



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

May 2014

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

Spiritualist Fellowship Church
Spirit Talks



Spring is when
 life's alive in
 everything.
 - Christina Rossetti

Just as a candle cannot burn without fire, men cannot live without a spiritual life.

Buddha

Do you have an idea that you would like to see featured in the newsletter? Do you want to comment on something featured here? Please contact Carol at spec2accum@shaw.ca.



The Spiritualist Fellowship Board 2013

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

Inside this issue:

A note about Spring	2
Classes and Events	3
Good Talking Turtle/	4
Balancing the Chakras Through Food.	
Helen Blavatsky	5
Business Cards	6

Mind-Body-Spirit

Hello Everyone,

Spring is finally here! It appeared to be a long, cold winter but now it is time to dust ourselves off and venture out into the beautiful sunshine and soak up that much needed Vitamin D. Spring is also a time for us to not only spring clean our homes to remove clutter but spring clean our lives. We are given the opportunity, just as we see in nature, to bloom and begin again.

So, go ahead and throw open your windows and let that fresh air in to remove all the stale air of winter; clean out those cupboards and closets and put away those winter clothes.

Once you have freshened up your home you can move on to you. Spring is a chance to reflect on the goals you set in the Fall or New Year and decide whether anything is preventing you from achieving those goals. Ask yourself what seeds that were planted need to be revealed this spring in order to truly know yourself so that you, like those beautiful trees, can blossom.

You can begin this cleaning process by taking a shower and as the water flows over you imagine all your negative thoughts being washed away down the drain and then as you dry off repeat to yourself "all that happens, happens for a reason"

Accept new challenges presented this spring as a chance to grow and move closer to achieving your goals. Surround yourself with those people in your life who encourage your dreams and goals.

Enjoy Spring everyone, Summer's coming next

Trust

Once a little girl and her father were crossing a bridge. The father was kind of scared so he asked his little daughter, "Sweetheart , please hold my hand so that you don't fall into the river."

The little girl said, "No, Dad. You hold my hand."

"What's the difference?" asked the puzzle father.

"There's a big difference," replied the little girl.

"If I hold your hand and something happens to me, chances are that I may let your hand go. But if you hold my hand, I know for sure that no matter what happens, you will never let my hand go."

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!



SPIRITUALIST FELLOWSHIP CHURCH

Centre of Learning and Light

2014 Classes & Workshops



\$15 per class unless otherwise posted

All classes and events are held at Unity Church, 300 Arlington St, un-
less otherwise advertised. Call 204-222-0071 for more info.

The Peoples Bear Sweat lodge Ceremony Sundays, May 25, June 29, 2014 at 10am at St. Norbert Arts Centre, St. Norbert MB. please contact Debbie for more information.

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 color, 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 204-633-7957** for information..

Fundamentals of Spiritualism and Mediumship -May 5, 12, 26 & June 2 (Monday evenings) 7-9 pm \$10 per class

Home Circle Development - May 13, 20 (Tuesday evenings) 7-9 pm \$15 per class

Sweat Lodge - Sunday, May 25 10am
St. Norberts Art Centre

Chakras - May 27, June 3, 10 & 17 (Tuesday evenings) 7-9pm \$15 per class

Ascended Masters - June 9, 16 & 23 (Monday evenings) 7-9 pm \$15 per class

Picnic at St Vital Park - June 14 11am-6pm

All Drumming and Message night - June 22 7-9 pm \$7 donation at door

Open Circle Development (O.C.D) - June 24 (Tuesday evening) 7-9pm Open Donation

Sweat Lodge - Sunday, June 29 10am
St. Norberts Art Centre

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.

Did you know that the Spiritualist Fellowship Church, and The Centre for Light and Learning, are now on-line and on Facebook? Visit us at Winnipeg.kijiji.ca or like us on Facebook and you'll be able to keep current on all upcoming events. The site contains information about future classes, Church projects, and calendars. Take some time to check it out .



**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

SEVEN SACRED RITES

When The White Buffalo Calf woman brought the (The Sacred Pipe) to the Anishinaabe people she taught the people about the Seven Sacred ways to pray.

These prayers are through the **Seven Sacred Ceremonies** that include:

The Sweat Lodge for purification
 The Naming Ceremony for child naming
 The Healing Ceremony to restore health to the body, mind, and spirit
 The Adoption Ceremony for making of relatives
 The Marriage Ceremony for uniting male and female
 The Vision Quest for communing with the Creator for direction and answers to ones life
 The Sundance Ceremony to pray for the well-being of all the People

Always be kind to your teachers

All My Relations
 Mino Gaa Gai Kido Mikinaak
 Good Talking Turtle

Created by Debbie Cielen © 2007

Balancing the Chakras Through Food

All energy comes from light, the rays from the sun. It sustains us, transforms us, vitalizes us, rejuvenates us and warms us. The rays of the sun fall onto the earth at different vibrations in the form of colors. Each of our chakras also resonates with a different color.

The energy of light has an intimate connection with our bodies. As the sun's rays fall onto the earth, these vibrations are expressed through the color of the plant, vegetable or flower – each color holds an energy that nourishes the individual chakras. Eating a variety of colors with each meal is important in keeping the chakras balanced through food.

3rd Chakra: The Solar Plexus Chakra

Physical Body: The solar plexus chakra relates to the liver, gall bladder, stomach, spleen, small intestine, and pancreas. It is associated with digestion.

Emotional Body: The solar plexus chakra has to do with identity and self-esteem. The solar plexus chakra controls motivation, ambition, and willpower.

Located just below the xiphoid process, a small cartilaginous extension of the lower part of the sternum, is the solar plexus chakra. The third chakra is responsible for the transformative functions of the body, including the digestive organs, such as the stomach, pancreas, small intestines, liver, and gallbladder. If your digestion isn't working properly, even if you eat a good meal, you won't receive all of the nutrients from it. It is here in this chakra that so many imbalances begin.

In the next newsletter we will cover the 4th Chakra - The Heart Chakra.

Helena Petrovna Blavatsky (1831 to 1891)

Helena Petrovna Blavatsky, commonly known as Madame Blavatsky, was the founder of the Theosophical Movement. Her powers of make-believe were so remarkable that she could actually cause hallucinations in playmates by her vivid story-telling. She possessed great musical talents, had a fearful temper, a passionate curiosity for the unknown, and an uncontrollable craving for independence and action.

After a brief marriage to General Blavatsky she returned to Russia. By that time she possessed well-developed mediumistic gifts. Raps, whisperings, and other mysterious sounds were heard all over the house. Objects moved about at her will. Their weight decreased and increased as she wished. Winds were said to sweep through the apartment, extinguishing lamps and candles. Mme. Blavatsky exhibited clairvoyance, discovered a murderer for the police, and narrowly escaped being charged as an accomplice.

Mme. Blavatsky's ties to Spiritualism date from her arrival in New York in July, 1873. She first worked as a dressmaker and, after her acquaintance with Colonel Henry Steel Olcott at Chittenden, Vermont, in the house of the Eddy Brothers (famous physical mediums), she launched a career in journalism, writing mostly on Spiritualism for magazines; however, the starting point of Mme Blavatsky's work was the founding of the Theosophical Society in December, 1875. It professed to "expound the esoteric tradition of Buddhism and aimed at forming a universal brotherhood of man, studying and making known the ancient religions, philosophies and sciences, and investigating the laws of nature and developing the divine powers latent in man."

Together with Colonel Olcott they put the Theosophical Society on a prosperous footing, but trouble was looming. An investigation lead by Dr. Hogson had a disastrous effect for Mme. Blavatsky and a nearly deadly blow for Theosophy. Confessions made by people who joined Mme. Blavatsky of manufacturing a large number of the Theosophical miracles and the uncovering of secret sliding panels of the Shrine in the Occult Room through which, from Mme. Blavatsky's bedroom, the "astral" Mahatma letters were deposited. They disclosed impersonation of the Mahatmas by a dummy head and shoulders and declared that the Mahatma letters were written by Mme. Blavatsky in a disguised hand; that they were projected through cracks in the ceiling by means of spring contrivances and produced the correspondence between them and Mme. Blavatsky in proof of their self-confessed complicity. Despite these findings The Theosophical Society grew to become a world-wide movement, with thousands of followers.

Despite this barrage of insults and claims of fraud, Mme. Blavatsky succeeded in living down every attack during her life, continued her work, gained many new adherents to Theosophy and published **The Secret Doctrine**, which was mostly written in a supernormal condition. Mme. Blavatsky was a most remarkable woman, who did possess psychic powers, even though they may have fallen short of the miraculous feats she constantly claimed for herself.

“It is on the acceptance or rejection of the theory of the Unity of all in Nature, in its ultimate Essence, that mainly rests the belief or unbelief in the existence around us of other conscious beings besides the Spirits of the Dead.”

H.P. Blavatsky

Business Community



Just as a candle cannot burn without fire, men cannot live without a spiritual life.

Buddha

Life is not about waiting for the storm to pass, it's about learning to Dance in the Rain



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



Psychic Reader
(TAROT)

Classes Available

Catherine Holmes Ph.# (204) 888-7053

Good'n' Natural

116 Park Road West
Steinbach, Manitoba
Ph. 204-326-9565
Toll Free 866-794-4613
Fax. 204-326-9836
www.goodnnatural.ca

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

SPIRITUALIST CHURCH OF CANADA
83 Ottawa Street
North Hamilton Ontario
L8H 3Y9



www.spiritualistchurchofcanada.com

TAROT
and
ANGEL CARD
Readings by
Mariusz
PH. 772-1445



Century 21
Bachman & Associates

360 McMillan Avenue
Winnipeg, Manitoba R3L 0N2
Tel: 204-453-7653
Fax: 204-284-4262
renata@century21bachman.com
www.century21.ca/Renata/Bandel

Renata Bandel
REALTOR®



Natural Necessities

*Organic & All Natural
Custom Made Products for Beauty, Health & Wellbeing*
Nancy Bandel RN BN
204-996-2793
naturalnecessities@live.ca

Spiritual Readings
by Andre

Phone: 798-8522
Email: ajgiouard@hotmail.com

TAROT READING
In-person or by phone

Images, Symbols and Intuition for Exploring Possibilities and Opportunities

Susan
Ph#: 204-804-3324



HEALTH FIRST

Steinbach Health First

Cathie Perrin

Owner/Manager
Unit 31 178 PTH 12 North
Steinbach, Manitoba
204.346.0884
health1@mts.net

"Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or... a pioneer of the future."
- Deepak Chopra

alibris

www.alibris.com

Books
You Thought You'd Never Find—New, Used, Rare and Out of Print