



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

November 2013

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

Spiritualist Fellowship Church

Spirit Talks



"So you're little Bobbie; well, Rex here has been going on and on about you for the last 50 years."

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

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Mind-Body-Spirit

If We Plan Our Lives, How Can We Have Free Will?

By Robert Schwartz

this is an article from Spiritual Resources. More information can be found in the book "Your Soul's Gift" by Robert Schwartz.

Let's say hypothetically that there's a soul - we'll call him George - who has had several lives in which he made certain plans before coming into body, but who then deferred to the wishes of others once he incarnated. In other words, George let other people tell him how to live in those lifetimes. In his life reviews, George sees that he has this tendency, and he decides to carry it energetically back into body for the purpose of healing it.

Let's also say that there's a soul - we'll call her Sally - who has had several lives in which she told others how to live and what to do. In her life reviews, Sally sees that she has this tendency, and she decides to carry it energetically back into body for the purpose of healing it.

Once George and Sally set their individual, pre-birth intentions, they might very well then

create a pre-birth plan to marry, say at the age of 30. Though they know the marriage is likely to be turbulent, George sees it as a magnificent opportunity to learn to stand up for himself, and Sally views it as a wonderful chance to learn to respect the wishes of others.

Now, let's say that when George is incarnate and 25-years-old, he gets a job with an employer who runs roughshod over him. Let's say, too, that George marshals his internal resources and makes a stand. He tells his employer, "Stop! You may not treat me this way. If you want me to continue working here, you must treat me with respect and kindness." By taking such a stand, George has done what he hoped to do: he has learned to stand up for himself. Further, by being true to himself in this way, George has increased his vibration (frequency).

If George continues to stand up for himself in appropriate ways- that is, if he maintains his heightened vibration - then by virtue of the Law of Attraction either he and Sally will never meet, or if they do meet, there will not be enough of an attraction for them to marry. Here, George has used his free will to learn the planned lesson, which in turn obviated the need for the planned challenge (the marriage). In this way, free will and pre-birth planning mesh in an elegant, intricate tapestry.

At what of Sally? She will magnetize to herself other opportunities to learn the lesson of respecting others - opportunities that would have been planned as contingencies by her soul before she was born.

About the Author, Robert Schwartz:

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 Sundays, October 27, November 24 and December 29, 2013 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..



SPIRITUALIST FELLOWSHIP CHURCH

Centre of Learning and Light

2013 Classes & Workshops



\$10 per class unless otherwise posted

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

Astral Projection O.B.E. - Oct. 29 & Nov. 5 (Tuesday evenings) 7-9 p.m. \$10 per class

Numerology - Oct 28, Nov 4 (Monday evenings) 7-9p.m. \$10 per class

Open Circle Development (OCD) - Tuesday, November 26 7-9p.m. Open Donation

Movie Night - Saturday, November 30 6-9p.m. Bring Finger Food

Ten Tarot Classes (Monday evenings) 7-9p.m.

Session 1: Nov 18, Nov 25 & Dec 2 - Major Arcana 7-9p.m.

Session 2: Dec 9, Dec 16, Jan 6, Jan 13 - Minor Arcana 7-9p.m.

Session 3: Jan 20 & Feb 3 - Court Cards 7-9p.m.

Session 4: Feb 10 - Reversals 7-9p.m.

Please pre-register for Classes \$150 or \$20 per class

Meditation Class - (Tuesday evenings) Dec 10 & Dec 17 7-9p.m. \$10 per class

Christmas Potluck - Saturday, December 14 5-10p.m.

Please bring a dish to share

All Message & Drumming Night - Sunday, December 15 7-9p.m. \$7 at the Door.

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 .

www.spiritualistfellowshipchurch.info



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

One Concept of the Medicine Wheel Teaching

What is Medicine? Traditionally, Medicine is everywhere. It is in the very essence of our inner being. It is what gives us power. There is Medicine in the trees, rocks, plants, animals and people. It is in the light, soil, water and wind. It is in the Seven Sacred Directions.

A Person's Medicine is their Sacred Power. The Circle is the life force - The gift to us from the Creator is to give us the Power to empower all of our relations. The Sacred power is to give life in everything.

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.

1st Chakra: The Root Chakra

Physical Body: The root chakra belongs with the large intestine and the rectum. It also has a certain influence on the function of the kidneys. The root chakra is associated with the adrenal gland.

Emotional Body: The root chakra is our source of grounding and connection to the earth.

This chakra corresponds to your fundamental survival needs, such as food and shelter and your ability to feel grounded, safe, and secure. Located at the tip of the coccyx (tailbone), this chakra is associated with the color red.

Root vegetables grow deep within the earth, and embody the energy of this chakra. Root vegetables help us to tap into our internal, lower core to create stability. Examples of such foods include beets, parsnips, and rutabaga. Any red fruits or vegetables, such as apples or pomegranates, also support the first chakra. Protein can also be associated with this chakra because the lengthy process of digestion can be very grounding.

In the next newsletter we will cover the 2nd Chakra - The Naval Chakra.

Great Spiritualists

Helen Duncan (November 25, 1897 Callander, Scotland - December 6, 1956)

Mrs. Duncan was a Spiritualist Materialization Medium through whose ample body, milky ectoplasm flowed and formed into complete human figures, which could walk and talk and greet their living relatives with intimate secrets known only within their families.

This is the true story of a woman sent to prison accused of being a witch when she was a well-known and proven psychic. During WWII Helen's accurate 'death notices' were verified countless times. When she materialized the full form of a sailor with the name H.M.S. BARHAM on his cap, a ship which the English government denied had been sunk; she was arrested and jailed as a spy and then a witch. Even after she was proven correct, she was held as a witch. Helen Duncan was destined to 'go down' to appease an establishment terrified that she might accurately discern the date of the D-Day Normandy Landings.

From "A séance with Helen Duncan" by Medium Mavis Smethurst

It was just after the war in the late forties or early fifties. The night before the séance, I had seen, clairvoyantly, my spirit helper Jack, smiling at me, and by his side stood a lovely young lady saying "Isn't this wonderful, isn't this wonderful." I did not understand the message until I saw them both appear at the materialization. I was amazed! They were exactly as I had seen them clairvoyantly. My father who was sitting at the side of me called out "Hello Jack" and Jack said "Hello Bill." I had no idea they knew one another, but Jack said "I have come to the young lady by your side" meaning me "and you have come from Bolton in a car. "The lovely young lady I had seen the night before also appeared and she was saying "Isn't this wonderful, isn't this Wonderful," just as she had when she had appeared to me the night before.

The séance was conducted in a good red light. The entities appeared just as if they were still in the flesh. The clothes they wore were quite normal and in good colors. There were ten sitters and we all sat in a row about six feet from where the spirit forms built up. There was nothing in front of us so we all had a very good view. After the spirit entities had finished speaking to their loved ones I was astonished to see them collapse on the floor and quickly disappear.




Business Community

Silence is something inside, quiet is something outside. Quiet depends on conditions outside, silence is unconditional.

Sometimes you feel quiet. For example, the trees are silent, no wind blowing, birds silent, all resting. But this is a quiet. This is not a silence. Silence is something you can rely upon - it is within you. Quiet is something which depends on conditions, which does not depend on you. You can never be a master of quiet. But there is no need! If you know silence, wherever you move your silence fills the space. Now you know the inner secret of it.


A response is not a reaction, a reaction is not a response. What is the difference between a reaction and a response? A reaction is automatic, it is built-in: somebody smiles you smile, somebody is angry you become angry. The other creates it, you simply react. Response is conscious: the other may be angry, but you decide whether to be angry or not. — Osho



Richard
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The Spiritualist Fellowship Church
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Services every Sunday 7 pm – 9 pm
 300 Arlington St. (Portage Ave and Arlington St.)
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"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

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