The National Spiritualist Summit

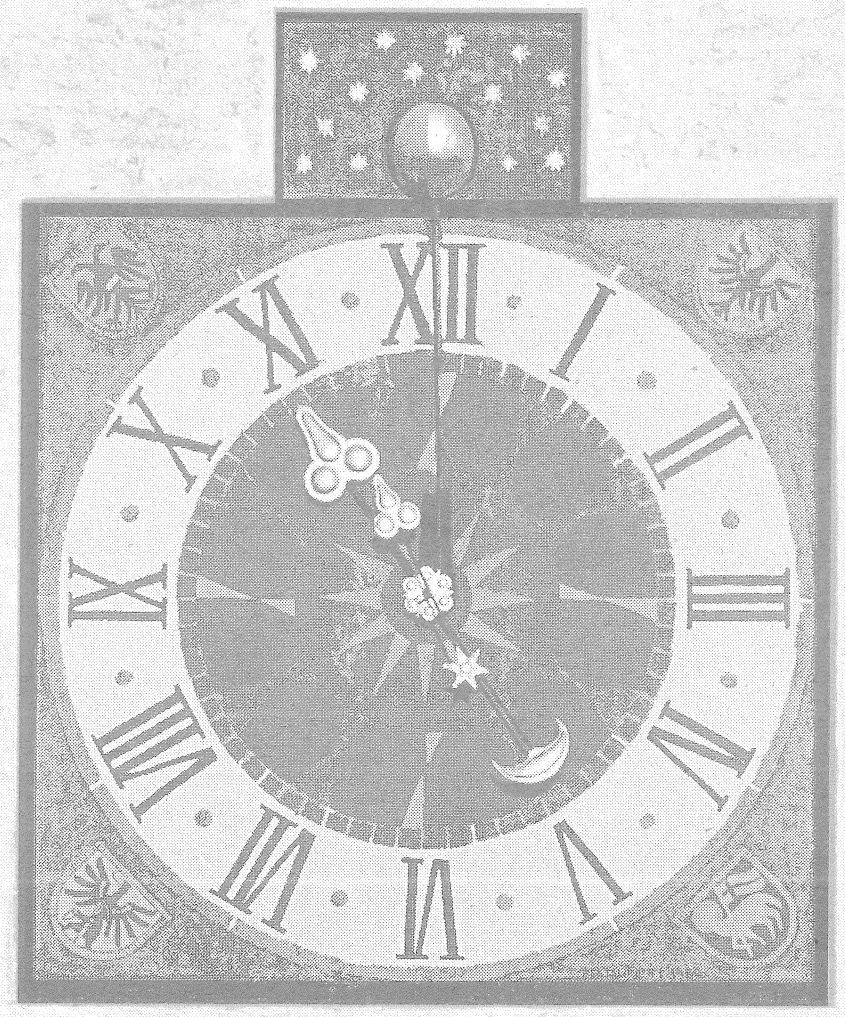
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THE NATIONAL SPIRITUALIST - SUMMIT

JANUARY 2005 1/2005 NUMBER 953

OFFICIAL PUBLICATION OF NSAC - USA

PUBLISHED SINCE 1919

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What Will Happen This Year?

BY THE REV. SANDRA PFORTMILLER, NST

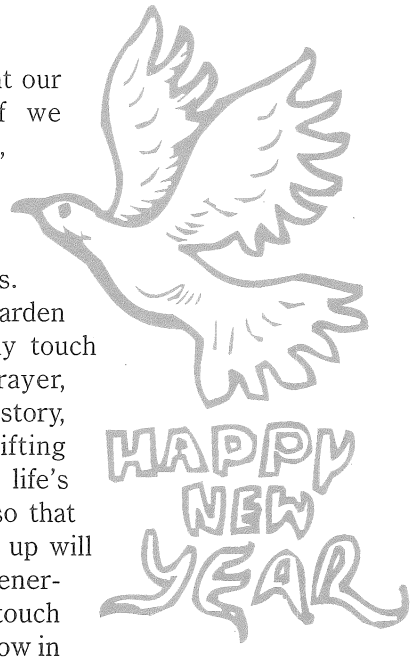
While reading an essay of Ralph Waldo Emerson's *The Conduct of Life, Fate and Contemplating the Future,* I was taken by this sentence: *A man must thank his defects, and stand in some terror of his talents. A transcendent talent draws so largely on his forces as to lame him; a defect pays him revenues on the other side.* Later: *Behind every individual closes organization; before him opens liberty,—the Better, the Best. The first and worse races are dead. The second and imperfect races are dying out, or remain for the maturing of higher. In the latest race, in man, every generosity, every new perception, the love and praise he extorts from his fellows, are certificates of advance out of fate into freedom. Liberation of the will from the sheaths and clogs of organization which he has outgrown, is the end and aim of this world.*

"What will happen this year?" There is much discourse, predictions and questions about the times, the new administration, peace and the world at large. This is not restricted to our country, but discussion is found on the air and in the journals around the planet.

January brings to our awareness a review of the previous twelve months and intentions, projections and questions about the year ahead. Recalling the Millennium panic of five years ago and the stress leading up to it, plus many other dire predictions throughout our lives, I have concluded with Emerson: *We are incompetent to solve the times. Our geometry cannot span the huge orbits of the prevailing ideas, behold their return and reconcile their opposition. We can only obey our own polarity."*

We are pebbles from a mountain in a land of mountains and valleys, or a grain of sand or drop of water from the oceans. We are told in the order of life that all things are interrelated. *Everything which pertains to the human species, considered as a whole, belongs to the order of physical facts. The greater the number of individuals, the more does the influence of the individual will disappear, leaving predominance to a series of general facts dependent on causes by which society exists, and is preserved.* Quetelet.

So how can we help our society, express our individuality and not feel unworthy or ineffectual? Through our **spirituality.** If we try to resist the force of the world we are "ridiculously inadequate." But if we live a life of ample good will, kindness and loving energy, this is what our atmosphere carries into the wind of life. It is surprising what a minority of one can accomplish through spiritual integrity. We each plant our own gardens, and if we make them beautiful, others will enjoy the fragrances, the colors and the blessings of nature's designs.



We spread our garden seeds as we spiritually touch others through prayer, through a smile, a cute story, a small gift, an uplifting compliment. Let your life's game be friendly joy so that the dominos matching up will be sending out loving energy. This is how you touch many that you don't know in a positive way. Do not hold tight or try to control your spiritual energy, rather open your hands and your heart, trusting the Universe and Natural Law to bless others and to bless you.

Each of us understands that Divine Providence gives to us as we ask and that the Laws of God are perfect. Therefore, set your intentions, desires and prayers in a spiritual manner. Spirit is the Divine Maker within, inspiring. In the stillness of your being, request your desire to accept and give greater joy and love to fellow travelers on life's road.

Concentrate on your heart energy center—more joy, more love. Feel this wonderful warmth spreading into every cell, filling your being, enjoy it, smile. Now send this warm love to family and friends—expanding from you to all you meet—expanding from them to all they meet. Visualize a pink cloud of love and energy flowing from you, flowing from others, touching all life.

In this year of 2005 come alive with Spirit, come alive with love. Don't worry about the world or others for the Law is Perfect. Remember before the garden can bear flowers the soil must be dug up. Some areas of our world are in the preparation process, being dug up and weeded so new seeds may be planted. Send out the thought that Infinite Intelligence and Natural Law are perfect and there

(Continued on next page.)

Humor to put you in
Good Spirits . . .

• Brace Yourself

I had my teeth straightened as an adult, and was still wearing my orthodontic retainer when I went to see my tax attorney. Since speaking was difficult with the dental appliance in my mouth, I slipped it out and put it in my skirt pocket.

That evening, when I remembered to look for it, I searched around the house until I realized that it must have fallen out of my pocket sometime during the day.

The next morning, a courier from my lawyer's office arrived with a bulky envelope. Much to my embarrassment, it contained my appliance and a note: "Dear Julia, The enclosed is insufficient retainer for legal services."

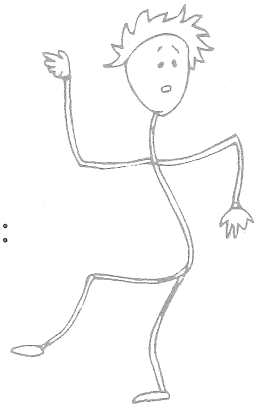
– *Contributed by* Julia Andrus

• Spiritualist Headstone Messages:

Graduated
Gone Home
To Be Continued!
Knock, Knock

• Reincarnationist Headstone Messages:

I'll Be Back!
See You Soon!
Next Time Around
Catch Ya Later

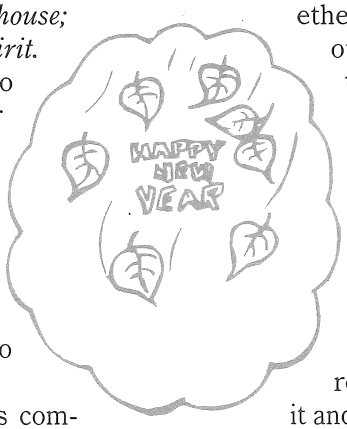


WHAT WILL HAPPEN THIS YEAR?

(Continued from previous page.)

is a reason for all things. You are doing your part by practicing loving meditations and sending out loving prayers. Consider the *Bible* thought to let the words of your mouth and the meditation of your heart be pleasing to God. Honor this concept every day and you will discover you are being more considerate of your thoughts and words.

Emerson wrote: *Every spirit makes its house; but afterwards the house confines the spirit.* While agreeing with this statement, I also believe we can change our house, our thoughts and our lives as we put forth a spiritual effort. Every effort, no matter how small, brings a result. Even the intention to grow spiritually, to become more loving, to be of more service to others—just the intention brings positive results, so imagine when we put our thoughts into actions how wonderful the harvest.

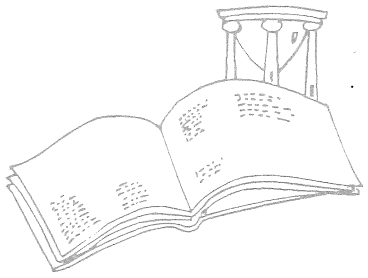


Nature does not pamper us, but it does completely support us. It is exciting to remember that each positive change we make, helps the ethers around us, thus helping others. What wonderful principles the Divine Mind has created, and Infinite Intelligence allows us to be co-creators of our lives and our environment.

Each soul has a sacred mission to complete for God, and we have been given an inner road map to inspire us on our way. There are many ways we can complete our mission, many roads we can take that lead us in the correct direction and what we do as we travel will determine if there are flowers we plant as we go, or rocky pathways we leave as we found them. The scenery correlates to our soul's energy that is shared. Creating a loving aura for yourself and then sending this positive light into the ethers is a blessing. We all have some obstacles for our growth, our world has obstacles it is passing through, but if we visualize these accomplished, with positive results and a glorious desired reality materializing, then we are using our creative mind.

Keep your dreams of a good life alive, smile when you think how blessings follow happy thoughts according to Universal Law. The Law of Cause and Effect and the Law of Mind create as our mind believes and receives. Accept that you are an unlimited spirit and remain conscious of the good you are creating by being loving and compassionate. There is One Power, One Creative Energy that is unlimited and gives back the seed thought that each of us plants. Set the image of the world you want to live in into your mind and hold it there. Each day send out loving energy, healing thoughts, grateful appreciation and visualize a blissful reality. Then allow Infinite Intelligence to follow through.

▲▲▲



TIME

BY JERRY KEENE, California

In our philosophy, we are told to live for the moment. But I think that we have to look at time as a continuous flow. That which is now, was and will be. Think of time as a river. It flows continuously, never really seeming to have a beginning, or an end. It does, of course, start somewhere, a culmination of events starting with a rain or snow, creeping into small streams, then coming together to form the river. It also ends in a sense, flowing to the oceans, becoming a part of a greater whole. Because the river, and time, are a continuous flow, we cannot separate them.

How often do we look to the future and worry. We spend time worrying about what has not yet happened, and then when that moment arises, we fail to look back to see how foolish we were to worry. We fail to see what a waste of time it is to spend our lives looking into the future. True, we must make plans, set goals and work toward the future, but we must always remember that the future will unfold itself in the way that is right for us. And just as with the river, if something happens to block its path, it still finds its way around the obstacle and continues on its journey. Its path may get altered, but it continues on, as we also must do.

An even greater amount of our time seems to be spent in the past. How often do we have regrets over things that have happened? How often do the things of the past affect that which we do in the present? Certainly we have learned lessons from the past that help us to survive and to live in the present. Those are the things that have helped to shape our perception of the world and of ourselves. But so often, the things of the past are so ingrained in our thoughts that it causes us to see life in a negative way. We hold on to those thoughts and perceptions so tightly that it affects how we see ourselves and others. We almost act as a dam in our river of life. Those twigs, branches and logs that come into our river, we block and hold on to. This makes our burden even greater. If we learned how to let go of those things from the past, our present and indeed our future becomes easier.

And, what about our present? What do we do with the time that we experience everyday? How do we perceive those everyday experiences? I remember recently I was driving down the road and had one of those instances where two people wanted the same spot at the same time. Of course, the testosterone kicked in and I didn't want to give up the space. This caused the other driver to give me the old one finger salute. Well, this indeed caused the desired effect as it really ticked me off. I was about ready to chase this guy down and return his salute when I realized how foolish this was. Everyday we seem to experience certain things that cause us to react whether it be in a negative way or a positive one. Many times I have talked about taking life in stride. There are things that should enlist our reactions, but there are so many things that are so small or insignificant that they truly aren't worth getting upset over. Those are the little things in life that are always present, but not always worth our time.

There was an e-mail going around about "the timing of LITTLE things." After Sept 11th, one company invited the remaining members of other companies who had been decimated by the attack on the Twin Towers, to share their available office space. At a morning meeting, the head of security told stories of why these people were alive and what was curious was that all the stories were just about timing.

The head of one company got in late that day because his son started kindergarten.

Another fellow was alive because it was his turn to bring donuts.

One woman was late because her alarm clock didn't go off in time.

One was late because of being stuck on the NJ Turnpike because of an auto accident.

One of them missed his bus.

One spilled food on her clothes and had to take time to change.

One's car wouldn't start.

One went back to answer the telephone.

One had a child that dawdled and didn't get ready as soon as he should have.

One couldn't get a taxi.

One that struck me was about a man who put on a new pair of shoes that morning, took the various means to get to work but before he got there, he developed a blister on his foot. He stopped at a drugstore to buy a Band-Aid. That is why he is alive today.

Now when I am stuck in traffic, miss an elevator, turn back to answer a ringing telephone, all the little things that annoy me, I think to myself, this is exactly where God wants me to be at this very moment.

Next time your morning seems to be going wrong, the children are slow getting dressed, you can't find the car keys, you hit every traffic light, don't get mad or frustrated; Remember, God is at work watching over you.

In summary, do not look into the future for what bad thing may happen, don't allow those things from the past to affect your present, and use those present moments not living in the negative, but let them flow by like the river so you may experience the joy and beautiful things around you. God blesses you each moment. ▲

SPIRITUAL HEALING REQUEST

(PLEASE PRINT OR TYPE)

Healing Prayers are requested for:

_____

requested by:

_____

because of the following conditions:

_____

_____

_____

Please send a "One A Day" packet to:

_____

_____

_____

_____

I will pray with NSAC Prayer Groups:

DAY_____ NIGHT_____

If you should wish to make a **Love Donation** to help offset the NSAC Healing Center expenses, please send to:

NSAC HEALING CENTER
c/o Rev. Kathleen Rottino, NST
74 Scenic Drive
Lebanon, CT 06249

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

CHECK HERE ☐

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

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

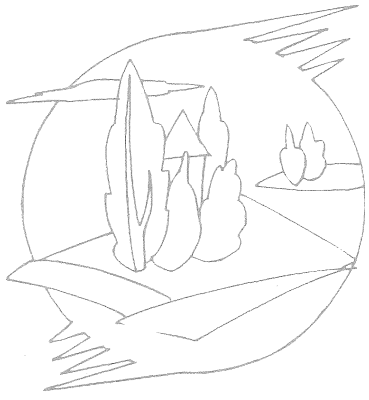
— Prayer for Spiritual Healing —

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

This New House

BY THE REV. CHARLENE KLEINSCHMIDT, NST, New York

Last year I wrote an article and stated, "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." I decided to let you know about the new and remodeled me!



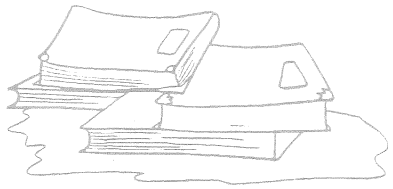
Perhaps it seems those of us who believe in spiritual healing have split personalities. We say we believe in spiritual healing, all conditions can be healed in accordance with Natural Laws, and we practice our belief even when it doesn't seem there is a healing. There is a common misconception that just because sometimes it appears spiritual healing has not worked, the person has done something wrong or thinks incorrectly. Not all conditions will be healed as we think they should be in the material sense. Serious illness can be a wonderful tool for new understanding. Learning to live with a condition may bring higher spiritual awareness and growth.

At the October convention, I had a good laugh one night as we were getting in the elevator. Among the five people there were my wheelchair, a cane, a walker and crutches. I laughingly joked, "It didn't look very good for people who believed in the power of spiritual healing." Later, I was thinking about it and realized it did look good because each of us, for one reason or another, should not be able to move around as well as we were. Sometimes when I am discouraged, I remind myself to think what shape I might be in without Spiritual Healing. This perks me up in a hurry. Normally I might not relate this story, but I am hoping it will help you better understand how Spiritual Healing can bring benefit with the limitations you may find in your life.

I have been through a two year war with life threatening illness. I asked not to be put on prayer lists, feeling others needed Spirit's help more than I. To be perfectly honest, there were times when I selfishly wished to move on. I refused to sit for healing with Albert, my husband, because it led to horrendous belching episodes that, quite frankly, left me frightened my throat would burst. Because I did not ask their permission, I will not name the three wonderful Spiritualist ministers that came to see me. They observed a healing I re-ceived with the horrendous spasms and belching. They explained it was necessary to sit, Spirit would not let my throat burst, (they did not know of my fear) and it was Spirit's way of releasing the toxins in my body. Due to Scleroderma I am left with only the ability to swallow, the rest of the gastrointestinal tract is paralyzed. I said to

(Continued on page 31.)

Are We "Blind Gropers" When It Comes To Reincarnation?



BY MICHAEL E. TYMN, Oregon

My pursuit of a spiritual path began 15 years ago with books by and about Edgar Cayce. After reading the works of Drs. Ian Stevenson and Brian Weiss, I pretty much accepted reincarnation as fact.

Then I read Swedenborg and was puzzled that he only alluded to reincarnation and was very vague on the subject. I moved on to *A Course in Miracles* and read, "In the ultimate sense, reincarnation is impossible. There is no past or future, and the idea of rebirth into a body has no meaning either once or many times."

Intriguing books by Rosemary Brown *(Unfinished Symphonies),* Suzy Smith *(The Book of James)* and Betty Eadie *(Embraced By The Light)* rejected reincarnation, at least in the way most people think of it. "Reincarnation, as usually understood, does not really happen," the spirit of the great composer Franz Liszt purportedly told Brown. "The truth is subtly different from the teachings of a reincarnationist on earth."

Thus, there seemed to be strong evidence for reincarnation but, at the same time, seemingly credible mystics and mediums were saying, or so I interpreted them, that it's not so. I didn't know what to believe.

Then I found the books of Silver Birch, the spirit entity who spoke through the entranced Maurice Barbanell of England for nearly 50 years, beginning during the early 1930s. "There is reincarnation, but not in the sense in which it is generally expounded," Silver Birch said, going on to explain that the individual personality on earth is a small part of the individuality to which he or she belongs. He likened it to a diamond with its many facets, pointing out that the personality on earth is but one facet of the diamond. "Thus, there are what you call 'group souls,' a single unity with facets which have spiritual relationships that incarnate at different times, at different places, for the purpose of equipping the larger soul for its work," Silver Birch further explained.

The group-soul concept had been expounded by the discarnate Frederic Myers through the mediumship of Geraldine Cummins. Myers seemed to be saying much the same thing as Liszt would some years later, i.e., there is reincarnation and there isn't reincarnation, depending on what meaning one gives to reincarnation.

Lending some credence to group-soul concept is the response of Johannes, the purported spirit entity communicating with Frederick Bligh Bond, by means of automatic writing, when Bond was obtaining information about the covered ruins of Glastonbury Abbey in England in what was to become known as "The Glastonbury Scripts." When, during a 1918 communication, before both Myers and Liszt commented on it, a spirit identifying himself as Johannes of Glastonbury was questioned as to whether he "was clinging to vanished dreams." In somewhat fractured English, Johannes responded: "Why cling I to that which is not? It is I, and it is not I, butt parte of me which dwelleth in the past is bound to that which my carnal soul loved and called home these many years. Yet, I, Johannes amm of many partes, and ye better parte doeth other things – Laus, Laus Deo – only that part which remembreth clingeth like memory to what it seeth yet."

Silver Birch also likened the soul to an iceberg in which one small portion is manifesting and the greater portion not manifesting. He apparently was referring to what others have called the "Higher Self," the "Greater Self," or the "Oversoul."

Trying to explain reincarnation to humans, Silver Birch added, is like trying to explain the color of the sky to someone who has been blind from birth. "You have no standard of comparison," he said. However, he stressed that the individuality of the "facets" within the Group Soul is maintained.

In his 1939 book, *Reincarnation for Everyman*, writer Shaw Desmond states that there are two approaches to reincarnation – the "terrestrial" and the "celestial." The former view has the individual returning again and again as the same man, while the latter view has man "solely as *spirit* and his temporary inhabitancy of the physical body as but a tiny projection of the Greater Self, which is the real man."

Thus, the aforementioned mystics and mediums may have been rejecting reincarnation in the terrestrial sense but not in the celestial. "Think of an atom," Liszt told Brown. "It is made up of protons and neutrons which all go to make up the nucleus surrounded by electrons. That is what a soul is like. These separate parts are held together in the nucleus, but the parts can be isolated. And it is the isolated parts of the nucleus of the soul so to speak which can manifest as various personalities in your world. These are what the reincarnationist calls different incarnations – but they all belong to one soul which can choose which particular part of the soul it wishes to manifest."

When Bond asked another of the Glastonbury spirits, a more fluent speaking one, about reincarnation, the spirit replied: "You understand not reincarnation, nor can we explain. What in you reincarnates, do you think? How can you find words? Blind gropers after immutable facts, which are not of your sphere of experience." ▲

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.

Choices

BY JERRY LINDBERG, Arizona

What did you do this morning? You made some choices. You decided to get up, get dressed, have breakfast, and go to work or church. All of these things are choices. We make choices every day, all day long. Choices are a part of our daily lives – we can't avoid them.

What is important is that we make wise and informative choices. Emotions and feelings have a funny way of getting in the way when we are about to make some choices.

I have a philosophy that all choices are good choices. If you consider all the facts and feel good about your decision at the time, no matter how it turns out, then you made a good choice.

THOUGHTS:

- **Positive and negative thoughts have a way of affecting your body** as we saw in the movie "What the Bleep Do We Know?" thoughts and prayers affect the crystalline structure of water molecules. And, we are mostly water! If you haven't seen the movie, try to fit it into your schedule, it is very interesting.
- **How can thoughts affect you physically and your life?** Thoughts affect the molecular structure of our body. Thoughts affect the cells of our body. Prayers and positive thoughts will make water cells take on a perfect beautiful, and symmetrical crystalline structure. Negative thought will cause water cells to disperse into non-uniform structures.
- **Positive thoughts affect** the physical body and all the physical things around us. When you have positive and good thoughts, then all the cells of your body, which are predominately water, will respond positively and they will make you feel better, you will look better, and you will even physically be better. So, when you make choices, think positive; and you will have positive effects in your life.

Definition of "Choice" (Webster's Dictionary):

- *noun.* Choice

1. a choosing; selection;
2. the right or power to choose
3. a person or thing chosen
4. the best part
5. a variety from which to choose
6. an alternative

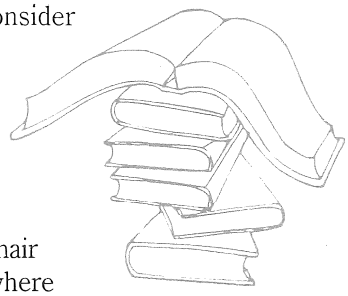
- *adj.* Choic'er / choic'est

7. of special excellence
8. carefully chosen



Synonyms (Thesaurus):

- *n.* choice (option)	- *adj.* choice (superior)
alternative	worthy
selection	high-quality
preference	excellent
well-chosen	first-rate
	fine
	select
	cream of the crop



TYPE OF CHOICES: (Consider what is right for you!)

- You can have Legal Choices;
- Moral Choices in your life: how you treat others;
- Personal Choices: clothes; hair style; personal grooming; where you go; what you do;
- Environmental Choices: where you live; how you live;
- Employment Choices: where you work; what type of work;
- Romantic Choices: who you see; where you go; how you live.

CHOICES (what are they?):

- Choices are thoughts put into motion!
- Choices are forks in the road. You have to stop and think when you have a change or a fork in the road (you have a choice to make) and this choice will lead you into a realm of understanding and into new realms of Spiritual Development.
- Decisions are choices made at a point in time, of how you feel, and what you believe at that moment.

I always start my day with how I want to feel. I have a choice to feel bad or feel good. I choose "good." When anyone asks me how I am doing or feeling, I say, "I am feeling wonderful." By thinking this way, I do feel better in a very short time—even if I was not feeling well earlier.

CLOTHING choices: (i.e.: color of the clothing we wear)

If you want to affect the way you feel and the way others perceive you, then you should consider the color of clothing you choose. Some of the effects of color selection are:

1.) RED = energy, aggressive, outgoing, daring, assertive, (wildest/strongest personality);
2.) ORANGE = same as red but not as intense (have energy but not bouncing off the walls);
3.) YELLOW = carefree, happy-go-lucky, fun loving, funny, irresponsible, outgoing;
4.) BLUE = more compassion, serious, caring, sensitive, sentimental, some wimpy, cry easy; wear this color to calm down;
5.) GREEN = intelligent, more conservative, calming, serious, money, (not as sensitive), reserved;
6.) VIOLET/PURPLE = spiritual, intuition, caringness, open to listening, open to observe; and,
7.) NEUTRAL (black, brown, gray, white) = blend in the crowd, not stand out, think logically, not open to change,

(Continued on next page.)

conservative, set in your ways.

PERSONAL RELATIONSHIP choices:

Who are you? What are your feelings? Where do you want to be? Who do you want to be with? When? Is it time for you to make some personal choices? (i.e.: Make choices about who you see).

Learn to accept people for who they are and not who you want them to be! You will find that you will have a lot more happiness in your life and you will be more open in your relationships. When you try to mold someone into your ideal person and they don't want to be changed, each of you are unhappy.

Here are some choices for you to think about:

(1) Look for the good in each person, they are all God's children

(2) Accept others for who and what they are and not what you want them to be

(3) Work on your problems

(4) Consider that each of you are separate individuals and that you each have your own likes and dislikes—are just trying to find a point of good harmony together—it doesn't mean that you have to be exact / exactly the same / but you can be your own person and still have harmony and good vibration in your life and relationship

(5) Many times people miss out on a wonderful relationship—just waiting for Mr. or Miss Right to come along—when all along, your best choice may be near at hand.

I am free to determine my own destiny:

How exhilarating it would be to have the freedom of an unlimited ticket on any train, bus, or plane, good for any destination that you'd like to visit! Life gives us just that kind of freedom, because God has given us a ticket to life's unlimited possibilities. We are free to decide where we want to go and what we'd like to do with our life.

Turn to God within you, listen for the guidance that comes from deep in your soul. What directions in life bring you the highest joy? What choices support you in experiencing joy? What food, habits, and activities make you feel peaceful and happy and expand your potential as a person?

Day by day, choose to move in the direction of the things that support you in your full expression of your potential as a spiritual being. You are free to decide your destiny.

– 2 Corinthians 3:17 –
"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom"

Taken from Daily Word – September 5, 2003



– CHOICES –

If I'd made other choices
I wonder where in life I'd be
And how my life would differ
Would I be a different me?

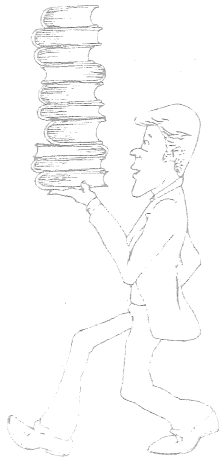
If I had taken another route
And said yes instead of no
And carefully thought of a plan
To my options long ago

Perhaps God had plans for me
To sooth a troubled soul
And ease someone's burdens
Who's life had taken toll

Or maybe I was needed
For a life about end
To care for and to cherish
A body that wouldn't mend

The road I chose was rocky
I stumbled along the way
But had it been too easy
I wouldn't be who I am today

Author, Kathy Shuttleworth
(permission granted for use)



Remember that (a) Choices are thoughts put into motion! Thoughts make things happen! (b) Things may not happen in the way we think they should—but; they always happen in Divine Order and at the correct time. (c) Listen to your feelings and make your choices concerning relationships; whatever they might be: romantic / business / family. (d) There are no accidents! and (e) We are Spiritual people.

If you have any doubts about making choices, then **look inward** and ask Spirit to give you guidance. The *Law of Attraction* states that like attracts like; so, whatever your energy or thoughts you send out will come back to you.

Affirmation:

"I accept the responsibility of this day for I have a Higher Power within me. All blessings that God has for me are mine because I am loved."

– Taken from "What The Angels May Be Telling You" by Christine Jones, found in Sun Spiritualist Camp Magazine; March 2004, Volume 2, Issue 3.

"Today Might Be The Day when everything starts falling into place." May you all awaken your God given ability to make wise choices.

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HEALTH & HEALING

BY THE REV. SHARON A. WATSON, NST, Florida



Editor's Note: This article is a brief outline of the systems of the body which are wonderfully created and interconnected. It was written and presented at the NSAC Convention in order to help our understanding of healing. One of the blessings of Spiritualism is Spiritual Healing and our dedicated Healers.

I. Anatomy

A. **Autonomic Nervous System** – involuntary nervous system that controls unconscious body functions such as heart rate and blood pressure. It innervates all of the major tissues of the immune system and can directly affect the course of maturation as well as the biological activity of lymphocytes.

The ANS also controls the action of the glands, the functions of the respiratory, circulatory, digestive and urogenital systems. It controls the function of involuntary muscles in these systems and in the skin.

There are two systems included in the ANS:

The sympathetic (thoracicolumbar) is a part of the ANS that controls the heart rate, size of blood vessels and numerous other body functions. It is responsible for stimulation of the heart, dilatation of the bronchi and contraction of the arteries. It inhibits digestion and prepares the organism for physical action-fight or flight. It increases blood pressure and liberates sugar that is stored in the liver. The sympathetic nervous system stimulates norepinephrine and epinephrine. Norepinephrine maintains normal blood circulation and transmission of nerve impulses in the ANS. Epinephrine is secreted by the adrenal glands during stress. In earlier times there used to be many physical threats, especially while hunting for food. There was a need for the heart rate and blood pressure to increase to meet the threat. After the threat was coped with, these conditions returned to normal. Now for example, in a traffic jam stress, the body produces these same responses for fight or flight, but there is no action (hopefully) taken and the body's system remains overly active. Similar repeated experiences could lead to hypertension. The parasympathetic (craniosacral) system has the opposite effect of the sympathetic. It prepares the organism for feeding, digestion and rest. These are a group of nerve cells on each side of the vertebral column.

B. **Endocrine System** is a group of glands that secrete hormones. These are nine major hormones including hormones that stimulate the thyroid glands, adrenal glands and ovaries. We will talk about four of those glands.

Adrenal glands are hormone producing glands that rest on top of each kidney. They secrete epinephrine.

Pineal gland governs and regulates the entire endocrine system. It regulates the hormone melatonin, which sets the biological clock for wake/sleep cycles. It also regulates serotonin, which is responsible for anxiety conditions like obsessive-compulsive disorders, eating disorders and depression.

Pituitary gland is a pea-sized endocrine gland that is located behind the nasal cavities, deep inside the head. It has two lobes front and rear, which are attached to a stalk that leads to the brain. The anterior lobe secretes several hormones that control functions in other parts of the endocrine system and for this reason it is called the "master gland."

Thyroid gland is a butterfly-shaped gland that affects energy regulation in every cell of the body. It wraps around the trachea. The thyroid hormone has an effect on the maintenance of heart rate (force and output), normal muscle and skin tone, and secretions from the GI tract. The thyroid hormone increases metabolic rate, energy metabolism, and mobilization of fats and protein metabolism.

B. **Circulatory System** is a system that is made up of the heart and blood vessels and is responsible for circulating blood throughout the body and providing tissues with nutrients and oxygen. It also removes waste products.

Blood pressure is a way that we measure what is going on in the circulatory system. The systolic number is the first number and it corresponds to the heart's contraction or heartbeat. The diastolic number is the second number and it represents the arterial pressure when the heart's pumping chambers (ventricles) are relaxed between beats and are filling with blood.

C. **Skeletal System** is the supporting framework or structure of the body. It includes muscles, joints and bones. The bones and muscles provide protection for vital organs and soft tissues. The bones also produce red blood cells. Tendons attach muscle to bone; ligaments bind joints together and connect various bones and cartilage. The vertebrae are also included in this system. There are 26 vertebrae: 7 cervical, 12 thoracic and 5 lumbar, which are separated by intervertebral discs. This system helps us with movement

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and flexibility.

D. **Gastrointestinal System** (alimentary canal) is a tube through which food is carried as it undergoes digestion. The tube extends from the mouth to the anorectum. Its purpose is to assimilate ingested nutrients and eliminate waste. All body functions are dependent on the nutritional status of the body's individual cells.

II. **Health and How Our Bodies Work**

A. & B. Effects of stress and anger on our body.

Increased stress and poor anger management could put you at a higher risk for heart attack. Anger causes a surge of adrenaline to course through the body with nowhere to go. Stress causes a change in the lining of arteries that can lead to atherosclerotic plaque, like corrosion in a pipe.

Adrenaline makes blood platelets (a part of the blood that helps with clotting) more likely to stick to the arteries and this can promote the growth of plaque. With the rapid increase in heart rate that comes with anger and stress the plaque can rupture. Then the body tries to form a clot to **fix** the rupture. This series of events is a heart attack in the making.

Statistics show that angry people are three times more likely to have a heart attack and sudden cardiac death than those who are less anger prone.

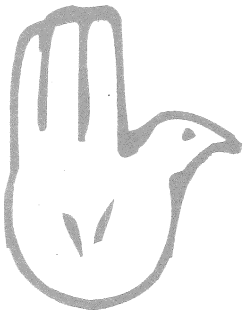
Muscle tension exaggerates pain, and stress decreases immunity. Doctors now recognize that disease occurs with great stress, which also decreases the body's resistance.

Stress leads to gastrointestinal problems such as: ulcers, anorexia and inflammatory diseases of the colon and bowels. Stress can lead to respiratory disorders. Emotional stress can cause or aggravate many skin disorders such as rash, itching, pain and acne. Anxiety increases heart rate and blood pressure, causes sweating, nausea, dizziness, disturbed sleep, irritability and muscle aches and tension.

C. **Type A personality pattern** is characterized by a deeply ingrained struggle to overcome real and imagined obstacles imposed by events, by other people and especially by time. Resulting traits may be impatience, hard driving intensity, competitiveness, irritability, anger, suspicion and hostility. These type A people are at a greater risk for heart disease and increased stress-related disorders. Stress related disorders are psychosomatic disorders that involve the ANS. They include headaches, back and facial pain, asthma, stomach ulcers and hypertension (high blood pressure).

D. **Medication and our body**

There are several medications that help our system cope with these conditions that we create in our lives for high blood pressure, increased heart rate and anxiety/stress. Work with your doctor to find what will be beneficial for you.



III. **Healing**

A. **Meditation** and its effects. Make time for yourself—meditate purely for you. Hippocrates taught people that state of mind influences one's health. David Eisenberg, M.D. (Harvard Medical School), states that "meditation belies an extraordinary power to boost disease resistance and maintain overall health. It decreases heart rate, blood pressure, respiratory rate, oxygen consumption, perspiration, blood flow to skeletal muscle and muscle tension. It increases immunity **pushing a reset button** enabling the body to return to a state of optimal balance."

Meditation has been shown to decrease symptoms of PMS by 50% and decrease intensity of hot flashes.

Testing done in people with heart disease showed that those with Coronary Artery Disease who meditated for eight months, every day, had a 15% increase in exercise tolerance. Those with Ischemic Heart Disease (inadequate blood flow to the heart muscle) who practiced meditation for four weeks had a decrease in palpitations (PVC's).

In studying immune response, they studied students who meditated during final exams, they had an increase in percentage of t-helper cells (the immune cell that increases activity of "natural-killer cells" which kill bacteria and cancer cells). They also had a decrease in activity of viruses and emotional distress.

Cancer patients who meditated with imagery regularly for one year had an increase in natural-killer cells.

Measurements of brain activity of a "meditating group of people" had increased activation in the left frontal region of the brain which is the area linked to decreased anxiety and a positive emotional state.

Cardiologist Herbert Benson, M.D. (Harvard Medical School), states that stress management benefits 60-90% of people who see doctors for illness and that this treatment of meditation is now added increasingly more to traditional therapies of patients with AIDS and cancer. Benson also states that "it allows me more control of my body instead of my body controlling me." Meditation decreases metabolism, decreases blood pressure, heart rate, respiration and brain waves. Meditation helps produce antibodies against illness and lifts your spirits.

Researchers say that the biological effects of

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meditation, seen in studies, are long lasting, up to four months after meditation training. Meditation offers a deeper state of relaxation that is more profound than sleeping. It allows the heart to begin to heal, decreases irregular heart beats and lowers cholesterol (independent of diet).

Jon Kabat-Zin (from "Stress Reduction Clinic) states 65% who spend 10 weeks with meditation decrease pain by 1/3, have a better mood and fewer overall symptoms. "Pain is more that a physical sensation—it is an experience steeped in emotion."

Meditation helps to calm your brain chemistry, and biochemically it lowers your cortisol while increasing the good-mood hormones (DHEA and testosterone). It gives you a solid sense of your inner being which will naturally develop more sensory awareness.

B. **Thoughts and their effects**

Psychoneuroimmuniology—PNI is a new field of study that says "when the parts of the body are not in harmony, then the mind is unbalanced and melancholy ensues. But on the other hand, a quiet happy mind makes the body healthy."

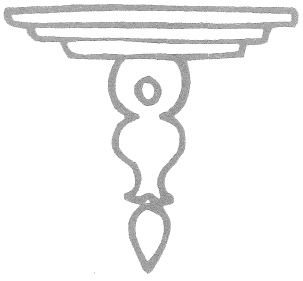
Mankind thinks, not with the brain, but through the brain. *Mental energy* is expressed in physical through the brain. *Emotional energy* is expressed in physical through the liver. *Functional energy* is expressed in physical through the spleen. *Physical energy* is expressed in physical through the heart.

People make themselves sick by ignoring the messages that their body sends out to them. Illness is a sign that you have not paid attention to an inner need for change, or that you have buried a feeling or emotion. Illness is a physical memo from your body encouraging you to listen to your problem, release a repressed emotion and make whatever corrective adjustments that are needed in your overall life pattern.

The pictures that we hold in our mind have demonstrable effects on our body. Positive pictures produce desirable effects and negative pictures produce undesirable effects. Negative emotions can have adverse psycho-physiological effects just as positive emotions can have good psycho-physiological effects.

The Creative Process of Health comes from our positive thoughts and emotions. Clear thinking is used to implement love and will. Examples: I know I am one with God. I love humanity. Natural unblocked flow of feelings corresponds with Divine Reality, creates love. Natural metabolism of energy, which maintains the structure and function of the etheric body; yin/yang balanced, creates we're okay. Natural metabolism of chemical energies, balanced physical systems, creates: physical health.

C. **Spiritual Healing and its effects**



Healing always involves body, mind and spirit. The doctrines of occult sciences state "the physical body of man is a vehicle for the manifestation of invisible, spiritual energies. These energies not only sustain the body itself, but flow through it, manifesting as the attributes, impulses and functional processes of the outer life." The spirit cannot be sick or diseased because it abides in the perfect state of its own nature.

Hands-on-healing generally begins with the healer's hands on or near the recipient's shoulders. This links the pituitary, pineal and thyroid glands because it is at the center of this group of glands. The pineal gland is considered the organ of spiritual sight. It is second, in brilliance and size, to the aura of the heart, which is the largest and most completely organized magnetic field in the human body. The pineal gland's energy and power is derived from the aura of the heart.

Placing the hands near the head is an action that healer's use. The brain is the center from which impulses are sent which govern the movement of the entire body. Right hand on the forehead (positive) and the left hand (negative) on the nape of the neck creates a circular force field.

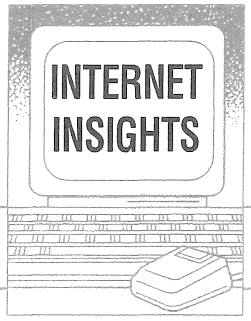
The movement of hands along the area of the spinal column signifies the balancing of the group of nerve cells that activate the parasympathetic (craniosacral) nervous system as well as the balancing of the sympathetic nervous system (thoracicolumbar).

We learn as healers how to be a channel for spiritual healing by studying and learning the physical actions that a healer takes. It is important to keep ourselves balanced and healthy for spirit to work through, for a clean healthy vessel is needed, along with the motions/actions of healing.

In spiritual healing, the spirit intelligence (or guide) is not only able to obtain an accurate diagnosis of the patient's illness, but is (a) able to analyze the chemical substances causing the ill condition, down to its molecular components and (b) to direct to it a spirit generated molecular force designed to bring about the chemical change in that molecular structure for the patient's advantage.

Spirit people can manipulate energies. An example of this is apports. It therefore stands to reason that it is within their ability to dissociate a growth from the body and "by accelerating the energy vibration of its molecular structure, thus remove it from the body."

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THE PERFECT MISTAKE

Mother's father worked as a carpenter. On this particular day, he was building some crates for the clothes his church was sending to orphanages in China. On his way home, he reached into his shirt pocket to find his glasses, but they were gone.

When he mentally replayed his earlier actions, he realized what had happened; the glasses had slipped out of his pocket unnoticed and fallen into one of the crates, which he had nailed shut. His brand new glasses were heading for China!

The Great Depression was at its height and Grandpa had six children. He had spent $20 for those glasses that very morning. He was upset by the thought of having to buy another pair. "It's not fair," he told God as he drove home in frustration. "I've been very faithful in giving of my time and money to your work, and now this."

Months later, the director of the orphanage was on furlough in the United States. He wanted to visit all the churches that supported him in China, so he came to speak one Sunday at my grandfather's small church in Chicago. The missionary began by thanking the people for their faithfulness in supporting the orphanage. "But most of all," he said, "I must thank you for the glasses you sent last year. You see, the Communists had just swept through the orphanage, destroying everything, including my glasses. I was desperate. Even if I had the money, there was simply no way of replacing those glasses. Along with not being able to see well, I experienced headaches every day, so my coworkers and I were much in prayer about this. Then your crates arrived. When my staff removed the covers, they found a pair of glasses lying on top." The missionary paused long enough to let his words sink in. Then, still gripped with the wonder of it all, he continued:

"Folks, when I tried on the glasses, it was as though they had been custom made just for me! I want to thank you for being a part of that."

The people listened, happy for the miraculous glasses. But the missionary surely must have confused their church with another, they thought. There were no glasses on their list of items to be sent overseas. But sitting quietly in the back, with tears streaming down his face, an ordinary carpenter realized the Master Carpenter had used him in an extraordinary way.

There are times we want to blame God instead of thanking him! Perhaps it is something we ought to try more often, "Thank you God for not allowing my car to start this morning." He may have been saving your life from a car accident. "God, thank you for letting me lose my glasses; I'm sure they'll be put to good use or there is a lesson to be learned."

I have to remember this in these times of trial with my own family.

May GOD bless your week. Look for the perfect mistakes. We know all our needs will be supplied.

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MINISTER'S MESSAGE: HEALTH & HEALING

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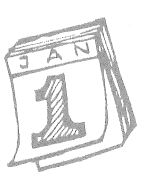
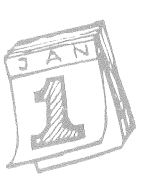
Arthritis is waste products around the joints that make the joint hard and fixed. Medically, this creates an incurable condition. When spiritual healing takes place there have been instances of spontaneous healing of this condition. When the healing occurs more slowly it indicates that the substance is occurring more gradually. What is certain is that there is a chemical change occurring in the joint, removing the arthritic deposits.

There must be forces to bring these changes about and these forces are spirit created. Spirit doctors have knowledge of nature and spirit elemental energies to effect the necessary chemical change in the patient. This chemical formula is so balanced that it carries out its purpose, nothing more and will not create harm to any other part of the body!

Spiritual healing is a thought process, especially in absent healing. We attune and put the thought to spirit to heal a disharmony and spirit gets to work on it. Mental disharmony, frustration, or soul (spirit) sickness can have a great impact on physical disease. Remember spiritual healing is more complete for what the patient needs, causes fewer side effects and improves the person as a whole. ▲

Positive Statements To Help Create a Positive Day.

Affirmations . . . JANUARY 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Dream about what this year could bring, wonderful dreams.
2 Each day creates a story to be shared, make each story fun.	**3** "Nothing is a loss of time, if you enjoy the day." – *Arthur Koestler*	**4** In order to attract a higher energy, keep your mentality loving.	**5** Send love and blessings to those who have gone to the Spirit World.	**6** Discard that which you no longer need, to make room for new gifts.	**7** "Saintliness is only acceptable in saints." – *Pamela H. Johnson*	**8** "The poet is the sayer, the namer, and represents beauty." – *R. W. Emerson*
9 "If a problem has no solution, why worry?" – *Tibetan Quote*	**10** "If you can't be the first, make sure you are not the last." – *English Quote*	**11** "Life begins on the other side of desperation." – *Jean-Paul Sartre*	**12** I renew myself each day through prayer and meditation.	**13** Trust God, if it is supposed to happen things are already in motion.	**14** "The experience of each new age requires a new confession..." – *R. W. Emerson*	**15** "Lord, I believe; help thou mine unbelief." – *Saint Mark*
16 "It is impossible to enjoy idling unless there is plenty of work to do." – *J. Jerome*	**17** "...learn to live together like brothers, or we will perish together like fools." – *King*	**18** I am grateful for the privilege of healing energy for myself and for others.	**19** "All emerge from that One Whose Being is ever present." – *Science of Mind*	**20** When you are active, be very active. When you are quiet, be very quiet.	**21** "The greatest discovery of all times is mind." – *E. Holmes*	**22** Be grateful for Spirit within you. Be grateful for inspiration that guides you. Listen.
23 "Everything else can wait, but our search for God cannot wait." – *P. Yogananda*	**24** Spiritual thoughts should be followed by spiritual action and spiritual experiences.	**25** "Mind is not a vessel to be filled, but a fire to be lighted." – *Plutarch*	**26** I affirm my power to change, for I know spiritual power helps me transform.	**27** I treat each day as a celebration, each moment as a holy moment.	**28** "Lord, make me an instrument of thy peace..." – *Saint Francis*	**29** Spiritual paths are created step by step—spiritual enlightenment is idea by idea.
30 Create sweet thoughts of kindness and kind acts and sweetness will follow.	**31** There is a Higher Intelligence in all life's experiences.		***Happy New Year!***			






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LICENTIATE MINISTERS AND CERTIFIED MEDIUMS SOCIETY

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SECRETARY-TREASURER:
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DIRECTORY OF MINISTERS

Qualifications Certified by NSAC Advance appointments recommended. (See NSAC current Year Book for complete listing.)

• ARIZONA •

GLENDALE

PFORTMILLER, Rev. Sandra, NST, Comm. Healer, Certified Medium, 3521 W. Topeka Dr., 85308-2325 - (623) 581-5544, e-mail: revsandypf@earthlink.net.

MESA

TISDALE, Rev. Janet, NST, Medium, Comm. Healer, private consultation. By appointment only, 1616 N. Alta Mesa Rd. #51, 85205 - (480) 832-3661, e-mail: jtizzy@aol.com.

• CALIFORNIA •

AUBURN

BRENNER, Rev. George H., 457 Grass Valley Hwy, #7, 95603 - (916) 663-3142, Fax (916) 663-4691; e-mail: kiwigeorge@durecway.com.

HAYWARD

SMITH, Rev. Connie C., NST, 29060 Berkeley Rd., 94544 - (510) 784-1921.

LAFAYETTE

NAURATIL, Rev's. Betty and Don, NST, Certified Mediums, Comm. Healers, 1048 Via Roble, 94549-2925 - (925) 283-1449.

LINDEN

PERUCH, Rev. Louise, NST, Comm. Healer, Certified Medium. Private consultation. By appt. only, 5409 N. Staple Way, 95236 - (209) 887-2043; e-mail; peruchlise@aol.com.

LOOMIS

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

SANTA BARBARA

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

SANTA CLARA

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

SAN FRANCISCO

DECKINGER, Rev. Sandi, Certified Medium, 649 - 16th Ave., 94118 - (415) 751-1384; e-mail: sjaudust@earthlink.net.

• CONNECTICUT •

LEBANON

ROTTINO, Rev. Kathleen L., NST, Certified Medium, Comm. Healer, private consultation by appt. only, classes, lectures, seminars, wedding ceremonies, 74 Scenic Dr., 06249 - (860) 642-7976, e-mail: k.rottino@snet.net.

• FLORIDA •

CASSELBERRY

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

DAYTONA BEACH

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

OCALA

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

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

ORLANDO

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

SANFORD

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

• ILLINOIS •

CHICAGO

BOESEN, Rev. Marian, NST, 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.

INDIANAPOLIS

BIANCHI, Rev. Robert, NST, Certified Medium, Comm. Healer, 9004 Woodmoss Lane, Apt. 1B, 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

WALLACE, Rev. Earl L, Certified Medium, Comm. Healer, 124 Spring St., Gardiner, 04345 - (207) 582-6745; e-mail: godfreed@aol.com.

HARTFORD

NORRIS, Virginia, Licentiate Minister, Comm. Healer, 25 Camp Rd., 04220-5207 - (207) 597-2600.

SIGURDSSON, Rev. Rupert, NST, Comm. Healer, 25 Camp Rd., 04220-5207 - (207) 597-2600; e-mail: rupert@megalink.net.

LEWISTON

NYE, Rev. Gloria, NST, Certified Medium, 191 Dyer Rd., 04240 - (207) 786-4401; e-mail: spiritspeaks2u@adelphia.net.

LITCHFIELD

PARRY, Rev. Nancy Marshall, NST, Certified Medium, P.O. Box 146, 04350, (207) 582-3123; e-mail: nancyparry@hotmail.com.

• MARYLAND •

CHEVY CHASE

MEERSCHAERT, Rev. John, Certified Medium & Comm. Healer, private consultations by appointment, 3603 Faircastle Dr., 20815 - (260) 305-7233, e-mail: seespirit1@aol.com.

GLEN BURNIE / BALTIMORE

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

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.

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.

EAST AURORA

KLEINSCHMIDT, Rev. Charlene, NST, Certified Medium; 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, Comm. Healer, by appt. only, 75 Prospect St., Ste. 3, 11743 - (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) 595-8717; e-mail: Sylkin@netsync.net.

WEST BABYLON

LLOYD, Rev. Nancy A., NST, Certified Medium and Counselor (call or write for appointment); Mail: 10 Muncy Ave., Apt. 301, 11704 - (631) 669-3226; e-mail: nlloyd@suffolk.lib.ny.us.

• 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; specialize in physical phenomena table-tipping workshops, public readings for charity and death grief counseling. (401) 864-8307; e-mail: lynn@lynnkent.com; website: www.lynnkent.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.

PITTSBURGH

O'HARE, Carol, Licentiate Minister, P.O. Box 1981, 15230-1981 - (412) 461-7002.

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

McMAHAN, Rev. Dr. Jean I. Hamner, NST, Pastor, Angels of Light; Lectures, workshops, circles, private readings; Mail c/o Angels of Light 2714 FM 713, 78644-4163 - (512) 376-5310; e-mail: Angelsoflighttx@aol.com. Please put "TNS" in subject line.

LINCOLNVILLE

CROES, Rev. Lois, 2707 Polk St., Killeen, TX 76543.

• UTAH •

ST. GEORGE

SAVAGE, Virginia, Spiritual Consultant, Lecturer and Teacher, Licentiate Minister and Certified Medium, NSAC, 1444 Basswood Way, 84790, (435) 634-9467. 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; e-mail: CLBrown1@mindspring.com.

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, cell (757) 573-6704, e-mail: BubbaCribb@cox.net.

• 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.; Healing and All Message Service, 2nd Wed. of the month at 7:30 p.m. Tues. Classes 7:00 p.m., call about location; website: www.churchofthelivingspirit.org.

• CALIFORNIA •

CALIFORNIA STATE SPIRITUALISTS' ASSOCIATION
Pres., Janice Foote, (408) 244-1379; 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. 7:00 p.m. the first and third Fri; Pastor, Rev. George Brenner; Pres., Edward Killmer; Secy., Evie Sordelet (916) 481-8729; Tel. (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., Barbara Williams; 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 - (see Pastor) 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 Ms. Elsie Ann Soria, Secy., 460 Dellbrook Ave., So. San Francisco, 94080, (650) 583-2739..

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 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@msn.com; 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 7:15 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; e-mail: chapelspiritawar.com.

• CONNECTICUT •

CONNECTICUT STATE SPIRITUALIST ASSOCIATION
Pres., Lynn Gaffin, 70 Dell Ave., B5, New London, 06320-3346; Secy., Chris Bellamy, 29 Park 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., April, May and June. Open the first, third and fifth Sundays in Dec., and the first, second and fourth Sundays in March. Closed July & Aug.; Pastor, Allen Noddin, 174 Daley St., Forestville, 06010; Pres., Michael David Taylor, 42 Randall Ave., West Hatford, 06110, e-mail: shaktiflex@aol.com; Secy., Rosemary Wolff, 1229 Winsted Rd. #93, Torrington 06790, e-mail: lsage@snet.net. 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, Bruce Crowell, 71 Hickory Dr., Hebren, 06248; Secy., Aristia Partiss, 161 Bear Swamp Rd., E. Hampton, 06424; Treas., Elizabeth Quick, 197 Ohio Ave., W. Springfield, MA 01089.

• DISTRICT OF COLUMBIA •

WASHINGTON - The Church of Two Worlds, NSAC
Phone (202) 333-5114; Sun., Healing 2:00 p.m., Serv. 2:30 p.m.; Unfoldment & Abundance Class Wed. 7:30 p.m.; Pres., Michael Gallion, LM; Secy., Rev. John Meerschaert, (240) 305-7233.

• FLORIDA •

ORLANDO - Spiritualist Church of Awareness, NSAC
3210 N. Chickasaw Trail (P.O. Box 571043, 32857-1043), (407) 678-3688 Please leave message; Sun. Serv. 10:30; Wed. Serv. 7:30 p.m.; Healing, Lecture, Messages at all services; Sun. Children Lyceum; Pastors, Rev. Jean Kerr Lerch, NST, (407) 834-5378, and Rev. E. Ann Otzelberger, NST, (407) 826-0807; Pres., Rev. Jean Kerr Lerch; Secy., Stacy K. Davis, (407) 658-7624; Spiritualistchurchofawareness.org.

• 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; Secy., Martha Witt, 1204 Game Farm Rd., Yorkville, 60560, (630) 553-2517.

CHICAGO - First Spiritualist Church of Harmony, Unity & Truth
Located in Tucker Smith Washington Spiritualist Temple, 6146 S. Ashland Ave., 60628; Worship Services 3:30 p.m. until 5:30 p.m. the 1st, 3rd, 5th Sundays of the month and on some common religious holiday Sundays. Secy., Antoinette Preston; 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, Lyceum Class every other Sunday at 2:00; 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., Joseph Meyer; Secy., Sharon Bianchi, (317) 570-0094. 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. Mildred Schlagel, (317) 291-0799.

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
3737 W. 10th St., 46222-3376; Sun. Serv: 10 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; Sun. Serv. 10:30 a.m.; Pastor, John Kampf, (574) 298-5080; Secy., Karen Ketchum, (219) 362-1878; Treas., Regina Schultz, (219) 229-0544; All corresp., Spiritual Science Church, 1506 Farrand, LaPorte, 46350.

• 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 2019, 46361-2019; 2005 Camp Season, 7-9-05 thru 8-19; 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
Corner of Perham & Court Sts.; P.O. Box 2492, 04338; (207) 622-8980; Sun. Serv. 10:30 a.m.; Thurs. Awareness Class 7:00 p.m.; Pastor, Rev. Vaikko P. Allen, Sr., NST, (207) 622-2799, e-mail: vallen@adelphia.net.

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; church services will be canceled for the summer from July 1, 2005 until the 4th Sun. in Sept. 2005. Gallery Readings are held the second Friday of every month at 7:00 p.m. Please call the secy. for more information; other contact number for the church is Sandy Scott, Pres. (207) 223-5004.

HARTFORD - Pinpoint of Light Spiritualist Camp
Mail address: 25 Camp Rd., 04220-5207; 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; e-mail: rupert@megalink.net.

HARTFORD - Pinpoint of Light Spiritualist Center
Mail address: 25 Camp Rd., 04220-5207; 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 Historic Lakewood Village, Rt. 201, six miles north of Skowhegan, ME. We meet July 10th through August 21st. Schedule to be announced. For information, contact President John Davidson, 74 Central Ave., Waterville, 04901, phone (207) 877-2204; e-mail: jdavidson@gwi.net; or Debi Ludden, (207) 474-0007. We have 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.; 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; website: www.templeheightscamp.org .

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; website: www.portlandspiritualistchurch.org.

PORTLAND - Inner Light Spiritualist Church
32 Thomas St. (Williston-West Church), 04102; Mailing Address: P.O. Box 2484, So. Portland, 04116; Sun. Serv. 6:00 p.m.; Gallery Readings - 3rd Friday; Rev. Gloria J. Nye, NST, (207) 786-4401; e-mail: spiritspeaks2u@adelphia.net; Pres., Mary Bruce, (207) 289-0498.

• MARYLAND •

GLEN BURNIE/BALTIMORE - The Light Center Spiritualist Church
HELD AT: 13 1st Avenue SW, Glen Burnie, 21061. OFFICE: 7851 Foxfarm Lane, Glen Burnie, 21061-6324; (410) 590-9167, Fax (443) 628-2428, Info@LightCenter.org, www.LightCenter.org. SERVICES: Sunday Devotional Serv. - 11:00 a.m.; 5th Fri. – Healing/Message Serv. – 7:30 p.m. CLASSES: 1st Friday: Meditation – 7:30 p.m.; 2nd/3rd/4th Friday: Devotional/Unfoldment – 7:30 p.m. EVENTS: Workshops, Guest Speakers/Mediums, Picnics, Field Trips, Seances, Circles, Dinners, Community Awareness/Aid Programs, Gallery Readings.

• MASSACHUSETTS •

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 145, 02769, e-mail: firstspiritualistchurch.com. 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, 86 Orchard Hill Rd., Littleton, NH 03561, e-mail: bigrock@verizon.net; 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, or website www.nlmsc.org: 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.

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, 2005 through Sept. 1, 2005; Annual Retreat July 10-15, 2005; 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.; Pastor, Toye E. Stinson, 214 Nadine, Cahokia, IL 63114; Pres., Mike Homan, 3297 Hawthorne, Alton, IL 62002, (618) 463-0357.

• 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, (702) 876-8783; Service times: Sun. 11:00 a.m., Tues. 6:30 p.m., Thurs. :30 p.m., Healing Meditation, with a Spiritualist development class following the service, every welcome. Vicky Homann, Pres., (702) 369-9449, e-mail: VickyVJean@aol.com.

• NEW HAMPSHIRE •

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

• NEW JERSEY •

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. Padlock, 4305 Broadway, Gloucester City, 08030, (856) 456-3401; website: http://users.snip.net/~spiritone.

WENONAH - Stow Memorial Foundation
Muriel De Young, 305 Carnegie Ave., Wenonah.

• NEW YORK •

EAST AURORA - First Spiritualist Temple
29 Temple Pl., P.O. Box 465, 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 mini-readings; Secy., Rae Cogar-Shelton, (716) 648-3881.

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 Mary Ockuly, 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, 10 Muncy Ave., Apt. 301, W. Babylon, 11704, (631) 669-3226, e-mail: nlloyd@suffolk.lib.ny.us.

LONG ISLAND - Summerland Church of Light, NSAC
Healing and Worship Service: Sunday 10:00 a.m. service held at 225 Wireless Blvd., Hauppauge; Church Mailing Address: P.O. Box 5209, Hauppauge, 11788-5209, (631) 732-0421; Pastor, Rev. Richard Schoeller, NST, (631) 271-2985.

LONG ISLAND - Temple of Metaphysical Science, NSAC
So. Ocean Ave. & Baker 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, 14607; (585) 271-1470; Voicemail (585) 234-2362; Sun. Serv. 10:30 a.m.; Wed. Night Serv. 7:00 p.m.; Third Wed. All Message Serv. 7:00 p.m.; Children's Lyceum third Sun. 10:30 a.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.

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

• 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. 1:30 p.m., Healing, Lecture and Messages; Pres., Carol Perella, P.O. Box 1981, Pittsburgh, 15230-1981, (412) 461-7002; Secy., Dianne English, 830 Stanton Ave., Pittsburgh, 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., Wanda Garcia; Corr. Secy., Wanda Garcia.

CAMERON - First Spiritualist Church of Cameron
Pres., Pearlie Kreneck, P.O. Box 1152, 76520-1152, Fax: (254) 697-2275.

DALLAS - Second Spiritualist Church, NSAC
4905 Inwood Dr., Rowlett, 75088; Devotional, Healing and Message Serv., 2nd and 4th Sunday's each month at 2:30 p.m. until 4:30 p.m.; Class/Circle following service at 4:30 p.m.; Pres., Julie de Araujo, (972) 276-8232; Student Pastor, Robert Croteau, (972) 675-9080; Mail: P.O. Box 464, China Spring, 76633; 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 Jessup; Rev. Marie W. Smith; Secy., Liana V. Liles; Sun. Serv. 2:30 p.m.; Wed. Service: 7:30 p.m. Open healing, meditation, & messages from Spirit; Fri. Spiritual Development 8:00 p.m.; Sat. Spiritual Development 10:00 a.m.; (713) 695-2550.

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, NST, (512) 376-5310; e-mail: Angelsoflighttx@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 Street; 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 Devotional Serv. at 10:30 a.m.; Children's Lyceum 10:00 a.m., Sept. through June; Judy Griesse, Debbie Shoop, Lyceum Co-Directors; Pastor, Rev. B. Anne Gehman; Asst. Pastor, Rev. Patricia A. Stranahan; Pres., Larry Leonard; Secy., Missy Leban, 1813 S. Pollard St., Arlington, 22314, (703) 271-4035; e-mail: missyleban@santeon.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., Cynthia Frye, e-mail: cynthia92969@comcast.net.

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.

TACOMA - Church of Spiritual Truth, NSAC
Sun. Serv. 11:00 a.m.; Pastor, Rev. Lillian Johanson; Pres., David R. Chapman, Sr.; Secy., Denice (Dee) L. Chapman, P.O. Box 1856, Milton, WA 98354.

• WEST VIRGINIA •

WHEELING - First Spiritualist Association of Wheeling
(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.;Wed. Healing 6:30 p.m., Message Serv. 7:30 p.m.; Lyceum Conductor, Beverly Goff, Asst. Conductor, Josetta Ludwig; Secy., Fred Anderson, (740) 944-1557; e-mail: falconrising@mailaka.net; Pres., Sue Beth Warren, (304) 242-6032, e-mail: suebethwarren@comcast.net; Church website, http://users.1st.net/pastorray; Church e-mail: waymemorialtemple@1st.net.

• 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: www.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 Lansdowne Ave., Toronto, Ontario, M6H 3Y2.

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. James Kinnear, (905) 545-7050; website: www.spiritualistchurchofcanada.com.

SPRINGDALE CHURCH, TORONTO
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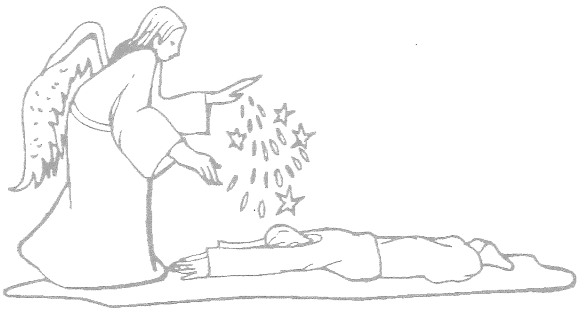
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So Do You Want Eternal Life On Earth Or In The Higher Realms?

BY KAY HUNTER

(Reprinted from *Psychic News*, July 24, 2004)



Scientists continue to make progress with research into holding back the frontiers of old age, so are we on the verge of being faced with the possibility of eternal life?

As Spiritualists, no doubt we believe that we already have it, but not in quite the same context as scientists see it.

Our eternal life is conducted in a different realm, but the face-lifters, life-giving injectors, and gene and chromosome manipulators are intent upon finding the secret of everlasting physical life on this plane. They believe that eventually they might find the formula. Yet do we want it?

We may discover cures for now fatal illnesses and the scientific mechanism to keep us all alive forever. We can then be offered the opportunities to reach our full potential and do all those things which we ought to have done, but placed on the sideline.

"Life's too short," we are apt to say when thinking of everything we want to do and have not the time to accomplish. We also say it when we do not want to prolong a long-felt grudge or resentment.

Similarly, we apply the same adage when having petty tasks to perform which are fairly meaningless when considered in the broad spectrum.

Perhaps journalist Shirley Conran put it all in seven short words when, having considered the mania for culinary perfection, she came up with the judgement that "Life's too short to stuff a mushroom!"

No doubt most people would like to extend their stay on earth, but add the qualification that they would only want to remain here with a guarantee that they would not fall prey to degenerative diseases of old age. In short, they want to dictate their terms.

"Quality of life" has become an almost hackneyed phrase, but it is an important one when applied to those in whom, for many reasons, it is sadly lacking.

"Quality time" is a piece of psychobabble which has infiltrated our vocabulary, though the adjective seems totally unnecessary.

Spending "quality time" with our children or elderly relatives is apparently now a psychological prerequisite, but simply spending time in the right direction—and for the right reasons—surely does just as well.

Many people are now living far beyond their allotted span on this earth of "three score years and ten." Centenarians are proliferating year by year. This could be the luck of the draw. It can equally be ascribed to one's genes or a salutary way of life.

But the real question is: does everyone want to live on earth forever? What are we going to do with this leftover life?

In practical terms, if the secret of eternal life on earth became a reality, there would be many disadvantages.

Overcrowding would become the main problem. How would we cope with everyone? We would have to consider housing, the feeding dilemma, medical treatments, educational crisis and the sheer financial difficulties of maintaining a decent standard of life.

Without doubt, there would be more international wars as the fight for living space took over.

An endless spectrum of physical life may give us great opportunities to organize in advance. We would indeed be able to do those things that we ought to have done either for our own benefit or mankind in general.

On the other hand, there are many people who will confess to not wanting to be on earth any longer. They have, in effect, "had enough."

Such individuals may be sick, bereaved or simply unable to cope with whatever burden has been thrown upon them. They might well look forward to going to bed and not waking up the next morning.

So it is not everyone who anticipates so-called eternal physical life with optimism. Perhaps we are better off by applying the standards of Natural Law to our ultimate departure from this world to the next.

It is a huge temptation to want to live forever in this world. We are mostly naturally reluctant to leave it, with our children and loved ones, our established ways of life and those places of so many memories and sentiments.

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Commemoration of Founder's Day!

January 25, 2005

The Gift – Revisited

Gift: a thing given

The Greek word *Lyceum* is the name **given** for the garden in Athens where Aristotle taught. How special today's teachers would feel if they, too, at will, had the **gift** of a beautiful garden in which to teach.

Instruction in Lyceum meant having the precious **gift** of surrounding life, natural beauty and opportunities for stimulating physical and intellectual development. Aristotle and his students could often be seen walking through the garden enjoying their daily meals and discussing concepts about the natural sciences. Aristotle appreciated having the **gift** of a garden to personally enjoy and in which to harmoniously work.

Today, Lyceum not only refers to the garden where Aristotle taught, but it also refers to the **gift** of quality, harmonious religious instruction provided in a Spiritualist's "Sunday school." On January 25, 1863, one lone man walked up to a microphone in Dodsworth Hall, #806 Broadway, in New York City and presented the **gift** of a vision to a large gathering of like-minded individuals. The speaker was Andrew Jackson Davis. The vision was of beloved spirit children, children who may have died or may never have gotten to live on this earth plane. Mr. Davis' vision testified to these children being very much alive "at their play and at their lessons; on their visits to other societies of children, and taking part in music, in singing and in their beautiful marches." His vision was so precise that he was able to completely name and outline what he called the Children's Progressive Lyceum. This Lyceum was for children alive in this material world. Over the years, the Children's Progressive Lyceum evolved; the word Lyceum acquired the **gift** of another meaning and expanded to embrace children of all ages.

Thanks to the leadership of caring spirits, both on this and the other side of life, the Children's Progressive Lyceum has matured into "Lyceum," a vital component of the religion of Spiritualism, with lessons designed for children and adults. Through the **gift** of a vision materialized, Spiritualists have been **given** an opportunity to broaden the scope of its religion to enlighten mankind from birth on this earth plane through birth on the other side of life. How are you accepting this wonderful **gift**?



Are you accepting Lyceum as an extremely important **gift** to Spiritualism, or are you dismissing Lyceum as something intended for someone else's little children, but not your congregation of adults?

When Andrew Jackson Davis adopted the word "Lyceum," he knew it could describe the Spiritualists' School of a liberal and harmonious education. Lyceum's instruction is planned to be in harmony with the laws of nature, to be comprehensive, diverse and tolerant of other religions. Its directors, teachers and other leaders are usually volunteers who graciously **give** their time and energy to stimulate participants (Lyceumists) physically, mentally, intellectually and morally. Lyceum's aim is the elevation of its members whether they are children or adults. Its chief principle is harmony, and its object is the unfoldment of the faculties in their due order and degree.

Through us, Spiritualists, humanity can be taught to recognize a **gift**, accept a **gift**, develop a **gift** and/or share a **gift** without shame, fear or self-doubt. How precious we Spiritualists are to have been given the **gift** of Lyceum, which as you can see, is not just another "Sunday school." Lyceum can be a **gift** of time and empowerment to all who participate. Does your society have a Lyceum? If no, why not **give** the **gift** of Lyceum to your society? If yes, are you active in your society's Lyceum?

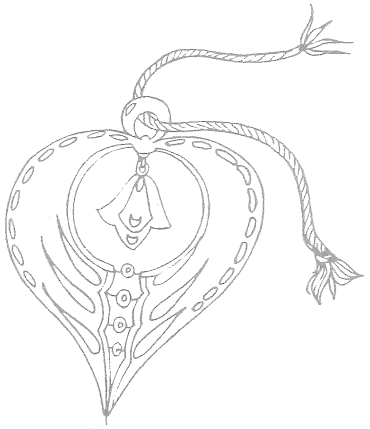
On January 25, 2005, Lyceum will become 142 years old. A special Lyceum Retreat for Ordained Ministers, Pastors and Lyceum Leaders will be held in New York from April 30–May 2, 2005 to celebrate Lyceum's 142 years, to encourage society leaders to establish, re-establish or expand their Lyceum involvement, and to make plans for Lyceum's 150th birthday in 2013. If you are a Spiritualist leader in your society, plan to give yourself the **gift** of presence at this retreat. Plan to ask your society's board to help raise funds to get you and at least one other leader to this retreat. Lyceum's future depends on

(Continued on next page.)

THE GIFT – REVISITED

(Continued from previous page.)

Spiritualism's present leaders. You, as today's Spiritualist leaders, are the pioneers, shakers and movers who make a tomorrow. Why not give your congregation the **gift** of religious education and/or reformation through Lyceum? Why not plan to continue to offer your congregants the **gift** of a full religious education experience: informal education—Lyceum, formal education—MPI and CSS?



If, after all has been said and done, you still cannot make the *Religious Leader's Lyceum Retreat* and you are a Spiritualist leader, send a donation to the NSAC Department of Lyceums to help defray the expenses of one of our Spiritualist leaders who will be able to attend. Your **gift** will be greatly appreciated.

If you are a current or future Lyceumist and cannot make the *Lyceum is for Families Retreat* in August, generously **give** to support Lyceum, its retreats, conferences, contests and general operating expenses. Those of us who can attend will deeply appreciate your **gifts.**

Gifts are timeless expressions of love that can be revisited again and again. Revisit the gift of Lyceum; revisit the gift of giving and revisit the gift of receiving.

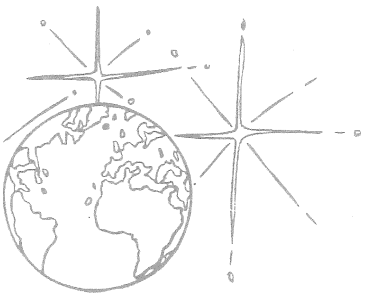
Reverend Arsenia J. Williams, NST
Director, NSAC Department of Lyceums
10913 S. Parnell Avenue
Chicago, IL 60628-3234

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It takes courage to push yourself to places that you have never been before...to test your limits...to break through barriers. And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom.

– Anais Nin

POETRY



The World Is Mine

– Author Unknown

Today, upon a bus, I saw a very beautiful woman
And wished I were as beautiful.
When suddenly she rose to leave,
I saw her hobble down the aisle.
She had one leg and wore a crutch.
But as she passed, she passed a smile.
Oh, God, forgive me when I whine.
I have two legs; the world is mine.

I stopped to buy some candy.
The lad who sold it had such charm.
I talked with him, he seemed so glad.
If I were late, it'd do no harm.
And as I left, he said to me, "I thank you,
you've been so kind.
It's nice to talk with folks like you.
You see," he said, "I'm blind."
I have two eyes; the world is mine.

Later while walking down the street, I saw a child I knew.
He stood and watched the others play,
but he did not know what to do.
I stopped a moment and then I said, "Why don't you join them Dear?"
He looked ahead without a word.
I forgot, he couldn't hear.
Oh, God, forgive me when I whine.
I have two ears; the world is mine.

With feet to take me where I'd go.
With eyes to see the sunset's glow.
With ears to hear what I'd know.
Oh, God, forgive me when I whine.
I've been blessed indeed, the world is mine.

THE NATIONAL SPIRITUALIST ASSOCIATION OF CHURCHES
DEPARTMENT OF PHENOMENAL EVIDENCE

January 2005 Department of Phenomenal Evidence Report

BY THE REVS. TOM AND LISA BUTLER, NST

Psychic Ability: In "An Assessment of the Evidence for Psychic Functioning," Professor Jessica Utts studied psychic functioning research conducted over a two decade period to determine whether or not the phenomenon had been scientifically established. She writes, "Using the standards applied to any other area of science, it is concluded that psychic functioning has been well established. The statistical results of the studies examined are far beyond what is expected by chance. Arguments that these results could be due to methodological flaws in the experiments are soundly refuted. Effects of similar magnitude to those found in government-sponsored research at Stanford Research Institute and Science Applications International Corporation have been replicated at a number of laboratories across the world. Such consistency cannot be readily explained by claims of flaws or fraud.

From: http://anson.ucdavis.edu/~utts/air2.html

Belief in Psychic Ability on the Increase. A recent Gallup poll found that one in two Americans believes in extrasensory perception. Fifty-four percent believe in psychic or spiritual healing. From: eMediawire "Psychics can't believe the growth in their popularity" www.emediawire.com/ releases/2004/9/emw161192.htm

Skeptics test Girl with X-ray vision. You may remember our reporting on Natasha Demkina in June. She is a 17 year old Russian girl who claims to see inside people's bodies and be able to watch their organs and see when something is going wrong. The Committee for the Scientific Investigation of Claims of the Paranormal (CSICOP) an organization of professional skeptics designed the experiment. For the first part of the test, Natasha was asked to try and diagnose the conditions of people who had described specific ailments to members of CSICOP. At the end of the consultation period, most were impressed, feeling that Natasha had pinpointed their conditions. In the second part of the test, Natasha was given a list of medical conditions and positioned in front of seven people. The skeptics decided that if Natasha could correctly identify who had which operation five times out of seven, she would pass. Though she correctly identified four of the patients, she misdiagnosed three, including one who had a missing appendix. She had failed, the scientists declared. Natasha now says she was unhappy with how the test was carried out. "The atmosphere of the testing was unfriendly. The conditions I was looking for were in some cases dubious. Why is it that, if I get five out of seven, I pass, but if I get four, I'm a total failure?"

Natasha is now going to medical school in Russia and says, "The dream is, if I preserve my gift, to use it but on the basis of proper medical knowledge." From: *Sci/Tech News,* "Why scientists find diagnoses of 'x-ray' girl hard to stomach" www.keralanext.com/news/?id=50775

Healing with Color: In an article written for About.com by Janet Boyer, we are reminded that there are many ways to use color to heal. During his life, Ghadiali Dinshah extensively researched the effects of color on disease, developing the use of colored filters and lamps. His work is probably the most extensive and detailed of any this century.

But it is not necessary to have colored filters and lamps to work with color healing. You can drink color by filling a colored glass bottle that is three quarters full of water and keeping it in sunlight. Sunlight will charge the water in six to eight hours. Use a cork or cap to keep the dust out and clean the bottle once a day. Alternatively, wrap colored cellophane around a transparent bottle but don't use the cellophane if it is faded.

You can also benefit by wearing the color that you need or by meditating with color cards found in art stores. It also works to visualize the color that you need surrounding you and filling every cell of your body. There are actually online color mediations (http://myth.com/color/med.htm) where you take in the color through your eyes. From: *Can Color Heal* by Janet Boyer http://bellaonline.com/articles/art9740.asp

Border Collie knows 200 words; The Max-Planck Institute for Evolutionary Anthropology's Juliane Kaminski has reported on Rico, a nine-year-old border collie with a vocabulary of over two hundred words. In studies Rico was asked to retrieve one of ten hidden objects that were familiar to him. An example would be, "Rico, where is the ball?" In forty requests for forty different objects in a group of two hundred, Rico was successful 92.5 per cent of the time. All items were hidden and located out of sight of Rico's owner and the experimenter, so that there was no possibility of the dog picking up subtle cues.

Rico was also adept at retrieving novel items; items with names that he did not know. When these novel items were hidden with items he was familiar with his success rate of retrieving the novel item was 70 per cent. Rico seemed to realize that

(Continued on next page.)

Things To Think About

BY MERRY BROWNE



Hark, the New Year's bells are ringing.
Hear the lovely song they're singing,
Listen closely, Listen well,
'Tis a new world-tale they tell,
As it is in heaven so on earth,
Love and peace are given birth,
Just by changing heart-wise thus,
It all depends on change in us.

• Integrity and Spirituality

Michael Richards, who played the character *Kramer* in the long running TV series *Seinfeld*, was keynote speaker at the Bicentennial Exhibit of the Scottish Rite and he told of meeting Red Skelton who advised him to always keep his eyes on his soul. Richards went on to say how important that is to integrity and spirituality. He ended his speech with the importance of Brotherly Love, Charity and Truth.

On the day I read that, I also read the newsletter sent out by Interfaith Steps to Peace and I was confronted with two pieces that fit together as one because the editor of it urges us to be aware of the diverse but parallel paths we all walk and to lean on others for loving support and let them lean on us.

• Loving-Kindness

At the heart of Buddhism, according to the teachings, is just loving-kindness for all without exception. The greatest breakthrough of consciousness will come when this simple truth will be seen as the heart of all religions.

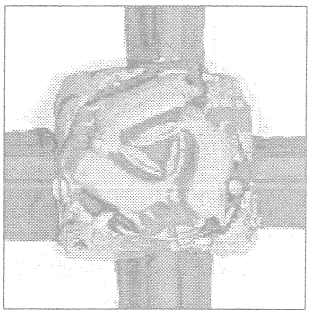
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DEPT. OF PHENOMENAL EVIDENCE REPORT

(Continued from previous page.)

the novel word must refer to the hidden object for which he didn't have a name. From: *Word learning in a domestic dog: evidence for "fast mapping."* By Kaminski, J., Call, J. & Fischer, J., *Science,* 11 June 2004, www.sciencemag.org.

Comment: Such articles about the intelligence of animals suggests that a fundamental aspect of life is intelligence. Apparently, there is no such thing as a "dumb animal," only an animal that we do not understand.



The Symbol of the Three Hares: British scientists are trying to solve the mystery of a sacred symbol that has been found in sites around the world. The depiction of three hares chasing each other in a circle and joined at the ears has been found in sixth century Chinese temples, 13th century Mongol metalwork and in British medieval churches. How did this symbol that is virtually identical become prominent in Christian, Islamic and Buddhist cultures separated by great time and distance?

From: www.abc.net.au/news/newsitems/200407/s1146284.htm. Picture from www.chrischapmanphotography.com

Increased Awareness about Electronic Voice Phenomena: The ads for the horror movie *White Noise* began showing in September as we were doing this DPE report. The first add or trailer for the movie gave out the American Association of Electronic Voice Phenomena's website address as the place to get more information about EVP. In just two weeks the AA-EVP web site has received over 60,000 hits. Universal studios told us that they wanted EVP to be as well known as UFO's and Crop Circles and they seem to be making early headway at doing just that.

The movie is scheduled to be released in theaters January 7, so by the time you read this, you will probably be talking to people who want to know about EVP as a way to talk to a discarnate loved one. There is information at http://aaevp.com and in the book, *There is No Death and There are No Dead,* that will help you know how to answer.

C.G. Jung Web Site: There are many Jung web sites on the Internet, but from our observations, they focus more on the scholastic, historical or professional analyst point of view than on his philosophy. A new web site dedicated to people who are interested in Jung's philosophy is now open at www.cgjung-page.org/. It appears that the discussion forum and articles will provide a fascinating look at one of the more influential philosophies of our time.

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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Kindness

BY DANIEL O'ROURKE, New York

Henry James, the American novelist said, "Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind." Thich Nhat Hanh, a spiritual master and Vietnamese Buddhist monk, has written, "My true religion is kindness."

What is kindness? And what relationship, if any, does it have with the meaning of life, with religion, with spirituality or with the Infinite Spirit God?

Kindness is being helpful, sympathetic and compassionate. It is actions that demonstrate consideration and caring. Kindness is thoughtfulness and sensitivity, the small, daily manifestation of concern. It is the practical unfolding of love. It's love at work.

In the *Bible* there is a short, meaningful text. It says simply "God is love." (I John 4:16). If that is true, then kindness is divine; it is of God.

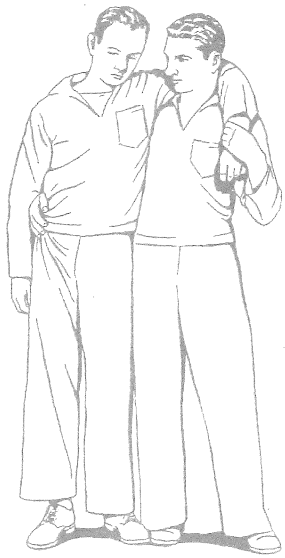
The mystery we call God is love; the Energy that produced and sustains our universe is loving. The underlying Force that holds the world in its power and binds humans together is loving. To Einstein's basic question: Is the universe beneficent? The answer is yes, because the universe, a sharing of life and beauty is loving. More to the point, however, is that this loving energy manifests itself through our acts of kindness. That Godly love takes on flesh and blood through our own actions. We are the conduits, the channels, the mediums through which that Loving Force can touch other living beings.

Some months ago, I asked a former colleague what he was doing in retirement. "Errands," he told me. I've thought a lot about that quip as I shop to buy milk or cereal, haul recyclables to the transfer station, or pick-up prescriptions or dry cleaning. I do these common errands for my wife, family or friends. I do them to help life flow more smoothly. They are acts of kindness fueled, I hope, by the Energy of God. My motive and intention can make them that.

Is that a theological stretch? I don't think so. Aren't our guides and teachers constantly prompting us to do things for others? Didn't Jesus say that when we give a cup of water to the thirsty that we have quenched God's own thirst? Don't the saints teach that the secret of holiness is to do ordinary tasks with great love? Filling the family sugar bowl, feeding the dog, or mopping the floor can be a kindness. Just as a smile, a cheering word, a genuine compliment can be life-giving. They all are healing.

Here is a kindness/healing story. Dr. James Dykes, who teaches medicine at Duke Medical School in Durham, North Carolina, tells this about himself.

My education as a physician began as a patient. At the age of 14, I developed a very severe case of acne, which not only affected my face, but my back, my chest and my arms. I was taken to a dermatologist. When I took off my shirt, the doctor frowned, stepped back, looked away and said: "With a case of acne like that, you won't qualify for the military." I felt ashamed, isolated, afraid and angry. He prescribed an assortment of soaps, ointments and antibiotics and dismissed me. The treatments were ***not*** *helpful.*



About a year later, with my acne much worse because of a widespread disfiguring infection, my parents took me to a second dermatologist. When I removed my shirt, he stepped toward me and despite the open, oozing sores, put his hands on my shoulders. He said to me in a warm, reassuring voice, "I see how much you're suffering. I think I can help you get over this." I felt a kind of warmth inside me..." He gave me hope. He prescribed very much the same treatments as the first doctor, ***but this time I healed.***

Dr. Dykes now teaches students studying to be doctors. He tells them that story, teaching them the value of kindness. Ultimately, he says, "It is kindness that heals our deepest wounds."

When we are kind, we are all healers. What goes on at the church healing bench is a concrete example of how kindness works. The healer is a conduit of God's energy and love. By touch and gesture, by prayer and intention, with the help of their spirits and teachers, the healers channel and focus the healing energy of God. It is the same in our everyday lives. With the help of the spirits, by our words and actions, through our motive and intentions our acts of kindness channel that same healing energy.

If we allow that Loving Energy to flow through us, we are healers. Perhaps not as dramatically as that second dermatologist, but we can heal each other's insecurities, anxieties, and worries. One kind word, the Japanese proverb tells us, can warm three winter months. Do we speak those kind words to our spouses, our children, and our friends? When appropriate, do we

(Continued on next page.)

speak them to our minister, our boss, or our doctor? Everyone, regardless of their role or position needs affirmation and encouragement. Everyone needs healing.

Some years ago, there was a panel discussion at the college in Fredonia, New York. I have long forgotten the topic. The raised platform held many dignitaries. Congressman Amo Houghton was there. So was Rabbi Levenberg from the Jewish temple. The rabbi was elderly, ailing and unsure on his feet. When the program was over, the participants began to step down from the platform. The congressman stepped over and spontaneously took the old rabbi by the arm and helped him manage those steps. It was an instinctive act of kindness. They sometimes had disagreed during the discussion, but the congressman wasn't seeking the Jewish vote or posturing for senior citizen support. He was helping another human being. He was being kind. Over the years, I have admired the congressman on some things; disagreed with him on others. but in the end, what I best remember him for is that act of kindness.

Kindness doesn't have to be an act; it can be a word. Mother Theresa said, "Kind words can be short and easy to speak, but their echoes are truly endless." They can change lives. Many a student was launched on a successful career by the kind words of an affirming teacher. Perhaps some of you have spoken them to students, or as a student heard them yourself.

But we don't have to be teachers to do that. We can do it with pen and ink, with the telephone, the internet or over the back fence. We can send kind words of greetings, sympathy, get-well, or congratulations. Heed your guides and teachers; they prompt us often to make a phone call, to mail a condolence, e-mail a greeting, or just say I'm sorry. Do it, it's healing; it is channeling the loving energy of God.

Some time ago, the Buffalo News ran a story on problems in retirement. It spoke of the isolation and the loss of a sense of worth some retirees experience. Not all retirees suffer that way, of course, but some do. One retail worker told the reporter, "When I left the store, several of my co-workers suggested we might get together later on. After about six months, I phoned each of them—not one returned my call." Why that unkindness?

A former middle manager told the reporter of passing by his former place of employment and seeing several of his former colleagues leaving the building for lunch. Spotting him approaching, they quickly crossed the street. All of a sudden, he understood that they now thought of him as a has-been—it was a bitter realization.

Why that unkindness? Why didn't one of his former colleagues call out? "Hey, Charlie, good to see you. We're on our way to the deli for a sandwich. Come on and join us. My treat."

Why are we unkind? Why do we block the loving energy from flowing through us to others? A few explanations may be: Acts of kindness often entail the interruption of our own agenda. We're task oriented. We have a plan, things we want to do, people with whom we want to speak. The kind deed might interfere with that. Perhaps some of his former colleagues wanted to discuss business at lunch and didn't want Charlie around with his old ideas.

Or perhaps Charlie talked too much, dominated the conversation, was tiresome or opinionated. That's the second reason we're unkind. We judge that people don't deserve our kindness. "A part of kindness," the French philosopher Joseph Jourbet tells us, "consists in loving people more than they deserve."



Paradoxically, sometimes our emphasis on competency and efficiency is why we fail to be kind. We focus on rules and regulations rather than upon the people we're serving. Too often, we do that at the checkout counter, in government agencies, in the hospital, in our churches. The rubics and rules get in the way. Efficiency and order become more important than customer, client or neighbor.

The first dermatologist who unsuccessfully treated the teenaged Dr. Dykes was competent. He could easily recognize the different kind of skin conditions and the appropriate medications, but ironically, that professionalism interfered with his being kind. He was so focused on the text book analysis that he forgot the more human response. He was a doctor, but not a healer.

When we are unkind in thought and word, we often do not recognize it. We do not realize that the things we say or do are harsh and hurtful. Or we think people deserve them. We sometimes perceive ourselves as the instruments of justice. "I really told her off. She deserved it. Do you know what she has been doing?" Our own insecurities and the habits of a lifetime fuel this. Not the God of love, not the Energy of the Infinite Spirit.

Why are we unkind? Because we are task centered, judge others; over emphasize rules, regulations or professional standards. That's why. Those self-centered habits of a lifetime block the flow of Divine Energy.

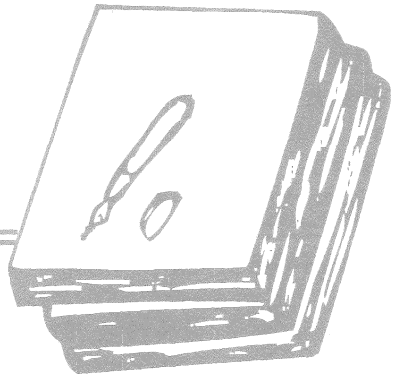
Remember that kindness is healing, but that's only half the message! Kindness heals, but it heals only because we are willing to share, spread and extend the healing Energy of God; our kindness or unkindness channels or blocks that healing Energy.

Daniel O'Rourke, is a New York certified Spiritualist Healer and a frequent speaker at Lily Dale Spiritualist Church.

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The Law Of Desire

BY THE LATE ELIZABETH HARRIS, DSNU



'Tis a thing impossible, to frame
Conceptions equal to
the soul's desires;
And the most difficult of
tasks to keep
Heights which the soul
is competent to gain.
– *William Wordsworth*

Desires are things longed for, wished for, asked for and prayed for. They can inspire and enrich our lives. But, unfortunately, the word "desire" has lost it's meaning by being over-used, abused and misunderstood. It is often and systematically misused, for it is mistaken for activities of the physical senses – when there is desire for earthly gratification and material gain.

We notice this in other cultures and Eastern religions. Two thousand, five hundred years ago, the Buddha, in India, claimed that sensations, perceptions, thoughts are all impermanent and only temporary. He believed that the root of all human suffering and all evils in the world was found in "desires" which he defined as "emotional attachments to things which are only transient, and must pass away."

The basis of Buddhist philosophy is rooted in this experience of "transience" and "flux," and Buddhist religious teachings show men how to escape from transient desires toward inward peace which is permanent.

Spiritualists go a step further than Buddhism, for we know "desires" can be both spiritual and material. It is up to us to know the difference.

We believe that the greatest and most spiritual "desires" of all are not laced with personal gratification and satisfaction – nor selfishness, but desires are a hungering to uplift mankind, help the needy, sustain the weak, help mankind realize its infinite potentialities.

We understand these desires are part of Infinite Spirit stirring within us – seeking expression. It is "desire" that shapes the course of our existence: it regulates evolution and spiritual progression. The great seer, Andrew Jackson Davis tells us:

> *Man must both desire and learn to answer every question he finds the power to ask. Herein lies the "cause" of all progressive development.*

Desire always precedes action. Desire is the **cause**, action is the **effect**. This is a Natural Law. There can be no change from darkness to light without desire. There can be no enlarging consciousness without the desire to do so. There can be no spiritual awareness without desire, for desires encourage changing and transforming our lives – to grow and develop. The ancient Chinese say: "If you keep a green bough in your heart, the singing bird will come." And in the practice of Spiritualism—there can be no spirit communication without desire.

The Spiritualist and poet, Henry Wadsworth Longfellow knew that desire precedes spiritual action when he said:

Life is real! life is earnest,
And the grave is not its goal;
Dust thou art – to dust returnest
Was not spoken of the soul!

Not enjoyment, and not sorrow,
Is our destined end and way;
But to act that each tomorrow
Find us farther than today.

Let us, then, be up and doing.
With a heart for any fate.
Still achieving, still pursuing,
Learn to labour and to wait.

Our minds, too, need desires to work – one benefits the other. Neither means anything without the other, anymore than a car will go anywhere without a desired destination on the part of the driver. The desire is the catalyst – the cause – which makes things move.

Also, desire precedes learning. The great British intellectual and

(Continued on next page.)

SPIRITUAL HEALING *(Continued from page 6.)*

a friend, "How does the food get through," and she replied, "Gravity." Frankly, I may be luckier than any of you I get to enjoy a good meal for several hours afterward. It's the easiest diet in the world because when it reaches a certain point, I can't eat any more.

I finally listened to Spirit. I didn't tell anyone I wanted all the healing prayers I could get, but suddenly I received letters and prayer cards from many denominations. When I was willing and opened the door, prayers were sent from around the world. I began sitting nightly for healing with Al, as I continue to do today. A surgical procedure had been scheduled, and afterward the doctor told me he didn't know what I was doing, but to continue, since for the first time in all the years he treated me, the ulcers on the esophagus were healed. Learning to live with the physical limitations, I remind myself constantly that while I am challenged on the outside, I am safe inside and Infinite Intelligence will help me continue to progress. My many physical challenges don't stop me from enjoying life. Instead, I have learned when you treat the physical with loving care you give yourself the gift of comfort and the strength to live more fully.

Due to Raynaud Phenomena, my fingers have trouble with circulation. Al bought me special gloves with a metallic thread running through them and at first I was embarrassed to wear them. When I decided I could enjoy being "eccentric" or run around worrying about how people would perceive me, I began to have fun with my clothes. I wear gloves, hats and coats in all kinds of weather. I'm a lot more comfortable than freezing for fear of others opinions. I had another laugh at Convention, when the air conditioning broke in the meeting hall and everyone else was complaining of the heat. I was thoroughly enjoying being comfy!



We know Spiritualism is a religion that promotes enjoying life and living it to the fullest. When you are challenged, you can still laugh, dream and visualize a better day. If you don't feel like doing any of this today, remember every day is a new beginning.

Challenged Spiritualists do not have a split personality in their belief in Spiritual Healing. They know all things are possible, they may be completely healed some day. If not, they can learn to live with the challenges in life creatively, always knowing their true self is tucked safely inside. When the time comes to lay the outer apparel aside, they will jubilantly embrace their freedom on the other side of life.

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THE LAW OF DESIRE *(Continued from previous page.)*

poet, John Milton (1608-1674) says: "Where there is much desire to learn, there will be much writing, many opinions, for opinion in good men is but knowledge in the making;" Action is the result of desire. Learning and gaining knowledge is the effect of the cause called desire.

Yet, as the philosopher William James has pointed out, "Differing desires, from one person to another, produces different results as well as inspiring different feelings at different times in the same person. But, if we picture ourselves stripped of desires, living is certain to be one of negativity and deadness – without expression, perspective or hope."

John G. Whittier, too, understands how desires inspire and shape our spiritual lives, when he writes:

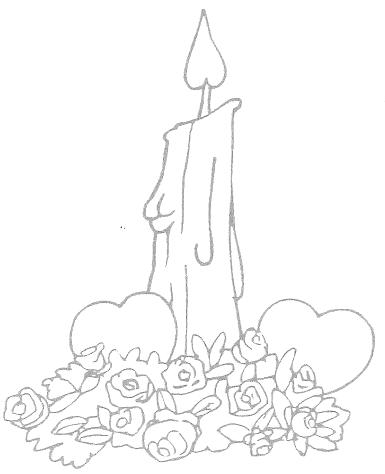
We shape ourselves, our joys or fear
Of which the coming life is made
And fill our future's atmosphere
With sunshine or with shade.

The tissue of the life to be
We weave with colours all our own
And in the field of destiny
We reap what we have sown.

Therefore, we can say that desires play a vital role in our spiritual development. This is the spiritual result of desire. For if we desire to serve humanity, or uplift ourselves, spiritual actions will follow. Physically we may be able to pretend, but spiritually, we can't.

For desires are basic human emotions – enriching, inspiring gifts from Infinite Intelligence.

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What happened in JANUARY throughout the years?

JANUARY 1, 2005



Happy New Year one and all. May we make it, through our conscious energy, a great time of positive change and harmony.

JANUARY 6, 1848

George P. Colby was born on this date. George began to demonstrate his mediumship at age 12 and travelled extensively for Spiritualism throughout his life. He was a lecturer, teacher and medium who attended the first NSA Convention as a delegate. He organized several Spiritualist Societies including the Cassadaga Association for which he donated 35 acres of land, where the Assembly is still located.

JANUARY 15, 1873

The birth date of **Dr. Le Roi Crandon**, a surgeon in the Boston, MA area and a psychical researcher. He married Mina Stinson (Margery), a very evidential medium, who convinced him of the truths of spiritual communication and caused him to convert to Spiritualism.

JANUARY 17, 2005

Martin Luther King, Jr. Day. In 1963, a century after Lincoln signed the Emancipation Proclamation, another great American, Dr. Martin Luther King, Jr. stood at the Lincoln Memorial in Washington, D.C. and delivered his "I Have a Dream" speech. His message was peace, justice and hope. He was also in full view of the monument to Thomas Jefferson, who wrote, "We hold these truths to be self-evident, that all men are created equal."

JANUARY 25

NSAC Founder's Day. Each year the Bureau of Lyceums notifies your auxiliary of this event and solicits a donation for the Bureau of Lyceums. It is also a time to commemorate the founding of the Children's Progressive Lyceum by Andrew Jackson Davis in New York City, at Dodsworth Hall in 1863. He obtained inspiration for the lyceum because of an astral projection into the Spirit World where he saw children being taught in health of body, purity of thought and desire, love of truth in all we say, justice in all we do, the cultivation of reasonableness and spirituality. One of A. J. Davis' guides was Emanuel Swedenborg. *The Lyceum Spotlight*, the official organ for the NSAC Bureau of Lyceums, was begun in January of 1947, with Elsie Bunts as its first editor. The Rev. Cosie Allen is the current editor.

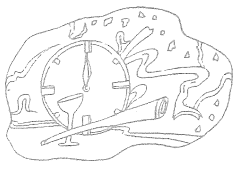
JANUARY 29, 1688

The birth date in Stockholm, Sweden, of **Emanuel Swedenborg**. This great thinker, scientist, theologian and forerunner of Spiritualism began his spiritual search and spiritual inquiry in his later life. His writings on his insights, continuous life, the after-life, communication and his view of God have inspired many. In fact, about 15 years after his death, an organization, the Swedenborgian Church was formed. Swedenborg wrote: "All religion relates to life, and the life of religion is to do good." He felt the sincerest form of worship is a useful life.

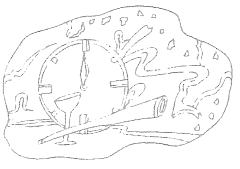
JANUARY 31

NSAC Board member, **the Rev. E. Ann Otzelberger, NST,** celebrates her birthday today. We all send good wishes for a wonderful day and a spiritual year.





FAVORITE SAYINGS TO LIVE BY



"People love to talk about a war to end war; they do not love to talk about a peace to end war."

– *Aldous Huxley*

"The real and lasting victories are those of peace, and not of war."

– *Ralph Waldo Emerson*

IN FOND REMEMBRANCE



THE REV. EVELYN MUSE

TNS would like to inform all those who knew her, that the Rev. Evelyn Muse, one of our pioneers, made her transition at the age of 99, on October 2, 2004 in Texas. Mrs. Muse was active in Spiritualism from a young age and continued her belief throughout her lifetime. She was on the NSAC Board for many years, attended Conventions and served churches and camps around the country and served the churches in her homestate of Texas. One memory of her is when you had a difference of opinion, she would begin her rebuttal with: "I love you, Honey, but..." An obituary honoring her will be printed as soon as it is received.

CERTIFICATION IN MAINE

On May 16, 2004, the Reverend Catherine Snell of the Church of Spiritual Life of Massachusetts, and Graham Connolly, President of the Portland Spiritualist Church, presented Beth Carter with her Certified Medium's certificate of completion. Beth is the first certified medium in the church since 1982.

On September 19, 2004, H. D. Barrett Day was hosted by the H. D. Barrett Church of Bangor, Maine. There was a large attendance at the Canaan Town Hall, with special guest, the Reverend Sue Ferency of Connecticut. Maine State President, Graham Connolly, addressed the assembly, followed by a dedication of Barrett Park. The Memorial plaque was presented to Beth Carter, as it now travels from the H. D. Barrett Church to the Portland Spiritualist Church, where it will remain until September 2005. The plaque bears the names of those who have been instrumental in the furtherance of the churches in the State of Maine. Some of those who were honored this year were the Rev. Barbara Thurman, the Rev. Gene Pfortmiller, and Al Ferency. There were those at National Convention who expressed an interest in our Maine's H. D. Barrett Day. Please go to www.portlandspiritualistchurch.org for more information.



State President, Graham Connolly, dedicating the Barrett Park.



Members of Portland Spiritualist Church: *1st row, left to right:* Ron Wofford, Mike Carter, Pres. Graham Connolly, Patty Dunsmoor, Beth Robinson, Arnold Howe; *2nd row, left to right:* Faye Holmes, Bertie Jenkins, Agnes Haldane, Eddita Felt, Ruth Hazelton, Sue Jalbert, Beth Carter, Pat DeCosta, Maggie & Mark Stark, and Eva Giro.



Beth Carter, holding the H. D. Barrett Memorial plaque.

On September 26, 2004, Beth Carter was the speaker/historian for the 50th year rededication and celebration of the Portland Spiritualist Church. Of the 37 in attendance, there were the Reverends Earl and Patricia Wallace, and the Rev. Vaikko Allen of the Augusta Spiritualist Church, as well as the Reverend Ken Wingood of the Church of Spiritual Life in Salem, New Hampshire. Sixteen of 24 members were able to attend, plus past member, Agnes Haldane, age 92, wife of our former pastor, Tom Haldane, LM.

Also in September, the Portland Spiritualist Church enjoyed a wonderful outing at Ft. Williams Park on the ocean, with attendees from the Augusta and Bangor Spiritualist Churches. On September 25th, we held our fall Medium's Day, which is a bi-annual fundraiser.



Graham Connolly, local and state President, presenting Beth Carter with her Certified Medium's certificate.

(NOTES, continued on next page.)

IN MEMORY

First Church of Divine Science Newsletter

Our beloved pastor Charles Jessup, passed over on September 8, 2004. He was 78 years old. He had been sick for several years, due to strokes and heart attacks.

He became the pastor of First Church of Divine Science in 1972. He had a career in the military. He served in World War II, and Viet Nam. He was wounded in Viet Nam, where he was declared dead. Needless to say, he survived for many more years.

Charles had a quest for knowledge. He was a restless soul in search for the truth. When he was 13 years old, hitchhiking on the road to the west, he was beaten up by strangers. The Indians on a nearby reservation discovered him and took him in. While living there, he was taught the native Indian beliefs. His respect for nature never left.

Charles joined the Navy at 16 years of age, only to be dismissed on account of his age. He then went to Canada and joined up there.

In his military career, and his engineering jobs, he was able to travel all over the world. Always searching for answers, he went to South America, Burma, Japan, China, Germany, India and Tibet, Arctic Region of Alaska, not to mention time in Rome and London. He studied Islam, Judaism and Buddhism. He discovered a common thread of spirituality running through those religions. He asked, "How can different cultures know the same thing if there isn't something there?" He was a member of the Psychic Research Society of London, and the World Council of Churches in Geneva.

Charles reactivated the Texas State Spiritualist Association in 1976-77. He was President of T.S.S.A. from 1979 to 1992.

Charles had gotten many students ordained in his time. Many of his students went on their own and started churches. His students varied from all different cultures. He even taught priests and nuns about symbolism from their church, teaching them some of the meanings of their rituals. Many of his students were from different beliefs, taking what he taught and incorporating it in with their beliefs.

His awareness of Spiritualism started in his early childhood. He said he "always asked the wrong questions, always following the wrong leads, if you will." Upon returning from his travels in 1970, he began to become "formally" involved with Spiritualism.

He had several near death experiences in his life. Two of them are documented, the others we don't know. One time in Viet Nam he was shot and believed to be dead and stacked with the dead bodies. The other time he died on the operating table. He was bagged and sent to the morgue. On the way to the morgue he realized what was going on. He tells how it took all his strength to just move one toe. After being able to move one toe, he began to move his foot. The driver saw movement and ran off the road.

Charles had remarkable psychic abilities. His main object was to teach everyone that they too could be whatever they wanted. He believed that the gifts were not just given to the high priest and holy men, but that miracles and supernormal happenings are attainable to everyone.

Charles Jessup was a secretive person. He did not talk about himself much. Instead, he spoke many times of some of his experiences. He did not like any personal recognition.

After his meditation classes sometimes he would sit and talk about some of his experiences. He told of the time when he was in the Arctic, and went whale hunting. He said it was an experience of a lifetime. How he could hear the whale talking to him. How at any time the whale could have flipped its tail and killed all of them. The whale let them live, so they let the whale live. He told of the experiences with the Eskimos, how their beliefs are in tune with nature. He talked about his experiences with the Native Indians.

Charles was a very complex man. His talents were many. As time passes, we recognize these more and more. His teachings will live on through his students. He was ahead of his time in many ways. Science and religion are now proving some of his teachings.

Sometimes we do not realize what we have lost until it's gone. I believe this is the case with Charles Jessup. As time goes on, we realize a great man touched our lives.

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FOUR CORNERSTONES

By the Rev. William Graham Turner

This excerpt about four good cornerstones of life which lead to growth, if practiced daily will bring amazing results.

- Be filled with *patience* as it helps to endure the trials of life. Patiently work toward a goal realizing the end result will be achieved at the right time with the proper results.
- *Gratitude* is very important. Be grateful for the joys, but also for the misfortunes of life—for many a misfortunes has turned into great happiness and success. Be grateful for every experience in life because each thing that happens is a part of our progress.
- *Humility* is immune to evil influences and is the result of gratitude for all the things of life.
- *Aspiration* brings constant desire and is the stimulus of the individual to grow to achieve the highest understanding.

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- Pastoral Skills Course -

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Class size is limited. Early registration is necessary. A **deposit of $50** is required **sixty (60) days** in advance with full payment required thirty (30) days in advance, if not on the payment plan. **Complete information for the site will be sent upon payment** of a deposit. If eight students are not enrolled for a session thirty days in advance, the session may be canceled.

For further information call the MPI Office at:
414-774-2994 or fax: 414-774-2964,
or email: mpratt@execpc.com

2005 SITES AND DATES

- **LILY DALE, NEW YORK:**
  Lily Dale Spiritualist Camp – Two Week Session
  June 4 – 7:00 p.m., Orientation
  June 5-17, Classes
  Instructor: Rev. Sharon Snowman, NST

- **MILWAUKEE, WISCONSIN:**
  Morris Pratt Institute – **Split Session – Two Years**
  Week One: Oct. 22-28, 2005 – 7:00 p.m., Orientation
  Week Two: April 15-21, 2006
  Instructor: Rev. Pamla Ashlay, 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.

PASTORAL SKILLS REGISTRATION FORM

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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: "Do unto others as you would have them do unto you."
7. We affirm the moral responsibility of individuals and that we make our own happiness or unhappiness as we obey or disobey Nature's physical and spiritual laws.
8. We affirm that the doorway to reformation is never closed against any soul here or hereafter.
9. We affirm that the precepts of Prophecy and Healing are Divine attributes proven through Mediumship.



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