



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

September 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**

IF YOU'RE  
 LOOKING  
 FOR A  
 SIGN,  
 THIS  
 IS IT!



**The Spiritualist Fellowship Board 2013**

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**Inside this issue:**

A Meditation to reconnect with our Inner Child	2
Classes and Events	3
Good Talking Turtle	4
Meditation continued...	
Laughter: Good For Your Home	5
Business Cards	6

# ***Mind-Body-Spirit***

## **A Meditation to reconnect with our Inner Child**

As we go through life we lose that connection with our inner child. Try this meditation to help you to connect with your inner child.

1. Close your eyes, relax and try to visualize yourself as a beautiful little child getting ready for your journey to the world. The Creator takes us in his arms and says to us, *“I am going to send you on a spiritual journey into the world. You will experience different forms of dysfunction, fear and struggle. You will feel joy and sadness. I will also give you freewill so you can make your own decisions but don’t worry for I will give you the spirit and energy of love which one day you can share with all around you. I promise you that I will walk right along with you on your journey. In time you will occasionally forget the strength and energy you have within. You will experience the battle between your ego and your spirit. Remember I will always walk next to you. All you have to do is call upon me and I will be your guide and strength on the journey of life to help you rediscover the beauty and love you have within. Remember my words, ‘A little child will lead you. All you have to do is ask and you shall receive’.”* Our Creator only wishes the best for us. Don’t walk life’s journey alone. If you walk with the Creator you will be guided back to the child – your love teacher.
  
2. Let’s now continue the journey back to our love child. Visualize yourself going on a journey and entering a beautiful golden corridor. Walk down the corridor until you come to a huge golden door. Reach up and touch the door and it magically swings open. As you look inside at the darkness you notice in the distance a small but beautiful golden light shining. Walk towards the light. As you get closer the light becomes more beautiful until you find yourself bathed in the golden light of peace and serenity. As long as you are surrounded by this special light enjoy the positive energy of peace, serenity and calmness. As you bathe in this special light notice coming towards you in the distance a beautiful pink light. It becomes so strong and powerful until it surrounds you. You are now engulfed by the golden light of peace and serenity and the pink light of love. As you immerse yourself in this special energy you notice coming towards you in the distance a little child. As the child gets closer you look and notice the little child is you. The child leaps into your arms, hugs you and tells you, *“I’ve been waiting for you for a long time. I have come to give you the energy and power of love. I am that energy for I am your child.”* Hold your little child in your arms and walk back to the golden door. As you do, notice as long as you embrace your child the golden light of peace and serenity and the pink light of love will follow you. Bring that child with you on your life’s journey and you will be able to see the child in all that you experience. Remember we come into this world as a simple, beautiful little child.

As we walk the journey of life, let’s pray we will all be restored to the simplicity of a child. We are God’s children. We walk and talk with the Creator and one day we will all come home to our Creator. No matter what you do or where you go try to face life with a positive attitude. The golden light of peace and serenity and the pink light of love will be with you.

Take time to relax, meditate and be open to all of God’s messages. He speaks to us through all of life’s experiences. He is our guide.

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, September 29, 2013 and October 27, 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.

Medicine Wheel Teachings - Sept. 3, 10, 17, 24 (Tuesday evenings) 7-9 p.m. \$10 per class

Dreams & Dream Interpretation- Sept. 9, 16 (Monday evenings) 7-9 p.m. \$10 per class

All Message & Drumming Night - Sunday, September 22, \$7 at door

Embracing the Cross-over (Death & Dying) - Sept. 23, 30 (Monday evenings) 7-9 p.m. \$10 per class

Movie or Special Event Night - Saturday, September 28, 6-10 p.m. (Bring finger food)

Psychic Art - Cathy Holmes - Monday, October 7 7-9:30 p.m. \$40 per class

Advanced Self-Hypnosis - Cathy Holmes - Monday, October 21 7-9 p.m. \$40 per class

Manifesting with your Spirit Guides and Spirit Animals - Oct. 1,8,15,22 (Tuesday evenings) 7-9 p.m. \$10 per class

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

Halloween Potluck - Saturday, October 26 6-10pm (Bring a dish)

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

*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](http://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](http://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

## SEVEN SACRED DIRECTIONS

### Pipe Teaching

Created by Debbie Cielen © 2002

What are the Seven Sacred Directions?

East  
South  
West  
North  
Father Sky  
Mother Earth  
Creator

We behold within us the energies of the Seven Sacred Directions

The Seven Sacred Chakras

We carry teachings personal teachings to help us understand the meaning of  
the Seven Sacred Directions

May you understand that the doorways to the East direction, South direction,  
West direction and North directions, down to Mother Earth and up with Father Sky.  
All directions are there to support you, to teach you in becoming as one with the Creator.

Become the Seventh Direction with The Creator.

Open yourself to the ways of the Seven Direction.

All My Relations

Mino Gaa Gai Kido Mikinaak

Good Talking Turtle Created by Debbie Cielen © 2007

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## Whispers

The man whispered, "God, speak to me" and a meadowlark sang. But, the man did not hear. So the man yelled, "God, speak to me" and the thunder rolled across the sky. But, the man did not listen. The man looked around and said, "God let me see you." And a star shined brightly. But the man did not see. And, the man shouted, "God show me a miracle." And, a life was born. But, the man did not notice. So, the man cried out in despair, "Touch me God, and let me know you are here." Where upon, God reached down and touched the man. But, the man brushed the butterfly away ....and walked on. I found this to be a great reminder that God is always around us in the little and simple things that we take for granted .... even in our electronic age . so I would like to add one more: The man cried, "God, I need your help!" And an e-mail arrived reaching out with good news and encouragement. But, the man deleted it and continued crying ....Don't miss out on a blessing because it isn't packaged the way that you expect. My instructions were to send this to people that I wanted God to bless and I picked you. Please pass this to people you want to be blessed. Expect the unexpected. Have A Happy Day!

## Laughter: Good For Your Home

By Matt Falk, Comedian

Laughter. Sometimes it's obnoxious, like the lady who snorts, or sounds like she's choking rather than laughing. Sometimes it's painful, like when you're in a very serious environment and you have to hold the laugh in. But we can all agree, laughter is good. Laughter decreases stress hormones and increases healing hormones. Laughter is healthy.

Statistics show that the average 5 year old laughs 300 times a day. But the average 40 year old laughs only 4 times per day. What happened? Clearly things get less funny the older we get.

What's the cure? Start laughing more.

If someone steals your parking spot, don't beat them up. Put a "Harleys Are For Babies" bumper sticker on the back of their car and let someone else beat them up.

Political ads getting you down? Just put them on mute and make up your own words. Justin Trudeau becomes a lot more interesting.

Creditors calling everyday? Stop avoiding their calls. Pick up the phone, act distracted and put them on hold. If after twenty minutes they hang up, call them back and complain to their supervisor.

Tired of all the filthy jokes coming from comedians these days? Buy my CD; Apple Pie & Scars (That's an easy one).

Laugh more around your home. Laugh constantly! Your spouse will pick up on it and start laughing too, or they'll think that you've gone loopy and have you committed. But that would be a nice vacation, so either way, you win!

Laughter is good like medicine. Unless of course the joke is too funny. Then you could die laughing, or split your side, or bust your gut. Those are all negative side effects to laughing. Take the good with the bad, that's what my Opa always said. Well truthfully he would say "Matieu! Why Von't You Get Real Job?!" But that's besides the point.

Read positive uplifting things like The Bible or Jane Austen. Stay away from reading negative, depressing things like The Newspaper or your teenager's diary.

The point is, you need to laugh more. Stop looking at the glass of water as half empty. Throw that glass away and go buy a milkshake.

Enjoy life. Tell your spouse you love them. Hug your kids. And if you ever get tempted to feel sad, just remember, you don't live in Saskatchewan, so life can't really be THAT bad.

# Business Community

## Choose goodness

The time you spend living in fear is time you cannot spend living in love. The time you spend hiding and retreating from life is time you cannot spend growing and advancing and achieving. Every aspect of your life is greatly influenced, day in and day out, by the way you imagine life to be. Imagine the best, choose the goodness, and be a source of love and light for all to see.

— Ralph Marston



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### The Spiritualist Fellowship Church

The Healing Power of Intuition

Healing Service      Worship  
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Services every Sunday 7 pm – 9 pm  
 300 Arlington St. (Portage Ave and Arlington St.)  
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 www.spiritualistfellowshipchurch.org

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**HEALTH  
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### Steinbach Health First

**Cathie Perrin**  
 Owner/Manager

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### TAROT READING

In-person or by phone

*Images, Symbols and Intuition for Exploring  
 Possibilities and Opportunities*

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