, and oh, Mum, I feel quite tired sometimes of explaining to men that they are *dead*. They wake up feeling so much the same; some go about for days, and even months, believing they are dreaming."

One of the leading psychical investigators in the United States during the early part of the 20th Century was Carl A. Wickland, M.D., whose wife was a medium. Wickland recorded the information coming from the Spirit World through his wife for some 40 years. "This research has proven conclusively that death is only a sleep and an awakening, the process of awakening depending largely upon the individual's mental attitude, such as religious bias, unreasoning skepticism or the willful ignorance of and indifference to life's meaning, so prevalent among the multitude," Wickland wrote in *The Gateway of Understanding*. "In the case of the open-minded, unbiased individual, there is no protracted death sleep, for as transition from the physical draws near, he will often discern the presence of waiting friends from the Unseen, bidding him welcome into the new life..." Wickland goes on to state that others may awaken from the death sleep entirely oblivious of their transition and remain in such oblivion for many years as "vagabond spirits."

On the other hand, some sources suggest that the "sleep" time does not extend beyond a few days. According to *The Tibetan Book of Living and Dying*, a person becomes conscious on the Other Side with the dawning of the Ground Luminosity,

(Continued on next page.)

Things To Think About

BY MERRY BROWNE

• "The Simplicity of Life"



If what we think
And what we feel
Is obedient
To what is real,
Then what we say
And what we do
Automatically
Will be too,
And never ever
Deem it Odd
Our Good stems from obeying
the lovely Laws of God.

• "More Simplicity of Life"

If what we think, feel, say and do
Is disobedient to what is true
We need not register surprise
to find experiences otherwise
So
Whether conditions are
waxing good
Or badly waning
Knowing we are cause of it,
Curtail complaining.



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THE "AWAKENING" OF THE SPIRIT BODY

(Continued from previous page.)

or Clear Light. "The vast majority of people do not recognize the Ground Luminosity at all," writes author Sogyal Rinpoche, "and instead, they are plunged into a state of unconsciousness, which can last up to three and a half days. It is then that the consciousness leaves the body." This has led to the custom, Rinpoche adds, of making sure that the body is not touched or disturbed for three days after death.

In *Heaven and Hell*, Emanuel Swedenborg, the brilliant 17th Century scientist, inventor, and seer, stated: "I have heard from heaven that some people who have died are thinking even while they are lying on the mortuary tables, before their awakening, still within their own cold bodies. As far as they know, they are still alive, except that they are unable to move the smallest bit of matter that belongs to their bodies."

According to Swedenborg, the person's spirit often stays in the body for a while, but not beyond the complete stillness of the heart, which, Swedenborg explains, can continue for quite a long time in some, and not so long in others. The moment the heart motion stops, the person is "awakened." This "awakening" means leading a person's spirit out of the physical body and into the Spirit World. This, the great seer went on, is what is known as "resurrection."

Although it is not clear from the writing, one might infer that the complete stillness of the heart is something even modern medical technology cannot detect. Swedenborg goes on to explain that he was allowed to experience the dying process, at least as far as his physical senses were concerned. His more inward life, including thought, remained unimpaired, so that he perceived and remembered the things that happen to people when they awaken from the dead. "I noticed that physical breathing was almost taken away; the more inward breathing of the spirit kept on, joined to a slight and still breathing of the body," he wrote. "Next, a communication was set up between my heartbeat and the celestial kingdom (since that kingdom corresponds to the heart in man). I even saw angels from there, some at a distance; and two of them were sitting by my head. This resulted in the removal of all my personal affections, although thought and perception continued. I was in this condition for several hours."

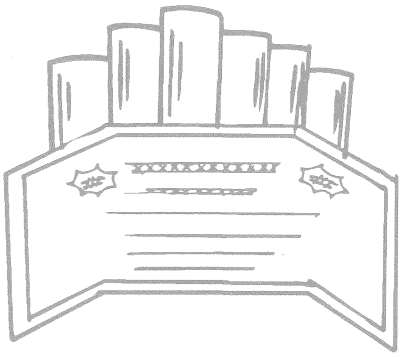
It is somewhat difficult to reconcile the three-and-a-half days awakening mentioned by Rinpoche, with the possibility of many years mentioned by others. It may be that Rinpoche is referring to the severance of the "silver cord" or "giving up the ghost," which may also be what Swedenborg is alluding to in the "stillness of the heart." It could also be that Rinpoche is referring to relatively enlightened souls. Both Wickland and Cayce mention spirits "awakening" and still being oblivious as to their condition, thereby suggesting that even though the "sleep" has ended, and there is some consciousness, the soul may be awakened and still not be aware that he or she has passed from the physical world. Is a crying infant "awake" to the fact that it is "alive" in the physical world? Thus, it may be a matter of semantics.

Confusing, yes, but it still makes much more sense than the sleep and resurrection taught by orthodox religion. ◆

Mike Tymn is a freelance writer living in Depoe Bay, Oregon. He is editor of the quarterly bulletin published by the Academy of Religion and Psychical Research as well as a Trustee of that organization and its book review editor. He can be contacted at METGAT@aol.com or at (541) 765-3421.

Is That Piece Of Paper Important?

BY THE REV. RUPERT SIGURDSSON, NST, Maine



Recently I read in the paper that a young couple decided that a marriage certificate was not important, that it was only a piece of paper and not necessary for a commitment. Although the parents on both sides tried to convince them the value of that piece of paper called a Marriage License, it was useless. It was pointed out in the article how important that a piece of paper was. Without that piece of paper proving rights of inheritance, property ownership, health insurance benefits, Social Security benefits in older age, and a psychological benefit for all concerned, there is nothing to prove the couple is officially one unit.

The article went on to state that you can't drive without a piece of paper stating that you are qualified. Who would go to a doctor, lawyer, or any other professional, without a paper stating their qualifications? Why do so many spend years in college to get that piece of paper called a diploma, if it was not important?

We may live in the time when many feel that following the rules of the past is unnecessary, but that piece of paper called a diploma, license or certificate, is still very important in proving that you are competent, and there are no shortcuts to a legitimate document. ($29.95 E-mail Ordinations or Diploma's have very little value, only an ego builder and to fool the gullible.)

This brings me to a very important point as a Spiritualist who is continually recommending study and certification. I have heard many mediums, healers and platform workers say exactly what that young couple stated about a piece of paper, that they don't need it, for it won't help them be a better medium or healer. They are so wrong. A certificate separates the Spiritualist medium from the fortune teller, the Ordained Minister from the self proclaimed teacher, the church worker who belongs to a nationally accepted association, instead of a small independent church that has no rules to follow and can teach anything they feel like, often mixing several philosophies.

It may be true that study may not make a medium or healer a better medium or healer, but it does make a more educated person that can better answer the questions asked by members of your congregation. **It proves that you are dedicated enough to properly study the subject you are professing to work with. It also proves that you have met the requirements of a national organization to practice under the name of that organization, which is a help if you need liability insurance, and in some states, sales tax exemptions, and it helps in many other instances.**

Having completed the studies, (which too many start and don't have the dedication to follow through) the examinations necessary to be called a certified worker, in whatever field you choose, proves your dedication to your work in Spiritualism. It shows that it is not just a temporary whim, and that you are there ready to serve your congregation wherever needed.

For many years, mediums were treated as fortune tellers, fakes, and were jailed for practicing their gifts. It was not until the pioneers, like Harrison B. Barrett, wrote some early principles to state that we were a religion, then a group met and set the foundation stones on September 27th, 1893, for the National Spiritualist Association, later to become the NSAC. From that time on, Spiritualism was slowly accepted by our laws as a national incorporated religion, and mediums, healers, teachers, and ministers, could be certified after taking examinations for their proficiency.

So why is a piece of paper so important? I will leave that for you to judge! ◆

SPIRITUALISM AND THE PROBLEM OF EVIL

BY NICO SAND, Age 14, Virginia



Terrence Andrew Langston was a sweet seven year old who loved to eat. He was a brother to five girls and two boys, who saw him as a carefree spirit who didn't bother anyone. Then, on Friday the 9th of December, he was diagnosed with the flu. The doctor gave him simple instructions: rest and take it easy. Two days later he told his mother, "I'm going to sleep by the Christmas tree, by my present." He would never wake up. This incident raises the serious philosophical question, "How could God let a boy die at the mere age of seven?"

To answer this question, I will look at three schools of thought. The first point of view is held by many religious people and is taught by holy books such as the *Bible* (more specifically, the Old Testament). This teaching tells us that God must be punishing the child. Pure science makes up the second point of view. Scientists would say that the flu, by nature, has the potential to kill. The boy died because he got sick, nothing more. Scientists would go further to say that God had absolutely nothing to do with this child's death. Finally, the last opinion resides in a middle ground between these extremes. This is the view of the Spiritualist Church. This Church believes that death is a transition from a taxing world to an unobstructed, joyful haven. Therefore, death isn't an evil at all.

To answer the question, "How could God let a seven year old boy die?" I will look at the fundamentalist Christian view, the scientific view, and finally the Spiritualist theory.

The first extremist school of thought belongs to fundamentalist Christians. One fundamentalist spokesman is the Reverend Jerry Falwell, who has openly spoken against gays, lesbians, and abortionists. Falwell and the fundamentalists are characterized as following the teachings of the *Bible* verbatim. To answer my question, Falwell would simply point to the Old Testament and explain that there are many passages that show that God punishes and kills people who disobey him. Deuteronomy houses some of the most expressive passages on the subject. The basic theme in Deuteronomy is the renewal of the Covenant. As such, the law of God is explained, as is the punishment for "straying" from God's will:

"If you obey the commandments of the Lord your God that I am commanding you today, by loving the Lord your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the Lord your God will bless you in the land that you are entering to possess. But if your head turns away and you do not hear, but are led astray to bow down to other gods and serve them, I declare to you today that you shall perish; you shall not live long in the land that you are crossing the Jordan to enter and possess." (Deuteronomy 30:16-18).

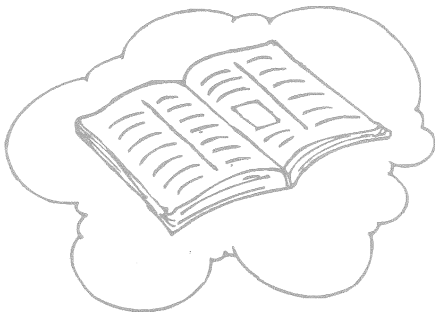
This passage is undoubtedly saying that people who do not follow the Covenant will die. Evidence of this principle is not hard to come across in the Old Testament. During the Great Flood of Genesis, God wipes out all human kind except for Noah and his family. Another example occurs when the Babylonians, led by the king Nebuchadnezzar, conquer Israel. While in Babylon, many Israelites believe that God is punishing them for straying from the Covenant. There are many more accounts of God punishing and killing people for straying from his law. Fundamentalists like the Reverend Falwell would use all of these passages to support their view that Terrence Andrew Langston was killed by God after committing a wrong. This view undeniably holds the place of one extreme, while the other extreme view is held by scientists.

Scientists use cold facts to back all of their conclusions. If faced with the

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question, "How could God let a seven year old boy die?" they would simply explain that the flu is a respiratory illness that leads naturally to the death of thirty-six thousand people every year in the United States. They would further explain that Terrence Andrew Langston died in the 2003-2004 flu season, which became even worse than average due to the flu's early outbreak and a possibly futile vaccine. To answer the question, they would say that God had nothing to do with



the child's death, but that the laws of the universe had everything to do with it. To oppose the view that God must have punished the child, the scientists would point out that there is an extremely small probability of the thirty-six thousand people having all committed a wrong that the rest of humanity has not. Finally, I believe that to change a scientist's view, one would need to present indisputable evidence that the thirty-six thousand people have all committed a wrong that the rest of us are beyond. Though these two extremist views have many followers, there is a school of thought that presents a middle position. This school of thought is taught by the Spiritualist Church.

The Spiritualist Church's outlook lies between the views of the two previously explained schools of thought. To get an idea of where the Church's views are coming from, one needs to look at the Church's Declaration of Principles, a set of statements that explain the Church's best understanding of the universe. The Principle that I found to best support the Church's views on my question goes as follows: "We believe that the phenomena of nature, both physical and spiritual, are the expression of Infinite Intelligence" (Declaration of Principles, 2nd Principle). This Principle infers that nature is a manifestation of God. As such, Nature's *Laws* are also manifestations of God. Therefore, the Spiritualist would explain that the Natural Laws governing the flu killed Terrence Andrew Langston. However, once this conclusion is reached, there is still the greater question, "How can God let this happen?" To learn the Church's views, I will once again look at its Declaration of Principles. This time I found the fourth Principle best suited to answer the question; it reads: "We affirm that the existence and personal identity of the individual continue after the change called death" (Declaration of Principles, 4th Principle). I should add that the Church views the afterlife as a perfect place of total forgiveness, freedom, and goodwill. So to answer the second question, a Spiritualist would respond that God lets the boy die because death isn't an evil at all; death is only a transition to a better place. To answer my first question, a Spiritualist would say that the boy died simply because he caught the flu, and God let it happen because death isn't an evil. Also, since Natural Law is a manifestation of God, a Spiritualist would explain that God doesn't interfere with His own Laws of Nature.

To answer the question, "How could God let a seven year old boy die?" I looked at the fundamentalist Christian view, the scientific view, and finally the Spiritualist theory. The two extremist schools of thought seem to be the most followed, but the Spiritualist Church does a fantastic job of bonding the two. The attitude one has towards the problem of evil is crucial, because everyone has to deal with tragedy. I myself had to deal with



the problem of evil very recently. A year ago, I was diagnosed with a very serious illness. The sickness, being only recently discovered, had no scientific cure. I was left to make an important decision: I could let my days slip by in despair, or I could try to find an unconventional cure. It was through my search for this cure that I came across the Spiritualist Church. Now I can easily say that I learned more about myself and the world, in the year I was sick, than in any other year of my life. As I became mentally cured of sadness, my illness likewise started to disappear. I am now almost fully cured of an illness which in most cases becomes chronic. Through this experience, I found the importance of one's attitude towards the problem of evil. ◆

God is the friend of silence. Trees, flowers, grass grow in silence.
See the stars, moon, and sun, how they move in silence.

– Mother Teresa

What happened in MAY throughout the years?

MAY 6, 1853

Mary T. Longley was born on this date. She was a wonderful medium, a writer and a poet. She was a capable worker with executive abilities and became the secretary of the N.S.A. and a trustee. Mary Longley was known for her medical exams and prescriptions by letter. She was also the medium for the *Banner of Light*.

MAY 8, 1853

The ***Spiritual Telegraph***, a weekly Spiritualist publication, was founded by Charles Partridge and S. B. Brittan.

MAY 9

We celebrate our mothers in our hearts every day. Happy **Mother's Day**. Khalil Gibran wrote "Your children are not your children. They are the sons and daughters of life's longing for itself. They come through you, but not from you, and though they are with you, yet they belong not to you. You may give them your love, but not your thoughts. For they have their own thoughts. You may house their bodies but not their souls, for their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams..." "I love you Mom, thanks for loving me."



MAY 12, 1857

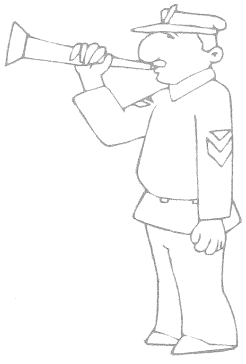
The birthdate of **Dr. C. A. Burgess**. He was taught as a young man by Indians and began practicing as a "medicine man." Spiritualism attracted him with special interest on healing. He organized the First Church of Spirit Healing in Illinois. He was President of the Chicago Spiritualist League, served annually at Lily Dale Spiritualist Camp in New York, was president of the Illinois State Spiritualist Association for 33 consecutive years and attended the N.S.A. Annual Conventions. He was a powerful magnetic and spiritual healer.

MAY 23, 1865

Mary Drake Jenne celebrated this date as her birthday. As a young woman, against her own wishes, with her mother she visited Etna Camp Meeting in Maine. She became one of the most faithful and efficient workers for Spiritualism, always striving for high standards for the State and National Association. She served as secretary of the Maine State Spiritualist Association for about 26 years. She was also the state Superintendent of Lyceums. Mary Jenne was a deep thinker, wrote and published a book on woman suffrage long before it became a public issue. She was a fine clairvoyant, loyal and efficient for the cause.

MAY 15 and MAY 31

Armed Forces Day (May 15), and **Memorial Day** (May 31) observed. Let each of us pay tribute to those who have served their country, and send a prayer of thanks for all who gave their lives that we may live with the wonderful benefits we enjoy in the United States of America. Let us take time to send prayers into the ethers for peace and progress.



MAY 29, 1737

The date that **Thomas Paine** arrived in the physical. This gentle, wise, honest soul had the ability to analyze a situation and reason through the problems that confronted the world back in his time. His *Age of Reason* caused much controversy, but later he would be accepted as the "evangelist of Love, Liberty and Fraternity." One quote to show his thoughts on religion: "It is man bringing to his Maker the fruits of his heart; and though these fruits may differ from each other, like the fruits of the earth, the grateful tribute of every one is accepted."

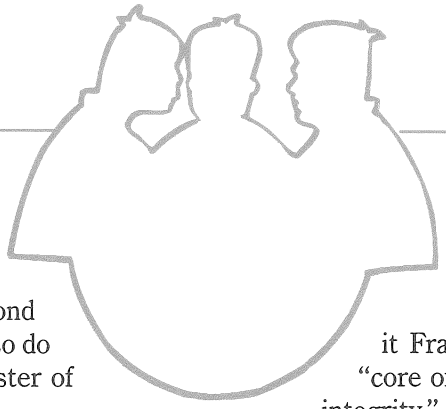
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And the miracle is: if you can go into your suffering as a meditation, watching, to the deepest roots of it, just through watching, it disappears. You don't have to do anything more than watching. If you have found the authentic cause by watching, the suffering will disappear.

– Osho (1931-1990)

PSYCH YOURSELF UP
How Our Own Words Can Heal Us

BY RANDY BASTEDO, Michigan



When psychiatrist Viktor Frankl was interviewed in 1995, two years before his death, he was almost 90; but reporter Matt Scully found him *way* beyond spunky. Happiness "ensues," Frankl said, so do good deeds. "Get to work!" He was a master of the healing word.

His special advice sounds bland, but packs a wallop: "Man's ultimate freedom is his ability to choose his own attitude in a given set of circumstances." Translation: You're always free. And you can heal yourself with your own words.

Frankl honed his psychology the hard way—in Auchwitz. And I thought my thousand-dollar car repair was annoying. How did these people survive? Writer C. George Boeree captures the essence of Frankl's thinking. People who did well relied on three ideas: reunion with loved ones, projects to complete, and faith in God. In other words, they had meaning in their lives. They were hopeful.

While Freud, with whom Frankl worked, emphasized pleasure as man's goal, and Adler emphasized power, Frankl based his therapy on humanity's search for meaning—"logotherapy." It says there are three main paths to meaning.

"Love is the ultimate and the highest goal to which man can aspire" and is an example of finding meaning through experiential values.

A second path is through creative values, and a third way is through attitudinal values like compassion, humor or suffering. When confronted with something we can't change, we can change our attitude, Frankl said. We "have the ability to turn suffering into human triumph." He's known for putting God in the mix. It's God who provides a *supermeaning* that we can never understand fully.

God is within us, Frankl said. We just have to acknowledge his presence to tap into his megameaning. "Self-actualization, even pleasure and happiness are side-effects of self-transcendence and the discovery of meaning." Serve a cause.

Conscience guides our way. Boeree calls it Frankl's "unconscious spirituality," the very "core of our being and the source of our personal integrity." Frankl challenges us to be responsible for our actions. Maybe I should have been nicer to the car repair guy.

Meaning + God + conscience may add up to a cure for a whole slew of problems. You can heal yourself from what Frankl calls the "Sunday neurosis" of boredom and emptiness. No more excessive need for power, money and bingeing on food. You won't have to be busy to be sane. Frankl called this behavior the existential vacuum of meaninglessness.

You've also got a cure for "anticipatory anxiety," or worrying that creates that which is worried about. An example is test anxiety.

This is similar to "hyperreflection," or "thinking too hard." We are caught in the grip of our belief system, which manifests our worst fears.

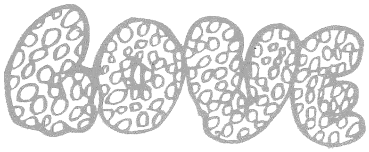
Then there's "hyperintention"—trying so hard at something that it becomes impossible to achieve.

And you can mitigate the "abyss" experience of total futility, not to mention addiction, aggression, obsessive-compulsive disorder, and schizophrenia.

Again Boeree shows us Frankl's meaning. Psychologically, depression is associated with feeling our tasks are overwhelming. Spiritually, our goals are unreachable, and our future is lost. The result is disgust. Yuck.

Time for an inspiring Frankl quotation: "What man is, he ultimately becomes through the cause he has made his own."

Start talking to yourself. The answers could be amazing.



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A World Tour For World Peace...
"LIVING A LOVING LIFE"

BY PATTI HARRIS SEOUD, California

It is my belief that each of us possess an infinite power to heal not only ourselves, but those around us. It is my belief that living a life dedicated to healing and love, we can change the world.

This may sound idealistic, yet, to me it is as simple as extending love and kindness to every person you interact with on any and every day. The real challenge is to hold a sense of inner balance when any darkness comes your way. This philosophy has helped me to identify and transmute darkness or uncomfortable lessons in my life and has opened me up to amazing levels of spirituality and insight.



As part of embodying this philosophy of a "Loving Life" I leave a brief spiritual message on my answer phone. One afternoon I saw the light flashing on my message machine, and I went to listen to the messages. This is what I heard: "Wow, what a mystical message. Hmmm? 'Come read to me some poem, some simple lay that soothes the restless spirit and banishes thoughts of day' (Poet: Longfellow). Hi Sarti, this is, Seymore, I hope you are feeling better, call me."

My first thought was someone had the wrong number. My second thought was how my message had inspired this caller to burst into a recitation of poetry.

After listening to his message many times, I decided the loving intent of the caller needed to reach his ill friend, so, I took a moment to call him. I explained to Seymour that I was a singer and a Clairvoyant-Spiritualist Reader. We ended our coincidental conversation with how amazing life is.

There are no chance meetings, for I believe we follow the path of our soul, learning lessons, attracting and repelling according to our state of mind and level of our consciousness. There is a rainbow of wealth, love, health, goodness, wisdom and abundance always available to us. Yet, we must learn to open the "faucet" to receive this abundance in our lives. We create according to our beliefs: goodness is goodness, kindness is kindness, and love is love, no matter your religious belief or ethnic background. Each of us, from the smallest microscopic organism, to the human race, to the Infinite Universe plays an integral part in life and deserves respect.

Now think about this: If this "chance" conversation with, Seymore, impressed him, what amazing events can we accomplish living a life of healing and love? What about a "World Tour for World Peace"—healing and raising the consciousness of the planet through thought, word, deed, music, the arts and holistic medicine? With this World Tour, however, you do not have to leave your home, you simply tour your own individual world of interaction. Creating a world of love with highest respect for Mother Earth, her inhabitants and the Infinite Universe.

The idea is to heal our individual worlds with our own unique gifts. I heal through the emotions with music, with laughter and humor, too. My circles of influence are filled with healers, mystics, artists, musicians, dancers, animals, nature, people of the highest consciousness, and beings of great light, people of the four races and the four directions—all who work to make the world a more harmonious and loving place. So, I present to you this idea of your own, "World Tour for World Peace." Acts of love and kindness are magical and magnetic.

This philosophy of living will bring such an abundance of love and light your way, you will be amazed! Please ponder the thought of effective living through healing and love, and try to become a self appointed diplomat for love and world peace, healing our Earth and our Infinite Universe. May that which we send out from ourselves, return to us enriched by the lives of those we have touched along the way.

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Humor to put you in

Good Spirits . . .

Mothers

Thought you'd all enjoy a chuckle this morning...
The following are different answers given by school-age children to the given question:

Why did God make mothers?
1. She's the only one who knows where the scotch tape is.
2. Think about it, it was the best way to get more people.
3. Mostly to clean the house.
4. To help us out of there when we were getting born.

How did God make mothers?
1. He used dirt, just like for the rest of us.
2. Magic plus super powers and a lot of stirring.
3. God made my mom just the same like he made me. He just used bigger parts.

Why did God give you your mother and not some other mom?
1. We're related.
2. God knew she likes me a lot more than other people's moms like me.

What ingredients are mothers made of?
1. God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean.
2. They had to get their start from men's bones. Then they mostly use string. I think.

What kind of little girl was your mom?
1. My mom has always been my mom and none of that other stuff.
2. I don't know because I wasn't there, but my guess would be pretty bossy.
3. They say she used to be nice.

How did your mom meet your dad?
1. Mom was working in a store and dad was shoplifting.

What did mom need to know about dad before she married him?
1. His last name.
2. She had to know his background. Like is he a crook? Does he get drunk on beer?
3. Does he make at least $800 a year? Did he say NO to drugs and YES to chores.

Why did your mom marry your dad?
1. My dad makes the best spaghetti in the world. And my mom eats a lot.
2. She got too old to do anything else with him.
3. My grandma says that mom didn't have her thinking cap on.

What makes a real woman?
1. It means you have to be real bossy without looking bossy.



Who's the boss at your house?
1. Mom doesn't want to be boss, but she has to because dad's such a goofball.
2. Mom. You can tell by room inspection. She sees the stuff under the bed.
3. I guess Mom is, but only because she has a lot more to do than dad.

What's the difference between moms and dads?
1. Moms work at work and work at home, and dads just got to work at work.
2. Moms know how to talk to teachers without scaring them.
3. Dads are taller and stronger, but moms have all the real power 'cause that's what you gotta ask if you want to sleep over at your friend's.

What does your mom do in her spare time?
1. Mothers don't do spare time.
2. To hear her tell it, she pays bills all day long.

What's the difference between moms and grandmas?
1. About 30 years.
2. You can always count on grandmothers for candy. Sometimes moms don't even have bread on them!

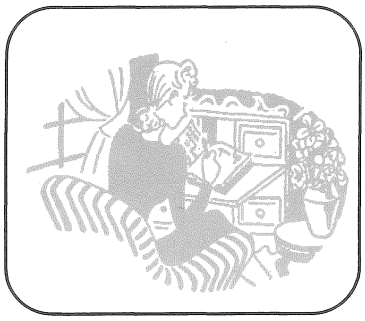
Describe the world's greatest mom.
1. She would make broccoli taste like ice cream!
2. She'd always be smiling and keep her opinions to herself.

Is anything about your mom perfect?
1. Her teeth are perfect, but she bought them from the dentist.
2. Her casserole recipes. But we hate them.
3. Just her children.

What would it take to make your mom perfect?
1. On the inside she's already perfect. Outside, I think some kind of plastic surgery.
2. Diet. You know, her hair. I'd dye-it, maybe blue.

If you could change one thing about your mom, what would it be?
1. She has this weird thing about me keeping my room clean. I'd get rid of that.
2. I'd make my mom smarter. Then she would know it was my sister who did it and not me.

THE END!



Each month ***The National Spiritualist*** *will feature the writing from a student who is currently taking the education course from the Morris Pratt Institute. Featured this month is an essay written by* ***Teri Goodson*** *of the San Francisco Spiritualist Society in San Francisco, California.*

Lately, I have been thinking about what God means to me. Specifically, how do I define God, and what role, if any, does God or Infinite Intelligence play in my life? A recent business downturn, and its resultant money concerns, has forced me to examine my key beliefs about Divine intervention. I was raised in a religion that taught the "Savior God" concept, but this didn't necessarily mean that our ships would be saved from rough waters. A few of my own God concepts are as follows, but they have been adjusted somewhat according to new insights:

1. That Spirit can intervene in human affairs, so prayer can and does serve a purpose.
2. Bad or seemingly unjust events in our life can be used to actualize God's Law.
3. Infinite Intelligence has plans for everyone's life.

Let me explain my thoughts regarding the first opinion that Spirit can intervene in human affairs, and prayer is not futile. Given the tragic and seemingly unjust nature of many events that touch human lives, many people say they don't believe in God. They say that if a God existed, why does the Divine Source allow so much suffering and injustice in the world. When the circumstances involve human activities, I believe it is not God's doing, but because of the decisions made by humans. Whole political and economic systems are constructed to primarily serve those with the most material influence. That's nothing new. Natural Law allows the resulting effects of human will, whether good or bad. Although it is difficult for us to see the end result, those circumstances can be used to produce positive future change.

Regarding the ability to influence God or Infinite Intelligence through prayer, I'm not certain about how our prayers are received. I think that God loves all creation, but I doubt we have influence in the way we would often like to, i.e. to make our lives easier. I believe that if we sincerely search for understanding and guidance, our search will be rewarded. However, this does not mean that our worldly circumstances will necessarily change for the better. Sincere prayers that are open to the light and love of Infinite Intelligence touch divine spirit both within us and outside. Through that light we can tap into power for spiritual development, guidance and healing.

As far as difficult circumstances being used for good, I think that is Natural Law at work in all our lives: To develop spiritually regardless of our circumstances. Sometimes the most important life lessons are learned through difficulty. Some people say that whatever doesn't kill us makes us stronger and wiser. I think there's a lot of truth to that. When we think about how short our time on Earth actually is, then we can better understand that whatever storms we may experience will eventually pass—the sun will outshine the storm. We are after all, spirit beings temporarily cased in a material body. When it comes time to leave the Earth, what use will we have for material things?

So, difficulty has brought about a new appreciation for my spirit friends and life's meaning as I have more carefully examined my own beliefs. It's up to us to learn from the world and the lives we have created for ourselves, and try to learn how to make them better. If we seek Divine Guidance for our lives, and try to improve life for others, this will cause spiritual development. Just as tornadoes, earthquakes, illness, a bad economy, or other destructive forces wreak havoc in our lives, so can being too attached to material things or being too self centered, draw to us lessons to be learned. I believe that Infinite Intelligence and Natural Law are constant and unchanging. It is we who must rise above our material circumstances in spirit and in attitude. Only by consistently seeking out Divine light and guidance, then applying what we find, can we find peace, regardless of life's capricious winds. ◆

The wealth of the soul is the only true wealth.

– Lucian (240-312)



The Voice On The Other End Of The Line

BY THE REV. PAMLA ASHLAY, NST, Wisconsin

Several years ago the phone rang at the Morris Pratt Institute, and a voice on the other end of the line said, "I called to thank you for your wonderful article in the *Spotlight*, and to wish you a good day." It was a hard voice to understand at first, but with effective listening, it became clearer. After that day, the phone calls came about every other month and still do.

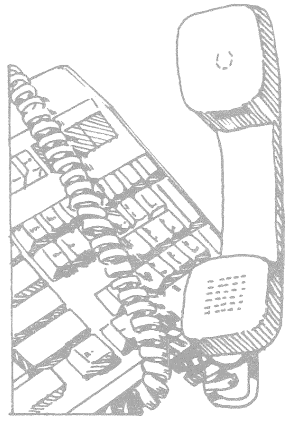
The lovely voice always calls near holidays to say hello and wish all of us well. The voice tells us stories and jokes and share happy times in his life. One day we found out that our friend, as he had now become, was wheelchair bound and could only reach out by phone and letters.

Through the years, I have discovered my friend, Harold, from Yonkers, New York, has made friends with others in the NSAC as well. He told me he learned about caring for his new cat from the Rev. Sandra Pfortmiller. He was able to feel useful in life, and having a purpose when the Rev. Gloria Nye sent him a manuscript to read and comment on. He loves reading and looks forward to receiving the *Spotlight* from the Rev. Cosie Allen and the *TNS*. He enjoys talking with his friend, the Rev. Gail Griffith, who sends him chocolates, which are his favorite. And he calls me, because I make him laugh.

One thing Harold enjoys from all of us is our discussions about Spiritualism. We recently sent him our church bulletin, and he called and said he has decided to adopt our church family. Harold is sad there is no Spiritualist Church close enough for him to attend, so he calls all of his friends for upliftment. He told me he couldn't wait until the next convention, to be held on Long Island, because maybe some of us will come to Yonkers and he could hug us for real and thank us for being there for him.

What Harold doesn't realize is how much he is there for us. A person we've never met, with the exception of Gail, who takes the time to call, drop cards and letters, just to say hello and wish us well. Maybe we should all take a lesson from the voice on the other end of the phone. Call someone today.

Harold asked a simple favor from me. He asked if I would write an article for the *TNS* so he could read it. The ones in the *Spotlight* are always too short. Here you go Harold. I hope you like your article as much as we all like you! Thank you for your gentle reminders of how we touch each other's lives and sometimes never meet. ◆



Thou are the mysterious Electricity of my body, moving the intricate mechanism of flesh, bones, muscles, and nerves. Thy life force is present in my every breath and heartbeat. O Sole Doer in Man and the Universe! may I realize that all power is divine and flows only from Thee.

– Yogananda, Whispers from Eternity

Before I was a Mom...

Before I was a Mom
I made and ate hot
meals.
I had unstained
clothing.
I had quiet
conversations on
the phone.



Before I was a Mom
I slept as late as I wanted
And never worried about how late I got into bed.
I brushed my hair and my teeth everyday.

Before I was a Mom
I cleaned my house each day.
I never tripped over toys or forgot words to lullabies.

Before I was a Mom
I didn't worry whether or
not my plants were
poisonous.
I never thought about
immunizations.



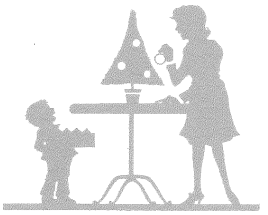
Before I was a Mom
I had never been puked on
Pooped on
Spit on
Chewed on
Peed on
Or pinched by tiny fingers.

Before I was a Mom
I had complete control of
my mind
My thoughts
My body
And I slept all night and
got plenty of rest.



Before I was a Mom
I never held down a screaming child
So that doctors could do tests or give shots.
I never looked into teary eyes and cried.
I never got gloriously happy over a simple grin.
I never sat up late hours at night watching a baby
sleep.

Before I was a Mom
I never held a sleeping
baby just because I
didn't want to put her
down.
I never felt my heart
break into a million
pieces when I couldn't
stop the hurt.



I never knew that something so small could affect
my life so much.
I never knew that I could love someone so much.
I never knew what love at first sight really meant.
I never knew I would love being a Mom.

Before I was a Mom
I didn't know the feeling of
having my heart outside
my body.
I didn't know how special it
could feel to feed a hungry
baby.
I didn't know that bond
between a mother and her child.
I didn't know that something so small could make
me feel so important.



Before I was a Mom
I had never gotten up in the middle of the night
Every 10 minutes to make sure all was okay.
I had never known the warmth
The joy
The love
The heartache
The wonderment
I didn't know I was
capable of feeling
so much
Before I was a Mom.



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For further information call the MPI Office at:
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2004 SITES AND DATES

- **LILY DALE, NEW YORK:**
  Lily Dale Spiritualist Camp – Two Week Session
  June 12 – 7:00 p.m., Orientation
  June 13-25, Classes
  Instructor: Rev. Sharon Snowman, NST

- **MILWAUKEE, WISCONSIN:**
  Morris Pratt Institute – Split Session – Two Years
  Week One: Oct. 23-29, 2004 – 7:00 p.m., Orientation
  Week Two: April 16-22, 2005
  Instructor: Rev. Cosie Allen, NST

CLASSES: Daily - 8 hours, classroom; Sundays - specified church assignments.
Materials: List will be provided upon payment of deposit. Required books will be provided.
Additional books may be ordered at site.

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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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