



The Healing Power of Intuition

The Seven Principles of Spiritualism

- The Fatherhood of God
- The Brotherhood of Man
- The Communion of Spirits and the Ministry of Angels
- The Continuous Existence of the Human Soul
- Personal Responsibility
- Compensation & Retribution hereafter for all good or evil deeds done on Earth
- Eternal progress open to every Human Soul

December 2012

Spiritualist Fellowship Church
 Unity Church 300 Arlington Street
 Sunday Services
 Healing: 7-8 pm
 Worship & Mediumship: 8-9pm

Spiritualist Fellowship Church Spirit Talks

Share the joy

Life is best when it is shared. At no time is that more evident than on Christmas day. All the various customs and traditions of the season serve to bring people together in a spirit of joy and celebration. It's a powerful reminder of how good it can feel to connect with others in a genuine, personal and heartfelt way.

Though we have many differences, we also have much in common. Though there is great value in our diversity, that value exists because we are able to connect with each other in ways that are positive and fulfilling.

Even the most accomplished, self-sufficient, independent people have an inherent desire to share life's experience with others. Though there is much we can accomplish as individuals, there is far, far more that we can experience by connecting and cooperating with each other.

This is a special, beautiful day. It is made even more beautiful by the opportunity to share with others.

On this day, and every day, live the joy and share the joy. Celebrate the connections that give life so much meaning and richness.

-Ralph Marston

Blessing from Silver Birch

I pray to the *Great White Spirit* that, wherever you are, whatever you do, His power and His love May sustain you; that your heart, always filled with a desire to serve, shall be open to the inspiration of the Great White Spirit. May He infuse into you a greater capacity for service, that you may build around you a center of light, of peace, of happiness, so that all those who come to that center may understand that it is a place where the Great Spirit reigns.

"May He bless you and sustain you and keep you always in His path. May you learn to understand more clearly His purpose, His power, and His plan. God bless you, and go forward."



The Spiritualist Fellowship Board 2012

President, Richard MacKenzie; Vice President, Debbie Cielen; Secretary, Sandi MacKenzie; Treasurer, Mike Boyko; Social Convener, Steve Morris; Members-at-Large, Andre Girouard

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Mind-Body-Spirit

The Awakening



A time comes in your life when you finally get...when, in the midst of all your fears and insanity, you stop dead in your tracks and somewhere the voice inside your head cries out... ENOUGH!

Enough fighting and crying and blaming and struggling to hold on. Then, like a child quieting down after a tantrum, you blink back your tears and begin to look at the world through new eyes. This is your awakening.

You realize it's time to stop hoping and waiting for something to change, or for happiness, safety and security to magically appear over the next horizon. You realize that in the real world there aren't always fairy tale endings, and that any guarantee of "happily ever after" must begin with you...and in the process a sense of serenity is born of acceptance.

You awaken to the fact that you are not perfect and that not everyone will always love, appreciate or approve of who or what you are...and that's OK. They are entitled to their own views and opinions.

You learn the importance of loving and championing yourself...and in the process a sense of new found confidence is born of self-approval. You stop complaining and blaming other people for the things they did to you – or didn't do for you – and you learn that the only thing you can really count on is the unexpected.

Continues on page 4

THREE STEPS

Mind-Body-Spirit

Classes and Events

The annual cost of Membership with the Spiritualist Fellowship Church Inc. is:

\$15 for single

\$20 for family



New members are always welcome!

The Peoples Bear Sweat lodge Ceremony

Call **Debbie** at **633-7957** for dates up coming ceremonies

10 am. St. Norbert Arts Centre, St. Norbert MB. .

Good Talking Turtle is requesting a love offering of \$20 to raise money to purchase a 30x30 tarp and pay for costs of wood and rental of property. If you have any old comforters or large blankets you would like to donate they are gratefully accepted.

There are a few guidelines and courtesies for participants. You should abstain from alcohol or drugs for at least four days prior to the **Sweat lodge**. It is very important that you inform the **sweat lodge** conductor of any health problems such as asthma or high blood pressure. **What to wear and bring to the**

Sweat lodge Ceremony:

*** Tobacco for offering & Towel and small blanket ***

Men wear longer boxing style swimming trunks or shorts.

Women wear long, dark colour, dress like garments.

Clothing must be metal free. Remove all metals—earrings, rings, necklaces, etc. Bring your own bottled water and a snack to share with others after the Sweatlodge. Please call **Debbie** at **633-7957** for information..



SPIRITUALIST FELLOWSHIP CHURCH

Centre of Learning and Light

2012/13 Classes & Workshops



1. Sun Dec 16 All message & Drumming night \$5 at the door
 2. **Introduction To Spirit Guides and Guidance** (Tuesday Evenings)
January 8 ,15 , 22, 29.
 3. **Open Circle Development** January 10 (Thursday Evening)
& February 23 (Saturday Evening) 7pm - 9pm **Open Donation**
 4. **Crystal Healing (singing) Bowls** January 17, 24
(Thursday Evenings) 7pm-9pm
 5. **Annual General Membership Meeting & Election** 5 p.m. Saturday,
January 26, 2013 (followed by a potluck.)
 6. **Meditation level 1&2** Februarys 4, 11, 18, 25 Monday evenings
 7. **The Joy of Feeding Your Body, Mind and Soul** February 5, 12, 19, 26
 8. **Fundamentals of Spiritualism and Mediumship**
March 4, 11, 18, 25 (Monday evenings) 7-9 PM
 9. **Tarot Classes** March 5, 12, 19, 26 **Cost \$60.00**
Tuesday evening (4Weeks) 7-9 Pm (Pre register)
 10. **Potluck (Bring a dish to share)** & special event March 23 Saturday
6-10 pm
- \$10 per class unless otherwise posted**

Ask. Believe. Receive .

Centre of Light and Learning

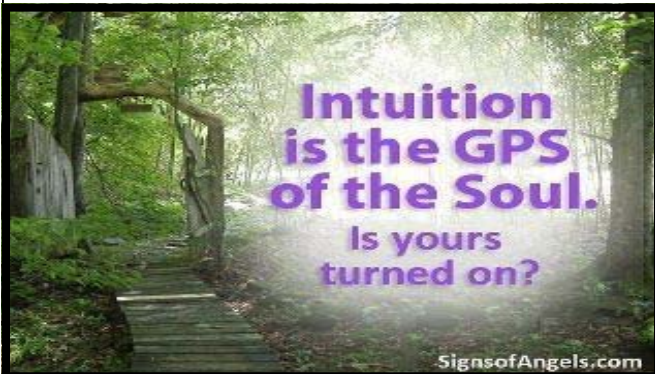
Provides educational programs for all persons, regardless of religious background, who desire to understand and to dedicate themselves to personal spiritual growth and development in an atmosphere of informed free thought and inquiry.

The Spiritualist Fellowship Church

and

The Centre of Light and Learning

Are pleased to announce that private 15 minute Psychic Readings will be available each Sunday prior to the Evening Service from 6:30 pm to 7:30 pm. A donation of \$15 per person for a 15 minute reading is requested



You learn that people don't always say what they mean or mean what they say and that not everyone will always be there for you and everything isn't always about you. So, you learn to stand on your own and to take care of yourself...and in the process a sense of safety and security is born of self-reliance.

You stop judging and pointing fingers and you begin to accept people as they are and to overlook their shortcomings and human frailties...and in the process a sense of peace and contentment is born of forgiveness.

You learn to open up to new worlds and different points of view. You begin reassessing and redefining who you are and what you really stand for.

You learn the difference between wanting and needing and you begin to discard the doctrines and values you've outgrown, or should never have bought into to begin with.

You learn that there is power and glory in creating and contributing and you stop maneuvering through life merely as a "consumer" looking for you next fix.

You learn that principles such as honesty and integrity are not the outdated ideals of a bygone era, but the mortar that holds together the foundation upon which you must build a life.

You learn that you don't know everything, it's not your job to save the world and that you can't teach a pig to sing.

You learn the only cross to bear is the one you choose to carry and that martyrs get burned at the stake. Then you learn about love.

You learn to look at relationships as they really are and not as you would have them be. You learn that alone does not mean lonely. You stop trying to control people, situations and outcomes.

You learn to distinguish between guilt and responsibility and the importance of setting boundaries and learning to say NO.

You also stop working so hard at putting your feelings aside, smoothing things over and ignoring your needs. You learn that your body really is your temple. You begin to care for it and treat it with respect. You begin to eat a balanced diet, drinking more water, and take more time to exercise. You learn that being tired fuels doubt, fear, and uncertainty and so you take more time to rest. And, just food fuels the body, laughter fuels our soul. So you take more time to laugh and to play.

You learn that, for the most part, you get in life what you deserve, and that much of life truly is a self-fulfilling prophecy. You learn that anything worth achieving is worth working for and that wishing for something to happen is different than working toward making it happen.

More importantly, you learn that in order to achieve success you need direction, discipline and perseverance. You learn that no one can do it all alone, and that it's OK to risk asking for help.

You learn the only thing you must truly fear is fear itself. You learn to step right into and through your fears because you know that whatever happens you can handle it and to give in to fear is to give away the right to live life on your own terms.

You learn to fight for your life and not to squander it living under a cloud of impending doom. You learn that life isn't always fair, you don't always get what you think you deserve and that sometimes bad things happen to unsuspecting, good people...and you learn not to always take it personally.

You learn that nobody's punishing you and everything isn't always somebody's fault. It's just life happening.

You learn to admit when you are wrong and to build bridges instead of walls.

You learn that negative feelings such as anger, envy and resentment must be understood and redirected or they will suffocate the life out of you and poison the universe that surrounds you.

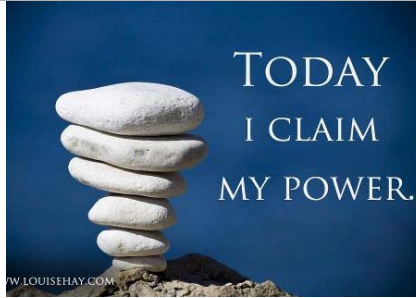
You learn to be thankful and to take comfort in many of the simple things we take for granted, things that millions of people upon the earth can only dream about: a full refrigerator, clean running water, a soft warm bed, a long hot shower. Then, you begin to take responsibility for yourself by yourself and you make yourself a promise to never betray yourself and to never, ever settle for less than you heart's desire.

You make it a point to keep smiling, to keep trusting, and to stay open to every wonderful possibility. You hang a wind chime outside your window so you can listen to the wind.

Finally, with courage in your heart, you take a stand, you take a deep breath, and you begin to design the life you want to live as best as you can.

Business Community

Where we are going always
reflects where we came from.



Richard
Spiritual Healer
Clairvoyant
Spiritual Readings
Intuitive Development Classes
222-0071

Psychic Reader (TAROT)

Classes Available

Catherine Holmes Ph.# (204) 888-7053

The Spiritualist Fellowship Church

The Healing Power of Intuition

- Healing Service
- Worship
- Esoteric Teachings
- Guided Meditations
- Special Events
- Clairvoyant Messages

Services every Sunday 7 pm - 9 pm
300 Arlington St. (Portage Ave and Arlington St.)
222-0071
www.spiritualistfellowshipchurch.org

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You can't reach
for anything new
if your hands
are still full of
yesterday's
junk.

© Positivity Toolbox ~L. Marie Smith



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To the Light
Home Cleansing
Susan Hurd

TAROT READING
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Images, Symbols and Intuition for Exploring
Possibilities and Opportunities

Susan
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